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FATHER'S DAY 2022 EDITION



SALVOS

MAGAZINE

Vol. 003 | No. 32
27 August 2022
AUD \$1.00
salvosmagazine.org.au





“Any man can be a father, but it takes someone special to be a dad.”

— Anne Geddes



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



The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders, past, present, and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions, and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and well-being of people of all ages, particularly children.

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Press date 15 August 2022

Printed and published for The Salvation Army by Commissioner Robert Donaldson at Focus Print Group, South Granville, NSW.



salvosmagazine.org.au



Happy Father's Day

Father's Day can be a day to celebrate the dads in our lives and the love, guidance and security they have given us, often for years. For many, though, the day can evoke other emotions, from anger, sadness and indifference to longing, pain and everything in between.

In this edition, our authors, all dads, explore different aspects of fatherhood and the important role dads play in our families and communities.

Maris Depers writes about fatherhood more broadly and the changes that still need to be made in society, and personally, to enable dads to be physically, emotionally and socially active in their children's lives.

Dean Clarke writes about dads speaking the words children need to hear and ensuring their children know they are valued and loved. Dean Simpson shares a story about a special Father's Day gift from years ago that he still treasures today.

God, our spiritual father, offers us unconditional love, regardless of who we are or what our lives look like. He values and accepts us and is there to encourage and love us in just the way we need.

Simone Worthing **Assistant Editor**

Seeing dads differently

A broader perspective on fatherhood

WORDS Maris Depers

Father's Day is a great once-a-year opportunity to mark the day in the spirit of honouring fathers and their importance in our lives. It can also be a time to look at being a dad through a wider lens to get a broader perspective on fatherhood.

Although Father's Day is generally seen as a time of celebration, it can also be a difficult day because of issues that may at times plague dads and their families. We are still at a point, in the systemic way of society, that makes fathering difficult for many dads, with some men continuing to feel that their primary role is to be the breadwinner.

CHANGE OF ATTITUDE

Being a dad is so much more than just working and financially taking care of the family. Fatherhood also includes the issue of gender equality and equity. Both parents benefit when nurturing and domestic loads are shared, and can lead more fulfilled and purposeful lives.

Over the past few decades, many dads have made significant changes. They do the washing up, change nappies, cook meals and clean, and help kids understand their emotions but the evidence says there's still much more that dads can, and should, be doing. I became a father nine years ago and soon realised that nurturing and loving by both parents shows kids how to be emotionally aware, connected and kind – learning by example to have strong values and make good choices.

We are now seeing more programs for fathers, including dads' groups in schools, and community-based initiatives. The goal is to normalise that dads should be involved

and to continue progressing to a fairer distribution of parenting.

Emmy-award-winning cartoon character Bandit the Blue Healer, star of the hit ABC Kids TV show *Bluey*, may not be a perfect parent, but he represents playful, fun, caring dads who are involved in the social and emotional life of their kids each day.



DIVORCE OR SEPARATION

Children are often collateral damage in ongoing issues with parents. Obviously, sharing their care will be complicated if parents are separated or divorced, and respecting each other's choices will make a difference to children in a highly stressful situation.

If dads continue to care about their children's emotional wellbeing, and if the kids come



first, this will help them get through the very difficult times.

There is also an opportunity for grandparents, godparents, uncles, and the 'uncle' or elder in the community to be role models for children – the wider version of what it means to be a man.

ADULT CHILDREN

For dads whose children are already grown up, Father's Day may be where the rubber hits the road regarding accountability. If there have been problems, discussions can be used as a launching pad to try again.

We're never too old to be accountable and try to make amends. If we're brave enough to start this process, we need to have a sense of empathy and goodwill, apologising if we need to. Healing is hearing the impact of our actions on another, being able to wear that, finding ways to stay in contact, talking to our children about their inner worlds, and showing them we care.

