australia HERALD November 2020

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# SPECIAL VOUTH EDITION



Community of Christ





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President of the Church

"Gest thing ever... pack your tissnes."

Join us for **Prayer Circle**: each week we gather on a Wednesday night at 8pm (AEST) for reflections and prayer via Zoom: https://zoom.us/j/822698348

# CONTENTS



Thoughtful articles to stretch your mind.



These stories are about living with compassion and following Christ's mission.

# 12 What Social issues are you passionate about?

community*PLUS* 

18 The Glass Ceiling

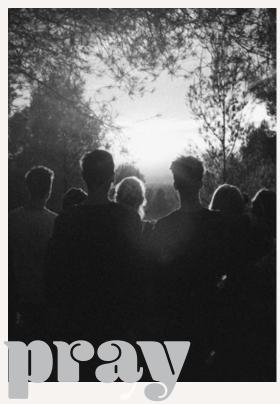
Eliza Brunsdon

- 7 Letter from the Editor Ben Smith, Mission Centre President
- 10 Community is a Verb

Alicia Turner, Youth & Young Adult Minister

20 They are our Future

Kari Sutton



Putting Spirituality into practice.

Practical approaches to living more consciously. Treating the world, our communities and our lives as sacred.

6 Favourite Quotes on Community Apostle Mareva Arnaud

#### 14 Do you take time for Spiritual Practice?

community*PLUS* 

## 8-9 What is Community?

- **15-17** Community of Christ Youth from around the World
- 11 What is Community? community*PLUS*
- 22 Tiny Folk Mel Anderson
- 27 Events

#### 28 Follow the Star

AWOL - Christmas Worship

APOSTLE MAREVA ARNAUD SHARES HER FAVOURITE QUOTES ON COMMUNITY.

# "When I am commanded to love, I am commanded to restore community, to resist injustice, and to meet the needs of my brothers."

Martin Luther King Jr

# "A community is no stronger than the weakest within it."

Stephen M. Veazey

"Community cannot for long feed on itself; it can only flourish with the coming of others from beyond, their unknown and undiscovered brothers."

Howard Thurman

LOVE

### LETTER FROM THE EDITOR

#### **Creating Community**

Community is both what we are experiencing today and an aspirational idea of what might be. This paradox can be challenging for us, as some are living a completely different existence yet might be in the same house or the same neighbourhood. One's experience of community is defined by every facet of their life, and each moment contributes to our understanding of what it means to live in community together.

facet of their life, and each moment contributes to our understanding of what it means to live in community together. In this edition of the Herald, we asked our youth what being part of community meant for them. There are some inspiring stories here, and their voices are a challenge to me to be more real, more intentional, and to listen deeply. So often I look to our elders or those

to listen deeply. So often I look to our elders or those with great experience for wisdom, which is a timetested strategy. Yet, when I take the time to listen to those who are younger in years, I am often impacted in a monumental way. Imagine if we were to listen and be guided by youth more often?

