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# Still in the game

Connection is a key to good mental health

MEN'S HEALTH WEEK 13-19 JUNE



# SALVOS

MAGAZINE



An elderly man with a full white beard and hair is captured in a joyful moment on a swing set. He is wearing a mustard-colored sweater and blue jeans, with his arms raised and legs kicked up in the air. The swing seat is a yellow plastic basket. The background is a clear, bright blue sky. The overall mood is one of carefree happiness and vitality.

“We do not stop playing  
because we grow old, we grow  
old because we stop playing!”

-Benjamin Franklin



## 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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**Press date** 30 May 2022

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



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## Connection is key

Next week is Men's Health Week (13-19 June). The theme for the week is 'Building healthy environments for men and boys'.

This edition looks at a few related topics and how the Salvos are helping to support men and boys in different ways.

Warren Draney answers some general questions around the physical, emotional and spiritual health of men and boys. He focuses on connection as a key to developing holistic health and the importance of safe and healthy relationships.

Jessica Morris writes about a unique group for men in suburban Perth. As well as support and friendship, this group shows the men that they are not alone in whatever they're facing in life.

Colin Reynolds highlights the work of the Sunshine Salvos in Melbourne, where the outreach to the LGBTQIA+ community is intentional, accepting and affirming.

Dean Clarke uses his lifelong experience in sport and being encouraged and mentored by older men, to show the difference that safe and healthy relationships can make in the lives of the younger generation.

For these stories and more, check out [salvosmagazine.org.au](http://salvosmagazine.org.au)

Simone Worthing **Assistant Editor**

## Q&A Connection is key

‘Building healthy environments for men and boys’ is the theme for **Men’s Health Week 2022** (13-19 June). *Salvos Magazine* spoke recently with Warren Draney, Practitioner Development Coordinator for The Salvation Army Australia, for a snapshot of how individuals, families and communities can help men and boys build healthier lives physically, emotionally and spiritually.

**Salvos Magazine:** When it comes to men’s health, what are some of the main issues you see men facing?

**Warren Draney:** Some statistics\* show that men’s health is still poor. Men have a lower lifespan than women, complete the action of suicide more often and have greater rates of cardiovascular and accidental deaths.

Loneliness and relationship breakdown are major issues behind male suicides and ill-health. The number of men over 45 who say they don’t have a best friend, male friend or an emotionally close partner is growing.

Many men are disconnected from friends, family and community. Neuroscience shows we thrive best in social environments, so getting men involved socially is something that can help. Joining a Men’s Shed, contacting the local minister, or even something as simple as encouraging them to call a mate for a chat can make a tangible difference.

**SM:** What do you see as healthy environments, and how can we help build these individually and collectively?

**WD:** Gathering in healthy, safe communities is important, so providing these, or helping men find and engage with them, is a good start. It must be a place where there is no pressure to perform or be competitive – a place where men can just be themselves.

Safety is key as well. Men need a non-violent place and some standard or code that assures them they are safe.

As males, we have come a long way – although we have a long way to go. Many males will talk about their emotions now, especially the younger ones. Allowing that to occur, making room for it and encouraging men and boys to explore their emotions builds emotional intelligence and understanding.

**SM:** What can parents of boys do to help their sons grow and develop in healthy ways?

**WD:** Looking after themselves is key, so boys (and girls) see that behaviour and learn from it. It’s still important for fathers to set boundaries and model how to interact with partners and families. Parents can also establish healthy, age-appropriate boundaries around monitoring what is going on in their children’s lives without being too invasive.

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**Good mental and spiritual health is developed in community.**

”

Being supportive must start early on. Talk to them gently when you’re concerned – don’t come down hard on them. Offer them opportunities to talk with others if they would like to.

And look out for changes in behaviours, habits or health, particularly in young men



aged 18-24. Many things happen in this age bracket – leaving school, first job, first broken heart. We can expect them to be adults at a young age, but the human brain is still developing up to 30. They need our support.

Education opportunities are also vital, as they lead to better health and social outcomes and other positive flow-on effects later in life.

