

REVIEWS

The Kindness
Revolution

FAITH TALK

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compels us

MY STORY

Serving time to
serving others

A letter to Leo

The things I wish I'd said



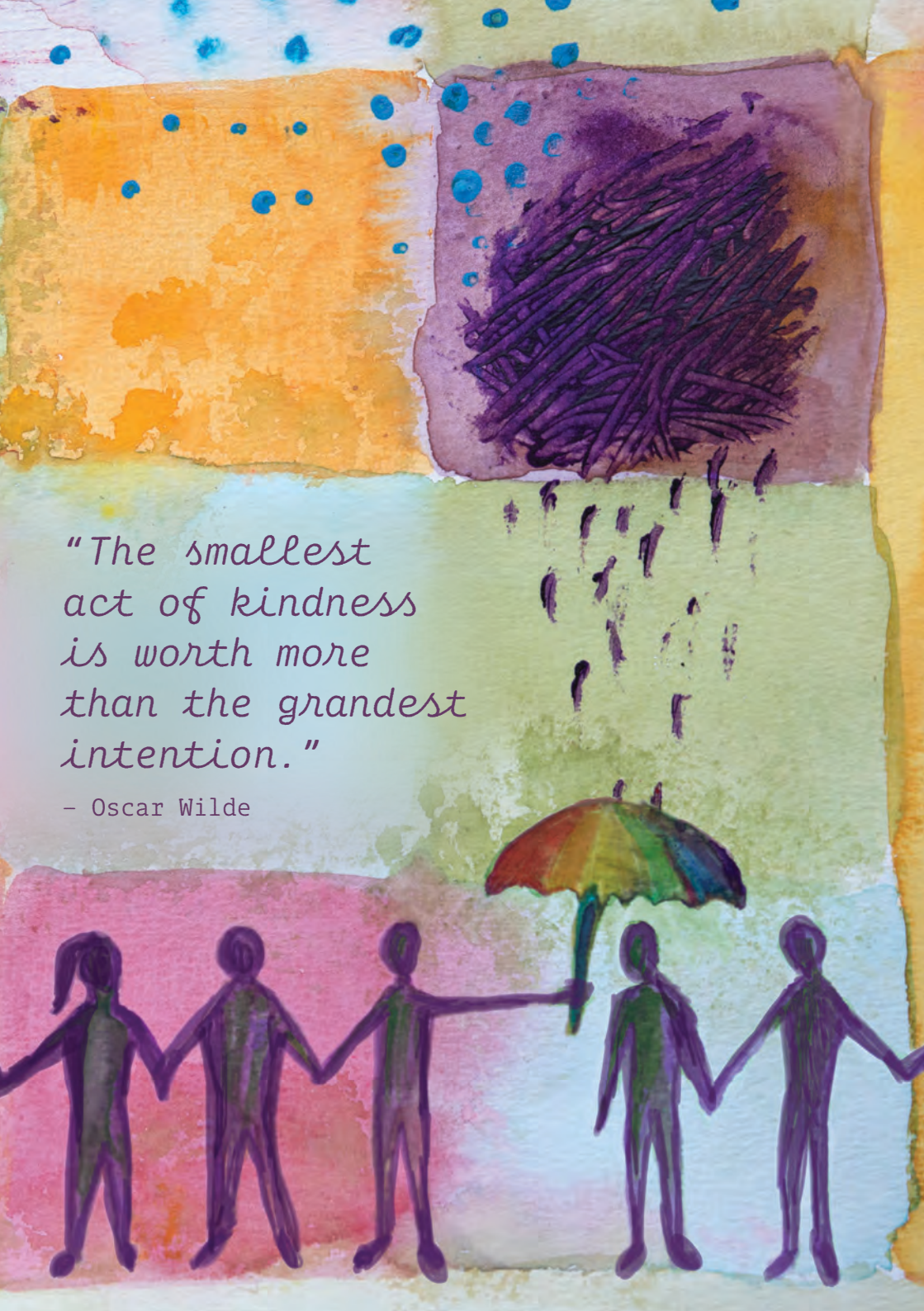
SALVOS

MAGAZINE



*"The smallest
act of kindness
is worth more
than the grandest
intention."*

- Oscar Wilde





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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Serving time to serving others

Kindness revolution

In this edition, we review Hugh Mackay's book *The Kindness Revolution: How we can restore hope, rebuild trust and inspire optimism*. This seems like an unlikely title in a world battling pain of every description.

