



June 16, 2015

Twelve Things I Wish I Knew at 25 – Spiritual Learnings on My 50th Birthday by James Martin SJ

Some are bits of advice that wisdom figures have told me and took years to sink in. Others are the result of some hard knocks. A few are insights from the great spiritual masters that I've adapted for my own life. Maybe a few will help someone you know who's 25. Maybe one or two will help you.



1. First up: Stop worrying so much! It's useless. (i.e. Jesus was right.)
2. Being a saint means being yourself. Stop trying to be someone else and just be your best self. Saves you heartache.
3. There's no right way to pray, any more than there's a right way to be a friend. What's "best" is what works best for you.
4. Remember three things and save yourself lots of unneeded heartache: You're not God. This ain't heaven. Don't act like a jerk.
5. Your deepest, most heartfelt desires are God's desires for you. And vice versa. Listen. And follow them.
6. Within you is the idea of your best self. Act as if you were that person and you will become that person, with God's grace.
7. Don't worry too much about the worst that can happen. Even if it happens, God is with you, and you can handle it. Really.





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8. You can't force people to approve of you, agree with you, be impressed with you, love you or even like you. Stop trying.
 9. When we compare, we are usually imagining someone else's life falsely. So our real life loses out, i.e. compare and despair.
 10. Even when you finally realized the right thing, or the Christian thing, to do, it can still be hard to do. Do it anyway.
- Seven things to say frequently: I love you. Thank you. Thank you, God. Forgive me. I'm so happy for you! Why not? Yes.
12. Peace and joy come after asking God to free you – from anything that keeps you from being loving and compassionate.

BROTHER BEAUSANG STUDENT EXCELS AT KSEF

An update on last week's article on Form 3 student Christelle In-Hyang participating in the nationals of the Kenya Science and Engineering Fair. Christelle achieved position two in her category (Bio-Technology) and won the prize for the Most Innovative project.

This is a wonderful achievement by Christelle and she represented herself, her family and the school in outstanding fashion. Christelle is a great role model for all the students – no surprise then that Christelle will be receiving an Edmund Rice award for outstanding community leadership at Wednesday's Edmund Rice Celebration Day.

Peter Shanahan (Principal)





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ON THE WAY TO RUAH...

Br. Simon Kaswahili and Mrs. Anne Ogallo (Deputy Principal of Br. Beausang) are currently taking part in a short spirituality programme in Ireland, RUAH, organized jointly by the Christian Brothers and the Presentation Sisters and Brothers. They made it safely to Dublin, where the photo shows them on their first shopping expedition. Yesterday they travelled to Galway in the west of Ireland, where the programme begins. From Galway, RUAH will take them to sacred places associated with the lives of our Founders, Blessed Edmund and Venerable Nano Nagle, such as Callan, Waterford, Cork and Ballygriffin. They return in early July.

FINAL PROFESSION PREPARATION

On Saturday Brothers Sammy Munyua and Simon Peter Odongo flew to Lusaka to take part in the 9-week course of preparation for final profession at ISC. Br. Michael Godfrey is coordinating the course. It is an important moment in the lives of both our Brothers, especially for Odongo, who will return from the course in August and move straight into a 30-day retreat at Mwangaza, the final step in his discernment about a life commitment in our congregation.

Please keep them both in your thoughts and prayers during these weeks.





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EDMUND RICE ICON PRINTS AVAILABLE

Most of you are familiar with the Edmund Rice icon, either as an original (in kinetic glass) or as a printed reproduction. The District has received a gift of two high quality prints of the icon. They are very big, close to 2 m. in height – they would need a large wall space to display. If you look at last week's newsletter, you will see that the photo of the Br. Beausang student was taken against a similar print of the icon. This will give you an idea of its size.

If any community or ministry is interested in acquiring one of them, please contact Amandi or Tony.

FINAL REMINDER – EDMUND RICE DAY CELEBRATION AT BR. BEAUSANG, THIS WEDNESDAY, June 17

As we have been advertising for several weeks, there is a special celebration of Founder's Day at Br. Beausang Catholic Education Centre this week. This is the tenth year that the Christian Brothers have been at the school, and the celebration will highlight this.

The day begins with Mass in the parish church at 7.45 am. The homily will be given by Br. Tom Kearney. A procession around Embulbul and lunch will follow. The final part of the day will be a football match, Christian Brothers vs. Staff, beginning at 2.30 pm. **All Brothers are warmly invited to take part in the celebration. Please tell Daniel Kyalo on 0708 142582 if you can come, and especially if you will be available for the football match.**

BIRTHDAYS

JUNE 24 LAWRENCE AGALO (BALOZI)
JUNE 25 RICHARD DEMARIA (KAREN)
JUNE 26 MARTIN BINYENYA (TAMALE)

CALENDAR

June 28-July 4	PLT Retreat (Subiaco Centre, Nairobi)
July 5-20	PLT visitation of the District
July 16-17	DLT Review Days
August 9-14	AP Brothers workshop with Br. John Casey (CLT)
August 10-14	PLT meeting
September 4-6	Child Protection Workshop
September 12	Nairobi Cluster meeting
September 19	Arusha Cluster meeting

Many Blessings,
Tony Shanahan (Acting Editor)

