

salvos

magazine

Making kindness the norm

Creating a lifestyle beyond
the random acts



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FEATURE

The lost art
of stressing
less

FAITH TALK

Once upon
a time

MY STORY

Turning
tragedy into
service

*"But some day you will be old enough
to start reading fairy tales again."*

- C.S. Lewis





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

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

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Escape the everyday

Today is Random Acts of Kindness Day (17 February). More than ever, it seems, many people are looking for kindness in their everyday lives and communities.

Giving and receiving random acts of kindness play a role in this search. They increase a sense of wellbeing, of value and connection, and of hope and faith in humanity – for both the giver and receiver.

When random acts of kindness become habits and a lifestyle, the impact is even more powerful, as Fay Foster writes about in our feature this week.

As the stresses of life continue, it's vital that we find ways to have a break from them to recharge. Faye Michelson writes about the importance of "getting lost" in something we love and using that distraction for activities to help us work through tough times. She uses the example of books and the opportunity they give adults and children alike to immerse themselves in different worlds, lives and experiences – at little or no cost. This includes the deep philosophy and simple yet profound truths found in the Bible.

Happy reading!

Simone Worthing **Editor**

MAKING KINDNESS THE NORM

Creating a lifestyle beyond the random acts

By Fay Foster

During a summer of violence in the 1990s, a reporter in the Bay area of San Francisco remarked that people should stop reporting on “random acts of violence and senseless acts of cruelty” and start “practising random acts of kindness and senseless acts of beauty”. That statement started a movement, and the Random Acts of Kindness Foundation was born.

“

THE MOST EMPOWERING AND EFFECTIVE FORM OF KINDNESS IS A LIFESTYLE OF KINDNESS.

”

Random acts of kindness happen when we decide, often on the spur of the moment, to do something nice for someone. For example, we might decide to send flowers to someone we haven't seen for a while, give money to a person on the street, or pay for the coffee of the person behind us in the fast-food drive-through.

On 17 February each year, Random Acts of Kindness Day is celebrated internationally.

Celebrating this day can be a lot of fun as we think up and carry out random acts of kindness. However, kindness can be so much more than just a series of random events.

STEPPING UP OUR KINDNESS

Instead of, or in addition to, the random performance of acts of kindness, we can plan and deliver acts of kindness that aim to meet the needs of those we know or have heard of. These could be one-off acts, such as providing a person in poverty with a coat to keep them warm, treating a hurting friend to lunch or helping someone with their housework when they're not feeling well. They could also be regular, purpose-driven acts, such as phoning a lonely person on a regular basis, donating to a worthwhile charity or volunteering at a drop-in centre or aged care facility.



The most empowering and effective form of kindness is a lifestyle of kindness. This is where we decide that we are going to be kind people; we are going to make kindness part of our character and our everyday life. We might make a habit of holding the door for the person behind us, letting a mum with little children go ahead of us in the supermarket queue, or looking out for those left out and

including them. We can develop the habit of saying kind words to everyone we talk with, and of always thanking those who help us. Our emails and telephone calls can exude kindness. We may still perform acts of kindness that are random or regular, but our kindness has sunk into our souls and impacts our every thought and action.

The Random Acts of Kindness Foundation recognises that randomness is not the most desired result of their work in inspiring us all to be kind. Their slogan is “Make kindness the norm”. The norm for each individual, each family, every society.

“

IT TAKES SINCERE DESIRE AND EFFORT TO BECOME THE PERSON WE DEEPLY WANT TO BECOME.

”

IMPACTS OF KINDNESS

When we look back on our lives, one of the things that most, if not all, of us remember is a time when someone was unkind to us. “I’ve learned that people will forget what you said, people will never forget how you made them feel,” said memoirist, poet and civil rights activist Maya Angelou. Kind words and actions make us feel better, softer and stronger. Unkind words and actions can harden our spirit and destroy our confidence and self-worth for a very long time. We can let the kindness or unkindness of others determine our life choices, attitudes and achievements.

One way to become a kinder person is to always try to put yourself in the shoes of the person you’re talking with or thinking about. When you think about their life, their situation, their family, you might feel less judgmental and more compassionate. Each person is largely the product of their family background, circumstances and experiences. It takes sincere desire and effort to become the person we deeply want to become – the one who is consistently kind and compassionate to others, rather than being blown around by our own hurts, history and circumstances.



