

salvos

magazine



Ukraine

A new normal in challenging times



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NEWS

A retreat
for weary
souls

FAITH TALK

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places

MY STORY

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of plants

"A flower blossoms
for its own joy."
- Oscar Wilde





The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice



The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders, past, present, and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions, and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and well-being of people of all ages, particularly children.

Salvos Magazine

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Remember Ukraine

Since the full-scale Russian invasion of their country in February 2022, Ukrainians have been living in a warzone. Running to air raid shelters day and night, dealing with regular electricity outages, seeing the destruction of their villages and cities, and facing the death of civilians and soldiers, has become a daily part of life.

Yet amidst this ongoing trauma, the Salvos continue to assist internally displaced people and local communities. They also run activities to give people of all ages, particularly children and youth, as normal a life as possible.

Our feature explores what life is like for the teams in Ukraine, as well as how Salvos across Europe are assisting Ukrainian refugees.

As National Habitat Day approaches on 11 October, Melanie-Anne Holland writes about the need for spacious places, physically and spiritually, to refresh ourselves from the hectic pace of life. The natural environment can also be a great healer and teacher, as Jasper discovers at a Salvos refuge in Melbourne.

Check out salvosonline.org.au for these stories and more.

Simone Worthing **Editor**

Ukraine – a new normal in challenging times

Caring for others as the war grinds on

By Dominika Brodowska

After two and a half years of war, the ongoing suffering in Ukraine gets less and less media attention. However, the reality in the country remains harsh. According to UN Human Rights Monitoring Mission in Ukraine, July 2024 was the deadliest month for civilians since October 2022, with more than 300 people killed and many more injured (ReliefWeb).

The Salvation Army is one of the international organisations still present in Ukraine. Eight corps (churches) across the country are providing physical, emotional and spiritual support, to their communities and thousands of internally displaced people.

Captain Daria Bessmolnaya, a Salvos officer (pastor) in Kropyvnytskyi, central Ukraine, explains some of the assistance The Salvation Army provides. "We offer

refugees everything that we possibly can," she says. "The most considerable help was a distribution of food packages, houseware items like towels, and vouchers so they could purchase what they need. They come to our region with nothing."

Thanks to the generous support from Salvation Army territories around the world, the Army in Ukraine has been able to distribute 55,000 meals, 48,665 food parcels, 39,301 vouchers and 18,908 hygiene kits since the start of the war.

EVERYDAY LIFE

The stress of regular air raids, lack of sleep and constant problems with household electricity and water supplies have become a kind of new normal. The inflation and cost of living increases faced by many people around the world are even more acute in a country affected by war, and it is estimated that 53 per cent of employed Ukrainians have lost their jobs since the war began (Ukrinform).

Many people, having exhausted their savings, are unable to repair their homes. Life can be especially difficult for the 3.7 million internally displaced people in the country, some of whom, unable to prove their displacement status, cannot access government support (Internal Displacement Monitoring Centre).

So far, the projects operated by The Salvation Army in Eastern Europe,





Salvation Army centres are a place to belong, and for support and assistance, for so many.

with support from the global Salvation Army, have helped more than half a million Ukrainian refugees, both within Ukraine and in the surrounding countries. As well as humanitarian aid, The Salvation Army also provides shelters for displaced people, either making space in Army facilities or by coordinating available places at the premises of partner organisations.

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**During the dark times
we must be a stronger light
and shine for others...**

”

HOLISTIC SUPPORT

Salvation Army officers live alongside their fellow countrymen, holding onto a strong faith in the most challenging of circumstances. “During the dark times we must be a stronger light and shine for others,” says Diana Dyachenko, a cadet (pastoral student) from Kyiv Maiak

Salvos. “Through our light and support, people are able to see God.”

This emotional and spiritual support plays an important role in daily life in Ukraine. For refugees suffering from the trauma of losing loved ones or the homes they have lived in their whole lives, someone who is willing to simply listen to their stories is a valuable help. “We look for ways to comfort their pain knowing they have been left on their own in these difficult circumstances,” explains Captain Valeria Lukina, a Salvos officer (pastor) in Kyiv.