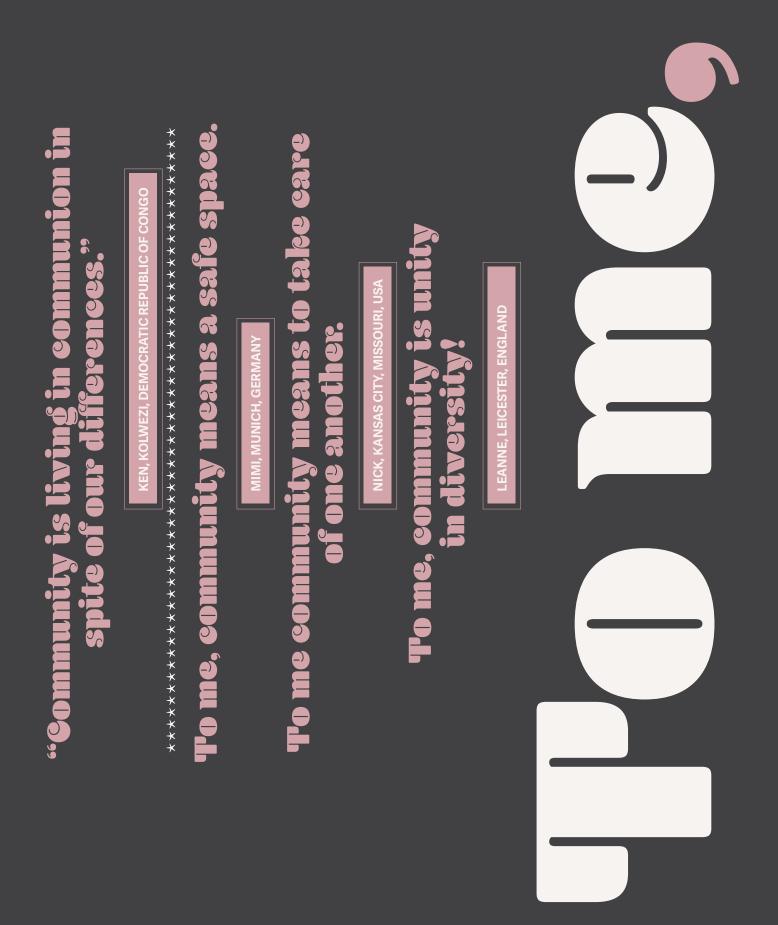
Alicia writes about her work with Community Plus, and how it is providing a space for youth and young adults to express their true selves in a safe environment. Mel explores the work she is doing in the Dangar Island community, spreading joy and connecting people through art and sculpting. Kari shares some examples from her scientific work about how we can work together to help equip children with the skills to be able to tackle life's most challenging times. Eliza's work 'The Glass Ceiling' demonstrates that we must be open to seeing that life is not equal for all people, and to continually be moving toward justice is not just a calling for radical teens, but rather, all people.

> One line sticks out to me from Mel's piece: "...I have finally learned to just keep [my art] moving, better to put it out imperfect than not at all. And I also realised that their stories are imperfect". I love this thought.

We are reminded time and time again through our sacred story that we are enough. We are loved beyond measure, and we can love others in that same way. If we learn anything from these words from our youth, it is that to create meaningful community doesn't require anything external. It just requires you. And time. May you find that time to intentionally connect with the youth in your life, to learn their story, to hear their dreams, and to then believe in them enough to want to adapt.

Ben Smith

Editorial Team Member





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# Community is a Verb

by ALICIA TURNER

orking with young people used to be a piece of cake, I used to be 'with it' and up to date with the current jokes, memes and trends (like 'yeeting it'). I often like to think I'm only a couple of years older than the youth and there really isn't a big age gap between us. When lockdown began in March, we all hopped on to an online gathering and I likened lockdown to the 9/11 bombings in 2001 because EVERYBODY REMEMBERED what they were doing when they found out about it.. to which all of the youth laughed and said "Ahh, Leish... we weren't born then", or "I was only 2 years old, so no.. I don't remember". Of course, 99% of the jokes around Community Plus are about 'how old I am' now. However, I have found beauty in growing older and wiser and working with this age group as I see how society is changing and I hear stories from the youth of what school and other community groups are like.

These stories are at the core of my ministry for finding a safe space to be in community where people know they are loved and they are worthy. A major issue kids and youth are facing at the moment is cyber bullying – social media was only just becoming mainstream towards the end of my schooling so if there was any bullying it would only happen at school but now these kids can be reached 24/7 through their phones & laptops and the bullying can be relentless and non-stop because it comes home with them. 1 in 5 Australian young people have reported being socially excluded, threatened or abused online\*

I am blessed to be able to help create a Christcentred community and safe space for youth and young adults around Australia. I'm talking about the type of community that can't be bought, packaged or manufactured. It unfolds in conversation, around tables and zoom rooms. It's intimate, its where people have joint ownership, everyone is an investor and creator to the space. Its where people have the initiative to engage, the drive to lead and the heart to help. It becomes part of who we are as we are brought closer by triumphs and tragedies. This community is not a noun, but rather a verb set in action everyday.

It's a place where hope lives, people matter and love wins.

Sure, being older may mean it's a little harder to tie up my shoes, or to get up off the floor but being older also allows me to be a mentor and spiritual guide for the youth and young adults as they try and navigate their way through this period of their life.

Alicia Turner is Youth & Young Adult Minister for Community of Christ Australia she lives in Bendigo and has 14 beehives in her backyard which produced 172kg of honey last season.

