

# salvos

magazine

## The juggling act of motherhood

Taking a break from keeping the balls in the air



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### FEATURE

Grandma from afar

### FAITH TALK

Doorway to serenity

### MY STORY

Mothers around the world

**“WE DON’T HAVE TO  
DO ALL OF IT ALONE.  
WE WERE NEVER  
MEANT TO.”**

**– BRENÉ BROWN**





## 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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Mothers around the world

## Taking a break

Most mums are busy people! Many mums (and dads) juggle paid work with all the demands of diverse family life, community activities, decisions, appointments, making ends meet – and the list goes on. As well as the joys, weariness of body, mind and spirit is often a regular part of the motherhood journey.

It's exhausting to be constantly juggling all these 'balls'. In this edition of *Salvos Magazine*, Faye Michelson interviews family counsellor and therapist Colleen Morris about the importance of taking a break, however small, to avoid health and wellbeing issues that can lead to burnout.

Taking a moment to pause is also the topic of Faith Talk, where Jo-anne Brown writes about its importance in helping to restore a sense of peace and calm in the rush of life.

For many, Mother's Day will be a lovely time as they relax with family and friends. For others, the day is painful and hard, for a range of reasons. Hopefully we can all do what we can to help mums celebrate the day and feel supported in whatever they are facing.

Happy Mother's Day.

Simone Worthing **Editor**

# Doing the mother juggling act

Taking a break from keeping the balls in the air

**WORDS** Faye Michelson



My friend Kelly, a mum to two primary school children, occasionally posts little glimpses of her life on social media. A recent conversation with her daughter made me laugh.

**Kelly:** I need you to get dressed.

**Nine-year-old:** I am dressed.

**Kelly:** Yes, I suppose you are. Please get dressed into your uniform.

**Nine-year-old:** This is my uniform.

**Kelly:** No, they are your pyjamas.

**Nine-year-old:** Yes, and lots of people wear them so it's a uniform.

**Kelly:** Do they wear them to the same place though?

**Nine-year-old:** Yes.

**Kelly:** ?

**Nine-year-old:** Bed.

**Kelly:** Get dressed.

Yes, the sassiness of her nine-year-old was funny, and her post received many laughing emojis and comments about "Bet you can't wait for the teenage years."

But what I loved was my friend's final line. All those calm responses as she negotiated a mutually acceptable way to get her child ready for school eventually came to a solid end. As the minutes ticked by, and it was clear that if they didn't leave soon they would be late, negotiations ended and she pulled rank. I'm the mum, you're the kid, you're going to school, get dressed.

That scenario, in a million variations, takes place every day as children practise making decisions. And that's how it should be, with mums (and dads) like my friend doing her best to develop

independent thinking in the next generation of adults while keeping the family 'machine' running smoothly for her current generation of children.

Seeing tired parents doing their best to manage the many demands on their time and energy always strikes a sympathetic chord with me. As a mum of three, I remember only too well being constantly weary, occasionally overwhelmed and often worn down by the constant grind of juggling all the balls required to keep a family on track.

And it's a juggling act that keeps evolving as we go through life – it's just the balls that change. Little children grow into primary school kids, who grow into teenagers, who mature into young adults, and the next thing you know you're a grandparent. Sometimes the juggling act can involve several generations as you love and support your children, your grandchildren and sometimes elderly parents too. And, not surprisingly, there are times when those balls come tumbling down.

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Take the time to  
nurture yourself.

”

All of this can result in burnout. But that's not you – is it? Are you sure?

Colleen Morris, counsellor and family therapist at Watersedge Counselling in Geelong (Vic.), says it's important to pause and think about any signs that could indicate that your unrelentingly hectic life – filled with the people you ▶

love though it is – could be pushing you towards burnout.

“These signs include constant lethargy to the point of exhaustion, always feeling stressed, having no time to spend with family and friends, experiencing ‘odd’ negative physical symptoms, and/or panic attacks for no apparent reason,” Colleen says. “So is always feeling irritable and frustrated, and refusing to stop, rest or take time off.”

