

salvos

magazine

Soul friends

Finding the family
we choose ourselves



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FAITH TALK

Friends
who are
heaven-sent

MY STORY

Giving a
gift to the
future

REVIEW

Barbie - a
fun, feminist
fantasy

"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."

- Maya Angelou





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.

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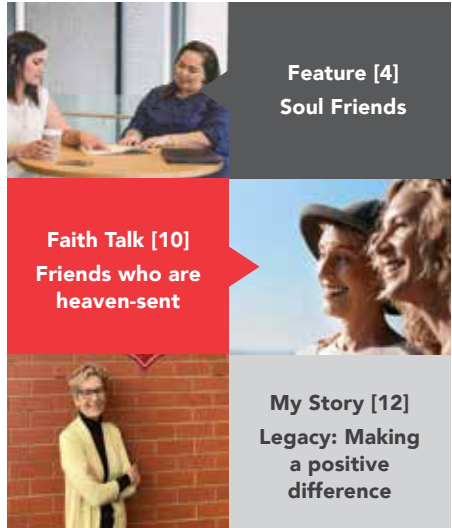
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Finding our people

In this edition of *Salvos Magazine*, we share some perspectives on what are often referred to as soul friends – people we can connect with on a deep level without fear of judgment or criticism. These are friends with whom we can be completely open and honest, who will listen to us with compassion and understanding and help us explore issues we may be grappling with.

In Faith Talk, Belinda Cassie continues this theme in a short reflection on friends who become family – those with whom we can share our quirks and uniqueness, and who share their own individuality with us. Belinda refers to these relationships as heaven-sent, the family God knew we needed.

The Bible talks about how friendships refresh the soul and bring joy, healing, transformation, richness, wisdom and hope into our lives – especially, but not only, in the difficult and messy times.

Check out our Bible byte for this verse, and enjoy the jokes, quiz and puzzle while you're reading pages 14 and 15.

For these stories and more, go to salvosonline.org.au

Simone Worthing **Editor**

Soul friends

Sacred relationships can lead to deep transformation and inner healing

By Jo-anne Brown

Many of us are longing to find someone we can really talk to about the deeper things of life – and be listened to. We may have questions about life, death and suffering, and not really know anyone we can be open and honest with about these things.

Perhaps we're pondering the meaning of life and even wondering about our very existence, yet find it hard to talk about this with friends and colleagues. Or we might simply want to talk about our unspoken worries and doubts, and

explore how we can live our lives in the best way possible amid everything going on around us.

At such times it isn't counselling or therapy we need, simply someone we can talk to about matters of the soul.

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**I'm longing for someone
I can really talk to about
what's going on inside me.**

”

In the busyness of life, technology and social media, it's hard to find quiet, safe spaces where we can open our hearts and pour out our thoughts without fear of being judged or criticised. When we do find someone with whom that's possible, such conversations can become healing and transformative.

SOUL FRIENDS

Some years ago, I came across the concept of 'soul friend' and I realised there have been many occasions in my life when someone became a soul friend to me. Often, this was during times when I felt lost, confused or alone.

Such friends were able to listen to me, without trying to 'fix' me, and gave me space to reflect on whatever was going





on in my life. Some soul friends have stayed with me throughout the years; others were only there for a time.

A soul friend is someone we can be honest and open with, who gives us the freedom and space to explore the deeper questions of life without judgment or criticism. It's hard to do deep inner soul-work alone.

When thoughts and emotions are swirling around, it's not easy to make sense of them. We can get lost diving down rabbit holes and not knowing where we may end up. We also cannot see our own blind spots so having a trusted companion with us as we explore our inner workings can help bring clarity.

Paying attention to our inner selves feeds our soul, and we may be surprised by what we find as we explore the sacred places within. We may discover old wounds or unpleasant aspects of our personality, and having someone to walk with us as we do this inner work can give us courage and insight and help us

to keep going when we find more than we expected!

It takes courage to look within ourselves, and having a soul friend who sits with us in compassion and understanding may help us see ourselves with greater empathy and understanding.

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Soul conversations can be deeply transformative.

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Choosing to look within ourselves, or to explore aspects of the sacred that are mysterious and unknowable, takes time. It's an exploration that requires commitment and intention. Having a wise guide who has no agenda of their own and no need to hurry us or convince us of anything can anchor us and nourish us in our journey. ▶

SACRED RELATIONSHIPS

Centuries ago, women and men who were committed to loving and following God went into the deserts of Egypt, Palestine and Syria to find deeper silence and solitude. In the isolation of the desert they discovered more about themselves and about God. They grew in wisdom.

