

# salvos

magazine

## Never alone

A journey of loss, grief and joy



Vol. 005 | No. 38  
12 October 2024

PRINT POST APPROVED  
PP100001474

[salvosonline.org.au](http://salvosonline.org.au)

### FEATURE

Women  
and climate  
crises

### FAITH TALK

The gentle  
voice of  
God

### MY STORY

Salvos for  
gender  
equality



“Some believe it is only  
great power that can hold  
evil in check, but that is  
not what I have found.  
It is the small everyday  
deeds of ordinary folk that  
keep the darkness at bay.  
Small acts of kindness  
and love.”

- Gandalf

Incorrectly attributed to Tolkien. It is a line from Gandalf  
in *The Hobbit* movie that did not appear in the books.



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

### What is The Salvation Army?

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

### Vision Statement

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

### Mission Statement

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

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



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

# Salvos Magazine

**Founders** William and Catherine Booth

### Salvation Army World Leaders

General Lyndon and Commissioner Bronwyn Buckingham

**Territorial Leader** Commissioner Miriam Gluyas

**Secretary for Communications and Editor-In-Chief**

Colonel Rodney Walters

**Publications Manager** Cheryl Tinker

**Editor** Simone Worthing

**Graphic Designer** Ryan Harrison

**Enquiry email** [publications@salvationarmy.org.au](mailto:publications@salvationarmy.org.au)

**All other Salvation Army enquiries** 13 72 58

**Press date** 26 September 2024

Printed and published for The Salvation Army by Commissioner Miriam Gluyas at Focus Print Group, South Granville, NSW, Darug Nation lands.

 [salvosonline.org.au](http://salvosonline.org.au)



## Help in heartache

Most of us will face grief and loss during our lives. It could be the death of a loved one, debilitating injury, family breakdown, financial struggles – the list goes on. It can also include the impact of global, national and local events that are heartbreaking, disturbing and ongoing.

In this edition, Lyndal Barker shares her story of loss and grief – how she turned to God in her pain and, over time, learned to manage her suffering, know God was always with her, and come to a place of choosing joy.

Belinda Davis continues this theme in Faith Talk, writing about how taking time out from the busy, loud and challenging circumstances of everyday life helps calm us and enables us to hear the gentle voice of God.

As the UN International Day of the Girl Child has just been observed (11 October), we explore the issues of how climate crises impact women and what the Salvos are doing globally to promote gender equality and empower women and girls.

For these stories and more, go to [salvosonline.org.au](http://salvosonline.org.au)

Simone Worthing **Editor**

# Never alone

Choosing joy in bereavement

By Lyndal Barker

When I left school, I worked as a bank officer. I took that job as a means of helping me to communicate and relate to people more. I worked in the bank until I went off to The Salvation Army training college to become an officer (pastor). It was in college that I met my first husband, Charles.

When we finished our training, Charles was stationed in a corps (Salvation Army church) called Clermont, in Western Queensland, and I was appointed to work in a home for mothers and children. We were blessed to be together for just over five years. And in that five years God gave us two children, Nigel and Sharon.

Charles became unwell, and to cut a long story short, he ended up having acute pancreatitis. To this day, they don't know how he acquired that, but that's what took his life. He was 27. Nigel was two and

a half, and Sharon was six months, and Charles died in September of that year.

I didn't blame God, but I did ask the question, why me? I thought, okay, it's happened now. It can't be changed. It seems unfair, but God's been faithful to me prior to this. I'm going to trust that and hold onto that. But I did say, due to the heartache and the pain, that I was never going to marry again.

I was a single mum for just over seven years. At the beginning of that seventh year, I had said to God, okay, if you want me to be single the rest of my life, I accept that.

And then Ron came on the scene.

We were married and we served together in church appointments. Ron was someone that walked the road of what they refer to as a clinical acute depression.



Left: Lyndal and Charles are married, pictured here with Lyndal's parents, Majors Beth and Athol Robinson. Right: Charles Egan, Lyndal's first husband and father of her two children.





Left: Lyndal, centre, with her second husband, Ron, and two children Sharon and Nigel. Right: Nigel at the age of 17.

And that can be tough. And unless you have some concept of just what that does to the person, it can really affect relationships and family dynamics.

