

Chaplain's Spot

'Empowering people to say NO'

Recently there have been many situations in the media about people having inappropriate power over others. In such an environment, it is vital that we teach our children to be able to say NO to such people. It can relate to bullying, or pressure to make bad choices, which can have serious outcomes now, and when they are older.



We talk a lot about resilience, and this does not mean protecting children from any harmful or distressing circumstances – we cannot do that for long. However, it does mean providing a supportive environment that empowers them to understand, and accept that life can bring all sorts of experiences, many that we cannot control. It means building a sense of wellbeing within those life experiences, a sense of hope, that life still has much to offer us, especially if we have a grateful attitude for all we have.

I know that my life experience and faith empowers me in my chaplaincy role. As a result of my experiences, and how I was cared for through them, I can care for others, and be present for them. One thing I can do is to empower them to have a sense of what they can do in each situation.

John Lennon wrote a song, 'Power to the people'. Let's all help to make that a reality for our children, empowering them to be the best that they can be, contributing much to the society in which they live.

One-liner of the week:

"If you're struggling today, remember that life is worth living & believe that the best is yet to come. Remember that you are loved, you matter, & never forget that there is always hope." — **Germany Kent**

Remember that our first Chaplaincy meeting is on Thursday 22 Feb at 7pm in the Staff Room. Feel free to visit and check us out. Thanks

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Pastoral care for our community, Tuesdays, Thursdays & Fridays.

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