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# WARCRY

CULTURE & SPIRITUALITY



**School's in**

But has your budget blown out?

# Like people, plants respond to extra attention.

H. Peter Loewer

Gardener, writer and botanical artist





## 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

# WARCRY

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## From the editor

How do we know 2020 has well and truly started? The New Year's Eve fireworks are long gone, the lazy days by the beach or pool are coming to an end and our minds are gearing up for the routine of the next 12 months.

Apart from all this — and the date on the calendar — we know the new year is underway when the bills start to roll in. This is particularly the case for families as they recover from the costs of Christmas and holiday spending and juggle the looming expenses of getting children ready for school.

The Salvation Army Moneycare program provides practical help for people coping with financial stress and empowers them to take control of their money — and this week's feature offers some down-to-earth advice on how to navigate back-to-school costs.

Financial trouble can be a major stress, but you don't have to struggle through it alone. The Salvos' Moneycare team can help you. Visit [salvationarmy.org.au/need-help/financial-assistance](http://salvationarmy.org.au/need-help/financial-assistance)

Faye Michelson  
**Assistant Editor**

# It's worth doing your homework

Here's some tips for saving money on school costs from The Salvation Army's award-winning financial program, 'You're the Boss'.

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Back-to-school costs can be a big financial hit to families after the expenses of Christmas and the summer holidays.

A survey by market researchers Field Agent found that 78 per cent of parents said that back-to-school costs placed a strain on their household budgets — and no wonder when last year's total spend on these expenses was around \$3.8 billion for Australia's 4.5 million children.

We all want the best for our kids, which is why educational expenses can cause a lot of stress. There's a great temptation, and sometimes pressure, to buy a new set of supplies at the beginning of every year. But you can reduce your costs if you do your 'homework' by planning and preparing for the new school term.

Start by 'shopping' at home. Go through the supplies you and your children already have before deciding what to buy. It's often surprising how many forgotten pens, pencils, markers and rulers can be found lying around the house. The goal is to purchase only what is absolutely needed.

It's also a clever strategy to play the 'long game' while you're shopping throughout



the year. If you find items on sale that you know your child will need, consider purchasing them.

Decide how much you can realistically afford for school supplies and set your limit. If you've budgeted for the cost of back-to-school expenses, you might be able to purchase every item at the start of the year. If not, work out what you need to buy now and what items you can save up to purchase later.

Be aware that you may need a budget for each child, as they may need different things depending on their age and the school's requirements.

Here are some strategies that may help to keep your costs down.

School uniforms often represent a big chunk of your back-to-school spending so start the year by pulling out all the school clothing you have. See if last year's uniform still fits or if an older sibling's uniform now fits a younger child. Buy only what you need at the start of the year and wait until the cooler weather before buying winter uniforms to give you time to save.

Does your school have a uniform clothing pool or second-hand shop? Chat with parents who have older children at your school and see if they have any second-hand items they can sell or hand on to you. Facebook groups for your local area are useful, too, where parents often post uniform items for sale. Buy your uniforms one size larger to last longer — children grow so quickly! And don't forget to label, label, label — then if an item is misplaced, hopefully it will be returned to you.

Some items are worth investing in, such as shoes or schoolbags. If you have a choice in the bag or backpack for your school, look for a durable one that will last many years. Consider versatile sneakers that suit school and sport or opt for inexpensive, quality leather without the brand name.

Technology is becoming a big cost for parents. A survey of 1000 parents commissioned by the Commonwealth ▶



Bank of Australia found that 50 per cent of parents spent more on technology items, such as laptops and tablets, in 2018 compared with 2017. The survey showed the cost of technology purchases per family totalled \$269, coming in higher than uniform purchases (\$182), textbooks (\$127), school shoes (\$103) and stationery (\$91).

Try to avoid being caught in the cycle of upgrading to the newest, latest and greatest. Consider second-hand options; there are plenty of places you can source pre-owned or refurbished computers, laptops and tablets. If you need a new computer, buy something with enough

memory to meet your requirements now and that will also allow for software upgrades (requiring greater memory) in the future.

Another way to stop eating into your budget over the school year is to pack your child's lunch. If you give your child lunch money once a week rather than every day, you can save more than \$1000 over the year (assuming lunch costs \$7).

Look for a durable lunchbox — you can buy these with separate compartments for different food items, eliminating the need for individual wrapping.



Packing a healthy, tasty lunch in a hurry five days a week can be a challenge. There's often a strong temptation to opt for easy choices such as pre-packaged snack items, but these come at a financial — and environmental — cost.

