

FEATURE

We remember you

FAITH TALK

Running in an
imagined spotlight

MY STORY

Beyond the bombs

Words of wisdom

Reflecting on the lessons passed down from our mums



SALVOS

MAGAZINE



**If you are always trying to be
normal you will never know
how amazing you can be.**

Maya Angelou





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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Mother's Day memories

Flowers, perfumes, and chocolates have filled our shopping centres and advertising catalogues for weeks now in the lead-up to Mother's Day. The pressure is on to find the perfect gift for the perfect mum.

In our main feature this week, several people reflect on their mums and the lessons passed down to them over the years. Many of them now pass these lessons on to their own children.

For others, though, Mother's Day is not a joyful day of gifts, smiles, and happy family gatherings. Being a mother is hard and painful. Others can't become a mum. Some don't have a living mother. Others have memories of pain and trauma associated with their mums. The list goes on.

Our tribute poem 'We remember you' assures all women that they are seen and remembered by God and many who share and acknowledge their pain no matter their circumstances. And this includes the mothers of Ukraine – one of whom shares her story with us this week – a story of faith and hope beyond the bombs.

Today we, too, remember all mums, everywhere.

Simone Worthing **Assistant Editor**



Words of wisdom

Reflecting on the lessons passed down from our mums

CULTURAL TRADITIONS

Growing up, I have been blessed to be raised by a strong, loving, selfless, and devoted mum, a woman who is strong and proud of her identity as an Aboriginal woman.



Three generations – Judy, Samantha, and Lee.

I have countless fond memories of my childhood and growing up, but the biggest impact that my mum has had on my life has always been [her] never-ending support, wisdom, knowledge, and [being] a best friend. These combined have shaped me into my identity and who I am today. I couldn't be more grateful.

Traditionally and culturally, our grandmothers play a significant role in mothering. Strong and special bonds are formed. I always viewed my grandmother as my second mother, and my great-grandmother played the very same role as my mum. These bonds allow for teaching, story sharing, and wisdom to be passed down to keep our culture and identity strong. It has always provided me with a safe space to engage in 'women's business'. It is this cultural tradition that I value most.

I cannot wait until my daughter is born so that my mum can carry on this tradition – how proud she will be to hold such a significant role. I love that my daughter will experience the amazingly strong woman that has given me so much.

Samantha

STANDING STRONG

My mother taught me to stand up for myself and silence negative voices. By choosing to pursue healing, growth, and knowledge, she has shown me that a strong woman exercises boundaries and shows compassion. Plus, she never forgets how to have fun.

Jessica

SUPER POSITIVE

My mum, Yvone, is in her 80s and very frail. She is bedridden and lives in a nursing home. But she has lots of time on her hands now and always answers the phone when I call and is up for as long a chat as I can manage. She is interested in my life and asks lots of questions. She cares about even the slightest health issue I may have and always thinks I'm fabulous. Despite living 1000 kilometres away and her failing body, my mum is still super positive and my biggest fan.

Bryce



SAY SOMETHING NICE

My mum always told me and my brother that if we couldn't say anything nice about anyone, then not to say anything at all. Over time, it did make me think more about being judgmental and gossiping and that there are usually two sides to every story. As an adult,



I now think twice before I say something about another person, and I'm sure Mum's words have helped me to realise that most people are doing the best they can and are just trying to get through life.

Heather



SUPPORT AND ENCOURAGEMENT

I was born with a physical disability, but my mum made sure I knew that it didn't need to stop me from doing what I wanted to in life. This wasn't without its challenges, but Mum was always encouraging and supportive. She helped me find alternative ways to do things and found specialists and others who could help me medically, socially, and spiritually. As I got older, she has also helped me accept certain limitations and develop other strengths.

