

FEATURE
Making friends
as an adult

FAITH TALK
Keeping the
joy in life

MY STORY
When silence
is golden

Friendship that refreshes the soul

Making the world a more beautiful place



SALVOS

MAGAZINE





**“We tend to think love
is a feeling, but it is not.**

**Love is an action;
love is something
we do for others.”**

- Desmond Tutu



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

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The value of friendships

As humans, we are social beings designed for connection, community, and relationships.

We all need – as the COVID-19 pandemic has graphically shown – meaningful and frequent contact with other people. Close friends and family top the list for most, but other important relationships include those with groups we belong to, neighbours, colleagues, and acquaintances. Even a smile from a fellow shopper, walker or parent at a park – often from behind a mask – can lift our sense of community and hope.

We look at friendships in this edition of *Salvos Magazine*, focusing on the difference kindness can make in all our relationships. Perhaps, as author Jo Brown suggests, kindness is what the world needs more of in these challenging times.

Jessica Morris gives some suggestions around making new friends as an adult – helpful tips in our often online-focused world. In *My Story*, Dean Simpson shares a heartfelt account of the power of just being there for friends, of sitting in supportive, caring, and prayerful silence during some of life's darkest moments, and the impact that presence can have.

For these stories and more, check out salvosmagazine.com.au

Simone Worthing **Assistant Editor**

Friendship that refreshes the soul

Making the world a more beautiful place

WORDS Jo-anne Brown



It was a moment between mask-wearing mandates. I smiled at a woman in the supermarket, and when she smiled back, I was filled with joy! It wasn't just her eyes that smiled at me, but her whole face. I realised how long it had been since we had been able to connect with each other in ways that we used to – to see faces, hug each other, and not worry about keeping our distance.

I think of a grandmother finally getting to hold her two-year-old granddaughter, of sisters embracing for the first time in two years, and of countless others still waiting and longing to be together again, to hold each other and to connect in ways that are not on-screen and online.

Yes, it has been wonderful to connect online, over the phone, and using other technologies. This has helped us stay in touch with people we love, show we care, laugh, and weep together. Yet these ways of connecting have perhaps reminded us of how important it is to actually be together, just to enjoy each other, to be able to touch and hold.

VALUING FRIENDSHIPS

Amid all the uncertainty and anxiety about social and family gatherings, we have become aware, more than ever, of the importance of friendships and relationships. We are, after all, created to connect and be in relationship with others. Caring, authentic relationships bring out the best in us. True friendships

encourage us to be positive, hopeful, strong when we feel like giving up, and brave when we face difficulties.

Some of the friends I value the most, regardless of how long I have known them, make me laugh, think, cry with me at times, listen to me, and challenge me to be a better person. We share our hopes and dreams, stories, problems, and fears. In such sharing, as we listen deeply to each other, we are offering ourselves and our support. Every one of us can be the kind of friend that does this for another.

Even when we are far away from those we love the most, we can build connections and develop new friendships with the people who are nearby. We can offer them the kind of support and encouragement we receive from our closest friends.

SHOWING KINDNESS

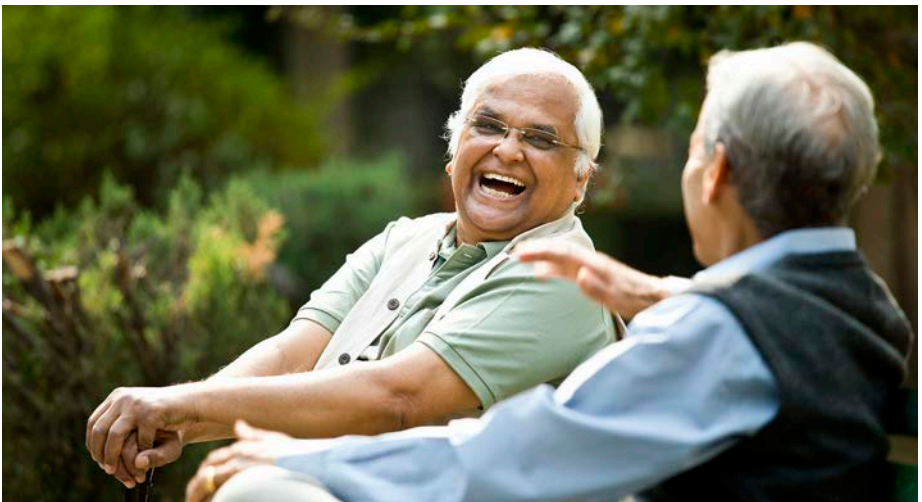
Perhaps the most important part of any friendship or any family relationship is kindness – the kindness that we show when we listen, encourage, and offer support. Many people don't receive a great deal of kindness in their lives and may even be surprised when

