

salvos

magazine

Still standing

Allowing life's tough times
to shape, not break us



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FEATURE

Light in the
darkness
of war

FAITH TALK

The wonders
of Psalm 23

MY STORY

The gift of
recovery from
addiction



Rules for happiness:
something to do,
someone to love,
something to hope for.

— Immanuel Kant



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 well-being of people of all ages, particularly children.

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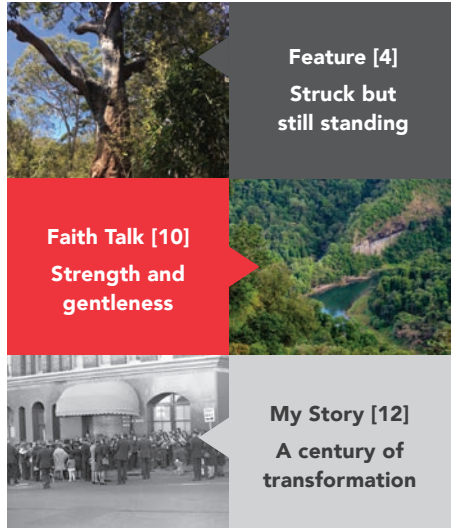
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A century of transformation

Finding joy

The UN Day of Happiness is held around the globe on 20 March each year.

Our world today, though, doesn't look like a happy place. Wars are raging, natural and man-made disasters wreak havoc daily, and everyday life for millions is a struggle.

Happiness is often temporary, dependent on circumstances, and can easily disappear from our lives. Joy, though, is based on an internal reality – something we choose that cannot be taken away by circumstances, as painful, dark and frightening as they may be.

Our stories in this edition of *Salvos Magazine* show how people experiencing some of life's most challenging circumstances reflect that deep, inner joy, and stay focused on that to help them get through and assist other people in the process. From war-torn Ukraine to the struggle with substance abuse, these people have a hope, faith and love that gives them energy, meaning and purpose.

Jesus came to Earth for the broken, the lost, the lonely, the last and the least. He is the source of a joy that can never be taken away.

Simone Worthing **Editor**

Struck but still standing

Allowing life's tough times to shape but not break us

WORDS JO-ANNE BROWN

Sometime around the year 1600, when Shakespeare was writing his sonnets, Galileo was looking at the moons of Jupiter through his telescope, the Taj Mahal was being built, and Bach and Handel were not yet born, a seed began to sprout on Quandamooka country – now known as the Redlands in Queensland.

The shoot grew into a strong and healthy tallowwood tree, a species of eucalypt, providing home to a variety of animals, especially koalas. It continued growing for decades, for 150 years or more, and then it was struck by lightning. The tree wasn't destroyed, but it was damaged, and as it began to recover it grew crookedly and took on its own unique shape.

When early settlers arrived in the region in the mid-1800s, they began using tallowwood trees – known for the hardness of the wood – in the production of coaches, in particular wheel spokes, and docks and piers. It's likely that this particular tallowwood tree survived the timber cutters precisely because it was crooked, and therefore not suitable for use.

Today this tree, with its distinctive hollow limbs, is the oldest known tree in the region and continues to be home to a number of native animals including possums, gliders, birds, insects and reptiles.

SURVIVAL IN BROKENNESS

I love this story of survival in brokenness. I love that because this tree was



'flawed' (in the eyes of the timber cutters) it was not destroyed and continues to be home to a multitude of animals. I love that its crookedness in no way detracts from its purpose in life – to offer shade, shelter, a nesting and resting place.

And it is a beautiful tree! Since there are so few trees in this area that are as old or as large as the tallowwood, it plays an important part in the local ecosystem. In every organism, including this tree, there is an innate ability and desire to keep growing, developing, to keep moving towards what it was created to be. Even when faced with stressors that can cause damage, or obstacles to slow growth, that innate ability to keep developing remains.



When I look at this tree, noticing its unique shape that came about because of the damage it endured, I like to think that I too have a natural beauty and strength that arises from the 'lighting strikes' I have faced. Every stressful or difficult experience leaves its mark upon my very being. Some of those painful events have forced me to change direction in my life, or to dig deeper to stay strong and to keep growing. They have all changed me in some way.

A PLACE OF GROWTH AND REFUGE

Admittedly, there have been times when I have felt pretty much bent out of shape, when I felt broken and not much good for anything. And yet somehow I have kept going and kept growing. Some things haven't worked out the way I had planned – yet often those outcomes have been far more enriching than the ones I had hoped for.