Thankfully, kindness is one of the fruits, or gifts, of the Spirit of God. “The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control,” (Galatians chapter 5, verses 22-23a).

As we open our hearts to God and to his working in our lives, kindness grows in us and the whole world benefits. In a world where we can be anything – let’s be kind!



Scan here to read more stories of hope.

The lost art of stressing less

Escape the everyday to somewhere you would rather be

By Faye Michelson

Sometimes the best thing you can tell yourself, and others, is to “get lost!” In the nicest possible way, of course.

Research tells us that one way to reduce stress is to escape our everyday – where we may feel overwhelmed, bored, anxious or lonely – to somewhere exciting, peaceful or fun. In essence, losing ourselves somewhere other than in our reality.

TIMELY SELF-CARE

Warren Draney, a senior counsellor who works with Salvos frontline staff, says many of us live in survival mode as we cope with personal challenges and issues beyond our control, such as housing pressures and the rising cost of living. Not to mention those of us who have found ourselves struggling after dealing with bushfires, floods and, of course, COVID-19.

“

**You can lose yourself
for just an hour or two
– even half an hour –
in the pages of a book.**

”

“Self-care is often the first thing to go because everything else is urgent and we don’t have time or money or the head-space or whatever, and we think we’ll do



PHOTO BY 2PHOTO POTS ON UNSPLASH

it later when life has settled down,” says Warren. “The trouble is, though, that life doesn’t usually work like that and before we know it, we are burned out, our physical and mental health is suffering, and it’s harder to get back up again.”

Warren suggests creating time for things that help us through the tough times. Activities such as spending time with loved ones, hobbies, exercise, and getting ‘lost’ in, and distracted from, the world by something we enjoy, are all important.

It sounds obvious, but when life has thrown you a curve ball, or you’re caught up in a relentless whirlwind of



busyness, how do you actually find time and brain space to do this?

It could be losing yourself in the pure enjoyment of a holiday or a day out immersed in a new experience, but sometimes that is simply not possible. The good news is that it doesn't have to be as organised or time-consuming as that. You can lose yourself for just an hour or two – even half an hour – in the pages of a book.

REDUCING STRESS

A 2009 study at the University of Sussex found that reading can reduce stress by up to 68 per cent and does so quickly – on average within six minutes. This is because your mind is taken away from the stresses of your daily life to somewhere different; psychologists believe the concentration required to read creates a distraction that results in easing the body's stress.

Opening a book opens a different world to step into. Adventure, mystery, science fiction, thrillers, romance, historical – you can lose yourself here in different experiences, situations, and lives.

And the good thing is, it's cost-effective – especially if you visit your local library. And, speaking of libraries, the Bible is its own library of books – 66 of them – so there's a lot of reading there. The Old Testament will give you a history of God's faithfulness to the Israelites and you will read stories you may know – David and Goliath, Joseph and his coat of many colours, Queen Esther. There is violence, there is war; there is grief, there is joy; there is remorse and forgiveness. In the New Testament you will read the stories of Jesus and the hope he offers us. Within its pages are deep philosophy and simple truths.

It brings to mind a quote from Dr. Seuss, from *I Can Read with My Eyes Shut!*: "You can get lost in any library, no matter the size. But the more lost you are, the more things you'll find."



Scan here for more information on Salvation Army services.

Salvos assist Queensland through high-risk weather events

Just days before Christmas 2023, Tropical Cyclone Jasper crossed the coast in Far North Queensland, affecting areas from Cairns to Cooktown. On Christmas night in South East Queensland, a severe storm and subsequent rainfall event caused widespread damage throughout the region.

Salvation Army Emergency Services (SAES) response and recovery teams and volunteers have catered in evacuation centres in multiple locations, conducted assessments and provided access to financial assistance in recovery hubs. They also packed Christmas hampers in the Far North, distributed essential supplies and were a supportive presence in the state for over a month.

“The response teams in Cooktown and the south-east concluded their services with 87 staff and surge personnel (staff from other departments) having given over 1382 volunteer hours and provided 4644 meals and refreshments,” said Daryl Crowden, General Manager – Salvation Army Emergency Services.