Liam

SELF-CARE

Dad left Mum for another woman when my sisters and I were little, and she then had to work long hours to make ends meet financially. We always had everything we needed, and she even made sure we had a relationship with Dad if we wanted one. I don't think she ever fully recovered from the pain of the affair and divorce, but she made sure the impact on the kids was as minimal as possible. I am grateful for that, but sorry it cost her so much. Now, as she is finally starting to do things for herself, I am even more grateful for, and aware of, the need for self-care, especially in the face of trauma.

Craig

DIAMONDS

Mum had come to appreciate and accept the myriad of people who came across her path. The lesson was to look beyond the exterior and see the precious child of God they really were.

My mum had learnt that people ultimately long to be loved. Her principle was that she was God's representative wherever she went to love people. Her desire was that I understood that I could have many gifts and be clever at lots of things, but if I didn't love people, it was all for nothing.

Erring on the side of mercy was a lesson Mum shared with me in the final years of her life. She had learnt the lesson that, as God had extended mercy to her through Jesus' death and resurrection, so she too must be merciful to others. So much in our world is about condemning and pulling down. Mum's principle was that if you have a choice – choose to show mercy.



She taught me that if you really look, you will find things to be grateful for in every situation and reminders of a God who is good.

Beth



Scan here for more on finding meaning.

We remember you

Expressing mothers' experiences of trauma and loss, and the grieving within relationships with mothers and mother figures.

WORDS Emma Howan and Rosy Keane

Matthew chapter five, verse 4: "Blessed are those who mourn, for they will be comforted."

For the mums we've lost, we remember you.

For those who never knew their mum, we remember you.

For the mums who are close yet outside our bubble, we remember you.

For those whose mums are far away, emotionally, spiritually, mentally or physically,
we remember you.

For the mums who have experienced loss, we remember you.

For those who want to be a mum but can't, we remember you.

For the mums who have lost children or had them taken away, we remember you.

For those opening their homes and hearts to other children, we remember you.

For the mums who are exhausted and feeling overwhelmed, we remember you.

For those trying to survive in unsafe households, we remember you.

For the mums who are going it alone, we remember you.

For those who were forever altered through traumatic complications around conception,
pregnancy, and childbirth, we remember you.

For the mums who are struggling through post-natal depression, mental unrest, and illness,
we remember you.

For those in financial hardship, sacrificing mightily for their family, we remember you.

For the mums enduring a lack of support from family or children's fathers; or whose
community feels fragile, disinterested or isolating in this season, we remember you.

For those who carry grief around the idea of motherhood, the reality of motherhood, the
expectations of motherhood or their own relationships with mothers, we remember you.

We light a candle knowing that God comforts us, her children.

This liturgy is courtesy of The Salvation Army Women's Ministries, New Zealand.

Rosy Keane is the Secretary for Spiritual Life Development for The Salvation Army Australia



ALPINE FORGET-ME-NOT
(MYOSOTIS ALPESTRIS)

Setting up teens for life



PHOTO: STOCK / GETTY IMAGES

Young adults who participate in the YouthLink Drive for Life program develop the confidence to take the next step in life.

The Salvation Army's YouthLink service, which provides programs throughout Greater Western Sydney, works hand in hand with young people aged 16 to 25 through its Skills for Life and Drive for Life programs.

Skills for Life supports over 50 young people with a disability every year. Support workers and therapists assist young people in participating in life skills programs and organising social events to help them build confidence and find their place in society.



Drive for Life supports young people to gain their driver's licence – providing the lessons, support, and holistic care they require to become independent.

"Our clients are facing some sort of barrier to get their licence," says Monica Pike, Drive for Life Program Coordinator. "So often, the

young people are on Centrelink. We have people coming out of domestic violence situations or foster care. Sometimes [young people] have been in trouble with the police, so they get in touch with us."

The outcomes of Drive for Life graduates are life-changing. And beyond just receiving a driver's licence ... they grow in resilience, tenacity, and self-confidence.

"I had one young lady who joined us early last year. She got her learner's permit, but by June, we were in lockdown, so lessons weren't really a possibility for a long while. [In the meantime] she got herself a job. She has three kids. One of them has autism, and she was so excited to get her driver's licence as soon as we opened," recalls Monica.

