



First Vows in the Philippines

After the vows ceremonies in Thailand and Myanmar, it was the turn of the Filipino Novices to pronounce vows for the first time. The ceremony was held in the St. Benilde Gym last August 12, 2017. Those who took their vows were Brothers Vince Paldan from Bacolod and Weege Enriequez from La Salle Green Hills. In the same Mass, six novices received the Holy Habit: Mico, Keno, Ivan, Jeano, (Philippines), Henry (Myanmar) and Luke (Thailand). Several young men also began their formal process of formation by entering the Postulancy Program: Niko, Lanz, Carlo, Miggy, Jopet, Jake, Yan (LEAD), Simon and Zafar (ANZPPNG).

Br. JJ Jimenez, Auxiliary Visitor gave the shared reflection during the Mass. I've asked his permission to share his reflections below. (Continued)

When I was vocation director, I recall a senior brother telling me the most important criteria for inviting young men to become brothers. This senior brother said ‘When you invite young men to join the brothers, make sure they look normal.’ I am looking now at all these young men before us, I am happy to report that they all look normal – at least from where I stand.

Weegee, Vince; Ivan, Jeano, Keno, Mico, Henry & Luke; Carlo, Niko, Jake, Simon, Jopet, Lanz, Miggy and Zafar. From where I stand, I am also looking at the future. I am now 46. You must be in your mid-20’s. When you turn 46, I will be 70. At 70 – I hope to be happy and retired I hope and probably with much less hair than I have today – hopefully not – but still happy. From where I stand and see you, I know I am looking at the future. So I have to be kind to you because by then, I will probably be seated where you are now.

I am trying to remember now what it was like for me to be a young brother.

As a young brother, I remember attending assemblies and listening to the brothers discuss and debate about all kinds of ideas just like we did today. I got excited and then I was overwhelmed and then I was confused. After many years, I’ve tried to make sense of the things I hear – but I’m still confused. Back then, I heard phrases like a second apostolate in direct service of the poor, we were talking about shared mission and paradigm shifts. These days, we hear about LEAD, alternative learning systems, K-12 and the list goes on. Every time the Brothers gather, they

never seem to run out of exciting ideas – and accomplishments aside – one is assured that there is a vibrancy in the community that refuses to give up on the challenges we face.

Our brotherhood was and continuous to be a dangerous proposition. The vocation you have chosen is a dangerous vocation. Consider that De La Salle, our Founder, left behind the comforts of his home to encounter the children of the artisans and the poor. The canonry he prepared for all his life, he left behind to become the teacher of the poor and a brother to equally poor and ill-prepared teachers. But among the poor, De La Salle began to sense the birth of new dreams in himself. In the midst of insecurity, our family was born and we who profess to follow De La Salle today are called to embrace insecurity as a way of life. (Continued)





Today's Gospel comes with the question : Are we willing to take risks in our following of Jesus? Do we dare to embrace insecurity and make that the defining characteristic of our lives? It is not just risk or insecurity for its own sake. There are storms brewing around us, which call us to take these risks and share the insecurity of others. The disruptive boy in class who makes threats to take his own life; who is lost because both his parents are not available to parent him. And what of those who cannot give voice to their right to life because they are poor and suspected of being drug addicts. Or of a nation that is in need of leaders who will reveal their own dignity and capacity for good. Tell me, how we can remain inside our boat when the oceans we are in are the tears of those for whom no one mourns. These young men we receive into our Institute today are our future. But they and the future they lead us to will remain vibrant only to the extent that we challenge them to take the risks to go beyond themselves.

There are many challenges that our Brotherhood of educators faces. We cannot face these

challenges by staying inside the comfort of our own boats. We need to hear the voice of Jesus today : Take courage, do not be afraid it is I. We need to hear Jesus speak to our hearts and bid us : Come. The way to live is to leave the boat and embrace the storm. We need to dream of something new because we cannot face these challenges by staying inside our own boats.

I remember the first time I tried to pray to God. I remember telling him my problems and hoping that he will solve my problems and comfort me. I used to pray that way – some times I still do. These days, when I sit down to pray and I tell God what troubles me, he is quiet. When I ask him what I must do, He remains more quiet. Sometimes, I wish God would just speak up and tell me what to do because I really want to do His will in my regard. But these days, God does not speak as much to tell me what to do – and that can make me insecure and afraid. It can leave us confused and afraid to pray to a God who is quiet.

