

NEWS

Mental health award for Tassie

FAITH TALK

The power of an authentic life

MY STORY

Finding hope in unexpected places

Challenging a foundation of shame

The healing that comes from acceptance and love



SALVOS

MAGAZINE





Listening is much more than allowing another to talk while waiting for a chance to respond. Listening is paying full attention to others and welcoming them into our very beings. The beauty of listening is that, those who are listened to start feeling accepted, start taking their words more seriously and discovering their own true selves. Listening is a form of spiritual hospitality by which you invite strangers to become friends, to get to know their inner selves more fully, and even to dare to be silent with you.

- Henri Nouwen



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

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A caring community

In this edition, we wrap up our stories for National Mental Health Month. We realise, though, that the struggle continues for those facing mental health issues. We hope and pray that they will know that they are not alone, that help is available, and that healing love and acceptance from others and God is real.

In our feature and Faith Talk, Catherine and Jessica talk about their different mental health challenges – the dark days, the pain, the shame – but also the help, community, grace, and healing that is out there and that has changed their lives. These women continue to help others battling shame, anxiety, and brokenness through their experiences and the deep love of God that has impacted them so profoundly.

The Salvos in Tassie won an award for their mental health advocacy – see page 9. They were surprised by this, saying that they just care for those in their community who need to be cared for. We can all do this at some level and be a part of changing people's lives and our own in the process.

Simone Worthing **Assistant Editor**



Challenging a foundation of shame

The healing that comes from knowing that God accepts you just the way you are

WORDS CATHERINE PHILPOT

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 the mental health issues faced by many Australians while promoting better mental health for all. Here, Dr Catherine Philpot, psychologist and Salvation Army officer (pastor), shares her early struggle with depression and what she would now say to her 15-year-old self.

When I was 11 years old, my family moved. I started at a new school where I was teased and bullied in ways that made me think there must be something wrong with me. My insecurity built over the year, to the point that I wanted to be sick so I could avoid school altogether. When I eventually did get sick, I felt guilty for wanting it. I was scared of returning to school, scared of getting better, and of people thinking that I was a bad girl who had faked it all along.

My sickness worsened and with it, depression. Though I did try to get better, I was hospitalised, not eating and not able to walk. After a month in the Royal Darwin Hospital, I was flown to the Adelaide Children's Hospital, where I stayed for another two and a half months.

DEFINING TIME

That was one of the most defining periods in my life. My extended family lived in Adelaide, and my grandma came to visit. I'd just been diagnosed with depression. I felt bad because I didn't understand the diagnosis and thought it meant people would think I had made the whole thing up, that I wanted it, and was just doing it for attention.

And then that's what my grandma said – those words that I was worried that people were thinking. But with such venom. She added to it, too, saying, "We always knew you were a faker. An attention-seeker. I can't believe you would hurt your family like this."

That moment, that whole period of illness, haunted me in lots of ways. I wanted to get better and get out of there in a hurry. I worked hard and was allowed to go home.

My psychiatrist at the time said that people wouldn't understand what I'd been through, so maybe just tell them that you were sick. The sense that no one would understand me and that perhaps I had done something wrong stayed. I carried a sense of shame but also a feeling that if I worked hard enough and looked good on the outside, everything would be okay again. So that became the new kind of Catherine.

My parents weren't perfect, but they never failed to love me. My mother heard what my grandma said at the time and argued with it, said it wasn't true. That's not who I was. That's not what happened. I think it was a situation that hurt them and was hard for us to talk about, but their love never wavered. That was an important part of my survival and my understanding of love. ▶

Catherine Philpot, left, with her husband David, centre, and son Harrison.



GRACE

But it would take over 10 years for that foundation of shame to be challenged. I was in a church meeting, yet again feeling ashamed of standards I couldn't meet, when the person leading the service said, "I invite you to picture yourself in the presence of God."

