

salvos

magazine

Moonlight Blonde

Reinvention, renewal and a new
pace of life



Vol. 005 | No. 01
27 January 2024
AUD \$1.00
PRINT POST APPROVED
PP100001474

salvosonline.org.au

FEATURE

New year,
new choices

FAITH TALK

Worth
waiting for

MY STORY

Canteen lady
ponderings

A woman with dark hair tied back, wearing a white t-shirt, black leggings, and a climbing harness, is seen from behind as she ascends a grey rock climbing wall. The wall is covered in various colorful holds in shades of red, yellow, blue, and grey. Two ropes, one orange and one blue, run vertically down the wall. The woman is in a dynamic pose, reaching up with her right hand to grasp a grey hold. The background is a plain, light-colored wall.

"DO NOT JUDGE ME BY MY SUCCESSES,
JUDGE ME BY HOW MANY TIMES I FELL
DOWN AND GOT BACK UP AGAIN."

— NELSON MANDELA



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.

Visal 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

Founders William and Catherine Booth

Salvation Army World Leaders

General Lyndon and Commissioner Bronwyn Buckingham

Territorial Leader Commissioner Miriam Gluyas

Secretary for Communications and Editor-In-Chief

Colonel Rodney Walters

Publications Manager Cheryl Tinker

Editor Simone Worthing

Graphic Designer Ryan Harrison

Enquiry email publications@salvationarmy.org.au

All other Salvation Army enquiries 13 72 58

Press date 8 December 2023

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



salvosonline.org.au



Feature [4]

When Moonlight
Blonde raced
no more

Faith Talk [10]

Worth
waiting for

My Story [12]

Lunchtime
ponderings
of a canteen lady

A time for renewal

Welcome to *Salvos Magazine* 2024. We hope and pray that your Christmas season has been rejuvenating, despite the challenging circumstances many are facing.

We don't know what 2024 will bring other than that many of our struggles will continue and the unexpected will happen – encouraging, difficult and everything in between.

However, this doesn't mean that we can't respond to tough times, learn to manage them, develop new perspectives and receive help and hope along the way.

Jo-anne Brown talks about the choices we do have – such as thinking through the kind of person we want to be this year, and what we can do to help bring about the type of world we want to live in.

Faye Michelson writes about renewal – renewing the person we have always been, despite what we are going through. She illustrates this through the story of an adopted greyhound, Blondie, who found a new pace of life through love and acceptance.

God loves and accepts us, and we can find new life through him too.

Simone Worthing **Editor**

When Moonlight Blonde raced no more

Reinvention, renewal and a new pace of life

By Faye Michelson

She was sleek and athletic, built for speed. When she ran, she was a streak of golden brown, her long legs pounding the turf like a horse. Moonlight Blonde was a greyhound, bred to race. And race she did, winning three and coming third in several events. But she was unplaced in most of the races she was entered in, and before she was three years old her career was over.

“

**Moonlight Blonde’s
reinvention as Blondie
is an ongoing process.**

”

Moonlight Blonde, with no value as a racer, was taken in by the Greyhound Adoption Program. She was given a temperament assessment and put through their fostering program to help her transition from life at the track and a kennel environment to hopefully a new start as a pet living in a family home.

A WORK IN PROGRESS

Now no longer called Moonlight Blonde, simply Blondie, she was sent to the RSPCA last July and advertised on their website. That’s where we saw her photo one Saturday. The next afternoon we

had an appointment to meet her. She was friendly, with soulful brown eyes, a big doggy grin, legs like long sticks and she came home with us.

Moonlight Blonde’s reinvention as Blondie is an ongoing process. She walks like a dream on a leash (no doubt thanks to her training as a racer) but can never go lead-free in public. This is a requirement, although the Victorian Government changed the laws in 2019 to allow greyhounds to no longer be muzzled in public. But it’s also a practicality because Blondie has no recall. As a sight hound, she can see clearly up to one kilometre away, and if she decided to chase after something, she could reach a speed of more than 50 km/h. We’d never see her again! But she enjoys her walks and has plenty of ‘zoomie’ time around our backyard, churning up a great track for herself.





Over the past few months, she has settled into her new persona as a family pet. Like all greyhounds, sleep is a favourite activity. Her days are spent sprawled out on her big fluffy bed for hours, chewing her toys, going for walks and having lots of pats.

