

NEWS

Gone fishing

FAITH TALK

Patriarchy
and power

MY STORY

The courage
to start again

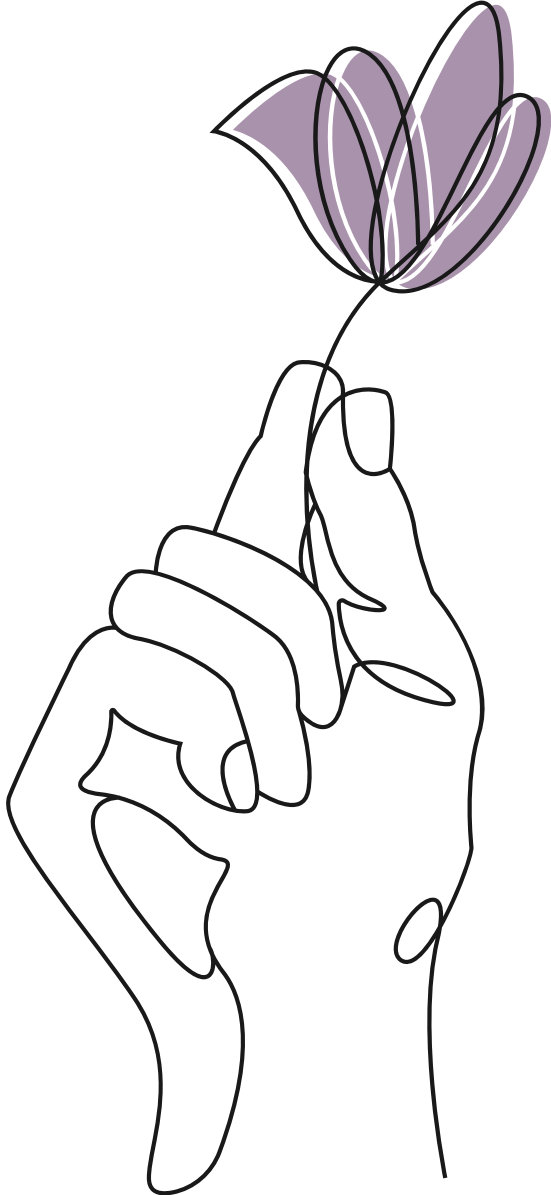
International Women's Day

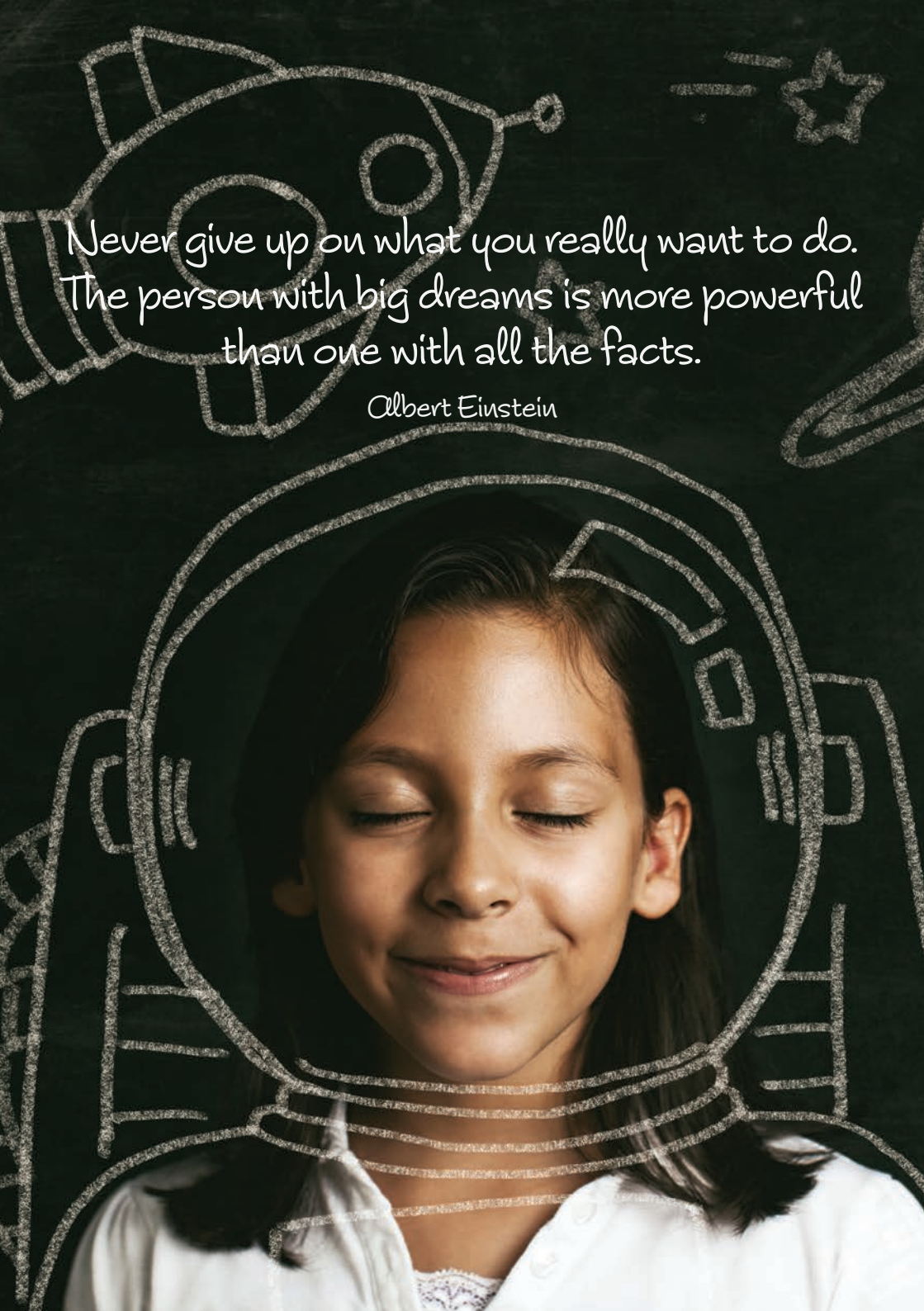
Highlighting the rights of women to a life free from violence



SALVOS

MAGAZINE





Never give up on what you really want to do.
The person with big dreams is more powerful
than one with all the facts.

Albert Einstein



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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A gender-equal world

'Break the Bias' is one of the themes for International Women's Day on 8 March. We are all responsible for our own thoughts and actions, and can all contribute to breaking our biases, as well as those in our families, communities, workplaces, schools, universities, and churches.

The campaign encourages everyone to imagine and work towards a gender-equal world free from bias, stereotypes, and discrimination; a world that is diverse, equitable, and inclusive; and where difference is valued and celebrated.

The global and national statistics around women and their access to human rights, equal pay, education and employment opportunities, as well as the skyrocketing rates of family violence and assaults, show that the mobilisation against patriarchy, misogyny, sexism and entitlement, must continue.

In this edition, we look at how the Salvos are working with victim-survivors of domestic and family violence, and the impact this is having in changing lives.

At the time of Jesus, women were not equal with men either. However, he challenged the cultural and religious norms of the day by including, enabling, and empowering women. There is no doubt that everyone is equal in the eyes of God.

Simone Worthing **Assistant Editor**

A day in the life of ...

Highlighting the rights of women to a life free from violence

Over the coming months, *Salvos Magazine* will feature different people from all walks of life who are part of the varied work of the Salvos across the country. In conjunction with International Women's Day on 8 March, below we feature Sonali, Team Leader – Family Violence Programs, in North-West Victoria.

Salvos Magazine: Can you give us an overview of your role?

Sonali: One of the two programs I manage is a short-term 24/7 refuge for women escaping family violence. The second is an after-hours crisis response program named NCARS (Northern Crisis Advocacy and Response Service). NCARS provides after-hours crisis intervention support to victim-survivors across Hume/Moreland and the North-East Metropolitan Area who have recently escaped family violence and are accommodated in emergency accommodation.

