

salvos

magazine

Hidden treasures

Finding hope in the low tide of life



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Every day can be
a new beginning



Take time out for
your loved ones



Be kind to yourself
and others



Take a break when
you need one



Every step you
take matters



Embrace change



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

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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Hidden treasures

Life for so many of us is full of challenges. The rising cost of living is an ongoing reality, many struggle with housing, and others are facing health issues, unemployment, grief, family difficulties or battles with mental health.

It can be easy to be overwhelmed and simply shut down when it just all becomes too much.

In our feature this week, Jo Brown talks about finding hope in the 'low tide' of life and how, even when circumstances are ugly and dark, glimmers of light and hope can still be found. Jo doesn't gloss over difficulties, but shares how she found new strength in facing pain and brokenness and how she sees God doing something beautiful in her life no matter what.

Other stories in this week's edition of *Salvos Magazine* also reflect the hope and transformation that can be found in difficult times – whether it's regeneration of nature after a fire, spiritual growth after painful times, or finding compassion, care and practical assistance after living alone on the streets.

For these stories and more, go to

salvosonline.org.au

Simone Worthing **Editor**

Hidden treasures

Finding hope in the low tide of life

By Jo-anne Brown

I've always loved the sea, especially at high tide. As a child of the outback, I loved holidays by the ocean. I loved long walks on the beach, splashing through the waves, getting soaked, and being immersed in the water.

When I was a teenager, our family moved to the Sunshine Coast, with its surf beaches and pristine sand. On hot days I loved rushing from the car into the water, over the scorching sand, and being immersed in the cool waves. At low tide the walk out to the water seemed endless – and uncomfortable on bare feet!

Now we live near Moreton Bay, where islands hug the coastline, and the waves are gentler and smaller. Being by the water at high tide, even without the mighty crashing of the surf onto rocks, is still an absolute delight. At full tide,

everything is sparkling and shimmering, with seagulls swooping over the water for their daily catch. Low tide, however, is a different story.

At first glance, low tide seems to reveal the ugliness of the ocean floor, with rusting chains from long-abandoned boat ramps, and an endless expanse of brown mud. There is a barrenness and emptiness that can seem depressing.

When I first started coming here, I tried to time my walk so the tide was at its fullest. I was living with chronic pain, and low tide, with its mangrove smell and muddy shoreline, seemed to reflect how my life was at that time. It was a time of low energy, and all the vibrancy and joy I had known before seemed to have receded with the tide, leaving behind mud and ugliness.



PEACE AND ACCEPTANCE

Gradually, however, I began to notice there was more to low tide than I'd previously seen. This happened as I started experiencing a new sense of peace and acceptance with what was happening in my body. In the slow coming to terms with my physical limitations, I was becoming more able to recognise and accept my own imperfections, as well as finding more courage to look deeper within and not be afraid of what I might discover.

As I sat and watched the tide go out, I noticed all sorts of things – small crabs emerged from rocks and scurried around looking for food, mangrove roots became exposed to fresh air and seemed to breathe the freshness of the oxygen in deep gasps of pleasure as the water receded.

“

Away from the energy of high tide it seemed like everything had space to breathe ...

”

I became aware of the beauty hidden beneath the water and found unexpected glimpses of life. Something resonated in me about going deeper in my own life, and exploring what lay beneath the surface of my own emotions and experiences. Finding a way to live well with physical pain encouraged me to look more deeply at the emotional pain I had been carrying for a long time. Perhaps there was something beautiful to discover in my hidden brokenness and imperfection.



One day when the tide was out a long way, I looked down from the path I was on and saw glimpses of sand amongst the mangroves. Normally I only saw the top branches of the mangroves, but on this day I was intrigued by what was beneath the surface. I clambered down from the path and walked among the low branches and roots of the mangroves, usually covered in water.

I breathed in the tangy air and felt the sacredness of silence and stillness. Away from the energy of the high tide it seemed like everything had space to breathe. Roots and branches normally covered with water soaked up the fresh air and the sunshine. Crabs crawled along the sand, soaking in the warmth of the sun.

