



Volume I Number IV

OLMatters



Educate the whole
person for global
understanding!

“To Educate the whole person for global understanding”

Rio de Janeiro – December 2005/January, 2006

Quando me Amei de Verdade

Kim McMillen e Alison McMillen

Quando me amei de verdade,

Compreendi que em qualquer circunstância,
Eu estava no lugar certo, na hora certa, no momento
exato.

E, então, pude relaxar.

Hoje sei que isto tem nome... *Auto-estima.*

Quando me amei de verdade,

Pude perceber que a minha angústia,
Meu sofrimento emocional, não passa de um sinal
De que estou indo contra as minhas verdades.

Hoje sei que isso é... *Autenticidade.*

Quando me amei de verdade,

Parei de desejar que a minha vida fosse diferente
Contribui para o meu crescimento

Hoje chamo isso de... *Amadurecimento.*

Quando me amei de verdade,

Comecei a perceber como é ofensivo
Tentar forçar alguma situação ou alguém
Apenas para realizar aquilo que desejo,
Mesmo sabendo que não é o momento
Ou a pessoa não está preparada, inclusive eu mesmo.
Hoje sei que o nome disso é... *Respeito.*

Quando me amei de verdade,

Comecei a me livrar de tudo que não fosse saudável
Pessoas, tarefas, tudo e qualquer coisa que me pusesse
para baixo.

Mais Precisão na Datação Geológica



A idade de meteoritos (como o da imagem, coletado em 1979 na Antártida e identificado como tendo se originado em Marte) poderá ser definida com maior precisão através da análise de um isótopo de platina, método agora aperfeiçoado com a participação de cientistas brasileiros (foto: JPL/Nasa).

Pesquisadores do Centro Brasileiro de Pesquisas Físicas (CBPF), no Rio de Janeiro, Odilon Tavares e **Emil Medeiros** (também leciona Física na OLM), associados a colega da Universidade de Roma, Maria Letizia Terranova, escrevem artigo apresentando novo método (para definir idade de rochas) baseado em isótopos de platina. O artigo foi aceito para publicação no periódico internacional “Nuclear Instruments and Methods in Physics Research B”. Confira as últimas novidades no mundo da ciência em:

<http://cienciahoje.uol.com.br/controlPanel/materia/view/4093>

ISAAC NEWTON Was a Christmas Baby

by John J. Majka

A few hours before, his mother felt the first contractions. The pangs of separation, the emptying within her, filled the space she made in her world ever since she knew she had conceived. Tingling expectations accompanied her pain as she began imagining just what this new birth would bring.

Am I you, or am I me, Mom? Will you show me who I am, and why? Your love made me feel warm. Who loves you? Your songs made me unafraid. Will you always sing to me? Who sings to you?

It seemed like he was born with a smile on his face, happy to have finally arrived. The blinding light of his moment of birth substituted the darkness of the womb. Like the bright red sun, popping up over the ocean’s horizon, he erupted onto the bed where his mother lay, surrounded by three aunts, his sister and the neighborhood midwife. He could match their excitement until the men came in: his father, his grandfather and his older brother--they could not be prouder as they huddled around the bed to get a better look and to touch him and make funny noises.

What’s all the excitement about? They knew I was coming. I guess they weren’t expecting somebody this good-looking. Wait till they find out how smart I am!

Christmas morning. What a great time to be born! Anything’s possible.

De início, minha razão chamou essa atitude de egoísmo.
Hoje sei que se chama... *Amor-próprio.*

Quando me amei de verdade,
Deixei de temer meu tempo livre
E desisti de fazer grandes planos,
Abandonei os projetos megalômanos de futuro.
Hoje faço o que acho certo, o que gosto,
Quando quero e no meu próprio ritmo.
Hoje sei que isso é... *Simplicidade.*

Quando me amei de verdade,
Desisti de querer ter sempre razão
E, com isso, errei muito menos vezes.
Hoje descobria... *Humildade.*

Quando me amei de verdade,
Desisti de ficar revivendo o passado
E de me preocupar com o Futuro.
Agora, me mantenho no presente,
Que é onde a vida acontece.
Hoje vivo um dia de cada vez.
Isso é... *Plenitude.*

Quando me amei de verdade,
Percebi que a minha mente pode me atormentar
E me decepcionar. Mas quando eu a coloco a serviço do
meu coração, ela se torna uma grande e valiosa aliada.
Tudo isso é... *Saber viver!!!*
Não devemos ter medo dos confrontos...
“Até os planetas se chocam e do caos nascem as
estrelas.”

