



SRC NEWS

Introduction.

Hello everyone, hope you enjoyed the sunshine over the weekend. Welcome back to the second week of semester two. Wow! The time is so quick and here we are in August. The SRC urges and wishes every student good luck in this second semester. It feels bored and stressful for us all given the lockdown and so limits our face- to –face learning. But let us be grateful that we still can have access to our classes and learning now via Zoom. We welcome Jellaludin Rumi for our meeting the folk this week. Peace!

If you would like to contribute with articles or other special items of interest to the Newsletter, we would be grateful for your help. Please send it to Wilfred.

Happy Reading!

Meet the Folks:”

Ministry Log

I wonder how many of you are keeping a ministry log. If not, I would highly encourage you to keep one especially during this time of upheaval. Write in the first person about your

Those who wait upon the Lord shall renew their strength (Is 40:31)

feelings, and what is happening around you because in every day there is always something new and different to experience.

The first thing to do is to pray and then let the words just flow. It does not matter what you write just let it flow, you do not write: a journal writes you. Find quite safe space to recognizing and express your inner most thought and feelings.

Write down something good that happened to you today. this will offset the things that are going wrong and show you that there are always good things in this world.

In the log write down what the incident

What signs/movements did you notice in yourself. How did you interpret them?

What within yourself helped/hindered you in your response?

What strengths do you notice within yourself?

What action did you take? How do you evaluate this now?

How has what you have written down help you cope?

What is the gift of God to you in this writing?

Write it down as close to the day an incident happened. This will help respond to what is happening around you.

The Guest House

This being human is a guest house.

Every morning, a new arrival.

A joy, a depression, a meanness,

Some momentary awareness comes

as an unexpected visitor.

Welcome and entertain them all!

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Even if they are a crowd of sorrows,
who violently sweep your house,
empty of its furniture,
still, treat each guest honorably.

He may be cleaning you out
for some new delight.

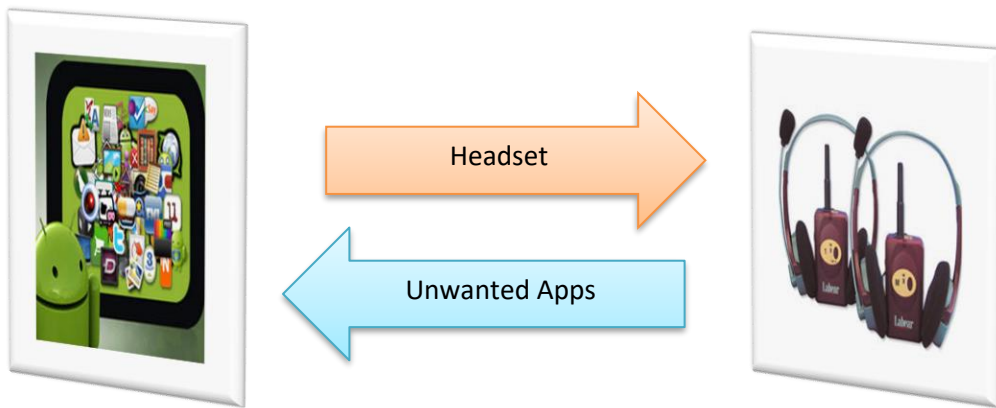
The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes,
because each has been sent as a guide from beyond.

-Jellaludin Rumi.

Another two of 10 Zoom hygiene & etiquette tips

3. Close unneeded application on your computer to keep the video optimally functioning.
4. You might want to use the headset with an external mic for best hearing and speaking capabilities.



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Notices

- **The Victoria state has lifted level four of the lockdown and it felt very serious. It means the number of people infected has increase and therefore it is unsafe. It needed more carefulness as to follow the restrictions rules and keep safe. The SRC urges that every student, from wherever you are, please take good care of yourself and avoid getting it and spreading it.**
- **We are in week two and the assessments are underway, the SRC encourages every student to work on them as early as you can. We understand it stressful given our situation on coronavirus pandemic but keep going.**
- **Borrowing of books- as noted by our lecturers, the books from St Pascals library can be accessed but on condition that you have to contact the Library staffs via email and they will make arrangement for pick up. The pickup days are Monday, Wednesday and Friday but you have to make arrangements before those days. (Given this stage four lockdown we are unsure whether there should be possibility for that).**

Prayer & Intercessions

Lord Jesus, you are a shield around me. Strong in love, heavy with power, shaped with hope and gilded with truth. I will fear no evil, for you watch over me, You defend and deliver me. In this day, this hour, this moment I put my trust in you. Amen.



- **This week we are invited to remember and pray for Victoria State its people as it faces the level four of lockdown. It is very serious as we can see and hear. We pray for everyone who suffers the virus, those physically and emotionally down because of the pandemic. We ask God to be our protection and guide.**

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A little Laugh



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Weekly Quote

“Be kind and merciful. Let no one come to you without coming away better and happier. Be the living expression of God’s kindness”

-Mother Theresa



Have a Wonderful week

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