Ignoring health and wellbeing are also concerning indications of oncoming burnout, observes Colleen, which often happens because people feel they simply don’t have the energy, let alone the time, to factor in exercise, paying attention to their diet, having a checkup with their doctor or taking some time out for themselves.

“Mums are at the centre of family life, holding it all together,” Colleen says. “They’re like the hub of a wheel, and to ensure the ‘family wheel’ keeps turning smoothly and efficiently, mums feel the need to be in control by giving attention to each spoke in the wheel. It’s a balancing act that never comes to completion.”

She acknowledges how difficult it can be for many mothers to view their own mental and physical health being as important as the rest of their family’s.

“It is often being ‘time poor’ and feeling guilty about taking time out for themselves – and I understand that! But I learnt as a young mum that if I was going to be available to my partner and children in the ways I wanted to, I needed to make my own self-care a priority,” Colleen says.

“When we keep on pouring our energy into the people around us, we need

that energy replenished. There is a life principle here, in that any energy source needs to be recharged or it will become depleted.

“You can’t care for others from a place of emptiness. Far from being selfish, it allows you to function as your best self. And that is good news for your family!”

Self-care can be simple, but it needs to be something you do on a regular basis.

“Do something you love to do,” Colleen suggests. “Get in touch with what it is that makes you feel happy and relaxed and make time, however brief, to do it. Do something physical each day, such as a walk, bike ride or yoga, and connect with a friend as often as you can.”

Carving out time for yourself when every minute seems to be at a premium will seem difficult, and Colleen cautions that it may be challenging for you to protect that time when there are pressing chores and responsibilities demanding your attention.

“There will always be the competing needs of your family and the feeling that ‘I am never enough’,” she says. “I want to say that you are enough – your needs are equally important. Take the time to nurture yourself.”



# Giving gifts as special as Mum

**WORDS** Olivia Hurley

Imagine how happy your mum, grandma or mother figure would feel if you gave them something one-of-a-kind that you had carefully selected to match their personality? What if you could tell them that this gift was not only lovingly hand-picked, but also environmentally friendly and charitable? This is what you get when you shop for Mother's Day at Salvos Stores.

While it may seem unconventional, thrifting your Mother's Day presents can be a great way to find something personalised and meaningful, yet also cost-effective. It's all about considering what makes the person you want to honour on Mother's Day unique, and then making the effort to find something that speaks to your love.

For example, my mum loves vintage style and is super-creative, so last Mother's Day I went to a few of my local Salvos Stores and bought her a colourful selection of vintage printed fabrics that she could use in her next project. She loved it!

“

**Thrifting your Mother's Day presents can be a great way to find something personalised and meaningful ...**

”

For loved ones who already appreciate all things op-shop, a pre-loved gift is a no-brainer. However, there are also options for mums who aren't quite as into vintage vibes as mine. Think a picture frame for your favourite photo together, a trinket dish for jewellery, or a personalised stack of reading material.

If you're not quite ready to try thrifted gifting or let go of classic Mother's Day gift ideas, Salvos Stores still have you covered with their curated Mother's Day range, which features a fabulous selection of the old faithfuls at budget-friendly prices, from comfy socks to candles.

Give a gift as special as Mum this Mother's Day by heading into your nearest Salvos Store or shop online at [salvosstores.com.au](https://salvosstores.com.au).



# Long-distance grandmothering

Staying connected across the miles



PHOTO: STOCK / GETTY IMAGES

**Many grandmothers – and grandfathers – know the reality of having their grandchildren living in different locations. Two Australian Salvation Army officers (pastors) share how they manage it.**

## KIWI CONNECTION

Being a nana is one of the greatest joys and privileges of my life. I love seeing the wonder of our world through the eyes and actions of our three grandchildren, Hazel (3), Zelda (2) and Finlay (1).

