

salvos

magazine



A different path

Raising our voices for those who are silenced



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FEATURE

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yarning

MY STORY

Changing
the status
quo

FAITH TALK

The path less
travelled

“I raise up my voice –
not so I can shout, but
so that those without
a voice can be heard.”

– Malala Yousafzai





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

What is The Salvation Army?

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

Vision Statement

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

Mission Statement

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

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



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

Salvos Magazine

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Challenging the status quo

Empowering girls

The United Nations annual International Day of the Girl (11 October) promotes girls' empowerment and highlights the challenges girls face worldwide.

The UN Secretary-General António Guterres said, "Now more than ever, we must renew our commitment to work together so that girls enjoy and exercise their rights and can play a full and equal part in their communities and societies. Investing in girls is investing in our common future."

Globally, women and girls continue to face systemic oppression and violence and are devalued, disrespected and undermined. Some progress is being made, but deep challenges remain.

The Salvation Army believes that God created males and females in the image of God, as equals, and stands for equity and equality in every sphere of life.

In this edition, different women share their stories of advocating for other women, as well as how they faced personal challenges with faith, hope and determination.

Simone Worthing **Editor**

A different path

Raising our voices for those who are silenced

The United Nations International Day of the Girl (11 October) is an annual observation held to promote girls' empowerment and highlight the challenges girls face worldwide. Sandra Pawar shares a personal reflection on how some early life regrets have motivated her to advocate for the global rights of females.

By Sandra Pawar



In this month where we celebrate International Day of the Girl, I mourn for the many opportunities I have wasted in my life because I didn't fully believe or trust in the vision God had for me. I mourn for the days I spent crying over the numbers on the scale and what I looked like rather than celebrating and using my mind and my creativity. I mourn the days I focused on tracking my food intake instead of tracking the injustices happening around the world when it came to girls and women. I mourn for the days I spent living small when God had purposed for me to live large and bold. I mourn for the days I held back who I was to become someone I was not.

I mourn, not only for myself, but for all the women and girls around the globe who have lived with small visions of what their lives could be instead of choosing to be all God has created them to be. I mourn because I squandered opportunities to advocate for my fellow sisters around the world and I squandered the opportunity to help other women and girls flourish and raise their voices.

BRAVERY AND COURAGE

In the book *Half the Sky: Turning Oppression into Opportunity for Women Worldwide* by Nicholas Kristof and Sheryl WuDunn, we are exposed



to a world where women and girls are largely forgotten and unseen while facing abuses such as sex trafficking, female genocide, genital mutilation, rape, extreme poverty and slave labour. Yet, in this book, we also read of hope – a hope where women and girls facing the most horrendous circumstances fight back with bravery and courage.

I find myself mourning after reading these true-life scenarios, not only for the injustices that were committed against these beautiful women and girls, but also for the many years I was focused on my own shortcomings, my own insecurities, my own small life. I was so busy living a life of insignificance that, for many years, I didn't see the call God was placing on my life to sound the alarm and to advocate for others.

I sound the alarm now. I sound the alarm this month as we celebrate International Day of the Girl because I know God wants us all to stand up and use our voices, not only to celebrate females around the world but to advocate and

fight for and with them. Carolyn Custis James, author of the book *Half the Church: Recapturing God's Global Vision for Women*, says, "God's vision for us doesn't just reassure us that we matter and that our lives do count for something. God's vision compels us to look beyond ourselves to ponder a picture of how things were meant to be for all."

“

I mourn for the days I held back who I was in order to become someone I was not.

”

WE ALL MATTER

Not only does each one of us matter and not only does God have a purpose and plan for us, but he has a purpose and a plan for each girl and woman around the globe. Not only does he care about the student struggling over▶

which university they will go to, but also for the girl who is faced daily with grinding poverty and who has to think about how she will feed her brothers and sisters. He cares not only about the woman who has to decide whether she will be a stay-at-home mum or a working mum, but also for the woman who has to think about whether or not to sell her daughter to traffickers in order to keep the rest of her family alive.

