Issue 7
12th March, 2015

Dear Parents,

During Lent some more words of wisdom from Jim Quillinan:

Have you ever been in the situation where you are running out of petrol, stuck in traffic on a freeway perhaps; running late for an important appointment; or driving on a country road with no towns or petrol stations in sight? Running on empty: How far can you really go? That can make us pretty tense, impatient, prone to making mistakes, taking short cuts. How far can we run on empty? That’s a good question as far as our spiritual dimension goes too – how far can we run on empty? We do something about running out of petrol. If it is true that we are not human beings having a spiritual experience, rather we are spiritual beings having a human experience, what do we do to guard against running on spiritually empty? What am I overlooking in life? What nourishes me? Am I doing enough to provide it? What happens to me if I don’t? We are probably all aware of some of the activities that make us more aware of our spiritual side - the joys of love and friendship, taking time to think about the gifts in our lives, reading, occasions or events that make us think of our own mortality, learning or doing something new, appreciating the wonders of nature, and becoming deeply moved by music or film or art, the passion we employ in the things we love and support. It is important that we don’t just stop there. They are more than just a passing thought or an enjoyable experience. All of these are invitations to go deeper, to treasure where we find the sacred in our lives. They may lead us on to explore the treasures of the spiritual and practices to be found in our religious traditions. Pope Francis recently offered a few more hints to help us get in touch with our spiritual side. Stop being negative, he urged. "Needing to talk badly about others indicates low self-esteem. That means, 'I feel so low that instead of picking myself up I have to cut others down," the Pope said. "Letting go of negative things quickly is healthy." Instead of talking about others who frustrate us, Pope Francis advises that it’s healthy to let negative things pass quickly and quietly. It’s good advice, isn’t it! We can spend our lives thinking of if onlys, the why nots, and maybe whens. We look around for someone or some event to blame for a whole host of things. We can, at times, try to justify our own beliefs by putting down those of others, by criticising, judging in a negative way. Being negative about others helps us avoid the truth about ourselves. It’s tough being around negative people all the time – they can sap energy, enthusiasm, creativity - their own as well as others.

On the other hand, the Pope advises that we “be giving of yourself to others” rather than withdrawing into oneself, resulting in the risk of stagnation. And as he put it, “stagnant water is the first to be corrupted.” A healthy spirituality connects us with others, it is outward looking rather than being overly introspective. Spirituality ought to foster in us qualities such as love, generosity and compassion, honesty with ourselves as well as to others, patience, tolerance, and hope.

Finally, the Pope urges us to a “healthy sense of leisure” so we need to make time for art, literature, and spending time with families — even if work schedules make it difficult. Despite the pressures of consumerism which bring so much anxiety we ought to “proceed calmly” in life, he advises. That engenders “the ability to move with kindness and humility.” Surely that is the hallmark of the person at peace within, a person running on full rather than winging it on empty!

~ Jim Quillinan: Running on empty, Along the Track. March 10, 2015

Wishing us all full tanks as we head towards Easter!

I am away for the next two days at a conference. Mr. Anthony Sheedy will be in charge whilst I am away.

Kind Regards
Jodie Ware
DATES TO REMEMBER

**Sunday 15th March**
Sacrament of First Eucharist at 10am Mass

**Tuesday 17th March**
School Board AGM at 7.00pm

**Wednesday 25th March**
School Mass at 10.00am
Cake stall at recess

**Monday 23rd March**
Easter egg raffle drawn at morning assembly

**Tuesday 24th March**
Athletics Coaching with Mr Denis Huffer at St. Mary’s PS

**Friday 27th March**
Last Day of Term 1

**Monday 13th April**
Term 2 begins

**Tuesday 21st April**
Confirmation Parent information meeting at 7.30pm

**Friday 24th April**
District Athletic Carnival
Grade 3-6 students

**Monday 27th April**
School Photos

**CAKE STALL**

**Wednesday 18th March @ Recess**
Grade 5/6 will be holding a cake stall, all items will cost 50 cents each. The money raised will go towards supporting Brittney Neill, who is the granddaughter of Elsa & John Jeffs. Brittney has been selected to compete in the Special Olympics National Games.

**HAPPY BIRTHDAY**

Happy Birthday to those who celebrate birthdays this week.

