

salvos

magazine

Always a new beginning

Finding and facing fresh starts in life



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FEATURE


One brick at a time

FAITH TALK

The day the bus stopped

MY STORY

There is always a way



*"Tomorrow when
I awaken, the slate will
be clean and a new day
will stretch before me.
God's mercies are new
every morning."*

- Lori Hatcher



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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Starting over

All of us make mistakes. Some of us have regrets in life and wish we'd made better decisions or taken different paths. When the opportunity arises for a fresh start, we grab it. Or do we? Some of us may not want to learn new things, take a risk or step out of our comfort zones – as uncomfortable as they may be.

Jo-anne Brown writes about new beginnings in this week's feature. She explores the fear, uncertainty and discomfort that often surround a new direction or a fresh start. She offers some tips on taking advantage of the second chances that will come our way, and the new growth and freedom it can often bring with it.

In Faith Talk, Faye Michelson shares her journey with cancer and that how, now she has a second chance at life that is slowly gaining momentum, she is asking God to show her which path to take as she soars into this next phase of her life.

Perhaps that's something each of us could do too?

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

Simone Worthing **Editor**

Always a new beginning

Finding and facing the fresh starts of life

By Jo-anne Brown

“What’s happened here?!” a recent visitor to our home exclaimed with surprise. “It’s so open!”

I pointed to the rigorously-pruned Bangkok Rose bush that normally towered over visitors to our garden. Now, it was just a short, bare trunk. With the frangipani and tibouchina trees that had also been pruned recently, our back yard did indeed look very bare and open.

I confidently reassured this person that in a month or so, the whole back yard would once again be a riot of pink,

purple and creamy-yellow flowers! I’d seen this before and knew I could count on it happening. In fact, the year before we had given our frangipani tree (that we’d never seen in flower) a last chance, pruning it so vigorously that I wasn’t sure it would survive. Yet it did – it took the second chance we offered it, and it flowered abundantly for us!

It’s one of the few things I can count on. New beginnings are constant – we experience them from our very conception, even if we don’t remember them! Think of those very early new beginnings we’ve all lived through: birth itself, cutting our first teeth, our first steps and so on, all the way through our lives. Generally, these new beginnings come at some personal cost – and many are not easy. We also see constant new beginnings in nature. In Springtime many trees, flowers and plants put forth new buds or leaves. Throughout the year, after devastating bush fires, after any tree has been lopped, or weeds pulled out, there is something new growing in its place before we know it.

The rhythms of time itself usher in a new sunrise each day: a new opportunity to begin again, to try a different way, to look at things with a new perspective.

There will always be some new beginning and the opportunity for a second chance, so we do well to prepare ourselves for these opportunities and make the most of them.





How can we do this?

We can expect there will be opportunities for fresh starts and we can choose how to face them.

We acknowledge the losses that usually precede a new beginning. Like pruning trees (sometimes drastically), there may be a loss, a death, or a letting go of something to prepare the way for a fresh start. This can be painful and might need to be grieved before we can let go and look at starting again. I think of huge gum trees that seasonally lose their bark in large sheets, peeling away and falling to the ground. This shedding of the old 'skin' is part of the natural growth of the tree and keeps it healthy.

Be calm when faced with second chances. Yes, there may be some anxiety about a new beginning and our ability to adapt or handle something new – and that's okay. We don't need, however, to let our fear overwhelm us. Our nervous system might

react by going straight into the familiar fight or flight response, yet we can choose another way. When we learn how to soothe our nervous system, through meditation, breath work, prayer or other relaxation techniques, we can respond with calmness, clarity and creativity.

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We can expect there will be opportunities for fresh starts, and we can choose how to face them.

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This means we can then be curious. A new beginning offers a second chance, and we can either anticipate this with wonder or with dread. Choosing curiosity means we ▶

can explore the new thing opening out before us, discover what it might look like or feel like, and learn what other opportunities might come our way. We can ask ourselves: what else might happen? What might I learn from this opportunity?

Be prepared for the range of emotions, reactions and experiences that new beginnings expose us to. Things might not work out how we expect. There could be challenges we hadn't foreseen and might not feel ready for, and yet there's always the possibility of growth and development, even if it comes at a cost.

Choose to embrace what comes and learn from it, recognising the many new beginnings you have already lived through and what you have gained from them. You've done this before, many times, and by being open to this next new beginning, you will gain something from this too.

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Nature teaches us to embrace the new beginnings that come our way, letting go of the leftovers from yesterday that we no longer need to carry.

