

# salvos

magazine



## In the beginning ...

Created to be creative



Vol. 005 | No. 43  
16 November 2024  
PRINT POST APPROVED  
PP100001474

[salvosonline.org.au](http://salvosonline.org.au)

**FEATURE**

Creative  
corner

**FAITH TALK**

Ordinarily  
special

**MY STORY**

A heart for  
dance

“Creativity doesn’t  
wait for that perfect  
moment. It fashions its  
own perfect moments  
out of ordinary ones.”

– Bruce Garrabrandt





## 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.

# Salvos Magazine

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**Press date** 1 November 2024

Printed and published for The Salvation Army by Commissioner Miriam Gluyas at Focus Print Group, South Granville, NSW, Darug Nation lands.



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## Creative brilliance

"I don't have a creative bone in my body," a friend said to me recently. This same person had just "rustled up" a delightful snack for us from "bits and pieces" she had left in her fridge as she recounted how she'd helped a neighbour navigate and resolve an issue with Centrelink.

Both those achievements reflect creativity – although not in the way many of us think about the subject. We often limit creativity to artists, composers or writers, not realising that creativity is innate and includes so many other skills, abilities and ways of thinking.

In this edition, we look at creativity – what it is, what it isn't, and some of the ways different people express their creativity.

Fay Foster writes about our God-given creative potential and the benefits of creativity both personally and for society. In Faith Talk, Belinda Davis writes about the creativity in nature, and how God has also given people unique abilities and special qualities – as 'ordinary' as they may seem. "You are a feat of God's brilliance and creativity," she concludes.

For these stories and more, go to

**[Salvosonline.org.au](http://Salvosonline.org.au)**

Simone Worthing **Editor**

# In the beginning...

Created to be creative

By Fay Foster

See if you can imagine nothing. No air, no sky, no sea, no land, no buildings, no people, no animals, no trees, no plants. No shapes, no colours, no things. Nothing. Darkness. Emptiness.

It was from this dark, empty nothing that God created our world. "In the beginning God created the heavens and the earth," says the very first verse in the Bible. The story continues: "Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters," (Genesis chapter 1, verses 1-2). We then read how God spoke the world into being, creating light, air, sea, land, plants, animals and finally, mankind. Something from nothing, order from chaos.



You are part of this very good creation. And you were made in God's image – a living, thinking, feeling, creative person. Like our creative God, we can express our own creative potential.

## TOTALLY VARIED

"Creativity is the ability to form novel and valuable ideas or works using the imagination. Products of creativity may be intangible (an idea, a scientific theory, a literary work, a musical composition or a joke) or a physical object (an invention, a dish or meal, an item of jewellery or a painting). Creativity may also describe the ability to find new solutions to problems, or new methods of performing a task or reaching a goal" ([Wikipedia.com](https://en.wikipedia.org/wiki/Creativity)).

The benefits of creativity – both personal and for society as a whole – are many. “Creativity allows us to have fun, be curious, and explore the world in new and exciting ways. Engaging in creative pursuits can bring a sense of purpose and meaning to our lives. It can also provide a sense of accomplishment and pride as we see the fruits of our labour and contribute to the world in a meaningful way” ([creativerevolution.io](http://creativerevolution.io)).

### POTENTIAL

While some people are more obviously creative than others, we all have innate creativity and the potential to develop it.

Bas Korsten, Global Chief Creative Officer at Wunderman Thompson, suggests four ways in which we can sharpen our creativity: through spending time in nature, meditating, getting active and connecting with different kinds of people ([bit.ly/3NOo2fM](http://bit.ly/3NOo2fM)).

These activities need no special time or equipment and can be built into our everyday lives – walking in a park, focusing on our breathing for a minute or two, and having conversations with those we meet along the way can help us think and live more creatively.

Ready to get creative? Start with what you already enjoy – sketching, gardening, singing, making, designing, baking, writing or acting – then ask other people how they like to be creative. You might find that you fuel each other’s creativity.



Scan here for more stories of hope.

## Creativity through music ...



Callum Greenaway is a coordinator with the Salvos Worship Arts team.

“My wife Lara and I started making these cheesy YouTube videos during COVID,” he explains. “We’d write songs and make home videos for them. The videos got some people’s attention. We started some work with the local council and were invited to write the song for The Salvation Army’s Self Denial Appeal,” (an annual fundraiser that encourages Salvos to give to other countries in need).

“The primary job of our role,” says Callum, “is to work out how best The Salvation Army can spread the love of Jesus through the arts. A facet of that is developing musicians from a technical, and more importantly, character perspective, so they better reflect Jesus.

