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MY STORY

Running the race of life

Rocky road to Games glory

Paralympian Alistair Donohoe reaches out to others facing life's challenges



SALVOS

MAGAZINE



Everything we say at funerals should
be said at birthday parties instead.
We leave so much love unspoken.





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

Cover: Photo courtesy of Alistair Donohoe

Editorial phone (03) 8541 4562

Enquiry email salvosmagazine@salvationarmy.org.au

All other Salvation Army enquiries 13 72 58

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Life's challenges

For just over a week, the world has been watching the Beijing 2022 Paralympic Winter Games. The hard work, endurance, and achievements of these athletes, as well as their courage and drive, is simply inspiring.

In this edition, we feature Paralympian Alistair Donohoe, who writes about his journey to the 2016 and 2020 Paralympics and some of the challenges he has faced along the way. These include his training, an eating disorder, struggles with mental health, and finding faith. Alistair also shares how his faith motivates him to reach out to others who are struggling and help them through the difficulties they face.

We all need a helping hand in the tough times, and Dean Simpson writes about this in Faith Talk. He shares the comfort and strength that comes from knowing that God promises always to be that helping hand and that he brings other people into our lives to walk alongside us when we need it most.

Our news pages also feature those who have faced unemployment, prison, and mental health struggles and are rebuilding their lives.

Check out these stories and more at salvosmagazine.org.au

Simone Worthing **Assistant Editor**

Rocky road to Games glory

Paralympian Alistair Donohoe reaches out to others facing life's challenges

WORDS Naomi Singlehurst

Paralympic cyclist Alistair Donohoe is only 26 but has already lived through some extreme highs and lows. At 11 he lost his father, at 15 he nearly lost his right arm, and as an adult he has twice crashed out of gold-medal contention at Paralympic Games. Yet he has also broken records, won a range of international championships, and picked up medals at Rio 2016 and Tokyo 2020*. Alistair recently shared his story at God's Sports Arena [a Salvos church in Queensland], saying that his faith has kept him on the path of hope and motivates him to focus on supporting others.

On a rain-drenched road in Tokyo, Paralympian Alistair Donohoe was bloodied and in pain after a fall when a competitor in the 92km men's road race pushed in front of him and slipped. Alistair heroically struggled back onto his bike, fell again, before unsuccessfully trying to rejoin the race leaders. He finished fifth.

Despite podium finishes in two other events – bronze in the 32km men's C5 time trial and silver in the 400m men's C5 individual pursuit – it was a bitter disappointment after four years of intense training and planning. And it was not the first time.

During Rio 2016, he was seconds away from a gold medal in the 84km men's C4-5 road race when, ironically, the same competitor veered in front of him, and they both crashed.

Alistair struggled to his feet and crossed the line on foot, but as he didn't have his bike with him, a technicality denied him the win. By the time he had recovered his bike and recrossed, he was out of medal contention. However, he won two silver medals in his other C5 events during those games (4000m individual pursuit and men's time trial).

HIGHS AND LOWS

Salvo Bill Hunter, who served as Australian Paralympic team chaplain in Tokyo, recently



Alistair on the podium in Tokyo, receiving his medal.

invited Alistair to speak at God's Sports Arena (GSA) church in Brisbane.

"Winning a silver and bronze [in Tokyo] was one of my highs and lows," Alistair shared at GSA. "Of course, I wanted gold, but at the same time, I was glad to get on the podium. The logical part of me says that it was a high, and the emotional part of me was still disappointed."

UNIQUE CHILDHOOD

Alistair was born in the Northern Territory town of Nhulunbuy, as the youngest of five children. Part of a close-knit family, his father worked in Aboriginal and Torres Strait Islander communities.

"I lived there until I was five, and I remember going to the beach, crabbing, fishing, that sort of thing," he says.

The family then moved to Darwin, and Alistair followed in the footsteps of his sporty older siblings, participating in Little Athletics, rugby league, competitive swimming, and triathlon. "Through triathlon, I found cycling and really fell in love with that," he said.

Just before Christmas 2006, Alistair tragically lost his dad. This deeply impacted the whole family.