Supporting so many refugees can be emotionally exhausting, and officers describe how they try their best to keep their composure so that people feel looked after. Natalia Rak, a cadet assistant at Lviv Salvos, speaks about one of the local church projects for refugees: “We give them a place where they can feel safe, loved and not alone. They know that we care, and their life still matters.” The projects are supported by local volunteers who help to distribute aid. After this first encounter with The Salvation Army, volunteers often go on to become church members. ▶



The Salvos run scouting groups to help normalise life for children.

EMERGENCY POWER

The recent intensification of attacks on energy infrastructure, health facilities and schools continues to disrupt lives. Forty per cent of students take online classes and their education is regularly interrupted by power cuts. Salvation Army officers are also affected by the cuts in electricity supply, with their

administrative work and aid distribution constantly interrupted and slowed down. The Salvation Army International Emergency Services are working together with the Eastern Europe Territory to provide power banks and other batteries for their centres in Ukraine so that their local emergency response is not disrupted.



Art therapy and drawing classes are popular activities.

Summer [northern] for most of us is a chance to enjoy the sunshine and rest. For Ukrainians, it is the third summer under bombardment.

“Alarms, drones, explosions disturb our life and our humanitarian response. Children must stay in basements instead of enjoying summer,” explains Natalia.

The Salvation Army organises summer activities to help bring some normality to children’s lives. “We provide kids with scouting camps and workshops,” says Daria. “Their parents enjoy seeing their children relaxed. We do workshops with adults as well and give them a lot of directions on how to move around in a new city. We also pray together. All kinds of support are needed when you live in a permanent [state of] stress.”



People wait patiently for food parcels, clothing and other necessities.

LOOKING TO THE FUTURE

When the war finally ends, the people of Ukraine will still need support. The reconstruction of infrastructure will take decades. The Salvation Army will continue to be there for those who need assistance.

“

**Please don't forget about
Ukraine and us who
stay and serve here to
spread God's love.**

”

Diana Dyachenko from Kyiv has a message for us all: “We want to remind you [to] enjoy your life, family, peaceful sky, warm home and all that God is giving you. Please don't forget about Ukraine and us who stay and serve here to spread God's love.”

Dominika Brodowska is the Ukraine Response Unit Coordinator and Administrator at International Headquarters, London.

A DREAM FOR UKRAINE

“I have a dream, that children in Ukraine and my city of Kharkiv and around the whole world would not startle and fear when they hear a loud noise and think it's a projectile or bomb,” said Tamara, from Kharkiv Corps, Ukraine, at the recent retreat for Ukrainian officers, cadets, and corps leaders and others at The Salvation Army's campsite in Bernāti, Latvia.

“I dream that children could look into the sky and see animal shapes from the formation of the clouds, and not think about what objects might be flying up there - helicopters or planes or projectiles. I dream that people in my country, my city and around the whole world could live in a peaceful world. There is much more I could say, but this is the most important.”



Scan here here to donate to The Salvation Army's work in Ukraine.

Aussies play role in retreat for Ukrainians



Ukrainian Salvation Army leaders and their teams enjoy a much-needed time of rest in Latvia.

The Salvation Army's weary but faith-filled officers (pastors) and teams serving in Ukraine, with their families, enjoyed almost two weeks at The Salvation Army's campsite in idyllic Bernāti, Latvia. The retreat was funded by the Australian SAID (Salvation Army International Development) department.

Major Judith Soeters, who was head of SAID when Russia invaded Ukraine (24 February 2022) and had also served with the Salvos in Eastern Europe, immediately wanted to assist in whatever way possible.

"We went through official channels, and I was in touch with some of the officers in Ukraine," she said. "The retreat idea was brilliant, and we just had to find somewhere where they would be safe and could recharge in a beautiful environment."