In my work with the Salvos First Floor program in Wollongong (a holistic, community-based

drug, alcohol and mental health service), focusing on equipping families to cope, make changes and live empowered in their journey, I've heard many stories from dads – and their children – about regrets. One of the saddest was about three brothers who said they never wanted for anything growing up, and they each left home with the gift of their own house, but they hardly ever saw their dad, as his priority was working and 'providing'.

The days of the sole breadwinner are largely gone, and many families now have two incomes. This is a great opportunity for families to model to their children what to expect in this world. Working together to create the best future for our children has a powerful and life-changing impact.

IMPORTANCE OF CONNECTION

We are learning more and more that play is one of the primary experiences where children learn so much, from maths to social and emotional regulation skills. When dads are willing to stop whatever they are doing to engage and play with a child, it sends the ►

subconscious message that our children are important and worth the time and investment.

Teenagers also want to interact with their dads, and mutual interests are a great way to stay connected with them in a developmentally appropriate way. If dads can normalise this, everyone benefits.

There is a collective impetus to increase the involvement and resourcing of dads. Some organisations include playgroups for dads and camps for fathers and children, as well as educational blogs, websites and videos. Specific examples include the Fathering Project and the Raising Children Network.

Active dads will benefit everyone, and society will change. Many concerns that plague adults may come from experiences with

violent, absent or disrespectful dads. Many issues that confront men may be directly related to negativity shown by their father, which can show up in less social connection, high reliance on drugs or alcohol, domestic violence and suicide.

A WIN-WIN SITUATION

Research shows that fathers who are active, involved and engaged in a wide range of activities with their kids, feel happier about themselves and have a better self-image. The more caring and emotionally involved dads are, the more everyone benefits.

“

The more caring and emotionally involved dads are, the more everyone benefits.

”

For many fathers, parenting can be difficult, and kids don't come with instruction manuals. Father's Day is an opportunity for dads to grow and see themselves as loving, nurturing and involved fathers in every area of life, experiencing the joy, creativity and fulfilment of positive parenthood.

For more information, check out:
thefatheringproject.org/fathering-channel/raisingchildren.net.au

Maris Depers is a case worker at The Salvation Army First Floor program in Wollongong.



Scan here for more
on finding meaning.

Football and faith at Carindale men's breakfast



David Fitness (left), Albert Vulivuli and Todd Stein at the Carindale men's breakfast.

Rugby fans know him as a rampaging centre, fearlessly smashing through tackles and dishing out punishing hits in defence.

But participants at a recent men's breakfast at Carindale Salvos in Brisbane saw another side to Fijian international Albert Vulivuli – a humble human being who really wants to talk more about faith than footy.

Albert grew up in a small Fijian village and, through the sacrifices of his family, became an international test rugby player. He played at club level in New Zealand, Australia (Queensland Reds) and then enjoyed 12 years of club rugby in France.

Over the years, he has attended Salvos churches in Hamilton (New Zealand) and Carindale. He returned to Carindale Salvos recently as the guest speaker at the men's breakfast.

Now 37, Albert talked about his humble beginnings, his parents' sacrifice to help their

children get an education and his commitment to God. He shared how his father, mother and uncle strongly influenced his faith and helped him stay grounded and not forget his origins, even when famous.

Albert also spoke of the positive influence he and other Pacific Island players had on the rugby culture in France. It became accepted for players to pray before a game and have small group meetings at training. Their influence and example of open faith even encouraged French players to join in.

Albert and his family now reside in Brisbane and want to be led by God on the next step of their lives.



Scan here for more on the need for community.

The importance of play

Sharing a message of love with our kids

WORDS Anthony Castle

“Will you play a game with me?”

This is the message I hear, more than anything, from my son. He is in his first year of school and returns home most days and asks me to change from a 40-year-old parent to something like Batman or a Ninja Turtle. He asks me to play games more than he asks for hugs or food, but it’s not an invitation I always welcome.

“

Children need free play with the adults who love them most.

”

Like many 40-year-old parents, I am often working, and tired when I am not. The chameleon-like change required of an adult in child-led play can be challenging. A tea towel becomes a cape, bath water a cup of tea, or a stick a conductor’s baton. We might lack imagination or feel too embarrassed to engage in play. Once we are adults, we don’t always remember how to be like children again.