Get your children involved in choosing their lunch and you'll find they'll be more likely to eat it, and less likely to throw it out. And using a stainless steel drink bottle will cost you less than all those juice boxes in the long run.

Extracurricular activities can blow the budget, but there are strategies that can help. Creating clear, positive rules within families can help make these tough decisions easier. For example, you may be able to afford one extracurricular activity per term for each child.

By limiting choices, you provide children with an opportunity to focus on what they're most interested in. If the cost of this activity is more than you can afford, are there cheaper alternatives available at your local church or community centre? Another option could be to ask family members to purchase sporting equipment or lessons as a birthday or holiday gift.

Assistance programs may be available to help parents struggling to meet the costs of schooling. Talk to staff at your child's school to see what options may be available to you.

And a final piece of advice — start saving for next year's school supplies now.

*If you need help with your finances, go to [salvationarmy.org.au/need-help/financial-assistance](https://www.salvationarmy.org.au/need-help/financial-assistance)*



# Ready to respond

**Twin Towers hero inspires local fire chaplain Wes Bust as he supports emergency services on the front line.**

BY SIMONE WORTHING

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At the beginning of every day, Wes Bust, Salvation Army Fassifern Corps Officer (minister) and Queensland Fire and Emergency Services Associate Chaplain, prays: “Lord, take me where you want me to go. Let me meet who you want me to meet. Tell me what you want me to say and keep me out of your way.”

It is the prayer of one of Wes’s heroes, Father Mychal Judge, an Irish-American Franciscan and chaplain to the New York Fire Department. Mychal was the first listed casualty of the September 11 attack on the Twin Towers in 2001.

“When it comes to emergency chaplaincy, I am about the Lord’s business, but I don’t set the tasks,” says Wes. “I try to bring my experience, training and skills to first responders in an emergency space.”

As ongoing and unprecedented bushfires recently devastated parts of Queensland, Wes focused on the needs of firefighters and emergency services front-line responders — at one point, for 42 days in a row.

Wes works with a group of six other chaplains in the south-east corner of Queensland and specifically oversees the Scenic Rim Command, which includes Ipswich, the Lockyer Valley and Somerset.

The Canungra fire in the Gold Coast Hinterland, which started in September and burned for weeks, was in Wes’s area. He was there from day one.

“I was supporting the firefighters and also members of the public needing assistance,” he says. “It was a highly complex and volatile situation, so it’s good to have a chaplain to just ‘be there’.

“It’s challenging to know what will be happening from day to day, or what will be needed from the chaplains. Sometimes, especially when operations are in full swing, it could be checking to see if people are stopping for lunch. It could be holding a cup of tea or mobile phone while they step out, or listening to someone’s story, praying with them, connecting them with a specialist in certain areas, or being there if they need





to open up in a safe space.

“It’s all about caring for the community and for the wellbeing of those in it.”

During ‘normal’ times, Wes is based at the Salvo Fassifern Corps, which includes the communities of Kalbar and Boonah. The ‘firies’ and other emergency services personnel can contact him whenever they like.

“They know I’m praying for their safe return at all times and that, with me, there is always an open door,” says Wes. “I consistently plant the seeds of hope, and let God look after the rest.”

The chaplains are part of an extensive team that works with emergency services personnel to provide the optimum support for their wellbeing. These include peer support officers, the Fire and Emergency Services Support

Network, and specialist psychologists.

As a chaplain, Wes also goes out with the men and women of the fire brigade to house fires, road fatalities and other incidents and assists in that space.

“As with chaplaincy events, these are sacred spaces where people trust you in some of their most vulnerable life moments,” he says.

Wes’s volunteer work as a ‘firie’ with the Kalbar Fire Brigade adds a further dimension to his understanding of the role of emergency services personnel and the impact fires have on them and those directly affected by fires.

He also has an undergraduate degree specialising in trauma and grief, with ongoing study and ‘upskilling’.

“It’s an area I am so passionate about, with my focus being on working with individuals and groups in crisis and psychological and spiritual first aid,” he explains.

“And I pray that same prayer from Father Mychal, whether I’m out fighting a fire or serving as a chaplain and I believe that God is answering that prayer.”

The Salvation Army Emergency Services teams, and other volunteers, have been active in supporting those impacted by the recent and ongoing devastating fires around the country, with that work continuing for the foreseeable future, and beyond. The next issue of *Warcry* will feature a closer look at that work, and the impact it has, is, and will have in the weeks and months ahead.