”

Celebrate the good in the new opportunity before you. Celebrate the inner qualities you have that enable you to make a fresh start. Celebrate how all the new beginnings in your life have made you into the person you are, giving you many second chances to learn and grow. It's helpful to acknowledge that some of those new beginnings have been costly



and harder than you imagined but each one has brought new opportunities for hope and growth.

Share your experiences of the new beginnings you have embraced. We are better in community, and your story may enable someone else to explore a second chance, or give someone courage to embrace a new beginning.

Nature teaches us to embrace the new beginnings that come our way, letting go of the leftovers from yesterday that we no longer need to carry. We might just flourish!



Scan here for more stories of hope.

New hub a one-stop shop

A new Salvation Army community hub in Western Sydney is meeting the needs of locals facing hardship by bringing together Salvation Army enterprises and other agencies under one roof.

The Salvation Army Connect Community Hub at St Marys was opened last month by NSW Deputy Premier Pru Car, Minister for Education and Early Learning and Minister for Western Sydney.

The hub houses Employment Plus, Doorways (emergency relief) case workers, an Alcohol and Other Drugs program, Moneycare financial support services, and a Food and Life Essentials store. Salvation Army officers (pastors) provide spiritual support and hold regular chapel services.



Pru Car, NSW Deputy Premier, at the hub's opening.

The new site allows Employment Plus to serve a caseload of 800 people looking for work in the area, and already many of them are taking advantage of other Salvation Army programs and services available on-site.

Other organisations that can support job seekers have also been approached about offering services from the site on a casual basis, and already a vital local mental-health service, Stride, is utilising the hub to offer its services.

"I can't speak enough of how wonderful it has been to work together in the short time we have been open," Paul said at the launch, referring to the positive impact for the community he is daily observing from Salvation Army services and other agencies that are collaborating at the site. – **Lauren Martin**



Major Paul Moulds loves the collaboration at the new hub.

Last year, Greater West Sydney Salvos won a tender from the NSW government to build a facility based on the principles of collective impact. This means different services coming together in a one-stop shop to work more effectively to bring about individual and community transformation.



Scan here for more information on Salvation Army services.

Changing homelessness one brick at a time

The Salvation Army has helped raise awareness of youth homelessness by building Lego houses at the National Homelessness Conference in Adelaide.

The Salvos are one of more than 140 organisations supporting Home Time's national campaign to 'fix housing for young people'.

Participants at the conference took the time to build one Lego brick home for every unaccompanied 15 to 17-year-old with nowhere to live in South Australia. There were 827 Lego houses constructed.

"We're trying to represent the number of young people who are homeless and have presented to services in South Australia," explains Katie Lawson, the Salvos' State Manager for Youth. "That 827 number is from the last financial year, that cohort who accessed or sought support from homelessness services in this state."

"That's an alarming figure because they're children," says Rob Ellis, The Salvation Army's Youth Services



More than 800 minors are homeless in South Australia.

Specialist. "When you look at the older cohort, 16-25, that number goes to 3500. And there are huge numbers of young people who are part of family units that are experiencing homelessness – 48,000 across the country. The alarming issue for South Australia is that 827 ... those are children who are presenting alone."

Extreme life events and trauma, such as family violence, abuse, neglect and family breakdown, are the primary causes of homelessness before the age of 18, with the lack of housing and support services often causing children and young people to be trapped in danger and uncertainty for many years.

The Home Time Action Plan calls on federal, state and territory governments to develop and maintain a national pool of 15,000 dedicated youth tenancies. This request includes linked support services to enable young people to transition to independence and address the rental gap to ensure viability for housing providers and landlords offering tenancies to young people. – **Anthony Castle**



Building the Lego houses helped show the severity of youth homelessness across the state.

Karratha gets message across



The canvas that greets drivers along the road into Karratha.

A canvas mural displayed along a main road into Karratha is supporting The Salvation Army’s advocacy and social justice work in the Western Australia town.

The canvas, entitled ‘Everyone Deserves a Safe Home’, was organised by the Pilbara Family Domestic Violence Network, which works closely with Karratha Salvos.

During last year’s Homelessness Week, the Karratha Salvos team held a housing and support services expo. Facilitated by the Doorways (emergency relief) team, the expo was a collaboration with many mission expressions across Karratha.

As part of the event, the Pilbara Family Domestic Violence Network arranged an art station to collect drawings of children imagining a safe home, using illustrations from community lunches as well.

