

FEATURE

Back-to-school
budgeting

FAITH TALK

Refreshing
weary souls

MY STORY

Starting over when
all seems lost

Putting change into perspective

Standing firm in the face of uncertainty



SALVOS

MAGAZINE





“EDUCATION IS NOT
THE FILLING OF A PAIL,
BUT THE LIGHTING
OF A FIRE.”

- WILLIAM BUTLER YEATS





The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice

Salvos Magazine

Founders William and Catherine Booth

General Brian Peddle

Territorial Leaders

Commissioners Janine and Robert Donaldson

Secretary for Communications and Editor-In-Chief

Lieut.-Colonel Neil Venables

Publications Manager Cheryl Tinker

Assistant Editor Simone Worthing

Graphic Designer Ryan Harrison

Editorial phone (03) 8541 4562

Enquiry email salvosmagazine@salvationarmy.org.au

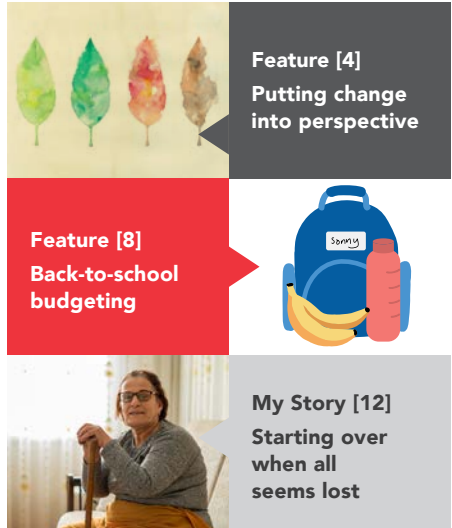
All other Salvation Army enquiries 13 72 58

Press date 13 December 2022

Printed and published for The Salvation Army by Commissioner Robert Donaldson at Focus Print Group, Rowville, Victoria

Some photos in this magazine were taken prior to the COVID-19 pandemic.

 salvosmagazine.org.au



Feature [4]
Putting change into perspective

Feature [8]
Back-to-school budgeting

My Story [12]
Starting over when all seems lost

A hope-filled 2022

Welcome to the first edition of *Salvos Magazine* for 2022. We pray that the Christmas season for our readers has been a time of hope and joy, despite the challenging circumstances many are facing.

None of us really knows what the new year will bring. We do know, though, that many of our struggles will continue, and the unexpected will happen – positive, challenging and everything in between.

However, this doesn't mean that we can't stand firm in the face of uncertainty and tough times, learn to manage them, develop new perspectives, and receive help and hope along the way.

Jo-anne Brown talks about strategies for doing this in her article on putting change into perspective. Belinda Davis also shares one way that helps her feel rejuvenated in the middle of life's complexities and how she claims God's promise to "refresh the weary".

In all of life's changes, we can also be reassured in knowing that God never changes. He is the same "yesterday, today, and forever", and he promises never to leave or abandon us.

Wishing everyone a hope-filled 2022.

Simone Worthing **Assistant Editor**

Putting change into perspective

Standing firm in the face of uncertainty

WORDS Jo-anne Brown

In a world full of uncertainty, with hopes that things will 'go back to normal', and a growing realisation that there isn't much we can truly rely on, there are some things of which we can be absolutely certain. One certainty (other than the age-old inevitability of death and taxes!) is that we will face change. Change is inevitable, sometimes scary, often uncomfortable, and we're frequently reluctant to embrace it.

As a new school year begins, many children and teenagers face uncertainty and change – things will be different. Many adults may be moving into new employment, facing unemployment, or other changing circumstances. Some of us may be realising what we had hoped would happen this year has not yet happened – and doesn't look like happening anytime soon.

In an ever-changing world, realising that things don't always turn out the way we would like, how do we prepare ourselves for that and move calmly through it, holding on to a sense of well-being?

