

**FAITH TALK**  
Access denied

**NEWS**  
Grow, cook,  
share

**MY STORY**  
Making peace  
with the past

# Hidden treasures

COVID-19 unveiling who we really are



# SALVOS

MAGAZINE

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“Sometimes the greatest gift you  
can give another person is to  
simply include them.”

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

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[04]  
Feature  
Hidden treasures

[10]  
Faith talk  
Access denied

[12]  
My story  
Making peace  
with the past

## Unrestricted access

Tough times, stress and uncertainty can bring out the best in many people, as well as highlight the fears, challenges and anxiety of others.

In this edition, Mark Hadley takes a look at the pressures many of us have felt during the pandemic, how it has brought out values and actions that can show who we really are, and how focusing on what is really important can turn our lives around.

'Access denied' also looks at the difficulties of the past year, but talks about the encouragement and hope we can find in a God who never restricts our access and is with us in life's storms.

In 'My Story' Michelle talks about her battle to forgive her husband, and how learning to do this has given her a peace and freedom she's never known before.

We hope and pray this edition also brings you some peace and encouragement in whatever circumstances you're facing.

Simone Worthing **Assistant Editor**

# Hidden treasures

COVID-19 unveiling who we really are

## WORDS

MARK HADLEY

One of the familiar stories we tell ourselves when reflecting on hard times is that “they changed us”. I’m not so sure. Having passed through the heart of the coronavirus crisis, I’d suggest it is more accurate to say, “they revealed us”.

There’s no doubt that COVID-19 changed the practical nature of our lives, much like 9/11 or the Great Depression for a previous generation. Yet whether it reached our souls is an altogether different question. What will remain in our hearts post-pandemic is more likely to be what was growing there all along.

On the list of life changes great and small, my first realisation that the world was shifting around me hit around 5pm one Thursday afternoon. It suddenly occurred to me that my telephone was strangely silent for that time of day. In fact, it had been so all week. Where was the fusillade of telemarketing calls that I had become so used to dodging, I wondered.

As time went on, the death toll was climbing steadily. The world’s news services were in a state of panic over the social, economic and political ramifications of corona. Certainly, we had felt the impact of each. My elderly parents were isolated on the NSW South Coast without a computer. We’d lost several clients and months of work as projects struggled for financing. And the tensions between state and federal governments meant no one could be quite sure if you were going to be arrested for putting the bins out.

Yet at a micro-level, a hush had descended on our suburb, and in the soft light of autumn it did feel very much like internet sensation Kitty O’Meara’s poetic prediction would come true: “And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still ... and the people healed.”

True, it was an Australian bubble of calm, even a middle-class one. But I don’t think we were alone.

## EMPATHY ON THE RISE

Inside our little house, there were changes for the better. The most obvious was family time. Subtract the daily commutes and the host of after-school activities. Halve the amount of shopping time. The result was hours of non-electronic FaceTime. That translated into games that didn’t have controllers and the LEGO renaissance. Conversations took place that weren’t based around requests. We ate meals together. And, as Christians, we rediscovered that long-lost Holy Grail ... the family Bible study.

Socially, empathy was on the rise. Neighbours we struggled to talk to over the fence were rediscovered in the park. Add to this a growing sense of the effect of our choices on this community around us. Washing your hands, covering your mouth and queueing patiently were just a few of the ways we

learned to serve each other. A whole class of 'vulnerable people' came into sharper focus that included previously neglected friends and family members. Church became more precious despite moving online, because it was our last link to the body of Christ. In fact, because no one was watching, worship became a heart choice.

But personally, while COVID-19 returned some things, it revealed others.

The first and clearest revelation had to do with relationships. As the pandemic progressed, we discovered the tangible difference between virtual and actual friendships. In those early lockdown days, video-calling seemed an elegant solution to keeping work teams together, while

maintaining fractured social relationships. Soon the computer desk became the destination for work meetings, social catch-ups, craft clubs, exercise sessions, church services, Bible study groups ... the list goes on. Yet it was all the same destination, and sitting in front of that screen became a wearying prospect. Enter the term 'Zoom fatigue'.