The times I feel the distance – and the sacrifices we all make – the most, are when I am not able to attend birthdays and special events or help with the children in difficult times, especially when they are sick.

However, we do our best to support, encourage and pray. When we are home in Sydney, we do all we can to give our own kids a break, help with childminding, find fun things to do and remind them of how much we love and miss them.

I am grateful for our family who make it possible for us to stay connected through photos and videos. We were especially

blessed last Christmas with their gift of an electronic photo frame – the family can email photos to the frame at any time.

We have weekly (sometimes more) online catch-ups where we speak with our grandchildren and watch them play with their toys, colour-in and achieve their different and exciting milestones. It's fun to see their favourite toys and learn about the latest TV shows, movies and songs. We also have a few books with heaps of sounds and noises here in New Zealand that we love to read with them.

I am forever grateful for FaceTime, and that our three grandchildren know who we are and are excited to see us when we meet with them in person.

Above all, we pray for our family every day. It's the best way to trust God with them and to stay connected when we can't be with them in person.

**– Julie, New Zealand**



## PART OF EVERYDAY LIFE

“As for me and my house, we will serve the Lord” (Joshua chapter 24, verse 15).

Down through the years, these words have often been spoken in our home as we declared them and continue to declare them over our family.

When my husband Phil and I left Australia to go to Papua New Guinea 14 years ago, we were a family of five. Now we are a family of 16, as the Lord has blessed us with an additional three children-in-love (in-laws) and eight grandchildren.

As a ‘Ma’ who lives away from her grandchildren, one of the things I am most grateful for is modern technology. We love it when our grandchildren FaceTime us to tell us they graduated to the next level at swimming or show us the certificate they received at school.

“

**One of the things  
I am most grateful for  
is modern technology.**

”

We know when they have a loose tooth and when it has fallen out. We know when they are performing at church or school, and they ask us to pray for them because they’re a little nervous. We have also had the privilege of watching two of our grandchildren being enrolled as Junior Soldiers (junior members of the Salvos) – all from a distance.

Would we love to live close by and witness these many special occasions in their lives? Yes, of course, but God’s

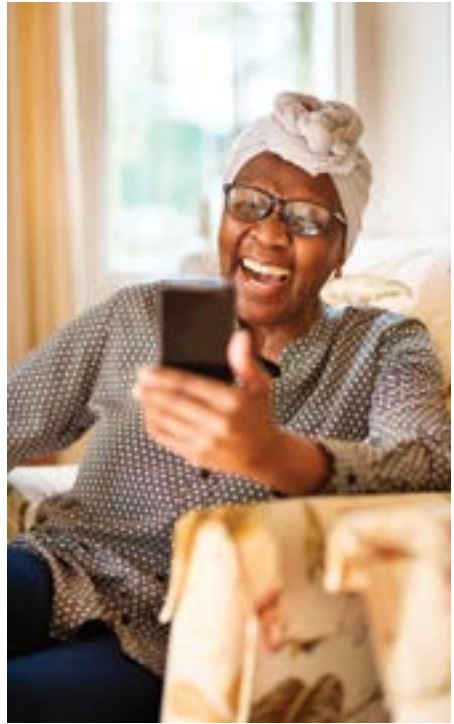


PHOTO: STOCK / GETTY IMAGES

calling for Phil and I has meant that we do not live in the same country. However, God’s compensating grace has meant that we are a part of our grandchildren’s everyday lives through technology.

Most importantly, I feel so blessed that our children are teaching the next generation about the love of God for them each personally, and his amazing grace toward them.

The greatest joy of my life is to spend time each day in prayer for my children and grandchildren – praying Scripture over each one of them. I am so indebted to God because of the way he provides for and protects them. And I am grateful for his work of grace in each of their lives as he equips and empowers them daily.

