

**FEATURE**

Releasing  
the pain

**FAITH TALK**

Pizza and choir

**MY STORY**

The journey to  
reconciliation

# The freedom of forgiveness

Letting go and choosing who you want to be



# SALVOS

MAGAZINE



**“In the end, reconciliation is a spiritual process, which requires more than just a legal framework. It has to happen in the hearts and minds of people.”**

**Nelson Mandela**

**Anti-apartheid revolutionary, first Black president of South Africa, Nobel Peace Prize Laureate**





## 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

# Salvos Magazine

**Founders** William and Catherine Booth

**General** Brian Peddle

### Territorial Leaders

Commissioners Janine and Robert Donaldson

**Secretary for Communications and Editor-In-Chief**

Lieut-Colonel Neil Venables

**Publications Manager** Cheryl Tinker

**Assistant Editor** Simone Worthing

**Designer** Ryan Harrison

**Cover Photo** Gage Walker on Unsplash

**Editorial ph.** (03) 8541 4562

**Enquiry email** [salvosmagazine@salvationarmy.org.au](mailto:salvosmagazine@salvationarmy.org.au)

**All other Salvation Army enquiries** 13 72 58

**Press date** 15 December 2020

Printed and published for The Salvation Army by Commissioner Robert Donaldson at Focus Print Group, Rowville, Victoria

Some photos in this magazine were taken prior to the COVID-19 pandemic.



[salvosmagazine.org.au](http://salvosmagazine.org.au)



[04]  
Feature

The freedom of  
forgiveness

[10]  
Faith Talk  
Pizza and choir

[12]  
My Story

Inviting people  
on the journey  
to reconciliation

## Forgiveness

Forgiveness is something we all grapple with at some stage in life, whether it's over a minor issue or something that affects us deeply and continues to have an impact on us throughout our lives.

Sometimes it's easy to forgive and move on with life with barely a second thought. At other times, forgiving others who have caused us serious grief or harm can be something we wrestle with and struggle over for many years.

In this edition, Catherine Philpot, psychologist and Salvos pastor, writes about the freedom that forgiveness brings, and how Christianity approaches the topic. Lyn Beasy, also a psychologist and member of the Salvos, talks about how forgiveness releases the pain of those who have been hurt, and shares some steps on moving forward with our lives.

For those of us 'needing a moment of peace and quiet', Rebecca Moore in Faith Talk writes about taking time out for both body and soul. In My Story, we feature the journey of Uncle Vince Ross and his dedication to reconciliation and forgiveness.

For all these stories and more, go to [salvosmagazine.org.au](http://salvosmagazine.org.au)

Simone Worthing **Assistant Editor**

# The freedom of forgiveness

Letting go and choosing who you want to be

**WORDS** DR CATHERINE PHILPOT

Some situations have a sting in the tail. While they're upsetting, hurtful and disappointing at the time, the after-effects are the worst.

When you wake up in the night, long after someone has hurt you and you still can't sleep, you feel your blood pressure rise and your muscles tense – it's then that you're experiencing the sting. When the feelings of hurt, anger and betrayal stick around long enough so that your immune system is suppressed, you're catching every passing cold and you still can't relax, you could also be experiencing the sting.

Unforgiveness is the sting that I am talking about here.

## SCIENTIFIC MODEL

For a time, psychologists thought of forgiveness as a religious construct. Under the influence of the scientific model, they ignored the moral imperatives that were grounded in any religious tradition, including Christianity. Instead, they searched for truths that could be verified with outcomes that could be measured.

After a century of growing influence, psychology finally turned to examine this thing called forgiveness. In the early 2000s, research in this area hit its peak. Psychologists found that people who expressed forgiveness experienced a more stable, positive mood than people who did not. Even in South Africa, in the aftermath of the apartheid era, lower rates of depression, anxiety and post-traumatic stress disorder were found among

those who had forgiven their offenders, than those who had not.

