

Welcome (Home) to LEAD!

Brother Vicar, Jorge Gallardo, will be in Hong Kong for the next few days to attend the Diamond Jubilee celebrations of La Salle Primary School. He will be the guest of honour at the Gala Dinner of LSP.

Welcome home, dear Brother! I hope you enjoy the few days you have with us!





Parmenie in Japan

In the history of the Lasallian Family of Japan, the month of October 2017 will remain a very special month. We had the occasion of learning about the important PARMENIE event in the life of St. De la Salle, and of reflecting about what to do later on, ourselves, in our lives, when are lost in some dark experiences, similar to what the Founder went through among his Brothers, at the beginning of 1714.

We had the joy of welcoming Brother Jean- Luc Lambert, from France, who is also responsible for the Parménie community. The President of the Japan Federation had met him in Parménie in October 2016, on his way to Rome to attend the canonization of Brother Solomon. (Continued)

He was very impressive by his kind, sincere, enthusiastic presentation of St. De La Salle in Parménie, and the fraternal guidance through the Parménie Center. Once back in Japan, his dream was to invite Brother Lambert to Japan in order to give lectures on De la Salle in Parménie and about today's various activities of the Parménie community. And if there was some time, he could also present to the adults the French Alumni and the present activities, as well as the Lasallian formation of teachers working in the 150 institutions of the Lasallian French region, that includes also three other countries.



In October, Brother Lambert spoke, with translators, to about 2,500 persons all told: students, teachers, alumni and parents of our schools in Kagoshima and Hakodate, and, also in Tokyo, to a group of alumni of that region. His talks were always greatly appreciated. He could also visit, in Sendai, the Lasallian institution for young children, boys and girls, who cannot live an ordinary life with their family.

One of the strongest impressions felt from Brother Lambert's meaningful visit, in the heart of many Lasallians was that if De la Salle had not said his COURAGEOUS YES to the recommendation of Sister Louise to continue to be the father of the family God had confided him, and also to the call from the main Brothers to come back to Paris and continue to lead the Brothers as their superior, there would be NO LASALLIAN INSTITUTIONS IN JAPAN, and.....WE WOULD NOT BE OURSELVES LASALLIANS TODAY !
(Br. Andre Labelle FSC)

Lasallians Without Limits: Now We Rise!

Around 170 young Lasallians from 10 countries of Pacific Asia Regional Conference (PARC) gathered for the 11th Asia Pacific Lasallian Youth Congress (APLYC11) last December 3-9, 2017 at De La Salle University – Dasmariñas, Cavite, Philippines.

APLYC has been a venue for the youth in PARC to meet and immerse with the cultures of their fellow Lasallians in the region. The program centred on the theme “Lasallians Without Limits,” to celebrate the diversity of the experiences that contribute to the Lasallian Mission. (Continued)



Here are reflections from some participants of APLYC11:



“An eye opening experience that made me aware of the wider Lasallian community I was part of. A family that was one, one big family!” – Vedant Chauhan, Singapore

“It widened my horizon about the cultures of different countries in PARC and reminded me that as long as we are a community and if we have faith in one another, we can change the world. This experience made me step out of my comfort zone and left me with meaningful lessons. This is truly a rich experience.” – Mark Cheung, Hong Kong

“I was assigned to go to New Bilibid Prison for our community exposure activity. We expected scary people to walk towards us and try to intimidate us but really, everyone was smiling and greeting us, it didn't feel like a prison at all. This went on until we reached the prison school where we were taken in for an orientation and got to meet two inmates. They told me their life stories how they missed their families but also how they wanted to fix their mistakes. Its actually incredible the power that God can give a person who is basically drowning in his own guilt and sadness. The talent, love and care of the inmates inspired me!” – Sharky Roxas, Philippines (Continued)

Br. Edmundo Fernandez FSC, Visitor of the Lasallian East Asia District (LEAD), in his closing remarks during the feast day of the Immaculate Concepcion addressed the APLYC 11 group: “As you go into an important stage in your life, making key decisions about your future, I pray that you will acquire a discerning heart and eyes that see with faith. It is not always easy to discern what God’s will is in our life but if your decisions point you towards what is life giving, if you can make the most loving decisions possible, if you are able to contribute to peace, if you can build community then you know that you are in the right direction.”



Our time together during APLYC 11 allowed each one of us, from the organisers to the delegates and to the adult leaders, to share experiences of Faith, Service and Community highlighting best practices and a rich exchange of ideas. With all these, we hope that the congress has inspired all Lasallians in APLYC 11 to strengthen their commitment to serve the last, the lost and the least in their own local realities. Live Jesus in our hearts, forever! **(Patrick Lo and Celine Ocampo)**

News Notes:

Congratulations. (Belated) Congratulations to Br. Armin Luistro, President of De La Salle Philippines for being one of three Outstanding Filipinos of 2017. Awarded by the Junior Chamber International (JCI) Senate of the Philippines, the TOFIL Award - is meant to honour Filipino men and women, 41 years of age and over and whose achievements, worthy of emulation, have made distinguished contributions to his/her respective field. (<http://www.dlsud.edu.ph/Campuslife/News/2017/TOFIL.htm>)

Government Charter Granted. La Salle Sangklaburi, where the Bamboo School is located, was granted official government recognition by the Ministry of Education, Thailand. Congratulations to Br. Joe and the Brothers of Sangklaburi: Victor, Mario, Philip, and Stephen. Keep up the good work!

Reminder. A request has been sent by the LEAD Administrator to Community Directors for their C2 - Supplement to the History of the House. Thanks to Brs. Alex, Rey, Jun, Patrick, and Jeffrey for submitting this document right away.

Health and Wellness

4 Stupidly Simple Habit Changes To Lower Your Work Stress This Year



1. DELETE AN APP YOU USE AT LEAST ONCE DAILY

You know your own vices. Maybe it's Facebook, maybe it's a game, maybe it's a dating app, maybe it's something else entirely. Whatever it is, if you find that it's your default go-to whenever you have downtime, it's likely sapping the focus and mental energy you need to get stuff done—and indirectly stressing you out as a result. So pick just one app to start with and delete it, even if only for a week to see how you fare...

2. SET A "GET READY FOR BED" ALARM

Lost sleep is a huge drag on productivity and a big cause of work-related stress.

One of my time-management coaching clients added a, "Why are you still awake!?" alarm on his phone in the evening. When it went off, that was his cue to pause and ask whether whatever he was doing at that moment was really worth violating his self-imposed bedtime for. It worked for him. He knew that anytime he "broke" the rule, it was for something truly important, not because he'd lost track of time...

3. KEEP WATER NEARBY

Upping your water intake really can improve how you function at work (though not all benefits are necessarily a direct result of hydration, nor is the classic "eight glasses a day," erm, watertight science)...

4. SIT LESS AT WORK

Instead of segmenting your day between sedentary work and full-on exercise, try to integrate healthy movement into your workday. It could be as simple as attempting to sit up straighter in meetings—which is healthier and will make you look better—or just asking a colleague to have a walking meeting instead of sitting down...

Full Text: <https://www.fastcompany.com/40510456/4-stupidly-simple-habit-changes-to-lower-your-work-stress-this-year>

Fraternally,

Edmundo Fernandez FSC