*Kim McMillen morreu aos 52 anos, pouco depois de escrever
“Quando me amei de verdade.”*

*Sua filha, Alison, resolveu prestar uma última homenagem a mãe
divulgando seus escritos para o maior número possível de pessoas.*

Submitted by Ms. Jabulka

**Congratulation to the Quiz Bowl
winners: Marcela Ceva, André Levy,
Daniel Mayall, and Juan Loaiza**

Do You Have a Nativity Scene or Crib Built Close To Your Christmas Tree?

**Read This and Get To Know the Origin of This
Meaningful Christmas Symbol...**



It happened in the third year before his death, that in order to excite the inhabitants of Greco to commemorate the nativity of the Infant Jesus with great devotion, St. Francis

of Assisi determined to keep it with all possible solemnity; and lest he should be accused of lightness or novelty, he asked and obtained the permission of the sovereign Pontiff. Then he prepared a manger, and brought hay, and an ox and an ass to the place appointed. The brethren were summoned, the people ran together, the forest resounded with their voices, and that venerable night was made glorious by many and brilliant lights and sonorous psalms of praise. The man of God [St. Francis] stood before the manger, full of devotion and piety, bathed in tears and radiant with joy; the Holy Gospel was chanted by Francis, the Levite of Christ. Then he preached to the people around the nativity of the poor King; and being unable to utter His Name for the tenderness of His love, He called Him the Babe of Bethlehem.

***If you want to get a feeling of the nativity scene,
visit the Chapel of our school.***

Sua Mente É Fantástica!

Você Leu Isso? (Resposta do # anterior)

Matemática (Sensacional!)
Às vezes eu acordo
Meio matemático.
Deixo toda a distração natural de lado
E me ponho a pensar em números,
Como se fosse uma pessoa racional.
São sete disso, nove daquilo...
Quinze pras onze...
Trezentos gramas de presunto...
Mas logo caio na real
E começo a fazer versos Hindu-arábicos!

The Star of The King

**Why do people place a big star on top of their
Christmas tree?**

For a very special reason: when we find The Gospel according to Matthew 2:1-2, we read THE VISIT OF THE MAGI. 1 **When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem, 2 saying, “Where is the newborn king of the Jews?”**



***We saw his star at its rising
and we have come to do him
homage.***

When we place our stars on our Christmas tree, we are telling ourselves that the true King was born and we are willing to go to Him and do whatever he wants us to do.

What The Blessed Mother Means To Catholics (Closing)

from Thomas Merton's *The New Seeds of Contemplation*

Mary... was as pure as the glass of a very clean window that has no other function than to admit the light of the sun. If we rejoice in that light, we implicitly praise the cleanness of the window. And of course it might be argued that in such a case we might well forget the window altogether. This is true. And yet the Son of God, in emptying Himself of His majestic power, having become a child, abandoning Himself in complete dependence to the loving care of a human Mother, in a certain sense draws our attention once again to her. The Light has wished to remind us of the window, because He is grateful to her and because He has an infinitely tender and personal love for her. If He asks us to share this love, it is certainly a great grace and a privilege, and one of the most important aspects of this privilege is that it enables us to some extent to appreciate the mystery of God's great love and respect for His creatures.

"Love is what's in the room with you at Christmas, if you stop opening presents and listen." Bobby - age 7 (an anonymous e-mail)

Francis Xavier, St. (1506-1552)

Born in the family castle of Xavier, near Pamplona in the Basque area of Spanish Navarre on Apr. 7, he was sent to the University of Paris 1552, secured his licentiate in 1528, met Ignatius Loyola and became one of the seven who in 1534, at Montmartre founded the Society of Jesus.