"During the first few months of the year, she lost her sister. And when she asked for time off, she lost her job. But a couple of weeks ago, she got her licence, and I think just needed a win. [Before] I asked if we could help you look for other employment, she said, 'I just can't do that yet'. But that's changed for her now that something positive has happened." – **Jessica Morris**

More than a coffee in south-east Tassie

Give someone a cup of coffee and they are energised for the day. But teach them to make coffee and they gain confidence and skills for a lifetime of employment. That's the premise of Coffee-tunity, the new mobile barista training program run by the Salvos in south-eastern Tasmania and its partners, with backing from 2021 Red Shield Appeal funds.

The Salvos provide the van and coffee-making skills, while the South East Employment Hub supplies the trainees and other organisations donate the coffee cups.

"We've already had one person come through training who has secured a



Lieutenant Craig Boyd trains participant Leanne.

20-hour-a-week traineeship," said Lieutenant Jess Ffrost-Boyd, local Salvos officer (pastor). "She got over the line because she was proactive in doing the training."

Celebrating faith and friendship at The Flat

Uncle Vince Ross first encountered The Salvation Army on a reserve called 'The Flat' near Deniliquin in southern NSW when he was a boy. It was to be a life-changing moment.

Nineteen Aboriginal families were living on the banks of the Edward River in the mid-1950s when the Salvos came along to offer assistance, and a special bond was formed.

"The Salvation Army played a role in helping our people to settle humpies on the river-bank there. Then, in partnership with Rotary, we had a little hall built on a concrete slab," shares Uncle Vince, a Madi Madi and Wemba Wemba man who now chairs The Salvation Army Aboriginal and Torres Strait Islander Advisory Board.

A concrete slab is the only reminder of the hall, but to celebrate the 60th anniversary of its construction, a plaque has been unveiled

on the same site, listing the 19 families who lived on The Flat.



Salvos joined Deniliquin families to mark their shared history.

"I've made mention of reconciliation, and people say the word like it is new, but we were doing it over 60 years ago," says Uncle Vince. "This celebration is about people working together [the Indigenous and Salvation Army communities]. It is about people – not colour or creed." – **Jessica Morris**

Running in an imagined spotlight

The power of creation to restore perspective on reality

WORDS Belinda Davis

For the past eight weeks, I have exercised every morning except Sundays.

Now that I'm on a roll, I'm more inclined to get up and run rather than offer the usual excuses to stay in bed.

My usual course is around neighbouring streets where I am guaranteed relative anonymity at 6.30am. However, I was at a conference recently, so I woke to unfamiliar surroundings.

I was by the beach, so the thought of running along a path next to rolling waves and a sandy shore was quite enticing. The weather

was so mild and lovely, and it was a delight to be in the fresh air. It was also a well-lit path, which is helpful in the pre-dawn darkness, although that brought about a situation that caused me great anxiety.

Due to the beauty of the surroundings, the path was quite popular with runners. Everyone was polite and respectful, but I became obsessed with the fact that I was physically larger than most others. All I could think about was what everyone else on the path must feel about me being out in my running gear. The taunts inside my head intensified as I ran.



SPOTLIGHT EFFECT

This phenomenon, where you believe that others are noticing you and your behaviour, is called the spotlight effect – literally, because you can feel that you are constantly in the shining light and fully visible to all and sundry.



This can be a fleeting experience or develop into crippling anxiety. For me, it is the former, and I can usually talk myself into forming a more accurate perspective. On this occasion, running by the sea and the sound of crashing waves drowned out this inner voice – otherwise I am not sure I would have been able to continue.

I love the sound of the ocean because it brings me to a point of mindfulness and relaxation – and it now served to pull me back to reality rather than the altered reality I had found myself in.

NATURAL RESTORATION

Nature holds such a restorative impact. It brings me to a place of equilibrium when life seems unbalanced – my feet in the sand or the sea, my face to the sun, or the breeze on my skin.