PLAY AND GROWTH

Many adults don’t realise the importance of play in a child’s development, and there is a deficit of play in the lives of children today. Children use play to regulate emotion and cope with stress, but research shows that children are engaging in fewer outdoor activities and unstructured exercises. Play patterns can be rehearsals for social situations like friendships, jobs and conflict, but children are

engaging more with electronic devices. There is a lack of parental awareness around how play helps children grow.

Studies have found that play grows a child’s ability to think creatively, organise and problem solve. Play is practice for life and necessary preparation for the adulthood they are approaching.

Article 31 of the United Nations Conventions on the Rights of the Child states, “Every child has the right to rest and leisure, to engage in play.” As such, play is so important to a child’s development that it isn’t just a privilege to earn with obedience or chores but an actual human right.

SACRED PLAYFULNESS

Play is a human right for children, how they begin the change from child to adult, but children aren’t playing enough, and they can’t always do it alone. Children need free play with the adults who love them most. They need their parents and carers to become like children.





There is a story in the Bible when Jesus is asked, "Who is the greatest in the Kingdom of Heaven?" Jesus centres a child in the crowd before he answers:

"Truly, I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And anyone who welcomes a little child like this on my behalf is welcoming me" (Matthew chapter 18, verses 1-3).

MESSAGE OF LOVE

The answer Jesus shares challenges the lack of awareness adults can sometimes have. Jesus centres the needs of a child, challenges our own constructs of adulthood and suggests there is something holy in the nature of childhood itself. How often do we centre children in our lives, in our communities? How often do we see their playfulness as sacred and welcome it? How often do we set aside our own adult lives and change to become like the children we love the most?

My son returned home from school recently with a drawing of two figures, one large and one small, in green marker. When asked that day about what he loved the most, my son drew a portrait of us playing together. For my son, the experience of play is inseparable from love. While the invitation to play is the message I hear from my son the most, I know the message he hears when I say "Yes".

Play grows healthy people. As parents and carers, we must change to become like children so we can help children change into adults themselves. We must welcome them, for their sake and our own, remembering that their playfulness is sacred. As we do so, we share a message of love.

Anthony Castle is a writer for Salvation Army publications Australia.



Scan here for more on finding meaning.

Dad, speak up!

Saying out loud the words children need to hear the most

WORDS Dean Clarke

"Can you please speak up?"

"Dad, don't you have your hearing aids on?"

"No, I don't like to use them."

While this sounds like a conversation from a skit, it is a true and too often repeated conversation. While acknowledging the challenges that amplified multiple sounds can give, I always find it disappointing that the person misses out on engaging with us. I want them to hear me and speak with me.

I recently shared how nice it was that my mum called me. My friend commented that she wished her mum would call her, but she can't because she passed away a few years ago. All of this has me thinking – is it time for us to speak up?

“

I wonder if dads have found their voice with the words children need to hear most?

”

Not many dads are known for being talkers or saying what needs to be said. While it is changing, for many generations the father would sit quietly while the mother engaged with the family. Dads today are more 'hands on' with greater equality in parenting roles and responsibilities. But I wonder if dads have found their voice with the words children need to hear most?



VALUED FOR YOU

The Bible tells of a time when God the Father spoke to Jesus. Jesus had been baptised, a significant event in his life, and then the Father said: "You are my dearly loved Son, and you bring me great joy" (Luke chapter 3, verse 22). I love you, and I love who you are.

Jesus achieved much in his life. People were amazed at his teaching. He accepted and cared about those that society ostracised and rejected. He comforted the hurting, provided wisdom for living and ultimately died on a cross in the place of others. But before Jesus had done any of these things, prior to being a public figure or influencer, while still a nobody, his Father said, "I love you. I love

who you are.” The Father is saying you are valued for you, not for what you do.