I was suddenly deeply thankful for low tide, for the opportunity to explore what's hidden away, to discover treasures not normally seen, and to find beauty in places that I once considered unattractive. ▶



HIDDEN TREASURES

This was as true for what I experienced that day down by the water as it is for what I am discovering on my own spiritual journey. There are depths as yet undiscovered – and treasures simply waiting to be found and brought into the light.

“

**My own brokenness ...
became a gift of compassion
once I found the courage
to look deeper within.**

”

My own brokenness, for so long hidden away even from myself, became a gift of compassion once I found the courage to look deeper within. This was a compassion for others living with physical and emotional pain and doing the best they could. It also became a deeper compassion for myself, recognising that mostly I too was doing the best I could.

Perhaps the most powerful awareness has been recognising that God is the God of low tide (and brokenness and emptiness) as much as God is the God of high tide, with its abundance and exuberance. Somehow all is part of God’s creation and held by God – just as every part of me, even the parts that ache or don’t work as well as I’d like, are all created and held by God. Whether I am living a life of busyness and abundance, or a life of quiet stillness, God is doing something beautiful in me and through me.

Beneath the surface, when I am brave enough to look, I discover that my tears and fears, my disappointments and failings, are surprisingly being transformed into treasures of growing wisdom and compassion. Even when all is not shiny and sparkly, there is still unexpected beauty and hope – in us all.



Scan here for more information on Salvation Army services.

Gifts that make them smile

Shopping for Father's Day gifts at Salvos Stores

If you're after a gift that will make someone smile this Father's Day, look no further than Salvos Stores.

At the moment, many of us are dealing with rising cost-of-living pressures. With costs piling up, special days like Father's Day can start to feel a little less 'special' and a lot more like just another source of expense.

At Salvos Stores, we want to help you make dads smile this Father's Day without increasing the pressure on your wallet or purse. At each of our stores, customers can find super-affordable, great-quality gifts for every kind of dad. With half-priced colour tags each week and a \$2 rack each Monday, there's something to suit every budget.

Even when cost isn't a concern, pre-loved items are a great gifting option – especially for dads who are difficult to buy for! Our stores are full of secondhand pieces that are unique in many ways, from vintage items that will make them feel suave, to charmingly



unexpected ones that will make them laugh. Think golf clubs, briefcases, snazzy ties and footy memorabilia!

If you're not sure that your loved one is quite ready for a secondhand gift but you still want to focus on affordability, Salvos Stores are also offering a fabulous range of new gifts this Father's Day – all under \$20! We're talking belts, candles, cologne, skincare and even a portable grill!

As well as being low-cost, gifts bought from Salvos Stores are extra smile-inducing because they help us raise money to support vital Salvation Army programs. Every purchase made in our stores goes towards helping those in our community who need it most, including fathers and families doing it especially tough this Father's Day.

Shopping with Salvos Stores this Father's Day will not only benefit you and your loved one, but others in the community as well. Smiles all round! – **Olivia Hurley**

Find your local store or shop at our online store at salvosstores.com.au



Homelessness on the rise in Byron Bay

When catastrophic floods devastated the Northern Rivers region of New South Wales in February 2022, the loss of houses and livelihoods left many struggling to find their feet. Almost 18 months later, the damage is still being felt in the area, says Northern Rivers Salvos officer (pastor), Captain Philip Sutcliffe.

The most recent New South Wales Street Count showed a 117 per cent increase in homelessness in Byron Bay from the previous February. This region also contained the highest number of people sleeping rough in the state.

Philip says between the aftermath of flooding, reduced housing availability and skyrocketing cost-of-living pressures, it was difficult to pinpoint the primary factor in the increase.

“We’ve got a lot of people who are somewhat transient because they might be working on their places to rebuild and restore but are sleeping in a vehicle at night because that’s a safe, warm, dry place at the moment,” he adds.



Captain Philip Sutcliffe is organising initiatives such as the food pantry to combat disadvantage in Byron Bay.



The Salvos' Byron Bay regional food pantry is offering relief to the local community.

Staff at the Salvos are seeing an increase in dual-income families looking for assistance. Many who were flood-affected are paying a mortgage and rent concurrently while they try to rebuild.

According to realestate.com.au, the boutique beachside town of Byron Bay has seen a significant increase in house and rental prices over the past several years.