it is offered – and yet, it is quite easy to give.

Our world so often idealises love – romantic love, family love, and so on. Songs, stories, plays, and movies abound on this theme, which frequently gives rise to disappointment and disillusionment with love. Perhaps it's not so much love that the world needs more of right now, but kindness. Kindness is closely connected to love, yet often without the entanglements or high expectations that love can bring.

When I think about friendship, it is the kindness of listening, of understanding, of acceptance that means most to me. Kindness can be as practical as baking brownies for a new neighbour or helping an elderly friend mow their lawn. It can be as easy as listening to someone share their story. It can be as simple as being accepted for who I am and knowing that I don't need to try to be anything else or anything more than that.

Kindness is giving someone time and space, even when we don't have any answers for them and feel we have nothing to give. The greatest kindness we can offer others is ►





letting them know they are not alone, that we don't have all the answers, and may also feel inadequate much of the time. There is huge kindness shown by simply connecting with others and letting them know we care.

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Perhaps it's not so much love that the world needs more of right now, but kindness.

”

As easy as it can be to show kindness, it is just as easy to be unkind, or simply fail to be kind, to turn away from the opportunity to offer kindness to someone. It's easy to become absorbed in our doubts and uncertainty or to feel overwhelmed with the problems we have to deal with. It may even feel that we just don't have any spare energy to be kind to others. Simply living the lives we live can be exhausting. The truth, however,

is that when we do reach out to others, even with small acts of kindness, we receive far more than we give. In being kind to others, we boost ourselves, not only in the burst of feel-good hormones that are released but also in building strong, healthy connections with others. As we give to others, we're reminded that we are not alone and that we are part of something significant.

I'm deeply grateful for the depth and variety of friendships in my life and for the kindness that I have received from them, from people in my neighbourhood, and at times from strangers. Such experiences remind me of how easy it can be for me to offer similar kindness to others around me – and this does indeed make the world a more beautiful place.

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



Scan here for more on the need for community.

New accommodation for Alice Springs hostel residents

Residents of the Salvos Men's Hostel in Alice Springs have recently moved into a new, more modern independent-living facility.



Men's hostel staff (from left), Keith Van Haeften, Billy Mansell, and Jason O'Brien.

Program Manager Keith Van Haeften said the new facility allowed for "independent living, dignity, and empowerment of clients".

In the previous complex, containing 19 single rooms, residents shared communal areas such

as bathrooms, a kitchen, and a recreation room. In the new 24-unit facility, residents have their own rooms with a small kitchen, bathroom, toilet, shower, washing machine, and television.

"That brings more opportunity for an individual to really be able to gain life skills and independence, which is very important for them," Keith said.

The facility is in the centre of town, allowing access to other support services and shopping. During business hours, residents have access to case workers and program coordinators at the Salvos administration centre nearby.

The residents are required to sign a tenancy agreement, and Keith said having a two or three-month public tenant lease would give the residents a rental history that would help them once they moved to a more permanent living environment.

Salvos bus hits the road in the Netherlands

A 10-metre long converted mobile home with a maximum speed of 32km/h – called an ontmoetingsbus – has become a pivotal tool in the pioneering work of the Salvos in the south of the Netherlands.



