



OUR LADY OF DOLOURS

Y.A.C. (YOUTH AT CHATSWOOD)

EDITION 11 DECEMBER

DESIGNER: **FRANCESCA M.**

EDITOR UPDATE—KAREN

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Get God On Your iPod

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Hi Everyone!

Welcome to our Holiday edition! We have a jam-packed full of amazing articles each contributed by our own interns. We hope you enjoy it as much as we do, and for our past bulletins (in case you missed out ☺) you can find them online at our parish website.

On behalf of all the interns and youths at Chatswood, we are wishing you **a Very Merry Christmas and a wonderful New Year!** We hope to see you in 2011 at our next edition in February.

Enjoy your summer holiday!

God bless,
Karen

CHRIST THE KING MONUMENT SETS WORLD RECORD



SWIEBODZIN, Poland--Workers in Poland finished erecting a 33m (108ft) statue of Jesus Christ, one metre for every year that Jesus lived, according to creator Reverend Sylwester Zawadzki, 78; with its gold crown, the white landmark is 36m (118ft) tall, and if the mound it stands on is also taken into account, it measures 51m (167ft); it sets the new world record for the **Tallest Jesus statue.**

Made of plaster and fiberglass and weighing about 440 tonnes, its construction took five years. The \$1.5 million statue was built using private donations from residents of the 21,000-strong town, and designed by priest Sylvester Zawadzki.

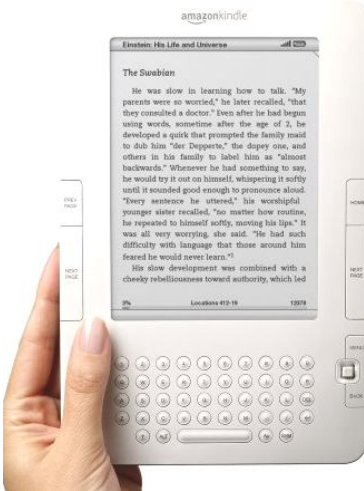
"I have never been as happy as I am today," said Father Zawadzki, who is called 'the builder priest' by the people of Swiebodzin after building two churches, this statue, and several other buildings in the town. "This is the culmination of my life's work as a priest. I felt inspired to fulfill Jesus' will, and today I give thanks to him for allowing me to fulfill his will," Father Zawadzki said after the head was attached by a 700-ton crane.

Construction of the statue was hampered by strong winds, an accident in which the head fell and crushed a builder's foot and the priest suffering a heart attack.

The height of the plaster and fiberglass Polish statue surpasses the 40.4-meter (133-foot) Cristo de la Concordia in Cochabamba, Bolivia, and the 39.6-meter (130-foot) Christ the Redeemer statue in Rio de Janeiro, Brazil. The Guinness World record for the **Largest statue of Virgin Mary** was set by a 32.8m high statue built in town of Haskovo, Bulgaria; it's 15m long and weigh 80 tons.

Taken from http://www.worldrecordsacademy.org/biggest/tallest_Jesus_statue_Christ_the_King_Monument_sets_world_record_101959.html

WHAT DOES A LIBRARIAN DO DURING THE HOLIDAY SEASON? SHE READS!



Contributed by *Elaine*

Hello, my name is Elaine and I am your friendly intern from Chatswood Parish! I also help with the readers roster for Sunday youth mass as well as your super Power Point Slide Girl (i.e. I help press buttons during mass). When I am not volunteering at church, I work in a library.

When I think of holiday seasons I think of books, books and more books!

I am currently reading the second book of the Lord of the Rings trilogy, "The Two Towers." I have read finished the prequel, "The Hobbit" and the first book "Fellowship of the Ring." Tolkien, the author is a great writer and totally engages the reader in his fantasy world, Middle Earth. I heard that he even wrote the Elfin language and gave it letters and words.

On another topic, I am currently obsessed with my eBook reader, a Kindle I had purchased online at Amazon. It has Wi-Fi and 3G, the 3G at the moment is a free service provided by Amazon.

I totally recommend the Kindle over other eBook readers popular at the moment, such as the Kobo or the Sony eBook Reader. Kobo apparently is a very slow device and prone to freezing. Sony has two eBook readers, one pocket version and the other a more deluxe version which features an mp3 player, a touch screen and a SD card reader. Unfortunately the Kobo and the Sony eBook readers do not have Wi-Fi capabilities, but I have heard the new Kobo which is coming out soon (hopefully by Christmas) will have Wi-Fi capabilities. That means you can go online to Borders and download your book there and then. However, there is no keypad therefore you have to use the limited functions of the four direction button to type in the words.

So if you are a very keen reader, I hope Saint Nicholas give you a Kindle for Christmas if you are a good boy or girl! And if you love fantasy, you can't go pass Tolkien's Lord of the Rings!