### THAT HELPLESS FEELING

According to Andrew Franklin, a professor of cyber-psychology at Norfolk State University, video-calling is the computer equivalent of communicating through a keyhole. The human brain is used to relying on multiple verbal and visual cues but "... a typical video call impairs these ingrained abilities and requires sustained and intense attention to words instead". ▶



Talking to multiple people at once only magnifies the strain on our brains. Exhaustion sets in. People start switching off even when they're switched on. And so together we discovered that 'online relationship' is an oxymoron. At a time when we'd never been so connected, we never felt so alone.

In fact, the COVID-19 crisis revealed just how fragile our grip on inner peace was. In the month of March, research released by Omnipoll revealed 44 per cent of Australians felt afraid of the future, with 47 per cent feeling helpless. Data released roughly four weeks into the national lockdown revealed that Australians were drinking more and had concerns about their alcohol use and the drinking of others in their household.

Early stories of neighbours helping each other out with offers of assistance and gifts of toilet paper gave way to tales of theft,

profiteering and to public steps to prevent hoarding. My Chinese friends began to share stories of increasing racism in the office as fellow workers talked loudly about, "Whose fault this is!" On the national stage, countries were playing their own blame game and, for once, no one seemed to be questioning the increasingly nationalistic approach to foreign policy.

The long-term outcomes of the pandemic are likely to be just as revealing. The coronavirus has provided us with a ready-made excuse to live for ourselves. Politically, we'll probably look very differently on overseas engagement and migration, especially where Asian countries are concerned. International travel will take on a different feel, and the concept of the gap year overseas is likely to be lost for some time. COVID-19 will affect the questions we ask our schools and the amount of food in the cupboard that we'll consider 'sufficient'.





Work will undoubtedly change. We are a nation that learned it can work at home and some will undoubtedly want to continue that. Among them will be unscrupulous employers who've realised that keeping their workforce at home is a way of curtailing costs.

Doubtless, some jobs, hours and privileges lost in the face of the crisis will never return as companies use it as a ploy to restructure.

Where we end up will, in truth, depend very much on what our hearts already treasured. We'll only show more love if love is what we value every time we have to make a choice. The same could be said for charity and generosity. It's the same in the life of the Church. We were only going to find more fellowship in this crisis if we valued that above living for ourselves. It all comes down to what we treasure because treasures come first.

Jesus wasn't ignorant of this. He warned that we live in a world where nothing can be counted on. Everything is gradually or suddenly being taken away from us: "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also" (Matthew chapter 6, verses 19-21).

*Mark Hadley is a contributing writer for Salvos Magazine.*



Scan here for more on finding meaning.

## Bendigo program ripe to harvest

From the garden to the plate, the Salvos' Gravel Hill Community Garden has become a fundamental part of Bendigo's Grow Cook Share initiative.

And now, thanks to a collaboration between a variety of community services, schools and locals, many more people in the rural Victorian city have the skills to put something wholesome on a plate.

"We have two acres of community garden, established using permaculture principles with no chemicals," said Maree Baird, Community Services Manager at Bendigo Salvos.

With some help from local companies, over 160kg of seedlings were planted and harvested by locals in 20 schools, community gardens and backyards. And inmates from the prison, students from TAFE and other volunteers worked on expanding the community garden to create and sustain produce.

The community garden is desperately needed in a city where one in 11 adults, and one in five children, do not have enough food on a daily basis. In addition, over 50 per cent do not eat the daily recommended intake of fruit and vegetables.

The garden resources the city's Food Share initiative between six services, and sustains a partnership with schools and the local prison. Most notably, it also provides produce for the successful pilot of the Grow Cook Share program – cooking classes that educate locals on where fresh food can be sourced, stored and how it could be prepared to create delicious meals in everyday life.

Six cooking clubs of up to 10 people were



Gravel Hill gardener Mohammed and two project workers marvel at the growth of the community garden.

set up to teach people how to use the fresh produce that they receive from Food Share. "When things go back to normal [after COVID-19 restrictions ease], the model we've got is really excellent," said Maree.

The Grow Cook Share idea was initiated last year when the Salvos collaborated with local services to apply for one of the Victorian Government's 'Pick My Project' grants.

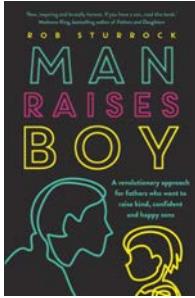
With funding approved, Maree and the team hired a nutritionist to create recipes and a curriculum tailored for all ages. Each instructor went through a 'Train the Trainer' program, where they learned how to teach clients the basics in every class, and share a meal at the end. Bendigo Salvos has also run the Salvos' 'Kids in the Kitchen' program, to extend the training to young people in how to cook fresh and healthy food.

