



## 25th District Council, Sendai

The Leadership Team and District Councillors trooped to La Salle Home in Sendai , Japan for the 25th District Council. Calling it just a “District Council Meeting” could be a misnomer as these are usually three to four day events. The first day, September 8, was spent for country reports given by each country so that the Council will have a picture of the situation in the District. Urgent resolutions, specific to a country, if any, are passed here. The second day is usually the District Council proper. On September 9, it began with a Chapter of Vows for Br. Francisco Teerayut who applied for perpetual vows. The last day, September 10, is the day where the Visitor meets the Auxiliaries, Bursar, and Administrator - the Leadership Team - to find the best way to execute decisions of the Council. In between all these, there are a lot of little meetings going on between ourselves. Even if I am on my second term as Visitor, I am constantly in awe at the breadth of District concerns - a sign that we are alive!

I would like to thank the Councillors for making an effort to go all the way to Sendai, I know it can be whole day journey for most. Special thanks to Br. Rodrigo for being such a perfect host - everything from the well appointed rooms to the delectable food was perfect. *Domo Arigato!*

## Philippines - Aspirants' Gathering

The Aspirants and Contacts from 1911 Community, Lipa Aspirants Community and Residencia ABCD Community participated in this year's first Inter-Luzon Aspirants Workshop (ILAW) organized by Vocations Ministry Office of the De La Salle Brothers Philippines at De La Salle University-Dasmariñas, last August 26-27, 2017. With the theme "The Art of Discernment", young men were invited to deepen their understanding of their relationship with God, and to discover creative ways to express it. I had no idea as to the events that would happen in the workshop, but I allowed myself to be drawn to all the activities that would transpire. The whole 2-day experience is a very meaningful. This was a whole different step I have taken as a Contact, for I wanted to experience something different in my student life.

It was very heartwarming to be fully welcomed by different Brothers I've met for some time. We had an activity which was a brand new experience: Removing my sense of sight (Temporarily) in order to heighten my other senses was not that easy as I thought it would be. There I realised that even without my sight, I can still visualise and create vivid images in my mind.

I discovered that even without vision, I can still be with God because He is present everywhere. Second, bliss and satisfaction filled my heart after seeing the mural painting my group has done. It never occurred to me that I can express my faith through art. The activity itself drove me to express my relationship with God with the help of my group mates. During that very moment of mixing colours and stroking brushes, I was enjoying what I was doing. Creating an artwork was challenging a, but as I went along, I knew that God was with me.

Engaging with other young men who are discovering their own vocation in life is a unique experience. Not all schools have this kind of program which simultaneously accompanies a young man to deepen his relationship with God, and helps him to seeks the path of his life. I am thankful for being part of this event. God has allowed me to truly be with Him in a very meaningful yet creative experience. **(Andre Victor Suarez)**



## Singapore - 165 and Beyond

On the 5th August 2017, a group of Young Lasallians, consisting of present students, alumni and some teachers gathered at St. Joseph's Institution to take part in the 165th Lasallian Youth Gathering (LYG) 2017. They gathered to celebrate a special moment in our Lasallian heritage - 165 years of Lasallian presence in Singapore. They were also joined by other Lasallians from Malaysia and the Philippines for this special occasion. Bro Arian played emcee for the day while RJ and Tihn Chern from Malaysia serenaded for us throughout the day.

As with most other LYNK gatherings, it was not merely to gather to celebrate but also included some formation as well as service to make the gathering complete. It was a day to re experience Faith, Service and Community. (Continued)





The day began with a morning of formation facilitated by Aaron Chan revisiting the call of the mission. The afternoon was spent playing host to some 90 seniors from three different centres. After lunch, Each senior was paired up with a Lasallian as they went around the school to do motor-skills activities together. It was a chance for the seniors to be out of their usual environment. One of the highlights of the programme was an opportunity to have a google hangout with the Young Lasallians who were gathered in Dublin for the VEGA programme. Special thanks to Keane Palatino, Joseph Gilson and Bro Bob for contributing to this.

The gathering was a rare opportunity for LYNKsters from across the years to reconnect. To Yamani, a more senior LYNKster, “It was a great day of rekindling old friendships and forming new ones with my Lasallian juniors. The biggest takeaway from the gathering is the realisation that I would always be welcomed, no matter how long or how far I have been from the Lasallian family.” Lee Lian, a young teacher from St Stephen’s School felt that “It was a great experience as I felt youthful all over again as I hear the experiences and challenges of the young Lasallians.... They have taken the step forward to engage the least, the lost and the last of our society, and I am very proud to have spent my day meaningfully with them.” Another Young Lasallian, Wei Shin, who teaches at St Anthony’s Primary School, shared that “This gathering let me witness how the values of Faith, Service, and Community were not merely spoken as words, but exemplified in actions.” (Ed-Linddi Ong)

## News Notes

**Condolences.** Condolence to Br. Noel Hrang Lal who lost both his mother and father on the same day. We are one with you in prayer.

**Assemblies.** The list of upcoming LEAD assemblies was sent out a few days ago. Please make sure your passports are still valid. If you do not have a passport, please contact the Office of your respective Auxiliary Visitors to apply for one.

### Health and Wellness

#### 9 Weight Loss Rules that Work

##### 5. Food Goes Farther with Fiber

Fiber's effect is the opposite of snack foods'. When you have fiber in your stomach, food takes longer to enter the bloodstream, and your blood-sugar level stays steady.

The benefits: You'll have a more consistent energy supply and less between-meal hunger. The only potential downside is that you won't get as much reading done in the bathroom.

What slows down your blood sugar at the front end speeds things up at the back end. I could give you the usual riff about eating more broccoli and raisin bran, but you can safely and easily take in more fiber by using a supplement.

Start with 7 to 12 g a day, mixing some with water and drinking it before your main meals.

Photo: <https://www.ecowatch.com/dr-hyman-fiber-1995278577.html>

Text: <http://www.menshealth.co.uk/lose-weight/9-weight-loss-rules-that-work>



Fraternally,

Edmundo Fernandez FSC