Matilda

**SCHOOL NEWS**

**PHYSICAL EDUCATION**

**CLASS PLAYERS OF THE WEEK**
3/02/2015: Grade 2/3 for displaying great team work in the 10, 20, 30, soccer game.

**CLASS PLAYERS OF THE WEEK**
10/02/2015: Grade Prep/1 for being a happy group of students who had fun and worked well together.

**WELLINGTON DISTRICT SCHOOLS SWIMMING CARNIVAL, SALE**

**TUESDAY 3rd MARCH**
A big thank you to Cathy Cook, Sonya Reichbauer, Rhonda O’Loughlin, and Denise Sheedy, for transporting children to the...
swimming carnival in Sale last week, for encouraging all of the children and assisting with a variety of jobs on the day. Without your support, days like this would not happen and your assistance is very much appreciated.

REGIONAL SWIMMING CARNIVAL, SALE THURS 12TH MARCH.
Congratulations Zack on reaching this level of competition, it is a wonderful achievement.

YARRAM & DISTRICT SCHOOLS ATHLETICS CARNIVAL: TERM 2
Permission and nominations forms will be sent home next week. Please discuss the events that are available with your child and return to school by Friday 27th March, 2015. All children in Grades 3 to 6 are expected to attend and participate in this day.

Heather Flynn.
Phys Ed Coordinator.

BOOK CLUB
Book Club orders are due back tomorrow Friday 13th March.

RELIGIOUS EDUCATION

Sacrament of First Eucharist
Sunday 15th March at 10am Mass

Friendly reminder that First Eucharist levy is due. Thank you to families who have already paid.

SOCIAL CLUB & BOARD NEWS

ST. MARY’S HOT CROSS BUN DRIVE
Order forms have been sent home for Hot Cross Buns. The Yarram Bakery is also offering Choc Chip Hot Cross Buns for the same price. Please add choc chip to the order form if you would prefer them.

$7.00 per ½ dozen

SOCIAL CLUB AGM
Thank you to all that attended the AGM last night and also for the people who placed apologies. Unfortunately all positions could not be filled. The positions of Advisory Board Representative and Secretary are still vacant.

SCHOOL ADVISORY BOARD AGM is Tuesday 17th March at 7pm in the staffroom. This is a great opportunity to see the important role our board does in looking after our school. Hope to see you there.

COOKING CLASS

The cooking class today made Malteaser Rolls and will be selling them at tomorrow’s recess for 20cents

YUM
COMMUNITY NEWS

YARRAM EARLY LEARNING CENTRE

Providing education and care services for the children of Yarram and District

♦ Long day Care
♦ Kindergarten

OPENING SOON

For further details and expressions of interest please contact the Wellington Shire Early Years Project Officer

Tracey Baron 5142 3417
tracey.baron@wellington.vic.gov.au

Please note: After School and Vacation Care will be provided at a later date

AUSTRALIAN GOVERNMENT MOBILE SERVICE CENTRE ASSISTANCE

The Australian Government Mobile Service Centre is supporting rural communities by providing convenient access to Australian Government payments and services. This specialised vehicle offers a wide range of face to face and self service assistance to rural families, older Australians, students, job seekers, people with disability, carers, farmers and self employed people.

You can visit the Mobile Service Centre:

In front of the Information Centre, Commercial Street Yarram

Thursday 26th March 2015
9.00am – 3.30pm

HARMONICA LESSONS FOR ABSOLUTE BEGINNERS.

Saturday 14th March, 10am
@ the Regent Theatre, Yarram.

$10 adult, $5 child – limited spaces
New harmonica worth $15 to use and KEEP!

Bookings call Tim 0468 567 314
All Harmonicas’ have been generously donated,
All proceeds from lessons go to Mystery Box – Cancer Council Fund

ELECTION DAY INDOOR MARKET.

Saturday 14th March from 8am.
@ The Regent Theatre, Yarram.

BBQ outside, free tea & coffee inside.
STALLS AVAILABLE $10
Free for community groups, schools, fundraisers.
To book a stall call 0447 686 660 or www.facebook.com/teamzedness

Supporting Mystery Box Rally – Cancer Council Fund.

BASKETBALL SEMI FINALS

Mini Boys:
4.30pm Royal Blue v Red
4.30pm Yellow v Maroon

Mini girls:
5.20pm Blue v Maroon
5.20pm Red v Jade Green

Section 3 Girls:
6.10pm White v Red
The Maroon Team is in the final being played on the 20th March

Section 3 Boys:
7.00pm Red v Yellow
7.00pm Dark Green v White