“

God wants us all to stand up and use our voices, not only to celebrate females around the world but to advocate and fight for and with them.

”

God has a deep love for all of us, regardless of where we live in this world, regardless of our circumstances, but I do believe he calls all of us who live with more choice and more opportunity to engage with our sisters around the world who may be in difficult and dangerous situations, to advocate and fight on their behalf and to use the opportunities we have to bring about their flourishing.

I pray you choose a different path than I did and that you choose to live large and boldly now on behalf of others, so you don't look back and mourn the days you did nothing.

Captain Sandra Pawar is an Australian Salvation Army officer (pastor) serving in the United States.



Scan here for more information on Salvation Army services.

Salvos Chatterbox

Empowering girls to face life's challenges

When the Chatterbox empowerment program began at Huonville Salvos, south of Hobart, the goal was initially to support young girls who lived with a primary carer experiencing mental health issues.

"One in four families live with mental health issues, and I wanted to bring together a group of students to help normalise their challenging family life," says psychotherapist Christine Walker, who created the program in 2016. "I wanted to give these girls [from school years 5 and 6] the opportunity to express their feelings about the challenges they face. The school that was inviting the girls to engage in Chatterbox then asked me to include girls in situations of generational welfare, family sexual abuse and domestic violence."

“

I wanted to give these girls the opportunity to express their feelings about the challenges they face.

”

Not all the girls who attend Chatterbox live in families where these issues exist. Some join because of social anxiety, reluctance to engage in school or simply because they want to be part of Chatterbox.



"The Salvos hall is close to the school. The girls walk from school, often accompanied by the deputy principal, and we meet them halfway," Christine explains. "Often during the walk to the hall, one or two girls will say, 'I've got a lot to say today', and we know immediately there's been 'stuff' happening for them."

"In our discussions, nothing is off limits. We have authentic, off-the-wall, heavy conversations, but also a lot of fun."

Christine sees many benefits for the girls. Chatterbox helps to build their self-esteem and resilience as well as skills and techniques to help them achieve their goals. "Most importantly, it equips them with the skills to productively face life's challenges," says Christine.

The Bendigo Bank awarded Chatterbox its Community Choice award in 2018. That same year, Christine received the Special Voluntary Service to the Huon Valley Community award. – **Cliff Worthing**

Deep yarning

The Aboriginal and Torres Strait Islander Voice to Parliament

By Uncle Vince Ross

We First Nations people know how, for thousands of years, yarning has helped us to listen well to each other and then make decisions from a much more informed knowledge base.

One of the important methods to help us find the solutions around issues regarding the Voice and Treaty is to have meaningful conversations. May we as a nation get involved in deep and effective yarning.

As individuals, what is the role each of us can play in encouraging the 'voice' of all Aboriginal people to be heard and acted on so that First Nations people, and this nation as a whole, can positively move forward together?

It's my hope that through this idea of the Voice to Parliament we will all start to understand our nation's history and how it confirms the need for an official First Nations voice to be heard in government and beyond. I believe that the Voice to Parliament will amplify the First Nations' perspective much more than it has ever been. Whatever we can do to help make that voice louder, stronger and valued within government and in the wider community, is what's really needed for us as a nation.

The only way to correct this situation is through our legal and government processes. In the past we have experienced much change in our mob through a significant shift in political and community decisions, but we are still trying to

work together to close the gaps. During those years, I've seen development with our people in many areas and I believe that the Voice will allow us further opportunity to address the real issues as we sit together and give enough time to finding solutions.

POSITIVE CONVERSATIONS

When thinking about what the outcome might be, whether the Voice gets up or not, there needs to be a positive conversation taking place, with cultural sensitivity in the process. Unless that positive conversation takes place – respecting each other's comments and perspectives – then this nation will continue to struggle.