Firstly, **EXPECT CHANGE!** Change is as inevitable as the seasons. The cycles of the earth, moon, and tides have been telling us that for millennia. Yet, even within the cycles of change, there is a certain consistency, a rhythm, a reassuring ebb and flow. When we know that, it can help us to meet changing circumstances with flexibility. Change will happen, whether we want it to or are



prepared for it or not. It helps to remember that change is ongoing, that no season is final.

HOLD LIGHTLY to a preferred way of doing things and needing to have everything work out the way we want. When we are too firmly attached to things going our own way, our own attitudes, even our own sense of importance, it becomes much harder to move with flexibility when circumstances change.

I once visited a coastal town after a cyclone had hit. Many trees were smashed, some shredded into matchsticks. Yet some trees were simply out of shape – they were the ones that were able to bend in the strong winds and remain rooted. The trees that could not bend were snapped into pieces or uprooted. This reminds me to bend in storms rather than hold myself too rigidly. If I can move with the wild winds when they come, instead of resisting what is happening, I may be pushed around a bit but not broken.

REMEMBER and **CELEBRATE** all the ways we have successfully navigated change in our lives. From the moment of our birth (perhaps the most significant and tumultuous change we will ever encounter!), we have been successfully navigating change: from milk to solid foods, from crawling to walking, from babbling to articulate speech, and so on.

By the time we get to school, we have successfully learnt and grown from a multitude of significantly changing circumstances. This is cause for celebration! We have done well! Each new year, each new developmental stage, has given us endless opportunities to deal with change and grow more and more into who we are meant to be.

LEARN from the times we haven't done this well. Along the way, there have inevitably been changes we haven't faced calmly or dealt with as well as we might have. Times when we may have panicked, made wrong choices or behaved badly.

Perhaps through such times, we learn most – we learn about ourselves, our fragility and default patterns, our own need to defend or protect our ego, to avoid difficulties, and so on. When we become aware of these patterns, we can choose how to respond to change the next time we face it, remembering all the times we have dealt well with change.

We can choose to notice patterns and decide whether we want to continue living according to those patterns – or choose another way.

EMBRACE change with **CURIOSITY** and **CREATIVITY**. Change usually brings some discomfort, especially when it's a change we haven't chosen or aren't looking forward to.

Sometimes, when I look at small children, I see a sense of wide-eyed wonder in them. Their first ►



glimpse of snow, or the ocean, or the first time a puppy licks their face – yes, there may be some hesitation, but also a sense of delight and curiosity that welcomes what is new. What would it be like to face change with a sense of wonder, and the curiosity to find delight in what's new?

“

**Change is as inevitable
as the seasons.**

”

I have moved house many times, and it always brings a range of emotions and uncertainties. During it all, I have always asked one question: “I wonder what I will see when I look out of my new kitchen window?” This sense of wondering, of curiosity, has frequently enabled me to look hopefully at situations that could otherwise be daunting.

I look forward to new views and perspectives, even when I may feel anxious about other things. There is some creativity needed for this, an ability to look outside the box, to choose another perspective and to welcome with delight something new – even when it is not what we expect!

In all the changes you can expect in 2022, may you stand firm, bend when you need to, remember previous positive experiences, and find something new to awaken wonder and curiosity.

Jo-anne Brown is a Salvos officer (pastor) in Queensland.



Salvos Stores postal service launches



The Salvos recently launched an initiative that enables those who would like to donate goods to their nearest Salvos Store to do so without loading up their car boots and dropping off their donations.

Through the Salvos' longstanding relationship with Australia Post, donors can now download an addressed label from salvosstores.com.au/postage-donation, attach it to their parcel or box of donations, and take it to their nearest red Australia Post mailbox or post office to send without charge.

"It's as simple as creating an account, downloading a shipping label and packaging up your items," says Lucas Ferrier, Salvos Stores national eCommerce manager.

"We understand that sometimes people drive around with a boot full of donations and it can be difficult to find a spot to donate. This [initiative] provides another way that's more convenient; people can do it at their own leisure and in a time and way that suits them better."