I closed my eyes, and the picture that came to mind was me: bowed down, on the floor, head in my hands. Behind me was Jesus with his arms open wide, just waiting for me to stand up, see he was there and that he loved me. It helped me realise that my shame was keeping me down and that Jesus' love for me was bigger than anything I'd ever done wrong. That was the defining moment of Catherine the Christian. Though I grew up in the Church, that was when I understood the grace of God for myself.

It's ironic that God called me and engineered my life so that I became a psychologist who listens to people's stories over and over again – people who don't feel worthy enough, who feel ashamed. I can show people the love and grace that Christ has shown me. As I do that, I receive it for myself. When you love someone else with the love of Jesus, you can't help but get it on the rebound. You realise God loves them so much because he loves you that much too. It just becomes this beautiful circle of love. And that's where I like to live my life.

HELP IS AT HAND

- Lifeline 13 11 14
- Kids Helpline 1800 551 800
- MensLine Australia 1300 789 978
- Suicide Call Back Service 1300 659 467
- Beyond Blue 1300 224 636
- Headspace 1800 650 890
- ReachOut at au.reachout.com
- Care Leavers Australasia Network (CLAN) 1800 008 774
- Brother to Brother 1800 435 799

My 15-year-old self is somewhere in that mess of having the shameful past that she doesn't tell anybody about, ever, and feeling alone at another new school. She doesn't think she fits in. So, what do I say to her? God loves you so much just the way you are, and you don't have to be good enough for him.



Scan here for more on mental health.



Crime Writer by Dime Sheppard

In her debut novel, upcoming Australian author Dime Sheppard delightfully tells the story of mystery novelist Evie Howland who daily interacts with her fictional characters.

It's an intriguing premise, given Evie writes crime thrillers starring Detectives Jay Ryan and Carolyn Harding, fictional members of the New York City Police Department. But things go sideways when the rest of the world can see and hear her fictional heroes. And that means her fictional villains – namely the Blade, a psychotic murderer – are also in the real world. Cue the drama.

Crime Writer is a thrilling, more-ish novel. Sheppard masterfully depicts her characters with a sense of real-worldliness, ultimately making them more honest and authentic. Add in some well-placed wit, romance and a plot twist, and I devoured this story in a couple of days. I can't wait for book two.

Crime Writer is available now online and at all good bookstores. - Jessica Morris



The Warsaw Orphan by Kelly Rimmer

This fictional story tells us about a young man named Roman Gorka, who lives in Warsaw's Jewish ghetto in the spring of 1942.

On the other side of the ghetto's wall is Elzbieta Rabinek, a Polish teen who must blend into an increasingly Aryan society after she was adopted out with a new identity as a child. Their paths cross when Elzbieta joins a covert operation to save children from the ghetto before they die or are shipped off to concentration camps.

The character of Elzbieta is based on Irena Sendler, a Polish social worker and nurse who helped save 2500 Jewish children from the Warsaw ghetto. Her strong, steady nature dramatically contrasts with the combative character of Roman, who has spent his entire life trying to destroy the enemy before they destroy him.

This book ends with a sense of tenacious, resilient, pain-filled hope, embodied by two characters who must constantly choose to overcome war violence, trauma, inconceivable pain and fear.

The Warsaw Orphan is available at major bookstores. - Jessica Morris

New calendar captures Australia's diversity

Growing up on the family sheep and wheat property near Ararat in country Victoria, Salvo Pam Marshall developed a deep love of the outdoors – a love that has grown into a passion for photographing the Australian landscape.

She is currently the officer (pastor) at Karratha Salvos in the Pilbara region of Western Australia, which provides many opportunities to capture Australia’s natural beauty. In fact, she says she never leaves the house without her mobile phone and trusty blue digital camera.

A selection of Pam’s photos feature in the 2022 Salvation Army Australia calendar.

The calendar has been printed in both A4 and A3 (single sheet) sizes. The A3 calendar features a photo from the Karijini National Park. (Ordering QR code below).

“I do not have any claim whatsoever to being a photographer,” Pam says. “I just like to capture moments I see that are beautiful.”

