

salvos

magazine

FATHER'S DAY EDITION 2023

Fatherhood at its best

A dad's role in raising
healthy kids



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FEATURE

It's never
too late to
start again

FAITH TALK

Training
your dragon
differently

MY STORY

From Iran
to Australia

*“My father didn’t do anything unusual.
He only did what dads are supposed
to do — be there.”*

— Max Lucado





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.

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A different perspective

Father's Day can be a day to celebrate the dads and father figures in our lives and the love, support and security they have given us. For many, though, the day can evoke other emotions, from anger, sadness and indifference to longing, grief and everything in between.

In this edition, our authors explore different aspects of fatherhood, the important role dads play in raising healthy kids and the need to look at fatherhood from different perspectives.

Maris Depers writes about how fathers can help their children develop healthy social and emotional habits, and how to work on activities that will help make that happen.

Rodney Walters writes about fatherhood from a personal perspective. He focuses on forgiveness, and says it's never too late to start again. His emphasis is on God our Father, who offers unconditional love and acceptance regardless of our past experiences.

Phil Inglis examines dragons, fatherhood and masculinity. Our culture often tells men to be strong and aggressive, but Jesus shows a different way – of peace, gentleness, kindness and unconditional love.

Simone Worthing **Editor**

Father's Day forgiveness

It's never too late to start again

By Rodney Walters

Happy Father's Day!

It has been 11 years since I was home for Father's Day. In that time, both my father and my father-in-law passed away. Both were great role models, in their own distinct way, and they were two men who made a deep impression upon my life.

As a father and Salvation Army officer (pastor), I have tried to be fair and present in the lives of my children whenever I was at home, or with them. Of course, this didn't always happen, due to crises or issues that had to be attended to, and I guess it could be said that I was sometimes an absent father (not a badge I want to wear!).

“

**We have an Everlasting
Father who loves us ...**

”

FAMILY NIGHT

As a family, we had to prioritise one night a week as a family night so my kids knew they had my complete attention. My intent always was to be a good husband, father, officer and friend because of my love for Jesus.

I remember watching a movie entitled *We Were Soldiers*, and the scene where a young military officer was in the chapel

of a hospital following the birth of his daughter, questioning God whether he could be both a father and an officer. His commander came in and, hearing his concern, took the soldier to the prayer rail where they both knelt and prayed. The commander said he believed that being good at one would make the officer good at the other.

The end of the commander's prayer is not really acceptable, but the sentiment earlier was – if you commit yourself to the task you are given, your commitment, discipline and obedience will also help you in dealing with life matters.

There is no one template for fatherhood! I believe that when we make time with our children, we need to be present with them.





STARTING AGAIN

I have also been blessed with other role models of fathers, who have shown me commitment, fun, hard work and the blessing of time! I have learnt that it is never too late to make amends and start over. The past may not be forgotten, but today and tomorrow may change the focus of how our reactions unfold.

The most beautiful image of a forgiving father would be the Parable of the Prodigal Son in Luke chapter 15, verses 11-32. The best image for a father being forgiven by a child would be seeing arms wide open for an embrace.

The next component – or can I say blessing – of being a father, is when your child presents you with a grandchild. These are transformational moments. In most cases you are not the responsible parent, and have a small liberty to do things you couldn't with your own children. It's a strange yet pleasant feeling.

Father's Day brings many thoughts to many people, but I would like to revisit the parable mentioned earlier. We have an Everlasting Father who loves us and

who has provided everything we need to come back to him, no matter what we have done. God comes to us with arms open wide to receive us!

The writer of the song *So You Would Come* captures this sentiment well in the second verse:

*Nothing you can do can make God love you more
And nothing that you've done could make him close the door
Because of his great love he gave his only son
Everything was done so you would come.*

It is my hope for you, no matter your experiences of the past, that today you will experience love and acceptance from God, our loving Heavenly Father.

Colonel Rodney Walters is Communications Secretary and Editor-in-Chief for The Salvation Army Australia



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

Fatherhood at its best

Dads have a pivotal role in raising holistically healthy children

Psychologist Maris Depers, who runs The Salvation Army's First Floor program in Wollongong, speaks about how fathers can help their children develop healthy social and emotional habits.