“There’s a lot more places being listed online,” Philip says, “but the difficulty for landlords and homeowners is that they’ve had to fork out of their own pocket to renovate these places and rebuild them in a flood-resilient way.”

Philip and his wife, fellow Salvos officer Captain Donna Sutcliffe, are partnering with local initiatives and organisations to deliver assistance in the area, as the Salvos corps (church) building is located a significant distance from the Byron Bay area. They are also working with the local council to find longer-term solutions.

– Kirralee Nicolle

Pooling resources

In a small crisis accommodation centre run by Burnie Salvos in Tasmania, a well-worn pool table is helping provide healing through connection.

The Burnie Safe Space is a short-term accommodation centre for those experiencing homelessness on the state's north-west coast. Acting team leader Michael Parsons says, of all the features of the centre, the donated pool table is most invaluable for connecting with clients who have faced trauma.



The hardworking pool table at the Burnie Safe Space.

"That eight-ball table is the single best therapeutic tool we own," he says. "It is amazing how many people will be extremely reticent to engage with us, and then one of the guys will say, 'Come on, let's have a game.' They get comfortable, and they start to talk."

The Burnie Safe Space, now entering its fourth year of operation, provides accommodation for 20 people. The team is in the process of expanding capacity to 24, planning for a future influx of people seeking crisis accommodation. The focus of the service is on trauma-informed treatment of underlying causes of homelessness, and the pool table provides a gateway for many who are fearful of opening up.



The Burnie Safe Space provides temporary accommodation for anyone sleeping rough in the area.

"When you're at the pool table, it's a level playing field," Michael adds. "It helps us to understand the person because it allows them to feel comfortable. Within a week, we have a good picture of who they are, what they've experienced and what their problems are."

Michael says the pool table is often in use for up to 16 hours a day and is beginning to show the effects of its busy schedule.

"Unfortunately, it's been so heavily used that it's now on its very last legs. The felt is ripped. The cushions are shot. If any kind person would like to either donate a table or help towards the cost of a table, that would go down very well with staff and clients." – **Kirralee Nicolle**



The Burnie Safe Space is a place where clients can relax.

An act of surrender on Kangaroo Island

Allowing God to work in the dark places of life

By Anne Simpson

I recently attended a conference and was struck by the keynote speaker's comment that "Jesus was raised in the darkness". I had never grasped this obvious fact from the Easter resurrection story in the Bible – after his crucifixion, Jesus was already gone from the tomb when the disciples arrived at dawn!

Even more deeply profound was the resonance with times in my life when places of darkness had been when God chose to do a deep work in me – times of grief, tragedy and pain.



New life is springing up around blackened areas of Kangaroo Island. Photos Anne Simpson

When I had none of my own strength to draw on, God was doing a hidden work. In some seasons, I have been confronted by my own broken ways that I was figuratively putting to death so that the life of God might have room to flourish.

PROFOUND EXPERIENCE

Following the conference, I went on holiday with my husband to Kangaroo Island, off the coast of South Australia. This beautiful island, the third largest in Australia, is a region of prolific wildlife and incredible beauty and had been on my travel list for some time.

“

It truly felt as if God had brought me to a place that embodied this cycle of death and resurrection.

”

What I was not expecting was the profound experience of being in a place that had experienced its own 'resurrection' story.

Almost half of Kangaroo Island is national park or protected wilderness, and we spent a lot of time in this area. We visited Admirals Arch and



Sunrise on Kangaroo Island is always a God-inspired moment.

Remarkable Rocks, wild and ancient places that took us through areas that had been destroyed by bushfires in 2019. Started by lightning strikes, bushfires razed almost 70 per cent of Kangaroo Island's wilderness.

I felt so sad for this beautiful place having to endure such devastation. Yet all the information in the parks we visited across the island spoke of how important the bushfires had been for bush regeneration. In fact, many species had an inbuilt design that meant this natural disaster was integral to their health and fruitfulness. Some species only flourished after bushfires.

We were confronted by vast tracts of blackened trees and bushes experiencing lush new growth. It truly felt as if God had brought me to a place that embodied this cycle of death and resurrection. Kangaroo Island reminded me that resurrection requires death. In the Christian life, death and resurrection are intertwined in the Gospel story. Jesus' resurrection required his willingness to die.