God bless.
Your friendly librarian
Elaine Phang.

NEW YEAR, NEW INSTRUMENT



Contributed by *Ryan*

This year has been a busy one for the interns! We're now roughly a year and a half in the program, and we're all getting pretty excited for Madrid.

Personally, I've appreciated the different opportunities to meet many of the parishioners at OLD and being able to bring music to the congregation through co-leading the youth choir, singing in the youth band, and every now and then, joining in with the sax!

My contribution for this Christmas goes out to those, both young and young at heart, who are looking to learn a new instrument (or maybe are thinking of picking something back up!) in 2011. Hopefully these tips will help inspire you for the coming year!

- 1. Decide.** Deciding to start learning to play an instrument can be as simple as picking one up somewhere, perhaps at a friend's house, and playing it. The music you create might not sound great to you right away, but in fact, you are already learning that instrument.
- 2. Get one, and find a nice place in the house for your instrument.** Get an instrument within your budget, or maybe borrow one from a friend! Store it where you spend your leisure time, or someplace where you're going to see it often during your day. The more accessible your instrument, the more you will pick it up and play it. Eventually you'll be picking it up every free minute you have.
- 3. Listen for the sounds that you like.** Experiment, focusing on a few notes or rhythms that interest you. When you do something you like, do it again and try to remember it for next time. Even the best musicians in the world still tend to do this!
- 4. Play the music passionately.** No matter how boring a piece, even if it's like a nursery rhyme or something, play it with your heart and soul. If you're finding this hard, imagine you're telling a story with the music and actually say an appropriate story in your head. Even better, try to fit emotions with the music, for example if there's a sad chord "feel" hatred, if it's a happy chord feel relief.
- 5. Practice, practice, practice!** It's a good idea to start by aiming for 30 minutes a day (even less if you play a wind instrument) and as you notice you get better, gradually increase it to say, an hour. It's not the end of the world if you don't get your planned practice time in!

(adapted from [wikihow.com](http://www.wikihow.com))

Merry Christmas and a Happy and safe New Year to all of you!
Ryan

HOW TO MAKE EVERY DAY YOUR BEST DAY THESE HOLIDAYS

Contributed by *Michelle*

C = Clarity (of goals, direction and life purpose).
Happy people set clear goals and plan to ensure these goals become reality.
So clarify your life plan now (because no one else will do it for you).

H = Healthy living (activity and exercise, diet and nutrition and sleep).
Health forms a crucial part of the foundation to happiness.
It's hard to be happy if you're literally sick and tired all the time.

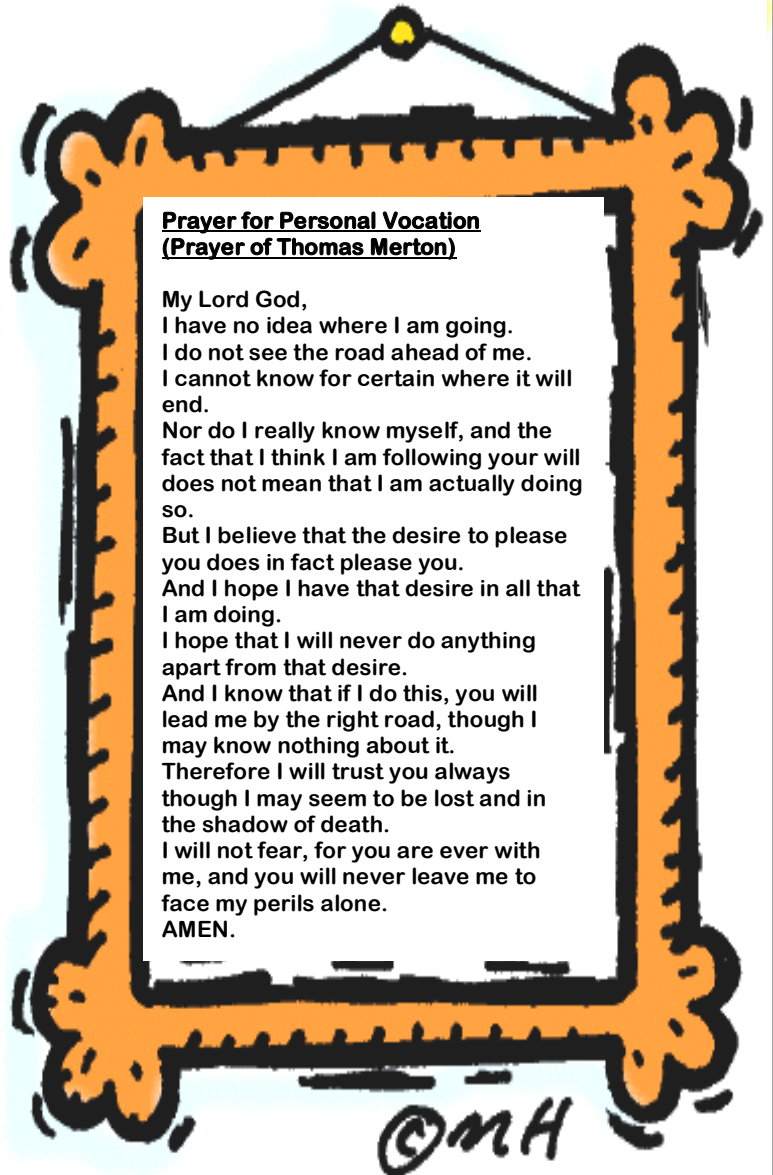
O = Optimism (positive but realistic thinking).
Happy people search for positives in thinking about themselves, others and the world. The good news is that this is something you can learn to do.