'I am blessed to be able to help create a Christ-centred community and safe space for youth and young adults around Australia.' 'Belonging and feeling accepted and loved'

# We asked **G**+ What is community to you?

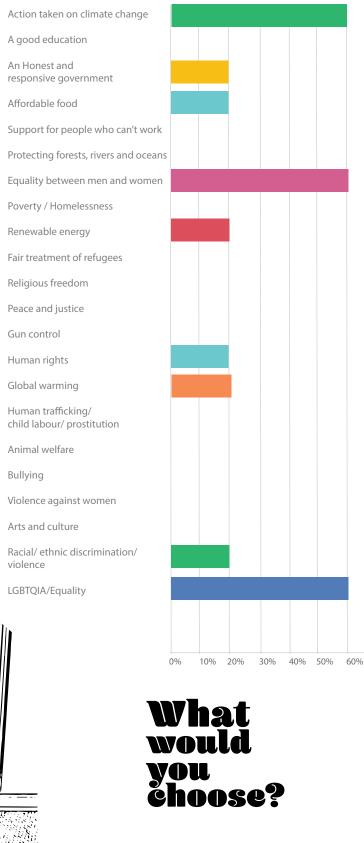
'Knowing there are people that I can turn to when I need support.'

'Being surrounded by that 'warm fuzzy feeling.'

> 'People who love you when your heart is tired, and your emotions frayed. When you feel down but cant put it into words. Words are not needed. A hug and a prayer is given anyway.'

L

# We asked **C**+ which social issues are they most passionate about?



## 'Each issue has/could have an impact on the people I love and myself if not changed.'



'Racial injustice, racism, sexism and homophobia are all really serious issues that should not occur. I have friends a part of the LGBTQIA+ community and want to make sure they never feel alone. No one should be discriminated against for their gender, race or sexuality.'

22

PRAY



# 'Community is that group of people where the real VOU can shine through.'

CARLA LONG, EAGLE MOUNTAIN, UTAH, USA

14

we asked Community of Christ youth members across the world ...What is community?

What is

community to you?

# To me, community means acceptance (never judged)

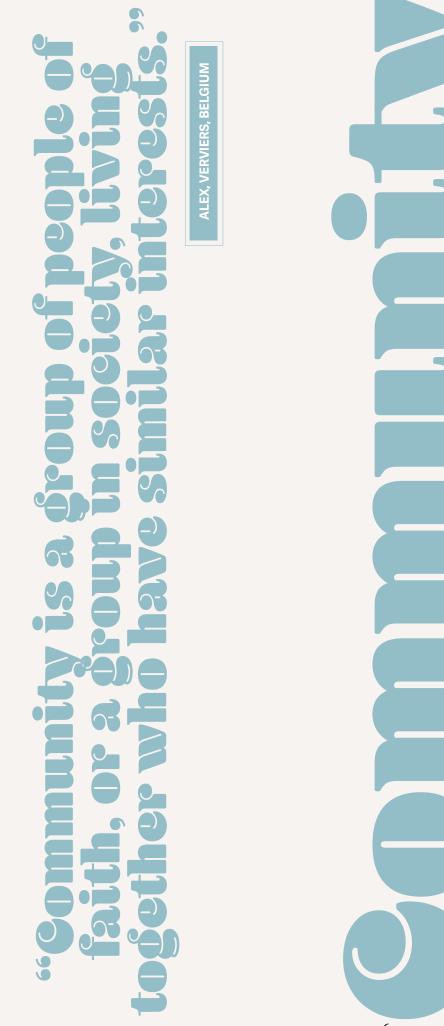
CHARLOTTE, NUNEATON, ENGLAND

'To be in community is to live in perfect harmony with everyone.'

Contraction of the second

STEVEN, KINSHASA, DEMOCRATIC REPUBLIC OF CONGO





# 

JEZ, LEICESTER, ENGLAND

LIVE

I



Eliza lives in Marrickville, where she has been surrounded by art from a young age. This year, she created a piece of 6 drawn portraits for her HSC major work titled 'The Glass Ceiling'. Eliza enjoys reading, talking to people, and educating herself on the world and it's issues - all of which inspired her to call attention to the inadequate treatment of individuals on the basis of gender, sexuality, and nationality through her art making process.

by Elisa Brunsdon

ike the smashing of the invidious glass ceiling, my body of work has been nothing less than a cathartic release of frustration towards the world we live in; specifically, a frustration towards a society that innately favours white, straight, cis-gendered males.