**SM:** What role do churches, such as the Salvos, play in helping boys and men develop and supporting them?

**WD:** The Church has an opportunity to be involved. Men are leaving churches across

the country – we are not meeting their needs and must consider new ways of engaging with them. They must feel safe emotionally, physically and spiritually.

Churches can be places of community connection, where men and boys can meet for non-threatening activities and get to know others with a Christian or other faith or no faith. The goal is connection with a healthy network because good mental and spiritual health is developed in community.

\* [westernsydney.edu.au/mens-health-week/about/resources](http://westernsydney.edu.au/mens-health-week/about/resources)



Scan here for more on finding meaning.

#### IF YOU OR ANYONE YOU KNOW NEEDS HELP:

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- Lifeline on **13 11 14**
- Kids Helpline on **1800 551 800**
- Beyond Blue on **1300 224 636**
- Suicide Call Back Service on **1300 659 467**
- Headspace on **1800 650 890**
- MensLine Australia on **1300 789 978**
- Care Leavers Australasia Network (CLAN) on **1800 008 774**
- Head to Health at [headtohealth.gov.au](http://headtohealth.gov.au)
- 1800 Respect on **1800 737 732**
- Q Life on **1300 555 727**
- Brother to Brother on **1800 435 799**



# A place to belong

Creating a safe space for men in Perth

**WORDS** Jessica Morris

Something sacred happens when men talk about real-life struggles and victories. The Salvation Army in Perth is giving men this opportunity every fortnight when a group called 'Just Men' gathers at The Third Place in suburban Subiaco.

Led by The Third Place Mission Leader Major Lyn Jones and facilitator Steve Archibald, the group gathers and talks about mental health, addiction, relationship breakdown and more.

"I've struggled with mental health for three to four years, and I was fortunate to find support groups that helped me to process what was going on," shares Steve, who is also Partnerships Manager for a youth mental health charity called zero2hero. "Coming out of that and knowing it had helped me, [Just Men] was something I wanted to do."

Every second Tuesday, Lyn sets up the hall, and Steve gathers with a group of six to 10 men. Sitting in a circle, they take turns and talk about their lives.

"They share about a new job; not communicating well with their partner; about struggling with friendships in social circles; drinking too much," Steve said. "Lyn helps out by providing coffee and cake, and we sit down and informally process what we've discussed."

As a recruitment manager and speaker, Steve first encountered The Third Place several years ago when he met Lyn through a mutual friend. He became an advisory member on The Third Place board and, in conversation, brought up his eagerness to start a men's group. Straight away, Lyn knew they had the space to fill the

need. She also sees its potential as a faith pathway – and that's where fellowship over a slice of cake plays such a vital role.



Steve Archibald, left, Major Lyn Jones, and Just Men co-facilitator Stefan Woroglian.

"God has opened up opportunities for me to talk to most of the guys because I serve them tea and coffee and cake at the end of their session," explains Lyn. "They ask questions like, 'How do you survive? How do you get through?' So, I tell them it's all about a relationship with God."

The beauty of Just Men and its partnership with the Salvos is that participants can

holistically take stock of every area of their lives. When faith and spirituality inevitably come up in conversation, Lyn can share her life experience with the men. And irrespective of what they believe, the key is to build authentic relationships with them, just like Jesus did while on the earth.

“This is the way that we do it because most people won’t just walk into a church service anymore. [Just Men] is a way of connecting with where they are at, which is a very vulnerable place because [culturally men] are not used to sharing how they are feeling,” Lyn said.

Still in its early days, Just Men can only grow and flourish from here. For Lyn, this means praying that male Salvos feel comfortable joining the group and sharing their lived experiences.

As for Steve, he is pouring all his energy into giving these men a safe space to belong.

“

**They recognise they are not alone ...**

”

“One of the biggest things that comes out of [Just Men] is that they recognise they are not alone in what they are dealing with,” he said. “There is a feeling that there’s camaraderie. Here’s a community of men that like to be able to get together and process [life] in a healthy way.”