What I have realized after many years is that even when God is quiet, it does not mean that he is absent. Like Elijah, we half-expect to encounter God in a mighty and awesome way – but this powerful God chooses instead to make himself known in a tiny, quiet whisper. In the midst of life's storms, we only need to look at God and He is there enjoying our presence. I know He is quietly happy about me – and that takes a lot of faith to believe in. This delight the Lord takes in us – this is enough to give me confidence to step out into the day and do what I must do as far as I am able and as will be required of me.

Peter, in today's Gospel, shows himself the impulsive man we know him to be. He may have failed to calculate the cost of stepping out of the safety of the boat, but one thing is for sure – he loved Jesus and did not think twice about showing this love. Even when Jesus says to Peter "You of little faith", I find it hard to imagine that the Lord said this without loving Peter in return. In my heart, I can see that the Lord was happy to fish this man out of the water. (Continued)



Today's Gospel comes with Good News. This Lord, who invites us to walk on the water – this Lord delights in us. Do we have enough faith to believe that the Lord loves us? As these young men begin the journey of brotherhood today, we pray that they will encounter in their hearts the God who sits quietly to delight in them. The journey of self-acceptance is a long, arduous but beautiful journey. Self-acceptance is a bit of an irony though because self-acceptance is a gift that someone else bestows on us. We cannot accept ourselves until someone else tells us in so many ways, that we are acceptable and in all our outrageous humanity, truly lovable and worthy. As we open our communities to these young men and verily, to other brothers from other sectors, we dare to dream that our love and our brotherhood can be as welcoming as the love of God himself.

I wish to share with you this prayer that has accompanied me.

DISTURB US O, LORD

When we are too well-pleased with ourselves
When our dreams have all come true
Because we dreamed too little
When we have arrived in safety
Because we sailed too close to the shore

STIR US O, LORD

To dare more boldly
To venture on wider seas
Where storms shall show Thy mastery
Where losing sight of land
We shall find the stars

IN THE NAME of Him who pushed back the horizon of our hopes and invited the brave to follow Him.

Young men, congratulations on this first step you take today. Be courageous and daring in your dreams as Jesus invites us. Do not fear to give yourself away. Together and by association with you, we look forward to a future time where every young person, especially the poor, will find a brother in us.

Live Jesus in our hearts. **(Br. JJ Jimenez FSC)**

La Salle Chotiravi Mother's Day Celebration



Every year during the month of August, Thai people usually decorate their houses and public places with the portraits of the most beloved Queen Sirikit in celebration of her birthday. In the morning of August 12 each year an alms-giving ceremony will be held followed by country-wide candle-lighting ceremony. Her Majesty Queen Sirikit is regarded as mother to all Thai people, thus her birthday is also celebrated as Mother's Day and observed as a Thai national holiday.

La Salle Chotiravi Nakhonsawan School celebrated Mother's Day last Thursday 11th of August 2017. All the students, teachers and some parents gathered in the Trinity hall in front of the La Salle building. Five students per class in all levels were asked to join the celebration together with their mother. The activity started at exactly 8 o'clock in the morning by singing the Thailand national anthem, followed by a prayer and the offering of flowers to pay homage to the Queen of Thailand. The flowers were offered by the head of each level and the school director Bro.Prapas Sricharoen Fsc. After the offertory it is followed by different student's presentations, such as Thai dances and Mother's Day songs.

The celebration ended with the school director's tribute speech and then followed by the emotional students giving their gifts to their mother. **(Bro. John Niran Suksankrasin FSC)**

Lasallian Reflection: Lasallian Global Women's Symposium

As I share with you my reflection on the 2017 Global Lasallian Women's Conference in Auckland, New Zealand, I wish to make reference to today's Feast Day of St Clare of Assisi – as shared with our community by Fr Mike at this Friday morning mass. The Conference was organised by the District of Australia, New Zealand, Pakistan and Papua New Guinea (ANZPPNG) and it was a wonderful opportunity for me to meet with Lasallian women from across the globe.

St Clare was a significant woman and role model for others in the history of the Catholic Church. She was the first woman to write a set of guidelines for her religious community at a time when most women communities lived according to the rules written by men.

St Clare's 'rules for living' came about from collaborative dialogue with men and women within the community in which she had spiritually grown. It was a response to a belief that an authentic response to the Gospel could not be lived under the common rules of that day. The guidelines were modelled on those of the Franciscan community, and was formulated to align with the women's experience. (Continued)



Our time together brought us to the heart of what it means to be a woman in today's Lasallian mission, and how we can impact the mission at a local, regional and global level – notably through developing relationships that support association between women, with opportunities for a culture of growth and support.