The 24/7 high-security refuge provides short-term crisis accommodation and support to adult and child victim survivors escaping family violence. Client stays range between

seven to 21 days and can extend further, depending on identified needs. We are a trauma-informed, client-centred service, and we co-case manage with our referring organisation, Safe Steps – Victoria's 24/7 family violence response centre (safesteps.org.au). We prioritise client needs based on their safety, wellbeing, and risk in their current moment of crisis.

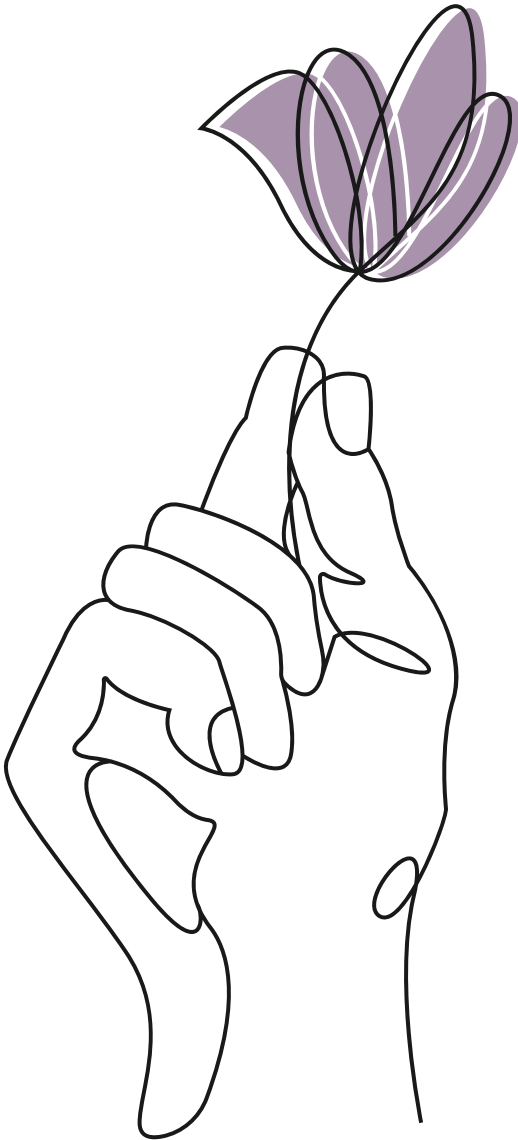
Our five units at the refuge usually accommodate about 15 adults per month, plus children. Due to the impacts of COVID-19 and challenges with securing housing, our numbers have dropped by half, with clients staying for an extended period.

Referrals to NCARS are received via Safe Steps, The Orange Door, specialist family violence service providers in the region, police, and hospitals. Support is tailored and provided through risk management, safety planning, advocacy, incidental counselling, material aid, family violence psycho-education, information, advice, and referrals.

In a month, NCARS can receive between 20-50 referrals. As COVID-19 restrictions began to ease, we witnessed a spike in referrals as women and children found it safer to reach out for support.

Teams from both programs support adult and child victim-survivors who have made the risky and crucial decision to leave the perpetrator and have been assessed at a level of serious risk, requiring immediate protection.





In supporting clients, staff navigate several complex factors and systematic barriers across legal systems, mental health, AOD, homelessness, financial services, migration, and similar. This highlights the enhanced skill-set of practitioners across both teams.

Foremost, we provide clients with a safe and welcoming space and encourage them in their journey to healing and recovery, building on their strengths and capacity towards self-empowerment.

It is an overwhelming, stressful, and emotional time for victim-survivors, and, as a team, we make it a point to be wholly present, listen, believe, and holistically validate their lived experiences. All staff ensure that every victim-survivor's experience and journey is underpinned by inclusivity, warmth, care, compassion, and respect.

SM: What's the first thing you do when you arrive at work (even if that's at home!)?

S: Given that I cover two 24/7 programs, establishing my priorities is critical.

I mainly work from the refuge and from time to time from home. Every day looks different. As a team, we meet each morning to prioritise, plan for the day, review the hand-over, and case consult. I immediately action anything critical that is highlighted. I highly appreciate my team and commend their knowledge, skills, passion, and commitment.