THINK

Political art has long communicated the importance of social justice and acts as a vessel for artists to both express themselves freely and fight for the freedom of others. Manifesting all this into my body of work, I chose to draw six portraits, each representing a group of people marginalised on the basis of gender, sexuality or race. As one of my models puts it;

# ➡ being a teenager is hard enough already as it is. Add questioning your gender into adolescence, and your experience becomes much more difficult.

With this, I seek to target internalised ways of thinking that feed a prejudicial and bigoted political and social hegemony. I seek to educate and inform other viewpoints and perspectives as well as empower and validate the lived experience of marginalised individuals.















LOVE

# They are Our Future

BY KARI SUTTON, QUEENSLAND, AUSTRALIA

he nature of young people's health around the world is changing. There is now a 'new morbidity' occurring, with mental health conditions, self-harm and suicide taking centre stage. According to the Australian Bureau of Statistics, over 560,000 Australian children and young people have mental health prob-lems. These statistics are not merely numbers on a page; they are young people who each have a name, a face, a family and a future.

The good news is as significant adults in our young people's lives, the real difference is in our hands. Almost 50 per cent of the factors that determine children and young people's psychological wellbeing and happiness come from the environments in which they are raised.

This means that there is a lot we can do to ensure they reach their own unique potential and develop their own healthy, strong psychological wellbeing that enables them to face the future with confidence. It's up to us to provide them with the knowledge and tools they need to become the best versions of themselves.

Every day we have opportunities to help young people develop habitual behaviours and ways of thinking that become encoded ways of automatically thinking and responding. We successfully did this with the 'slip, slop slap' campaign, and the rates of skin cancer plummeted because both adults and kids became used to those habits and now don't go out in the sun without their hats, sunscreen and longsleeved shirts. Now it's time to turn our attention inwards to their psychological wellbeing. We need to help our children and young people develop daily habits that take care of their mental health - just like they take care of their physical health. These habits need to become sec-ond nature, just like putting on their sunscreen so that we can prevent mental health problems such as anxiety, depression, self-harm and suicide occurring.

The following are three key areas that help foster young people's emotional and psychological wellbeing.

#### **Emotional intelligence**

Research out of Harvard University found that 60 percent of college students in the US say they were academically prepared for college, but not emotionally prepared. The vast majority of these young adults say they wished their parents had invested more time in teaching them how to deal with uncomfortable feelings, like disappointment, anger, anxiety, and loneliness. We need to explicitly teach our kids the skills of emotional intelligence – how to recognise their feelings, understand where they come from, and how to deal with them. This will help them regulate their behaviour, develop emotional agility and navigate social complexities.

#### An attitude of gratitude

Robert Emmons' research for the past 30 years has identified that having an attitude of gratitude

significantly contributes to our positive mental health and wellbeing. Gratitude encourages us to notice and focus on all the good things we have in our lives and be thankful for it and where it came from, rather than constantly thinking about what we don't have. It's not difficult to practise gratitude, but it does require commitment. This is both a psychological commitment to focus on all the good in your life, as well as a time commitment to make it a habit. That's why it's great to start a family gratitude ritual or routine, which is an expected part of the day, where you all practise grateful thinking.

#### A life of purpose and meaning

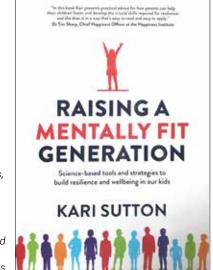
A sense of belonging, meaning, and purpose is associated with increased psychological wellbeing and resilience, whereas a sense of isolation and a feeling of not belonging increases the risk of both psychological and physical disorders. Our sense of meaning and purpose come from a sense of connection with something bigger than yourself that you're contributing to others, or society, in a bigger way. Having a sense of meaning and purpose in life improves both mental and physical health, increases optimism, enhances resiliency and self-esteem, enables better adaptation when people face setbacks, and decreases the chances of depression. Being part of the Community of Christ enables our children and young people to feel this sense of belonging and develop their own unique meaning and purpose where their faith and actions intersect.

As parents we are leaders for our children, what we model and the tone we set is what they will absorb and internalise. We are fortunate to have this opportunity to intentionally teach our kids the skills and strategies they need to become confident, kind, loving, human beings who are living examples of Christ's message.