Major Elizabeth Garland, an Australian officer serving as Development Officer with the Salvos in Eastern Europe said, "The camp is close to the sea so they could go to the beach, there were activities they could all do together,

and the setting gave them plenty of time in nature. It was a time for healing and restoration."

Another Australian officer, Captain Kathleen Johansson, managed the Latvian administration of the camp and booked some excursions and entertainment for the Ukrainian families.

"The adults and children both seemed to appreciate the peace and quiet and the very close proximity to the sea," said Kathleen. "The fact that they didn't have to hear any air raid sirens or be ready to run for cover at any moment, must have been an immense blessing. The trip to get here and back – 32 hours each way – was long and arduous in a bus, but worth it for the peace and quiet."

Just prior to the group's return to Ukraine, Major Irina Shvab, Salvos leader in Ukraine, was asked whether she found it difficult to imagine that she was returning home the following day – to a warzone. "Of course," she said. "But we know what we are going back to, and we go with God." – **Simone Worthing**

A home away from home for refugees

In the first days of the Russia-Ukraine war (February 2022), Salvation Army officers (pastors) in Eastern Europe received an overwhelming number of requests for help. The emergency response included distributing meals and drinks, providing transport and offering temporary shelter. Captain Eduard Lebedev, who oversees the Salvos in Bulgaria, reflects: "Throughout the entire time ... our aid not only covered needs but saved people, mothers who simply fell into despair ..."

After two and a half years of war, local governments are less financially involved in supporting rent expenses of refugees, school supplies are needed for children living abroad, and psychological counselling is still required for refugees suffering from war trauma or stress. The Salvation Army also provides psychosocial support, pastoral care and awareness campaigns to make sure that refugees know about the risks of human trafficking.

to select products that meet their specific needs. Overall, the Salvos in Eastern Europe have distributed more than 400,000 vouchers across five countries.



Salvos distribute supermarket vouchers in Poland.

CHILDREN'S WELLBEING

Children account for 40 per cent of all forcibly displaced people worldwide (UNHCR). The Salvation Army in Eastern Europe is working to support children in many ways. The school kits distributed cover 90 per cent of children's essential needs.

At one after-school project for Ukrainian children in the Republic of Georgia, children benefit from extra lessons, nutritious meals and a safe environment while their parents are at work. During school breaks, the focus is on winter and summer camps with visits to museums and theatres.

Reflecting on The Salvation Army's work, Eduard adds, "The work done over two years is unique and extremely necessary because it concerns the lives of people who find themselves, not only in flight, but also in despair, betrayal and hopelessness. That's why we're here and want to be until the end." – **Dominika Brodowska**



Young people enjoy games at a youth camp in Bulgaria.

The Salvation Army's humanitarian response focuses on people's individual needs. Supermarket vouchers give refugees the dignity of choice, allowing them

Spacious places

Recovery and restoration from the hectic pace of life

By Major Melanie-Anne Holland

When I hear the word ‘habitat’, I think about how landscapes become places that nurture biodiversity, and how different plants and animals can support each other so that life flourishes.

One example that comes to mind are the cassowaries that live in the tropical rainforests, melaleuca swamps and mangroves of Far North Queensland. These varied landscapes help the cassowaries find the shelter, water and fleshy fruit they need to eat for their survival. These enormous, flightless birds don’t simply take from the landscape. Many plant species rely on cassowaries to eat their fruit, causing the seeds to germinate. In fact, cassowaries are sometimes called ‘rainforest gardeners’ because of their vital role in dispersing seeds around the region, bringing new growth.

But habitat isn’t just about other animals and the spaces they occupy. The Merriam-Webster dictionary defines habitat as:

- a. The place or environment where a plant or animal naturally or normally lives, and
- b. The typical place of residence of a person or a group.

WORLD HABITAT DAY

Humanity needs habitat too – places and landscapes where we can have our needs met, such as having adequate shelter, reliable food supplies, access to clean water, meaningful work and social connections that foster safety and wellbeing. We might think about it in terms of the idea of ‘home’ and where we belong.



