

FEATURE

Mental health
recovery payments

FAITH TALK

Letting
embarrassing
moments slide

MY STORY

Another chance of
happiness

'Surfing' Salvos Stores

Getting the most from your online shopping experience



SALVOS

MAGAZINE



**The strongest people are
those who win battles we
know nothing about.**

- Author unknown





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 Eris Alar

Editorial ph. (03) 8541 4562

Enquiry email salvosmagazine@salvationarmy.org.au

All other Salvation Army enquiries 13 72 58

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Unknown struggles

Most of us have something in our lives that we struggle with. It could be anything – a painful past, challenging relationships, physical and mental health issues, financial worries and more. And we are all dealing with a global pandemic on top of everything else.

The quote on page 2 is an encouragement for all of us. Our strength might be in just getting out of bed every day, working through the ongoing impacts of the past, loving our teenagers despite their destructive decisions or standing beside loved ones who no longer recognise us.

The daily battles we all face. The struggles most people around us don't see or know about. Our 'wins' might seem small, and some of them are a long time coming, with ups and downs along the way.

This edition of *Salvos Magazine* looks at a range of battles people face in various situations. Even those who help others may only ever know part of the journey, part of the struggle.

So, let's be kind to each other and support each other in whatever we are facing.

Simone Worthing **Assistant Editor**

'Surfing' Salvos Stores

Getting the most from your online shopping experience

WORDS DARRYL WHITECROSS

October is 'Buy Nothing New' month. It's a time to think about living sustainably and making smarter lifestyle choices about what we buy and how to reuse, recycle and dispose of our purchases.

Online shopping was popular before the COVID-19 pandemic began and, in many situations nationally and globally, ongoing lockdowns and restrictions have dramatically increased its uptake. For many, shopping online has been the only means of purchasing everything from birthday gifts to medical supplies.

There are ways to get the best from your online experience, and that includes shopping second-hand.

Aife O'Loughlin, Salvos Stores Customer Experience Manager for The Salvation Army Australia, says Salvos Stores online had been up and running for more than 12 months, but using the site was not limited to people in extended lockdowns in NSW and Victoria. It was available to everyone, any time.

Faye De Lanty is a Salvos Stores ambassador and eco stylist.

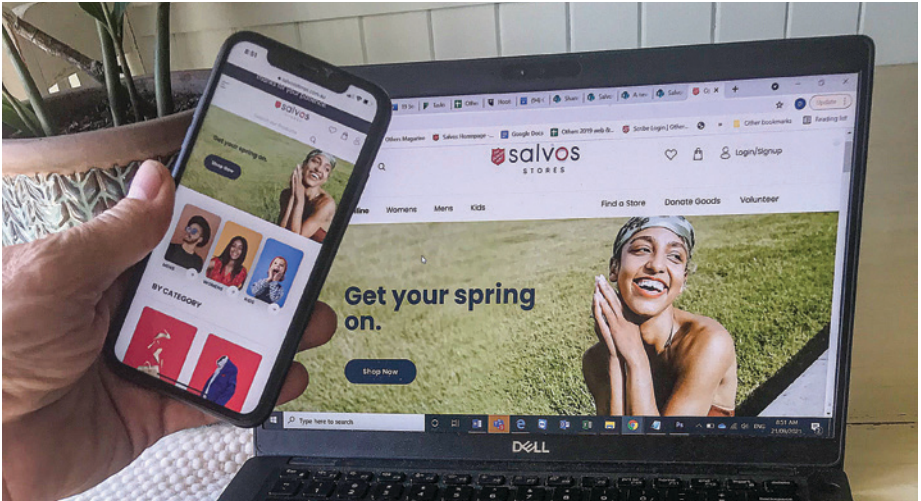


GETTING STARTED

Faye De Lanty is a Salvos Stores ambassador, eco stylist and 'fount of all knowledge' on shopping second-hand. Below are her tips on how to surf the Salvos Stores website most effectively and how to spot the bargains.