**A gift in your Will can help The Salvation Army create a long-lasting impact in the lives of those experiencing hardship.**

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**For information or a free copy of Your Will booklet**



**Please contact:**

salvationarmy.org.au/wills  
or scan the QR code



# From inclusion to affirmation

Sunshine Salvos reach out to rainbow community

**WORDS** Simone Worthing

“Allies of the rainbow community” is how Captains Colin and Phuong Reynolds describe their outreach and ministry at Sunshine Salvos in Melbourne’s north-west.

Their ministry within the corps (church) and other Salvos services such as housing, youth and Employment Plus is intentionally focused on building an inclusive community of faith.

With the church, Colin said he and Phuong were committed to taking their faith community from a level of inclusion to a genuine level of affirmation for the people who come.

“We welcome anyone, and we accept anyone, but we want it to be more than that,” he said. “We want to say to people when they’re a part of us in our family, it’s who you are, how God made you fearfully and wonderfully, and that’s okay.

“You don’t have to change anything about who you are to be a part of our family. We accept you as you are. And it doesn’t matter how you

identify, and it doesn’t matter what you do. It doesn’t matter what relationship you’re in or what that looks like. We accept you. And we love you. We affirm you. That’s our continual movement towards our people at Sunshine.”



Tiff has found a place of acceptance and affirmation at Sunshine Salvos.

## TIFF’S STORY

As an example, Colin shares the story of Tiff, a young transgender man who attends Sunshine Salvos and has been befriended and supported by the church.

“I love journeying with friends like Tiff because they really do embody who we want to be as a faith community – as people who love, accept and affirm people for who they are. Our focal point is affirming anyone who comes in, especially from the LGBTIQ+ community. This is a lovely story, a story that is still in motion because it’s writing its own chapters day by day.”

Throughout the pandemic disruptions of 2020 and 2021, the church continued to run its community meal program on Friday nights. “We met a lot more new people than we’d ever met before,” Colin said. “We had floods of



Captain Colin Reynolds attended the Midsumma March to support his community.





For over 30 years, Captain Colin Reynolds has been reaching out to diverse and marginalised communities.

international students come to Sunshine Salvos. Tiff was one of those – a young guy from overseas who identifies as being transgender, although that didn’t come out right away.”

“

**You don’t have to change anything about who you are to be a part of our family.**

”

Over time, and talking with Tiff and building trust, a friendship developed. Tiff came to the meal each week, and the Salvos assisted him with food.

The ‘watershed moment’ came when Colin attended and marched in the Midsumma Festival (an LGBTIQ+ cultural festival in Melbourne).

“Who should I see there but Tiff!” said Colin. “I could see him thinking, “You are the leader of the Salvos church – what are you doing here?” That was a real moment where trust was gained. Stones were rolled away, and we have grown in our relationship with Tiff. We are now supporting him in the next steps of his journey. We are now supporting Tiff in the next steps of his journey, which involves following his dreams and surgically transitioning. He is fundraising for this and both Phuong and I, and the Sunshine Salvos, are assisting him to do this.

“It’s a joy just to be on the journey alongside like-minded, like-hearted people. I am absolutely confident that we are heading in the right direction and that we are going to see good things happen in the days ahead.”



Scan here for more on the need for community.

# Still in the game

The health and life benefits from a small black ball

**WORDS** Dean Clarke

I spent my childhood with a ball at my feet and a racquet in my hands. After school, I would play soccer with my mates at the park or in the backyard against the dog with our house as the goals.

Most days, my mum would tell me not to kick the ball against the house. I never listened. In my teens, I discovered squash and learnt to play against a mate's dad who would give eight points start in a first to nine points game.

Through my 20s, it was nothing to play two soccer games every Saturday afternoon. Then life changed with marriage and career and relocation, so the soccer ball went flat from non-use. I joined a squash club, and, by this time, I was giving points starts to others.