Does she remember her former life? Does she still yearn to run? Perhaps. She was trained in Warrnambool, on Victoria's south-west coast. I think she remembers some of that, because she loves it when we take her walking along the beach. Her head lifts, she's hyper-alert and she does a kind of prance along the sand.

REINVENTING OURSELVES

Reinventing ourselves is a process we all go through at varying levels at different stages of our lives. Often, it's in response to the ebb and flow of life experiences, changing our attitudes and goals as we face new opportunities or circumstances. Going from being single into a

relationship, becoming a parent, moving into a new career – life presents us with new challenges, new opportunities and new paths to follow. Big changes like these require motivation, resilience and hard work. We reinvent ourselves to whatever degree we choose to become a partner, a mum or dad or to fulfil our new position of responsibility.

But sometimes, reinventing ourselves is not a choice. Like Moonlight Blonde, it can be forced upon us. That's another sort of reinvention, born of loss – the loss of a relationship, a job, a loved one, health. These losses can change who we thought we were, but does that mean we need to find a new identity?

There's no shortage of self-help books and internet articles ready to help us do that. Type 'Reinvent yourself' into your computer search engine, and you'll come up with 12,100,000 results. Take your pick and choose from '10 steps to reinvent ▶



yourself and realise your potential', 'Start this 13-step process to become who you really want to be' or, (if you're short on time) 'Four ways to reinvent yourself'.

REINVENTION OR RENEWAL

But when we face loss, do we need reinvention or renewal? Renewal is different from reinvention. It is a refreshment, literally making new, but I also like the definition in the Cambridge Dictionary "to begin doing something again or with increased strength".

“

God loves us in whatever state we come to him, and his love will bring about renewal ...

”

Perhaps what we need is not reinvention but a renewing of the person we have always been and, in fact, the person we are despite what we are going through.

Broken perhaps, grieving and sad, even angry or desperate, but still us. Though we may feel unloved and unlovable, God loves us in whatever state we come to him, and his love will bring about renewal, should we choose to accept him.

The Bible talks about this in Ephesians chapter 2, verse 10: "For we are God's masterpiece. He has created us anew in Jesus so that we can do the thing he planned for us long ago."

That brings me back to the greyhound that started me thinking about reinvention and renewal. Was Blondie reinvented? I don't think so. I like to think she's been renewed. She's a dog, like she always was, even when she was a racer. The difference is that she's just not a racer anymore, but she's loved and accepted for the dog she is now. But you know what? I often call her Moonlight Blonde.



Scan here for more stories of hope.

New year, new choices

Who do I want to be this year?

By Jo-anne Brown

I've long given up on making New Year resolutions. By the end of January those resolutions often seem to have evaporated like the early-morning dew! And I can end up feeling worse about myself because I've 'failed' – so I resolve to never again make any New Year resolutions!

I do, however, like the idea of intentions, of choosing our own way. There are so many things in life we don't have much choice about: paying tax, road rules and the price of petrol. The last few years have shown us how quickly life changes, and how flimsy our sense of security and safety is. In a world of constant, often uncomfortable change, there are still many things we do have choice about, even when we have physical, financial or other limitations.

If we commonly react to situations with anger, impatience or intolerance then we need to become aware of that so we can choose to change.

It comes down to the hopes and desires we have. How would I like this year to look? What kind of person do I want to be? What inner qualities do I want to nurture within myself? These are choices I have that influence the world around me and impact how I fit into that world.

When I think about the kind of world I want to live in, the choices I make can bring that just a little bit closer. My choices might not bring about world ▶

“

**What kind of person
do I want to be?**

”

CHOOSING MY RESPONSE

I can't always change what's going on in the world around me, but in any given circumstance, I can choose my response. I acknowledge this is not always easy. We all have ingrained patterns of reaction that shape our behaviour so choosing to respond differently requires effort, commitment and consistency.



peace, but perhaps I can bring change to my work environment, my family situation, or my neighbourhood – or to my own inner peace.

“

The way I live my life can make the world a better place . . .

”

Choosing to set aside, just for a moment, all the things I don't have much control over, makes it easier to see the choices I do have in life – and how the way I live my life can make the world a better place.