– **Deslea, Hong Kong**

# Doorway to serenity

Savour the moment with every breath you take

**WORDS** Jo-anne Brown

It's been another long day and I can't wait to get home and relax with a cuppa! It seems we spend much of our lives rushing from one thing to another, only pausing when we must, such as at a red light or in times of illness.

More and more I'm noticing that there are times when I just want to stop. Life becomes too busy, with too many decisions to make and too many people asking something of us.



I crave moments of slowness and the opportunity to stop, even just for short moments. As I age, I realise my body too needs more time to rest and pause. Sometimes we need to step away from our normal routine and responsibilities, so we can be still, listen and prepare ourselves for what comes next.

## **SLOWING DOWN**

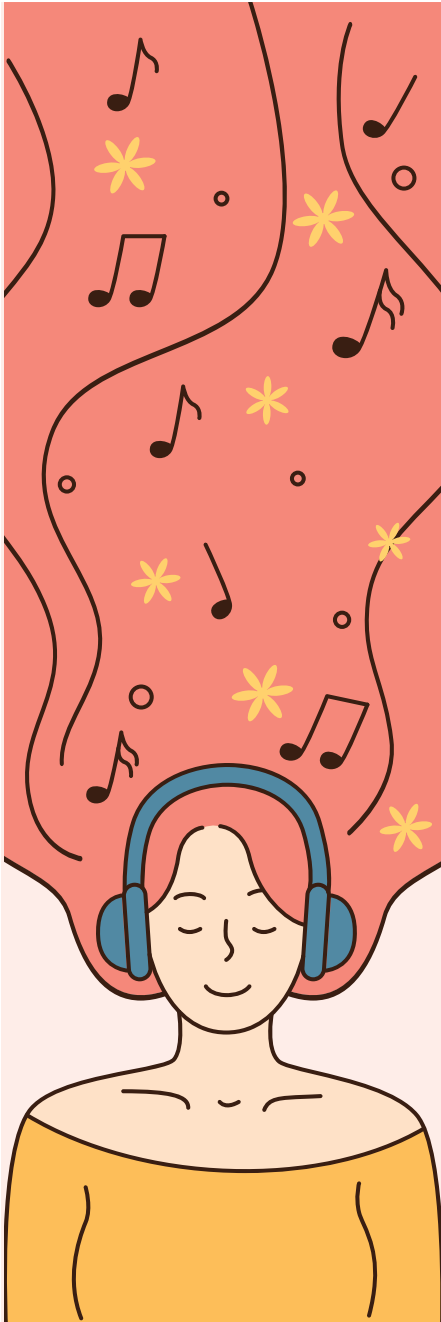
Recently I enjoyed exactly that – time away where I could slow down and rest. And I remembered a word I had come across in the Bible – Selah.

There's a collection of songs (called psalms) in the Bible and every now and then the word Selah appears. No one is entirely sure what it means, but it's possibly a musical notation indicating a pause in the music, a moment to stop and listen.

We need such pauses. Imagine listening to even the most beautiful music non-stop. Eventually it would become too much. Or the sound of kookaburras or magpies – if they sang unceasingly, it would drive us mad!

Pausing is part of our natural world – in the hush before a significant change in the weather, or as day turns into night; in the hibernation of some animals in long, cold winters; in the dormant period of many plants in the colder months.

Much closer to our very soul, however, is the regular rhythmic pausing of our breath. Pauses exist in every breathing cycle – a miniscule pause after each inhale and after each exhale. As we let the breath leave our lungs, there is an automatic pause of one or two seconds. This pause after breathing out can promote a sense of calm and help centre our mind. Such is the sense of calm and rest in this pause that it has been called a "doorway to serenity".



Most of us are longing for this experience of calm but it can be difficult to find time to slow down. Yet there are simple ways to do this. Since every breath we take has a pause automatically built in, it's not a huge step to simply notice the pause and rest into it.

When we pause, even for the space of a breath, we more easily notice what is happening in the world around us and inside ourselves. In our rush and hurry, we tend to miss out on small moments of joy or beauty.