“Over 26 days (20 December – 14 January), they booked over 3577 hours and provided just under \$2 million in direct community grants to over 17,600 individuals.

“The Queensland Government (Department of Communities) ‘contracted’ the SAES to attend recovery centres and partner in the provision of recovery funding for Tropical Cyclone Jasper and South East Queensland flooding. With the contract they also released



Cairns Salvos officer (pastor) Major Ben Johnson (right) with volunteers who assisted with relief efforts.

\$350,000 to The Salvation Army as a contribution to our program.

“As outstanding as all this is, it still does not tell you the story of the people involved – both our own people and those they have sat with, listened to and served. The stories of life impact continue, and we are privileged to hear these and to know that once again SAES, corps (churches), local mission expressions (including Doorways emergency relief and Salvo Stores) and those who have joined us, have contributed to The Salvation Army’s vision of transforming Australia one life at a time with the love of Jesus.” – **Simone Worthing**



Scan here for more information on disaster and emergency assistance services.

Salvos receive service award

Salvation Army volunteers and personnel in the NSW Hunter region were honoured with a 'Significant Contribution' award for their service to the community during the Hunter Valley bus tragedy in June 2023.

Ten people were killed and 25 taken to hospital from the crash. The Salvation Army's Emergency Services (SAES) Hunter and Central Coast regional coordinator, Hans Schryver, said volunteers gave their time to assist with catering and be a listening ear at the site for 10 days following the tragedy.

The award was presented to the SAES at a Cessnock City Council Australia Day Celebrations and Awards ceremony.

– **Lauren Martin**



The SAES team with their community service award.

Emergency crews respond in WA

January was busy for The Salvation Army Emergency Services in WA.

"This season, we have experienced more larger fires than we have seen in previous seasons," said Benjamin Day, SAES State Coordinator WA. "These

bushfires grow fast, resulting in significant resources being deployed ... Our services were stretched on a number of occasions, and at times we experienced shortages of volunteers."

The SAES were dispatched to multiple sites in early January, supporting incidents in Oldbury, Champion Lakes, Chittering, Bindoon and Gingin. At the Gingin complex fires, SAES teams fed large numbers of State Emergency Services personnel.

After supporting responders, SAES crews stand down, and volunteers clean and restock for future callouts.

"We have been provided with support from our eastern states' teams also, which has been a tremendous support," Benjamin said. – **Anthony Castle**



SAES vehicles are cleaned and restocked for future callouts.

Once upon a time

Upon my word, books make wonderful gifts

By Faye Michelson

Books are great gifts for everyone. Even if the recipient is yet to be born.

I've been to a couple of baby showers where the hostess has asked guests to give books to the expectant mum and her bub. What a wonderful idea!

READY-MADE LIBRARY

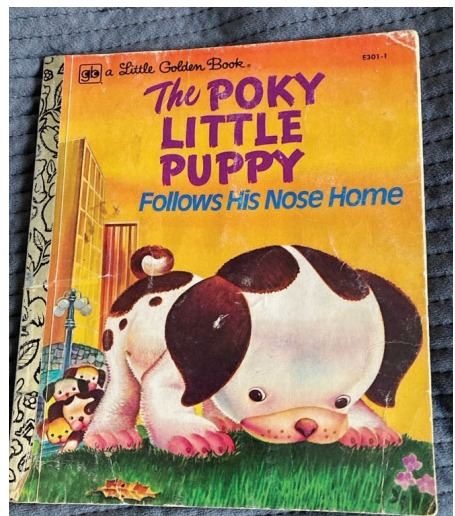
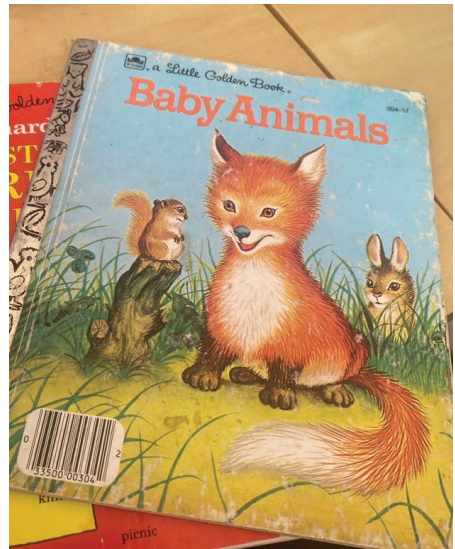
It's always interesting to see the range of books people choose – sturdy ones with thick cardboard pages for little fingers to grab at, lift-the-flap activity books, gorgeous picture books and some of the classics such as Beatrix Potter favourites and *The Velveteen Rabbit*.