“

*I didn't blame God, but I did ask the question, why me?*

”

But God had actually said to me, I've got it, Lyndal. You just keep loving him. And one day Ron came to me and [said that] because of the sort of upbringing he'd had, which was quite tough, he'd walked the road of sexual abuse as a child. And his parents were alcoholics. He said he never knew what love was until I loved him. And that opened more doors of him grasping the truth then, of how much God can love too.

One role that I loved dearly was at The Salvation Army family tracing service. I served in that role for nearly 13 years.

And there was heartache when a relative, if we found them, didn't want to be in contact, but [sometimes] I was able to be involved in the mediation of those two members of a family to be connected again. We also worked in the area of where a birth mother had surrendered a child for adoption, and the adoptee [came] looking for the connections there.

### *More tragedy*

Nigel died at 19, as a young man.

We were in Townsville at that time, and Nigel was at uni studying. He'd gone to see one of his mates and on his way home he got a flat tyre on his bike. He was wheeling the bike to a garage to do a pump-up before he could come home. There was a little bit of rain and the roads were a bit slippery, and he was right off the road out of the way.

But this particular driver lost control. He hit Nigel and killed him, and after about three days he surrendered himself to the police. And we found out afterwards that he'd been drinking and there were drugs in him, and he was only a ▶



Parkrun has given Lyndal, second from left, new friends, fitness and a fresh perspective on life. She is pictured here with her daughter Sharon, son-in-law John, and grandsons Henry (left) and Thomas.

19-year-old young man too. I remember that afternoon, on my way home from work, I was listening to the car radio and I heard the news that a 19-year-old had been killed on the road. It was a weird sensation. And when Nigel hadn't got home when it was tea time, I heard someone coming up our front steps and it was the police. And I just raced back inside and said to Ron, I can't do this. There's police at the front door. And they came in and then told us what had happened. Ron had to go and identify him.

And last March it was six years since Ron passed away. He was a couple of months off 75.

“

I've come to know the difference between happiness and joy.

”

### Choosing joy

Somebody said to me once, or I read it, that whatever circumstances come your way, you can either end up being bitter or

better. So, with some of these slaps that have come my way, I have endeavoured to eventually realise that can't be changed. You wish it hadn't happened, but it has.

And I have come to acknowledge who I am in God and the realisation that I am never alone. I could be lonely, but never alone. And that was a real awakening.

In 2019, the year I turned 69, I did my first parkrun. I love getting to know people in the community and chatting with them when we meet. God says in his word, your body is his temple and you're to look after it. And so I suppose that's eating the right foods and exercise; it clears you, not only physically but your mind too, and freshness comes from that. So I'm enjoying it. Wonderful. I've learned to know the difference between happiness and joy.

*Major Lyndal Barker is a retired Salvation Army officer (pastor) living on the lands of the Turrbal and Jagera people in Meanjin, Brisbane.*



Scan here for the full version of Lyndal's story.



“The ideals that  
have lighted my  
way, and time after  
time have given me  
new courage to face  
life cheerfully, have  
been kindness,  
beauty and truth.”

– Albert Einstein

# 'Huge implications' for women in aftermath of climate crises

Supporting women in the wake of emergencies and large weather events

By Kirralee Nicolle

While we mark this year's International Day of the Girl Child on 11 October, The Salvation Army has begun looking at ways climate change specifically impacts on women and girls, particularly in the wake of large weather events.

Women and girls of all ages face unique climate change risks due to gendered violence, gendered social norms and discrimination, among other factors causing greater impacts on women following disasters.

This is according to initial work done by the Salvos' General Manager of Diversity, Equity and Inclusion, Amanda Brummell Lennestaal. She said such research is minimal and in its early stages, but so far pointed to women facing vulnerabilities due to heightened risks of male-perpetrated violence. She said the data points to men feeling a need to stay and protect their belongings in a crisis, which led to increased stress levels and potential cycles of aggression.

"Even if violence is not in the mix, there are huge implications for the caretaking roles that women tend to take in the aftermath of [a crisis]," she said. "Some of the early evidence suggests they are less likely go back to certain work or they have extra care responsibilities. So, they end up removed from the workforce, which has obviously huge economic impacts for women [and their]



Amanda Brummell Lennestaal has been supporting both climate causes and the work of gender equity for many years.

super. Women have that disadvantage in the short term and the long term because of just the sheer practicality that women end up carrying.

"And I think it's that long-term, aftermath stuff that gets forgotten."