The red Australia Post mailboxes are also

the most accessible way to get donations to Salvos Stores. "They're in every community right around Australia and reach areas where we don't have stores," Lucas explains.

Items posted this way are addressed to state-based Salvos Stores distribution centres where they are processed and then circulated into the store network. "Ultimately, it's about the donations staying local and so people will know they are supporting the local community as well," Lucas says.

"Underpinning all of this is that we want to increase accessibility for the Australian community to get involved in the circular economy and to keep their unwanted items out of landfill."

Packaged donations can weigh up to 22kg with a maximum length of 105cm. Salvos Stores also offer free home collections for people with larger donations. Those collections can be arranged online too, through salvosstores.com.au.

– Darryl Whitecross

Back to School

Navigating those pesky costs

We want the best for our kids, that's why school expenses can cause a lot of stress.

In Australia, back-to-school costs come after Christmas time and summer holidays. There's a great temptation, and sometimes pressure, to buy a whole new set of supplies at the beginning of every year.

BEFORE THE NEW SCHOOL YEAR STARTS

Here are four steps for achieving straight A's:

1. Start by shopping at home. Look through the back-to-school supply list (or make your own list) and determine what you really need to buy, versus what you already own and can reuse or repurpose. Sharpen those pencils, dust off any unused books and only buy what's absolutely needed.

2. Set your limit. We've put together a 'mini-budget' to help you plan and set aside amounts for specific costs like back to school. Don't forget costs throughout the year like excursions, project supplies, sports fees, school photos, fundraisers and extra curricular activities. There are quite a few government assistance programs to help parents cope with the extra costs of school. Be sure to check rebate entitlements – like the Active Kids Program in NSW.

3. Talk it through. Go through your budget with the whole family. Compromise with each child to make sure you agree on the items you buy. You may need a different budget for each child depending on their age and school requirements.

4. Do it all again! Start saving for next year's school supplies now!



BACK TO SCHOOL SHOPPING

Lessons on school uniforms:

- **Go old school.** Look at second-hand shops, Facebook groups or other parents with older children.
- **Buy bigger.** Kids grow quickly so buy clothes one size bigger and buy shoes half a size bigger to make them last longer.
- **Multi-purpose.** Consider sneakers that suit both school and sport.



Lessons on stationery and supplies:

- **Don't bother with brands.** It's likely that things might be lost or trashed, so aim for less expensive but durable stationery supplies. Shop at discount stores, supermarkets or bulk stationery stores known for good prices or price matching.
- **Shop alone (if you can).** Bringing your kids with you may mean you spend unnecessary money on brand names or the latest and greatest action hero-themed supplies.
- **Make your own.** Rather than buy expensive or trendy notebooks and bags, use generic brands and help your kids decorate them with their own art.

Talking technology:

- **Don't get caught in the cycle of upgrading to the newest, latest and greatest.** Consider secondhand options – pre-owned or refurbished computers, laptops and tablets.

Questions:

My son wants a surf brand school bag, but I want to buy a cheaper one, what do I do?

My daughter wants the latest laptop, what do I do?

This is the tension many parents feel. We know this can be hard. Remember to talk with your child.

This information was taken from The Salvation Army's booklet *You're the Boss – Money Wisdom for Life*.

For more information on the Salvos Moneycare Services, to make an appointment with a financial counsellor or to download the full digital copy of *You're the Boss*, go to salvationarmy.org.au/about-us/our-services/moneycare/, call 1800 722 363 or email moneycare@salvationarmy.org.au

Refreshing weary souls

Taking time out to restore body, mind, and spirit

WORDS Belinda Davis

One of my favourite things to do in a body of water is to lie on my back and float. I find it to be a multifaceted feeling of bliss and relaxation, and I enjoy the sense of weightlessness as I let the water keep me hovering on the surface.