“

Nature ... brings me to a place of equilibrium when life seems unbalanced.

”

The Bible tells me that when I look to the natural world, I can learn more about truth and the Creator. The Old Testament book of Job, chapter 12, verses 7-9 says, “But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the Lord has done this?”

I am grateful for the impact of the sound of nature that helps give me a perspective to function more truthfully and continue with my efforts to live a healthier life.

I hope that next time you find your inner voice starting to drown out reality, you can find the opportunity to spend some time in nature and hear God’s truth.

Major Belinda Davis is a Salvation Army officer (pastor) in South Australia. She blogs at a-blessed-life.com



Scan here for more on mental health.

Beyond the bombs

Irina was a volunteer for the Salvos in Ukraine before Russia's invasion on 24 February. She had been in her hometown of Kharkiv, helping people fleeing the separatist conflict in the Donbas region of south-eastern Ukraine since 2014 before she had to flee herself. Despite the trauma she experienced, Irina is now volunteering with the Salvos again, in Poland, assisting refugees escaping the war. Below she shares a snapshot of her story.

As the bombs fell on Kharkiv, I spent several days in a bomb shelter next to my apartment building, which was destroyed. Approximately 40 people shared the shelter, mostly children and the elderly. During explosions, we covered children with mattresses and sometimes our own bodies. We were often without food.



Oleg, his mum Irina, wife and fellow Salvos officer Dominika Domańska, and daughter Michalina.

My husband, sister and I were able to escape in my stepson's car despite the bombing, proximity of Russian troops, and huge traffic jams because of fleeing Ukrainians.

As we left Kharkiv, we saw Ukrainian troops everywhere. I was so shocked it was hard to concentrate. Once we were outside the city, the sounds of war finally stopped. The Salvos in the town of Dnipro where my son Oleg

was once a Salvation Army officer (pastor), helped us along the way. My husband had to stay in Ukraine.



Irina with her granddaughter, Michalina.

Once we got to the border, I saw Oleg, who is an officer in Warsaw working in emergency relief and anti-trafficking on the border. I just cried. I am very grateful to all the people who prayed for me and helped me. My hands are still shaking, and I still get nervous when I hear ambulance sirens or other loud noises.

I now volunteer with Oleg and the Salvos teams to try to help others fleeing Ukraine.



Scan here for more information on Salvation Army Services.

Support expands for Ukrainian refugees

The Salvation Army throughout Eastern Europe continues to assist displaced Ukrainians as they flee the Russian invasion. Teams in various countries, including Bulgaria, Moldova, Poland, Romania, Slovakia, and Ukraine, are providing food, clothing, assistance with accommodation and onward travel, temporary resettlement, documentation, medical aid, and anti-human trafficking awareness. In addition, the workers are there to listen to, comfort, and spiritually support the traumatised and distressed.

The Salvos are also assisting people from Afghanistan, Iraq, and Nigeria who were living in Ukraine and are fleeing to safety.



Dominika engages with one of the children arriving in Poland.

Captain Oleg Samoilenko, a Ukrainian Salvation Army officer (pastor), working in Poland, says he hears many stories of escape and trauma. "Sometimes I have no words," he says. "I hear about wives who have to say

goodbye to their husbands at the border, a bomb that hits an orphanage, a woman who sees her husband and child killed, a grandmother fleeing her homeland in a dressing gown. There are lots of tears.



Oleg, left, with Salvos Emergency Services personnel on the ground in Poland.

"We are trying to show refugees that there is still hope in all of this. For so many, we help wipe their tears, work through their shock, and assure them of hope for the future. It's not just about food and clothes, it's about hope and community."

In Romania, the leaders of The Salvation Army met with Diane Schmitt, Anti-trafficking Coordinator at the European Commission. In Poland, the Salvos continue to educate refugees on the dangers of this global and ever-present crime. Non-government organisations are increasingly working together across borders to protect the vulnerable.

