

LEAD STORY

From the frontlines

FEATURE

New hope for the future

FAITH TALK

The God of second chances

Lydia's vision to run the race of life

Tasmanian Salvo sees dignity in every person she meets



SALVOS

MAGAZINE



Alone we can do
so little;
together we can
do so much.

Helen Keller

American author and political
activist who was blind and deaf.





The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice

Salvos Magazine

Founders William and Catherine Booth

General Brian Peddle

Territorial Leaders

Commissioners Janine and Robert Donaldson

Secretary for Communications and Editor-In-Chief

Lieut-Colonel Neil Venables

Publications Manager Cheryl Tinker

Assistant Editor Simone Worthing

Designer Ryan Harrison

Editorial ph. (03) 8541 4562

Enquiry email salvosmagazine@salvationarmy.org.au

All other Salvation Army enquiries 13 72 58

Press date 9 November 2020

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

Some photos in this magazine were taken prior to the COVID-19 pandemic.



salvosmagazine.org.au



[04]
Feature
Return to hope

[10]
Faith talk

The business of restoration



[12]
My story

Lydia's vision to run the race of life

Ending gender violence

The United Nations International Day for the Elimination of Violence Against Women will again be observed on 25 November. Violence against women and girls is one of the most widespread, persistent and devastating human rights violations in our world today.

In our feature stories this week, frontline staff at a Salvation Army refuge for women and children share what a typical day can look like for them – and the many and complex issues they work on with those impacted by family violence as they help them to rebuild their lives.

Rebuilding is also the theme of 'Faith Talk' this week. Commissioner Robert Donaldson writes about God being the God of restoration, of new beginnings and of second chances, who invites us to find hope in him.

Our cover story features Lydia Bruford, who works through the challenges of being legally blind to be a long-distance runner and care for other people in her workplace and local community.

For all these stories and more, go to salvosmagazine.org.au

Simone Worthing
Assistant Editor

Return to hope

Frontline staff share the challenges and joys of life in a domestic violence shelter

WORDS SIMONE WORTHING

The annual commemoration of the United Nations International Day for the Elimination of Violence against Women will take place on Wednesday 25 November 2020. Violence against women and girls is one of the most widespread, persistent and devastating human rights violations in our world today. It still remains largely unreported due to the impunity, silence, stigma and shame surrounding it.

In Australia, The Salvation Army provides a wide range of services around the country to support women and women with children impacted by family and domestic violence (see back cover).

Karen is programs manager at a Salvation Army refuge that focuses on the needs of women and their children fleeing violence and abuse. Karen shares with *Salvos Magazine* some of what she and her team see and experience daily, and how they work to support the women and children and help them rebuild their lives.

SM: Can you give us an overview of what a typical day – if there is such a thing – is for you?

K: Generally, we come into work and check to see if there have been any issues or incidents with the residents overnight, such as someone being unwell, feeling suicidal or having anxiety attacks. Night-time can be a turbulent time for the women and children, as a large portion of violence occurs at night.

We then start case management and other sessions. As manager of the programs, I like to speak with the residents about how things are moving along with them.

The middle of the day is usually appointments for different places – new mums need their ante-natal check-ups, other women go to counselling or medical appointments or take their children to libraries or the park.

“

Seeing the hope return to people is the best.

”

We would usually complete an assessment for a new resident or family. This is time-consuming as we need to make sure we are providing a space for the individuals to be heard, and to let them know we can support them to move forward.

We also do focus groups where we talk about a topic that everyone can relate to. We can spend all day at a police station with someone giving their statement, or a full day at court waiting for a hearing result for an AVO (Apprehended Violence Order), or an assault charge on a perpetrator. We work with the children who need tutoring support and hold

playgroups, homework hubs and gardening programs.

The days are long, full and very varied. The variety allows us to hold off the burnout that is so prevalent in our sector.

SM: What are some of the main issues you deal with each day?