A selection of those pictures was used to create the canvas for all to see. The art piece supports The Salvation Army’s work for the community’s most vulnerable.

“We met some lovely community members [at the expo] and had a good opportunity to network and get to know the other services available,” said Danielle Black, Doorways Coordinator.

“We have such an amazing community services sector here in Karratha, and it is because of the passionate staff that go above and beyond to build genuine connections and get good outcomes for our community members.”

Karratha is a city in the Pilbara region of Western Australia. Regarding the housing crisis, Karratha leads the nation with an annual rise of 37.5 per cent in rent prices, reaching a median weekly rent of \$1100 and less than 0.5 per cent of the total housing stock available to rent.

– Anthony Castle



The Karratha Salvos’ housing and support services expo.



Scan here for more information on Salvation Army services.

The day the bus stopped

Near misses and the chance to rethink life

By Faye Michelson

“Go on, you could get hit by a bus tomorrow.”

Have you ever said that, or had it said to you? It’s usually a throwaway line reminding you how unpredictable life is, particularly if you’re wondering whether or not you should do something.

What if that bus got so close you could see it bearing down on you out of the corner of your eye? What if the bus came so near you felt the wind as it rushed by you, or you braced yourself as it skidded to a halt close to you. So, so close.

Life is unpredictable, gloriously so. Everyone’s lives take twists and turns, going down uncharted and unexpected paths. Sometimes those paths

take you on wonderful, fulfilling, amazing journeys, but sometimes those paths place you perilously in the path of a bus. And sometimes, unbelievably, it’s not your time to get hit by it. You’re still on the path.

SECOND CHANCES

We’re given second chances throughout life. Some are opportunities to come back from our own failures, some are opportunities to repair the failures of others. Some second chances are minor, some are life-changing. Some are the fine line between life and death – and in those cases, surely life can never be the same again? How does your outlook on life change when you come out the other side?



Many who read this will have lived through a cancer diagnosis and many others reading this will, one day, have their own battle with it, because that's what the statistics tell us. Others will have survived health emergencies, accidents, mental health crises or terrible experiences. These are the people who understand how life can contract and contract until it's so small it's just a space in your head. But if, miraculously, you reach the other side – what then?

I started considering this recently, a year after the 'bus' screeched to a halt so close to me I could hear its engine throbbing. A year ago? It's taken that long for me to process what it means to embrace a second chance at life.

When I was in that tiny, contracted space of illness, I was carried by family and friends who faithfully prayed for me when I could barely pray to our God myself. I am so grateful to them and to the medical team treating me.

“

Are you asking God to show you what path your life will take now?

”

NEVER THE SAME

It's been a strange process thinking about what having a second chance means. Has it changed my outlook on life? The answer for me is a slow yes, but I feel it's gathering momentum. I haven't had an overwhelming desire to do things such as travelling the world while I 'have time' or working through

a bucket list of experiences. It's been quite the opposite; my first instinct as I became healthy again was to gather my old life around me and get back to normal. Life is busy and it was easy and wonderful to slot back into the comfortable and important routines of life.

But, as anyone who is looking at a second chance in life knows, there is no longer any normal. How I love the words of Isaiah chapter 40, verse 31, "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."



When I have treatment I do feel weary, and today I do feel faint, but my strength is being renewed. My slow yes is gaining momentum and I'm ready to start soaring like an eagle into my second chance at life. Is this you too? Are you asking God to show you what path your life will take now? I am, because more than most, I know that I could get hit by a bus tomorrow.



Scan here for more stories of hope.

There is always a way

Tammy's life changed with a roof over her head

By Naomi Singlehurst

"There was a bit of a domestic disturbance at our house and the house was unliveable, so I became homeless with my small child, who was three at the time," said Tammy. "I didn't know what we were going to do. I honestly didn't. I lost everything I had. We went from a normal, happy life to nothing.

"And then I had a phone call from Renae, saying that they had a unit available for me. Best day of my life."

Renae Hemley is the Homelessness Case Manager at Horsham Salvos (Vic.)

"Tammy came to stay at our service," Renae said. "She had lost her rental, and she was couch surfing. There is a support program attached to the accommodation, and Tammy and I worked together towards her housing goals.



Tammy reached out to the Salvos for support.

"Tammy took accountability for where her life was at, and she was the driving force behind change. Her son was her biggest motivator. He was not living with her at the time. So, he was the goal at the end of the day, and she would do anything to have them together and living a happy life.

“

There is a big network out there that will help you.