“

**Something happened in me when I got myself moving.**

”

## **NEW PRIORITIES**

With my children, my priorities shifted and while no longer a carefree 20-something, in my 30s, my wife Vicki taught me the benefits of playing the game. I had an active role running the local Salvo activities, and, like most jobs, that came with pressures and stresses. Most weeks, I got away for an hour and smashed a little black ball around the court. I would come off feeling tired but satisfied and would then enjoy conversation with my competition.

Although my problems hadn't changed, I felt able to face them after playing. When I didn't play, Vicki would say, "You need to go and have a game of squash!" She experienced my coping better with life and being a nicer person to live with when I exercised. Something happened in me when I got myself moving.

Hitting my 40s saw more changes as kids grew and time became more precious. My game changed from squash to touch footy, and as the teenagers sprinted past me to score, I began to seriously confront the reality that I couldn't play like I used to. By this time, I had learned the benefits of activity and adjusted my competitive expectations.





### THE NEXT GENERATION

As I fast approach the end of my 50s, I am back on the court. Squash has become racquetball, which means longer rallies and more running. I love the game, and the game is treating me well.

With age comes some maturing awareness, and I know that I am not only fitter but healthier all round because I play. Getting older means I don't play as quick as I have. I take longer to recover and must be intentional with warm-ups. Some nights I limp in, and Vicki laughs and asks, "What did you injure this time?" But I can still beat a few young guys. And I am inspired by guys well into their 60s who can beat me.

As I move into my 60s, I hope to be still playing the game – being active for the benefit of my health, my relationships and my influence. Forty years ago, an older man cared enough to teach me the game and talk to me. Over the decades, I have played many people and

taught a number the game as well. We play, and we talk on the court and off. I have had lots of conversations about work, marriage, family and faith. Our conversations are often like Proverbs chapter 27, verse 17: "As iron sharpens iron, so one person sharpens another."

As a young boy swinging a stick to hit a ball, I never imagined myself being old and playing racquetball. But now, I imagine myself older and still in the game because it is good for my physical, mental and relational health. And maybe I can also find a kid like me to teach him the game and talk about life.

*Major Dean Clarke is a Salvation Army officer (pastor) in South Australia.*



Scan here for more on the need for community.

# A clean milestone worth celebrating

David builds a new life after recovery

**WORDS** Dean Simpson

David Oliver, a former ice addict, is 58 years old, but he'll proudly tell you that he's just celebrated his 20th birthday.

"I didn't actually turn 20 ... it was my 20th birthday in recovery ... 20 years of being clean. So, I had a party with 20 people at my mum and dad's place," he says. "I was severely depressed and addicted to drugs for 22 years, but I finally sought help from The Salvation Army, found God, and I'm still going strong. I reckon that's worth celebrating."



David says he invited family and friends who had been pivotal in his recovery from a drug and alcohol-fuelled existence earlier in his life. "I gave a little speech and told them that I wouldn't be here without them."

In 2001, David's parents, Noel and Margaret, were at their wit's end with their son's addictions and desperately reached out to

Salvo Jayne Wilson, who ran The Salvation Army First Floor family support program at Wollongong Salvos on the NSW South Coast.

They told Jayne their son had fallen into a drug and alcohol culture almost from the day he started work at 15 as an apprentice at the Port Kembla steelworks. A few years later, he married a woman who shared his destructive lifestyle. They had two children.

“

**My faith in God, the help I got from the Salvos, and the adversity I've faced in life have strengthened my resolve to stay clean.**

”

Through his addictive lifestyle, David eventually lost his marriage, family, home, a job with a company car, and respect – both that of himself and others.

## **FIRST STEPS TO RECOVERY**

"Mum and Dad had had enough," he recalls. "They were attending the Salvos, and Dad said my only hope was to go and see Jayne. And that's when my life started to change."

After initial counselling, David agreed to participate in the Salvos William Booth drug



David Oliver with his parents, Noel and Margaret.

and alcohol rehabilitation program at William Booth House in Sydney. It was here that he took his first significant step to recovery. "There was a sign on the wall that said: 'Let Go and Let God'. So, I did ... I let him take charge from that point on," David remembers.