"One of the real valuable outcomes of the project was the collaboration between all the different organisations," said Maree.

– **Jessica Morris**



## Man Raises Boy by Rob Sturrock



What does it mean to be a man? With self-disclosure, humility and no little courage, Rob Sturrock sets out to answer this query.

*Man Raises Boy*, 300-plus pages “forged in the fires of early fatherhood”,

doesn't mince words along the way: “The latest generation of fathers could be the one that transforms once and for all what it means to be a great dad ... all boys are on their own journey to understand their own identity.” “Fatherhood saved me ... I want to leave Luke [the writer's son] with a better version of

masculinity than the one I inherited.”

Subtitled ‘A revolutionary approach for fathers who want to raise kind, confident and happy sons’, this is accessible, well-researched, compelling reading. It may also be uncomfortable reading for more conservative readers, in that it covers areas including sexual orientation, gender roles, relationships, pornography, violence, bullying and toxic masculinity.

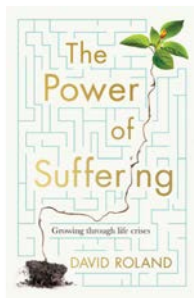
The writer's worldview includes concepts such as grace under pressure, being accepting of and including others, and showing strength in kindness and love.

A highly recommended read, this book could stimulate thought and conversation about how men should help raise children and treat other human beings. – **Barry Gittins**

*Man Raises Boy* is available online and at major bookstores.

## The Power of Suffering by David Roland

“Life is great!  
Whatever happens,  
snow or sunshine, joy  
or pain, hardship, grief  
or disillusion, suffering  
that I can't explain.”  
– Brian Wren



Wren's hopeful poem invites us to ponder whether suffering may be more bearable if it could be explained. In *The Power of Suffering*, David Roland explores that puzzle and shows us how to grow through crisis experiences. Roland, a practising psychologist, confides how a

personal health crisis ended his career and his marriage but taught him to be more compassionate towards others.

Roland uses the acronym PTG – Post-Traumatic Growth – and relates the suffering of 11 people who won through to positive outcomes. A wide scope of personal crises is compellingly narrated via interviews. Hope and forgiveness of oneself and of others, even in the absence of religious motivation, stand out as healing influences.

Pastoral carers will find this book instructive.

*The Power of Suffering* lacks a chapter index but is readable and rewarding. – **Doug Davis**

*The Power of Suffering* is available online and at major bookstores.

# Access denied

The key to unlocking restrictions in your life

## WORDS

BARRY CASEY

We have just experienced the bleakest winter I can recall, and I am not just referring to the weather. Now, I can already hear Queenslanders saying, "What is he talking about? Queensland is beautiful one day and perfect the next!" And I am aware that Darwin's weather gauge does not know what it means to drop below 30 degrees at any time – let alone during the winter months!

However, I stand by my opening statement.

To make matters worse, during what seemed like our coldest snap this winter, the heating in my house decided to play by its own rules. On many occasions when I pressed the 'on' button at the control panel, instead of beginning to feel a sense of warmth as the house began to heat up, a message would appear that read: 'restricted access'. No matter what button I pushed (and I pushed every button I could find), that very same message would flash across the screen. It left me feeling extremely frustrated – and very cold!

Over the past few months – these bleak winter months – it seems that we, as a nation, have experienced the reality of that message that constantly flashed across my heating control screen – 'restricted access'. No one has been exempted. The freedom we had come to take for granted was no longer ours.

Who would ever have imagined that there would be a time in our lives when we would



be denied access to freely travel across state borders, that they would be heavily guarded and patrolled – not only by police, but also the military – and that anyone trying to cross them would receive a hefty fine, at best! It has been a bleak winter, indeed!

I want to acknowledge the distress this has caused many people. There have been numerous reasons and personal circumstances that have made it so important for



some people to be able to travel interstate – significant family celebrations, medical appointments, family illness and even loss and grief. However, no matter what the reason, for most, access has been denied.

I am not wanting to make light of this, and fully understand that it is for the safety and wellbeing of all Australians – and I am most grateful for all that has been put in place for our benefit. But I am so looking forward

to the day when access will no longer be restricted or denied, and we have the freedom again to travel around this great nation – even without a reason or set purpose.