In 1536 he left Paris to join Ignatius in Venice, from whence they all intended to go as missionaries to Palestine (a trip which never materialized); he was ordained there in 1537, went to Rome in 1538, and in 1540, when the pope formally recognized the Society, he was missioned, with Fr. Simon Rodriguez, to the Far East as the first Jesuit missionaries. King John III kept Fr. Simon in Lisbon, but Francis, after a year's voyage, six months of which were spent at Mozambique, where he preached and gave aid to the sick. Eventually he arrived in Goa, India in 1542 with Fr. Paul of Camerino an Italian, and Francis Mansihal, a Portuguese.

There he began preaching to the natives and attempted to reform his fellow Europeans, living among the natives and adopting their customs on his travels. During the next decade he helps tens of thousands to convert to Christianity.

He visited the Paravas at the tip of India. Near Cape Comorin, Tuticorin (1542), Malacca (1545), the Moluccas near Papua New Guinea and Morotai near the Philippines (1546-47), and Japan (1549- 51).

In 1551, India and the East were set up as a separate province and Ignatius made Francis its first provincial. In 1552 he set out for China, landed on the island of Sancian within sight of his goal, but died before he reached the mainland.

Working against great difficulties, language problems (contrary to legend, he had no proficiency in foreign tongues), inadequate funds, and lack of cooperation, often actual resistance, from European officials, he left the mark of his missionary zeal and energy on areas which clung to Christianity for centuries. He was canonized in 1622 and proclaimed patron of all foreign missions by Pope Pius X. His Feast Day is celebrated on Dec. 3.

http://www.catholic.org/printer_friendly.php?id=423§ion=Saints+%26+Angels

Is Santa Claus Coming?

By Ms. Merise Carvalho - Religious Education Department

Yes!!! We better watch out... Santa Claus is coming soon. Presents, gifts, surprises... His bag is full of wonderful things, which we hope to get. We also have to buy as many gifts as we can to give to our parents, relatives, and friends. We need to have our bags full of surprises for them. And we've got to go shopping!

Stores are full of people; shopping centers also, but ... who cares? Crowds don't bother us. It's CHRISTMAS!!! Santa is on his way. He loads lots of toys and goodies on his sleigh. Why aren't we going to do the same? We prepare our shopping list, and we go shopping, spending our money as we please, buying presents, and carrying bags all around, loading our own sleigh and our family Christmas Tree.

Is that all there is to Christmas? Aren't we forgetting something... or better, someone? Is buying the only reason for Christmas to exist? As we give a present to someone, aren't we forgetting the best gift we ever got?

The word Christmas starts in an interesting way: C H R I S T – CHRIST. Have we forgotten our reading skills? Have we forgotten what He did for us? Why not to take some time to reflect about His coming on Christmas. CHRIST is coming once again into our lives, into our hearts, into our world. Let's rejoice in the Lord!

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child

The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his Mother asked him what he had said to the neighbor, the little boy said, "Nothing, I just helped him cry." (an anonymous e-mail)



Superintendent, Dr. Charles R. Lyndaker, in his night job, heading up the USA Booth at the Feira da Providência. His many years of dedicated leadership have made the OLM booth one of the most successful. This year it was 11 days long! Haja coragem!

PSTC Joins OLMatters

The "Jornal Committee" of the Parent Student Teacher Council has joined the Editorial Board as a new venture in expanding the internal communication of the OLM School Community. Look forward to articles and news items from this new source in future editions.

DECEMBER: Twenty-five years ago

Four church women from the U. S. were brutally assaulted and murdered on December 2nd, 1980 in El Salvador: Dorothy Kazel, a Cleveland Ursuline Sister, Jean Donovan, a Cleveland lay missionary, Maria Clarke and Ita Ford, both Maryknoll Missioners originally from New York. They identified with the poor during the years of extremely violent repression in that country. And they suffered the fate of the poor.

Super Bowl Pick

By Daniel Bydalek ('06)

The Indianapolis Colt will defeat the Seattle Seahawks by seven points in a high scoring contest.