Couple that with the loss of the excessive noise of the world as the water covering my ears gives me a muted auditory experience, and I can more easily tune out to the call for 'Mum' or any other role that demands my vigilance.

Floating in the ocean is even easier, as the salt level in the water assists buoyancy and it requires less effort to keep afloat. Unfortunately, unless it is a particularly calm day, floating in the ocean is less of a horizontal experience!

In a swimming pool you're not fighting the tide, seaweed or ocean creatures, but often other swimmers. Plus, it requires greater concentration and muscle use to keep afloat. What you gain on one hand you seem to lose on the other.

At the holiday accommodation we were blessed to stay at recently, I discovered the best of both worlds. There was a small outdoor pool space that wasn't overly used by other residents – almost every time we went it was only the three of us there.

As we enjoyed our first swim, we discovered that it was a saltwater pool. I cannot recall ever experiencing one before, but I certainly felt as if all my floating Christmases had come at once!

No crowds, no waves, high salt, less effort

– floating in this space was pure bliss. I could lie back with my hands behind my head and just relax. I barely had to think about anything.

Normally I would be on alert for all manner of things, from my physical appearance to what we were having for dinner. I usually also hold tightly to all the complexities I face in life – the interactions, the demands, changes in society, and the need to continue to grow and learn.

On these occasions, however, I found it so easy to disengage with my stressors and just 'be'. Taking the time to float restored an equilibrium to my soul.

“

Taking the time to float restored an equilibrium to my soul.

”

As I let go, I found my mind able to drift to other things and my relaxed brain was freed to unconsciously resolve situations and concerns I had been knowingly or unknowingly wrestling with. There is a wealth of neuroscience to explain this phenomenon, and I am grateful for the opportunity afforded to me to do this.

Life is a complicated journey that can sometimes feel like it squeezes our capacity to



think straight when we need it most. God does not desire that for his children and in the Old Testament book of Jeremiah, chapter 31 and verse 25, he says, "I will refresh the weary and satisfy the faint."

I have discovered that when I look for opportunities to take a breath in life, God provides them for me. I don't always take those moments, because I can sometimes feel that I am too important or needed in life to afford the time to be refreshed.

Now I seek out spaces to help me float

through life, without needing to find a salt-water pool to do so. Although, if you have one in your backyard you can let me use, I will be especially grateful!

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



Scan here for more on finding meaning.

Starting over when all seems lost

Through help and support, Val finds strength she didn't know she had

WORDS Naomi Singlehurst

Struggling with the grief of losing her husband of more than 45 years, Val* moved in with family who began helping themselves to her savings and mistreating her. She finally emerged from this dark period after experiencing kindness and care through a range of Salvation Army services.

In her 60s and suffering from multiple health issues, Val says she now feels stronger than she has in years. In fact, she says with a laugh, every time she passes The Salvation Army she blows a kiss, to say "thank you".

“

I can't believe there's so much help in this country.

”

Val says her life went from "being just a normal person and family" to "hell" and then back again to a new position of strength and hope.

She explains that she struggled with depression in the later years of her marriage. She also could no longer work, due to deteriorating health and chronic pain, but she managed.

Her husband (who she married when she was just 18) cared well for her and he always looked after their finances. "We lived in a Housing Commission [home] that was perfect for us," she says. "We were normal people. Then he got sick with cancer and he went

really quick. In 18 months, he disappeared. He was a wonderful man."

Suffering from grief and ongoing health issues – and with English as a second language – Val felt lost and vulnerable. She agreed to share a house with family members.

DARK TIMES

"I got sick quickly," Val says. "My back started playing up ... and I couldn't move. I was walking with a walker. I couldn't go shopping or anything and they started doing [things] for me. They took my car and started helping."

Sadly, Val explains, her family soon began helping themselves to her money. Plus, they took out small loans and contracts in her name with her savings card and identification.

Val says the relationship deteriorated over many months and she was often left in pain, with no medication and without her car. "If I got fed, I was very lucky," she says. "Many nights I went to bed hungry."

