

REVIEWS

Summer holiday
movie guide

FAITH TALK

Don't worry,
be joyful

MY STORY

Speaking out
for youth

Live, laugh, play

Finding joy in life, regardless of circumstances



SALVOS

MAGAZINE



**“Laughter is the foundation
of reconciliation.”**

St Francis de Sales

17th century French bishop known as the ‘Gentleman Saint’.





The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice

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The lighter side

After the year that 2020 has been, as well as the ongoing challenges of life that many of us are still experiencing, laughter and joy may be something we haven't felt for a while.

Finding joy and positive moments of hope is vital to lighten our heavy loads, connect us to others and give us perspective on life. These moments don't solve all our problems, but they can help us as we continue to face and tackle them.

In our feature this week, Chris Reid focuses on the emotional healing power of laughter, and also shares some ways to help us see the lighter side of life.

Similarly, 'Faith Talk' also looks at actively choosing joy, despite the curveballs that life may throw at us, and as seemingly impossible as that might often be.

'My Story' this week shares the journey of a young Salvo woman, Tara, who has been named the 2021 ACT Young Australian of the Year and is using her tenure to highlight issues affecting youth.

To read all these stories and more online, go to salvosmagazine.org.au

Simone Worthing
Assistant Editor

Live, laugh, play

Finding the joy in life, regardless of circumstances

WORDS CHRIS REID

Let's be honest, if you were to choose a year to forget, 2020 would be top of the list. Across our nation, people have had to change the way they do life. Across the Salvos, the way we worship God and run our services has had to change. These changes have been, and are, difficult, but while circumstances impact our lives, they do not determine how we live. The choice is always ours.



PHOTO BY DEE DEE GELI ON UNSPLASH

I am determined to enjoy life no matter what. Every day I look to find joy somewhere and to have a good laugh.

Laughter is a powerful antidote to stress, pain and conflict. Nothing works faster, or more dependably, to bring your mind and body back into balance, than a good laugh.

Humour lightens your burdens, inspires hope, connects you to others and keeps you grounded, focused and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships and supporting both physical and emotional health.

Here are a few of the many benefits of a good laugh:

- Relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes.
- Boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- Triggers the release of endorphins, the body's natural feel-good chemicals. Protects the heart.
- Dissolves distressing emotions. You can't feel anxious, angry or sad when you're laughing.
- Humour shifts perspective, allowing you to see situations in a less-threatening light.

Humour and playful communication strengthen our relationships by triggering

positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreement and disappointment.

“

**Every day I look to
find joy somewhere.**

”

There are many ways to help us see the lighter side of life. How often do you do the following?

- Laugh at yourself or share an embarrassing moment.
- Attempt to laugh at situations rather than bemoan them.
- Surround yourself with reminders to lighten up. Frame photos of yourself and your family or friends having fun.
- Keep things in perspective. Many things in life are beyond your control – particularly the behaviour of other people.
- Pay attention to children and emulate them. They are the experts on playing, taking life lightly and laughing.

Humour takes you to a higher place where you can view the world from a more relaxed, positive, creative, joyful and balanced perspective. As laughter, humour and play become an integrated part of your life, your creativity will flourish and new discoveries for having fun with friends, co-workers, acquaintances and loved ones will occur to you daily.

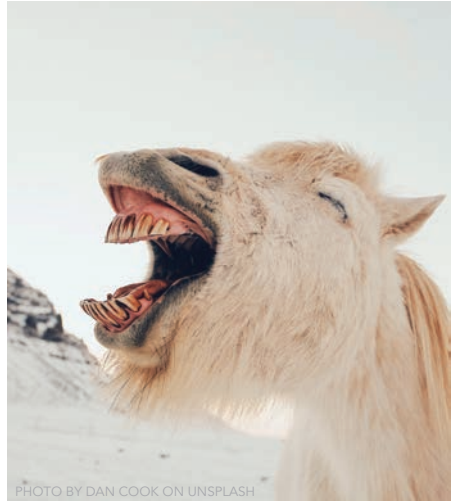


PHOTO BY DAN COOK ON UNSPLASH

I am not trying to downplay the challenges around me, but I choose to focus on God who is always good, always faithful. I live believing that my worth and my hope are secure in him.