Christmas Eve

by Ana Carolina de Sá Lucas ('07)

When I woke that morning,
It was the twenty-fourth of December,
I felt that Christmas spirit blossoming.
As I walked through the house
I saw lights and many presents.
Feeling hopeful and bewildered
I went to look for my mom.
Then I saw her in the kitchen.
She was fixing a pie.
All dressed in red,
With some details in green.
I said she looked great
The house was perfect.
But I couldn't helping feeling
Hollow inside.
As the day passed by
Evening finally came.
We ate a wonderful dinner
And opened all of our presents.
As I sat on my bed
Thinking, "Why don't I feel complete?"
I lay there and looked at the stars
Hoping for an answer.
And then by the hills
I saw that beautiful sleigh
Coming towards me.
Santa pulled down,
Smiled at me and said:
"Remember, presents mean nothing
If you don't enjoy them with your loved ones."
And that's when I realized
How important one's family is.

Editorial Board:

Teachers: John Majka, Marisa Menezes,
Kátia Souza, Sandra Xavier

Students: Maria Florência Monsalve,
Samantha Guimarães

Parents: Marizi Carneiro, Rodolfo Porto D'Ave

Layout: 8th Grade

MIDDLE SCHOOL STUCO PREPARES FOR NEXT SEMESTER

By Raissa ejaim 8A, STUCO Secretary

In a two and a half hour workshop on Friday morning, December 9, twenty-one members of the Middle School STUCO got to know each other through ice-breaking group dynamics, reflected in small groups about what makes Middle School break down and what makes it tick, and ended with a commitment ceremony to work toward improving things next semester. The day was productive and brought to the fore some very concrete ideas.

Breakdowns occur for many reasons: bullying or meanness of students toward each other, jealousy and competition, food; when students disrupt class; when they have a lot of homework, and don't have time to sleep enough at home, so end up sleeping in class; when students fight with others or think they are the best; when teachers don't understand the students, nor give students time to ask questions, nor control student misbehavior. When bad student attitudes flourish, like: talking behind people's backs; giving bad example; having only negative opinions; failing subjects; not paying attention in class; being in "Time Out" regularly; having fights; not respecting teachers; cutting classes! When people don't pay attention in class; when people don't want to cooperate in the work; when people treat each other and their teachers disrespectfully or otherwise inappropriately. When STUCO members don't work in groups, who criticize or simply don't care.

What makes Middle School tick: the obvious desire of teachers to teach well; friendship and respect among the students and with teachers; no bullying; no students trying to be cool in a bad way; tasty drinks and good food at lunch. Good attitudes are nourished. Friendship. Honesty. Understanding. Being responsible for oneself. Helping others. No cutting classes. Always being in a good mood. Completing assignments on time. Neat work. Good grades and useful tests. Open communication among the classes. Team work; being open to friends; democratic and fun teachers; respecting the things of others; field trips, videos and other things to learn better. Good celebrations like the Thanksgiving and Halloween parties, the Christmas Pageant and school dances. Making best friends at OLM.

Knowing and being committed to what works is the confidence that the Middle School Student Council feels in itself. Congratulations to their spirit and their hopes. 2006 is going to be a very good year.

Visita Guiada ao Theatro Municipal



Dando continuação ao nosso currículo escolar a nossa turma visitou o Theatro Municipal. O nosso guia nos mostrou as centenárias instalações e o acervo

do Theatro.

Originalmente, o Theatro Municipal do Rio de Janeiro foi construindo sendo uma cópia da Ópera de Paris. Foi construído em tempo recorde, apenas quatro anos e meio, provavelmente devido ao fato da maioria de suas peças serem de origem estrangeira.

Entre elas se encontram as vidraças encomendadas da Alemanha.

O Foyer do Theatro procura impressionar a platéia durante o intervalo das peças através de pinturas que incorporam a arte e a música. Nas paredes do foyer são mostrada imagens dos principais compositores ligados a ópera como Gounod, Mozart, Wagner e Verdi. Lembrando as danças encontram-se pinturas das danças de origem Egípcia, Francesa, Húngara, Espanhola, da Judéia, Greg e Polonesa.

Se tivesse que escolher para assistir a alguma apresentação durante dezembro iria assistir a Orquestra Sinfônica do Theatro Municipal no domingo, dia 20 às 11 horas.

Nesse domingo iria apreciar a 5ª Sinfonia de Tchaikowsky. Escolhi esta atração porque durante nossa visita ao Theatro, ouvimos em um breve momento o ensaio da Orquestra e admito que a beleza e a nitidez da linda melodia nos impressionou bastante.

by Christian Pedrosa / Antonio Calado 8B