K: Mostly, it is trying to assist the residents with what has happened to them and their children and the emotions and feelings that have come up. Women at the service will usually have some mental health issue(s), which really impedes their ability to reconnect with society and community as they don't feel a part of all that. As one resident told me, it is like they are ghosts walking the streets and no one can see them.

We help the residents to find accommodation, assist with counselling, income support and employment. We offer education programs to the mums around parenting and helping their children through trauma issues.

We advocate for clients who have been treated unfairly, which can be anything from housing and family legal matters, to domestic violence issues that haven't been handled correctly. We work with immigration agents to assist women on insecure visas to remain in Australia, and find support for them in community.

SM: What are some of the main issues the residents are facing?

K: Aside from the obvious disconnection from the community, house and family they have had to leave, they will generally have a related



PHOTO BY BENJAMIN MANLEY ON UNSPLASH

mental health or health issue. The power and control that occur in family and domestic abuse means that women don't trust themselves – they have been under someone else's will and find it very difficult to make the smallest of decisions. There is a large sense of shame that they have let themselves get into the situation; they blame themselves, not the person who has groomed them to do what they want them to.

SM: Can you give us an overview on how children are impacted by family and domestic violence?

K: The children's issues are usually complex for many reasons. The smaller children may not remember the actual violence when they are older, but the impact is still great. The mothers often spend so much time protecting their children from the perpetrator that they do not have the capacity to ensure they are giving them the time and attention they need for their brains and bodies to develop. This can lead to problems later in their lives with

attachment, trust and behaviour issues, as well as poor schooling outcomes, poor health and mental health, and struggles with addiction.

SM: What is it like for you personally to work in this space each day?

K: Every day leaves me feeling a different emotion. It is the most rewarding job I can think of doing – to see these families arrived defeated, deflated and without hope, to moving on with their lives and regaining confidence in themselves. Seeing the hope return to people is the best. Not every outcome is what you would wish for, but I really believe we are in people's lives for a short time and we don't usually see big goals being reached. Sometimes it can be an adverse experience for people here, and I really reflect on how we could have done better. I constantly remind myself, though, that I need to allow people to choose how their journey goes; it is their life and they need to live it in a way that is true to them.



PHOTO BY KELLY SIKKEMA ON UNSPLASH



PHOTO BY PRISCILLA DU PREEZ ON UNSPLASH

SM: What do you find the most challenging part of your role?

K: Sometimes our service just isn't able to meet the needs of some of the people that we support. Trauma comes out in different ways, and it can be hard sometimes to manage the impact of someone's behaviour on others around them. Sometimes the needs of the larger group mean that more unique and challenging issues can't be catered for as we would want. We do the best we can not to harm or re-traumatise people who already have complex behaviours, but it really can be difficult at times.

SM: What motivates you to get up each day and do the work you do?

K: I have an innate sense of social justice. Everyone should have their basic needs met and no child should have to live in an unsafe environment with food insecurity.

SM: Is there anything else you would like to add?

K: Violence in society stems from gender inequality and permeates our society in every way. We say things that imply that being a female is weak. We are placed in boxes and not allowed the freedom to be who we want or given opportunity that is freely given to others. Gendered violence in some countries is accepted as the norm. Let's stop teaching our children that being a particular gender means less. Let's change our language and let everyone soar and reach their potential without tearing each other down. Our young people grow up to be adults, so let us allow them to be the best they can be without trying to control the other or hold power over the other.

How good would the world be if we could stop violence in all forms!



Scan here for more on family and domestic violence.

June's story

A traumatised mother and her children have new hope for the future

June and her two daughters were brought to Australia on a partner visa by an Australian man whom she later married. Not long into the marriage, June experienced sexual, financial and emotional abuse and controlling behaviours from her partner. She had no other family in Australia and her husband kept her isolated. June and her daughters were unable to leave the home without his consent, other than for her daughters to attend school. June suffered sexual abuse which was witnessed and heard by her daughters, one of whom tried to intervene and was punished. June soon fell pregnant. When her son, Sam, was 18 months old, she decided to flee with her children.