In the worries and busyness of life we can often lose sight of God. He is always present and often it's in those difficult times when we do our greatest learning. The Bible gives us some great reminders, including the verses below from Philipians chapter 4.

- Verses 4-9: The author of this book, the Apostle Paul, experienced great trauma in his life. He writes from a prison cell, encouraging his readers to "rejoice". God is always good, even when life is not. Sadly, too many of us base our happiness on what is happening around us.
- Verses 11-13 of this chapter encourage us to trust in a God who can do the impossible – a good reason to rejoice.

We all carry negative life messages that continually play over in our minds and have ►



PHOTO BY AIKOMO OPEYEMI ON UNSPLASH

the potential to cause extensive damage. Our past, and its impact, does not determine who we are today. As hard as it can sometimes be, it's our choice to find the joy in life.

“

While circumstances impact our lives, they do not determine how we live.

”

Share life with positive and fun-loving people with whom you can have a good laugh. Find people who have time to listen to you and spur you on. It's so easy to get sucked into negativity and lose our joy.

Philippians chapter 4, verse 7 talks about having God's peace in all circumstances. The

Apostle Paul could rejoice because he knew that, no matter the situation, God was walking with him. He looked to find God, even in the chaos, and he found peace. Peace brings joy, joy turns to laughter, laughter turns to fun, fun invigorates life and we begin to experience life as God intended it to be – life in all its fullness.

Joyful people are the ones who laugh, play, work, sing and even dance – all to the glory of God!

That's the person I want to be known as.

Lieut-Colonel Chris Reid is Personnel Secretary for The Salvation Army Australia.



Scan here for more on finding meaning.

Dearest, Direst, Darkest, Dementia

Four films worth thinking seriously about these summer holidays

WORDS MARK HADLEY

THE WITCHES

Release date –
10 December

“One drop of mouse maker in a piece of candy will transform a dirty little child into a mouse in one hour!” – the Grand High Witch



Roald Dahl's memorable children's book, *The Witches*, has returned to the big screen as a dark comedy for families, though this time the fantasy is set in America. The story opens in 1960s Alabama where a grandmother (Octavia Spencer) is raising her newly orphaned grandson. A dark shadow is cast over their growing happiness, though, when the boy captures the attention of a local witch.

What follows is a desperate attempt at evasion that leads grandma and child to a hotel. However, the establishment turns out to be hosting the annual international convention for witches. There, the pair learn from the Grand High Witch herself (Anne Hathaway) of a nefarious plan to transform the world's children into mice.

The Witches sounds like grim material for a family outing, but in fact it's laced with as much fun and laughs veteran director Robert Zemeckis can manage. Though the content

might not be scary, there's still a certain level of creepiness about a world populated by witches, as well as a serious message to be garnered. Dahl's original warning that all sorts of nefarious evil can lurk behind a nice exterior is still one children should be well aware of.



FREE GUY

Release date –
10 December

Guy: “You ever think there's got to be more?”

Buddy: “More than what?”

Guy: “The stuff we do day after day.”

Buddy: “Literally not once.”

Ryan Reynolds enters as Guy, a simple bank



teller in a world that seems to be anything but safe – until the audience realises their key character is in fact an NPC (non-player character) in a worldwide multiplayer online game called *Free City*.



What transforms Guy's oblivious existence, though, is the decision by programmers Milly and Keys to upload an additional piece of software that allows him to achieve self-awareness. Soon, Guy is no longer a background bank employee, but an every-man that's attracting international attention. However, his new-found notoriety isn't sustainable for the franchise and so publisher Antoine (Taika Waititi) decides the game must go offline. This means our mild-mannered NPC must transform into the sort of hero *Free City* needs if his new life is to survive.

Free Guy is a classic comedy-action that actually addresses a serious existential question. "Buddy, if we're not real," Guy asks his best friend, "doesn't that mean nothing you do matters?" If the world is going to forget us as soon as our brief existence is over, what does it matter if we were alive at all? In this

quest-style film, Guy finds his meaning in the love that grows up between himself and Milly. Yet her life is ultimately as finite as his. If we're going to find lasting meaning, it's going to have to be in relationship with someone that can guarantee life long after our program has run its course.

THE MIDNIGHT SKY

Release date –
10 December

"Come in Ether, this is Barbo Observatory. Are you receiving this? Is anyone out there?"