I am also involved in several leadership, strategic planning, and collaborative partnership meetings. My role also requires me to manage rosters, submit reports, review referrals, consult with stakeholders, support payroll, HR, and recruitment needs, and oversee property maintenance and management. It does get quite busy.

The team advocates and supports clients in accessing benefits, opening bank accounts, applying for TFNs and Centrelink, and ►

conducting risk assessments and safety planning. They support clients to attend police stations, report breaches, property retrievals, apply for intervention orders, coordinate court hearings, liaise with child protection, GPs, legal services, migration agents, and the like.

Exit planning from the refuge is another crucial focus. Every effort is made to ensure that victim-survivors make informed decisions and their voices are heard – whether they move to a long-term refuge, private rental, or return to their properties with safety measures in place.

At times, we see NCARS clients transition to the short-term refuge and further onto Salvos long-term refuges. We appreciate this opportunity to provide ongoing support.

We strive to embed inclusive practice within the Family Violence stream. We support clients from diverse backgrounds – clients from Culturally and Linguistically Diverse communities, ATSI, the LGBTQIA+ community, and clients with a disability. We support numerous victim-survivors on temporary visas who receive no income. As someone recently said, “Exclusion is assumed unless inclusion is explicit.” This really stuck with me.

SM: What’s the most challenging part of your work?

S: There aren’t enough hours in the day! There are so many reforms taking place within the family violence sector as well as changes within the organisation, so keeping abreast, staying up to date and facilitating change management can be a challenge.

SM: What’s the most rewarding part of your work?

S: I love what I do! Being given the opportunity to wake up every day and fight for social justice alongside a like-minded team, under great leadership, is highly rewarding. To work towards establishing a world free

from violence is what drives me. I am passionate about supporting women and children experiencing family violence and to witness them regain control of their lives, build on their inherent strengths, and empower their resilience. This makes me smile every day.

It is such a privilege to witness both my teams place victim-survivors at the centre of their practice, address the gendered nature of violence, manage risk, safety, and ensure perpetrators are held accountable for their actions, contributing to breaking the cycle of violence

SM: How has COVID-19 affected your work?

S: Perpetrators use COVID-19 as a control tactic to further isolate and silence women, preventing them from accessing support and resulting in an increase of frequency and severity of violence in the home. This has hugely impacted referrals into our service.

COVID-19 has also changed the way we work and encouraged a rapid review of our service delivery model across programs – keeping clients’ best interests in mind.

Specialist family violence practitioners were supported to work from home, access E-vouchers, and provide phone-based incidental counselling. There was a shift in court hearings, Centrelink payments and IVO applications were moved to an online platform, Telehealth has replaced in-person appointments.

SM: How do you see your work achieving the mission of the Salvos to transform lives?

S: I hold the Christian faith very close to my heart. It is a privilege to work for The Salvation Army, whose values, and mission (see page 3) reflect my own. I remember whispering a prayer long ago, asking God for the opportunity to work in a Christian organisation where my gifts, efforts, talents, and



work give back to him and support his work on earth. This role is an answer to prayer and further confirms his plan for my life – for which I am grateful. Every day I am given the opportunity to work for justice, care for people, build healthy communities, and create faith pathways – thus living my calling.



Scan here for more information on Salvation Army Domestic and Family Violence Services.

GETTING HELP

- In an emergency – **000**
- 1800RESPECT (**1800 737 732**)
- Salvation Army services – salvationarmy.org.au/need-help/family-and-domestic-violence/learn-more-about-domestic-violence/
- Safe Steps on **1800 737 732** or visit safesteps@safesteps.org.au
- Lifeline – **13 11 14**
- Kids helpline – **1800 55 1800**
- Suicide Call Back Service – **1300 659 467**
- Beyond Blue – **1300 22 4636**

Breaking the bias on International Women's Day

WORDS JANINE DONALDSON

International Women's Day allows us to consider the progress made on issues that celebrate the social, political, cultural, and economic achievements of women. The day draws attention to the need for accelerating action around women's equality.



Janine holding her baby granddaughter, who is smiling at her grandfather.