This is drawn from my new book *Raising a Mentally Fit Generation* which can be found at: **www.mentallyfitgeneration.com** 

Kari is an author, researcher and speaker. She has dedicated her complete career to supporting people who care for, and work with, children.

She helps parents, grandparents, carers, early childhood educators and teachers plant the seeds of mental fitness, resilience and emotional wellbeing for future generations.



LIVE

What do you do when the community you've created is made up of little people only 15cm tall? Mel Anderson was faced with the possibilities of connection, of getting to know each member of her community intimately, of allowing for imperfection and joy and sharing to take place in unexpected places and unexpected ways. Here she shares about her sculpture project on Dangar Island.

he Tiny Folk were conceived as an adjunct, an afterthought, an exceptional add-on to complement my current exhibition in the Dangar Island Depot Cafe. At first I just sat in front of the TV whenever I could and made little heads. Each head was different, I just started making. The first few were very large as I played around to find my groove. Like all art, you start with an idea and you just need to follow it through until the real stuff comes through. The focus changed, the heads became more resolved and unique. They started to feel 'right'. And they were, each and every one, remarkably different. I felt like I was building a population! I was not relying on any individual I know in my life, they were their own people. But, I was building a community. For my community.

Community is extremely important to me and I wanted to create something to give back to the local people, especially the little ones, the children.

So, after 50 heads I started to make bodies, little gumboot feet, hands and other body parts. I started with little bottoms but the work evolved to be more simple. I bisqued a kiln full of little people parts and laid out the work to put together once my cyanotypes were off to the framers. Putting them together was fun and I worked by instinct. I incorporated natural objects like leaves and flowers and made them make sense visually. My particular favourite at this time was Lucy. But it was Owen I made first and he is as messy and imperfect as any of the little people.

This measure of imperfection became important to me. Putting them together, taking three days to hide them around the island and document their locations, walking thousands of steps to do so and being completely exhausted; they became very familiar to me and started to take on their own characters. I had to write their stories.

Owen started it. His story just exploded from my brain, it was like I was describing a friend I knew. It was also me. And how I was feeling. I realised I had to write stories for all of them and I sat up one night to write 19 stories in the dark hours between 11pm and 3am. I needed another 26 but they would have to wait. These first 19 stories were beautiful. I recognised humanity in them. After many years not wanting to share my work until it was 'perfect' I have finally learned to just keep it moving, better to put it out imperfect than not at all. And I also realised that their stories are imperfect.

MEL ANDERSON, DANGAR ISLAND, NSW, AUSTRALIA

ALC: NO.

This imperfection was key for me. The stories uncovered this. We, as humans, are all imperfect. As I edge closer to 50 I realise it is this imperfection that is so important to being alive. Being human. And it is ok. There are some dark and sad things in the stories. Life is not always kind. But I hope that the stories are positive none the less. They are not based on any one person, but rather on 'everyman'. They are reflective of life experiences and personalities but they are not single individuals I know, just elements of all people. In some ways they are also all elements of me. My feelings and struggles.

I hope that the words show great love and acceptance of even the difficult stuff and I would also posit that without suffering or struggle we don't find those beautiful perfect imperfect parts of ourselves that are difficult but vital. We need to be challenged by life to know who we are, what we want or feel and to take us places we may be too afraid to go.

The work itself is about :

They are imperfect.

- Connecting community using art to bring people together
- Engaging community
- Giving back to community
- Creating/spreading joy through art
- Reflective of real people and the shades of grey we contain.
- Bringing joy to others through my art.
- Play

I have loved watching the young people on the island scrambling to find the little people, so excited, with back packs on for the day's outing looking!

One of the most surprising things has been that the older people can't always see them. Twice I have been told of groups who went looking and didn't find one of the 47 sculptures around the island. They are talking too much? Not paying attention? Not observing the world around them? It was very interesting.

There is a thing about creativity and spirituality. They are intertwined for me with life. This is the magic of my life and it is more real to me than anything. And it brings people together. And love is the other real magic in life. Love of self, love of family, love of community even when it's hard!

Mel is an artist who lives on Dangar Island, NSW. She hopes to expand this idea to a Tiny Folk Travelling Show and taking it on the road as an exhibition and workshops - Connecting communities and bringing people together.