George Clooney directs and stars in a post-apocalyptic science-fiction film that firmly places our responsibility to others over our rights as an individual.



Augustine Lofthouse (Clooney) is a lonely scientist based in a remote Arctic research station with his daughter. The emergence of a mysterious global catastrophe, though, leads them to believe that they are the last people on Earth – and therein lies their responsibility. Ether, a spaceship that was supposed to be the last hope for humanity, is on its return voyage to Earth. Augustine and his daughter must brave freezing temperatures, increasingly toxic air and the dangers of the Arctic landscape to reach an antenna in order to warn its astronauts ... not to return.

Clooney has described *The Midnight Sky* as *Gravity* meets *The Revenant*. It includes all of the harrowing elements of zero-G tragedy matched against a frantic survival story. However, the overwhelming theme is the



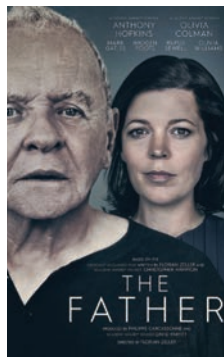
sacrifice of the few for the many. Augustine will do anything to help his daughter survive, but at the same time recognises that they will have to sacrifice their own safety in the service of humanity as a whole. It's an unusual lesson, considering the highly individual storylines that tend to crowd cinema release schedules. Yet its value lies once again in reminding us of humanity's most significant storyline: one man must sacrifice himself for all, if all hope to have a chance at living.

THE FATHER

Release date –
26 December

"I don't know what she's cooking up against me but she's cooking something up."

The Father is the sort of film that will move anyone with an aging parent to tears. Oscar winners Anthony Hopkins and Olivia Colman star in a story about a man in his 80s who is



slowly falling under the spell of dementia.

Anthony refuses all assistance until his daughter, Anne, employs a nurse so that he can remain in his flat, and then moves in to keep him company. However, as the plot unfolds it becomes increasingly obvious that something is not right with the world, and this human drama begins to take on the characteristics of a psychological thriller. Anthony is bright and cheery most of the time, but his failure to understand what is going on around him leads him to begin to question his new living arrangements, his loved ones, even his own sanity.



The Father is heart-breaking and ground-breaking at the same time because the story is told entirely from the perspective of what Anthony perceives, placing us directly in the mind of someone suffering from dementia. Watching Hopkins' character try to rationally explain his world to himself is both disturbing and emotionally moving, right down to the point that he ceases to communicate because he knows his concerns will fall on deaf ears. As a film, it also frames the Bible's testament that we are powerless to prevent the passing away of all things. Best to remember our maker, "... before the silver cord is severed and the golden bowl is broken." (Ecclesiastes chapter 12, verse 6).

Don't worry, be joyful

Choosing joy can change the way we look at what is happening around us

WORDS SANDRA PAWAR

Do you remember the song, 'Don't Worry, Be Happy' by Bobby McFerrin? It became an instant hit with its catchy lyrics (maybe you are singing it in your head right now):

Here's a little song I wrote

You might want to sing it note for note

Don't worry, be happy

In every life you have some trouble

But when you worry you just make it double

Don't worry, be happy

Don't worry, be happy now.

This song took the world by storm when it was released in 1988. At the 1989 Grammy Awards, McFerrin won Song of the Year, Record of the Year and Best Male Pop Vocal Performance. It was a bona fide hit and people all over the world sang it. Not only did it have a catchy rhythm, but it also contained an inspiring little motto that many people wanted to live their lives by. The phrase 'don't worry, be happy' sounds incredibly encouraging, especially when life is difficult. To be honest, though, happiness is very transitory, and you just end up worrying again.

Happiness can involve warm, fuzzy feelings, giddy emotions and large smiles, but these can also fade when our circumstances change. Joy, on the other hand, is deeper

and internal. It is not based on feelings but rather on what we know and what we hold on to. Joy comes when we make peace with who we are, where we are and how we are. Joy is something we choose.

Often, we feel happy when people are kind to us, or when they show us love and approval. We feel happy when things go our way and when life is going well. Joy, on the other hand, is something that we choose, even when people hurt or disappoint us, and when life throws us some serious curveballs.