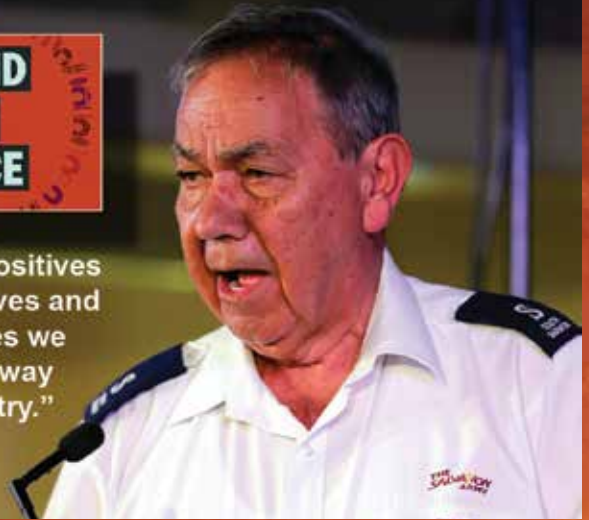


Uncle Vince believes that change is possible if we all talk and listen together.

ABORIGINAL AND TORRES STRAIT ISLANDER VOICE

“Let’s focus on the positives more than the negatives and realise what resources we have to create a new way forward for this country.”

– Uncle Vince Ross



I believe that, by being at the same table as the decision-makers, we will provide a balance and understanding of what is required for First Nations people. As this happens, it will enable all cultures in Australia to have more understanding and collaboration.

I’m feeling confident that when we have the Voice and Treaty, we can move forward into a positive partnership with government and provide effective programs that actually work for Aboriginal communities. Then all Australians will experience a benefit.

Aboriginal and Torres Strait Islander people are committed to adding positive support to this country of ours. Please let us help government make it happen through an official information-sharing process.

The Voice to Parliament is not only something essential in the political arena but also something special for this nation. It will give confidence to First Nations people that their voice is heard and taken

seriously and that we have a special place within government.

I believe we are in a position where positive change can occur, and that positive change rests with all of us as we understand our history and look forward to what’s possible and what can be achieved.

I fully endorse the Voice to Parliament, and I do that with a strong sense that change is possible for First Nations people as we talk and listen together.

Committed to the struggle.
Vince Ross

Uncle Vince Ross is a Madi/Wamba-Wamba Elder and a key Australian Salvation Army Indigenous leader.

For the full version of this article, go to salvosonline.org.au



Scan here to read more stories of hope.

An unintended path

Lessons learned on the path less travelled

By Belinda Davis

At a recent conference in the UK, I was afforded some personal reflection time.

I had a very clear picture in my mind of what my time this Monday morning would be used for. I would walk towards the local village church, perhaps grab a coffee along the way, and spend some time there focusing on a specific verse from the Bible to see what God wished to say to me.

Just after I left the conference centre, I saw a sign pointing to a public foot-path that led away at right angles from the main walkway to the village, and I took that alternate route.

“

**Stay focused on my
choice of path for you.**

”

A CHANGING PATH

What started out as a regular concrete path very quickly turned into a muddy, narrow lane running alongside a water channel. I wasn't really dressed for an 'off-road' trek and considered turning back to take the less messy path, but something urged me to persevere and reassured me I would find a way through.

How often do I resist a path because I don't feel equipped or ready? And yet, if it is a path God is calling me to, there will always be a way through.





After a while, the path became smoother and I encountered other walkers. I wondered if they, too, had taken the muddy track. God said to me, "Stay focused on my choice of path for you. Their path is not for you to worry about."

Along my path I was rewarded with great beauty – daffodils, a tiny bird's nest high in a tree and foliage on one bush that I couldn't believe wasn't plastic! When we relax on our 'right path', there are treasures to behold when we take the time to look.

The path changed again as another path merged with mine. I considered that sometimes there are a few paths that can still get us to where God wants us to end up.

At one point I saw a sign warning that cyclists share the path. It wasn't directly in front of me, but it was informing me of danger. I wondered, "How aware am I of the dangers that may knock me off my path in life?"