Psychologists still debate among themselves what exactly this thing called forgiveness, is. Does it mean that you have to restore your relationship with the person that hurt you? What about the drunk driver who killed your loved one? If you never knew him before he



stole that life from you, what does it mean to forgive him?

Psychology also has a way to go yet in applying the insights it has learned from the labs and surveys, to the counselling rooms.

While many psychologists would be aware of the research about forgiveness, you might struggle to find one who could help you on the road to letting go of the anger and hate towards those who have hurt you.

### IMPACT OF CHRISTIANITY

Christianity, with its 2000-year head start, has a lot of insights that are helpful in the doing

of forgiveness. You could even say that it is a religion of forgiveness, when you consider that the object of its worship is said to have died so that all mankind could know that they are forgiven.

The big question for Christians is that as we acknowledge our own mistakes and failings, and how much we have been loved and forgiven by God for them, how can we not pass on what we have received to others?

Psychologists have identified that one of the barriers to forgiveness in many relationships is 'competitive victimhood', where both parties to a conflict compete over who has ►



been wronged most by the other, and who needs to move forward first to apologise and forgive. In some ways, Christianity's path to forgiveness is competitive victimhood's polar opposite. As you recognise how much you have missed the mark and have still been found worthy of God's love, you grow to recognise that others are no different.

Even forgiveness for grievous offences becomes possible by this route. You don't need to be an axe murderer to forgive an axe murderer. Recognising the weakness in our shared humanity helps in letting go of judgment, for who knows what you would do if you had had to walk in another's shoes?

The first time someone tried to teach me this, I was a full-time psychology academic researching forgiveness. My teacher was an Alawa woman I was interviewing for my postdoctoral

research on Indigenous attitudes to the apology\*. She said to me, "You know, I don't think this country is really going to be able to forgive until we really understand the cross of Christ." I smiled (possibly condescendingly) Christian though I was, and thought she was being religiously naive. A zealot.

But the more I think about it, the more I think she was on to something.

## Q&A

**Salvos Magazine:** You say psychologists debate what forgiveness is. What is the big problem?

**Catherine Philpot:** Part of the problem is that people do so many different things and call it forgiveness. For example, if someone hurts you and you respond by saying, "Oh



well, he didn't really mean it", that is not so much forgiving as excusing. If you respond by saying, "Oh, it wasn't that bad", that's not forgiving but condoning. Some might even say they've forgiven an offender, but follow it up with a, "But if I ever see him, there'll be trouble" comment that makes you wonder what they mean by forgiven.

The growing consensus among psychologists is that forgiveness means choosing to let go of anger and bitterness towards someone who has hurt you. What is debated is the extent to which you need to replace the feelings of anger with love and a desire to wish someone well.

**SM:** What are the main reasons people forgive?

**CP:** There's a common perception that people feel compelled to forgive when someone apologises to them. While that may be true in some contexts, in my research I found that people are often suspicious of apologies, and for significant offences find that they are not enough. Rather than pointing to apologies, people who forgive have often thought about who they want to be. From this space, people forgive, either because they don't want to be defined by their past or their offender and become bitter, or because they do want to reflect the values they believe in.

**SM:** Does forgiveness mean that you have to give up on getting justice?

**CP:** You can choose to let go of anger towards someone and, for a range of reasons, still believe that justice needs to be served. It may be that justice is needed for the offender's sake so that they can learn from their actions, or that justice is needed to protect yourself, or for others' benefit. This isn't always an easy space to be in, but it is true that forgiveness is not the same thing as allowing injustice.



PHOTO: HUDSON HINTZE ON UNSPLASH

**SM:** I don't want to forgive because I don't want to get hurt again. Is that okay?

**CP:** It is absolutely okay to not want to be hurt again. Forgiveness is not the same thing as reconciliation, which is about restoring a relationship with someone who has hurt you. It is okay to say I forgive you, but I don't want to be in relationship with you anymore. On the other hand, forgiveness is a good tool to help you not be hurt again. By letting go of anger, you no longer have to live in it, which means you no longer have to live in the offence and can choose to be who you want to be.