The images in the calendar were taken mainly when Pam was on holiday or serving with the Salvos.

Her appointment at Karratha is on the land of the Ngarluma people – arid land that not many people choose to travel to or live on.

In a small article in the calendar, Pam writes: “There is dust and more dust, but I love the vastness and the beauty this land has to offer. When the wildflowers come out, they are like a carpet rolled out on the ground. As I walk the land, I have that accepting spirit of thankfulness to the beauty that surrounds me and pause and give thanks to the Creator. The Bible says, in the beginning, God created the heavens and earth. All I can say is: ‘Wow! What an awesome Creator’. I encourage you to pause for a few moments and watch a sunrise or sunset and capture that moment and give thanks for the day.”

To place an order for the A4 calendar (\$3.00) or the A3 calendar (\$1.00), scan this QR code. Orders must be completed by 15 November.



Salvos takes vaccine program to Prague streets

The Salvation Army in the Czech Republic is one of three organisations taking part in a mobile COVID-19 vaccination service for people living on the streets of the capital, Prague.

Jan Desenský, director of the Salvos Karel Larsson Centre for Social Services, said the pilot project, 'Low-Threshold Vaccination', involved providing about 200 doses of the single-dose Janssen vaccine. He said up to 55 doses of the vaccine can be administered in one three-hour session.

"In collaboration with GPs, three dates were identified for vaccinating people experiencing homelessness," Jan said. "We see it as important that the most vulnerable group, people without homes, are vaccinated. This



A street team from the Salvos administers COVID-19 vaccines to people experiencing homelessness in Prague as part of the city's pilot Low-Threshold Vaccination project.

protects not only people who are experiencing homelessness but also the public.

"It is also important to us that as many people as possible are vaccinated before the winter programs start, where winter sleepovers open and larger numbers of people are in one place."

Tassie wins mental health award

Captain Jeff Milkins, officer (pastor) at Glenorchy City Salvos, recently received the Mental Health Advocate of the Year Award for Tasmania.

Each year during National Mental Health Month (October), the Mental Health Foundation Australia celebrates those working tirelessly to raise awareness of, and advocate for mental health issues, while decreasing the stigma around mental health.

"This award is in recognition of the work our entire team does," Jeff emphasised. "I am the public face of the team – my wife Jacqui, our Doorways (emergency relief and case management) and church team – all do some amazing work, and I accepted the award on their behalf."

The Glenorchy Salvos have worked hard to get to know the people experiencing



Jeff Milkins accepts the Mental Health Advocate of the Year Award, Tasmania, on behalf of the team at Glenorchy Salvos.

homelessness in the area, those struggling with substance misuse and others who need assistance. As well as Doorways, the Salvos also offer laundry and shower facilities, community meals and a drop-in space.

"We just want to keep serving in our community and caring for those who need caring for," said Jeff.

News compiled by Darryl Whitecross and Simone Worthing

Living a good story

The power of experiencing an authentic life, every single day

WORDS JESSICA MORRIS

I have always loved stories. When I was a child, my mum would sit down and read Enid Blyton's *The Faraway Tree* to my sister and me. The fantastical stories about siblings who discovered a magical tree – plus an ever-changing land above it – enthralled me. And I relished the security of knowing they would make it home safely, despite facing bizarre and scary obstacles.

These characters compelled me to live a good, brave story. But as I grew up and went on my own adventures, I realised things don't always pan out with a storybook ending. Like the time I was diagnosed with an anxiety disorder – there was no magical cure waiting for me. Instead, I spent years doing intensive therapy and took medication to start healing.

Likewise, while Blyton's heroes experienced no trauma after their misadventures, I still wrestle with depression and obsessive-compulsive disorder. For a while, I even wondered if I was capable of living. But even in those moments, stories and songs reminded me that some version of happiness was out there. And for many years, I lived in my own cocoon of healing, nurtured by these characters and stories until I was ready to take flight.