Everyone is 'Wel-Kom' at the Salvos ontmoetingsbus.

Captain Aalt Fikse, who began the new work with his wife, Captain Tertia Fikse, said the ontmoetingsbus [ontmoetings is Dutch for 'meeting' or 'gathering'] was one of three bought for the Sittard-Geleen area. One bus is now fitted out and operational and includes a kitchen and bathroom.



Inside the bus is warm and inviting.

"People are invited to come in and drink coffee with us [or soup] and share their life," Aalt said. "We also have a section with second-hand clothing.

"The vehicles are multi-purpose, with the ability to be converted into a campaign bus for evangelism campaigns and as an emergency services centre in times of crisis."

– Darryl Whitecross

Making friends as an adult

Building relationships that enrich the quality, health, and enjoyment of our lives

WORDS Jessica Morris



When I was a kid, my best friend was whoever I went to school with. Friendships like that were all about proximity – I saw them every day, so after a million trial and errors with everyone in my class, I found my people.

So, that's a simplified version of friendship at school. How many of us remember that it was NEVER that easy to find 'our people'? But once we did – whether it happened while we travelled, through sports, or through family – we knew we belonged.

Enter adulthood. And without the mandated proximity of school or university – and in the middle of a pandemic! – it's a lot more difficult to find and make quality friends. We want real connection – so, where do we find it?

Building friendships isn't easy, especially as COVID-19 is so prevalent across the country. But, as restrictions and health concerns allow, we can start by joining a community group or making conversation with people in our community – even if initially online. Think also of the person who walks their dog every day,

get to know your barista, or consider your local community church. Take advantage of the everyday opportunities to connect with people and see what develops.

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We want real connection – so where do we find it?

”

Here are seven steps to help you get there:

1. BE INTENTIONAL

If you want to be known by a person, they also need to feel known by you. Be intentional in your conversations with them and make time to catch up, not just in a group setting, but one on one either online or in person.

2. ASK THEM ABOUT THEMSELVES

Take a genuine interest in your friend's life and ask them open-ended questions like, "Tell me about your family," or "What motivated you to work in (said industry)?" If you have something in common (children, pets, a favourite movie, a view on life or faith), you have the building blocks of friendship.

3. BE LIGHT

A relationship that is too intense too fast isn't healthy for anyone, so leave moments for the light, mundane, and fun. Considering safety and any health advice in COVID-19 times, participate in group activities, go to the movies or for a walk, talk about the TV show you love to watch, or have a coffee. A good friend knows how to have fun and embrace every moment, no matter how heavy or light it may be.

4. PRACTISE HONESTY

If something concerns you and a person displays unhealthy habits (passive-aggressive

or egocentric tendencies, a lack of care for themselves, for example), speak up. A meaningful relationship must be based on more than just peace and being agreeable; it needs to be built on truth.

5. REMEMBER IMPORTANT DETAILS

This is far easier said than done, but there is value in a friend remembering a birthday, an anniversary, an important event, or a concern you discussed the last time you caught up. Get to know more about what makes a person tick by asking them about significant events and people in their lives, family occasions, or worldviews.

6. BE OPEN

We tend to be guarded in our relationships, especially when we have been hurt in the past. Permit yourself to be cautious but open. Leave a crack in the door so others can see part of your life, and as your relationship builds, allow this openness to increase.

7. BE GENUINE

Focus on being authentic, showing people your real interests, passions, and beliefs, your strengths and weaknesses. By doing this, you permit them to be 'real' with you, and this gives your relationships the space to deepen and grow.

The Bible has much to say about the importance of friendship in all our lives, including these words from Proverbs chapter 27, verse 9:

"Just as lotions and fragrance give sensual delight, a sweet friendship refreshes the soul" (*The Message translation*).

Jessica Morris is a writer for The Salvation Army Australia Communications team.



Scan here for more on the need for community.