Fathers can help their sons and daughters develop happy and healthy habits by talking to them and giving them permission to be open. This can be a great opportunity to embed conditions for creating the type of well-adjusted adults our children can become.

Lean into the conversations you have with them, listen, reflect what you are hearing back to them, and discuss issues or emotions that come up. Give yourself permission to be vulnerable and describe to your child how you are feeling.

“

If we want physical and emotional health for ourselves and our children, we have to work on activities that will help that happen.

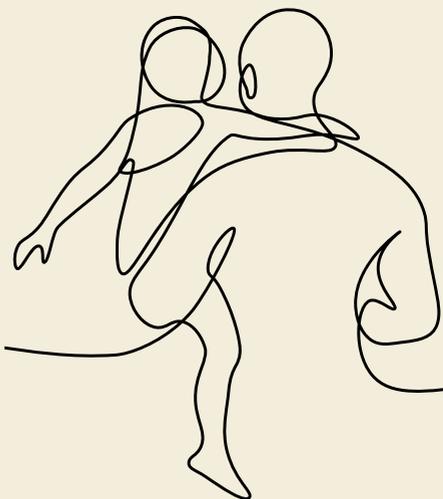
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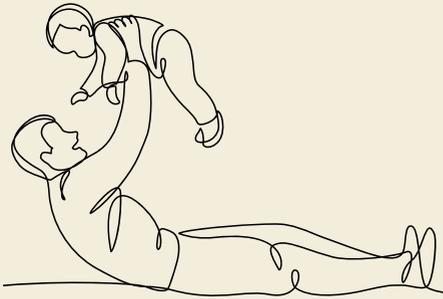
Help growing children to develop their ‘empathy muscle’ – to talk about what is going on and to describe it to another person. Not all families have role models or present men, but the opportunity for men with young people in their shadow is to show them a positive version of what it can be to be a man.

POSITIVE ROLE MODELS

It's very important for young people to have positive role models, including men in their lives who take care of their own mental, physical and emotional health. Explain to them that if we want physical and emotional health for ourselves, we have to work on activities that will help that happen.

So often, whether it be physical or mental health, the steps taken are reactive – they come because of a massive or stressful incident or discovery. For example, we hear of adults eating more healthy food or exercising after a stroke or heart attack.





These good habits could have been happening for years as a preventative measure. That's how important good habits are – they help us to get ahead. We work now to create what we want both in the present and the future.

GOOD HABITS

Preventative action is so important in every type of health. It's like savings in the bank. We put away a bit each week and it compounds. All the investments we make in physical, mental, emotional and social health start to compound.

Tell your kids that, like most habits and goals, even if it's a long journey we can usually break healthy living down into something we can do each day, each week, often. It's good to do and builds for the future.

We know that if we want to run a marathon in 12 months, we can see the need to train and prepare. That reality is also true regarding emotional and psychological health, but we don't have the same view on how to prepare for that.

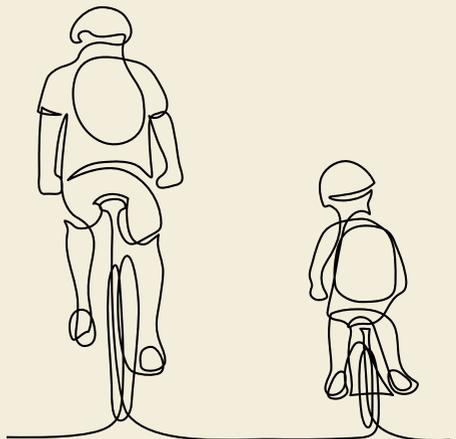
We can talk about feelings. I feel an emotion, and my kids are around. If I can talk about it and contain it, I am demonstrating and teaching – and showing it's okay to express our feelings.

HOLISTIC HEALTH

It's important to show young people that, just as exercising is important, it's the same thing in terms of mental health. Some activities have added value – physical exercise a few times a week also has mental health value, so you can get more benefits from one activity.

And we can start simply. So much of holistic health begins with a discussion with our children. We teach our kids about healthy diets, but we don't necessarily teach them about mental and emotional health, yet the same opportunities for growth are there.