“

Every book read to a child lays the basis for a lifetime of enjoyment, education and a way to escape and experience different worlds.

”

At these events, it was a delight to know that this baby would have a ready-made library for years to come. Each book was inscribed with a message from the giver, and it was a delight to think that the inscription at the front of the book would become part of story time for the little one sitting on their parent's knee. These little messages would be a



There is something special about pre-loved books.



A tradition of book giving helps develop a love of reading.

reminder of the love and care that went into choosing these stories for them to enjoy. It's a lovely idea to share with someone else a book that is special to you and your family.

PRE-LOVED BOOKS

A few years ago, I was in a supermarket and saw a stand of Little Golden Books. There were a few old favourites there, including *The Poky Little Puppy*, which one of my daughters had loved when she was small. I just had to buy it for her. Then, not long after while we were on holiday, I came across the same book in a second-hand store. It looked like the copy she'd had as a child – very well-read! The cover was a little scuffed and a few of the pages were creased and dog-eared. On impulse, I bought it (and it cost more than the new one I had bought!), not sure if she would want the pre-loved version. She did. There's

something about a book that has been read and loved by others.

Creating a tradition of book giving to family and friends – particularly children – helps to develop a love of reading. Every book read to a child lays the basis for a lifetime of enjoyment, education and a way to escape and experience different worlds. The words of Proverbs chapter 22, verse six ring true here, encouraging us to lay a solid foundation for young lives to build their lives on, foundations of faith and, in this case, a love of reading. "Start children off on the way they should go, and even when they are old they will not turn from it."



Scan here to read more stories of hope.

Turning tragedy into service

Kylie's helping hands

When Kylie Thomsen was aged just four, she was hit by a car while crossing the road – her little body broken from head to foot. It was to change her life forever. But tough times have been no deterrent for this extraordinary lady who has given more than 20 years of voluntary service to her beloved Salvos. LERISSE SMITH, *Salvos Magazine* writer, chatted with Kylie about her love of helping others.

With the sun shining and her mum grabbing much-awaited cuppas for herself and her husband, little Kylie excitedly ran across the road to tell her dad his coffee was ready.

It was then Kylie's life was to change in an instant. A car accidentally ran into her, resulting in not only a broken body but permanent brain damage, too.

"It's been life-altering as it stays with you for life," Kylie reflected.

"But I just push my sleeves up and get up each day to give a helping hand to others. It doesn't matter what it is or where, if help is needed and I can do it, then I will do it."

VOLUNTEERING MILESTONE

And Kylie has indeed done it – many times over. Since becoming a volunteer at 28, Kylie has walked in the doors of The Salvation Army's Bendigo Corps Community Services every week for more than 20 years and loved every minute of it.

Kylie has undertaken a myriad of projects over the years – from helping to create special items for the Army's church premises and café, assisting with programs at the Community Services premises and driving the Army's bus,

through to helping provide meals for people in the local community during the COVID-19 pandemic.

And when the floods hit the local region last year, Kylie and the team from Bendigo Emergency Services pumped up many bed mattresses for people unable to reside in their homes. Initially, there were no air compressors, quality pumps or any other items to help, so Kylie pumped up the mattresses with a little hand pump. "I felt really proud that I actually had done two beds on my own before they came in with an air compressor," she said.



Kylie has created some beautiful items at the Community Shed.



Kylie, right, has enjoyed getting to know Dylan, left, and others at the Bendigo Salvos Community Shed.

“Many people were affected by the floods. I was driving our church bus to take people to the op shops to get clean clothes, plus caravan parks and hotels.”

“

To say she is part of the family would be an understatement.