A LESS CLEAR PATH

After a few more twists and turns I again came to a muddy area, but this time the path was less clear. I did my best to look at all the possibilities and found that my best option was to follow the paths that others had taken. In our spiritual journey, there are those that have gone before us

whose steps we can follow, while always keeping our eyes on our goal.

Once I had navigated that tricky section, I was rewarded with a beautiful expanse of springtime greenery. I paused and breathed in the majesty of our creator God.

I was almost to the end of my journey when the path narrowed and the only way through was in single file. I was reminded that the journey of leadership can be a lonely one at times.

At last I reached my intended destination, the village church. The path I had taken took me twice as long but allowed me to notice many things. I was able to sit in the serene environment of this worship space and reflect on the lessons from God for me on that day.

Psalm chapter 25, verse 4, describes my experience well: "Show me your ways, Lord, teach me your paths."

May I always be faithful in taking the paths he has marked out for me. May you be also.



Scan here for more information on Salvation Army services.

Challenging the status quo

Stories of resilience and hope

Around the world the value of women and girls is continually undermined. As women and girls continue to face systemic oppression, violence and lack of equity, the Salvos continue to fight against injustice and give a voice to those who have been silenced.

As we approach the United Nations International Day of the Girl (11 October) Salvation Army women from different countries briefly share their stories of resilience and overcoming difficulty with faith, hope and determination.

Beatrice, Canada

I am from Muskowekwan First Nations in Saskatchewan, Canada. I am a mother of eight children and a Kukom (grandmother) to seven grandchildren. I was a part of the Canadian Sixties Scoop (the mass removal of Indigenous children from their families into the child welfare system).

“

I did not want to die and just be another statistic.

”

Growing up I was abused in all ways and lost my identity. At 14 years old, I ran away from the abuse I was experiencing and within an hour I was being fed drugs and groomed by two traffickers for sexual exploitation. After years of many near-death experiences, I reached a breaking point in my life and at 30 years old, I cried out to God. I did not want to die and just be another statistic.

Twenty years later, I am still on my healing journey, but I would not change it. I am in a place where I can advocate for those

that are where I once was. I find empowerment when I am sitting at a table with others that are fighting for justice for those that are in situations of modern slavery and human trafficking.

I share my truths with others, especially police officers, judges and lawyers, because they can be a part of the solution when once I thought they were the problem. What brings me hope is that I am not the only one that wants to end modern slavery and human trafficking, and when we all work together with the guidance of our Creator, that day will come!

Ashley, USA

Ashley works in The Salvation Army's USA Southern Territory and created the Women of Hope resource (hope-stories.org).

Having struggled with depression and anxiety for years herself, Ashley wanted to use her professional platform to develop a resource for women that would facilitate safe and helpful dialogue about mental health.

The resource was intended to be just one video and one story, with two goals in mind. One, to create content that exhibited vulnerability and authenticity;



From left: Beatrice, Ashley and Kenrinie are empowering women and girls to raise their voices and change their lives.

two, that the story shared would allow women who have gone through similar experiences to feel seen and heard. One video quickly turned into 10 in-studio videos, seven virtual interviews, five spin-off podcast episodes and a workbook!

Through Women of Hope, thousands of women have been reached. Women are seeing and learning the value in their own stories and the healing power it can have when they have the courage to share it with others. Ashley's motivation is for women to know that no experience in their story is wasted.

Kenrinie, Malawi

Kenrinie is a Malawian business-woman, engaged in the supply of raw materials to the food and beverage industry and a manufacturing expert in detergent and environmental health products. She is an advocate for engaging Malawian women in business, running self-help groups and supporting aspiring professionals.

"I have committed myself to helping others – particularly other women – to

overcome life challenges by engaging in business projects. This allows women to be financially self-sufficient and better equipped to support their families.

"I am happy and humbled to share my business knowledge and experience with The Salvation Army in Malawi through seminars and detergent-making workshops. I once supported a young lady in the early days of her yoghurt-making business. As a result of this investment, she now owns a company that supplies almost all of Malawi with dairy produce.