It's the same with social health – continual and daily social interaction is important, so it's vital to teach kids what it means to be a good friend, and how to build and maintain social connections with friends, family and the community.



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

Facing challenges head-on

Salvos men's group promotes friendships, sharing and a new way of thinking

"I didn't think my men's ministry idea would take off as well as it did," says Lieutenant Keven Williams, Eastern Beaches Salvation Army officer (pastor) who also oversees Men's Ministry for the Salvos in NSW/ACT. "However, as soon as I suggested we catch up for pizza and a chat, the group came together and has kept on growing."

Keven's idea to create a safe place for men to talk about their struggles was prompted by his own journey of challenging circumstances.

"I understand the importance of speaking about the tough side of life, and there just aren't enough safe spaces for men," Keven says. "Men often don't like talking about serious challenges, but I want to change the stigma."

The group meets every two weeks. As well as the food, each session has a time when the men can give and receive encouragement, share their thoughts and develop stronger relationships.



Keven (left) catches up one-on-one with a group member for a cuppa and a chat.

They also play board games, listen to music, watch rugby league matches and joke around.



The men's group at Eastern Beaches Salvos in Sydney gets the thumbs up from participants.

Keven introduces talking points for everyone to participate in if they wish, and the session concludes with a guided prayer and the men praying for each other.

Some of the men are recovering from drug and alcohol abuse, dealing with separation or feeling like a failure because they can't provide for their families with the rise in the cost of living. Several men have started attending the Salvos Positive Lifestyle Program.

"I really enjoy watching the group come alive, even through the tough conversations," Keven adds. "Some of the guys are starting to talk to me regularly outside the group, at cafes or strolling along for a walk. They are starting to tell others about it."

"The only negative response I get is that the sessions aren't long enough," he says. "People are walking away transformed by the love of Jesus." – **Cliff Worthing**

Program assists people leaving prison

A Melbourne inner-city Salvos church has begun a multifaceted program to assist men and women recently released from prison.

The Salvation Army Project 614 program, People Going Beyond (PGB), offers participants 12 months accommodation, an individual caseworker, access to the Salvos Positive Lifestyle Program, alcohol and other drugs assistance programs, family violence programs and mental health care.

Prospective participants are identified by Salvos prison chaplains, who partner with Project 614 to deliver services. The church has also partnered with construction company Hickory Group Australia to provide training and employment opportunities for suitable participants.



Commissioner Miriam Gluyas (right), leader of the Salvos in Australia, with Carmel Ring, 614 Maggie Nest Housing coordinator and David Emerson from the Collingwood Football Club, a major supporter of Project 614.

Salvos 614 officer (pastor) Major Brendan Nottle says the goal of the PGB program is personal transformation for participants. – **Kirralee Nicolle**

Youth learn to 'drive for life'

Vulnerable young Canberrans who have faced serious life challenges and need a helping hand will be given the opportunity to learn to drive, thanks to the donation of a car to the Salvos Drive for Life program.

Len Goodwin, a Canberra local and long-term supporter of the Salvos,



The new car helps make possible a fresh start for ACT youth.

and Graham Gulson from Gulson's Classic Cars, donated the vehicle.

"This car will enable young people to have a safe, maintained and insured vehicle in which to practise their driving skills after obtaining 10 initial professional driving lessons through our partners at Pinnacle Driving School," explains Andrew Rich, manager of The Salvation Army's Oasis Youth Services.

"Participants will be matched with Salvation Army volunteer driving mentors and use the donated vehicle to work towards the 100 hours of supervised driving experience required to obtain their Provisional Driver's Licence." – **Simone Worthing**

A different way to train your dragon

The power of humility, kindness and love

By Phil Inglis

One of my favourite movies of all time is *How to Train Your Dragon*. I love so much about this movie. Not only does it have great characters, great animation, great writing and an incredible soundtrack, it also tells a timeless story.

In the movie, a young boy named Hiccup is struggling to find his place in society. Physically, intellectually and emotionally, he isn't built quite the same way as the other boys and men in this dragon-killing Viking society. He is small-statured, intelligent and empathic, whereas the other men in his village are big, tough, aggressive, drinking and warring types who spend a lot of time defending themselves from, and then hunting, dangerous, fire-breathing dragons.