”

LIFE-CHANGING COMMITMENT

Bendigo Community Services Manager Belinda Smith said Kylie’s contribution, commitment and caring nature had been invaluable during her time at the Salvos.

“To say she is part of the family would be an understatement,” Belinda said.

“Volunteering and being at Community Services has really changed my life,” said Kylie.

“I was really nervous and could not talk

to people initially. But now I am able to talk to people and have a conversation with them. My main catchphrase is, ‘Hi mate, how are you going?’ and I like to walk alongside people and try to encourage people.”

Aside from volunteering, Kylie’s proud accomplishment is completing her Certificate 4 in Disability Support. In her spare time, she also loves to crochet blankets to assist the Salvos.

So, what’s Kylie’s advice to anyone wanting to volunteer? It’s a simple one.

“Give it a go,” she said. “Because you will get friends out of it, and it will be good. Knowing that I’m helping the community and knowing I am walking alongside people when they really need someone is a really good feeling.”



Scan here for more information on Salvation Army services.

Passionfruit sorbet



Ingredients

2 cups sugar, 3 cups water, pulp 6-8 passionfruit, 2 egg whites

Method

- Place sugar and water in a saucepan over medium heat, stirring for 5 minutes until sugar has dissolved.
- Bring to boil, reduce to low heat and simmer for 5 minutes until slightly thickened.
- Transfer to heatproof bowl and stir in passionfruit pulp.
- Freeze for 3 hours until almost firm.
- Beat egg whites until stiff, break up passionfruit mix and fold in egg whites.
- Freeze overnight.
- Scoop out and serve in bowls or glasses.



Quick quiz

1. Name the smallest member of the cockatoo family.
2. Which dog breed is also known as a sausage dog?
3. Cats have five toes on each front paw, how many do they have on each back paw?
4. By what name do we better know a domestic cavy?
5. What is a female rabbit called?
6. How do horses communicate with each other?

Bible byte

"Love is patient, love is kind."

1 Corinthians chapter 13, verse 4
Contemporary English Version

Tum-Tum

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



Wordsearch

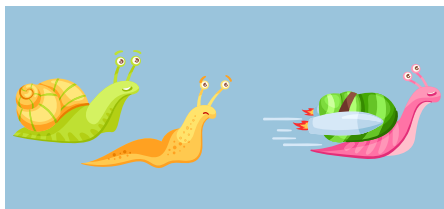
A U G C O M M U N I T Y K B G Y
 K W C P B I R D F T G H B S F L
 I E M H A W R V I V E U G N C U
 N L H H I T H T S L N M O A O S
 D C A R E C I A H O T A O M M F
 N O P G A V K E Y V L N D K P H
 E M I E W A D E N E E I N G A O
 S E M X T D C F N C N T E O S R
 S C E B D S W A A K E Y S A S S
 D E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

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

- Awareness
- Bird
- Calm
- Care
- Cat
- Chicken
- Community
- Compassion
- Decent
- Dog
- Domestic
- Fish
- Generous
- Gentleness
- Goat
- Goodness
- Healthy
- Horse
- Humanity
- Inclusion
- Kindness
- Love
- Patience
- Pets
- Safety
- Welcome

HAVE A LAUGH

ON THIS DAY...



I entered my pet snail into a race and removed its shell thinking it would make it faster. Unfortunately, it only made it more sluggish.

I love raising caterpillars as pets. It always gives me butterflies.

Why are cats bad storytellers? Because they only have one tale.

17 February 1904

Madama Butterfly premieres

Giacomo Puccini's opera, one of the world's most performed works of musical theatre, was poorly received in its first performance.

19 February 1878

Thomas Edison patents the phonograph

It was the first machine able to reproduce recorded sound.

20 February 1877

Tchaikovsky's ballet Swan Lake premieres

It is one of the world's best-known ballets.

20 February 1913

Works to build Australia's capital city commences

Canberra is an entirely planned city and was chosen as the Australian capital as a compromise between rivals Sydney and Melbourne.

Tum-Tum: is hiding in the bin on page 13.

Quiz answers: 1. Cocktail 2. Dachshund 3. Four 4. Guinea Fig 5. Doe 6. With their ears

READ

all
about
it!



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