Faye says anyone who had been to a Salvos Store would realise there were "amazing finds" for the entire family – "even pets" – and that the same surprises await the online shopper.

- Set up an account at salvosstores.com.au to help make the checkout process easier.
- Once in the online store, explore the first page of each category you're interested in, as the most recent listings will be on those pages.



EXPLORE FURTHER

- “... refine your search such as Men’s > shirts > business shirts > white, for example,” Faye says. “Search by item, designer, style, particular store you love or just hunt with abandon as you would in any thrift store.”
- Look out for ‘50 per cent off’ bargains each week, which are indicated by the colour tag of the week in the collection section.

If an item does not fit or is not what was expected, shoppers have 30 days from purchase to return the item and receive a full refund.

Customer support is also a click of a button away. This provides a quick response and guide to sort out any issues.

Faye says the most important tip was to treat online shopping as a “normal” shopping experience. “Be discerning [and] buy things you know you will truly love, what you need,

what you know is going to work for you, what you will use or wear often and will suit your lifestyle.”

The site will also allow clothing shoppers to check the fabric quality and whether they are made using natural fibres.

“Look to the fashion runway, high street and social media for trend inspiration before you shop,” Faye suggests. “I love exploring style websites to get me excited.”

Many well-known and respected labels in clothes and accessories are part of the shopping experience – even brands of appliances and homewares, sporting goods, musical instruments, book authors and recording artists. There are also beauty products, toys, furniture, art, and collectables – all available online at salvosstores.com.au



Scan here for more information on Salvation Army Financial Services.

October is National Mental Health Month in Australia. An initiative of the Mental Health Foundation Australia (MHFA), the focus is on advocating for and raising awareness of Australian mental health. The theme of the month is Mental Health: Post Pandemic Recovery Challenges and Resilience.

Salvos advocate for mental health recovery payment

Providing targeted help to support people into employment

WORDS SIMONE WORTHING

The Salvation Army is advocating for a specific, and timely, mental health payment for those needing temporary assistance at a particularly difficult time in their lives.

Jennifer Kirkaldy, General Manager Policy and Advocacy for The Salvation Army Australia, recently spoke about such a payment at a public hearing of the select committee for the Inquiry into Mental Health and Suicide Prevention. The hearing took place in the House of Representatives, with several different organisations present.

As an organisation embedded in communities across Australia, Jennifer explained that the Salvos have found that mental ill-health is a factor in every service and every support they provide across Australia. These services include homelessness, family violence, alcohol and other drugs, youth services, chaplaincy, emergency relief, financial counselling, community connection and spiritual support.

“Mental health concerns are both a driver and a consequence of disadvantage,” she said.

Emphasising the unique role the Commonwealth plays in addressing the structural and systemic drivers of mental ill-health in our community – such as suitable housing and adequate income support – Jennifer spoke about the increase in, and heightening of, behaviours that indicate a mental health concern.

Jennifer also spoke about the hope around addressing and solving issues in the mental health space, despite the challenges faced by people tackling mental illness. She focused on the Productivity Commission’s exploration of a mental health recovery payment and her passion for seeing this become a reality.

“What we find with the people that we work with is that, when they have a significant mental health concern, they’re faced with a really stark choice,” she explained. “They either catastrophise their situation so that they can try and get on the DSP (Disability Support Pension), or they struggle through on JobSeeker ... mutual obligations, including a job plan, are still there.

RECOVERY MODEL

"The best practice around mental health is a recovery model," Jennifer continued. "It's to suggest, 'Right now you can't work, but with the right supports you absolutely can'. In our work around welfare and jobseekers, the overwhelming message is that people want to work. They want a job. They want to be supported into employment."

Jennifer explained that the Salvos see the recovery payment or a recovery model working in a way that acknowledges that people can't work right now, but if a job plan, mutual obligation, support and responsibility are created in a nuanced way that takes into account the impacts of mental health, they will be able to do so in the future.