You can explore more of Mel's work or meet more of the tiny folk here on her website: https://melanderson.com.au/ dangar-island-tiny-folk-installation/

#### #35 Jellybean

Jellybean has got to be the funnest person ever. She is a genius gymnast and she lives to make people laugh. You will find her being silly all over the island and the greatest joy she has is in making people happy.

Jellybean bounces around the island like a two year old and she brings light and love to everyone. She only lives on the island part time as her mother and father live on the mainland. She is good friends with Simon and her sister Amity still lives on the island. Jellybean has a huge crush on Jesse and his band the Noisy Galahs but he loves himself too much to be able to love her.

Amity doesn't have any time for Jellybean either, she is too busy doing her experiments. When Jellybean comes to the island she just floats around aimlessly by herself.

Dorothy often looks after Jellybean when she is on island and Selby and Jellybean get up to a lot of mischief together. Jellybean just loves the river and her little big sister and she can run wild and free with Selby.

Sometimes Jellybean gets a bit down that no one seems to be paying her any attention and she dreams of one day living in a cloud castle and being able to fly with the Tawny Frog-mouths.



#### #11 Owen

Owen doesn't like people very much. He does, however, enjoying riding soldier crabs at low tide in the mud.

Owen is shy and can be hard to find, but if you are quiet and patient you can sometimes catch him grooming his solidie crabs on the beach. Owen dreams of one day representing the island in solidier crab braing, until then he is working on breeding the fastest soldier crabs in the southern hemisphere.

Owen likes long walks on the beach with his stable of soldier crabs. At dusk. After the last ferry has finished for the night. lability maximum documents of the ingen-Owen was born on the island and has never left. He is full of grand plans that never really eventuate. He talks to himself and his soldier crabs but avoids talking to actual



ple and he can be very difficult to find. He and the noisy children. He does, however, ring away in the family picnic basket and do this but it makes him happy to think



thinks he is a wn clothes and ss. He only uses thers and he is

No one really cares that he is bonkers though, he is always doing spells to make things better and he is such a charming fellow that everyone loves him.

The world in his head is very strange, but he is a kind and gentle person and perhaps in some way the magic works on him. He thinks he can fly and people often have to take him to Mavis to heal him with her stink bug medicine

The worst time was when he broke both his legs and he had to get them replaced with gum Mavis had to get Oscar to help with that one.

These days he doesn't try to fly as much but instead has made himself the most magnificent beaded wings and he speaks to Marvin in his dreams and flies in them instead.

#### #23 Gertrude

like a magician, but not vs them back. All of them. uld never kill a fish as she watery world.

fish for scientific research hallenge of catching them. ng to the fish as they have on life and a great watery a been a fish in her last life is life don't vou think?

the island too and the an excuse to catch up. to her many nieces and thing all the time.

to speak to the glowing and bioluminescent light are jealous she has been ght and devastated that

hat wisdom the fish have



#31 WIllian



# WE ASKED C+

# What makes you smile?

- 🛠 Family, friends & Pets
- 🏶 My dog Harry
- Being able to dance without a care
- 🏶 Nostalgia
- Seeing people be kind to one another
- 🏶 My friends

# What do you do to have fun?

- Play games and talk with friends or family
- 🏶 Chat with friends. Read
- Read, write, exercise, learn a language, play with my kids, play video games.
- Jog or cycle through trails / nature



# Enduring Principle+ WORTH OF ALL PERSONS

LOVE

<text>

+Our Enduring Principles define the essence, heart and soul of our faith community. They describe the personality of our church as expressed throughout the world. LIVE

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When campers and staff comment on "what camp means to me", words and remarks like acceptance, team and leadership building, fun, loving, supporting one another, sharing and caring, awareness of others, sense of community, feeling of acceptance, good spirit (vibes), positivity, lifelong friendships, creating connections are just some of the thoughts expressed.

Community Plus is a safe and accepting place that enables youth and young adults to find depth and meaning in the everyday.

