



A Weekend of First Vows

August 4 and 5 were grace-filled days for the District. Two novices professed first vows in their respective Sectors: Br. Luke Thatsaworn in Thailand Br. Henry Gyi in Myanmar. Both celebrations were moving and displayed the immense support of a minority Catholic community in places where the majority are buddhist. What I consider special features of each Sector whenever they have a first vows ceremony were present: In Thailand, each school and community send representatives and shower the newly professed Brothers with their gifts and best wishes. In Myanmar, the tightly knit Catholic community comes together for a festive Mass and meal. Also, it was the first time to hold the vows ceremony in Maymyo in a long time, which had many older Brothers and old boys reminisce of better days and hope for a brighter future. Congratulations once again to Brothers Luke and Henry! (I am attaching below the English translation of Br. Joe Klong's homily given in Thailand; Photos from: Brs. Jospahat and Danai and Ms. Thida Wiwatpanit)

Three Calls, Three Responses, One God

Speaking on the behalf of Br. Edmundo Fernandez, Visitor of LEAD, Br. JJ Jimenez, Auxiliary Visitor, Br. Sockie, District Secretary, we would like to welcome all the Brothers and Sisters in Christ who participated in this Eucharistic Celebration for the First Profession of Vows of Br. Luke Thasaworn.

Dear Brothers and Sisters in Christ. Br. Luke Thatsawaorn chose the three readings for today's Mass. The first reading was taken from the prophet Samuel who was called by God while he was asleep in the temple. God called him three times but he was not sure so he went to meet Eli and asked whether he has called him or not. Eli was sure that God was calling Samuel so he asked Samuel to respond to God. Samuel responded to God when he heard Him calling by saying "Speak Lord, for your servant is listening." As we live in this changing world, we must pay attention to God's call so that when He calls us we may be able to hear his message. (Continued)





The second reading was taken from the letter of St Paul to the Galatians. St. Paul was trying to explain to the people of Galatia that what he was preaching was not coming from human beings but from the God's own revelation. He used to persecute those believing in Jesus. He was called by God in a special way. He was blinded and seen again by the call from God. We can learn from St. Paul's courage and faithfulness to God's call.

The call of Matthew was another simple call and a simple response. We do not know what motivated Matthew to follow Jesus. Perhaps he had heard His preaching and witnessed some of his miracles and his heart has been prepared in advance. There are two brief points we can learn from Jesus. The first point is the hospitality of Jesus. He sat in the house and many tax collectors and sinners came and were sitting with him and his disciples. Jesus shares hospitality with us, regardless of who we are. He does not judge us or condemn us. He invites us into his home and share himself with us. Hospitality is at the heart of God's relationship with us. Hospitality is a crucial spiritual gift for us. We are called to be a hospitable person like Jesus. (Continued)

The second point is the acceptance of Jesus to all for the party. Jesus accepted them as they are. These two points will help us to be closed to Jesus if we follow his example. In the midst of all the change and certainty of our current situation, Jesus asks us to follow him. He leads us into his table where we find completely hospitable with God and one another despite our differences.



The voice of the Lord is the word of God and speaks to our heart and mind. Our focus should be on the word of God. They are life and healing to us when we keep them in our hearts. Let us turn away our intention from wealth, fame and power; and focus to God's word which is the only thing needed by our souls.

PARC Meetings at La Salle Hall, Petaling Jaya



The newly renovated La Salle Hall in the former Penang Provincialate in Petaling Jaya was put to good use in the last weeks of July when two consecutive PARC meetings were held in the hall.

The first meeting on July 25 - 27 was called by Br. Antxon Andueza, Secretary General of the Institute. In attendance were all the District Secretaries (Administrator in LEAD Parlance) PARC: Br. Tarshan for Colombo, Br. Simon for Vietnam, Br. Sockie for LEAD, Mr. Kannan for India, and Ms. Kate Mason for ANZPPNG. The secretaries discussed ways in which to make the collection of information for use of Leadership more efficient. Much time was spent also on training to use the Centralised Institute Database which contains information on Brothers and Ministries. (Continued)

PARC 44 was presided over by Br. Ricky Laguda, General Councillor for PARC. In attendance were all the Visitors, Auxiliaries, and Delegation heads in PARC. The emphasis in this meeting was greater collaboration between district and sectors and how PARC can contribute to important Institute celebrations coming up. Br. Rey Mejias was also present because PARC serves as the “Novitiate Board”.

Thank you to Br. Paul Ho for the well done renovation! Also to Br. Andrew Loke our host and Joshua, the manager of the hall.



Visitor's and Auxiliary Visitors' Calendar for August

	Week 1	Week 2	Week 3	Week 4
Visitor	Thailand and Myanmar, First Vows	Malaysia, School Visits	Philippines, Renewal of Vows of Br. Lucas and First Vows of Novices	LEAD PRV
AVMA	Malaysia and Singapore	Singapore	Philippines, First Vows of Novices	Singapore
AVVF	Thailand and Myanmar, First Vows	Thailand, Welcoming Ceremony for New Director of Sangklaburi Sports days at Nakhonsawan	Philippines, First Vows of Novices	Singapore
AVSP	Thailand and Myanmar, First Vows	Philippines, LSGH Teacher Training	Philippines, Renewal of Vows of Br. Lucas and First Vows of Novices	Philippines, OAV

Happy Birthday!

Brother Ambrose Loke FSC	August 08, 1944
Brother Matthew Thawatchai Chumkhamta FSC	August 08, 1991
Brother Justin Mobilik FSC	August 10, 1944
Brother Dindo Maralit FSC	August 13, 1964
Brother Chuck Magno FSC	August 14, 1988
Brother Emong Viroomal FSC	August 17, 1982
Brother Cliff Sy FSC	August 20, 1985
Brother Joe Scheiter FSC	August 25, 1935
Brother Marty Sellner FSC	August 29, 1937
Brother Francisco Teerayut Chadang FSC	August 30, 1984

Health and Wellness: Preventing Heatstroke

Wear loose-fitting, lightweight clothing. Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.

Protect against sunburn. Sunburn affects your body's ability to cool itself, so protect yourself outdoors with a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or sweating.

Drink plenty of fluids. Staying hydrated will help your body sweat and maintain a normal body temperature.

Take extra precautions with certain medications. Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.

Take it easy during the hottest parts of the day. If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.

Get acclimated. Limit time spent working or exercising in heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.

Be cautious if you're at increased risk. If you take medications or have a condition that increases your risk of heat-related problems, avoid the heat and act quickly if you notice symptoms of overheating. If you participate in a strenuous sporting event or activity in hot weather, make sure there are medical services available in case of a heat emergency.

<https://www.mayoclinic.org/diseases-conditions/heat-stroke/symptoms-causes/syc-20353581>

Faternally,

Edmundo Fernandez FSC