What makes this disparity even more pointed is the fact that the biggest,

toughest and most aggressive Viking of the bunch is the chief, Hiccup's father.

Hiccup's father is everything Hiccup thinks he should be – everything he thinks a man of the village should be. He desperately wants to earn his place in the village by killing a dragon. He knows he doesn't have the physical ability, and through a few twists in the story he discovers that, while his intelligence gives him the ability to kill dragons, he doesn't have the emotional capacity either.

Finally, the twist comes when Hiccup discovers that he actually empathises with the dragon, and builds a relationship that enables him to train it. (I was going to insert a spoiler warning earlier but the fact that he trains dragons is kinda in the title, so it's not much of a spoiler, is it?)



IMAGE CREDIT: HOW TO TRAIN YOUR DRAGON – © 2010 DREAMWORKS ANIMATION



IMAGE CREDIT: HOW TO TRAIN YOUR DRAGON – © 2010 DREAMWORKS ANIMATION

HALLMARKS OF MASCULINITY

Father's Day is a day when we are often drawn into thinking about fatherhood, masculinity and what it means to grow up as a man in society. The story that plays out between father and son in this movie powerfully reminds us that what we so often consider to be hallmarks of masculinity are not based in biology or physiology, but in history and tradition.

“

Christians' great champion is a man whose incredible strength was always overshadowed by his humility ...

”

In recent years I have heard various leaders and commentators bemoan the loss of the Viking-type of masculinity in our culture. They rant and rave that boys are becoming weak – that they need to be killing dragons. Some even go so far as to assert that Jesus was a Viking-type figure full of strength and aggression.

We are The Salvation Army, so you might think that we would be champions

of aggression, but our great champion is Jesus, a man whose incredible strength was always overshadowed by his humility and his spending of that strength on our behalf.

Paul, an early follower of Jesus, wrote that we should follow Jesus' example when we relate to each other. Jesus was God, but he didn't use that fact to his advantage. Instead, "He made himself nothing by taking the very nature of a servant ... he humbled himself by becoming obedient to death – even death on a cross!" (Philippians chapter 2, verses 7-8).

This Father's Day it is important to remember that while some parts of our culture try to tell us that men should be strong, aggressive, powerful and prominent, we follow one who shows us a different way. A way of peace, joy, gentleness, kindness, patience, forbearance and love (Galatians chapter 5, verses 22-23).

Major Phil Inglis is a Salvation Army officer (pastor) in Victoria.



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

From Iran to Australia

When Ali* decided to flee Iran with his wife Fatemeh* and their two-year-old son, he hoped for a safer life in Australia. What he didn't know was that the journey would involve far more than just a boat ride.

By Kirralee Nicolle

As a political activist who spoke out against the Ayatollah Khamenei regime, Ali feared being reported – perhaps even by close family – and imprisoned.

This would leave him unable to protect his wife and child from repercussions and the strain of living under the regime. A confrontation with a concerned family member in 2013 left him terrified, and he quickly researched and discovered that it was possible to reach Australia by boat. He says he knew it would be difficult, but that didn't matter compared to the risks they were facing in Iran.

“

It doesn't matter if I lost my life trying to reach Australia.

”

“Iran is not good for women,” he says. “And not good for the kids. I think to myself it doesn't matter if I lost my life trying to reach Australia.”

Within 10 days, Ali and his young family fled with few possessions to catch a boat to Indonesia. He says the journey was both harrowing and beautiful. At one point, Fatemeh spent three days in a listless, semi-conscious state, and he wasn't sure if she would survive.



Ali and Fatemeh told writer Kirralee Nicolle about their long road to permanent residency over this delicious traditional Iranian lunch.

When she began to revive, they still had to make it through a 10-hour cramped bus ride in Indonesia, then a night-time voyage to Christmas Island, where they began four months in immigration detention. However, Ali smiled when he remembered seeing his wife remove her hijab on the boat for the first time in public. Fatemeh laughed at the memory.