For details of gatherings follow the CommunityPlus+ Facebook page or website https://www.facebook.com/mycommunityplus





#### Death

13 Oct - June Porter, Adelaide, aged 87 11 Nov - Wilbur Robinson, Perth, aged 94

#### Birth

NATIONAL

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OF

5 Nov - Reuben Jack Granleese, parents Alice and Tom Granleese

#### SAVE THE DATE! Australia Worships Online -Christmas Worship, Sunday 20 December 7pm AEDT https://zoom.us/j/292634084

More information at:

www.cofchrist.com.au/upcoming-events or keep updated: Web: www.cofchrist.com.au/news Facebook: @communityofchristaustralia

#### **ONLINE MINISTRIES IN NOVEMBER** www.cofchrist.com.au/online-ministries

Sunday 15 10am Mid North Coast Congregations, 10am Frankston Congregation, 10.30am Bendigo Congregation (passcode: 123) and 11pm Perth, Woodlands Congregation

Sunday 22 11am Australia Wide Worship

Sunday 29 10am Mid North Coast Congregations, 10am Frankston Congregation, 10.30am Bendigo Congregation (passcode: 123) and 11pm Perth, Woodlands Congregation

Every Sunday 6pm - Worship Online with The Open Door and 8pm - CommunityPlus

Every Tuesday 7pm - Eat Study Pray with The Open Door (passcode: 2512)

Every Wednesday 8pm - Prayer Circle

#### delaide A nnouncemen

Over the past 12 months, Adelaide congregation have been discussing its future in the context of lower numbers and a non-sustainable congregational budget. For decades, incredible ministry has been offered and received in Adelaide, and at the Parkholme location since 1961

On Sunday 18th of October, the Adelaide congregation met and decided to close the congregation, effective December 31, 2020, this action was approved by Apostle Mareva Arnaud who said 'Even though I didn't live many experiences with the congregation, it's always sad & nostalgic to close a congregation, thinking about the people, moments, mission accomplished and its history.

But, what a hope to know that we have members who recognize that mission continues in a new and different way."

There will be a service of celebration in due course.

An extract from "A Brief History of the RLDS Church in Australia" reads, "Missionary, J.H.N. Jones first visited Adelaide in May 1902. At the beginning of 1903 Jones and William Mackie were appointed to missionary work in Adelaide. They held their first service at the Rechabite Hall in Grote Street on 22 February 1903. The Adelaide Branch was officially organized on 28 January 1906 by C.A. Butterworth with J.H.N. Jones as President."

With a long and distinguished history in our movement, please join me in thanking those who have served in the wider Adelaide area since 1902, and more recently at Parkholme since 1961. Countless experiences of the Spirit, sacraments, moments of meaning and mouths fed! Indeed, souls restored. There is no doubt in anyone's mind that the church, through its people, has made a difference to so many lives in the city of Adelaide, and will continue to do so through the lives of the members and friends who still reside there.

In particular, I would like to thank Annette Francis for her leadership as Pastor during this incredibly challenging time, and Bill Castle for his ministry as Financial Officer over the years.

A more in-depth history will be published in the December Australia Herald.

In service and humility.

#### **Ben Smith, Mission Centre President**

Australia Herald is a twenty-eight page publication. It incorporates Australia Connect, a summary of news and announcements of the church in Australia and material from the Herald, an international family magazine of Community of Christ.	<b>CHANGING ADDRESS?</b> Send us your new address and post or email eespinosa@cofchrist.com.au Mail to: Australia Herald 12 Taylor Street West Pennant Hills NSW 2125	
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Production - INK Media Group, Belrose, NSW.		

**AUSTRALIA** 



Click here to download star colouring page

ODE BUILT OF Service

What a wonderful time is Christmas! And the thought of Christmas and all that goes with it brings Joy, Hope, Love and Peace into our hearts. From the team at Australia Worships On-Line our hope is that we'll be able to come together from all around Australia to celebrate this blessed event and have contributions from many different places both here in Australia, and overseas as well. Our Christmas On-Line celebration has the theme "Follow the Star". That same star that adorns the many Christmas trees we see, and that features in the story of Christ's birth, will shine a Christmas message of hope as we hear music, songs, words of hope, prayers and stories from our friends right across Australia, as well as friends across the Pacific. We will be blessed by our Apostle Mareva, we will be uplifted by the message from our Mission President, Ben Smith and we will be blessed by the fellowship of each other as we gather together to hear and share in the Christmas story. In this edition of Australia Herald you will receive a Star. We would like you to colour you star, cut it out and glue it to some cardboard and when we gather on-line for our service we would love to see all of those stars the children have coloured in shining brightly for all to see at the beginning of our service and the rest of those magnificent artworks will be shared at the end of our service. We look forward to this blessed event and I hope both you and your star will shine brightly this Christmas.

Robert Thompson