In his mid-teens, the keen sportsman faced another challenge, but one that ultimately opened the doors to the Paralympics. While swimming at a local creek, his arm became tangled as he jumped off a favourite rope

swing. This resulted in severing 90 per cent of his tricep and 80 per cent of his bicep.

FAITH PERSPECTIVE

As a young child, Alistair attended church with his family but said he stopped going and didn't give much thought to faith in his teens and early 20s.

“

**I ... want to look at how ...
I can find more ways to
support people ... in their
challenges, including
mental health.**

”

"When I moved to Melbourne, I had two sisters living there, and they were going to the local church," Alistair shares. "That became ►



Alistair, right, catches up with Salvo Bill Hunter, Paralympic team chaplain in Tokyo.

a social interaction for me. I really enjoyed it, but I hadn't put any thought into my faith. I went to Rio not thinking about it too much."

One of Alistair's brothers had become a church pastor by this stage. He gave Alistair a book to read – *Mere Christianity* by C.S. Lewis – and asked Alistair what he believed about God.

"I had a bit of a 'penny drop' moment at 22 or 23," Alistair says. "I thought I could ignore this and go one way or acknowledge it. The realisation that God was real was very clear. To me, it wasn't a decision; it was a realisation – and that is the only way I can describe it."

Alistair told the GSA crowd that his faith had softened his perspective on life and sport. "When I didn't have a faith pathway, my sport was everything and meant everything."

Alistair says he is increasingly committed to supporting others and believes that desire has grown as his faith journey has developed.

MENTAL HEALTH STRUGGLES

"I have also struggled with mental health issues," he says. "That is something I [now] look to support others in. On the way to Rio, my weight was something I never got perfect and got obsessed with ... I never took my foot off the gas for two years, which developed into an eating disorder. There was a flow-on with depression and anxiety."

Alistair began seeing a counsellor and now works to engage with and support others who may be struggling. He says, "I look at juniors or teammates, or anyone really, and look to have the discussions with them about their challenges, including mental health.

"I like to encourage these chats and look at how I can use my position in sport, not to just further myself, but find more ways I can support people."

In the leadup to Easter next month, Alistair says, "When I think about Easter, it is with an



understanding of what Jesus and God did for us. It is about selfless sacrifice.

"Sport can be quite self-focused and so that sacrifice encourages me to care about others and live my faith as much as I can. I find it hard to talk a lot about my faith because it is very personal to me, but more than anything, I want to authentically live it out."

* *The Tokyo Paralympics took place in 2021 due to the COVID-19 pandemic.*



Scan here for more
on finding meaning.

Exhibition highlights the art of generosity

The theme of 'Generous Spirit' was on full display at the recent eighth annual Jayne Wilson Memorial Arts Competition and Exhibition at Wollongong Salvos.

The exhibition honours the legacy of the late Jayne Wilson, who established The Salvation Army First Floor Program counselling and support service in the NSW city in 1996.

The First Floor Program is a holistic and family-inclusive counselling and support service for those impacted by alcohol and drug misuse, mental health issues, trauma, grief, and loss. Jayne, who passed away on Christmas Day 2013, often used artwork activities in the support and counselling groups she ran and was an artist herself.

"This year ... one of the things that really came across was how important making art



Two of the award-winning entries at the exhibition.

was to people and how creating was helping them to cope with lockdown or helping them to heal or express themselves," said organiser Maris Depers, a counsellor with the First Floor Program.

For more information, check out firstfloorprogram.org.au

Emerald partnership benefits family stores

Offenders on court-directed community service hours are benefiting from a partnership between the Salvos and Emerald Community Corrections in Queensland.

The partnership began mid last year when the first of several offenders was given the opportunity to work off the 200 hours of their supervision order.



Ben delivers donations to the Salvos Sapphire Family Store as part of the partnership program.

Ben*, under the supervision of Salvos officer (pastor), Captain Marcus Wunderlich, performed various tasks, including sorting and bagging donations for the Emerald and Sapphire Salvos Family Stores, tidying the church library, gardening, and helping in the store.

Since Ben completed his supervision order, other offenders have been part of the program.