*Catherine Philpot is a Salvation Army officer (pastor) and psychologist in Queensland.*

*\* Then Prime Minister Kevin Rudd formally apologised to the Stolen Generations in February 2008.*



Scan here for more on finding meaning.

# Forgiveness – releasing the pain

Taking the steps to move forward with our lives

**WORDS** LYN BEASY

It is fairly certain that none of us will go through life without being hurt by others. But it is how we respond to those hurts that will determine how successful we are at putting the past behind us.

It's a normal reaction to have experienced pain, suffering, feelings of betrayal and loss when we've been hurt by others. We mistakenly think that seeking revenge or staying bitter causes the other person pain. Living with bitterness is not an effective way of dealing with hurt. Bitterness doesn't just stay in one area of our life. Eventually, it affects every part of our lives and the people around us.

We think that holding on to bitterness and resentment hurts the other person. But all it does is tie us to the offender and we remain their victim.

We can't stop people hurting us, but we can choose how we respond to it. It's important for our wellbeing to acknowledge our feelings and work through them. The past is the past, but we can change how we move forward into the future. Forgiveness is the key that will help you enjoy the future and live in freedom from the things that once hurt. If you are regularly being hurt, that pattern needs to change. You do not deserve to be hurt and you may need to stay away from the offending person.

Forgiving doesn't mean the relationship instantly heals. It may take time to rebuild, if ever, but forgiveness is the start of healing.



PHOTO: NINE KOEPFER ON UNSPLASH



Forgiving is a sign of strength that brings release. It takes courage to face our past hurts and deal with the pain.

Forgiveness doesn't let the offender off the hook, they will always be seen as the offender, but it gives us the power and

freedom to redefine who we are, from victim to victor.

To forgive, you don't need to deny your feelings about what happened, and you don't need to forget in order to forgive. We can learn from the past to help guide our future. Forgiving someone doesn't absolve them from being responsible for what they've done, but you choose to not let it hold you. We acknowledge the offence but no longer feel the need for revenge. To forgive doesn't mean to reconcile. Sometimes reconciliation is not possible. It takes two willing parties to reconcile, but only one to offer forgiveness. To forgive takes time.

Forgiveness is not for other people, it is for yourself. It doesn't require us to 'feel' ready to forgive; it is a choice, and once we've made that decision, we are more able to get closure on that part of our lives. The wounds will take time to heal and a scar will remain, but they won't cause as much pain as they would if we held on to bitterness.

Sometimes, the hardest person to forgive is ourselves. When we have been the person who has caused pain, even though we may have felt truly repentant and been forgiven, we carry the burden of guilt and find it hard to let go. We need to recognise that whether we need to forgive someone else or seek our own forgiveness within, it is a journey worth taking in order to feel that we can move on with our life.

Lyn Beasy is a psychologist in NSW.



Scan here for more on finding meaning.



## Pizza and choir

Taking time to rejuvenate both body and soul

**WORDS** REBECCA MOORE

It was drawing towards the end of the six-week Christmas holidays. My children were aged three, four, 10 and 11 at the time, and the house had echoed with childish noises for many days.

That's fine and well for the most part, but

on this particular day, my ears were tired and I needed a rest. I could hear the kids calling out for me, but knowing more food wasn't as urgent as they made it out to be, I closed myself in my room to take some much needed 'me time'.

Within a few minutes, my three-year-old bounced into my room and announced: "Mummy, da kids want you!"

"Well," I replied, "you tell 'da kids' that Mummy just wants some peace and quiet."

Her little eyes lit up and she bolted from my room almost excitedly, which I thought was



strange. She then poised herself on our back deck, cupped her little hands around her mouth and at the top of her three-year-old voice called out to the neighbourhood: "Eveybody! Mummy wants some pizza and choir!"