### SPACE AND LIGHT

A pause adds much-needed space and lightness to our lives. Imagine reading a book with the print going right to the end of the pages! The white space around the printed words makes reading more enjoyable, and less stressful on the eyes and the mind.

So, the question is not, how can we pause? – because we are already doing that.

The question is, how can we be more intentional about pausing so we experience a greater sense of peace and calm?

One way is to simply notice how your breath is already incorporating pause. As you breathe out, intentionally savour the natural pause your body already knows how to do.

Try lengthening and deepening your breathing and notice how restful and calming this natural pause can be. And enjoy these simple moments of pause!



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

# Mothers around the world

Struggles and joys beyond cultural borders

Salvation Army women from a range of countries recently shared experiences that gave them hope and helped shaped them into who they are today. We share three of these stories below – Meagan, a communications director with the Salvos in the USA; Megumi, a Salvo from Japan who works at a childhood development centre helping children and families living with a disability; and Sandra, who has lived all over the world and is now a Salvation Army officer (pastor) in the USA.

## MEAGAN – CLINGING TO HOPE

Anxiety has always been a part of my life, but I don't think I had a name for it.



I had anxiety throughout my pregnancy, but that was just normal for me. After my son arrived, I quickly knew that the anxiety I was experiencing was not what I had ever experienced before, and it was not normal.

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**I can look back through the darkness ... and see how it's made me who I am today.**

”

I was diagnosed with postpartum anxiety and OCD (obsessive compulsive disorder). Once I had my diagnosis, I was just honest with people about what was going on with me. I think in a world

where we feel the pressure to have it all together, to have a picture-perfect family or house or whatever, we don't want to share even an ounce of an impression that we're struggling.

Today, I can look back through the darkness I experienced and see how it's made me who I am today.

When it comes to hope, if we can just trust in God and say, "I don't know what you're doing God, but I know that it's going to be good" ... we can get through that hard day, week or season, because we were created with a purpose, for a reason, and we just have to cling to that.

Nothing we experience in this life is wasted, and God can do something through it.

## MEGUMI – EVERY LIFE HAS MEANING

Our son, Seiva, was born in a state of foetal distress. We were told that he would be severely disabled and we were in deep despair about what was happening to us.



Not long after, I saw a man in the street wearing a Salvation Army uniform. He reminded me of my father, who was a member of a Salvos church in my hometown. I asked the man where I could find the nearest Salvation Army church.

The next Sunday, I took my son to attend a worship service there. In that moment, I realised I could leave myself in God's hands – a feeling I had not experienced in a long time. God promised me that he would help me whenever I was in need, because he was the one who gave my son – my gift – to me.

“

**I decided to stop comparing him to other children.**

”

We moved back to my hometown to start a new rehabilitation therapy for Seiva, and I decided to stop comparing him to other children. I knew that God was in control. This helped us enjoy every little skill that he learned. We found hope, and so did our son.

Seiva grew to be positive and cheerful. He won a medal at the Japan Karate Competition, and he was a candidate for Japan's national cerebral palsy football team. He graduated from college and is now working at a public office.

When my husband died seven years ago, our son prayed out loud at his bedside. I felt great peace in my sorrow because I saw God's presence in our son. Every life has meaning.

### **SANDRA – TRUSTING IN GOD FOR THE FUTURE**

We were serving in Australia, thinking that we would be there for a while longer and, because of COVID-19, we had to come back to the USA early. It was probably the hardest thing we've gone through as a family.

In Australia, I felt like I was living my best life for God. All my passions and skills, all the things that brought me joy in the Lord came together. I thought, as I had in the past, that I would just pick myself up, move and get on with it. We got back to the USA and I couldn't just get on with it. I would go to work, I would give my best and smile and I would love people, then I would come home and cry.