PHOTO BY ANNA KOLOSYUK ON UNSPLASH

June had no access to money or support, and she felt alone and scared. She had no idea she was eligible for government assistance. She spoke minimal English and relied on her daughters to translate for her in the community. For six months, June and her children lived in one room at a small hotel where she was hired as a cleaner. In exchange for her work, she was provided with accommodation and \$100 a week to feed her family. Struggling to cope, June finally spoke to a member of the community and was given the number for the national sexual assault, domestic and family violence counselling service.*

June and her family were referred to The Salvation Army for accommodation and support. She immediately entered our service and joined a program for women on vicarious visas experiencing domestic violence, and who have little support.

Sam was just over two at this stage and had been severely impacted by their experience. He had a developmental delay in his speech, speaking less than five words, and would not be out of June's sight. He also had an inconsistent routine and wouldn't sleep without sharing a bed with his mum. We supported June and Sam with education and play, and he was booked in to complete the Ages and Stages assessment through the early childhood centre.

Sam was then referred to a specialist clinic where he was diagnosed with autism. June was told that his behaviours were most likely a combination of the trauma he experienced in her womb and feelings of being unsafe in his early stages of development.

June and her children were placed in a supported transitional property. Sam was linked with a speech therapist, an occupational therapist and started to attend a play-group specific to his needs. June received



PHOTO BY MARCO CESCHI ON UNSPLASH

home support to implement a routine and manage Sam's behaviours, and June's daughters received specialist counselling.

We supported them for just over a year in this property and Sam improved immensely during this time. He was happy to see staff when they visited and would greet them and say hello. June told staff he was more settled and that she now had hope for his future.

During this time, June's permanent residency was approved and she received a suitable income through Centrelink.

Twelve months after discontinuing support with us, June dropped in for a visit to say thank you to our team. She had Sam with her, and he smiled and engaged in light conversation easily with our workers.

"I had no hope for Sam," June said. "When I heard he had autism, I thought his life was over. With the support and safety that we had from The Salvation Army, Sam is now only slightly behind at school but doing very well. Most pleasing of all is that Sam is now able to interact socially and is enjoying doing that."

This story, with names changed for privacy reasons, was supplied by a Salvation Army domestic and family violence case manager.

***1800Respect (1800 737 732)**



Scan here for more on family and domestic violence.

The business of restoration

The God of new beginnings and second chances

WORDS ROBERT DONALDSON

It is heartbreaking to drive around and see that so many local businesses that were thriving this time last year are now nothing more than vacant buildings – just empty shells of what used to be. They are casualties of the economic downfall as a by-product of the COVID-19 pandemic. But they are more than just empty buildings – they all have a story to tell. They represent, and are a stark reminder of, broken dreams, lost opportunities and the countless possibilities of what could have been.

Many of these business owners – and the people who were employed by them – still hold on to the hope that ‘what once was’ can be restored and brought back to life. In fact, it is this hope that drives them to keep moving forward and not give up.

“

Many ... still hold on to the hope that ‘what once was’ can be ... brought back to life.

”

Restoration. What a powerful word. The dictionary would define it as the process of bringing something that is broken or destroyed back to an earlier, and usually



PHOTO BY DIETMAR BECKER ON UNSPLASH



PHOTO BY BEAZY ON UNSPLASH

better, condition and making it useful again. We can all think of restoration projects we have undertaken – some with great success that have brought us so much satisfaction and a sense of achievement – and others that did not go to plan and we would rather forget!

But restoration is much broader in its meaning than simple handyman projects.

What comes to your mind when you hear that word? Perhaps you imagine your health or your career being restored. Perhaps you imagine your marriage or your family being restored. Perhaps you imagine your sense of self-worth and self-value being restored.