There finally came a time when Val reached breaking point and was able to get away. She left without her medication, clothes, or money.

SALVOS' SUPPORT

She was referred to Salvation Army crisis accommodation and says with another wide smile, "For me, that was like I went on a holiday. There was nice peace and quiet. I can't believe there's so much help in this country. I never knew, because I'd never been in that situation."

The Salvos provided Val with case management, support to find secure, affordable

PHOTO: STOCK / GETTY IMAGES



accommodation, and vouchers for the local Salvos Stores to help furnish her new home.

Val also receives ongoing support from The Salvation Army's Moneycare to help her sort through ongoing financial and legal issues. She says of her Moneycare financial counsellor, case manager, and others in the crisis accommodation service, that their kindness and "beautiful hearts" have meant so much to her.

The support, Val says, "completely changed my life. I learnt so much. I was so naive before. They made me so much stronger; they made me so much better.

"Before, my eyes [were] always crying. I would have killed myself. I was at that stage – no

hope at all. That's what The Salvation Army brought to me ... all my hope, all my happiness, and [it has made me] a strong woman – a very strong woman!"

Val says she used to pray for help every morning in her dark times. "Now I thank God," she shares.

** Name changed to protect privacy.*



Scan here for more information on Salvation Army Financial Services.

Sandwich kebabs



PHOTO: STOCK / GETTY IMAGES

Ingredients

4 slices of bread of your choice, butter or margarine for spreading, star-shaped cookie cutter (optional), ham or turkey, cheese, any desired fruit or vegetable, wooden skewers.

Method

- Butter 1 side of each slice of bread and cut the crusts off. Cut each slice into 4 pieces or use cookie cutter for your desired shape of pieces.
- Cut ham or turkey, and cheese, into slices about half a centimetre thick, then cut the slices into squares or shapes of similar size to the bread pieces.
- Build miniature sandwiches using the bread pieces, ham or turkey, and cheese. Thread sandwiches onto each wooden skewer.
- Using a pair of scissors, carefully cut the sharp end off each skewer.
- You can design your own kebab by using any variety of fruit or vegetable to thread onto the skewers. Grapes, cherry tomatoes and cucumber slices are good for dividing the sandwiches.

HAVE A LAUGH

What happened when the owl lost her voice?
She didn't give a hoot.

How can you tell which rabbit is the oldest?
Look for grey hares.



My new hobby is eating clocks.
It's rather time-consuming.

I started writing a story about a broken pencil, but I gave up because it was pointless.

SIGNING IN



Sudoku

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

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

Tum-Tum

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



Bible byte

"He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever."

Revelation chapter 21, verse 4
New Living Translation

Quiz answers: 1. Walking, 2. Plates, netball, dancing, and yoga, 3. Cricket, Australian football, and golf, 4. Bushwalking, running, and martial arts, 5. Football (soccer), 6. Swimming.

Tum-Tum: is hiding on page 9.



Quick quiz

1. Which physical activity in Australia has the highest participation rate?
2. Which organised physical activities have the highest percentage of adult female participation?
3. Which organised physical activities have the highest percentage of adult male participation?
4. Which organised physical activities have the closest gender equity among adults?
5. Which team sport is the most popular in Australia?
6. Which organised after-school activity is the most popular for children under 14?

PHOTO: STOCK/GETTY IMAGES

DID YOU KNOW?

Butterflies cannot fly if their body temperature is less than 30°C.

More than 2.2 billion cups of coffee are consumed daily worldwide.

Cumin is the most popular spice in the world, and coriander the most commonly used herb.

Laid end to end, an adult's blood vessels could circle Earth's equator four times.

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

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.

You can continue your legacy of generosity and together, we can give hope where it's needed most.

For information or a free a copy of Your Will booklet



Please contact

Phone: 1800 337 082

Email: willsandbequests@salvationarmy.org.au

Website: salvationarmy.org.au/wills