In 1985, the United Nations designated the first Monday of October every year as World Habitat Day. The idea is to reflect on the state of our towns and cities and the basic right of all to adequate shelter. This year, the theme of World Habitat Day is “engaging youth to create a better urban future”. As our world becomes more urbanised, it is important to consider how this impacts young people and how they might participate in planning and leadership in our local communities.

Creating spaces for young people to feel safe, where they can belong, participate, lead and thrive continues to be a challenge. During the 2021 Australian census, 45,850 children and young people (aged 24 and under) were identified as homeless – this includes sleeping rough, couch surfing, living in emergency accommodation or sleeping in cars.

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**As much as cassowaries
need forests, humanity needs
spacious places to truly thrive.**

”

SAFE SPACES

In 2023, The Salvation Army assisted nearly 38,000 people and provided nearly 320,000 sessions of care to those at risk of, or experiencing, homelessness. More than one in six people assisted by Salvation Army Homelessness Services were accompanying children and young people aged up to 14.

As we observe World Habitat Day this year, as a community, we need to do so



much more to ensure all young people in Australia have a place to call home, a place where they can feel safe, participate, lead and thrive.

Such spaces are not simply a social imperative, but also a spiritual need. In Psalm 118, verse 5, the songwriter says, “When hard pressed, I cried to the Lord; he brought me into a spacious place.” In the original language, this “spacious place” infers a space to be refreshed and revived and to breathe freely; a place to truly “be” and experience fullness of life.

As much as cassowaries need forests, humanity needs “spacious places” to truly thrive. World Habitat Day reminds us of the importance of urban and social planning to support people in their needs, and the significance of hearing young people’s voices as we work towards a healthy, sustainable future.



Scan here for more stories of hope.

The power of plants

How a simple garden is transforming young lives

One of the many goals of The Salvation Army Youth Services Upton Road program (Vic.) is to provide a beautiful space and low-pressure environment for young people to thrive. The refuge offers gardening activities that allow participants who have experienced homelessness to learn new skills, build confidence and connect with the community. The program not only enhances their wellbeing but also supports them in achieving sustainable housing and a brighter future.

Current resident Jasper laughs as he says, "I got dragged out of my room one day and they were just like, 'Come and do some gardening. You can grab a few plants, make some food for yourself.' And after that, I just started coming out more and started loving gardening all over again."

"Upton Road is a youth refuge," says Rachel Munro, youth participation worker. "We have 13 units for 16- to 24-year-olds. The idea is that they come here, and they work towards a sustainable housing outcome."

"In an ideal world, every Thursday we get every young person out for a couple of hours in the garden, and we grow things, and we nurture things, and we interact with them on a subtle and holistic level. I think it gives us an opportunity to create a beautiful space for young people to be in."

"A lot of young people who have experienced homelessness have not necessarily had the opportunity to engage in social opportunities and this is a lovely way to build relationships with community, with staff, in a low-pressure environment"



Time in the garden has helped young people who've experienced homelessness to build relationships, confidence and skills.

and in an environment where there are shared interests and passion.

“When they arrive here, you see them a bit more reserved and more shy and a little less ready to jump in and try new things. And you can see that when they start to dig a hole, or prune a plant, or plant a seedling, they feel a little bit more relaxed and a bit more comfortable and they let go of what they are holding onto and you are able to have a really organic conversation with them around their life, or their circumstances, or what is bugging them in that moment.”

“

**It basically helped me
get my life on track.**

”

BACK ON TRACK

Jasper appreciates the role the Upton Road community has played in his own life. “It basically helped me get my life on track,” he said. “I was kicked out of home and taken into police custody for a short amount of time and not being able to go home that night. So, I was sent here to the emergency shelter. It helped me learn new skills so I could survive on my own, so I could find my own place, start earning money. It basically gave me everything I needed in life.”

Besides providing food for the residents, the garden produce is also sold to the local community. “The market sort of flows on from the gardening program,” said Rachel. “So, in the market, we sell a lot of the plants and other things that we grow in the garden.