”

"Tammy placed her trust in the support programs that were around her. There were some times where she was really afraid that things were not going to work out. But with a little bit of encouragement, she just came back better than ever.

"Tammy quickly became part of the Salvos Community. She volunteered at the community lunch every week. She was part of the Positive Lifestyle Program and the Make a Change program. Living here on site was a really big advantage for Tammy because she could access all these programs here."

Tammy shed a few tears when it was time to leave the service.

"I cried when I left here, I was happy when I got the phone call that I got a transitional unit as well, but I remember



Tammy is settled and happy to finally have a home where she and her son can feel safe and have a fresh beginning.

hugging Renae and crying,” she said. “I miss being here because it was such a community, I was just happy to have a roof over my head again. Now that we are where we are, we are very happy.”

“

**I miss being here because
it was such a community,
I was just happy to have a
roof over my head again.**

”

Renae said that, although it was hard to say goodbye it was “so nice to see that whole journey, the whole 12 months.

“Tammy is a really great example of what can happen when you accept all the supports available to you. By having the social and corps (church) programs working alongside each other, we were

able to provide a really holistic support for Tammy. I am grateful that Tammy has placed her trust in the Salvos. Tammy has taught me that these programs can be really life changing for someone. She’s got a lot to be proud of and I love that she has come so far.”

Tammy has some encouragement for those who find themselves in similar circumstances.

“When you come to a bad situation in life, you can feel isolated and lonely. Sometimes, it gets to a point where you do need to ask for help. There is a big network out there that will help you. They care a lot, and they will support you through anything. And there is always a way, and life does get a lot better.”



Scan here for
more information
on Salvation
Army services.

Second-chance mashed potato pancakes



Ingredients

2 cups cold, mashed potatoes,
2 large eggs, 60ml shredded
cheese, 6 tbsp flour, oil or cooking
spray, optional: sour cream, apple-
sauce or cranberry sauce

Method

- Mix your leftover mashed potatoes, eggs, cheese and flour in a large bowl.
- Scoop out balls from dough and flatten in thick discs.
- Heat oil or cooking spray in a large fry pan over medium heat.
- Place potato cakes in the hot frying pan and cook until golden brown on each side.
- Serve hot with sour cream, applesauce or cranberry sauce.

HAVE A LAUGH



What do you do with a sick boat?
Take it to the doc.

Which type of vegetable
is banned on ships?
Leeks.

Why didn't the sailors play cards?
Standing on the deck.
Because the captain was

What do you call a boat full of students?
A scholarship.

SIGNING IN



Sudoku

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

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



Quick quiz

1. The ill-fated Titanic was owned by which shipping company?
2. Which liner rescued survivors from the Titanic?
3. Queen Anne's Revenge was the ship captured and used by which pirate?
4. Who sailed the yacht Lively Lady single-handed around the world?
5. What was the name of Captain Ahab's ship in Moby Dick?
6. What is the name of Captain Hook's ship in Peter Pan?
7. Name the ship built by King Caspian X of Narnia.

Tum-Tum



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

Bible byte

"The Lord can always be trusted to show mercy each morning."

Lamentations chapter 3, verse 23
Contemporary English Version

ON THIS DAY...

14 September, 1959

First man-made object to successfully land on the moon.

Soviet space probe Luna 2 was the first man-made spacecraft to land on any celestial object.

16 September, 1908

General Motors Corporation is founded in Flint, Michigan, by William C Durant and Charles Stewart Mott.

It was the world's largest manufacturer of cars and trucks.

17 September, 1939

Man runs 10,000 metres in less than 30 minutes for the first time in recorded history

Taisto Maki, a Finnish runner, broke his previous record by running the distance in 29 mins, 52 seconds.

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

Quiz answers: 1. White Star 2. Carpathia 3. Blackbeard (Edward Teach, in 1717) 4. Alec Rose - 1968 5. Pedou (Jolly Roger 7. Dawn Trader

Tum-Tum: is riding the eagle on page 11.



CHAMPIONS OF THE MISSION

2024 Commissioning
Ordination, Commissioning and Sending Out

Please mark your calendars for this significant date in
the lives of our soon-to-be-commissioned cadets.

10.00am Sunday, 24th November 2024 @ Camberwell Salvos

CADETS BEING COMMISSIONED:

Cadet Sameeha Deepesh, Cadet Samuel Higginbottom,
Cadet Michellie Higginbottom, and Cadet Colette Albino



Eva Burrows
College