Whatever your hope might be, God is in the restoration business. God is the God of restoration, the God of new beginnings and the God of second chances. He specialises in taking broken dreams, shattered hopes and

lost potential and transforming them into something beautiful and of greater value than we had ever imagined or dreamed possible.

“

Whatever your hope might be, God is in the restoration business.

”

In the well-known 23rd Psalm in the Bible, King David reminds us of the daily provision of God for us when we put our trust in him. Whether we are feeling tired, exhausted or broken, he assures us that the hope that ‘what once was’ can be restored and brought back to life, as we rest in his love. Listen to his invitation:

The Lord is my best friend and my shepherd. I always have more than enough. He offers a resting place for me in his luxurious love. His tracks take me to an oasis of peace, the quiet brook of bliss. That’s where he restores and revives my life. He opens before me pathways to God’s pleasure and leads me along in his footsteps of righteousness so that I can bring honour to his name.

Psalm 23, verses 1-3

The Passion Bible translation

Robert Donaldson leads The Salvation Army in Australia.



Scan here for more on finding meaning.

Lydia's vision to run the race of life

Tasmanian Salvo sees dignity in every person she meets

WORDS JESSICA MORRIS

Lydia Bruford was born to run. Even in Hobart's chilly winter air, she will be seen striding along the pavement near her home in the northern suburbs of the Tasmanian capital.

From the Gold Coast to Melbourne, she has conquered multiple marathons across Australia. And with this comes a story filled with God's grace and Lydia's determination.

"I'm a person with a visual impairment, so I can't see as well as everyone else," she says. "Growing up, I felt judged for this or treated differently; however, when I run I feel normal and not judged. I love the feeling of going for a run and feeling alive!"



Lydia and her husband David, who met at a youth group in Western Australia only months after David lost his mother.

Lydia has always viewed the world differently. Born without irises and declared legally blind, she has learned to navigate life with kindness and conviction.

"I feel vision and sight are two different things. Sight is how far you can see. Vision is how you see the world and how you view things like values," she says.

Born in Launceston, Lydia's parents moved to Melbourne in 1995 to begin their training to become Salvation Army officers (pastors). Lydia's life was filled with transition and change from this point, but running was an activity that she always returned to – a way of knowing the ground she walked on and making it her home.

"I've been running on and off for most of my life," she shares. "In primary school, I enjoyed it and I had other interests too. In high school, I was interested again, and in my early to mid-20s I started running again. I've never really stopped since. It suits me, long-distance running. I have patience and endurance for it. I have the work ethic – I can't sprint!"

For Lydia, running is an act of worship – an act of seeing and experiencing God in a new way. And while she has always felt close to God, she has experienced an even deeper relationship with him since her running intensified.

"Because I've been in the Salvos my whole life, I've always known about God," she expresses. "It's been since I was older, when I started getting more into running, that I

just feel closer to him. He's there with me, guiding me, making sure I'm safe."

Every good origin story involves a great romance – and Lydia found hers at 17 when she met a young man named David Bruford. They met at a youth group event while Lydia's parents were the pastors at Swan View Salvos in Western Australia. David, grieving the loss of his mother only months before, had been invited by a school chaplain.

“

I want to show love and for everyone to feel they belong.

”

They were so taken with one another that when Lydia moved back to Tasmania with her parents, David made the move too. They were married on 8 January 2011 – the same anniversary date as her parents.

While David has forged his own path in the Salvos, overseeing Adults Ministry and Inclusion in Tasmania, Lydia has also made her mark on the community. She had the honour of being a Baton Bearer in the Queen's Baton Relay for the 2018 Gold Coast Commonwealth Games.

Lydia gained her personal-trainer qualification in 2006, giving her the opportunity to help other people experience God through physical movement. And, in addition to working and volunteering at the Salvos Barrington Lodge Aged Care home in New Town, she also counts her work at Woolworths as outreach – especially during the pandemic. Because for Lydia, it's all about seeing the



Lydia has been running long-distance for most of her life.

dignity in the person in front of her.