I hope that in allowing the difficult experiences of my life to shape me rather

than break me, I can become like this tallowwood tree – a place of refuge and safety for others, despite any peculiarities or perceived flaws.

You might like to think about your own life and how you have survived various 'lightning strikes' that have hit you or damaged you. Perhaps you are aware of how stressful events have impacted you and yet enabled you to grow stronger, more compassionate, more patient.

“

**Even when faced with stressors
... that innate ability to
keep developing remains.**

”

You too have your own unique shape and character precisely because of all that you have experienced and survived in your life, and the person you are still becoming even in the midst of pain and uncertainty. It may not be the shape you originally chose or hoped for, but it will be the shape that has the potential to offer something affirming to those around you, just as the gnarled tallowwood tree has become a place of safety and shelter. Having faith, even just a small amount, can help us to see that even in the darkest times we are not alone, and whether we know it or not, hope is at work within us.



Scan here to read more stories of hope.

Light in the darkness of war

Caring for others as the bombs continue to fall

Early on the morning of 24 February 2022, the sound and impact of heavy shelling woke many Ukrainians. Russia had invaded Ukraine and a war had begun. This war continues today, killing and wounding hundreds of thousands, displacing millions and destroying cities, towns and villages across the country.

Below we share the text of two testimonies – from Major Kostiantyn Shvab, leader of The Salvation Army in Ukraine, and Major Daniil Lukin, Kropyvnytskyi Salvos officer officer (pastor) in Ukraine.

MAJOR KOSTIANTYN SHVAB

Well before 24 February last year, my colleagues and acquaintances from Ukraine and abroad were saying that war was going to start in Ukraine. My friends tried to convince me to take my family abroad but we decided to stay. I knew that the war was going to begin, but I firmly believed that God would save us. I couldn't believe how, in the 21st century in the centre of Europe, such horror could ever happen.

“

I do not know how God gave us the strength to hold on – a strength he still gives us.

”

Since then our life has changed. Endless crowds of people from Eastern Ukraine were fleeing to Europe via parts of Western Ukraine. They passed through Vinnytsia [where Majors Kostiantyn and Irina Shvab were then Salvos officers (pastors)] day and night, regardless of the curfew.



We opened the Vinnytsia Corps doors for people to sleep over. There were too many for the corps building, so many of them stayed at our home. People were sleeping on the floor but they cried and thanked us for sheltering them.

I remember when I was delivering humanitarian aid in the Kyiv region. I was driving along the road that had recently seen tanks passing, and I saw destroyed cars carrying peaceful people who were shot and burned alive. I saw destroyed houses. It is horror. It is pain and tears. I do not know how God gave us the strength to hold on – a strength he still gives us.

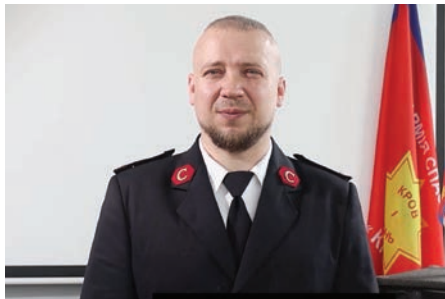
I thank everyone who is helping us. I thank God that I belong to The Salvation Army which, from the very first days of the war,

has taken an active role in alleviating the suffering of so many people, adults and children. We clothe, feed, encourage and help in every way. I am proud to be a part of The Salvation Army which brings comfort, support and encouragement.

Even today, bombs and rockets are still whistling over us and there is still the threat of death, but I am not afraid. I know that God holds us in his hand.

MAJOR DANIIL LUKIN

I cannot say I did not know that the war in Ukraine could start. My mind told me that war was inevitable, but my heart continued to believe it could be avoided. Hundreds of thousands of soldiers who gathered near the borders of my motherland with weapons, jet fighters, tanks and artillery, said the opposite.



On the morning of 24 February last year, I woke to the roar of fighter jets and the sound of distant explosions. I don't know how you can prepare yourself for the fact that your way of life is completely destroyed, and stability and security have just left your house with a loud slamming of the door.

I feel fear, uncertainty, sadness. The future no longer seems bright and clear. It has plunged more and more into darkness and there is only one thing that can stand against the darkness – light.

In Genesis 1:3-4 it says, "And God said, 'Let there be light', and there was light. God saw that the light was good, and he separated the light from the darkness." God is the source of light – he is the one who dispelled the darkness. He did it at the creation of the world, he did it 2000 years ago by sending Jesus, and he continues doing it today.

“

Only one thing can stand against the darkness – light.