"It's very hard to just look at an individual solution to mental health when actually it's

everything that's structural and systemic around you that is contributing to it," she said.

"This is about providing targeted and effective support to get people into employment because that's what they're telling us they want."

The Salvos have conducted surveys of the people who access their services and have found that some of the barriers for people with mental health issues trying to find employment include what they have to give up when they're on such low incomes. These include medications and medical support, psychologist appointments and fresh, healthy food. Transport, stigma, the design of social services and trust are also major factors.

Advocacy for the mental health recovery payment continues.

Jennifer Kirkaldy, and her team, are advocating for a mental health recovery payment for those needing temporary assistance.

AT A GLANCE

- The Salvation Army does not directly offer any mental health services.
- Mental ill-health can contribute to a person seeking other supports from the Salvos.
- Experiences of hardship and disadvantage can lead to, or exacerbate, mental ill-health. This includes financial stress, housing stress, family violence and natural disasters.
- The Salvos have been advocating for a recovery-oriented payment for people experiencing unemployment due to mental ill-health. This would allow people to gradually return to the workforce at their own pace, allowing them to focus on getting well.



Scan here for more on mental health.

Fear Gone Wild by Kayla Stoecklein

WORDS JESSICA MORRIS

We have seen the Church become more educated around mental illness in the past five years, resulting in piles of biographies and self-help books from survivors and professionals.

But *Fear Gone Wild* by Kayla Stoecklein fills a crucial gap – it is the story of how she lost her husband Andrew to suicide and how she and her three young boys rebuilt their lives in the year following.

Andrew Stoecklein was a megachurch pastor at Inland Hills Church in Chino, California. At the age of 30, he spoke boldly about mental health and tragedy, all the while dealing with debilitating panic attacks, anxiety and depression.

This is a memoir of sorts, as Kayla vividly and carefully shares her story. But she weaves her ongoing education around mental illness, her spiritual growth, thoughts on parenting, and letters to her husband through the book, offering it to the Church as a catalyst for hope and healing.

I have read many books on mental illness and faith – it's a complex and fragile topic to approach because so many of us have been impacted by mental health issues, addiction and/or suicide. And what stood out about Kayla's story is how disarmingly open she is about her former stigma around mental illness. She is the first to say she thought people with depression were over-reacting, and in one story, she gives a heartbreaking account



of how she panicked when her husband mentioned suicidal ideation.

It's a reminder that for many of us, mental health remains taboo. Yet, as we learn in this story – anxiety, depression and suicidal thoughts can impact people who believe in Jesus too. And people in high-pressure ministry positions, like her husband, are vulnerable to experiencing this with an additional level of isolation.

By pairing her story with practical tips on supporting, listening to and helping a loved one through their own mental illness, Kayla gives people the tools she desperately needed.

As we go through National Mental Health Month, *Fear Gone Wild* by Kayla Stoecklein opens the door for Christians to talk about mental illness. If you have questions, concerns, or feel out of your depth in this area, Kayla's story can give you spiritual, mental and physical guidance to take the next step.

If you need help, please call Lifeline on 13 11 14.

Fear Gone Wild is available online and at Koorong.

Support for Afghan evacuees in the US

The Salvation Army in New Mexico has been tasked with coordinating the storage and distribution of 90 tonnes of aid for Afghan evacuees arriving in the United States.

More than 50,000 evacuees are being resettled in various locations around the country as part of Operation Allies Welcome.

Captain Niki Woollin, the Salvos' Incident Commander at Holloman Air Force Base near Alamogordo, said an "incredible amount of stock" had been donated. "It has been an outpouring of donations and support to help those who need it," she said.

The Salvos Emergency Disaster Services (EDS) collaborated with the Holloman Spouses Organisation and the base's Military Joint Task Force to organise the storage of donations and resources.



Captain Niki Woollin, left, oversees Salvos and Red Cross volunteers processing donations at Holloman Air Force Base, New Mexico. Photo courtesy US Air Force Staff Sergeant Kenneth Boyton.