“If we are creatives and we have a message, it’s on us to write that. Songwriters have a role to play, everywhere. It’s a beautiful thing to share.”  
– Anthony Castle

# Art, faith and connection

By Major Jo Brookshaw

When I was a child, I loved art. I distinctly remember being about six years old and drawing, lying on the floor at the back of church. A boy asked me for a picture of the Ninja Turtles, so I drew it right then as he looked on. He was happy and I was happy. I dreamt that one day I would be an artist.

During high school I found my niche in all the 'arty' elective subjects I could choose – graphic design, visual arts, photography ... I saw only rare opportunities for my art at the time and looked forward to studying multimedia at university the following year.

Then a moment transformed my art-making for good.

## SPIRITUAL MOMENT

I was 17 and painting a very large picture for a regional youth camp. This portrait had to be ready the next day, and it was nowhere near finished. So, I did what all students do when faced with a deadline – pull an all-nighter! While stowed away in a room upstairs, canvas spread out on the floor and art supplies scattered all around, some of the kids from my youth group came to keep me company. As I painted, they told me goofy jokes, chatted, offered me snacks and sang songs. I found it very strange and awkward to have people watching me at work!

“

**I learned that creating art is something that can be shared and can build connection with people.**

”

Even stranger was the deep sense of connection I had with the people in the room as we saw the painting come to life before us. It was a spiritual moment. We had all seen pictures of Jesus before, but this picture, stroke by stroke, came alive to us. So, what changed for me from this experience?

I learned that creating art is something that can be shared and can build





Above: Jo uses art to connect with others and help them think differently about God. Below: Jo, right, assisted by Shekinah, puts the finishing touches to a canvas. Far left: Jo's art-making is linked to her faith.

connection with people; that painting in front of people doesn't have to be weird; that my faith is intrinsically linked to my art-making, and the most powerful images come from my deepest spiritual moments.

“

**I discovered that painting in front of people doesn't have to be weird.**

”

After studying art and working as a desktop publisher for the Salvos, I felt a calling to serve God as a Salvation Army minister and thought I would leave all my artistic pursuits behind me. It took a few years to understand that God made me a creative person and he had a creative purpose for me.

Since that experience of painting Jesus, I have sought out ways to make art that



connects with people and helps them think about God in a different way. One of my favourite things is to paint during a church service and have a picture 'come to life' for people.

So, yes, I did become an artist when I grew up, but in a way that only God could have imagined! ▶

## Gardening - good for my soul



Alan's creativity adds colour and brings pleasure to others.

I have always enjoyed every stage of gardening from an early age.

Firstly, there is the planning and decision-making of which flowers or vegetables I should plant and where to plant them. This keeps my mind active and alert.

Secondly, there is the preparation – clearing of weeds, turning the soil, marking out the placement of the plants in the way I would like the garden to look. This keeps me motivated and active physically.

Then comes the planting and the ongoing maintenance. Waiting to see the plants sown burst through the soil is a test on my patience; however, seeing the buds appear brings me hope.

And finally, seeing the result of my work and effort as I look at the glorious splendour that adds colour to my home, but also brings pleasure to others, gives me the greatest sense of satisfaction.

It is for me a creative experience where I find peace and feel close to my God, which is good for my soul.

– Major Alan R Laurens

## A love of baking

When I turn on the oven to do some baking (sweet treats, not baked dinners!), I relax and begin to enjoy the moment, blocking out other distracting thoughts.

I have a family heritage of good cooks, so example and expertise have always been close by.

My successes at home, at shows, market stalls and catering had helped refine my skills and recipes to the point where I felt I should share my love of baking.

I've done that through creating a 10-week course for primary school children called 'Kids in the Kitchen', and by producing four recipe books in a series *Two Thumbs Up*, which have been sold by the thousands – with proceeds being directed to various women's outreach projects, including in Ukraine.

It is said that baking is the only activity that uses all our senses. This is a physical benefit, but other benefits include fundraising, sharing and most importantly, providing a way to contribute to my better mental health.

– Major Cathryn Williamson



Cathryn has a family heritage of talented cooks.



## Managing the stage

I have always loved the theatre, even as a child. My mum took me to my first play at age six and I was transfixed by the experience. I remember sitting in the audience as the lights lowered, the audience became silent and the curtain rose. The actors entered and spoke; it was live, it was exciting, and I knew it would be different each night.