People came out to the desert to hear them, to receive guidance, and to find companions who could help them on their own spiritual journey. These 'Desert Mothers and Fathers', as they became known, engaged the pilgrims in soul conversations and practised deep, sacred listening.

We don't need to venture into the desert today to find a 'soul friend', and that person doesn't necessarily need to be a friend in the way we generally understand

friendship. It's not so much a social connection but a sacred relationship.

The person might be a mentor, a spiritual companion or a wise teacher we meet with on a regular basis for this kind of soul talk. The important thing is that they know how to listen without interrupting or judging, that they can accept what is happening within us as we explore, and can sit quietly with us wherever our reflecting takes us.

Soul conversations happen with someone when we can share our innermost self, our deepest and perhaps darkest thoughts and feelings and know we are accepted. The depth of connection in such relationships of trust, authenticity and respect can lead to deep inner healing and renewed faith and hope. Soul conversations can be deeply transformative.

In today's uncertainty we need wise companions who help us reflect on how we are living our lives, explore matters of the spirit and gain insight and understanding when life gets messy. We need people who can listen deeply and respectfully.

This kind of soul conversation, sometimes known as spiritual direction, has been one of the most helpful and hope-giving practices in my spiritual journey.

If you would like to find someone for this kind of soul conversation or know more about spiritual direction, these websites are helpful: ansd.org.au. (Australian Network for Spiritual Direction), or spiritualdirection.au.



Scan here to read more life-changing stories of hope.

Creativity and connection at Pakenham

The Salvos at Pakenham in Melbourne's south-east are offering the community a place to connect, grow their creativity and give back to others.

Their Hope Cafe includes an art, craft and games group and a community garden.



Thalma displays one of the paintings she completed at the Hope Cafe.

Each week, up to 40 people come to share their lives, create, and grow food together.

Salvos officer (pastor), Captain Katie Ryan, says a man from a refugee community spoke very little English, but they discovered he was a gardener and this led to him overseeing the construction of a community garden.

Another member, retiree Thalma, started attending the group soon after she took up art for the first time in her late 70s.

"It's such a welcoming place to everyone," she says. "The friendship is just fantastic." – **Kirralee Nicolle**

Churches work together in the Snowy Mountains

For decades, Jindabyne St Andrew's Uniting Church has been running a weekly Soul Food Community Kitchen on Monday nights during the ski season, offering a free meal to anyone in the community who needs support.

Several years ago, they were looking to partner with another church, so they contacted The Salvation Army. Anthony Barford and Sandra Mortimer, leaders at Cooma Salvos, jumped at the chance.

Numbers have significantly increased this year, from up to 150 people last year to 250 on the busiest night so far this year.

Cost of living pressures have drawn in those who haven't had to access the service before, including itinerant ski-field workers who pay up to \$600



Anthony Barford (left) and Salvo Andrew at the Soul Food Community Kitchen.

per week for accommodation and sometimes get less than 30 hours of work.

"We have people come in with emotional problems, spiritual issues and physical problems," Anthony says, "and there are personal supports available for them through the church. Monday night is a real connection point." – **Lauren Martin**

Fun, feminist fantasy a parable about identity

I played with Barbie as a child. As a boy, I spent the day at the house of a family with three daughters, whose toy boxes were filled with the pink plastic of fashion dolls. I didn't have a Barbie at home.

I remember looking at the toys with their bright pink colours and sparkled fabrics and feeling something about that perfect plastic – feeling something like wonder. Barbie was beautiful.

Directed by Greta Gerwig, *Barbie* is a fantasy comedy film based on the popular Mattel fashion doll. Written by Gerwig and Noah Baumbach, the film tells the story of the stereotypical blonde-haired, blue-eyed Barbie, played by Margot Robbie, who lives in a magical place called Barbieland.



Stereotypical Barbie finds herself having an existential crisis one night, however, and starts to develop the vulnerabilities of a human. Barbie decides to leave Barbieland and travel to reality, to find the child she belongs to and restore her perfect beauty.

Barbie's journey to the real world challenges her assumptions about herself and why she was created. At one point, Barbie even meets her maker – an encounter with the divine, one that leaves her with an understanding of what it means to be human, to have purpose and potential, and to be vulnerable.