Larissa Stewart, Emerald Community Corrections District Manager, said the initiative enabled offenders to give back to the most vulnerable in the community, with the partnership with the Salvos being one of several in the town.

Larissa said the initiative allowed the person to develop a routine, gain positive work habits, and improve their self-esteem.

**Name has been changed*

Getting the job done

The Salvos Employment Plus network responds to ongoing change

The Salvation Army has released its 2020-21 Annual Report, highlighting its social work across Australian cities, country towns, and remote communities as it helps those doing it tough across Australia. This work is also underpinned by 278 corps (churches/faith communities) across the country.

Below we look at the Salvos Mission Enterprise – Employment Plus. To download the full report, go to bit.ly/3ouQMhp

Throughout the 2020-21 financial year, The Salvation Army Employment Plus network continued to respond to challenges and rapidly changing situations from the COVID-19 pandemic.

In September 2020, when our caseload volume was at its peak, the number of job seekers Employment Plus was supporting had almost doubled since the beginning of the pandemic.

By the commencement of the 2020-21 financial year, the pandemic and associated restrictions had seen unemployment rise considerably. At this stage, more than 1.4 million Australians were unemployed and collecting the JobSeeker allowance, with an additional 1.6 million Australians receiving the JobKeeper payment.

During the financial year, Employment Plus supported a total of 68,704 job seekers,



helping them prepare and search for work, with 20,901 (approximately 30 per cent) finding employment or enrolling in education.

With the volume of job seekers sent to Employment Plus from Centrelink growing significantly across the year, an additional 75 frontline staff were employed to manage the workload.



1.4 million

Australians were unemployed at the start of the financial year



68,700+

job seekers were supported by Employment Plus



30%

of job seekers supported found employment or enrolled in education

Working hand in hand

Opportunity wasn't something Molly* had come across very often when she reached her 50s.

A single mother, Molly had dedicated the past two decades to caring for her son while also enduring mental health battles. As a result, Molly faced a barrier that's all too familiar to many older job seekers Employment Plus comes across.



With no work experience and having never properly learnt to read or write, Molly felt any attempts to find a job would be in vain. When the Employment Plus team in the Hunter region of NSW met Molly in 2016, they saw a kind-hearted woman who would be a valued team member to any employer willing to give her a chance. But they also understood that they had some work to do before she could get there.

The team ensured that Molly felt supported at every step. They connected her with our

Training Plus team, who assisted her in creating a resume and cover letter and worked with her to develop interview skills. Molly also completed a training program to help boost her employability skills before connecting with the team's recruiter, who helped her apply for suitable jobs.

The following year, at the age of 53, Molly began working. The team had found her a job as a cleaner and provided further assistance to her and her employer by providing Molly with work clothes and a wage subsidy. Molly continued in the role for a few months before finding work at a local fish and chip shop.

Then the COVID-19 pandemic hit.

Molly lost her job in mid-2020 and once again found herself at our Employment Plus office. But with a few years of work experience under her belt and buoyed by the confidence of having Employment Plus in her corner again, Molly was far more hopeful this time around. After helping Molly update her resume and providing her with assistance to get to work and register her car, the team found Molly a job with another local takeaway shop just one month later. She continues to work there today.

Over the past five years, Molly and the team have worked together to build a partnership of respect and trust. And while this has helped her to find the confidence and hope that she had been missing, more than anything, it has made her feel that she isn't alone. And sometimes, that means everything.

** Name has been changed.*

When life goes against the current

Reaching out for a helping hand is closer than you think

WORDS Dean Simpson

Have you ever been caught in a rip? For those who have, you'll know it's one scary experience!

Growing up on the NSW South Coast, I have become quite adept at spotting rip currents at the beach, and even better at telling people not to enter the surf where one has formed!

These powerful, narrow channels of fast-flowing water can move up to 2.5m per second, faster than an Olympic freestyler. Panicked swimmers often try to get out of a rip by attempting to swim straight back to shore, putting themselves at risk of drowning because of fatigue.