PERSPECTIVE AND ATTITUDE

For example, I can choose my perspective. We're familiar with the idea of being a glass-half-full or glass-half-empty type of person, being optimistic or pessimistic. How can we change the way we see things? It's easy to be critical when things

don't go the way we hope, but this adds more stress to our lives and takes away energy. Another way to look at such a situation is to consider if there is something new to learn, or an invitation to try something different. It might even be an opportunity to let go of something we've been holding on to for too long.

We can choose our attitude. We can choose to be accepting of others, and of ourselves, recognising that we all make mistakes. Perhaps we can even learn to laugh at ourselves occasionally when we do make mistakes! We can have an attitude that embraces change and is open to learning something from every situation. This is an attitude of curiosity and the readiness to find wonder in all circumstances. There is so much in our world we will never understand and we can choose to delight in mystery and the unknown, or we can choose to turn away from such things.

LIVING MY HOPES

It's helpful, when we think about choosing our attitude, to consider how we





ourselves want to be treated. If I want to be treated with kindness, compassion and respect, then these are the qualities I want to nurture in my life. I can choose to be kind and patient, recognising that others have often been kind and patient with me. When we are tired, or anxious, or too busy, kindness might not be our automatic response to a situation. It is, however, something we can cultivate. We can look for it in others and learn from them. It might mean taking a moment to allow our frustration or irritation to settle so that our response comes from a kinder part of ourselves.

“

We can choose to delight in mystery and the unknown...

”

We can choose to be people who listen to others, who offer help or hope to those in need, knowing that is also what we want

for ourselves. This might mean letting go of resentments and choosing to not be easily offended. People say unkind things without thinking but there is often no malice in it. We can choose to overlook it, or to walk away if we feel unsafe.

Perhaps what most of us hope for this year and any year is to feel accepted, to know that we matter, and to find a place where we belong. We can't always influence how other people feel about us, but we can choose to offer to others what we most long for ourselves: acceptance, understanding and compassion.

Even when it feels like the world is falling apart around us, we can choose how we respond to circumstances. We can offer others what we most value ourselves. And perhaps, just perhaps, this will send out ripples of hope like a stone thrown into water.



Scan here for more stories of hope.

Worth waiting for

Beyond the demand for instant gratification

By Belinda Davis

What has been hardest to wait for? That baby to arrive? A special day to roll around? Your meal from the kitchen when you are ravenously hungry? The toilet to be free? The sermon/meeting/church service/conversation to finish? The car ahead of you to move at the green light? Those test results? Your coffee to come? The next TV episode or book in a series to be released?

I am not a huge fan of waiting. It feels to me like time wasted, or that I am marking time and not getting anywhere. Almost everything in our society seems to be geared towards reducing our waiting time for things. We can prepare and heat our

food faster than our parents or grandparents could, we can send communication instantaneously, turn on devices with a remote control instantly, make instant coffee, instant noodles, instant gravy (although these do mean waiting for that kettle to boil!) – instant, instant, instant!

Spare a thought for those poor souls who are born on 29 February who have a lifetime of waiting ahead of them. The actual day set aside for them to celebrate their birth only comes around once every four years! The only advantage that I can see to this arrangement is that, when their friends from school are celebrating their 40th birthdays, they will be 10 years old!





Why don't we like to wait? Is it about believing that our time is so very precious because we are so very busy? Or that we are way too important to wait? Or simply that we have a level of impatience built into us from the start? (Ever been asked, "Are we there yet?")

“

**Perhaps there is value
in waiting after all.**

”

When I consider some of the examples mentioned earlier, what would happen if the waiting time was cut? Babies born too early are at risk medically. Eating a meal before it is properly cooked can cause serious illness. The car ahead of you may be waiting for a hazard to pass before moving off. Rushed test results do not always give a complete picture. Perhaps there is value in waiting after all.

A TIME TO WAIT

Things happen, usually, at the right time, and sometimes we can see that clearly at the end of our time of waiting. There are several verses in the Bible that remind us that there is a time for everything under the sun (Ecclesiastes chapter 3).

The verse I am reflecting on, however, reminds me of God's perfect timing for the life of his own son. Romans chapter 5, verse 6 tells me, "When the time was right, the Anointed One died for all of us who were far from God, powerless, and weak." (*The Voice* translation)

Something for me to reflect on while I wait for my coffee to arrive!

