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initiative for  
high schools

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What's in a name?

# *An oasis in tough times*

The restorative power of beauty



# SALVOS

MAGAZINE



“I don’t think of all the misery, but  
of the beauty that still remains.”

– Anne Frank,  
*The Diary of a Young Girl*





## 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



The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders, past, present, and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions, and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and well-being of people of all ages, particularly children.

# Salvos Magazine

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A day in the life of ...

## Finding the good

Who doesn't love something beautiful? Whether it's the sound of a baby's giggle, the sight of a starry sky, a small goal we achieve or a friend turning up just when we need them, these moments in life can give us a glimmer of hope and joy that can help keep us going in the good, and the challenging, times of life.

And we could all use some of that hope and energy today! Our articles this week focus on the rejuvenating power of beauty – both the glory of nature and the strengths in ourselves and each other.

Jo-anne Brown writes about seeing beyond our flaws, and those of others, letting our inner beauty shine and recognising that beauty in those around us; our stories on Salvos youth programs show how believing in others can transform their lives; and Dean Simpson shares how understanding the 'nicknames' of God can reveal the depth of his faithfulness, dependability and majesty.

God knows our weaknesses and flaws but sees us as beautiful and loves us anyway. Hopefully we can do the same for ourselves and others.

Simone Worthing  
**Assistant Editor**

# An oasis in tough times

The restorative power of beauty

**WORDS** Jo-anne Brown

I stroll around my garden, leaving behind a little trail of weeds I've been pulling out. Not everything I pull out is a weed, and not all weeds need to be pulled out. Some weeds are too pretty to be uprooted and are loved by garden pollinators. If they are not likely to suffocate other things growing in the garden, they get to stay – at least for a while.

I've been reading about beauty and how beauty can sustain and energise us in difficult times. These are certainly difficult times and discovering places of beauty around us and within us can help us live joyfully and with hope at this present time.

“

**[Beauty] can also be discovered by paying attention to the small thing right in front of us.**

”

Beauty is very subjective and not easy to define. Which plants are beautiful and should be allowed to keep growing? Which plants should be pulled out, and why? And whose opinion determines what is beautiful and worthy, and what isn't?

Years ago, we lived in a third floor apartment, with the only windows looking out onto concrete buildings on



either side of us. If I leaned out of the laundry window and craned my head up and out to the back, I could just catch a glimpse of an old walnut tree. Being surrounded by concrete, with so few glimpses of green, made my soul feel like it was shrivelling up.

I recently read that beauty is one of three virtues, along with truth and goodness, needed for a healthy society and is “a crucial part of life”.\* It's definitely necessary in my life!

Almost 400 years ago, French philosopher Blaise Pascal said, “In difficult times you should always carry something beautiful in your heart.”

## **AN OASIS**

Whatever age we live in there will be difficult times, and recognising that beauty offers us an oasis can help to sustain and encourage us. Pausing for a moment to gaze at a sleeping cat, to notice the tiny first fruit on an avocado tree, or to wonder at a dew-covered spider's web



can all provide a respite from problems that might be consuming us.

We might feel that beauty can only be found in the spectacular or perfect, which is not always easy to find. Yet it can also be discovered by paying attention to the small thing right in front of us, that at this very moment is simply beautiful. We are surrounded by beauty, and at any given time what strikes us as beautiful might be different from how we saw that same thing yesterday, or even earlier today.

Discovering the simple beauty in things around us won't change difficult circumstances, but it does do something to restore and refresh us inwardly so we can cope with those difficulties differently.

There are several aspects to beauty – the beauty of the natural world, the beauty we discover in other people, and our own inner beauty. This beauty is there for us to discover and rediscover, to experience and to share.

Most of us find it relatively easy to find beauty in nature, whether it is in magnificent mountain ranges, crashing ocean waves, or new shoots on a flowering vine. Sometimes we just need to open our eyes (and ears) to notice and appreciate what is right in front of us.

“

**In difficult times, you should always carry something beautiful in your heart.**

”

As well as the beauty experienced in nature, and despite all the negative and disturbing things happening in our world, there is much that is beautiful to discover in each other – the kindness of strangers when we least expect it, ▶

neighbours sharing a surplus of market vegetables, children laughing. When people show kindness to others, work for justice, offer hospitality or simply smile as they walk past, their inner beauty is revealed.

### BEAUTY INSIDE

It can, however, be much more difficult to discover beauty within our own self. Society has conditioned us to judge ourselves by our physical appearance, generally based on the opinion of others, and when we do we may feel we come up short.