They were later transferred to the Melbourne Immigration Transit Accommodation facility and released as asylum seekers on bridging visas. Ali, a truck driver in Iran, eventually began working in trucking again. Fatemeh found work as a cleaner, then as a carer. Soon after they arrived, she also became pregnant with their second son.

However, it was not until May this year that they finally received Resolution of Status visas.



Ali and Fatemeh will celebrate when their friends waiting for visas are also granted them and everyone can enjoy freedom.

Ali and Fatemeh had spent 10 years not knowing whether they would need to return to the country where imprisonment, death and betrayal felt like a constant and genuine possibility. Ten years of missing their families and having no hope of seeing them. Ten years with limited access to government subsidies and little hope of affordable further education for their sons.

When the new visa status was approved, they told their sons. What they didn't expect was for the boys, aged 12 and 9, to be relieved. They had purposely never discussed visas with their children.

"They said, 'Now we can go to university! We can buy a house! We can see Grandma and Grandpa!'" Ali says.

For Fatemeh, life in Australia meant freedom to dress how she wanted, find work, safely give birth to her second

child and, in 2019, become a member of The Salvation Army Farsi Faith Fellowship at Brunswick (Vic.).

However, for both Fatemeh and Ali, PTSD from their experiences has been a long-term companion.

But with the reality of their good news still sinking in, Ali says it still wasn't time to rejoice. Instead, they would wait for all their friends whose status remained uncertain to receive permanency.

"We will wait until everyone gets their visa, then we will celebrate," he says.

**Names have been changed.*



Scan here for more information on Salvation Army services.

Meat loaf



Ingredients

1 kg beef or lamb mince; 2 eggs; 1 onion, finely chopped; ½ cup breadcrumbs; 1 tsp Worcestershire sauce; salt and pepper to taste; mixed herbs to taste; ¼ cup tomato sauce; 1 tbsp brown sugar; salad or vegetables for serving

Method

- Mix mince, eggs, onion, breadcrumbs, Worcestershire sauce and seasonings together.
- Place in greased loaf pan.
- Mix tomato sauce and brown sugar. Use a basting brush to glaze the loaf with this mixture.
- Bake in oven at 180°C for one hour.
- Serve with salad or vegetables of your choice. Meatloaf can also be eaten cold.



Quick quiz

1. Besides Australia, which countries celebrate Father's Day on the first Sunday in September?
2. Approximately what percentage of the Australian population is made up of dads?
3. Approximately how many dads in Australia are single-parent fathers?
4. Around how many fathers are stay-at-home dads with dependent children?
5. What is the average age of a first-time dad with a newborn baby?

Bible byte

"Show love in everything you do."

1 Corinthians chapter 16, verse 14
Contemporary English 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!

C	P	C	N	C	A	R	E	G	I	V	E	R	S	B	C
H	A	O	N	L	L	F	V	G	T	B	G	H	Z	A	A
I	R	M	X	X	R	U	S	D	A	D	S	E	G	R	R
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|---------------|--------------|
| Barbecues | Gifts |
| Cards | Grandfathers |
| Caregivers | Health |
| Caring | Homemade |
| Children | Jokes |
| Coaches | Partner |
| Communication | Sharing |
| Community | Socks |
| Dads | Stepdads |
| Emotions | Support |
| Fathers | Uncles |
| Friends | Wisdom |

HAVE A LAUGH

- What do you call a dad/grandad who falls through the ice?
A popsicle
- What do dads/grandads like to snack on for Father's Day?
Popcorn
- What's the last thing the balloon said to his dad/grandad on Father's Day?
Pop!



DID YOU KNOW?

- 31 August is International Distance Education Day.**
- One of Australia's most remote schools is the Tjuntjuntjara Remote Community School, located in the Tjuntjuntjara Community, home of the Spinifex people. This community lies 630 kilometres north-east of Kalgoorlie, WA.**
- The number of home-schooled children and students who undertake distance education in Australia is approximately 30,000.**

Quiz answers: 1. New Zealand, Fiji, Papua New Guinea, 2. 20%, 3. 156,000 4. 144,000
Turn-Turn: is hiding behind the car on page 9.
5. 33.1 years

GIFTS THAT MAKE THEM SMILE



Shop Salvos Stores for gifts that
make them smile this Father's Day



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STORES