Recently, while with my eight-month-old granddaughter, I affirmed her. "You are beautiful, you are kind, you are strong, you are clever, you are created in the image of God." This little life inspires me to be the best I can be.

International Women's Day gives us the opportunity to celebrate the women who have inspired us. I read a quote recently that made me question, "What have I achieved in my ministry as a woman? What have I contributed that has made a difference?"

Rather disappointingly, and to my frustration, my answers were not what I would have liked them to be. Despite all that has changed for women, there is still so much more to

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Women are the largest untapped reservoir of talent in the world.

– Hillary Rodham Clinton

”

do. While we celebrate all women who have inspired us, incredible women who have forged the way by their example and dedication, we acknowledge there will always be so much more in front of us.

When I reflect on my story and life experience, I hope that having the confidence to be me has empowered others to do the same – to be themselves. When you know who you are, you can make a difference. It's important to write your story and make it the best it can be.

International Women's Day is the day to reach out to those who have inspired, encouraged, and supported us. Use who you have been created to be to empower, inspire, and encourage someone else in your life. Maybe today is a great day to recommit to this.

Commissioner Janine Donaldson is the Co-leader of The Salvation Army Australia.

*We can all
#BreakTheBias*

Fishing trip a reel highlight for aged care residents

A group of residents from the Salvos Rosedurnate Aged Care Centre in Parkes (NSW) have been on what they hope will be the first of many fishing trips.

Facility Lifestyle Coordinator Jaide Stewart said the trip was to the popular ski dam area on nearby Lachlan Lake, followed by a barbecue lunch. The centre arranged the outing, while fishing gear was provided by the National Disability Insurance Scheme (NDIS) staff at the centre.

"The residents came to us with the idea," Jaide said. "We're going for fun. We'll release the fish back to the dam."

The event was so well received that it will take place each month.



The group of anglers enjoying their first fishing trip.

"We'll just try all different fishing holes that the residents used to fish at," said Jaide.

"Some of the group said the trip was more than just a day out. It was the highlight of their month."

Bringing warmth to battling Bulgarians over winter

Leaders and volunteers from The Salvation Army in Bulgaria have been delivering warmth in the form of firewood and the gospel message to people in and around the capital, Sofia.

As part of the initiative, Captain Eduard Lebedev, Australian Captain Kathleen Johansson, Lieutenant Erik Johansson, and volunteers took two large vans to deliver 170 sacks of firewood to 17 families in the small village of Tran, near the Serbian border – a 150km round trip from Sofia.

Kathleen said the firewood would last the families about 4-6 weeks. Each year, the Salvos in Eastern Europe distribute funds around its regions as part of its Winter Relief initiative to help vulnerable families and children.

Along with the firewood delivery in Tran, the Salvos in Bulgaria provided shoes for children at a temporary relief shelter and gave out new blankets to 50 children and their families.



Eduard Lebedev with a resident of Tran and a welcome delivery of firewood.

Patriarchy and the abuse of power

Subordination of anyone is not part of God's plan for human relationships

WORDS STAR CONLIFFE

"I didn't want his sympathy, I wanted him to use his power as Prime Minister." You might be familiar with these words, spoken by Brittany Higgins in her National Press Club address last month. She was talking about the response from the Prime Minister in relation to her allegation that she was raped in her workplace, a minister's office at Parliament House.

This use and abuse of power was also raised by Grace Tame, 2021 Australian of the Year, in her speech. She stated: "Sexual assault, child sexual abuse, and domestic violence are all linked by this common thread; the abuse of power."

“

Jesus taught a way of living that sets us all free from a model of power based on hierarchy and control ...

”

It's well-known that violence against women is deeply rooted in gender-power imbalances. Wherever women are viewed as inferior to men and assigned a lower social status, resources, and opportunities, the incidence of domestic and family violence (DFV) increases. Gender-power imbalances are reinforced by



harmful patriarchal gender norms and stereotypes that disempower women. While anyone can experience DFV, it is overwhelmingly men who commit domestic and sexual violence against women.

“

It's well-known that violence against women is deeply rooted in gender-power imbalances.