We also recognise there is unkindness, shame, mistrust and a whole host of other parts to ourselves that make us feel anything but beautiful. We carry wounds and scars that we often try to hide, without realising it is precisely these wounds that make us beautiful.



The art of kintsugi – repairing something broken to make it precious and unique.

An honoured tradition in Japan is the art of kintsugi – repairing broken pottery using lacquer to seal the cracks and then dusting those sealed places with gold, silver or platinum. What was flawed and broken becomes precious and unique.

There is something empowering and immensely beautiful about allowing our deep inner selves to be seen with such vulnerability and rawness, and in recognising the possibilities of restoration and transformation.

The powerful thing in recognising the beauty of our flaws is the realisation that this is what unites us with all humanity. We are all broken and imperfect in some way – and we are all beautiful in some way, whether we see it ourselves or not.

We can choose to live in ways that let our inner beauty shine by:

- acting justly and with kindness
- speaking the right word at the right time
- looking for and discovering the beauty in everyone.

Yes, these are difficult days, so let's carry something beautiful in our heart and let it shine out of us!

\*Howard Gardner, quoted by Ruth Wilson. *Is Beauty the Only Necessity?*  
[spiritualityhealth.com](http://spiritualityhealth.com)

*Jo-anne Brown is a Salvation Army officer (pastor) and spiritual director in Queensland.*



Scan here for more on finding meaning.

## Salvos join march for women's safety

"It was an absolutely gorgeous evening, and there we were, planning how to keep everyone safe," said Wollongong Salvos Officer (pastor) Lieut-Colonel Lyn Edge after participating in the Reclaim the Night march in the NSW South Coast city.



On the march ... Kellie Phillips, Michelle Hackenberg, Leonie Ainsworth, Karen Hutchinson and other supporters.

Lyn explained that most women's first instinct is to assume they aren't safe, hence the discussion after the march.

"Violence against women is not okay, and against everything the Salvos stand for," she said. "Men need to take responsibility to change the situation."

Lyn assembled a group of church members to support the march because of its importance in highlighting women's safety on the streets and at home.

The Illawarra Women's Domestic Violence Court Advocacy Service organised the march from WIN Stadium to the lighthouse. The lighthouse was illuminated in purple for the event. Thirty-eight candles were lit in memory of the 38 women who were killed in domestic violence situations this year in Australia up to the time of the march.

"It was great to have support from the church because we need to do anything to keep attention on the impact of violence against women," Lyn said.

Reclaim the Night is an international movement responding to violence against women. It began in the mid-1970s, partly in response to women being told by the police that they shouldn't go out at night if they wanted to be safe. An important principle behind the movement is that everyone has the right to feel safe and to be safe.

Michelle Glasgow from the Illawarra Women's Domestic Violence Court Advocacy Service said while the march had been held in Wollongong for several years, 2021 felt like a "cultural shift".



In a marching frame of mind ... (from left) Lieut-Colonel Lyn Edge with local Salvos.

"There has been a cultural shift in the younger generation saying this is not behaviour we're going to tolerate anymore," she said in an article that appeared in the *Illawarra Mercury*.

– **Cliff Worthing**

# Salvos take Positive Lifestyle Program back to school

New youth initiative for high schools

**WORDS** Anthony Castle

The Salvos Youth and Young Adults team is launching an adaptation of its Positive Lifestyle Program (PLP) specifically for young people in high schools.

The aim is for youth leaders, mentors and other caring adults to use the tool to help young people flourish, navigate the pressures of adolescence and become their best selves.



Salvos Young Adults Team specialist John Marion presents a number of training videos as part of the Positive Lifestyle Program launch into high schools.

“PLP is a personal growth course that looks at a range of life skills, like emotional regulation, decision-making, self-esteem and self-awareness,” says John Marion, Youth Specialist in the Salvos National Youth and Young Adults team. “It’s the important developmental skills, the building blocks of being healthy people, that adults usually do in one-to-one settings.”

PLP has been an integral part of the Salvos’ mission for more than 25 years. Aligned with the vision of transforming

lives, the program can consist of group or individual sessions, delivered by a trained facilitator and designed to equip participants with personal life skills.

“We believe that these are valuable skills that everyone needs as they grow and develop,” says John. “High schools are where young people are, and if The Salvation Army wants to engage young people, we need to be where they are. This is a way we can partner with high schools to engage young people about their skills and needs.”