What we don't always see, though, are the everyday, heartfelt expressions of kindness that strangers give to the vulnerable, the suffering, and the person on the street.

In her book *Any Ordinary Day*, journalist Leigh Sales writes, "Acts of kindness are all around. They are often the reason why people endure the worst things they could ever imagine."

The kindness of others strengthens people. They are reassured, encouraged, comforted and inspired. And, as Leigh continues, "... life is richer, kinder and safer than the news would have you believe. People are more decent. The things you think you wouldn't be able to survive, you probably can."

Let's choose to be kinder to those around us, to lighten whatever loads they might be carrying and to point to the hope that still exists in our troubled world today.

Simone Worthing **Assistant Editor**

A letter to Leo

The things I wish I'd said

WORLD SUICIDE PREVENTION DAY WAS OBSERVED ON 10 SEPTEMBER. EVERY YEAR, THE DAY FOCUSES ON RAISING AWARENESS OF SUICIDE IN OUR COMMUNITIES AND IDENTIFYING WHERE AND HOW WE CAN WORK COLLABORATIVELY TOWARDS A WORLD WITHOUT SUICIDE. IN HER REFLECTION BELOW, **SANDRA PAWAR** WRITES A LETTER TO HER FRIEND LEO, SHARING THE WORDS SHE WISHED SHE'D SPOKEN TO HIM BEFORE HE TRAGICALLY TOOK HIS OWN 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 or its
COVID-19 support
service 1800 513 348
- Headspace
1800 650 890
- ReachOut at
au.reachout.com
- Care Leavers
Australasia Network
(CLAN) 1800 008 774
- Brother to Brother
1800 435 799



Leo, what I wish I could have told you:

I remember the moment in time so clearly; in fact, I would love to forget it, but I never will. It was a moment that shook my world and caused incredible sorrow and grief. It was late March in 2019. In the middle of the night, my phone rang and woke me from a deep sleep. All it took was a two-minute call to change my life and the life of so many others who loved my friend Leo. A friend was calling to let me know that my beautiful and precious friend Leo had committed suicide. It knocked the air out of me. I had just spoken to him a few days before and, although he was going through a hard time, he seemed to be strong and making plans for the future. There are so many things I wish I could have told him before he passed away, and so I am going to use this space to share those words. I hope that if anyone else may feel like death is their only option, they will see these words and know there is hope.

Dear Leo,

I would tell you that you are so loved. Not just by me, but by so many people who know you. They love you, not because you are perfect or have it all together, but because you add joy to their lives. They love you because you care not only for them but also for their children. They love you because you make their life better. I only wish you had known just how deeply loved you were and how your death would devastate so many people.

I would tell you that God loves you deeply, truly, madly. You are his precious child. He is proud of you. Even in all the junk and mistakes and sin, he never stopped loving you. He never stopped claiming you as his child. I would tell you things that you already knew – that nothing could ever separate you from God’s love, that he is compassionate and gracious, slow to anger and quick to forgive. I would tell you that you were the apple of his eye, and [your name was] engraved on his palms. You were his son, and his love for you was never-ending.

I would tell you that this too shall pass. I would acknowledge the pain you were going through and the hard times you were facing.

I would allow you to weep for dreams lost and plans changed, but then I would tell you that things will get better. I would tell you that this is just a small chapter in your life story and that there are still so many chapters to be written. I would tell you that God has good plans still ahead for you and that he has not forgotten or forsaken you.

I would mainly just tell you how much I love you and how thankful I am for you. I would thank you for choosing to be my friend. No, more than that, I would say thank you for becoming my family. I would thank you for always checking in with me and making sure I was okay. I would thank you for making me constantly laugh and for always bringing joy into my life. I would thank you for inspiring me with your faith in Jesus and your deep love for others. Thank you for being you.

Lastly, I would just tell you that you are valued, your life is precious and that you will be missed more than you could ever imagine. I would tell you to hold on and not give up. I would tell you that you need to stay with us because you make a difference in this world, and this world needs you.