I first experienced this feeling as a teenager while gaining my surf lifesaving certificate. The instructor led me and a group of boys to one end of the beach where a rip was in full flow. He then ordered us, one at a time, to enter the surf and allow ourselves to be carried out by the current.

Sitting about 80m offshore was another instructor in an IRB (Inflatable Rescue Boat). As it happened, I was the first boy ordered in. I had studied the theory behind rips and how to navigate them, but nothing prepared me for the full experience, especially when the instructor yelled at me to start swimming against it.

It was no use. The current was too strong and the distance between me and the shore increased rather than decreased. The rip quickly sapped my strength, and I could feel a slight panic set in as I started to sink.

It was then that a powerful arm reached down and grabbed me. It was the instructor in the IRB. He hauled me into the boat, and

I lay on the floor gasping for breath. It was a lesson well learned.

The following week, we did the same exercise, but this time we were told to swim sideways, out of the rip, and then swim to shore. It helped, and it got me out of the rip, but I've never been a strong swimmer and once again I tired easily and felt myself sinking. I was relieved when I saw the instructor's powerful arm again reach down and pull me into the boat.

ANOTHER RESCUE MISSION

It was not long after that experience that I came across the passage in the Bible where the apostle Peter tried to emulate Jesus walking on water: "Then Peter got down out of the boat, walked on the water, and came towards Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, 'Lord, save me!' Immediately Jesus reached out his hand and caught him" (Matthew chapter 14, verses 29-31).

“

It's a well-known fact that God uses people to help people.

”

The link between my rip-current experience and Peter's experience on Lake Galilee was quite profound. And it's something I've carried with me my whole life.



There are times in life, situations you find yourself in, when you feel like you've been thrown in the deep end, and a 'rip' is carrying you away. Relying on your own strength to 'swim' out of it can be very draining.

“

Relying on your own strength to 'swim' out of it can be very draining.

”

It's not until you cry out to Jesus, "Help, I'm sinking!", that a powerful arm reaches down and lifts you up. Jesus's rescue mission could come in the form of an encouraging verse of Scripture, a close friend coming alongside

you, words of affirmation from people you know, or maybe a counselling session.

It's a well-known fact that God uses people to help people. The knowledge that I was not alone in my rip experience, that an instructor who knew what I was going through was on hand, was an incredibly comforting factor.

A verse in *The Message* Bible translation sums it up perfectly, "He [Jesus] comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us."



Scan here for more on finding meaning.

Michelle is running the race of life

Family finds a faith community at Shire Salvos

WORDS Jessica Morris



Michelle shows off her medal after completing the Sydney Marathon.

When Michelle Wheatley dropped into the Menai Salvos Coffee Spot in Sydney with her three-year-old son in 2006, she received more than a hot beverage.

Over a cuppa, she shared how she had started a playgroup but was searching for a new venue. She was told she could rent the Salvos hall and so began a journey that has led to more than 15 years of active involvement with the Menai Salvos (now part of Shire Salvos).

Holding faith in God since she was a teenager, Michelle was no stranger to church

life, but she says “something was different” at Menai Salvos. And over the next decade, she witnessed God do something incredible in her life. “I was attending another church further away, and as time went on and my son [Jonah] started kindergarten, it felt like a natural progression to worship in the community in which our family lived and went to school,” she says.

“It was important for me that my children could invite friends from their school and community to their church and the activities. Sunbeams [group for girls aged 6-10] was the first organised group my daughter Casey attended, and she absolutely loved it.

“Next, there were Christmas and Easter performances, and Menai Salvos welcomed our family.”

Michelle says she also began a journey of exploring deeper faith. “I made my first commitment to be a Christian through youth groups as a teenager ... but never publicly, rather in private. So, a public declaration was very special for me,” she explains.

“In August 2016, I undertook classes at the Salvos and was blown away learning the history and DNA of The Salvation Army, their beliefs, theology, discipleship, purpose, and promise. I identified with Catherine Booth in particular, the ‘Army Mother’, who raised a family whilst supporting her downtrodden community – no judgement ... she just got stuck into the work.



Michelle, right, with Salvo Lynn, plays an active role in community outreach and fundraising.