"I see some of the residents who have dementia, and [working with them] has helped me work with customers," she says. "Some of their accents are hard to understand, and some people have carers. People are lonely, and they want you to understand them – so we stop and listen to them. Some people have asked me, 'How do you talk to them?' But for me, being a Salvo, I want to show love and for everyone to feel they belong. I don't mind talking to people."

Life is a series of steps, and while some of us walk them one by one, Lydia Bruford lives in leaps and strides. And, along the way, she inspires the people she encounters and sees the 'God potential' in them too.



Scan here for more on finding meaning.

Condensed milk biscuits



PHOTO BY DOR FARBER ON UNSPLASH

Ingredients

250g butter, 1 cup caster sugar, ½ x 400ml can sweetened condensed milk, 3 tsp baking powder, 3 cups plain flour, 250g chocolate chips (optional)

Method

Beat butter and sugar in a small bowl until light and fluffy. Transfer mixture to a large bowl.

Add condensed milk and combined sifted baking powder and flour. Stir until mixture forms a soft dough.

Stir in chocolate chips if desired.

Roll tablespoons of mixture into balls.

Place around 5cm apart on greased oven trays.

Cook in a moderate oven, 180°C, for around 10 minutes, or until golden brown.

Stand biscuits on trays for 5 minutes before turning out onto wire rack to cool.

Makes approximately 50 biscuits.

Have a laugh



Why wouldn't the shrimp share his treasure?
He's a little shellfish.



Why does Wally wear stripes?
Because he doesn't want to be spotted.



What do you call an illegally parked frog?
Toad.

Bible byte

"It takes a grinding wheel to sharpen a blade, and so one person sharpens the character of another."

Proverbs 27, verse 17
The Passion Bible translation

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

Sudoku

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

Tum-Tum

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



Quick quiz



PHOTO BY ALAN HARDMAN ON UNSPLASH

1. What is the main way to raise money for Movember?
2. What does Movember raise awareness of and funds for?
3. What are some of the biggest health issues for men?
4. Since 2003, how much money has Movember raised?
5. How many men's health projects have been funded since 2003?

Answers: 1. Growing a moustache. 2. Men's health. 3. Cancer and mental health. 4. AUD 6,263,923. 5. Over 1,250. **Tum-Tum:** is behind the steering wheel of the left car on page 10.

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

Did you know?

- Roosters have built-in earplugs.
- In Australia you could visit a new beach every day for over 27 years!
- On Mars, sunsets are blue.

Salvation Army Family and Domestic Violence services

The Salvation Army in Australia provides a wide range of services to support women and women with children impacted by family and domestic violence and help them find safety and support.

The Salvos also provide services that challenge men to take responsibility for their actions through men's family violence prevention and behaviour change programs.

The Salvation Army is committed to providing services that are inclusive to people of all genders, ages, people living with a disability, and those from LGBTIQ+ and CALD communities.

If you are facing violence in your home, feel threatened, or are at risk in any physical or emotional way, or if you know of someone who is, the Salvos are there for you.

Our specialist family and domestic

violence workers are trauma-informed, child-safe, sensitive and compassionate. Our nationwide services include:

- Refuge accommodation
- Children and parenting programs
- Men's behaviour change programs
- Counselling
- Specialist children's workers
- Crisis, emergency, transitional and long-term housing
- Security and safety upgrade programs
- Referrals to specialist services

For more information and contact details, go to:

salvosmagazine.org.au/find-help/family-and-domestic-violence

The Salvation Army is committed to keeping our family and domestic violence services accessible while addressing the COVID-19 restrictions.

Wherever you are, you can leave your house to escape family violence any time.

Please contact us if you need to. If secure and private digital communication is an issue, have a look at these tips first. **www.esafety.gov.au/key-issues/covid-19/advice-women-domestic-violence**

If you are in Australia and you feel unsafe right now, or hear fighting, shouting or noises that sound like violence, call the police on Triple Zero (000) or contact 1800 RESPECT (1800 737 732).