Major Belinda Davis is a Salvation Army officer (pastor) in South Australia. She blogs at a-blessed-life.com/



Scan here for more information on Salvation Army services.

Lunchtime ponderings of a canteen lady

Contributing to kids, community and personal wellbeing

By Fay Foster

“And whoever welcomes a child like this in my name welcomes me.”

**Matthew chapter 18, verse 5
(New English Translation)**

It's 12:30 and the lunch orders have arrived. I take the filled paper bags out of the boxes and line them up in class order on the canteen counter.

The other volunteers arrive and we unlock the fridges and cupboards, restock the fridges and freezers with ice blocks, drinks and frozen yoghurts, and cut the tops off the frozen juice cartons.

The bell rings for the start of lunchtime and the roller door on the canteen counter goes up.

“

**I hope I am making a
contribution to them, and
to the school community.**

”

Soon the pre-ordered lunches have all been claimed, and the kids are queuing to order their drinks and snacks. Some of the youngest children produce a paper bag or Ziplock bag with their order written on it and the money inside. The others take out little purses or change

from their pockets. The menu is the same every day, but it can still take several minutes to decide on what to have today.

These kids are amazing. There is no pushing and shoving, just polite, patient kids who wait their turn to be served. Most of them say please, then thank you when they receive their items. They will often buy two items (the maximum allowed) then give one to a friend. They forgive me when I forget to give them a spoon for their yoghurt, and gently remind me.

The other canteen workers ask if I have someone at the school. I tell them that my own children have grown up and my grandchildren are living overseas, so I am 'borrowing' their children.

I love these children. I hope I am making a contribution to them, and to the school community. But mostly I do this for me. The school, the kids, memories of my own boys at this age, chatting with the mums, being active, being useful . . . these things fill my heart. I can't stop smiling.



Scan here for more
stories of hope.



Microwave pasta with vegetables

PHOTO: KAREN MASTERS



Ingredients

500g pasta; 90g butter; 1 onion, chopped; 1 clove garlic, crushed; 1 tblsp curry powder; 1 carrot, sliced; 4 stalks celery, sliced; 2 capsicums, sliced; 2 tblsp chopped basil; 300ml cream; 3 eggs; salt and pepper; 1 cup grated cheese

Method

- Cook pasta in boiling water for 15 minutes until tender. Drain.
- Place butter, onion, garlic and curry powder in 2-litre microwave dish.
- Cook for 5 minutes.
- Add carrots. Cook 3 minutes.
- Add celery, capsicums and basil. Cover and cook 5 minutes.
- Beat cream and eggs together. Season with salt and pepper.
- Mix pasta, vegetables and egg mixture. Sprinkle with cheese.
- Cook 10 minutes on medium high.

HAVE A LAUGH



What is a maths teacher's favourite dessert?

Pi

How many chefs does it take to make a pie?

3.14

What do you get if you cross a train engine with an apple pie?

Puff pastry.

Why were the pirates happy when they washed up on shore and saw cakes, pies and ice cream?

It was a desserted island.

SIGNING IN



Sudoku

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

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

Tum-Tum



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

Bible byte

"I'll refresh tired bodies;
I'll restore tired souls."

Jeremiah chapter 31, verse 25
The Message translation

Quiz answers: 1. 42 2. Paws 3. Smell 4. Santa's Little Helper 5. Cavoodle 6. Nana
Tum-Tum: is hiding behind the kids on page 13.



Quick quiz

1. Adult dogs usually have how many teeth?
2. Through what part of the body do dogs sweat?
3. What is a dog's most highly developed sense?
4. What is the name of the dog who belongs to the Simpson family in the animated sitcom series *The Simpsons*?
5. Which breed of dog was named Australia's most popular pet in 2023?
6. What is the name of the Newfoundland dog in J M Barrie's *Peter Pan*?

ON THIS DAY

28 January 1958
The LEGO brick is patented
The LEGO company has since produced 500 billion LEGO elements, amounting to 10 LEGO towers from Earth to the Moon.

30 January 1969
The Beatles give their last public performance.
The concert was played on the rooftop of the Apple Corps building, London.

2 February 1922
***Olysses* by James Joyce is published.**
The novel is considered one of the most important works of modernist literature.

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



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