On Father’s Day, children around our country will give their dads cards and socks to say, “Thanks for being a great dad. We appreciate you and what you do.” Sadly, I can’t call my dad or hear him tell me one more time that he loves me. I’m fortunate to know that he did, but I also have the voice of God the Father in my life. For God doesn’t just speak about Jesus, he speaks about us.

The Scriptures tell me that God chose “to adopt us into his own family by bringing us to himself through Jesus Christ. And this gave him great pleasure” (Ephesians chapter 1, verse 5). God chooses to love me, and he loves loving me.

“

It feels great to know that I am loved and accepted.

”

I can remember the time when I turned on the ‘hearing aid’ and finally listened to what God had to say to me. I stopped listening to what others said about God and tried to hear from him. In discovering God’s amazing love and acceptance, I found peace, comfort and courage.

Dean and his youngest grandchild, Lani, enjoy some winter fun together.



It feels great to know that I am loved and accepted. So much so that I want my children and others to also hear the words, “You are loved. You are accepted.”

Maybe it is time for all of us dads to speak up and share words of love.

Major Dean Clarke is a Salvation Army officer (pastor) in South Australia.



Scan here for more on finding meaning.

WHAT DOES GOD THE FATHER THINK OF US?

Ephesians chapter 1, verse 5: God chooses to adopt us into his family.

Jeremiah chapter 29, verse 11: God thinks positively about us and our future.

Romans chapter 8, verse 38: Nothing can separate us from the love of God.

Joshua chapter 1, verse 9: God is with us wherever we go.

A treasured possession tied up in love

The greatest gift of all is available to everyone

WORDS Dean Simpson

I have a favourite tie. Most men my age do. It's not a conventional tie, and I can guarantee no one else has one like it.

Recently, I turned up at a function in one of my conventional ties, and three other men were sporting the same design. I should have worn my favourite one!

“

My favourite tie is not my preferred colour or style ... but I will never throw it out.

”

To be honest, my favourite tie is not my preferred colour or style and doesn't seem to match any of my clothes, but I will never throw it out.

It is, of course, a Father's Day tie. A tie I received on Father's Day in 2011 from my then six-year-old son and nine-year-old daughter. It is made from cardboard, decorated with a spaghetti-like array of Texta colours, and has a 'Love one another' sticker in the centre. Handily, it includes an elastic string for easy application.

Ironically, my son asked his big sister to write the heading at the top, but she inadvertently threw in an extra 'r' – 'Fathers Day 2011'. There is also a heartfelt message written



Dean sporting his favourite tie!



on the back, full of praise for my virtues as a father, ranging from my tendency to say 'yes' while their mum says 'no', my superhero strength when throwing them into the pool, and my ability to break wind on cue. The message is handwritten with similar spelling mistakes and scribbled corrections.

Despite this, the tie is one of my most treasured possessions – no doubt because it was made with all the love, care and devotion that my young children could muster.

I remember putting it on and making a big show of it when they excitedly presented it to me. In fact, I wore it to church that day and continued to wear it each Father's Day for the next several years. My children were thrilled each time.

By about 2018, the tie was showing signs of wear and tear (and my children were growing up), so I stuck it in the bottom drawer of my bedside table because I couldn't bear to throw it away. But, still to this day, once a year on Father's Day, people in my church congregation will ask me why I'm not sporting my one-of-a-kind tie!

I might be encouraged to wear it one more time this Father's Day – if only to embarrass my 20-year-old daughter and 17-year-old son!

GOD'S GIFT TO US

Receiving that tie from my children all those years ago gave me a glimpse of how God feels when we acknowledge him with our attention, our devotion and, above all, the gift of our lives.

“

God doesn't care if our lives are as flimsy as cardboard, full of scribbles and spelt incorrectly ...

”

God doesn't care if our lives are as 'flimsy as cardboard', 'full of scribbles' and 'spelt incorrectly' – he doesn't care if our lives are a bit rough around the edges, a bit tattered and torn. He simply wants our hearts and promises to accept us with his unconditional love.

Jesus said: "... unless you change and become like little children, you will never enter the kingdom of heaven" (Matthew 18:3).