”

I found light in God for myself and my future, and the darkness receded. His light has one important characteristic – it not only lights you, it gives you the power to shine where it is darkest. Today, this is often expressed in help for those who are suffering from the war in Ukraine.

There are millions of people in Ukraine who have lost everything – houses, property, friends, relatives, hope. They need help and support. They need light. And the light that is in me prompts me to do everything I can so they receive this support and see the light that chases away the darkness.

The light always wins because the one who created the light is stronger than the darkness.



Scan here for more information on Salvation Army services.

Winter wonders in Eastern Europe

The Salvation Army in the Republic of Georgia recently gave children and their families who have fled Ukraine the opportunity for a winter vacation camp.

“A winter vacation at the famous, picturesque resort of Bakuriani helps prevent psychological exhaustion for both children and parents who are going through difficult times, having lost their homes and relatives,” the camp leaders shared. “We are dedicated to children’s outreach, as all children deserve the best.”

As temperatures plummeted in Moldova, Salvos teams in different locations provided local children with warm clothes and shoes.

“This help was available to children from vulnerable families who are suffering



Salvation Army teams in Georgia led a winter vacation camp for children and their families who have fled Ukraine.

and experiencing difficulties,” explained Major Olga Iniutochkina, who oversees the Salvos in Moldova. “We are thankful to our donors who made this happen, as we believe every child should be safe and happy.”

Solar panels installed at Pakistani boys’ home

At the Shiloh Boys’ Home in Pakistan, The Salvation Army continues to help make sure the boys who live there have every opportunity to learn and excel. Recently, this assistance came in the form of raising \$60,000 to install solar panel arrays on the roof of the home’s building.

The solar panels helped shed some of the electrical load and expenses being incurred during the hot summer season.

These expenses came not only in the form of higher than normal electricity bills, but also rising food and supply costs due to increasing inflation.

The children who live at the home can now do their schoolwork and prepare



The new solar panels have made a huge difference in the lives of boys at the Pakistani home.

for exams without the worry of losing power or going to bed without food.

With the success of this project, two similar projects are being planned – one at Joyland Girls’ Hostel in Pakistan and the other at a children’s centre in Punjab, India.

Dropping in for a chat

The CHATS (Community Hub At The Salvos) group at Box Hill Salvation Army provides a unique space for connecting older people in Melbourne's east.

"There are lots of older, lonely people in our community, so this gives them a purpose," says James Allen, CHATS group leader. "It's all about connection, and reaching out to each other."

Weekly group meetings usually attract about 50 people. They include a variety of activities such as games or a quiz, and an interesting guest speaker.

One cohort that benefits greatly from the CHATS group is carers. "CHATS helps them get their clients out of their

houses each week," says Captain Karen Harrison, Box Hill Salvos officer (pastor).



Karyn Wishart, right, speaking to CHATS members.

"We get to talk about life with them as they deal with challenges such as being a carer; and people experiencing cancer, dementia and Parkinsons," adds Captain Karyn Wishart, also a Box Hill Salvos officer.

Brazilian group gathers on the Sunshine Coast

Leiser da Silva, a member of the Noosa-Coolum Salvos, has started a weekly Portuguese-speaking gathering on the Sunshine Coast.

Leiser came to the Sunshine Coast from Brazil. His wife Laura is Australian.



The Portuguese-speaking gathering is friendly and relaxed.

After settling into the community, they discussed with their Salvos officers (pastors), how they could connect with the substantial number of Brazilian expatriates living in the area.

Late last year they opened their house for a weekly family-style gathering or a 'Grupao' in Portuguese. Time together involves a meal, prayer, music and a short message by Leiser.

Laura is a qualified English language teacher, so when the time is right, she wants to start English lessons.

"We are just trying to create a place where people are embraced, can flourish, and find a place where they belong," Leiser says.

Strength and gentleness

The wonders of Psalm 23

The Eternal is my shepherd, He cares for me always.

He provides me rest in rich, green fields
beside streams of refreshing water.

He soothes my fears;

He makes me whole again,

steering me off worn, hard paths

to roads where truth and righteousness echo His name.

Even in the unending shadows of death's darkness,

I am not overcome by fear.

Because You are with me in those dark moments,

near with Your protection and guidance,

I am comforted.

You spread out a table before me,

provisions in the midst of attack from my enemies;

You care for all my needs, anointing my head with soothing, fragrant oil,

filling my cup again and again with Your grace.