After a few weeks at William Booth House, David continued rehabilitation at Miracle Haven, the Salvos farm on the NSW Central Coast. He graduated 10 months later.

When he left Miracle Haven in 2003, he attended Berkeley Salvos (in Wollongong's south) until that closed, and he started attending a nearby Church of Christ. Twenty years later, David still attends that church, playing guitar in the band and being a member of the men's group.

He says the past 20 years "hasn't been a bed of roses ... I've gone through quite a few ups and downs. I had another relationship breakdown, been in crisis accommodation for a time and been out of work." But he says he prays every day, reads his Bible, and has a strong relationship with his two adult children.

"My faith in God, the help I got from the Salvos, and the adversity I've faced in life have strengthened my resolve to stay clean. Praise God."



Scan here for more information on Salvation Army Alcohol and Other Drugs Services



# Banana berry smoothie



PHOTO: ANDREA REDFORD

## Ingredients

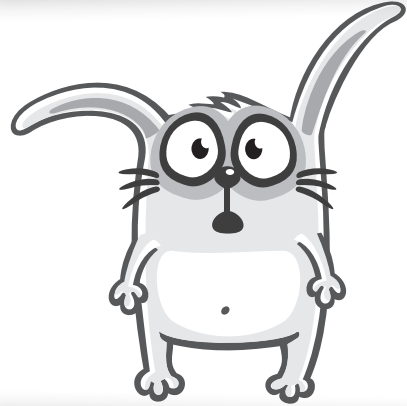
1 large banana (the darker the skin, the sweeter the banana), ½ cup milk (dairy or plant-based), ½ cup strawberry yoghurt, ¼ cup strawberries, 2 tsp maple syrup or honey.

## Method

- Place all ingredients into a blender.
- Blend on high until smooth.
- Serve in your favourite smoothie cup.
- (To make an even healthier green version of this smoothie, try adding ¼ cup of spinach. Yum!)

# HAVE A LAUGH

Did you know you can hear the blood flowing through your veins? You just have to listen varicosely.



A priest, a pastor and a rabbit walk into the local blood bank. The rabbit is the first to donate and hops up to the nurse. The nurse asks, "What's your blood type?" The rabbit replies, "I think I might be a type O."

# SIGNING IN



PHOTO: STOCK / GETTY IMAGES

# Sudoku

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

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

# Tum-Tum

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



# Bible byte

"Be not wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your flesh and refreshment to your bones."

Proverbs chapter 3, verses 7-8  
*English Standard Version*

**Quiz answers:** 1. O 2. Blue 3. Cornea 4. 42 days 5. 7 per cent 6. Macbeth.  
**Tum-Tum:** is hiding behind Tum Tum on page 15.

# Quick quiz

1. According to research, what blood type do mosquitoes prefer?
2. What colour blood do spiders, lobsters and snails have?
3. What is the only place in the body where blood will not be found?
4. How many days do red blood cells last after they are donated?
5. What percentage of a human's body weight is made up of blood?
6. Which Shakespearean character says: "Will all great Neptune's Ocean wash this blood clean from my hand?"

# DID YOU KNOW?

**14 June is World Blood Donor Day.**

**The world's first blood bank opened in Chicago in 1936.**

**Australia needs more than 1.7 million blood donations every year to meet demand.**

**The amount of blood in a pregnant woman's body will have increased by 50 per cent by the 20th week of pregnancy.**

9	7	7	1	6	0	7	2
0	9	7	3	2	0	7	1
2	5	6	5	7	7	0	1
7	2	3	0	0	0	1	1
5	8	9	5	0	0	0	5
7	1	3	2	0	0	0	4
1	4	0	0	2	0	0	0
2	0	0	0	0	0	0	0
0	0	0	2	0	0	0	0
0	0	0	0	0	0	0	0
0	7	1	0	0	0	0	0

PHOTO: STOCK/GETTY IMAGES

# Turn your **Passion** + into **Purpose**

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