"Despite these difficult days, and sometimes not knowing what to say to those who have lost loved ones, each new day brings new hope," says Oleg. "God sees everything, and justice will win."

Ham and cheese wheels



PHOTO: ANDREA REDFORD

Ingredients

2 sheets puff pastry (thawed), 3 tbsp Dijon mustard (optional), 12 slices sliced ham, 2 cups grated cheese, chopped parsley or thyme for garnish (optional).

Method

- Preheat oven to 190°C. On each sheet of pastry, smear 1½ tbsp of mustard (if using).
- On each sheet of pastry, lay 6 slices of ham on top of the mustard, and then sprinkle 1 cup of cheese on top.
- Roll each pastry sheet tightly into a log. Using a sharp knife, slice each log into 1 cm slices.
- Place wheels - about 3 cm apart - onto a baking tray lined with baking paper.
- Bake in oven about 15 minutes. Sprinkle with parsley or thyme and serve warm or at room temperature.

HAVE A LAUGH

What did mother spider say to baby spider?
You spend too much time on the web.

What did the mother broom
say to the baby broom?
Time to go to sweep.



Why do mother kangaroos hate rainy days?
Because the kids have to play inside.

What did the digital clock say to its mother?
Look Mum, no hands!

SIGNING IN



PHOTO: STOCK / GETTY IMAGES

Sudoku

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

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

Tum-Tum

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



Bible byte

She opens her mouth with wisdom, and the teaching of kindness is on her tongue.

Proverbs 31, verse 26

Quiz answers: 1. Marie Curie 2. Simnel cake 3. Calcutta
Tum-Tum: is hiding behind the table of contents on page 3.
 4. Old Mother Hubbard 5. Marge Simpson.



PHOTO: STOCK / GETTY IMAGES

1. Which scientist won two Nobel Prize awards and was also the mother of a Nobel Prize winner?
2. What cake was traditionally made to celebrate Mothering Sunday in the UK?
3. Mother Theresa began her ministry in which Indian city?
4. In the nursery rhyme, who had no food for her dog?
5. Which TV mother has a bright blue beehive and yellow skin?

DID YOU KNOW?

Astronaut Buzz Aldrin's mother's maiden name was Moon.

Mother of pearl is the other name of nacre, a composite material produced from some molluscs.

In 1920, France created a medal to award to mothers with large families.

In Tibet, Mount Everest is referred to as the 'Goddess Mother'.

| | | | | | | | | |
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| 5 | 0 | 0 | 0 | 0 | 7 | 7 | 2 | 1 |
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| 2 | 7 | 5 | 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 4 | 1 | 2 | 0 | 0 | 1 | 0 | 0 |
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| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Have you taken care of your Will?



A gift in your Will can help The Salvation Army create a long-lasting impact in the lives of those experiencing hardship.

Together, we can give hope where it's needed most and you can start or continue your legacy of generosity.

For information or a free copy of Your Will booklet



Please contact:

salvationarmy.org.au/wills
or scan the QR code



A vibrant graphic for Kidzone magazine. The background is light blue with colorful polka dots and paper lanterns. On the left, a stack of Kidzone magazines is shown, with the top cover featuring a 'LOCKDOWN' theme and 'WINNERS' and 'GUEST' sections. In the center, the text 'ONLINE NOW!' is written in white, with a white arrow pointing to the right. Below this, the word 'kidzone' is written in large, white, rounded letters with a pink outline. At the bottom, the website address 'WWW.KIDZONEMAG.COM.AU' is displayed in white on a dark blue background. Below the website address, the text 'Kidzone mag has its own website!' is written in white. Underneath, a list of content is provided: 'Leaders' Guides | Competitions | Games | Printables | Activities | Comics | Shop | Character Bios | Videos ...'. On the right side, a screenshot of the website is shown, displaying the magazine cover and various content options like 'READ THE STORY' and 'READ NOW!'.

WWW.KIDZONEMAG.COM.AU

Kidzone mag has its own website!

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