“So, in August 2016, I publicly stood up and declared myself an adherent of The Salvation Army, a believer in the Lord Jesus Christ, a follower, a participant in the worship, fellowship, service, and support of the Menai Corps.

“I believe that actions speak louder than words, and I love supporting our community.”

Part of her community involvement is running. When she is not running children around or running an active career as an Executive Assistant, Michelle is seen in her running shoes. She has competed in several half-marathons and completed one full marathon. This year, her goal is to run a 50km ultra-marathon.

Today, Michelle and her family call Shire Salvos home. And after experiencing the depths of God’s love through community, she loves nothing more than seeing the stranger welcomed home. “Watching people walk through the doors of the corps (church) still fills me with pride, and it honestly feels like welcoming people into my home,” she says.

“It is my pleasure to create that sense of warmth, love, and acceptance to everyone that walks towards us, be it physically or remotely.”

“

I believe that actions speak louder than words, and I love supporting our community.

”



Scan here for more on the need for community.

Lunchbox quiches



Ingredients

2 sheets frozen puff pastry, 2 rashers bacon (chopped); ½ cup grated cheese, spring onion (chopped), two eggs, ½ cup milk, salt and pepper to taste.

Method

- Preheat oven to 200°C. Grease a 12-hole muffin tray.
- Cut 12 x 8cm rounds from the pastry sheets. Carefully put them into the holes in the greased tray.
- Put bacon, cheese, and spring onions into each pastry case.
- In a jug, whisk eggs and milk together and season to taste with salt and pepper. Pour mixture into each filled pastry case until about ¾ full.
- Bake for 15-20 minutes until pastry is golden.
- Enjoy hot, or cold in lunchboxes.

Quick quiz

1. The first Winter Paralympics were held in Sweden in what year?
2. Who is the official mascot of the Beijing 2022 Winter Paralympics?
3. The most decorated winter Paralympian, Norway's Ragnhild Myklebust, has won how many medals?
4. How many events will be held during the Beijing Winter Paralympics?
5. How many Australian athletes will compete?



PHOTO: AUSTRALIAN PARALYMPIC COMMITTEE, CC BY-SA 3.0, VIA WIKIMEDIA COMMONS

Tum-Tum

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



Bible byte

I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Philippians chapter 3, verse 14
New International Version

Wordsearch

Words are hidden horizontally, vertically, diagonally, forwards and backwards. Enjoy!

D N C W P E G N I D R A O B W O N S O S
 L W I N T E R O L Y M P I C S E L A A W
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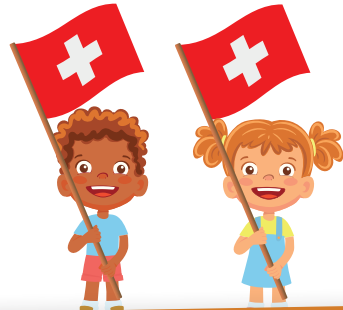
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|---------------|-----------------|
| Alpine skiing | Podium |
| Anthem | Qualify |
| Axel | Represent |
| Biathlon | Short track |
| Bobsled | Silver |
| Bronze | Skating |
| Compete | Skeleton |
| Competitor | Ski jumping |
| Curling | Skiing |
| Flag | Slalom |
| Freestyle | Snow |
| Gold | Snowboarding |
| Ice hockey | Sportsmanship |
| Medals | Winter Olympics |

HAVE A LAUGH

What did the surgeon say to the patient who insisted on closing her own incision?
Suture self.

I've started telling everyone about the benefits of eating dried grapes.
It's all about raisin awareness.

I told my doctor that I broke my arm in two places.
He told me to stop going to those places.



What's the best thing about Switzerland?
I'm not sure, but its flag is a huge plus.

DID YOU KNOW?

This year the Leukaemia Foundation (16-20 March) celebrates 24 years of the World's Greatest Shave.

More than two million Aussies have taken part in the event since it started.

An estimated 37,500kg of hair has been removed.

Since 1998, shavers have raised more than \$290 million.

Answers: 1. 1976. 2. Shuey Rhon Rhon. 3. 27 4. 78 5. 10
Tum-Tum: is hiding on the back cover.

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



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