Keeping the joy in life

Life is too short not to enjoy jumping waves on the beach

WORDS Belinda Davis

When I was young, I loved spending time at the beach. Splashing about in the water and jumping waves were favourite pastimes for my sisters and me.

Over time that changed. As a mum, whenever my family spent a day at the beach, I would set up the beach tent and stay there while the others went swimming.

So, on a visit to the beach several years ago, that's what I did – we set up the tent, and while my son and husband had a great time on the foreshore, I sat there reading a book.

As we were packing up to go home, my son asked, "Mum, why didn't you join in with us?"

"I really like watching other people having fun at the beach," I replied.

The look on his face was priceless. It stopped me in my tracks and made me really think about that pat answer I'd given him. It didn't make much sense. Why on earth would I think it's more fun to sit and watch others enjoying what I used to love doing? Why not just join in the fun?

Eventually, I worked it out. You see, after three children and a love of chocolate bordering on addiction, I no longer possess the same shape I had in my youth. I was embarrassed to be seen in public in anything less than jeans and a shirt.

WHAT OTHER PEOPLE THINK

Somehow, almost without realising it, I had allowed my perception of what others might think of me rob me of fun with my family on the beach. As if anyone would care what I looked

like in bathers as I splashed about! And even if they did, what does that matter? What matters is the interaction with those I love and care for.

On our next beach day, I went prepared to venture onto the foreshore, possibly even to let the waves wash over my feet. When I left our beach tent in my bathers, there was no collective gasp of horror from the beachgoers. Small children didn't run away in fear, and people didn't point and laugh.

What did happen, though, was a huge grin from my little boy when I answered "Yes!" when he asked if I was really coming to play.

We stood in the shallows. We started jumping waves that splashed over our shins. Then we went deeper and deeper, and soon he was on my back as I was jumping waves for the two of us. That hour spent together was pure delight as I built fun memories for him and re-lived some of my own.

What have I learnt? Don't let the perceived opinions of others, strangers or otherwise, rob you of the joy you can have in life. Jesus came to give us life to the full (John chapter 10, verse 10). Embrace the opportunities as they come your way. Life is too short not to enjoy jumping waves on the beach.

Belinda Davis is a Salvation Army officer (pastor) in South Australia



Scan here for more on finding meaning.



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Don't let the perceived
opinions of others ...
rob you of the joy you
can have in life.

”

When silence is golden

Simply being there for friends can speak louder than words

WORDS Dean Simpson

It was one of those phone calls you get when the world suddenly stands still, and nothing else matters.

At first, I thought no one else was on the other end of the line; then I recognised the voice of my best friend, Mark. He was sobbing. Why was he sobbing? Then my heart sank. It was the day his wife Rachel was going into hospital to give birth to their first child. Oh no, I thought. No.

“Rachel’s okay but ... but the baby died.” It was all he could get out before he went quiet. Seconds passed, and I couldn’t think of anything to say. Mark spoke again. “Can you and Anne come to the hospital? We need you to come up.”

My wife and I dropped everything and went. We had only known Mark and his wife Rachel for about three years. We met them on one of the first weeks we went to church after moving to Brisbane. They invited us to join their Bible study group, and a friendship blossomed to the point where we were now also spending most weekends together.

Both my wife and Rachel had fallen pregnant around the same time, and that had brought the four of us closer as we journeyed through the trimesters. It was a happy time.

And now, here we were, heading to the hospital to console our best friends.

Our minds raced with all the things we would



need to say. We’d never faced this situation before. We had been in ministry together for several years, so we ought to know what to do, what to say, how to proceed in this devastating situation.

In the car outside the hospital, we both admitted to each other that we felt helpless. So, we prayed. A peace came over us, and then a Bible verse came to mind.

The hospital room was low-lit and sombre. No words were exchanged as we hugged. Then we sat in silence. The only sound from the room over the next hour was the occasional sob or a deep anguished sigh. But there was silence. Not a crushing silence ... more a deep silence that only God could orchestrate as he ministered to the four of us. The best way to describe it was that God was in that room



too, and his love enveloped us during those anguished but precious 60 minutes.