"It brings me great hope and joy to see women and young people thriving as a result of my self-help initiative. Many women and young people have been empowered to challenge the status quo, and their children have then gone on to receive better education."



Scan here to read more stories of hope.

Easy chicken casserole

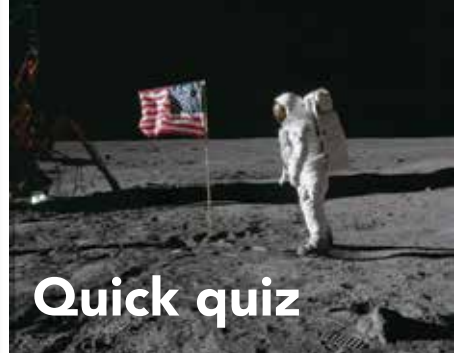


Ingredients

4-6 pieces of chicken or 500g chicken breast fillet, diced; 1 packet French onion soup mix; 400g tin apricot nectar; fresh or tinned apricots if desired

Method

- Preheat oven to 180°C.
- Place chicken pieces in casserole dish.
- Sprinkle contents of French onion soup packet over chicken.
- Pour apricot nectar (and optional apricots) over chicken.
- Cover casserole and cook in oven for 20 minutes or until chicken is tender.
- Serve with rice and green beans.



Quick quiz

1. Which NASA program took the first human to the moon?
2. Which planet do the moons Oberon and Titania belong to?
3. Which two planets take less time than Earth to orbit the sun?
4. Which is the brightest comet in the solar system?
5. What is the name of the space shuttle destroyed mid-air on 28 January 1986?
6. What shape is the Milky Way?

Bible byte

“Be strong and courageous. Do not be afraid, do not be discouraged.”

Joshua chapter 1, verse 9
New International Version

Tum-Tum

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



A Y H X S B K S B O O X S U P G
 C E N M L P L A N E T L U S N A
 O M R O F I P T O C S X N U L L
 A U G O R X H E Q O U O T A Q A
 M S G N N D Q L G M R R L D V X
 O E T R D A F L M E A B V A E Y
 L O R R A X U I K T N I Q Y R I
 C A E C O V M T S H U T T L E Y
 S J U A U N I E I M S Q P S N C
 P X Z N R R A T L C A V L P E S
 A G P I C T Y U Y I A N I L B A
 C I A D K H H C T I R L G U U T
 E A S T E R O I D L M Q H T L U
 J U P I T E R C E W M K T O A R
 U Q A J W C R V E N U S P X W N
 A S T R O N O M Y C O S M O S H

Wordsearch

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

- Aeronautical
- Asteroid
- Astronaut
- Astronomy
- Comet
- Cosmos
- Earth
- Galaxy
- Gravity
- Jupiter
- Launch
- Light
- Mercury
- Moon
- Nebula
- Orbit
- Planet
- Pluto
- Satellite
- Saturn
- Shuttle
- Solar
- Space
- Sun
- Uranus
- Venus

FUNNY THINGS KIDS SAY *at school*

Question: Saturn, Uranus and Neptune have at least three things in common. List them:

- Answer: 1. They are all planets.
 2. They are all round.
 3. None of them have McDonald's.

Complete this sentence:
 If I had 100 friends I would ...
 Answer: Turn the phone off.

First book review from a 9-year-old:
 "Charlotte's Web - Sad, don't read."



DID YOU KNOW?

World Space Week (4-10 October), an international celebration of science and technology, was established by the United Nations General Assembly in 1999.

Its end date commemorates 10 October 1967, the signing of the Treaty on Principles Governing the Activities of States in the Exploration and Peaceful Uses of Outer Space, including the Moon and Other Celestial Bodies.

The week's start date commemorates 4 October 1957, the launch of the first human-made Earth satellite, Sputnik 1.

Quiz answers: 1. Apollo program 2. Uranus 3. Mercury and Venus 4. Halley's Comet 5. Challenger 6. Spiral
 Turn-Turn: is hiding behind a backpack on page 7.



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