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While the prevalence of DFV in the Australian community is difficult to measure, we do have reliable statistics indicating that Australian women experience violence in their relationships at devastating rates. On average, one woman is murdered each week by a current or former partner or another family member. Intimate partner homicide and violence is the greatest health risk factor for women aged 25-44 and is the single greatest cause of homelessness for women and child protection notifications. Every two minutes across Australia, the police are called out to a DFV incident.

CHRISTIAN PATRIARCHY

You might be surprised to learn that DFV is just as common in Christian homes. A recent report from the National Anglican Family Violence Project found the incidence of intimate partner violence to be the same or higher within Anglican families than in the general Australian public (44% compared to 38%). They concluded that Christian teachings sometimes contribute to situations of domestic violence and that perpetrators misuse Scripture and positions of power in their church or family to justify their abuse.

Some Christians still misuse the Bible to insist

that we should have strict gender roles and that a woman's place is under the authority of men. The idea that God made women subordinate to men is called 'Christian Patriarchy'. Christian patriarchy creates gender-power imbalances that hurt women. I know this to be true because I have counselled many Christian women who have disclosed their experiences of DFV to me. Often, Scripture has been used as a weapon against them to force them to stay in violent marriages.

GOD'S PLAN

In The Salvation Army, we don't hold to Christian patriarchy. The subordination of any group of people to another, whether due to gender or skin colour or any other attribute, was never part of God's good plan for human relationships. Jesus taught us a way of living that sets us all free from a model of power based on hierarchy and control, including within our family relationships. For this reason, The Salvation Army is working to correct our past mistakes and ensure there is gender equity in all levels of our organisation.

If you are currently experiencing domestic or family violence, please reach out to your local Salvation Army for support. Also, see **contact numbers on page 7**.

If you'd like to learn more about preventing violence against women and children, check out these links:

handbook.ourwatch.org.au
saferresource.org.au

Lieutenant Star Conliffe is a Salvation Army officer (pastor) in Victoria.



Scan here for more information on Salvation Army Domestic and Family Violence Services.

The courage to start again

Becoming part of the Salvos 'family' has empowered Yas to build a new life after years of family violence

WORDS YAS*

I was born in the Middle East, where I met my now ex-husband, Arash*. My father wasn't happy about our relationship, but in the end, he allowed our marriage.

The violence began early. It was mainly verbal – bullying and putting me down. It got physical when he was very angry. After each occasion, Arash would apologise, buy me something, and say he wanted to keep the marriage – but it kept happening. He even beat me badly when I was heavily pregnant. The baby survived.

He would flirt with other women, and when I found out he'd had affairs, he apologised and said it wouldn't happen again. But it did.

“

The Salvos are my main support here, and I am so grateful.

”

Once, after I discovered an affair, he was extremely physical in his abuse. I called the police, but they only told me that women don't have rights in this country and not to get divorced. My father wouldn't take me back either but encouraged me to stay with Arash because of our children.

But I wanted support to stop the violence, separate, and divorce.

Our second child was born a few years later, with physical challenges. Arash blamed me, made fun of me, and gave me no support. In my birth country, people look down on you if you have such challenges. I didn't want my child growing up like this.

The abuse and affairs continued for more than 10 years. I finally convinced Arash to come to Australia to give our kids a better future.

AUSTRALIA – VIOLENCE CONTINUES

We arrived in Australia in 2021 with our two children.

The physical violence stopped for a while as Arash was afraid of getting arrested. But the psychological abuse continued.

Arash returned to the Middle East a few months later, telling me he needed to think about his future. He left us a small amount of money, saying there would be no more. He called each night, telling me he wanted a divorce.

I didn't get help because I didn't know the Salvos or other support existed. I rented a place and enrolled the kids in school.

Arash returned. He said he was taking me back home, accused me of having relationships with other men, and constantly checked my phone.

One day he took me to a room and hit me badly. My older child tried to save me and pulled Arash into the backyard.

I grabbed the phone and called the police. They were there within minutes. Arash was



arrested and placed into custody. I returned to the house. Once Arash was out on bail, I called the agency who had offered to help me relocate, and they referred me to a Salvation Army refuge.