Whether you played with dolls as a child or not, and thought the toy was perfect or problematic, *Barbie* is a fun, feminist fantasy and a parable about identity. Barbie taught girls they could be anything, and this two-hour toy commercial also has something to say about the wonder of being human and the vulnerability that brings. Only plastic is perfect. It's our humanity that's beautiful. – **Anthony Castle**



IMAGE CREDIT: BARBIE © 2023 WARNER BROS.

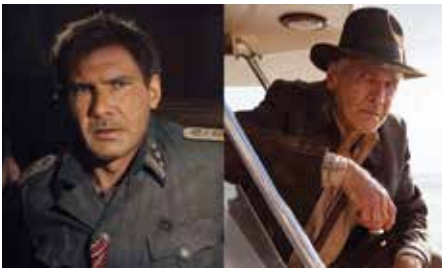
Barbieland is populated by a diverse range of successful and independent Barbies in a matriarchal society where female fashion dolls fulfil the roles of judges and lawyers (and the various Kens more or less stand around and look pretty).

Indiana Jones a man out of time in one last adventure

There is a moment in *Indiana Jones and the Dial of Destiny* where the old adventurer, played by Harrison Ford, is handed a clock as a retirement gift. The once-dashing archaeologist is now 70 years old, retiring as a history teacher just as the space age begins.

Old-fashioned, outshone by the technology of a new age, and his adventures a thing of the past, Indiana Jones doesn't really belong in 1969. Unimpressed, he gives the clock away. Indiana Jones is a man out of time.

Directed by James Mangold, *Dial of Destiny* is the fifth and final instalment in the Indiana Jones film series. *Dial of Destiny* sees an older Indiana Jones reunited with his estranged goddaughter Helena, played by Phoebe Waller-Bridge, who is searching for an Antikythera device, a mechanism believed to be capable of time travel.



With a Nazi foe from the past also hunting for the 'dial of destiny' to change the outcome of World War II, the ageing hero agrees to one more adventure.

Indiana Jones is a character who searches for things of myth, finding



meaning in sacred objects of the past. He never quite obtains these plot MacGuffins, but in the process he often finds the greater personal and spiritual meaning they offer. The strength of this new film is Harrison Ford's performance, his charisma now touched with loneliness and grief.

The Indiana Jones movies might not belong in 2023. They might be old-fashioned, from a simpler time, outshone by newer technologies (box office receipts show that modern audiences seem unimpressed).

For those looking for one more adventure, *Indiana Jones and the Dial of Destiny* is a fun romp with something more meaningful to offer than just nostalgia. Watch *Dial of Destiny* in cinemas while you can. There's still time. – **Anthony Castle**

We are wired for relationship, and when that looks jeopardised – even just the unfollowing of a silly social media account – we can feel insecure in the relationship and even in ourselves. Because adulting is hard and so are adult friendships.

When we were kids, we just hung out with the closest other kid who liked the same things we did. Adult friendship has a whole mound of baggage to circumnavigate. Some make it, some don't. Some seem heaven-sent. Some leave us asking "What?"

And then there are some who seem Holy Spirit-driven, soul friends, like we were always meant to meet. When we find our people, the ones who help us unpack that baggage, they see our weirdness and share their own, they become the family we picked for ourselves or, possibly more accurately, the extra family God knew we needed.

*Captain Belinda Cassie
Salvation Army officer (pastor)*





Legacy: Giving a gift to the future

During Include a Charity Week (4-10 September), Jan shares her life's journey and why she has left a legacy to the Salvos

By Jan

I remember The Salvation Army from a very young age where I was raised as a young child in Kent in the English countryside.

After graduation I worked in East London as an arts teacher. This was a really tough part of the city, where I taught vulnerable children between the ages of 11 and 16, and the experience was both challenging and rewarding.

“

I truly believe that the Salvos is a socially responsible and caring organisation.

”

I yearned to diversify my skills and gain exposure beyond the classroom. It was suggested by the local job centre that I consider the beauty therapy industry which was emerging at the time.

I completed an international qualification and obtained a fabulous job in England. Out of the blue, and through a connection from my boss, I was asked to come to Adelaide and set up a beauty therapy college that would be aligned to the head office in Paris. This was to have a profound effect on my life.

The college was revolutionary at the

time, offering holistic well-being services that complemented more traditional cosmetic therapies.

A WONDERFUL LIFE

At the end of my contract, I had two months left on my visa to see Australia before heading home. It was at this time in 1983, during a Test match at the Adelaide Oval, I met my future husband, who happened to be an internationally acclaimed photojournalist. We had a wonderful life together, meeting many fascinating people, while working hard and travelling to many parts of the world.