SUICIDE AT A GLANCE

- Nine Australians die every day by suicide. That's more than double the road toll.
- 75% of those who take their own life are male.
- Over 65,000 Australians attempt suicide each year.
- In 2019, 3318 Australians took their own life.
- Suicide is the leading cause of death for Australians between the ages of 15 and 44.
- The suicide rate in Aboriginal and Torres Strait Islander peoples is twice that of their non-Indigenous counterparts.
- People in rural populations are twice as likely to die by suicide.
- LGBTIQ+ community members experience significantly higher rates of suicide than the rest of the population.
- For each life lost to suicide, the impacts are felt by up to 135 people, including family members, work colleagues, friends, first responders at the time of death.
- Males aged 85 and older experience the highest age-specific rate of suicide.
- Same gender-attracted Australians are estimated to experience up to 14 times higher rates of attempted suicide than their heterosexual peers.
- 1 in 4 Australians are lonely and have no one to speak to.



Scan here for more
on finding meaning.

Book Review: The Kindness Revolution



WORDS BARRY GITTINS

Futurist, psychologist, commentator-at-large, social researcher and writer Hugh Mackay has delivered numerous fiction and non-fiction titles, generally revolving around his fascination with human beings – their actions, motivations and the perennial search for meaning.

In this 2021 release, *The Kindness Revolution*, paying particular attention to Australia's 2020 reactions to COVID-19, Mackay asks (and tells us) what lessons we have learnt, what we can hope to gain from the pursuit of wisdom, and the underestimated yet central need for kindness – in our own lives and in how we regard and treat our neighbours.

Humour, self-disclosure, probing intellect and gracious optimism abound throughout 250-odd pages.

The man is wise; we would be wise to absorb what he has to say.

The Kindness Revolution is available at major bookstores.

Barry Gittins is Marketplace Coordinator for the Salvos Melbourne Project 614

Book Review: Forgive What You Can't Forget



WORDS ANNA HOWLETT

Forgive What You Can't Forget is a sensitive, personal and challenging dive into the biblical topic of forgiveness, as Lysa Terkeurst writes with painful honesty about her and her husband's journey through infidelity.

She shares raw and unfiltered snippets of her journey through counselling, excerpts, and prayers from her journal while living out God's instruction to forgive.

No one is exempt from the pain that can often come from choosing to be in a relationship. But I love the balance Lysa brings, acknowledging our deep need for community despite the fact it's often those closest to us that can hurt us the most.

Lysa addresses common thoughts about forgiveness that often hold us back from stepping into true freedom. She threads humour and God's grace throughout her story with such sensitivity and purpose.

Forgive What You Can't Forget is available online and at Koorong bookshops.

Anna Howlett is a pastor in Victoria.

Aged care residents honour dedicated staff

Coverage on morning breakfast television, messages from celebrities and encouraging words were all part of the experience for The Salvation Army Aged Care staff across Australia on Aged Care Employee Day last month.

Collectively, the more than 2000 Salvos staff across the country were recognised in more than 500 messages of support on the day from residents, clients and others in the community.

Many of the messages were shared on posters and put up around the residential aged care centres. Special morning teas, suppers and evening meals were served at several centres to cover the various shifts.

Aged Care Employee Day was introduced in 2018 to recognise the estimated 365,000



Mountain View Aged Care Centre registered nurse Sunita Gurung turned up for work on Aged Care Employee Day in her Nepalese traditional dress.

staff involved in caring for about 1.3 million older Australians receiving home care or residential aged care services.

Across Australia, the Salvos have 21 residential aged care centres and seven retirement villages. It also provides in-home and community care services.

– Darryl Whitecross

Bayside Salvos open first Lullaby House

Brisbane’s Bayside Salvos has become the site of a pilot program to provide a home-like nursery environment – called Lullaby House – to facilitate contact visits between biological families and infants in their care.

Lullaby House is an initiative developed by the Put Them First (PTF) organisation, which began in 2018. Put Them First focuses on the first 1000 days of a child’s life to prevent them from ending up, principally, in foster care.

Bayside Salvos were already running a program where the Department of Child Safety coordinated supervised visits between parents and children in care four days a week.

“Because PTF primary referrals could come through the department, this partnership



Partnership staff join in the cutting of the ribbon to open Lullaby House.

seemed a right fit,” said Natalie Frame, Bayside Salvos officer (pastor).