## **BUILDING TRUST**

PLP runs over nine sessions, taking young people on a journey side by side with a facilitator. Adapting the program for use in high schools can become a form of early intervention for those young people who need it.

“Throughout their course – this builds up trust and often a friendship,” explains Robyn Lorimer, National Secretary for Spiritual Life. “If we can encourage young people to start thinking about their reactions to things such as relationships and anger management, it is our hope that as they start moving more into adulthood they have developed skills to be able to manage these emotions.”

The past three years have seen widespread disruption to young people’s mental health and development. Recent studies have found that COVID-19 has





been a challenge for their emotions and education, and adults may need new tools to guide them forward.

“Young people face a range of stressors and challenges in adolescence, related to their development and the world,” John says. “PLP gives young people some tools and ideas to navigate these challenges and people they know who can support them. It gives them the language to take what’s happening in their lives and put it into words, to ask the right questions.”

### PEER SUPPORT

While PLP often takes place in a one-on-one setting for adults, the new program adapts the format for group work with young people, using the power of peer support.

“The opportunity we have with this new course is that we know the roles that peers play in shaping and influencing each young person,” John says. “Young people work better in groups, and it’s more fun. It’s a process where they talk, hear the views of others, explore new ideas, and they can articulate what they are feeling together.”

With PLP going back to school, a proven resource is now able to make a difference for younger demographics.

“I love this program and all it has to offer,” Robyn says. We are seeing people’s lives changed.”

The Positive Lifestyle Program for High School is now available on The Salvation Army’s Youth and Young Adults site, with some of the program’s sample material available as well.

“Tools like PLP help adults who care about young people to make a difference in their lives,” says John. “Anyone interested in making a difference in the development of young people can head to the site for training and tools.”

*For more information and downloads, go to [salvationarmy.org.au/youth-ya/plp-for-high-school](https://salvationarmy.org.au/youth-ya/plp-for-high-school)*



Scan here for more on the need for community.

# What's in a name?

Labels that reveal a person's true character

**WORDS** Dean Simpson

For the first 25 years of my working career, I was a sports journalist. Yep, I got paid for watching sport.

I had the privilege of working on sports desks for newspapers throughout Australia and the United Kingdom, covering everything from local sports competitions to World Cups and Olympic Games. I rubbed shoulders with some of the world's best sportsmen and women and worked alongside some incredibly gifted sports writers and editors. I loved it.

One peculiarity in the 'world of sport' – and this might seem like an odd thing to point out – was that everyone, the players and quite often the sportswriters – seemed to have a nickname. It kind of went with the territory.

Some nicknames were coined for headline purposes only – for example, the great Australian swimmer Ian Thorpe was the 'Thorpedo'. Sprinter Usain Bolt was known as 'Lightning'. And Muhammad Ali was 'The Greatest'. AFL legend Gary Ablett Snr was 'God', golfer Greg Norman was the 'Shark' and cricketer Shane Warne was the 'Spin King'. And rugby league player Wally Lewis was simply 'The King'.

Males are more often given nicknames than females, but over the years there's been a few famous ones: tennis player Martina Hingis was the 'Swiss Miss', Australian Diamonds netballer Susan Fuhrmann was the 'Fuhrmannator' and

two Australian sprinters from the 1950s and '60s earned memorable monikers – Betty Cuthbert was the 'Golden Girl' and Marjorie Jackson the 'Lithgow Flash'.

Some sport stars received nicknames that stuck, whether they liked it or not, and they were better known by this name in general life. AFL player Tony Lockett was simply 'Plugger'. Leigh Matthews was 'Lethal'. Tennis legend Rod Laver was 'Rocket'. Aussie cricketer Ellyse Perry was 'Pez' and Mark Waugh was 'Junior' because he was born four minutes after his twin brother Steve. Surfer Sally Fitzgibbon is just 'Sal', and probably the most famous of them all is Eldrick Tont Woods ... universally known as 'Tiger'.