Time in the garden has helped transform Jasper's life.

“We wanted the community to understand what we were doing here, and we wanted the young people to have the opportunity to engage with community members.

“I guess it makes us feel like we are starting to break down some of those barriers and some of the stigma that sometimes exists, unfortunately, for people that are homeless. To watch them feel pride in what they have done is really encouraging to me because they have taken something from nothing, and they have built it up and they have watched it grow and they have nurtured it, and it is almost like they are fostering that same encouragement and empowerment in themselves as they go through the program, which is really, really cool.”

To watch the video, go to bit.ly/3XqwwOy



Scan here for more information on Salvation Army youth services.

Ukrainian stew



Ingredients

700g pork tenderloin, cut in thin strips; 1 tsp dried oregano; 1 tbsp soy sauce; 1 small chili, thinly sliced; 3 tbsp oil; 1 medium onion, finely minced; 2 carrots, thinly sliced; 1 potato, diced; ½ cup chicken stock; salt and pepper; 1 ½ capsicums, thinly sliced; 4 cloves garlic, finely minced

Method

- Combine tenderloin, oregano, soy sauce and chili and set aside for 20 mins.
- Heat oil in pan on medium heat. Add onion and cook until translucent. Add tenderloin and chili mixture and cook 20 mins. Add carrots and cook 5 minutes.
- Add potato and chicken stock, cover and cook for 15 mins, until potato is cooked through.
- Season with salt and pepper, add capsicum and garlic and cook for 10 mins, stirring until soft.
- Enjoy!



1. What does an octopus feel like?
2. What does the octopus use their tentacles for?
3. How does an octopus protect itself from predators?
4. What colour is the blood of an octopus?
5. How many hearts does an octopus have?
6. How quickly can an octopus change colour?
7. The brain of an octopus is ...?
8. What is the typical activity level of an octopus?

Bible byte

"He calmed the storm to a whisper and stilled the waves."

Psalm 107, verse 29
New Living Translation

Tum-Tum

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



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

Wordsearch

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

- Architecture
- Art
- Azov
- Black
- Culture
- Dnipro
- Dumplings
- Eastern
- Fertile
- Folk
- Grain
- Independent
- Kharkiv
- Kyiv
- Literature
- Lviv
- Mushrooms
- Music
- Odesa
- Slavic
- Soup
- Sovereign
- Textiles
- Traditions
- Ukraine
- Western

HAVE A LAUGH



What's a teddy bear's favourite after-school activity?

Cub Scouts.

What do you call a bear without any teeth?

A gummy bear.

What do teddy bears pack in their suitcases?

Only the bear necessities.

10 October - National Handbag Day

Ancient Egyptian hieroglyphs depict men carrying purses around their waist. Ancient African priests used beaded bags.

Originally men and women carried soft leather or fabric pouches to carry their coins.

In the late 18th century, women started using reticules, bags made of velvet, silk or satin with wrist straps. Men opted to use pockets, which started to become popular in trousers.

The first leather handbag was made in 1841 by London's H J Cave at the request of Samuel Parkinson who noticed his wife needed different size handbags for different occasions.

An average woman's bag weighs around 2.5 kilos.

DID YOU KNOW?

Quiz answers: 1. The inside of your cheek. 2. Moving and tasting. 3. By camouflage. 4. Blue. 5. Three. 6. Less than a second. 7. Very small and highly evolved. 8. Very lazy. **Turn-Turn:** is hiding in the youth camp photo on page 7.



CHAMPIONS OF THE MISSION

2024 Commissioning
Ordination, Commissioning and Sending Out

Please mark your calendars for this significant date in
the lives of our soon-to-be-commissioned cadets.

10.00am Sunday, 24th November 2024 @ Camberwell Salvos

CADETS BEING COMMISSIONED:

Cadet Sameeha Deepesh, Cadet Samuel Higginbottom,
Cadet Michellie Higginbottom, and Cadet Colette Albino



Eva Burrows
College