# Let's talk about love

Where does God fit into the conversation?

BY CATRIONA MURRAY

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Love is all around us. We encounter the word incessantly, pouring out of our televisions, our radios, splashed across newspaper headlines and peppering social media. There has never been so much love, nor so much talk of it.

Only, I'm beginning to think that our obsession with the word belies the fact that we have lost track of what it means. For many people, the answer to that question would be, 'love is love' — inferring that it comes in many forms and that it can be anything we want it to be. It is yet another example of where absolutes have been removed, making it impossible to have any kind of definition at all.

We don't need to despair, however, because a proper definition does exist; it just happens not to be to everyone's taste: God is love.

The instant you bring God into the conversation, of course, the eye-rolling starts. He's a known killjoy. Funnily enough, the least biblically literate of unbelievers know, almost instinctively, what God disapproves of. And, when you

know he disapproves of what you want, then the best thing to do is write him off as irrelevant or, even better, imaginary.

That, however, doesn't mean that believing 'God is love' sorts everything out either. It is more than a mere fridge-magnet sentiment to be parroted in every tight spot and awkward situation. A few years ago, I sat in church as our then minister thundered that many people had gone to a lost eternity believing God is love. He was right. There are those who think that, because God is love, he would not let a basically decent person, who has lived a civilised life, suffer eternal death.

Neither he would; he has made provision for us to avoid that eventuality, but some of us will fit for ourselves by failing to accept his gift.

Which brings me back to that definition of love: God is. That's really no help though, if you don't know anything about God.

So, go to 1 John chapter 4 in the Bible. Here is a complete definition of love. It



tells us that love is from God and that God IS love. Whether we like it or not, and whether we accept it or not, we cannot understand love apart from him.

We live in a country that makes it increasingly hard to talk about God without being mocked, pilloried, silenced or hated. So why do Christians share the Gospel; why do they intervene in debates where God's name is trampled underfoot, when they know that the chances of being listened to are slim, and the chances of being jeered at and derided very great?

The answer is 'love'. We love because he first loved us. Having that love in us now, we cannot contain it; it has to flow outwards to others where we once were.

We see you, walking through the storm of life, head bowed against the onslaught. Watching, we remember how it felt to be there in the cold, buffeted this way and that, our peace and happiness subject to every prevailing wind. And we are moved, by the Saviour's love for us and in us, to catch you and pull you in where we are, beneath the shelter of his wings.

That, my friends, is love, which comes from Jesus and through him, and depends only upon him. God is love and, therefore, when he is the foundation, love IS love.

*Catriona Murray blogs at **posttene-brasluxweb.com***

# Leaving fear behind

**Panic attacks were paralysing Tina until she met God at a Salvo church.**

BY TINA PASSARELLI

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For me, anxiety came in the form of panic attacks. I was 32 years old and 25 weeks pregnant with twins when I experienced the start of the severest of these attacks.

I was gripped by a paralysing and illogical fear. It felt like someone was messing with my mind and I wanted it to stop. I had no control. I felt powerless. I had always been a very easy-going, calm person who functioned at a high level. Everything I was had been stripped away as the panic crippled me.

As the war raged inside my head I was at my wits' end and had suicidal thoughts. My obstetrician saw how desperate I was and put me on medication.

The rest of my pregnancy went smoothly and the attacks were kept at bay. I had my twins and went off the tablets but experienced another panic attack two and a half years later when I fell pregnant again.

I went on medication, had my third child,



and went off the tablets. It would be sometime later before the attacks would happen sporadically — in a train, bus, movie theatre, elevator, traffic jam.

My world was slowly getting smaller. I desperately wanted to avoid medication, so I kept away from everything that I associated with my attacks. My doctor prescribed a sedative, which I took only when necessary.

However, after a traumatic event which tipped me over the edge three years ago, I finally succumbed trying to do it on my own and was prescribed anti-depressants. They kept my panic under control.

Two years ago, I had an urge to go to the local Salvation Army church, Kingston Gardens Corps (Vic.), to thank God for something wonderful that had happened in my life. I had stopped going to church in my twenties. My relationship with God was a very distant one — I knew very little about him. After returning to church I found I really loved the service. The worship music and the message were inspiring. I returned week after week and left with a sense of peace and felt empowered to tackle another week.

Months later, I invited Jesus into my life and went on to do a life-changing Alpha course. I was excited to learn about the Trinity — Father, Son and Holy Spirit — and super-excited that I could have a personal relationship with God. I found myself drawing closer to him and had a hunger to learn more.