The Bayside Salvos Lullaby House was a ‘pop-up model’. A purpose-built, standalone facility would be constructed if the pilot program was successful. – Darryl Whitecross

Fostering family connections at Yarrinup

For young mums at risk of or experiencing homelessness in Melbourne's eastern suburbs, it is an uphill battle to balance the need to find accommodation with the demands of parenting.

Three young mums are part of the Salvos Yarrinup Mother and Baby Program in Chadstone and live on-site in independent but supported units to foster connection with their children and set up a new life.

The program was developed with a therapeutic focus on the importance of attachment in the early years of a baby's life. It means the program gives families the best chance to flourish once they exit the program after 12-18 months.

"Yarrinup will often accommodate families with child protection involvement or who are



Young mums in Melbourne's eastern suburbs at risk of homelessness enter the Yarrinup program to set up a new life for their families.

at risk of child protection becoming involved," explained Claire Edmanson, Program Manager for The Salvation Army Youth Services at Upton Rd in Melbourne. "The long-term goal is to move them into a private rental and out of the homeless system."

– Jessica Morris

New-look cafe pays it forward

Ingle Farm Salvos, in Adelaide's north, is turning disadvantaged youth and people experiencing homelessness into 'hospo stars' through a partnership with Georgi Thomas and his wife Minu from The Mustard Seed Family Project. These 'stars' are the trained front-of-house hospitality staff at its Paid 4 U Cafe, which opened in June.

Belinda said the cafe used the 'pay it forward' model. Diners did not pay for the meal they were eating but gave an extra donation toward the next person's meal.

Georgi, a full-time chef on The Ghan and Indian Pacific trains, said he felt God wanted him to expand his ministry to those living on the streets or hiding away from society who wanted to turn their lives around in a



The Mustard Seed Family Project's Georgi Thomas and Ingle Farm Salvos officer Major Belinda Davis at the Paid 4 U cafe.

permanent location. That was when the vision for the high-standard Paid 4 U cafe began.

He said it was "like a miracle" to run a cafe at Ingle Farm and "take it to a different level".

– Darryl Whitecross

WORDS DEAN SIMPSON

Because Christ's love compels us

Dropping everything to help someone in need

PHOTO: STOCK / GETTY IMAGES

By the time the phone had rung out for the third time, I knew someone was desperately trying to get through.

I had been ignoring the incessant ringing coming from the Wollongong Salvos church office where I was a youth worker. It was a Sunday morning, and I was preparing to lead a children's program. There was no admin staff about because the office was only open weekdays.

It was the early 1990s, so the main form of communication was the old cradle telephone with its piercing ring tone. It started ringing again, and this time I felt compelled to answer it, albeit reluctantly. On the other end was a woman. A distressed woman. It took me a while to settle her down so I could understand what she was saying.

Through intermittent sobs, she told me she was calling from Redcliffe in Queensland, 1000km away. She was a single mother of a

teenage boy named Brad, who required daily medication for a health issue. Tension had been building in the household for some time, and three days ago they had argued fiercely. Brad had fled the house without any medication or belongings. She couldn't even remember what her son was wearing at the time.

An hour ago, the mother had received a crackly call from a phone box. It was Brad: "Mum, I'm sorry, I want to come home. I jumped on a bus and now I think I'm in a place called Wollongong, sleeping on a beach. I've got no money, I'm hungry and I..." The phone cut out.

The mother's request to me was simple. "Can you please find my son? I need him home."

I asked the mother if she had called the police. She had. But she said they were reluctant to engage in a full-scale search at this stage. She admitted she wasn't a religious person, but she had prayed to God and "the Salvos popped into my head".

"Please find him, please. I'm worried sick," she sobbed. I did my best to reassure, told her to keep the police updated and took her number.

I sat there in the office in two minds about what to do. I had responsibilities at church that morning and it really wasn't my job to answer the main office phone. And how on earth am I supposed to find a missing teenager in a city of 250,000 people. Why me?

It was then that I looked up and saw a poster on the wall. It was a Bible verse from 2 Corinthians chapter 5, verse 14: "For Christ's love compels us." As a person of faith, I knew Jesus loved that woman, he loved Brad, and I knew they needed to be reunited. And I knew Christ's love was compelling me to find Brad.

But how? Wollongong is a coastal city that stretches for about 60km along the eastern seaboard and contains about 30 beaches!

I quickly offloaded my Sunday morning responsibilities, grabbed a reliable youth leader, told him the story, and we prayed. "Lord, lead us to Brad, wherever he is."