Then my wife and I silently left.

Years later, Mark gave his testimony in church and recalled that moment. Amid the emotionally tumultuous weeks that followed that awful day, the greatest comfort he said, was friends sitting with him and his wife in silence.

In the Bible, there's a verse from Ecclesiastes chapter three, verse seven, that says, "There is a time to tear and a time to mend, a time to be silent and a time to speak."

This was the verse God gave to us before we entered the hospital. God knew this is what Mark and Rachel needed at the lowest point in their lives ... because no words could possibly comfort them.

Salvos have often been said to offer a 'ministry of presence', especially during times of crisis. This 'ministry of presence' calls for all sorts of responses – a listening ear, a cup of tea, a hug or words of comfort. But sometimes, it's just sitting and 'being there' for friends in need. And silence can indeed be golden.

Names have been changed for privacy.

Dean Simpson is a member of The Salvation Army Australia Communications team.



Scan here for more on the need for community.

Salmon pasta bake



PHOTO: ANDREA REDFORD

Ingredients

1 cup spiral pasta, 210g tin pink salmon, 1 small carrot (grated), 1 spring onion (finely chopped), ¼ cup mayonnaise, ⅓ cup cream, ½ cup red capsicum (finely chopped), 2 tbsp chopped parsley, ½ cup grated cheese.

Method

- Cook the pasta according to packet directions. Drain well.
- Preheat oven to 180°C.
- In a large bowl, mash salmon with a fork then add all remaining ingredients and mix well.
- Divide mixture between 4 small oven-proof dishes. Top with grated cheese.
- Bake in oven for about 15 minutes, or until heated through and cheese on top is melted and golden.
- Serve with a fresh salad. Enjoy!

Tum-Tum

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



Quick quiz

1. Globe and Jerusalem are types of what?
2. Which upcoming day reminds all Australians to continue to work together to achieve key outcomes for the Stolen Generations?
3. What does 'HTTP' stand for?
4. Which planet has the most gravity?
5. What is the name of Batman's butler?
6. Which cartoon character lives in a pineapple under the sea?



PHOTO: STOCK / GETTY IMAGES

Bible byte

Love is large and incredibly patient.
Love is gentle and consistently kind to all ...

Love is a safe place of shelter,
for it never stops believing the best for
others. Love never takes failure as defeat,
for it never gives up.

1 Corinthians chapter 13, verses 4-7

The Passion Translation

Wordsearch

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

S N U I C I H E A L T H Y S H A R I N G
 A N N A O O L I S T E N I N G T T T R N
 T D L N E P M T R O P P U S S O A N I I
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 N H I T S I G N I F I C A N T C U N A V

- Acceptance
- Authentic
- Bond
- Caring
- Companion
- Connections
- Depth
- Encouraging
- Friendship
- Healthy
- Hopeful
- Kindness
- Listening
- Love
- Loyalty
- Perceptive
- Positive
- Practical
- Respect
- Sacrifices
- Sharing
- Significant
- Support
- Time
- Understanding
- Variety

HAVE A LAUGH

What do you call a sleeping bull?
 A bulldozer.

How do snails fight?
 They slug it out.

What do you call an angry carrot?
 A steamed veggie.

What kind of shoes do burglars wear?
 Sneakers.



DID YOU KNOW?

Wearing headphones for just an hour could increase the bacteria in your ear by 700 times.

Astronauts can't whistle on the moon.

Hummingbirds are the only birds that can fly backwards.

The 'sixth sick sheik's sixth sheep's sick' is believed to be the toughest-tongue twister in the English language.

Answers: 1. Artichokes. 2. National Sorry Day. 13 February. 3. HyperText Transfer Protocol. 4. Jupiter. 5. Alfie. 6. Spongebob SquarePants. **Turn-Turn:** is hiding behind a leg on page 8.



“Wherever there is a human being,
there is an opportunity for kindness.”

Lucius Annaeus Seneca