



THE MORE YOU HONOUR ME
THE MORE I WILL BLESS YOU

THE COMMUNICATOR

Blessing

Blessed be the mercy we hold deep in our hearts.
Blessed be the boots that carry us to action
for mercy's sake in our world.
Blessed be the rest times when boots are taken off.
Blessed be the prayer that rises in our boots off resting.
Blessed be the sacred balance of rest and contemplation.
Blessed be mercy received from others
and mercy given to all we meet.
Blessed be the mercy journey
that beckons us forward to need.
Blessed be the journey's end
when we take the final step into eternity.
Blessed be God, the Source,
Centre and End of all our mercy walking.

Amen.



TAKE A MOMENT

Have you noticed how much energy you spend in conversation planning what you will say next, instead of just clarifying for yourself what you most deeply think? Have you ever been at a meeting in which the first item on the agenda, regardless of its importance, takes up the bulk of the meeting?

I think that is why Jesus sought to step away from the crowds, even from his own disciples ; it is far too easy to take on the thoughts, the energy, the intensity of the one who speaks first or most forcefully instead of remaining attuned to our own beliefs and thoughts.

I am more and more convinced that until individuals learn to find ways to daily step away from others, including one's own family and friends, they will be stuck with our cultures frantic busyness that, quite simply cannot bring joy, hope, peace or love.

To put it positively just 10 minutes a day not analysing, not solving problems, just being quiet in God's presence, would be absolutely and certainly putting on the mind of Christ.

Every Tuesday morning at 11.40a.m. we have devotions to the Little King – please come along and join us – our numbers seem to be declining. This devotion has always been part of what we are and gives us the opportunity to pray together each week. God Bless.

Passion for palate remains unwavering

AFTER working 50 years in the food and hospitality industry, Peter Howard's passion for Australia's culinary culture remains unwavering.

The celebrity chef (pictured) was a familiar face on TV shows such as Nine Network's *Today* for many years, and has also written and contributed to many cookbooks.

He was humbled and overjoyed after being named a Member of the Order of Aus-

tralia in recognition of his service to Australia's food and wine tourism sectors.

"I'm 70 and to be rewarded for the work that I did for 25, 30 years, now is, I think, a sign that what you do is really never forgotten," he said.

"The greatest observation I can make and the greatest joy and being a part of it was watching Australia come of age as far as being a culinary power in the world."



BIOGRAPHY FOR PETER VALENTINE HOWARD – Retired Celebrity Chef

As much as Peter Howard would like to say he got his cooking skills by standing be-aproned at his mother's side, he can't. Coming from a large family, his mother did not have such frivolous time to do such mentoring but what she and his father did do was instill a love of eating good food and respect for food and its producers from farmers to cooks of all descriptions.

Dorrie and Keith – much loved members
of L.K.M. would be so proud of you, Peter.

Prayers Requested:

Please include the following in your prayers:

Bernard O'Hara, Joan Lakeland, Christina Peters, Rita Hunter Rita Ryan, Carmel Curran, Heather Stabler, Michael Brophy.

Recently deceased:

Brother John Venard FMS, Genoweta Lapot, Margaret Leahy, Cheryl Maloney, Mary Sydes

Anniversaries to remember:

March:

Sr Mary Green FMM 2004
Sr Clare Walker OSF 1992
Kieran Barrett 2002
Noel McMahon 1992
Liz O'Neill 2007
Lawrie O'Reilly 2002
Bill Morgan 1998
Noel Ryder 1985
Ray Bavinton 1998
Monica Pavelieff 2016

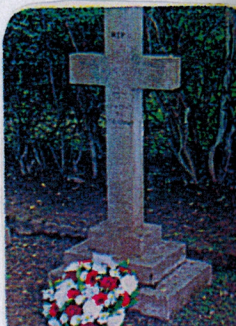
April:

Kevin Minnis 1995
Rev Fr James Slyney 1992
Mary Leonard 2010
Peter McNamara 1997
Constance Murphy 1979
Olive Williams 1983
Joan Hodgetts 2004
Jean Kirk 2003
Rose Morrow 2016
Anne Dennis 2016

May:

Michael Garrahy 1979
Rose Hewitt 2004
Margaret Sheehan 1998
Peg Hanrahan 1986
Daphne Hutchinson 1986

Lyn Norris 2005
Mark Lakeland 1989
Molly Casey 2008
Alice Wendt 2009





Last word: Br John Venard with the last book he published – Finally, the Battler's God.

Australians have mourned the death of respected
educator, former columnist for The Catholic
Leader and author Marist Brother John Venard
Smith, who died recently.

Your lectures were an inspiration to us all.

Rest in Peace, dear Br John.

PRAYER

What a great gift to be so continually remembered in prayer. But how would it be possible for us to pray constantly, night and day, for those we love? There is a way: we can give all the activities of our day to God as a prayer for those we carry in our hearts. In the morning when we rise, make the intention to offer the joys and sorrows of your day for the needs of others. Then whatever you do that day will touch their lives for good, no matter where they may be.

I find that this is a beautiful way to help those I love, and I suspect that I receive a similar help from those who love me. The offering of our day need not be restricted to those we know and love. The offering can include intentions for strangers, all who suffer and need the help of prayer, and for all those wonderful people who have gone before us. Their lessons in knowledge and spirituality never leave us.

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The real purpose of our existence is not to make a living,
but to make a life – a worthy, well-rounded, useful life.

Do all the good you can

By all the means you can

In all the ways you can

In all the places you can

At all the times you can

To all the people you can

As long as ever you can.



LA VAVALLA SCHOOL IN CAMBODIA

These are two of the Children from the school run by the Marist Brothers in Cambodia.

Thee graduation class of 2017 consisted of 32 students ranging in age from 12 to 19 years old.

L.K.M. built a residential building which is called "The Little Kings." And we support these children living in this building each year.

How deserving are these children? And what a wonderful job the Marist Brothers are doing.