I left with only a small suitcase and no money. My younger child is with me and, for now, my older child has returned to his birth country.

SALVOS FAMILY

The Salvos have supported me financially, with accommodation, and getting my younger child settled into school. They are also assisting me with psychological, emotional, and spiritual support, and are organising counselling and other programs.

The Salvos are my main support here, and I am so grateful. They help me every time I have a problem. We are a family and support each other. Even though I live in a country away from my family, with a different language and culture, I live in peace. It's so valuable.

I see hope, a new beginning. I want to study, get a job, and start again. Money is

important, but it has brought me pain and torture. What matters is having a peaceful life, and a future for my children.

To other women, I would say, as much as keeping family together is important, so are you as a person, and feeling happy in life. The more you stay in a violent relationship, the more you lose your confidence and energy, which doesn't help you or your children.

You must value and respect yourself. We women are strong, and we can let go of violent relationships and rebuild our lives.

**Name has been changed*

Family violence occurs in all cultures and communities, and across all demographics including age, gender, and socio-economic status.



Scan here for more on the need for community.

Baked chorizo risotto



PHOTO: STOCK / GETTY IMAGES

Ingredients

500g chorizo, 2 brown onion, 4 cloves garlic, sprigs of oregano, 2 cups arborio rice, 4 cups water, 40ml chicken stock, punnet cherry tomatoes, 60g shaved Parmesan cheese, 40g butter, 200g baby spinach leaves, olive oil.

Method

- Preheat oven to 220°C.
- Roughly chop chorizo, finely chop onion and garlic, and pick off oregano leaves.
- In frying pan, cook chorizo in olive oil until golden (4 minutes), add onion until softened (4 minutes), then add garlic and oregano, cooking until fragrant. Stir in rice until combined.
- Add water and chicken stock, stir well then bring to boil. Transfer risotto to baking dish, cover and bake until liquid is absorbed, and rice is cooked (about 25 minutes).
- Halve cherry tomatoes, place on lined baking tray, drizzle with oil, season and toss to coat. Roast until blistered (20 minutes).
- When the risotto is cooked, stir in Parmesan cheese, butter, spinach, and roasted tomatoes. Enjoy!

FUNNY THINGS KIDS SAY

A three-year-old put his shoes on by himself. His mother noticed the left was on the right foot and said: "Your shoes are on the wrong feet." He looked up at her with a raised brow and said, "But Mum, they're my feet!"



A Sunday school teacher asked his class, "Do you think Noah did a lot of fishing to feed his family when he was on the ark?". One boy replied, "No, how could he, with just two worms?"

SIGNING IN



Sudoku

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

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

Tum-Tum

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



Bible byte

"Blessed is she who has believed that the Lord would fulfil his promises to her!"
 Luke chapter 1, verse 45
New International Version

Quiz answers: 1. 6 March 2. Ian Kierman 3. Sydney Harbour 4. Bob Hawke 5. Clean Up the World 6. The Rubbish Report
Tum-Tum: is hiding behind the sign on page 14.



PHOTO: STOCK/GETTY IMAGES

Quick quiz

- When will Clean Up Australia Day 2022 be held?
- Who started it after being appalled by the rubbish he saw in the oceans while sailing?
- Where was the first Clean Up Australia Day held in 1989?
- Which prime minister launched the first Clean Up Australia Day in 1990?
- In 1993, the concept was taken overseas and called what?
- What is the name of the document released each year by Clean Up Australia?

DID YOU KNOW?

International Women's Day is celebrated each year on 8 March.

The only event women could enter in the 1924 Winter Olympics was ice skating. Fifteen women competed.

Wonder Woman (2017) was the first superhero film starring a female lead (Gal Gadot) to be directed by a woman (Patty Jenkins).

The nearer a mother lives to the equator, the more likely she is to give birth to a baby girl.

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

*“We unite to pray for a world
where all women and girls
can flourish and live out
their God-given potential.”*

Commissioner Janine Donaldson

We can all #BreakTheBias

International Women’s Day

8 March 2022