Commissioner Kenneth Hodder, Salvos US National Commander, and representatives of The Salvation Army World Service office met with Anwar Khan, President of Islamic Relief USA, to discuss how the Salvos could best support Afghan evacuees arriving in America.

– Darryl Whitecross

'Souperhero' students save the day in Sunbury

Sometimes superheroes wear a school uniform. That's the case in Sunbury, Victoria, where Diggers Rest Primary School donated more than 500 cans of non-perishable food to the local Salvation Army's 'Souperhero Challenge'.

"I wanted to bring social justice into school," explains Jasmine Purches, a member of the local Salvos and administration assistant at the school. "So, we worked closely with Doorways (Salvos emergency relief) and came up with a can drive – something small the kids could do to help them to care for others during lockdown."

The can drive soon morphed into the Souperhero Challenge, with more than 500 cans donated in three days. The donations are still coming in.



Captain Kim Featherston with some of the generous donations for those in need in the community.

"It has already made a difference in volume and in encouraging our volunteers and staff," said Captain Kim Featherston, Sunbury Salvos Corps Officer (pastor). "Sometimes, our shelves of food are slim pickings, and these donations gave us hope that we will have what we need. It's testament to a town that values social connection."

– Jessica Morris

Letting embarrassing moments slide

Reflecting God's character in those awkward moments

WORDS DEAN SIMPSON

On a lovely autumn morning in late April 1985, I inherited the dubious honour of being the first, and possibly only, Salvation Army bandsman to be 'sent off' during an Anzac Day march.

Thousands had lined the main street of Wollongong, on the NSW South Coast, in anticipation of witnessing the pageantry of the annual parade. I was feeling slightly nervous, this being my first Anzac Day march as a trombone player with the Wollongong Salvos band.

For those unaware of how a trombone works, the instrument comes in two parts: the main body and a slide. Notes are achieved by blowing into the mouthpiece while moving the 'slide' up and down to create different pitches. It is best to keep this slide lubricated with a substance akin to Vaseline.

To be best prepared for the march, especially with trombones in the front row, I ensured my slide had plenty of lubrication. Little did I know that some of the lubrication oil was still smeared on my fingers.

Our bandmaster, stationed at the rear, suddenly bellowed: "By the left ... quick



march!" and we were off. The band struck up its opening number, a bright and upbeat piece that demanded a solid 'Bottom D' from the trombone part early in proceedings. For the uninitiated, a 'Bottom D' on a trombone is the last 'shift', requiring a full arm extension.

I hit the 'Bottom D' with gusto ... in hindsight, too much gusto. The next few seconds were a blur as my slippery fingers parted ways with the slide, causing the slide to part ways with the trombone, and I watched in horror as it began cartwheeling its way down the street on a march all of its own.

Breaking rank, I scurried after the errant slide, which by now had slid into the gutter in front of hundreds of spectators. As I picked it up and frantically began trying to reattach the slightly bent and dented piece, I glanced up at the bandmaster now striding by. Any hopes of rejoining my fellow bandsmen were dashed when he pointed to me and then pointed to the footpath with an expression that effectively said: "Get off!"

Still probably the most embarrassing moment of my life.

REACTING AND RESPONDING

Embarrassing moments – we all have them. Some are light-hearted, some are serious – but in every circumstance, our pride takes a beating.

What I've noticed about embarrassing moments is that they are just that – embarrassing. But when they are attached to past experiences or those around us react negatively, they can cause a range of emotions from anger to self-pity to fear and everything in between.

It's easy to get into a cycle of negative thoughts. They can overwhelm us if we let them, and our self-esteem and, indeed, productivity in life can be severely impacted. Essentially, they can let fear get in the way of us living life fully.

From a spiritual perspective, the devil loves it when we 'stuff up' because it opens us up to negative emotional responses, leading to low self-esteem and an ongoing downward spiral.