The gathering had the following goals:

1. Recognise the distinct role and identity of women in the mission, especially as catalysts of change
2. Raise awareness that women are critical to enabling the achievement of mission goals and are essential to the future sustainability of the mission
3. Empower Lasallian women to have a confident collective voice
4. Develop ongoing relationships that support association between women, and provide opportunities for mutual growth and support
5. Promote the Lasallian vocation. In his opening address, Superior General, Br Robert Schieler said; “It is your challenge and responsibility to describe the specific contribution of women to our common mission and to envision new and invigorating modes of participation. Your task is to help me and the rest of the Lasallian Family appreciate the ‘women’s perspective’ and the experience-based ‘women’s impact’ that you contribute to Lasallian educational communities.” To read Brother Robert Schielers full Opening address please [click here](#).

Brother Robert's sentiments were supported by the reality that women make up 56% of Lasallian partners globally, and yet they are underrepresented in international leadership roles across the Lasallian family. The Institute Circular 461, notes the contribution of Lasallian women in the Mission and specifically speaks of women's participation as ‘essential’ – outlining the importance of an intuitive, relational and community-centred approach to our work. Circular 470 encourages the promotion of a new leadership among Brothers and Lasallians who will boldly and creatively respond to the Church of the 21st century.

The outcomes of the Conference will be formally presented to the Brother Superior General and the General Council for consideration. I will be sharing these outcomes with our Catholic and Lasallian Identity Committee (CLIC).

It was an honour to represent SJI International at this Conference, meeting fellow Lasallian women from around the world and spending time with the Brothers. I have taken away with me an inspired perspective of the Lasallian mission, our global connection across diverse cultures and a deepened conviction to serve. **(Mrs Deidre Hazelwood, SJII)**



Visitor's and Auxiliary Visitors' Calendar for September

	Week 1	Week 2	Week 3	Week 4
Visitor	LEAD PRV Japan, DC 25	Japan	Thailand, Canonical Visit to Sampran and Chantaburi	LEAD PRV
AVMA	Philippines, Mission Assembly Orientation Japan, DC 25	Malaysia and Singapore	Singapore	Singapore and Malaysia
AVVF	Thailand, OAV Japan, DC 25	Thailand, OAV	Thailand, Accompany Brother Visitor on Canonical Visits to Sampran and Chantaburi	Thailand, Sanklaburi THA Country Assembly
AVSP	Philippines, Mission Assembly Orientation Japan, DC 25	Philippines, OAV	Philippines, Pastoral Visit Kaupod Volunteer Community	Philippines, Investment Committee Meeting Pastoral Visit, San Lorenzo Academy- Bicol

Happy Birthday!

Brother Stephen Kan Wongchiree FSC	September 01, 1951
Brother Hisao Fujita FSC	September 05, 1926
Brother Michael Broughton FSC	September 10, 1955
Brother Nicholas Seet FSC	September 13, 1958
Brother Akkarawat Jeera-amarin FSC	September 13, 1970
Brother Danai Kingkarn FSC	September 15, 1969
Brother John Niran Suksankrasin FSC	September 17, 1984
Brother Matthew Bay FSC	September 18, 1946
Brother Morris Tang FSC	September 19, 1982
Brother Lawrence Goh FSC	September 24, 1951
Brother Allan Buenavista FSC	September 24, 1970
Brother Jean de Dieu FSC	September 24, 1978

Health and Wellness

9 Weight Loss Rules that Work

4. If It's Fryin', You're Dyin'

One thing that every weight-loss researcher and diet-plan author can agree on: Highly refined carbohydrates, such as fructose-sweetened beverages and low-fiber breads, are a terrible idea.

Among the many sins of Mountain Dew and Twinkies is the way they cause your blood sugar to spike soon after eating. What goes up fast comes down fast, and you end up feeling tired and hungry much sooner than you should. Goodbye diet, hello diabetes.

Now we know of a way to make refined carbohydrates even worse: Fry them. Researchers have found a suspected carcinogen called acrylamide in such products as potato chips and french fries.

A "suspected" carcinogen isn't the same as a proven carcinogen, such as tobacco smoke. But anytime I get a chance to talk you out of eating worthless snack foods, I do it.

Text: http://www.menshealth.com/weight-loss/weight-loss-rules-that-work?internal_recirc=outbrain_hp

Photo: <http://popgive.com/just-fried-food-thing/>



Fraternally,

Edmundo Fernandez FSC