O = Others (the key relationships in your life)
Happy people have both more and better quality relationships. So make sure you devote time to developing and fostering your key relationships.

S = Strength (your core qualities and attributes).
Rather than trying to "fix" their weaknesses, happy people spend more time identifying and utilising their strengths.
Find out what you're good at and do it as much as possible.

E = Enjoy the moment (Live in the present)
The past is history, tomorrow's a mystery and today's a gift - that's why they call it the "present".

Taken from the Happiness Institute's CHOOSE Philosophy



NEW YEARS RESOLUTION IDEA? BE MORE FRIENDLY!



Contributed by *Fran*

Regardless of whether you're shy or you're completely outgoing, or whether you're still in high school or going to uni for the first time (or the second time like me!), I hope this article will help. I believe the best way to make new friends and put smiles on peoples faces is to be more friendly. Here are some ways you can be more friendly and start up a conversation:

1. **Smile!** (THIS IS THE MOST IMPORTANT THING!! 😊)
2. Don't be afraid to say 'Hello' first.
3. Don't forget to ask, "How are you?" or "How was your day?"
4. If you see someone who needs help, asking, "Would you like some help?" never hurts even if they say no.

Doing any of these things can really make someone's day. Are there friends you haven't spoken to in a while? Even if they aren't strangers you haven't talked to in a while, these tips are great with those you haven't kept in touch with. So put a smile on your face so you can put one on another's!

Wishing you a very Merry Christmas and a Wonderful New Year!

~YAC Designer, Fran.

A FROZEN MOMENT



Contributed by *Jeremy*



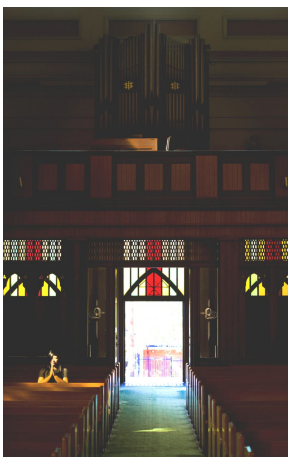
Photographs can be considered in many ways. On some occasions they are a way of documenting an event. On other occasions they are used to express a feeling. Sometimes they are used to promote an idea. Whatever the reason for taking a photograph is, to me each photograph is a single moment in time frozen for eternity. The photographer chooses the light, the composition, the timing of the shot. Whatever the photographer wants to achieve with each photo is reflected in the settings chosen, when the photograph is taken and in some cases how the scene is directed.



Then comes the other side of the coin. It is then up to the viewer to interpret these images however they wish. Photographs can and will be viewed differently by different people and there is no way of knowing what will stir a response in a given viewer. Maybe a photograph that stirs a memory in one viewer will not stir such emotion in a viewer who does not know the context of the shot.



And although each "frozen moment in time" has a story behind it, one can still appreciate images for what they are and draw from them their own ideas and emotion, without knowing who is in the photograph, or what the story is behind it. So let's look back over a selection of images of the young people of Chatswood Parish in a series of snapshots of taken throughout 2010.



PRAYER PUPS BY JEFFREY SMITH



WHAT'S COMING UP?

Summer School of Evangelisation (SSE) 2011 **"Live in the light"** – 1 John 1: 7

When: 9th – 16th January 2011

Where: Bathurst

Who: Young Catholics, 16-35 years old

What: The Summer School of Evangelisation provides a chance to retreat for a week into the powerful experience of the Holy Spirit of God. This Spirit opens up the possibilities for conversion, deepening faith, peace, healing, joy, freedom and passion for the gospel of Jesus through Seminars and Prayers.

Where to register: <http://www.summerschool.org.au/>

IT'S A NEW YEAR AND A NEW OPPORTUNITY TO GROW AS A CHRISTIAN.