EVERYDAY STORIES

And that's when I experienced the true power of stories – real stories. The ones we live every day. You see, as I shared my story, I saw it help other people. And the imperfect and broken chapters of my life gave people the language to live theirs. Granted, as a writer this was very literal for me. I wrote

blogs and books and social media captions. I saw my words on T-shirts and even a few tattoos. I had conversations with friends and family. It was extraordinary – as miraculous as finding a magical faraway tree in the woods of life.

I don't have an explanation for my pain or for the struggles you have faced. But I know that God can use our story to help other people once we heal and find community. In the Bible's book of Genesis chapter 50, verse 20, a man called Joseph (the one with the technicolour dreamcoat) captures this perfectly, "You intended to harm me, but God intended it for good."

Joseph meant this literally – his brothers sold him into slavery out of jealousy, and he became prime minister of Egypt. Joseph saved his people from famine – talk about living a good story! In the same way, God can use the pain-filled parts of your story to help others. How? Well, you start living it one day at a time. You ask for help, and you survive, and you heal, and then you thrive. There will be tears and ups and downs. And eventually, you realise that living a good story is more rewarding than reading a fictional one. Because God can use anything for good – just wait and see.



Scan here for more
on finding meaning.



Sadaf finds hope in unexpected places

Medical student praying for a miracle to complete studies

WORDS JESSICA MORRIS

When I met Sadaf at Moonee Valley Salvos in Melbourne, it was clear there was a depth to this 21-year-old you usually only saw in people triple her age. Once I heard her story, I realised what makes Sadaf so unique – it’s a God-given tenacity developed in the face of unimaginable adversity.

Sadaf became a Christian in 2019 after being raised in the Islamic religion. She was introduced to Jesus after her mother, Ayda (see *Salvos Magazine* 23 October 2021) asked a Salvation Army officer (pastor) for prayer.

“Growing up in Iran, I worked hard to get good marks at school, and I actually found peace in studying and playing my sport [taekwondo],” Sadaf told me. “But often, when I got good results, or I was about to get an award, things would be taken away from me because my parents didn’t share the same values as the government. So, one day, when my parents said, ‘This isn’t working out anymore, we’re in danger,’ I didn’t really understand why [we were leaving Iran]. I was just happy that we were going.”

Sadaf was 13 when she, her parents and two siblings left Iran secretly to board a boat bound for Australia. I didn’t know much about the 10-day journey, but when Sadaf said, “At some point, I just accepted that we were going to die,” I knew enough.



Sadaf, right, with her taekwondo coach, is active and successful in the sport.

ARRIVING IN AUSTRALIA

The family arrived in Australia in early 2013. By the time Sadaf and her family were settled in Melbourne a month later, her education was already thriving. She spent six months learning English at a local language centre and was ready to enter high school. After passing an entrance exam, she received a scholarship to attend a girls school in Melbourne. Sadaf had a future.

“I finally felt like I was free, and that was amazing. And I was allowed to take off the scarf I was forced to wear for such a long time. It felt so weird having that choice,” she said.



Having fled from Iran to Australia nine years ago, Sadaf is praying she can complete her medical studies.

Since Sadaf entered the Australian education system, she has soared above what any proud parent could wish for. But behind the scenes, the struggle to set up her life took its toll mentally.

“My routine was wake up in the morning, walk to the station, go to school, come back home, sit down, cry for a couple of hours and then study more English. And I think it was the most tiring, frustrating, and lonely part of the experience because I couldn’t really describe that to my parents – no one else in my family was in that environment,” she said.

For school tests, Sadaf would memorise each answer letter by letter. Her teachers spotted her potential, encouraging her to pursue a degree in medicine – her passion. By the time she was 17, she was ready to complete the UMAT entry exam, along with thousands of other Year 12 students across the country. But the day before the test, she found out she was ineligible due to her status as a refugee.

“It was like everything I tried hard for was gone,” she shares. “My hard work meant nothing at all.” To create a future for herself, Sadaf poured hours into scholarship applications, eventually receiving a humanitarian scholarship at Monash University that would cover the full cost of her Bachelor of Science, majoring in Immunology.