MAKING THE CHOICE

As a Christian, I believe that God created me to be joyful, that he created us all to be joyful, but he left the decision to us as to whether we make that choice. I will admit it's not always easy to choose joy; it can be hard work sometimes. These days, though, I intentionally choose joy and try not to let my feelings or circumstances dictate how my days go. Here are three things I have done to help cultivate joy in my life:

Take care of myself physically: I get up at 5.30 most mornings and walk. I listen to worship music and prepare my heart and mind for the day. It has been proven time and time again that people who engage in physical activity of some sort regain their health physically, emotionally and mentally.

Cut down on social media: I have taken myself off Facebook. I found that there was



PHOTO BY LIDYA NADA ON UNSPLASH

too much conflict, too much opportunity to play the comparison game and it created too much anxiety in me. Those initial likes and comments made me happy in the moment, but they did not produce lasting joy. Having been off now for six months, my mind is clearer, my anxiety has gone and my sense of self is so much better.

Learn to be grateful: I have been keeping a gratitude journal and every day try to list three things that I am grateful for. This has helped me move from my feelings and instead look for things that are fact – things I see, experience, hear and know.

It might not be as catchy, but I think these

days I would change the lyrics of McFerrin's song to include joy. Maybe it would go something like this:

Don't worry, choose joy,

Don't worry, choose joy now.

Captain Sandra Pawar is a Salvation Army officer (pastor) in New South Wales.



Scan here for more on finding meaning.

Tara raising her voice for youth

Salvos worker named 2021 ACT Young Australian of the Year

WORDS LAUREN MARTIN

A Salvation Army case manager has been named the 2021 Australian Capital Territory Young Australian of the Year, and now goes into the running to become the Young Australian the Year.

At 24, Tara McClelland is passionate about advocating for young people to have a voice. "My key message is that we are undervaluing and underutilising the power of youth, and I want to change that," she said.

Tara is the case manager (Women and Children) for the Salvos Samaritan Women

and Children's Service in Sydney. She has previously worked for the Salvos Youth Outreach Service (YOS) in Brisbane and Oasis Youth Service in Canberra.

Tara was nominated for her work with the Salvos, as well as for her volunteer roles with the Canberra Youth Theatre and Headspace. She has also assisted the Children and Young People Commissioner's office, which is part of the ACT Human Rights Commission, with their work on family violence.

"I've always wanted to give back to the community and help out," she said. "At school I was very community-orientated. I went on a missionary trip in Year 11 to an orphanage in India ... and that was my turning point in [realising], 'Yeah, I want to do this, I want to give back.'"

Tara was dedicated at The Salvation Army as a baby, but the first memorable contact she had with the Salvos was during a university placement at YOS. "I loved it. I was like, 'This is



PHOTO BY SALTY DINGO

Tara McClelland wants to highlight issues affecting youth during her tenure as 2021 ACT Young Australian of the Year.

what I want to do; this is incredible!” she said.

Tara continued to work casually at the YOS alternative education school while she studied, teaching drama and dance. “These are powerful tools to enable young people to express themselves,” she explained. “You can almost tell your story through a character or through something else, which is quite powerful for young people when they don’t want to feel that vulnerable, because you can step on the stage as someone else.”

When spending a university holiday break in Canberra, Tara sought out the Salvos and secured a part-time job with Oasis at one of its youth refuges. That turned into a full-time job when she graduated.

“Seeing the struggles that young people go through, but also knowing how resilient they are and how inspiring ... I think that young people are sometimes not given as much credit as they deserve, because they really are incredible,” she said.

And while she’s still coming to terms with the award and the platform it gives her, Tara has wasted no time in preparing herself for the role. She has met The Salvation Army’s advocacy team to gain advice on how to be a public ambassador for the organisation. She has spoken to past recipients to understand the responsibilities of the role, knowing that she will be invited to speak throughout 2021 at different organisations and present into key issues affecting young people.

“I do want to use the platform to be able to raise awareness for the issues affecting young people,” she said. Tara is looking forward to meeting Prime Minister Scott Morrison and other politicians and said she will waste no time in putting forward her case for more young people’s voices to be heard. “I want



PHOTO BY SALTY DINGO

Tara with her 2021 ACT Young Australian of the Year award.

young people to be at the forefront, I want the issues affecting young people to be acknowledged and to take action.

“I want more young people on boards, more young people influencing policy and decision-making, more young people having a say in the world they’re living in ... because sometimes young people feel so powerless.”