Father God sent his son Jesus to earth to be the sacrifice for all our sins. It was the greatest gift to humankind. All God wants in response is the gift of your heart, and he will reward you with the gift of abundant life, here and into eternity.



Scan here for more on finding meaning.

Chicken hotpot



PHOTO COURTESY FAYE MICHELSON

Ingredients

4 potatoes, 80g butter, ¼ cup milk, salt, 2 stalks celery, 2 carrots, 3 chicken breasts, olive oil, 2 chopped garlic cloves, 1 tbs chopped thyme, 1 tbs chopped rosemary, 3 tbs tomato paste, ¼ cup water, salt and pepper, 80g grated Parmesan cheese.

Method

- Boil peeled and cut potatoes until soft. Drain, add butter, milk and salt. Mash.
- Chop celery, grate carrot and cut chicken into 2cm pieces.
- Fry chicken in a drizzle of olive oil until browned and cooked. Add celery and carrot. Cook till softened. Add garlic, thyme, rosemary and tomato paste and cook 1 minute. Reduce heat and stir through water. Cook until slightly reduced. Add salt and pepper.
- Transfer to a baking dish. Spread with mashed potato and sprinkle with Parmesan cheese. Grill until golden.

Tum-Tum

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



Quick quiz

1. What is the name of Simba's father in *The Lion King*?
2. Which country celebrates Father's Day on the birthday celebration of its late king?
3. Who is known as the father of modern medicine?
4. What animal species have fathers who give birth to their young?
5. Who was the father of John the Baptist? (Luke chapter 1, verses 12-13).



Bible byte

"See what amazing love our heavenly Father has given us! Because of it, we are called children of God."

1 John chapter 3, verse 1

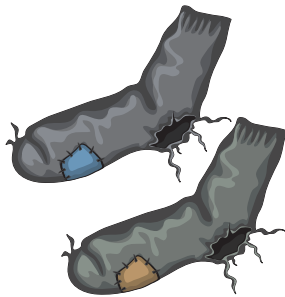
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 C T F P A T E R N I T Y C E I T A A B R

Wordsearch

Words are hidden horizontally, vertically, diagonally, forwards and backwards. Enjoy!

- Advice
- Anecdotes
- Appreciation
- Barbecues
- Branches
- Celebrate
- Challenges
- Communication
- Dad
- Family
- Father
- Fatherhood
- Gifts
- Health
- Honour
- Joys
- Love
- Partnership
- Partnership
- Paternity
- Practical
- September
- Spring
- Support
- Wisdom
- Work

HAVE A LAUGH



Why do fathers who play golf take an extra pair of socks?
In case they get a hole in one

What did the buffalo say when his son left home?
Bison.

Why was the baby bird like its dad?
It was a chirp off the old block.

What is the difference between bad jokes and dad jokes?
The first letter.

DID YOU KNOW?

Walk to Work Day is held on 2 September.

There are 1.5 million Australians diagnosed with diabetes and another 500,000 living with undiagnosed type 2 diabetes.

Diabetes is a major cause of heart and kidney disease, limb amputation, vision loss and severe COVID-19.

Answers: 1. Mumasa 2. Thailand
 3. Hippocrates 4. Seahorses 5. Zacharias
 Turn-Tum: is hiding as a sticker on Dean's favourite tie on page 13.



Have you taken care of your Will?

A gift in your Will can help
The Salvation Army create a
long-lasting impact in the lives
of those experiencing hardship.

Together, we can give hope where it's
needed most and you can start or
continue your legacy of generosity.

For information or a free
copy of Your Will booklet



Please contact:

Call: 1800 337 082
salvationarmy.org.au/wills
or scan the QR code

The background of the advertisement is a blurred image of a person's hands holding a smartphone. The phone screen displays a website with the heading "How can we help you?" and several service categories: "Adoption", "Aged Care", and "Disability". Surrounding the phone are various social service topics in a light, semi-transparent font: "emergency", "homelessness", "financial stress", "addiction", "disasters", "family violence", "life meaning & purpose", and "adoption".

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