I have always been fascinated by this process of storytelling, and by how a production comes together, each person's skill lending itself to the final product. It begins with the director's vision, then the actors who interpret the lines, followed by the technical crew who add the layers of light and sound and, finally, the stage manager who maintains it all.



As a stage manager, Maia loves how her role enables her to care for others.

It is this position that I like the most. The stage manager. Not just because I like to organise, but because of the many 'acts of service' that it allows. On a practical level, the stage manager is responsible for the operational proceedings of the show – opening and closing the theatre, setting the stage, organising the props, checking costumes. On a relational level, however, the stage manager cares for the actors and sets the tone backstage – how we talk to each other, how we interact, how we serve without grumbling. It is a privilege to try to model Jesus this way. He lived a life of humility and love, and Jesus showed us that putting others before ourselves was the way to live.

“

**I have always been fascinated by ... how a production comes together ...**

”

Each time I stage manage, I try to remember Philippians chapter 2, verses 3-4: “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.”

– **Maia Hadley**



Scan here for more stories from the Salvos.

## Ordinarily special

We're all part of God's awe-inspiring creation

By Belinda Davis

As a child I remember either my mum or my nanna (or possibly both), quoting a few lines about a pelican. It stuck with me. I can't remember if they ever quoted the whole limerick by Dixon Lanier Merritt, but I certainly remember the first two lines.

*"A wonderful bird is the pelican.*

*His beak can hold more than his belly can."*

I am quite enamoured with the pelicans that spend time on our river. I especially love that over the winter months, pelican numbers swell from the few that seem to reside here all year round, to almost 200.



They are quite large and intimidating to look at, probably due to their very long beaks with the hook on the end, and their bodies are quite stocky. Fortunately, on land they can't run any faster than a quick waddle. In the air, however, their impressive three-metre wingspan gives them a great deal of grace and I could watch them land on the water, with their webbed feet extended, for ages.

“

**We are all unique individuals that bring to the table some special and dynamic qualities.**

”

At our favourite café by the water, there is a stretch of grass on the riverbank where the pelicans sleep or groom themselves. To see them manoeuvre their long beaks is incredibly interesting. Their necks are so flexible that they can reach feathers both back and front to clean them, and you know they're asleep when they slide their beak along their spine and nestle their face between their wings, literally facing 180° from their front. It is a true feat of agility that amazes me every time.

Pelicans are famous for the pouch under their beaks where they can scoop up water and food. They can also swallow



their food whole. It will take a while, with what looks like gulps and yawns, but they can use their throat muscles to move prey to the right position to slip down for further digestion. I thought they only ate fish, but a friend recently shared how he saw a pelican scoop up and eat a seagull, which is both frightening and impressive.

“

**You are a feat of God's  
brilliance and creativity.**

”

#### **UNIQUELY CREATED**

I find pelicans a blessing because every time I watch them, I am reminded of the creator God. He could've given us one or two standard-variety creatures, but instead has given us a plethora of amazing things to discover in our natural

world. Each variation brings something amazing to our environment.

God doesn't stop there; he has done the same with people. We are all unique individuals that bring to the table some special and dynamic qualities. Often, we don't recognise what we have, or its worth, but he does. He has made us so. We also don't always see the ordinary things we do as anything special, but others observing us can be amazed. Psalm 139, verse 14 says, "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

You may not have a beak that can hold more than your belly can, but you are a feat of God's brilliance and creativity. Remember that today.



Scan here for more stories of hope.

# A heart for dance

A lifelong dream realised after transplant

By Luka-Angel Cairns

When I was six years old, I was diagnosed with a one-in-a-million genetic heart condition called restrictive cardiomyopathy.

My grandfather and long-time Salvos officer (pastor), Philip Cairns, was the first in our family to receive a life-saving heart transplant. I was next, then my brother, then my dad.

Growing up, this heart condition meant I was unable to do anything that would cause exertion. Walking long distances or running were off the cards, inclines and stairs were very hard and dancing was definitely not possible!

“

**If I were to try to dance,  
I was at risk of cardiac arrest.**

”

At around nine years old, I fell utterly in love with dance. I would sit in front of the TV and watch people dance on shows and on YouTube, trying to learn what they were doing.

There was one problem: if I were to try to dance, I was at risk of cardiac arrest.

## TIME FOR A TRANSPLANT

When I turned 12, my cardiologist told me it was time to start thinking about going on the waiting list for a heart transplant. This was the most exciting thing I could

have ever asked for. I knew it meant dancing was just around the corner.

After three and a half months, we got the call. They had found me a match. I was ecstatic! I jumped out of bed and shoved a few things in a bag.