Not quite what I meant, but hey, that could work, too. The excitement at this point required me to put aside my 'quiet time' and head to the kitchen to see what food I could find – preferably in the form of pizza. The choir came from the backyard in the form of cheers when the food was brought out.

I love, love, love that when we mums get tired, Jesus understands us. He knows well

the demands of feeding his children.

Matthew chapter 14 tells us of the death of Jesus' cousin, John the Baptist. On the news of this, Jesus needed some time to be by himself. "When Jesus heard what had happened, he withdrew by boat privately to a solitary place" (Matthew chapter 14, verse 13).

Before long, he was followed by crowds who were eager to be with him. Jesus had compassion on them, spoke to them, healed them and then fed them – five thousand of them! He took care of his 'children' who ate until they were satisfied.

Still needing rest, Jesus dismissed the crowd and sent his 12 close followers on ahead, then went up on a mountainside by himself to pray. After a time of refreshment with his Father, God, he was then able to meet his followers again as he walked to them on the water in the wee hours of the morning.

Recharging renews us so we can refresh others. We are wrapped up in these human bodies that fail us and get tired and weary, but God knows just what we need, and we need to be still and spend time with him.

So take time to be rejuvenated. Fill yourself with food for the soul as well as the body. And if that comes in the form of pizza and choir – so be it.

*Rebecca Moore is a writer who blogs at [rebeccamoore.life](http://rebeccamoore.life). She is the author of **First to Forty** and **Pizza and Choir**. Reprinted with permission.*



Scan here for more on finding meaning.

# Inviting people on the journey to reconciliation

Highest Salvation Army honour bestowed upon prominent Indigenous leader

WORDS LAUREN MARTIN



Uncle Vince Ross, with his wife, Aunty Enid Ross, when he received The Salvation Army's highest award during the launch of the organisation's National Reconciliation Action Plan.

Uncle Vince Ross, a key Australian Salvation Army Indigenous leader, has been awarded the Salvos' highest honour – the Order of the Founder.

The surprise presentation took place in Melbourne at the launch of The Salvation Army's National Reconciliation Action Plan, which Uncle Vince has been assisting the Salvos to work towards for many years.

Commissioner Robert Donaldson, leader of The Salvation Army Australia, asked Uncle Vince and his wife Aunty Enid Ross, onto the stage to present the award, saying, "The General [international leader of The Salvation

Army] has awarded you the Order of the Founder with the following citation: 'For outstanding commitment to reconciliation between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians, both within The Salvation Army and in Australian society in general. For promoting the importance of reconciliation and understanding the lifestyle, culture, history and spirituality of the Aboriginal people.'"

Uncle Vince's current role with the Salvos is Convenor of the Aboriginal and Torres Strait Islander Advisory Group.

Uncle Vince was born at Balranald, on the

Murrumbidgee River in southern New South Wales, then lived in Deniliquin for a number of years. He encountered the Salvos as a boy when he was living on a reserve on the dry river-bed at Deniliquin. He remembers Salvos coming to the reserve with “hammers and nails” and helping to “build little shelters and things like that for the people on the riverbank”.

“They shared and cared for the people there and that was a tremendous thing for me because I actually witnessed, I think, in a sense, Jesus walking amongst us on that reserve through the ministry of the people,” he said.

Uncle Vince became a Salvo at the age of 12 and was a bandmaster at the age of 17. He often jokes that he has served in every Salvation Army local leadership position except as the Home League (predominantly female outreach group) secretary!

Over the years, he has served on a number of Salvation Army advisory boards, and has worked tirelessly with the organisation towards reconciliation. In 2016, at a Salvos Festival of Mission, he spoke of the many obstacles on the path to reconciliation but thanked God for the signs of hope: “We need to find the right language to communicate. What are the practical things we can do to break down the barriers and create community?”

Last month, when he realised he was receiving the Order of the Founder, he was in shock: “All the work I’ve been involved with over the years, it’s not about whether you get a prize or whether you get some acknowledgement,” he said.