“There is not much I can do after this because my visa limits me from applying for further study unless I cover the full cost. And I just got into this dark, dark hole,” Sadaf says.

AN INTERNAL BATTLE

Mental illness isn’t rare in people who have bravely immigrated to Australia in search of safety. With no access to government support, they are limited in what jobs they can apply for and have little to no means of accessing mental, physical, and social supports.

Miraculously, Sadaf’s scholarship was extended another year, allowing her to complete her Honours year. Largely due to her excellent results, tenacity and the unbridled support of her professors, the scholarship means that in 2021, she has been able to specialise in neuroscience at the Alfred Centre.

EXPERIENCING HOPE

While the future is still uncertain, Sadaf’s faith gives her a sense of hope.

“I believe in Jesus now because doors open, and hope keeps coming, and I see my parents happy. People say, ‘Do you want us to pray for you?’ And when they do pray, good things happen. It can’t be a coincidence.”



Scan here for more on the need for community.

Hummingbird cake



PHOTO: ANDREA REDFORD

Ingredients

1x440g tin crushed pineapple, 1½ cups self-raising flour, 1 tsp cinnamon, 1 cup brown sugar, ½ cup desiccated coconut, 2 ripe bananas (mashed), 2 eggs, ½ cup oil, ¼ cup water, chopped walnuts, banana chips or flaked coconut to decorate.

Icing: 125g cream cheese (at room temperature), 50g butter (chopped, at room temperature), ¾ cup sifted icing sugar, ½ tsp reserved pineapple juice.

Method

- Preheat oven to 180°C. Drain tinned pineapple and keep juice aside.
- Sift flour, cinnamon, and sugar into a mixing bowl. Mix in pineapple, ½ cup reserved pineapple juice, coconut, banana, eggs, oil, and water.
- Pour into cake tin and bake for around 45 minutes. Stand for 10 minutes in the tin before turning onto a wire rack.

Icing

Beat cream cheese and butter until light and fluffy. Add half the sugar and pineapple juice. Beat until smooth. Add remaining sugar and beat until fluffy. Once cool, spread icing over the top of the cake and sprinkle with decorations.

HAVE A LAUGH

Why do ghosts like to eat health food so much? Because it's super natural.



What's the easiest way to get straight A's? Use a ruler.



What do you ask an atom when something is bothering it? "What's the matter?"

What's the difference between a literalist and a kleptomaniac? A literalist takes things literally. A kleptomaniac takes things, literally.



SIGNING IN



Sudoku

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

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

Tum-Tum

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



Bible byte

"But even though grass withers and the flower fades, the word of our God stands strong forever!"

Isaiah chapter 40, verse 8
The Passion Translation

Quiz answers: 1. Brown. 2. Chocolate crackles. 3. Iced VoVo. 4. Golden Gaytime. 5. Bread, butter and coloured sprinkles. 6. Lamington. **Tum-Tum:** is hiding on page 6 among the flowers.



Quick quiz

PHOTO: STOCK/GETTY IMAGES

1. What is the rarest M&M colour?
2. Which Australian birthday party favourite for kids is based on rice bubbles?
3. Which Aussie biscuit is topped with raspberry jam, pink icing, and desiccated coconut?
4. Which Australian ice cream, released in 1959, is still popular today?
5. What are the three main ingredients of fairy bread?
6. Which Australian dessert has been found in bakeries and kitchens across the country since the turn of the 20th century?

DID YOU KNOW?

There are more than 50,000 edible plants in the world, but just 15 of them provide 90 per cent of the world's food energy intake.

14.5 million tonnes of food and non-alcoholic beverages were sold in Australia in 2019-20.

Bats are the only mammals capable of true flight.

The speed of a computer mouse is measured in 'mickeys'.

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



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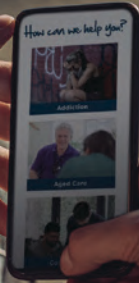
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