Tara will begin her role in January with an invitation to the 2021 Australian of the Year awards. There she will meet the Prime Minister and other dignitaries, as well as other award winners from each state and territory in Australia, all in the running to be named 2021 Young Australian of the Year.

“We find out on the eve of Australia Day, the 25th of January,” she said, but added: “Just coming this far – that’s amazing.”



Scan here for more on finding meaning.

Christmas mint slice



Ingredients

Base

- 1 cup chopped mint chocolate
- ¼ cup butter
- ¼ cup icing sugar
- 1 egg
- 1½ cups plain biscuit crumbs

Topping

- ¼ cup butter
- 2 cups icing sugar
- 2 tbsp milk
- Green food colouring

Method

Base: melt the chocolate and butter. Save ¼ of this to drizzle on top of slice.

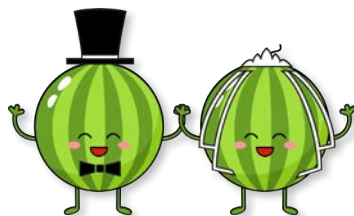
Add the icing sugar and egg. Beat well. Stir in crumbs. Press into a greased pan and refrigerate for 30 minutes.

Topping: mix butter, icing sugar, milk and food colouring. Spread evenly over base.

Drizzle the saved chocolate mix over the top. Put in fridge for another 30 minutes.

Serve chilled.

Have a laugh



Why do melons have weddings?

Because they cantaloupe.



What's the leading cause of dry skin?

Towels.



How does Darth Vader like his toast?

On the dark side.

Bible byte

"A cheerful heart is good medicine, but a broken spirit saps a person's strength."
Proverbs chapter 17, verse 22
New Living Bible Translation

Wordsearch

C E I M B S E E V T E S W R M
 Q U R F E E G C I N E E S P A
 S A C L R G P S T T A I O L H
 F T P U P U E G A J C R D U S
 S P O L M I I N M F C R A M E
 A D A C R B A T I W A E C S R
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| APPLES | OLIVES |
| APRICOTS | ORANGES |
| AVOCADOS | PEACHES |
| CARROTS | PEARS |
| CHERRIES | PLUMS |
| CUCUMBERS | POMEGRANATES |
| EGGPLANT | SEEDS |
| FARM | STRAWBERRIES |
| FRESH | TOMATOES |
| FRUIT | VEGETABLES |
| HARVEST | VITAMINS |

Quick quiz



PHOTO BY MARTHA DOMINGUEZ DE GOUVEIA ON UNSPLASH

1. What fruit is a berry that grows on a herb?
2. What is the most popular fruit in the world?
3. Which vegetable was the first to be grown in space?
4. Which fruit family includes apples, cherries, apricots and peaches?
5. Approximately how many seeds does a strawberry contain?

Tum-Tum



On which page of this week's *Salvos Magazine* is Tum-Tum hiding?

Tum-Tum: is poking out from behind a balloon on page 11.

Answers: 1. Bananas. 2. Tomatoes. 3. Potatoes. 4. The rose family. 5. 200.

Did you know?

- All the ants on Earth weigh about as much as all the humans.
- Spam mail got its name from Monty Python.
- A sneeze sounds different around the world.



The Kmart Wishing Tree Appeal

The Kmart Wishing Tree Appeal, with founding charity partner, The Salvation Army, launched its annual appeal last month.

This year, the Kmart Wishing Tree Appeal is needed earlier and more than ever before in its 33-year history. The collective impact of the Black Summer bushfires and the COVID-19 pandemic across Australia has led to an exponential increase in the number of Australians experiencing hardship, with many people having to seek assistance for the first time.

The theme for this year's appeal – Big Heart, Small Gift – encourages Australians to give what they can, however big or small.

WANT TO GET INVOLVED?

Here's how you can get involved in a few simple steps:

Choose a practical gift that will go beyond Christmas time and leave it under the Wishing Tree in-store at Kmart.

When shopping in-store at Kmart, click on the Wishing Tree logo on the self-serve checkout screen to add to a transaction or drop a gold coin into a collection box at the registers.

Donate online by scanning a Wishing Tree QR code that will be found in-store at Kmart.

For more information, or to donate, go to: salvationarmy.org.au/christmas/kmart-wishing-tree-appeal/