Using our detective brains, we roughly calculated where Brad may have got off an interstate bus, and then roughly calculated where he could have wandered. After a fruitless search of several beaches, we sat down and prayed again. This time, we both had the feeling that the colour red was somehow involved.

With renewed enthusiasm, we hit the next beach. After a few minutes we spotted someone sitting in the dunes with a red cap. As we got closer, we could see it was a teenage boy and he was crying. "Brad? Brad is that you?" I said hopefully. He looked up in surprise and said, "How do you know me ... how did you find me?" He then saw my Salvos uniform and said, "Oh ... Mum."

“

And I knew Christ's love was compelling me to find Brad.

”

Brad was quite distraught, dishevelled, and disoriented. I took him home and my wife cooked him a hearty lunch. He showered and we found some clean clothes for him. I arranged for a doctor to check him over and sort out his required medication. And I called his mum.

The next day we put Brad back on a bus and he made it back home. His overjoyed mother called me and gushed with gratefulness. During the short conversation she said something I'll never forget: "Everything felt hopeless but calling the Salvos gave me hope."

And that's what Salvos do best, giving hope where it's needed most ... because Christ's love compels us.

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



Scan here for more on finding meaning.

Serving time to serving others

A journey of recovery, perseverance, and faith

WORDS GRANT KINGSTON-KERR

My dad was a Navy man, so he was away a lot in my early years. As a child I didn't feel connected to him, unfortunately, and felt he rejected me. That's not entirely true, but it was my interpretation at the time.

Mum and Dad split up when I was seven years old. I went to live with Mum and my sister, and Dad moved to Queensland. I didn't see him much after that.

Around the age of 12, I started to spiral out of emotional control. I was hanging around this church youth group and some older guys started coming along. I wanted them to accept me. I was easily led and, before I knew it, I was drinking alcohol, smoking marijuana and stealing cars. I became a real handful and so Mum kicked me out when I was 14. I started couch surfing and living on the streets. Eventually, at 16, I started injecting amphetamines.

I went back to live with Mum after I turned 18. I hadn't dealt with the alcohol and drug issues, which led to more crime and three short stints in prison. I lost good relationships with people and blew all opportunities

to break the dysfunctional cycle and move forward in life.

While I was waiting for sentencing, at the age of 27, I started talking to the Salvos chaplain in prison. I learned about The Salvation Army's Bridge Program [alcohol and drug recovery] and while waiting in the cells to go to court, I prayed my first honest prayer. Just

four hours later, instead of going back to jail, I found myself as part of this program. I believe now that God saved me from going back to jail. God was not seriously on my radar before then.

DESPERATE TO CHANGE

The Salvo officers (pastors) had something that I was attracted to – a new kind of courage

and spirituality. Initially, maybe, I was looking for acceptance from healthier people, but it was time. I was desperate and ready to change that old lifestyle of prison time, loneliness and pain.

I asked God if he was real. One night, I heard a voice call my name. It was God's way of saying he knew me and was there for me. I gave my heart to Jesus and asked him to be

“

I stopped chasing unhealthy acceptance from others.

”

my Saviour and Lord of my life. There were no bells or whistles, but my motivation for recovery increased. I've never had another illicit drug or drink again, and that was 27 years ago.

The Bridge Program went for 11 months, and I did as much emotional and mental healing as I could – a process that went on for years. I started volunteering with the Salvos and, after further study, got a job with them as a drug and alcohol case worker in the Bridge Program.

I started forming relationships with healthy people. And I started going to church. I put healthy boundaries around myself to make sure I didn't slip back into the old lifestyle.

NEW FOCUS

The core was my relationship with God. Being accepted by God helped me accept myself and stop chasing unhealthy acceptance from others.

I asked God for direction in my life, and, after some amazing spiritual experiences and confirmation, I became a Salvation Army officer. That was 20 years ago. So far, the best 20 years of my life.

It hasn't been an easy road. I lost Mum and Dad three years ago, nine weeks apart. We had much better relationships after I got clean and sober, so this was difficult for me. My 13-year-old son, who is a beautiful boy, lives with cerebral palsy, is in a wheelchair,

and still unable to communicate using words. However, I've learned to grow from these experiences. I haven't reverted to drugs and alcohol to cope. I continue to seek God and find happiness in healthy relationships. My wife Michelle has a caring role for our son and is a really good mum and beautiful wife.