What embarrassing mistake have you made at work? What awkward things have you said or done in front of your peers or even a group of strangers? Are you still stressing over it?

So, what can we do? Here's a couple of ways we can break the cycle for ourselves and others.

Firstly, remember, we have an ally whom we can trust in emotionally tough situations. God will never judge us in the negative way we judge ourselves. Nor does he place his value on our lives based on one moment or a series of moments. When we feel those negative emotions building, we can always look to God for support.

One of my favourite verses in the Bible is from Philippians chapter four, verse 13: "I can do all things through him who strengthens me." This verse helped me through my embarrassing moment as a young trombone player when all I wanted to do was run and

“

What I've noticed about embarrassing moments is that they are just that – embarrassing.

”

hide. It gave me resolve to pick myself up, have a positive outlook and carry on.

Secondly, we can reflect God's character by responding positively to someone else's embarrassing moment. One of the most powerful aspects of my experience was the empathetic reaction of my fellow bandmen, who embodied the Bible verse from Ephesians chapter four, verse 32: "Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you."

And, yes, even the bandmaster forgave me.

Dean Simpson is part of the Communications team for The Salvation Army Australia.



Scan here for more on finding meaning.

Another chance of happiness

Halting the spiral of debt and poverty

WORDS NAOMI SINGLEHURST



In Australia, over three million people are living below the poverty line. That's one in eight people. As we approach Anti-Poverty Week – 17-23 October – the Salvos are encouraging those doing it tough to reach out for help. Financial hardship can happen to anyone at any time, and accessing support early is important for a positive outcome.

Over the next two weeks, *Salvos Magazine* will continue to feature the stories of those who have accessed the Salvos Moneycare and Doorways (emergency relief) services and the difference it has made in their lives.

Sixty-year-old June* had been in the same job for 14 years. It was becoming increasingly harder for her to work after a back operation and increasingly severe health issues, but she was still independent. Rent was high, and she was slowly slipping into credit card debt but could still maintain her rent and repayments.

Then, a series of circumstances took her to the edge financially and emotionally.

"I had been forced out of my employment due to a new management takeover," she shares. "I had applied for a disability pension due to the osteoarthritis crippling my body but was rejected. I appealed the decision, which was also rejected. I was finally eligible for unemployment benefits, which was \$702 per fortnight. The rent alone was \$760 per fortnight!"

The reality of constant pain, worry, debt collectors phoning, letters of demand and seeing no way out took a huge emotional toll on June. She had suffered hardship in her early life, and all the feelings around not fitting in anywhere rose sharply again.

June says at one stage she had no hope and seriously contemplated ending her life.

SEEKING HELP

June contacted the Salvos and was introduced to Nerida, a financial counsellor.

"By this time, I had sold all my possessions just to pay the rent," she explains. "I had no food, or even so much as a toilet roll. I was devastated, embarrassed and basically at breaking point. This was the end for me now; I had been pushed to my limit."

Nerida listened as June shared her dilemma and explained that she would assist in relation to her debt. "She also put together

a grocery pack for me and made me feel so comfortable," says June. "I had never been in a situation like this ever before.

"Nerida also put me in contact with the Benevolent Society [to support me] with obtaining government housing. There seemed to be some hope that I might get out of this dead-end street."

With hard work and persistence, Nerida was eventually able to have June's debts waived. June also secured a small, affordable unit for herself and her beloved dog.

SECURITY AND HOPE

Nerida says that in her experience, financial stress can hit anyone through health issues, ageing, job loss, and more.

"So many people are closer to financial difficulty, and even homelessness, than they realise," she explains. "We try to put layers of support around people to build their strength and resilience and help with the hand-up they need."

Now secure and without constant financial stress and worry, June recently wrote a letter of thanks to Nerida, saying: "It is now June 2021, and my life has improved over 100 per cent ... I feel as though I have been given another chance at being happy. Really, it saved my life."