One thing that gives me a deep sense of hope and fills me with joy is the reality that Jesus invites me into a relationship with him. A relationship that knows no borders, has no restrictions placed on it, and one that is freely accessible every moment of the day.

But what is even greater news is that this invitation from Jesus is not just for me – it is for everyone.

These past months have been extremely difficult for many people, and the impact it has had on them cannot – and must not – be ignored. But the good news is this: Jesus is greater than any storm, and he – the Lord of all eternity – wants, more than anything else, to enter into a deeply personal relationship with you. Listen to the invitation he gives – an invitation to rest in him:

“Are you weary, carrying a heavy burden? Then come to me. I will refresh your life, for I am your oasis. Simply join your life with mine. Learn my ways and you’ll discover that I’m gentle, humble, easy to please. You will find refreshment and rest in me. For all that I require of you will be pleasant and easy to bear” (Matthew chapter 11, verses 28-30, *The Passion Bible translation*).

*Major Barry Casey is a Salvation Army officer (pastor) currently operating out of Adelaide.*



Scan here for more on finding meaning.

# Making peace with the past

Michelle finds freedom on the other side of forgiveness

My childhood was great. I grew up in a safe and loving environment. My mum ran the household of three kids and a husband. My father had his own business and was a great provider, although I would describe him as being a parent who was not present even when he was in the house.

My parents' marriage broke down when I was 17. I was doing my Higher School Certificate (HSC) at the time. It was an absolute shock to me and my brother and sister. I'll never forget the way my father announced it to us. He just said that he was in love with another person and was leaving. This moment set off a chain of events that, to this day, 30 years on, still has detrimental effects.

I stumbled through my HSC. I didn't get to go to university and so I went out into the workforce and got a job to help Mum with the mortgage.

Six years ago my own marriage broke down. My son was five years old. I describe it as one of the most traumatic times of immense pain and sorrow in my life. Both my parents' marriage breakdown and my own came as a total shock. These events pulled the rug from beneath my feet, really turning my life upside down.

Resentment came first, and then anger. I had fantasies about revenge on my husband and other awful feelings. That went on for a while.

The journey of forgiveness wasn't something that just magically happened. I found that once I accepted that the past could not



Michelle is an active member of 2508 Salvos in Helensburgh, NSW.

be any different, I moved into the space of forgiveness. I realised that I was hurting myself by not accepting what had happened in my marriage and the situation it had left me in. I was effectively staying in the same place of hurt, anger, resentment and hate.

So, it was a choice of which road I wanted to take. My counsellor spoke to me about forgiveness. She wrote on a piece of paper, "Forgiveness is not something you give to others, you gift it to yourself." I still have that bit of paper. At the time, I didn't believe that I could do it, and I probably didn't want to even entertain it because I was that angry. Nor did I think I was worthy to give myself that gift. But once I let go of my fantasies of revenge and what might have been, and



Michelle found God, acceptance and forgiveness after her marriage broke down.

accepted the truth, I found that on the other side of forgiveness there is freedom.

I met Lauren (leader of Helensburgh Salvos, NSW) one afternoon, right at the start of my marriage break-up. I had just been on a walk in the bush. We got chatting and she said, "If you're free tomorrow why don't we try and go for a little run?" She was trying to get back into fitness and was looking for a running buddy.

And that's how it started, this pathway to God.

She wasn't the 'pushy Christian'; she would always just talk to me about this 'God'. And I was like, "OK, that's nice, whatever."

One morning Lauren and I were down at the local dam and I'd had a really hard – just a shocking – week. I remember just dropping to my knees, asking God if he could help me.

I remember Lauren hugging me and saying that I was going to be okay. It was just letting God into my heart.

I just know that God has my back and he has a plan for me. I also love it that I can talk to God anytime, anywhere, and he loves me for who I am, flaws and all. It's also given me a strength that I've not had before.

I believe that everybody has a purpose. There's a lot of people out there who don't think they're worthy of that. Sometimes it's up to others to help people see it.

*As told to Major Bryce Davies.*



Scan here for more on finding meaning.

## Potato and carrot casserole



### Ingredients

750g potatoes, 60g butter, 1/3 cup sour cream, 1/3 cup milk, salt and pepper to taste, 750g carrots, 3 chicken stock cubes, 1 onion, 1 tsp French or wholegrain mustard, 1/3 cup mayonnaise, 30g extra melted butter, 1 tbsp extra milk

### Method

Peel and chop potatoes roughly and cook in boiling salted water until tender. Drain. Add butter, mash until smooth, add sour cream, milk, salt and pepper, and beat until smooth.