“But that [the award] just about blew me over, I’ve gotta tell ya! I’m thankful for that and for that recognition that The Salvation Army has placed on us, and I’ll certainly value



Uncle Vince became a Salvo bandmaster at the age of 17.

and treasure that. I don’t think it will change Vince Ross, but I think it’s something that I can reflect on and say, ‘It’s all been worthwhile; all those years.’”

He said he’s thrilled to see how far the Salvos have come on the journey to reconciliation.

“What I like to do is I try to invite people to journey with us in reconciliation, in building strong relationships and bridges in the community.

“When we come and spend time together, I think that’s the important thing. I don’t think it’s about trying to change all the difficult things in life, but relationships is a very foundational thing that we ought to be involved in. I thank The Salvation Army for its work in that area and for bigger and better things that I think will be happening in the future.”



Scan here for more on finding meaning.

## Fruit salad cones



PHOTO BY ANDREA REDFORD

### Ingredients

waffle cones  
1 can of whipped cream  
chopped mixed fruit  
chopped nuts (optional)

### Method

Stand waffle cone in a glass to keep it upright while you fill it.

Spray some cream into the base of the cone.

Spoon 2-3 tablespoons of chopped mixed fruit (such as bananas, grapes, apples and strawberries) on top of the cream to fill the cone.

Add more cream to the top of the fruit.

Sprinkle with chopped nuts to garnish (optional).

## Have a laugh



### What do you call a lazy joey?

A pouch potato!

### What did the funnel web spider do on the computer?

Made a website.

### What did one plate say to the other?

Dinner's on me.

## Bible byte

"So then, let us pursue the things which make for peace and the building up of one another."

Romans chapter 14, verse 19

*Amplified Bible translation*

				8		4		
	5		3			9	1	
8						5		3
	4	3		1	6			5
			2					
	2							
		8	5		3		2	
					7	9		
6				9				

## Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9.

## Tum-Tum

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



**Answers:** 1. The Wiradjuri word 'gungubbarra'; 2. 1000; 3. Ninety per cent; 4. Nine metres; 5. The box jellyfish.  
**Tum-Tum:** is peeking out from behind the girl's ear on page 11.

9	5	3	2	7	8	1	4	6
8	1	6	2	7	9	3	5	4
7	2	9	8	5	1	3	6	4
1	9	8	4	3	6	2	7	5
7	2	4	8	9	5	1	3	6
6	8	1	2	3	9	4	7	5
9	4	3	7	1	5	2	8	6
8	1	4	9	2	5	3	6	7
5	7	3	6	2	8	1	4	9
3	6	1	5	8	7	4	2	9

## Quick quiz



PHOTO BY DAVID CLODE ON UNSPLASH

# Did you know?

- Bees sometimes sting other bees.
- Water makes different pouring sounds depending on its temperature.
- A tick bite can make you allergic to red meat.



# SALVOS

MAGAZINE



Salvos Magazine is about giving hope where it's needed most.

If you'd like to subscribe to Salvos Magazine, please email us at [salvosmagazine@salvationarmy.org.au](mailto:salvosmagazine@salvationarmy.org.au) or call (03) 8541 4562.

You can also access Salvos Magazine online at [salvosmagazine.org.au](http://salvosmagazine.org.au)

This mobile site features a range of articles and videos about the work and services of the Salvos, as well as personal stories and reflections.

The site can also help you connect with one or more of our social services. We can assist in many areas – from financial stress and homelessness, to addiction and family violence – and offer hope to those struggling for meaning and purpose in life.

Each service provides a variety of ways to get in touch and receive the help you need. We are here for you.

**kid zone** ONLINE NOW!

[WWW.KIDZONEMAG.COM.AU](http://WWW.KIDZONEMAG.COM.AU)

**Kidzone mag has its own website!**  
 Leaders' Guides | Competitions | Games | Printables |  
 Activities | Comics | Shop | Character Bios | Videos ...