**Name and some details have been changed to protect privacy.*



Scan here for more information on Salvation Army Financial Services.

Blueberry muffins



PHOTO: STOCK / GETTY IMAGES

Ingredients

2½ cups plain flour, 2½ tsp baking powder, ¼ tsp salt, ½ cup sugar, 1 cup buttermilk, 2 eggs, ½ cup melted butter or margarine, 1½ cups fresh or frozen blueberries, 2 tbs extra plain flour, sugar for topping.

Method

- Sift flour, baking powder, salt and sugar. Mix.
- Add buttermilk, beaten eggs and melted butter. Mix until dry ingredients are just moistened.
- Mix blueberries with extra flour. Fold berries into batter.
- Spoon batter into greased muffin cases, filling each case about two-thirds full.
- Sprinkle with sugar and bake at 200°C for 20-25 minutes.
- Makes 18 to 24 muffins.



PHOTO: STOCK / GETTY IMAGES

Quick quiz

1. When is National Nutrition Week?
2. Approximately how much food do Australians waste annually?
3. Approximately how many serves of vegetables should Aussies eat each day?
4. Which vegetable is Australia's favourite?
5. Which highly nutritious vegetable is one of Australia's least favourites?
6. Centuries ago, the juice of which vegetable was used as hair dye?

Bible byte

"Come to Me, all who are weary and burdened, and I will give you rest."

Matthew chapter 11, verse 28

The Voice Bible translation

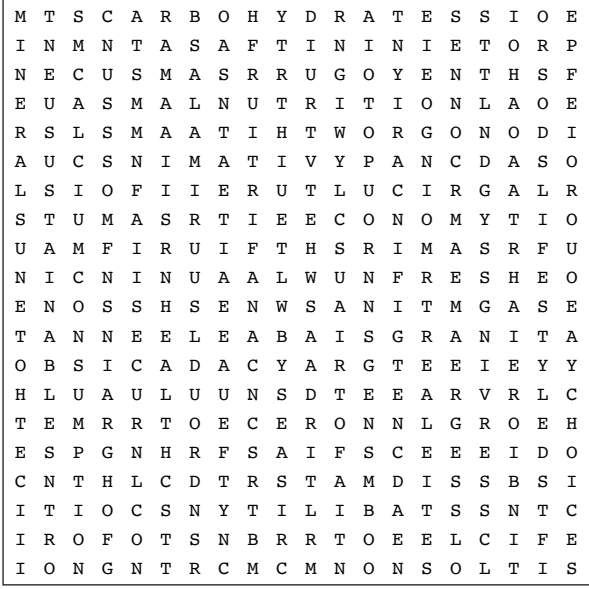
Tum-Tum

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



Wordsearch

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



- Agriculture
- Awareness
- Calcium
- Carbohydrates
- Choices
- Consumption
- Economy
- Education
- Food
- Fresh
- Fruit
- Grains
- Growth
- Health
- Hunger
- Lifestyle
- Malnutrition
- Minerals
- Nutrition
- Protein
- Safety
- Servings
- Stability
- Sustainable
- Vitamins
- Wastage

HAVE A LAUGH



What do you call a dinosaur with an extensive vocabulary?
 A thesaurus.

Why did the cookie cry? Because his father was a wafer so long!



Why couldn't the pirate play cards?
 Because he was sitting on the deck.

What do you call a nut that sneezes?
 A cashew.



DID YOU KNOW?

There are 31,556,926 seconds in a year.

We lose 30 per cent of our taste-bud sensitivity during flight.

Rainbow Paddle Pops are caramel flavoured.

Camels don't store water in their humps.

Answers: 1. 10-16 October; 2. 7.3 million tonnes; 3. Five; 4. Carrots; 5. Brussel sprouts; 6. Beetroot.

Tum-Tum: is hiding on page 12.

***Being different isn't a bad thing.
It means that you are brave
enough to be yourself.***

- Luna Lovegood

Harry Potter and the Deathly Hallows



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