

## Chaplain's Spot

### **Promise yourself**

(C.D. Larson, Your Forces and How to Use Them)

Be so strong that nothing can disturb your peace of mind;

Talk health, happiness, and prosperity to all you meet;

Make all your friends feel that there is something in them;

Look at the sunny side of everything and make your optimism come true;

Think only the best, to work only for the best, and to expect only the best;

Be just as enthusiastic about the success of others as your own;

Forget the mistakes of the past and press on to the greater achievements of the future;

Wear a cheerful face at all times and give everyone you meet a smile;

Give so much time to the improvement of yourself that you have no time to criticize others;

Be too large for worry, too noble for anger, too strong for fear; and too happy to permit the presence of trouble;

Think well of yourself and to proclaim this fact to the world, not in loud words, but in great deeds;

**Quote of the week:** Live in the faith that the whole world is on your side so long as you are true to the best that is in you.



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**Alan Silverwood – Chaplain** - Pastoral care for our community, Tuesday Thursday Friday. [[silverwood.alan.l@edumail.vic.gov.au](mailto:silverwood.alan.l@edumail.vic.gov.au)]

**Supporting the School community in emotional, social, spiritual and practical wellbeing.**

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