One day I realised that I hadn't been taking my anti-depressants for four to five months. I was shocked that I was in such a good place that I hadn't even

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**If you know someone who suffers from anxiety or panic attacks, offer them your love, support and understanding as it can often be a very lonely, silent battle for them.**

”

noticed. I don't know where or when it happened, but I do know that as I got closer to God, he had miraculously healed me. It has now been two years off the tablets and no sign of panic attacks.

These days if I am fearful of anything, I pray the scriptures from the Bible (Philippians 4:13) which says, “I can do all things through Christ who strengthens me”. I thank God for giving me supernatural strength to deal with whatever comes my way. I trust him and know that he fights against my enemies to give me victory.

If you know someone who suffers from anxiety or panic attacks, offer them your love, support and understanding as it can often be a very lonely, silent battle for them. As for me, I am continuing my exciting journey with God and knowing I am not doing this on my own gives me daily faith, hope and strength.

## Icy poles



### Ingredients

#### Tropical

1 cup canned mandarins, 1 cup canned crushed pineapple, 1 mango (chopped), 2 cups orange juice

#### Berry

$\frac{2}{3}$  cup orange juice,  $\frac{1}{4}$  cup frozen raspberries,  $\frac{1}{4}$  cup frozen blueberries, 6 strawberries (hulled and cut in half)

### Directions

Put ingredients in a blender or food processor and blend until smooth. Carefully pour into moulds. Freeze for 4 hours or until frozen. Before serving, stand at room temperature for 1 to 2 minutes to make it easier to remove from the mould.

## Have a laugh

A young boy and his mother are walking down the street.

The boy turns to his mother. "When I grow up, I want to be a guitarist in a band," he announces.

"Darling," his mother smiles fondly. "You can't do both!"



## Tip for the race of life

"Sing to him; sing praise to him; tell of all his wonderful acts."

Psalm 105, verse 2

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

## 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 *Warcry* is Tum-Tum hiding?



**Answers:** 1. 1973 2. Golden Guitar Awards 3. The Golden Guitar trophy 4. Joy McKean 5. 10  
**Tum-Tum:** is hiding out behind the backpack on page 7

2	8	6	7	5	4	9	8	3
2	9	9	9	1	5	2	7	7
0	1	5	8	2	2	4	5	5
0	4	7	5	8	8	2	3	1
1	2	8	4	3	7	7	9	8
5	6	5	6	6	6	6	6	6
2	7	9	6	6	6	6	6	6
6	2	6	1	6	3	6	1	9
7	4	2	6	1	6	6	6	6
6	2	9	7	3	1	4	4	4

## Quick quiz



1. When was the first Tamworth Country Music Festival held?
2. What is the name of the awards night held at the Tamworth Music Festival?
3. What is 24cm high and weighs 1.5kg?
4. Who won the first Golden Guitar?
5. In several Psalms, praise is offered to God by a lyre with how many strings? (Psalm 33, verse 2; Psalm 92, verse 4; and Psalm 144, verse 9)

## Want to know more?

Visit [warcry.org.au/want-to-know-more](http://warcry.org.au/want-to-know-more) or return the coupon to Warcry, PO Box 479, Blackburn VIC 3130.

I would like:

- to learn more about who Jesus is
- information about The Salvation Army
- a Salvo to contact me

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_



# Offers *and specials*

## Half-price coloured tags

Every week, selected clothing is 50% off. Just ask which colour tag is 50% off that week.

## \$2 Monday madness

On Mondays, a rack of clothing at the front of the store will be on sale for just \$2.

## Seniors discount day

Come into store on Thursday, show your health care, pension, veterans or seniors card to save 20%.

## Student discount day

Every Wednesday, show your student card to save 20%.

[www.salvosstores.com.au](http://www.salvosstores.com.au)



Promotions available in Salvos Stores across Victoria, Tasmania, Western Australia, South Australia and Northern Territory only.



## Help the Salvos help others with a gift in your Will

After providing for those you love, why not leave a gift for those in greatest need? Including a gift to The Salvation Army will enable us to continue to assist more than one million Australians every year.

For a **FREE** copy of our Wills information booklet **FREE CALL 1800 337 082** or complete and send this coupon to **The Salvation Army**

- Send me a **FREE** copy of your Wills information booklet
- I am interested in leaving a gift to The Salvation Army
- I have already included The Salvation Army in my Will

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