We travelled two hours by plane in those early hours of the morning and before long, it was time to say good-bye to my parents and lie down on that operating bed in the cold theatre.

Mum leaned in and asked me, “What styles of dance are you going to do when you get better?” before saying my favourite Bible verse about God who holds me.

“Contemporary, ballet, jazz ...” Within moments, I was peacefully asleep.



Luka-Angel feels free from worries when she dances.

My transplant didn't go as planned. My life hung in the balance as machines kept me alive.

Thousands of people prayed for me, and God continued to hold me throughout my journey with miracle after miracle.

Over the days I was in and out of consciousness, I felt God's peace, which is nothing like this world can offer.

### **DANCING AT LAST**

After months of recovery, I began my dance journey, with weekly classes in ballet and contemporary dance.

I worked hard to catch up with the other girls my age who had been dancing for years.

“

**When I dance, I am able to process my thoughts and feelings and feel free from the problems I face.**

”

Dance became my whole world. When I dance, I can process my thoughts and feelings and feel free from the problems I face.

In 2019, I was honoured to receive a full-time scholarship to the academy where I currently dance. I began dancing 14 hours a week, with styles including contemporary, ballet, acro(batics), jazz, funk, hip-hop, cheer dance and tap.

In 2021, I left school and completed a Certificate 3 in Dance at TAFE. In 2023, I danced a lyrical solo at the closing ceremony of the World Transplant



Dancing and encouraging the confidence of her students is now Luka-Angel's world.

Games, where I performed for over 3000 people from 47 countries.

Since then, I have completed a course in choreography at Sydney Dance Company and I am currently a Senior Dance teacher. I also love having the opportunity to encourage my students to be confident in who they are.

I've learned that sometimes, when we're in a place of restriction or hardship, good things can seem like they will never come, and desires we have can appear impossible.

In these times, it can be hard to see hope. However, in Jesus' life and actions we can see God is good and has good plans for our lives. You might have to go through some mud and climb some mountains, but keep going, stay faithful and trust God's goodness and his plan.

*Luka-Angel's book, [The Heart of Me: One Girl, Two Hearts](#), is available on Amazon.*



Scan here for more stories of hope.

# Avocado and corn salad



## Ingredients

1 avocado; ½ (420g) tin corn kernels; ¼ cup chopped coriander or basil; ½ lemon, juiced; salt and pepper to taste; tomatoes or onion (optional)

## Method

- Peel, pit and dice avocado. Mix in a bowl with corn, coriander and lemon juice.
- Season to taste.
- Let sit for 5 mins before serving.



## Quick quiz

In which language are the following greetings:

1. Bonjour
2. Nin hao ma
3. Buenos dias
4. Kalimera
5. Namaste
6. Kunjani
7. Buongiorno
8. Konnichiwa
9. Aloha
10. Kia ora

## Bible byte

"Children are a blessing and a gift from the Lord."

Psalm 127, verse 3  
Contemporary English Version

## Tum-Tum

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



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

# Wordsearch

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

- Acting
- Bake
- Construct
- Cook
- Create
- Dance
- Delight
- Design
- Draw
- Expression
- Fulfilment
- Gardening
- Imagine
- Inspire
- Joyful
- Make
- Music
- Paint
- Performing
- Playful
- Pottery
- Sculpture
- Singing
- Sketch
- Theatre
- Write

## HAVE A LAUGH



I have an eight-year-old who thinks secretly reading under the covers past her bedtime is an act of rebellion, and it hasn't yet occurred to her that her torch never seems to run out of battery.

I don't know why people say having a dog prepares you for having a child - my dog has never wanted to watch *Frozen* 27 days in a row.

### DID YOU KNOW?

**International Men's Day falls on 19 November.**

**Men's skin is on average 25% thicker than women's.**

**Men are better at detecting fast movements, but not so good at distinguishing colours.**

**Men do not feel cold temperatures as acutely as women.**

**Nursing was once a predominantly male profession.**

**The symbol of a circle and upwardly pointing arrow, used to denote 'man' is also the symbol for Mars, the Roman god of war.**

**Men's voice boxes are proportionally far larger than women's, so the nearby cartilage protrudes to form their Adam's Apple, giving them deeper voices.**

**Quiz answers:** 1. French 2. Chinese 3. Spanish 4. Greek 5. Hindi 6. Zulu 7. Italian 8. Japanese 9. Hawaiian 10. Maori  
**Turn-Turn:** is hiding behind a leaf on page 2.



# 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