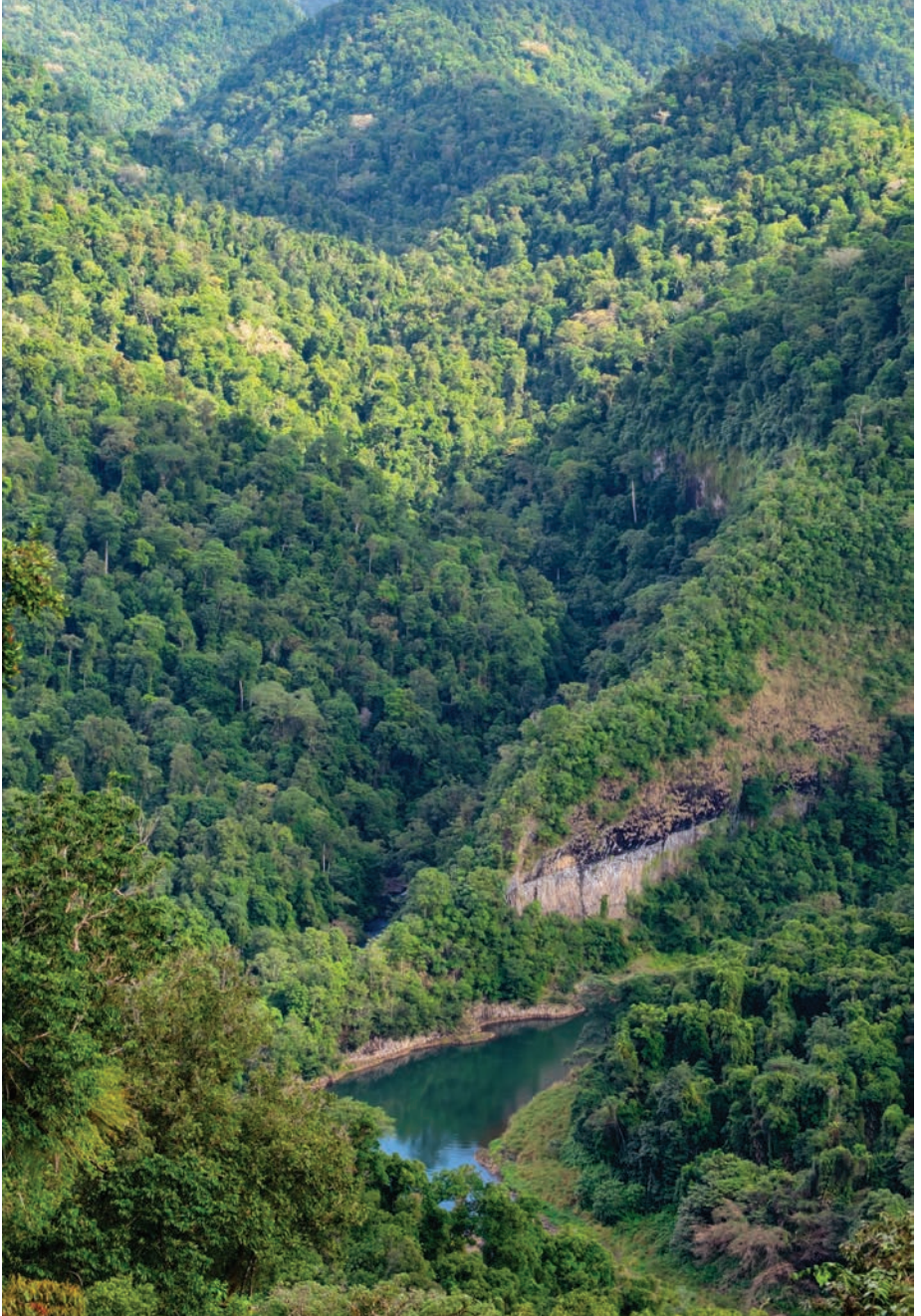
Certainly Your faithful protection and loving provision will pursue me

where I go, always, everywhere.

I will always be with the Eternal,

in Your house forever.

– **The Voice Bible translation**



A century of transformation

The gift of recovery from addiction

WORDS LAUREN MARTIN

Powerful stories of personal transformation from people who have had contact with The Salvation Army's work in Sydney were shared at a celebration event at William Booth House recently.

The Albion Street building in Sydney's Surry Hills has been in Salvation Army hands for the past 100 years, originally opening as a hostel for working men. Most of its use over the years has been to come alongside people experiencing addiction to alcohol or other drugs. At a special celebration event last month, past and present recovery participants gathered with guests and former and present staff members to share stories of transformation.