My transformational journey has been about who I am and who I am becoming in relationship with God, with other people, and with myself. It's about authentically connecting with people and encouraging them in their journey.

Major Grant Kingston-Kerr is a Salvation Army officer (pastor) serving as Team Leader Prison Chaplaincy QLD and Social Mission Chaplain Brisbane.

Grant, his wife Michelle and their son Daniel relax together as a family.



Scan here for more on finding meaning.

Fried noodles



Ingredients

500g diced chicken, 3 tbsp light soy sauce, cooking oil, 5 eggs (beaten), 2 bunches bok choy leaves (diced), 3 spring onions (finely sliced), 500g Hokkien noodles, 2 tbsp dark soy sauce, 1 tsp sesame oil, 1 tsp chicken stock powder.

Method

- Combine chicken with 2 tbsp light soy sauce and refrigerate 4 hours or overnight.
- Heat about 2 tbsp oil in wok or frypan. Pour in beaten eggs and fry, stirring to scramble. Set aside.
- Add another tbsp oil and stir fry marinated chicken until cooked. Set aside.
- Wipe out wok/frypan with paper towel. Heat another tbsp oil and sauté bok choy and spring onions.
- Add cooked chicken to the vegies. Then add noodles a handful at a time, stirring well to combine with each addition.
- Add dark soy sauce, remaining 1 tbsp light soy sauce, sesame oil and chicken stock powder and mix well.
- Finally, add cooked eggs and stir to combine. Serve hot. Enjoy!

HAVE A LAUGH

What do you call a sleeping bull?

A bull-dozer.



What did the farmer call the cow that had no milk?

An udder failure.

How much does it cost a pirate to get his ears pierced?

About a buck an ear.



Why is the obtuse triangle always so frustrated?

Because it's never right.



Bible byte

And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.

Ephesians chapter 3, verse 18


New Living translation

Tum-Tum

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



| | | | |
|--------------------------------------|---------------------|-------------|--------------|
| O L E R H E P R G B N M T T A | <h1>Wordsearch</h1> | Animals | Molecules |
| E E D E A C O O T A T I B A H | | Atmosphere | Nature |
| C R H R E D N T L H S S T K Y | | Atoms | Oxygen |
| N H T A N O I T E L P E D U D | | Carbon | Ozone |
| E H L P V T A A N A U T S A R | | Chlorine | pollution |
| I O A O I H C S T O L T T N O | | Climate | Protection |
| C X E A R G K T A I B M I H G | | Depletion | Radiation |
| S Y H N O I T C E T O R P O E | | Earth | Rays |
| U G M I N L N I R S O N A M N | | Environment | Science |
| N E N M M N S E P A E M X C O | | Gases | Skin |
| B N I A E U R H L R A Y S N Z | | Habitat | Stratosphere |
| U N L L N S E L U C E L O M O | | Health | Sun |
| R H O S T R A T O S P H E R E | | Hole | Sunburn |
| N H I H E T A M I L C N U L U | | Hydrogen | Sunlight |
| N Y M E E N C P L N O E M N E | | | |




Quick quiz

1. On which day does the United Nations observe International Day for the Preservation of the Ozone Layer?
2. The ozone layer is a fragile shield of _____ that protects the Earth absorbing harmful ultraviolet-B radiation from the sun?
3. Where is the ozone layer located?
4. How far above the Earth is the stratosphere?
5. What is largely responsible for ozone layer depletion?
6. Is there hope for restoration of the ozone layer?

DID YOU KNOW?

- Every person has a unique tongue print.
- The world's largest lollipop was as tall as a giraffe.
- The eye makes 50 times every second.



Marie Curie's notebooks are still radioactive.

Answers: 1. 16 September. 2. Gas. 3. In the stratosphere. 4. 15-30km. 5. Human activity. 6. Yes! Tum-Tum: is hiding on page 10.



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

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 or complete and return the coupon.

salvationarmy.org.au/wills



- 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

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Phone

Best time to call AM PM

Send to (no stamp required), Wills and Bequests, The Salvation Army, Reply Paid 85105, Nunawading VIC 3131

PHOTO: SHUTTERSTOCK



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MAGAZINE

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We are here for you

emergency
family violence
homelessness
life meaning & purpose
financial stress
addiction
disasters

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