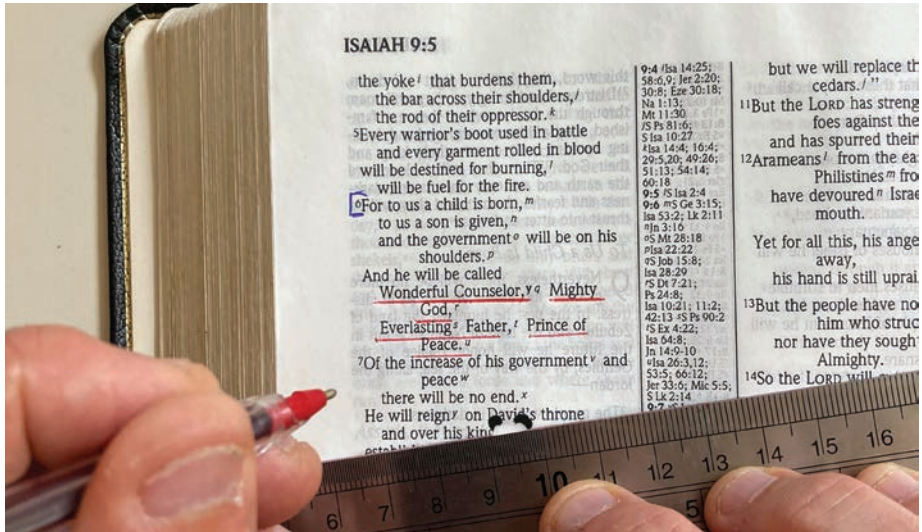
“

... and his name shall be called Wonderful, Counsellor, Mighty God, The Everlasting Father, Prince of Peace.

”

## NEWSROOM NAMES

Nicknames in the newspaper sports office, however, went to another level from a comedic point of view, and were often based on a person's personality or performance when the pressure of a deadline was at its most intense.



Some of the best news-desk nicknames I came across were: ‘Bushranger’ Bob, who held everyone up; ‘Wheelbarrow’ Wayne who only worked when he was pushed; ‘Sensor Light’ Larry, who only seemed to operate when someone walked past; ‘Noodles’ Noel, who seemed to take only two minutes to do any job; and poor old ‘Deck Chair’ Charlie, who always folded under pressure. And how can I forget Barry the ‘Blister’, who only appeared when all the hard work was done!

All of these nicknames, whether sporting icons or work colleagues, revealed a little about who they were, or what they’d achieved or how others perceived them.

**NAME ABOVE ALL NAMES**

Nothing, however, comes close to the ‘nicknames’ associated with God. Yes, God has nicknames! In fact, in the Bible, there are about 950 names and titles attributed to him. Now that’s a lot of names!

All his names – from his personal name, Yahweh, to the ones that describe his

actions and character – reveal who he is. From ‘Abba Father’ and ‘Ancient of Days’ right through to ‘Jehovah’, ‘El Shaddai’ and ‘Adonai’, describing the character of God is an almost endless list of superlatives – omnipotent, deliverer, marvellous, faithful, faultless ... Lord of Lords, King of Kings, Saviour.

I once tried to underline, in red pen, all the names of God that I could find in my Bible. Needless to say, my pen nearly ran out of ink! But what a wonderful exercise it was. The simple act of hunting for the myriad names attributed to the Lord Almighty in the Bible built a solid image in my mind of the heart and character of God that has stayed with me over the years.

I challenge you to try it sometime.



Scan here for more on finding meaning.

# A day in the life of ...

Guiding young people on the path to independence

**Daniel Smith has been a chaplain to Salvation Army Youth Services in Western Australia for four years, working with young people in the metro services. He recently spoke with *Salvos Magazine* writer Anthony Castle about his role.**

## **Anthony Castle: What does an average day look like for you?**

**Daniel Smith:** Our Youth Services offer a suite of services. There's Oasis House and Landsdale House, which are residential care facilities for young people 15-18 who are still in the care of the department. Our Independent Living Program is for young people experiencing, or who are at risk of, homelessness. Our Transition Support Services offer case management for those leaving care, helping them transition to adult independence.

“

**Every problem is an opportunity for learning.**

”

As a chaplain, I engage each of those services and offer support to staff and clients. I offer pastoral support, build relationships or help clients with appointments. Sometimes it's spending time together, sometimes it's helping with the bigger things.

## **AC: What types of young people do you work with?**

**DS:** In the Independent Living Program, it can be flexible with young people. We



Daniel and his wife Shella, who loves seeing Daniel “come alive” in his role.

can have a single parent with a child, or two young people as roommates. We can work with young couples with children too. In Transition Support Services, we work with young people leaving care. The challenge there is identifying the gaps in their learning. Young people are good at covering up for themselves and not showing those gaps. We have young people who may not know how to read, but they are good at skirting around it. Unless you ask about it, you wouldn't know.