Commissioner Miriam Gluyas, leader of The Salvation Army Australia, spoke about transformation being a whole-of-being experience: "Wholesomeness is about body, mind and soul, and it's an ongoing journey ... [There's a] God who is with us and for us, no matter what we go through. People who stand with you and for you, no matter what your story is.

"And may we celebrate for hundreds of years to come the day that lives were changed."

AMAZING GIFT

Guest speaker Dianne Todaro-Wells shared her journey of transformation, saying that her dad drove her to the then-named William Booth Institute when she was in her early 20s, telling her that she was "just going to the doctor's".



Dianne Todaro-Wells shared her testimony at the celebration.

"I can remember very clearly the memory of looking at myself in the mirror and saying, 'Just stay here. No matter what, just stay.'"

She did stay and has gone on to become a successful international author, speaker and educator. She says, "Recovery is the most amazing gift you can ever be given. There is nothing like it. No drink, no drug can ever equate. When you're on purpose with your life. When doors close you have the skills to open them up and find another avenue."

She encouraged those present who are still on their recovery journey to "just stay and do the next right thing. That's my life motto."



The opening of the William Booth House building in Sydney 100 years ago.

In an open mic session, many people shared their experiences of life transformation as a result of encountering The Salvation Army through the building now known as William Booth House.

“

When doors close you have the skills to open them up and find another avenue.

”

One man went through the then Bridge Program in the 1960s. Another shared his experiences of the program in the 1980s. Throughout the decades, the building has served as a place of refuge, healing and unconditional love.

“I had the kids and the mortgage and all that, but I turned to ice and lost it all and became homeless. I had enough and in December 2016 I came here, and it was the first place that I actually felt loved,” a man called Rod shared.

“I tried and tried and tried and tried and I kept leaving, but I kept coming back, and they just treated me the same ... Father’s Day 2020 is my sobriety date. I do [the

recovery work] five days a week, I pray in the morning, and I pray at night, and I go to church on Sundays,” he said, sitting down as the room erupted in applause.

The celebration lasted well into the afternoon with people continuing to share stories of transformation together over afternoon tea.



William Booth House continues its recovery work today.
Photo Cazeil Creative.

Lauren Martin is a writer for salvosonline.org.au



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

Lemon loaf



Ingredients

1½ cups self-raising flour, ½ tsp salt, 3 eggs, 1 cup sugar, 2 tbsp softened butter, 1 tsp vanilla essence, 1 tsp lemon extract, ⅓ cup lemon juice, ½ cup oil

Lemon icing: 1 cup plus 1 tbsp icing sugar, 2 tbsp milk, ½ tsp lemon extract

Method

- Combine flour and salt in a bowl.
- Use a mixer to blend the eggs, sugar, butter, vanilla, lemon extract and lemon juice in a medium bowl.
- Pour wet ingredients into dry ingredients and blend until smooth.
- Add oil and mix well.
- Pour batter into a well-greased loaf tin.
- Bake at 180° for 45 minutes or cooked through.

Icing

- Combine all icing ingredients in a small bowl with an electric mixer on low speed.
- When the loaf is cool, remove from pan and cover the top with icing.
- Let the icing set before slicing.

HAVE A LAUGH

Why are frogs so happy?
They eat whatever bugs them.



My tennis opponent was not
happy with my serve.
He kept returning it.

Where is happiness made?
At the satisfactory.

How do we know that soccer
referees are happy?
Because they whistle while they work.

SIGNING IN



Sudoku

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

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

Tum-Tum



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

Bible byte

"The joy of the Lord is your strength."
Nehemiah chapter 8, verse 10
International Standard Version

Quiz answers: 1. Saturday 25 March 2. Switch off your lights 3. 2007 4. Sydney 5. World Wide Fund for Nature 6. Spider-Man
Tum-Tum: is hiding behind the wheel on page 14.



1. When is Earth Hour 2023?
2. What do you do to take part?
3. When did Earth Hour start?
4. Which city in Australia started Earth Hour?
5. Which organisation expanded the movement to become an international event in 2008?
6. Which superhero became a global ambassador for Earth Hour in 2014?

DID YOU KNOW?

The UN International Day of Happiness is celebrated on 20 March.

This year's theme is "Mindful. Grateful. Kind."

In 2011 the UN General Assembly adopted a resolution that recognised happiness as "a fundamental human goal".

The first International Day of Happiness was held in 2013.

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



Joseph's Coat of Many Colours

Read more in Genesis 37:3



**Kidzone Bible Colouring Book +
Puzzles** is available instore
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