Around 2000 we moved to Coffs Harbour. I worked in senior roles in the aged services sector, which still faces many challenges today. While in Coffs I also worked as a volunteer with a number of First Nations communities, with a particular focus on helping them obtain traineeships and develop career paths.

Following a long illness, my husband passed away in 2009. I was there to support and comfort him – a difficult but also uplifting experience at such an intimate and emotional time. In the years that followed I spent time in England supporting my unwell sister, who ultimately passed away.

After a period of grief and in the middle of the COVID pandemic, it was time to find a place to call home. I settled in the Fleurieu Peninsula, south of Adelaide, a few months ago.



“

I wanted to choose an organisation that would validate the use of my legacy.

”

Jan wanted to ensure her legacy would make a positive difference in people's lives.

PREPARING A WILL

I realised I needed to prepare a will and by coincidence saw an advertisement for a Salvation Army Community Wills Day at Victor Harbor and thought someone was sending me a little reminder!

The Community Wills Day was a very easy and communicative process, and I spoke with John Tobin, who runs the Wills and Bequest program for the Salvos in SA, a number of times before the Wills Day itself. My solicitor was friendly and knowledgeable, which was also very comforting.

I looked into a number of organisations that I would consider leaving a gift to in my will. In particular, I wanted to choose an organisation that would validate the use of my legacy, and it was also extremely important that our values aligned.

While there is a very clear spiritual link with The Salvation Army, for me what is important is the everyday connection between the church and the community. It is real and practical and makes a very positive difference in people's lives.

I truly believe that the Salvos is a socially responsible and caring organisation that, as its name suggests, draws on a dedicated army of people to deliver the services that the most vulnerable members of our community need. That is why I have chosen to leave a bequest to The Salvation Army.



Scan here for more information on Salvation Army services.

Coconut loaf



Ingredients

1 cup desiccated coconut; 1 cup self-raising flour, sifted; $\frac{3}{4}$ cup sugar; $\frac{3}{4}$ cup milk

Method

- Mix all ingredients together in a bowl.
- Transfer mixture into a greased loaf tin.
- Bake at 180°C for 30 minutes.
- Serve warm or cold.



Quick quiz

1. Grilled cheese sandwiches can be traced back to the 1920s when what was invented?
2. How was grilled cheese traditionally served?
3. How many calories are there in a cheese toastie made with white bread?
4. A grilled cheese sandwich sold on eBay for US\$28,000 in 2004 because it was said to bear the image of whom?
5. The Swiss dip grilled bread cubes into melted cheese in what traditional dish?

Bible byte

“A sweet friendship refreshes the soul.”

Proverbs chapter 27, verse 9b
The Message translation

Tum-Tum

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



Wordsearch

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



- | | |
|------------|-------------|
| Affordable | Ham |
| Australia | Italy |
| Avocado | Jaffle |
| Bread | Margarine |
| Brie | Mayonnaise |
| Butter | Melt |
| Cheddar | Mortadella |
| Cheese | Panini |
| Ciabatta | Pickles |
| Comfort | Switzerland |
| Fondue | Toastie |
| France | Tomato |
| Gruyere | Winter |

HAVE A LAUGH

What happened when Bluebeard fell overboard in the Red Sea?
He got marooned!

What did the termite say when it walked into a bar?
"Where's the bar tender?"

What did one hat say to the other?
"You wait here – I'll go on ahead!"



DID YOU KNOW?

Cheese and toast - a delicious combination worth celebrating! Let's get on board with the USA's National Cheese Toast Day on 15 September!

Cheese and toast - and variations - is a favourite snack around the world. Add a top slice of bread for a cheese toastie, ham for a croque monsieur, and a piece of ciabatta topped with mortadella for a panini. Yum!

Melting cheeses, such as gruyere, brie and cheddar, are ideal to use for grilled cheese sandwiches.

Quiz answers: 1. Bread slices 2. As an open-faced sandwich on one slice of bread 3. Around 380 4. The Virgin Mary 5. Fondue
Turn-Tum: is hiding behind the pots on page 7.



Have you taken care of your Will?

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

Find out how you can start or continue your legacy of generosity. Contact The Salvation Army's Wills and Bequests team and ask for a free Wills booklet.

Together, we can give hope where it's needed most long into the future.



CONTACT US TODAY

1800 337 082 or visit
salvationarmy.org.au/wills