## **AC: What methods and mechanisms do you use to help with those gaps?**

**DS:** We use a collaborative approach, looking at what the young people need

and seeing what services there are to meet their needs. If a local church has a good emergency relief program, we might take them there for food assistance. That way, they know where to go once we're out of the picture. We introduce young people to a wider network and to other people with similar experiences, and it builds their own support network.

We had a number of young people who were having babies, so we started a young parents' group. Out of that, good relationships were formed, with people looking after each other's children and supporting each other.

**AC:** In a sense, your job is really to help them over the final leg of adolescence. It's modelling adulthood so they can become one themselves and move on.

**DS:** In good youth work, you're trying to help young people become independent citizens. It's strength-based, building up their efficacy, their self-confidence. We'll walk them through something. Someone may not feel comfortable on the phone, so you make the doctor's appointment for them. Then the next time, you remind them of how it was done, sit beside them, and help them think of the prompts for it all. The next time they need a doctor's appointment, you can say, "Remember the last time we did this?" You use that experience to transition to other domains; it applies to budgeting, or whatever skills they need. Every problem is an opportunity for learning.

**AC:** What difference does it make?

**DS:** You can have really good days when kids are kicking along, and then you can have young people who are in continual crisis. In that moment, you ask yourself, does it ever get better for



this young person? But then you see a young person get their driver's licence or get their keys for the first time. You see these turning points in young people's journeys. When there is a supportive and consistent adult in a young person's life, it makes all the difference.

We refer to the idea of unconditional positive regard, which means they can shout and yell and kick-off, and we'll put boundaries around that, but they can come back the next day and know that the support will still be there. We understand that those things still happen and plan around it, but with good support you see those things reduce over time. That alone is transformational for the young person.



Scan here for more on the need for community.

## Vegan pavlova



### Ingredients

**Meringue:** 1 cup aquafaba (drained from 1 can chickpeas), 2½ cups icing sugar, 2 tbsp cornflour, 1½ tsp white wine vinegar, 1 tsp vanilla.

**Topping:** 2 cups whipped coconut cream (or other non-dairy whipped cream), chopped fruits of your choice.

### Method

- Preheat oven to 180°C.
- Whip the aquafaba until it forms stiff peaks. Slowly add the icing sugar. Beat until mixture is fluffy.
- Mix in remaining ingredients on low speed.
- Scoop mixture onto lined baking tray. Make a circle of meringue, around 20-22 cm in diameter.
- Put pavlova in oven and reduce heat to 150°C. Bake for 90 minutes and turn off oven.
- Prop oven door open and let pavlova cool completely.
- Once cool, add a dollop of whipped coconut cream and spread it around.
- Top with a mixture of your favourite fruits.

## HAVE A LAUGH



What's the fastest vegetable?  
**A runner bean.**

What's small, red and whispers?  
**A horse radish.**

What vegetable do chickens grow?  
**Eggplants.**

What vegetable did Noah  
leave off the ark?  
**Leeks.**

What kind of flower shouldn't  
be put in a vase?  
**Cauliflower.**

# Sudoku

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

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



# Quick quiz

1. Approximately how many animals are bred, raised and killed for food in Australia each year?
2. Are products made with yeast or bacteria vegan?
3. What does a vegan diet exclude?
4. How many nuts does the average Australian eat every day?
5. What are some popular substitutes for meat?

# Tum-Tum

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



# Bible byte

"For a child is born to us ...  
And he will be called: Wonderful  
Counsellor, Mighty God, Everlasting  
Father, Prince of Peace."  
Isaiah chapter 9, verse 6  
*New Living Translation*

**Quiz answers:** 1. 600 million. 2. Yes. 3. Animals and their by-products. 4. 4.6 grams. 5. Lentils, tempeh, mushrooms, Tum-Tum: is hiding under the ruler on page 11.

**World Vegan Month (November) was established in 1994.**

**Approximately two per cent (around 500,000) of Australias are vegan.**

**Almost 2.5 million Australians eat a diet of all or almost all vegetarian food.**

**Around 10 million Australians are eating less red meat.**

DID YOU KNOW?

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

# Too many families like Annie's can feel Christmas slipping away...

*"Doug and I were in a really bad place heading into Christmas. There was a week we didn't have much food in the cupboard. That was rock bottom for me." - Annie\**

Every day, in the lead up to Christmas, thousands of Australians will find themselves facing crisis. By supporting The Salvation Army Christmas Appeal, you will help Aussies facing hardship.

**Donate today.**



**Christmas Appeal**

\*Names changed to protect privacy.