I am reminded of Jesus' words that, "Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds" (John chapter 12, verse 24).

ACT OF SURRENDER

In the life of following Jesus, death is not just confined to our death at the end of our life but the way we surrender those parts of ourselves that are barriers to us becoming more like Jesus.

I resist this kind of death at every point, and yet there are things that need to die in me – my pride, my perfectionism, the protection of my reputation or achievement, my desire to please others or myself! Unless they die, life will not come.

During my few days visiting Kangaroo Island, I found myself drawn to the pre-dawn, drawn to reflect more deeply on how I might surrender to the work God wants to do within me, and seeking to trust more deeply that in the places I least expect he is bringing resurrection life.

**Anne Simpson is the Network Ministry Coordinator for churches of Christ in NSW & ACT.*



Scan here for more stories of hope.

A place to call home

Salvos housing service provides community connection and care

By Annie

Several years ago, I came to Australia from Papua New Guinea to escape family and domestic violence. I am an accountant, and this is what I did for several years after I arrived in Australia. But when COVID happened, I lost my job and became homeless.

I'd never been homeless before. When I first arrived at The Salvation Army housing crisis service, I felt very bad and didn't leave my room for almost three weeks. One day, I went to make a meal in the kitchen and found it messy, so I decided to do the dishes. The kitchen became mine and I started to cook.

We had a community dinner for the first time and I thought, "Oh, this is another home." The community had a great impact on me. We would cook and eat together, and I realised that all the other residents were just like me.

I felt like I belonged, and I had a family. It improved my mental health to know that someone knew me, loved me and the case managers provided help. Then I realised I had to do something, so I started looking for jobs.

HOUSING AND HOPE

We completed my CV and after I got a factory job I saved up and bought a car, but unfortunately I crashed the car and my mental health got really bad. I was so nervous and depressed again. Eventually we got help from some lawyers and my mental health picked up. I was happy. I was thinking

"What is this? When I'm happy I'm happy, but when I'm sad, the depression gets really bad." I told myself, "I can't keep doing this [bad coping mechanisms] forever, I have to change."

“

My Salvos case managers showed me love, kindness and compassion.

”

My Salvos case manager told me I would be okay, that there was a way. I kept listening to her positive words, I went to a counsellor, and I completely changed my outlook.

After some time I improved a lot. My mental health was good and in a short time I received my permanent residency, which was a huge relief for me. I applied for Centrelink and was offered a house with a community housing provider and I'm now staying there.

A NEW LIFE

Having a house really removed all my stress. I have a roof over my head, and I have a really nice home. I have a big church community, and I just got a new job. Now I feel like helping others who are in my situation, walking in my shoes, who are in stressful situations.

My biggest change was when I came to The Salvation Army crisis housing service. I didn't know where I was going, I didn't have anybody guiding me, I was lost in a place where you have no family, no connection. I didn't know how to keep living.

Now the greatest change is that I can go out and face the community. I can engage with other women like me, engage with my community. My Salvos case managers showed me love, kindness and compassion. Without this I would have given up.

I wrote to thank them, and said – "You people are very good. You handle all types of situations and help so many others with their problems. I saw that and built my own resilience. I also saw that there were other people in my situation."

“

**Now I feel like helping others
who are in my situation ...**

”

The housing service also held a seminar with the Family and Domestic Violence Service and that helped me realise I can do some community work.

I am really encouraged to help the community. I learnt from the Salvos that I can do anything.



Scan here for more information on Salvation Army homelessness services.



After escaping domestic violence and facing homelessness, Annie now has a home, job and self-confidence.

Honey Cake



Ingredients

½ cup butter, softened; 1 cup honey; 2 large eggs; ½ cup plain yogurt; 1 tsp vanilla extract; 2 cups plain flour; 2 tsp baking powder; ½ tsp salt; extra butter to taste

Method

- Preheat oven to 175°C. Grease loaf tin or line with baking paper.
- Beat butter and honey until blended. Add eggs one at a time, beating well.
- Mix in yogurt and vanilla extract.
- Mix flour, baking powder and salt well together. Add to the 'wet' mixture and combine.
- Transfer to loaf tin and bake 30-35 minutes.
- Serve hot or cold, with extra butter if desired.