My husband, Ashish, and I have this Bible verse that's become our family Scripture verse. Based on Ephesians chapter 3, verse 20, it says, "God can do anything, far more than you can even imagine, dream, think, or pray." That is what hope is, knowing that whatever I'm going through, it's not the end of the story. Hope is knowing that there is more of my story to come.

*For more stories, go to [salvationarmy.org/ihq/iwd23-exhibition](https://salvationarmy.org/ihq/iwd23-exhibition)*



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

# Rice pudding



## Ingredients

1½ cups cooked rice, 2 cups milk, 1 pinch salt, 2 tbsp jam, ½ cup sultanas, 1 beaten egg, ½ cup sugar, 1 tbsp butter, splash vanilla essence

## Method

- In a saucepan over medium heat, mix the cooked rice with about 1½ cups of milk and the salt. Stir for around 20 minutes until thick and creamy.
- Stir in the remaining milk, jam, sultanas, egg and sugar. Cook, stirring continuously, for another three minutes.
- Remove from heat and stir through butter and vanilla.
- Best eaten fresh and warm.

This recipe comes from the book *Meals to make ends meet*.



## Quick quiz

1. Who was first king of all of England?
2. How many coronations have been held at Westminster Abbey?
3. Whose was the first documented coronation at Westminster Abbey?
4. When will King Charles III's coronation take place?
5. Who will conduct King Charles' coronation?
6. Who is the longest-reigning monarch in British history?

## Bible byte

"Who is he, this King of glory?  
The Lord Almighty –  
he is the King of glory."

Psalm 24, verse 10  
*New International Version*

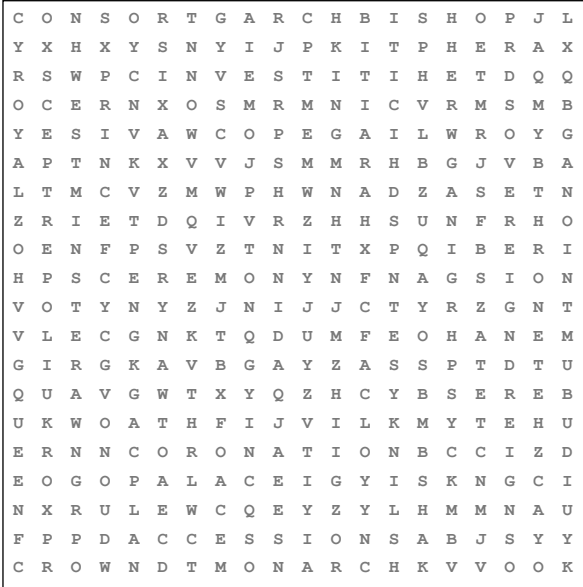
## Tum-Tum

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



# Wordsearch

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



- |            |             |
|------------|-------------|
| Accession  | Parade      |
| Anoint     | Queen       |
| Archbishop | Reign       |
| Ceremony   | Royal       |
| Consort    | Rule        |
| Coronation | Sceptre     |
| Crown      | Sovereign   |
| Invest     | Tiara       |
| King       | Throne      |
| Monarch    | Westminster |
| Oath       | Prince      |
| Palace     | Princess    |

## FUNNY THINGS KIDS SAY

"The three kings brought Jesus gold, frankincense and myrrh - no real presents."

Little girl to her younger sister:  
"I'm Elsa, you can be the Dairy Queen."

Sunday school teacher: "Who was David?"  
Kid: "He was a Hebrew King who was skilled at playing the liar."



## DID YOU KNOW?

**King Charles III, 73, is the oldest monarch ever crowned in British history.** As King, he's the only person in the UK who can travel without a passport and drive without a licence.

**A well as the UK, King Charles is the reigning monarch in 14 other countries.**

**Quiz answers:** 1. Æthelstan (895-939AD) 2. 39  
3. William the Conqueror on 25 December 1066  
4. 6 May 2023 5. The Archbishop of Canterbury, Justin Welby 6. Queen Elizabeth II  
**Turn-Turn:** is hiding behind a cushion on page 8.



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