Peel and chop carrots, put in saucepan with crumbled stock cubes and peeled and chopped onion. Cover with water, bring to boil, reduce heat and simmer uncovered until tender. Drain. Reserve 2 tbsp carrot liquid.

Put carrot mixture, reserved carrot liquid, mustard and mayonnaise into blender until pureed, or mash until smooth.

Put potato and carrot mixtures in layers in ovenproof dish. Dot with extra butter on top and brush with extra milk.

Bake in moderate oven for 30-35 minutes or until top is golden. Serves 6-8.

## Have a laugh



**What do you call an elephant that doesn't matter?**

*An irrephant.*



**What do you call a belt with a clock on it?**

*A waist of time.*



**Where should you leave your dog when you go shopping?**

*In the barking lot.*

## Bible byte

"Love overlooks the mistakes of others, but dwelling on the failures of others devastates friendships."

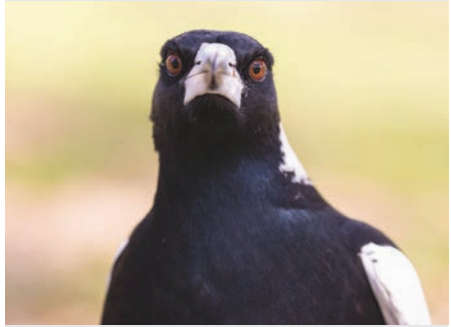
Proverbs chapter 17, verse 9  
*The Passion Bible translation*

# Wordsearch

S S J E S S C S O T M L F A T  
 Z N E U P N W H N P E A I R U  
 S S O R V O E E U G L I E D P  
 L P I I O E M V N A O R L O L  
 K N E P T A N I A C D O D D U  
 G A I C I A T I R R I T S G M  
 W N E L I S S O L R O I B N A  
 G I R B E E W I F E U R A I G  
 V A P N W S S X L A S R U D E  
 P D R I B G N O S A J E I E Y  
 G R A S S L A N D S C T E E S  
 M A G P I E S N Z M F O J R S  
 A A P E E L B R A W X S V B O  
 V V B Z F O R A G E B C I B L  
 F S P G Z U N K C A L B J K G

- |            |               |
|------------|---------------|
| BEAK       | NESTING       |
| BLACK      | PARLIAMENT    |
| BREEDING   | PLUMAGE       |
| CROWS      | RAVENS        |
| FIELDS     | SONGBIRD      |
| FORAGE     | SPECIES       |
| GLOSSY     | SPRING        |
| GRASSLANDS | SWOOPING      |
| JUVENILES  | TERRITORIAL   |
| MAGPIES    | VOCALISATIONS |
| MELODIOUS  | WARBLE        |

# Quick quiz



1. When is the peak 'swooping' season for magpies?
2. Why do magpies swoop?
3. What is a group of magpies called?
4. Which birds are magpies related to?
5. What are magpies highly regarded for?

# Tum-Tum



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

**Answers:** 1. August-October 2. To protect their nests and young 3. A parliament 4. Crows, ravens and jays 5. Complex and musical calls  
**Tum-Tum:** is hiding behind Shildy on page 12.

# Did you know?

- Squirrels are behind most power outages in the USA.
- One-quarter of all your bones are located in your feet.
- The national anthem of Greece has 158 verses.

# Have you taken care of your Will?

Like ripples in a pond, a gift in your Will to The Salvation Army can impact more lives than you could ever imagine



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

Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Best time to call  AM  PM

Send to (no stamp required): The Salvation Army Wills and Bequests, Reply Paid 229, Sydney South NSW 1234

When having your Will made or updated, please consider including a gift to The Salvation Army.

Please contact The Salvation Army's Wills and Bequests team to find out how you can start or continue your legacy of generosity.

Together, we can give hope where it's needed most long into the future.

**For a free copy of our Wills information booklet, contact us on 1800 337 082, email [willsandbequests@salvationarmy.org.au](mailto:willsandbequests@salvationarmy.org.au) or complete and return the coupon.**

[salvationarmy.org.au/wills](http://salvationarmy.org.au/wills)