HAVE A LAUGH



What's the best thing about Switzerland?
I don't know, but the flag is a big plus!

Reviews are in for the
Chinese flag. Five stars.

I once took a test on waving signal flags.
They told me I passed with flying colours.

Got off the plane and just wanted
to wrap myself in a big banner
and sleep. Think I had jet flag.

SIGNING IN



Sudoku

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

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

Tum-Tum

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



Bible byte

"Kind words are like honey – sweet to the soul and healthy for the body."

Proverbs chapter 16, verse 24
New Living Translation

Quiz answers: 1. Fiji; 2. Georgia; 3. Liechtenstein; 4. North Macedonia; 5. Zambia.

Tum-Tum: is hiding behind the honey on page 14.



Quick quiz

1. Which country's flag is pictured above?

Can you identify the flags below?

2.



3.



4.



5.



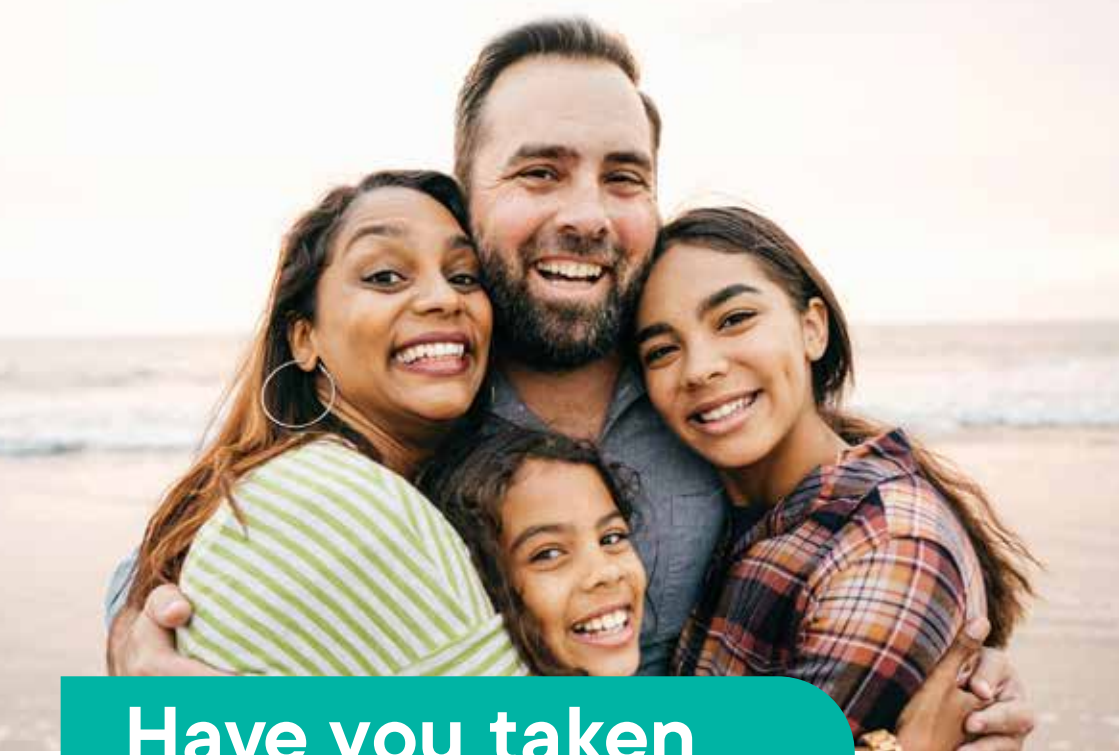
DID YOU KNOW?

The FIFA (Fédération Internationale de Football Association) Women's World Cup was first played in 1991.

The recent FIFA Women's World Cup 2023, played in Australia and New Zealand, is the first to be held in the Southern Hemisphere, and the first to have more than one host nation.

A record 1.5 million tickets were sold for the Women's World Cup being co-hosted by Australia and New Zealand.

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



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