## **VULNERABLE**

Amanda also said in some parts of the world, women trying to obtain basic resources for their families in the wake of climate events were also vulnerable to exploitation.

Amanda, who lived in Sweden from 2018 until 2021, said she had learned a great deal from the interconnectedness of Nordic culture, where emergency preparedness was more ingrained in a society that she said also better





understood the needs of a diverse population. She called it a “notion of togetherness” for the “common good”.

Amanda presented on the topic, and particularly its relevance to the Australian context, at The Salvation Army Online Climate Change Symposium held in May. Here she told how, despite progress toward gender equity, women in Australia still have limited access to positions of power and decision making, yet form the majority of those experiencing inequality and injustice. She said women are disproportionately responsible for caring for their communities and are more dependent on threatened natural resources.

### **GENDER EQUALITY**

Amanda also told conference goers the risks were unique for disabled women or those who identified as Aboriginal or Torres Strait Islander. She said Indigenous women faced profound threats to culture and a risk of dispossession in the wake of weather events, while disabled women faced greater risks of marginalisation, violence and

“falling through the cracks” during disasters and the responses to them.

She called on The Salvation Army to, as an international movement, accelerate progress towards the mutually reinforcing goals of gender equality and climate change responses by ensuring The Salvation Army’s response was deeply spiritual, intersectional, gender-responsive, data-driven, co-designed by women and transformative in nature.

Amanda said the challenge and mission for the Salvos was to create safety for all women in a manner specific to individual needs and identities.

“We believe in the rich complexity of the individual and we want to minister holistically to the individual,” Amanda said.

“To me, holistic mission is seeing those beautifully complex interplays.”



Scan here for more information on the International Day of the Girl Child.

# The sounds of silence

Making time to hear the gentle voice of God

By Belinda Davis

I have noticed recently that I do not enjoy being in noisy environments. It probably has something to do with my ageing body and my slowly diminishing capacity to hear as well as I used to, but I am becoming more and more at peace with being in quiet spaces.

Being located so close to the mighty Murray River, I have found it refreshing to sit on the riverbank for some reflective time. I am okay with just sitting in the silence of the bush setting, away from all the noise of our modern-day life – except silence is not what it is.

Not long ago, I took the time to sit and listen to the silence and this is a list of what I heard in the space of 10 minutes one morning: a cacophony of birdsong, some quite close, some distant, including magpies, galahs, kookaburras, crows and a seagull; a blowfly buzzing past; a ‘tinnie’ on the river; laughter and conversation from those in that boat; wind blowing in the trees; the slapping of the paddle steamer oars as it heads down the river; the camera shutter; waves reaching the river bank caused by the paddle steamer; cars in the distance; a mobile phone ringtone.

When I took the time to listen, I discovered that there was a multitude of sounds to hear in what I had perceived to be a peaceful environment. The thing is, life is too loud for me to hear the more subtle and gentle rhythms of the natural world, so if I deliberately quieten

my soul, I can be much more aware of the whispers around me.

## GOD'S PERSONAL MESSAGE

Imagine how much more difficult it is for the soft voice of God to penetrate the noise of life, especially the noise I bring into the world myself. How can I focus on his gentle communication when everything else is so loud and can drown him out?

“

**How much more difficult it is for the soft voice of God to penetrate the noise of life ...**

”

Scheduling regular opportunities to settle the heart and choose to listen for God is something that I need to be disciplined in, otherwise I risk missing his voice completely.

In today's chaotic, noisy world I encourage you to carve out the space to be reflective enough to hear the message God has just for you. It might be just the noise you need to hear.



Scan here for more stories of hope.





# Empowering women around the world

Salvos confirm commitment to gender equality

By Simone Worthing

In 1946, the United Nations established The Commission on the Status of Women (CSW), a global body dedicated to the promotion of gender equality and the empowerment of women.

Each March, United Nations entities and non-government organisations, including The Salvation Army, assemble for the CSW. The gathering is diverse and includes representatives from all 193 UN member states. The Salvation Army has a presence in 134 of these countries, and its delegation reflects this.



Major Kaye Viney was deeply impacted by all she saw, heard and learned at CSW68.

Major Kaye Viney, an Australian Salvation Army officer (pastor) in the Northern Territory, attended the 68th meeting of the Commission (CSW68) in March.

“

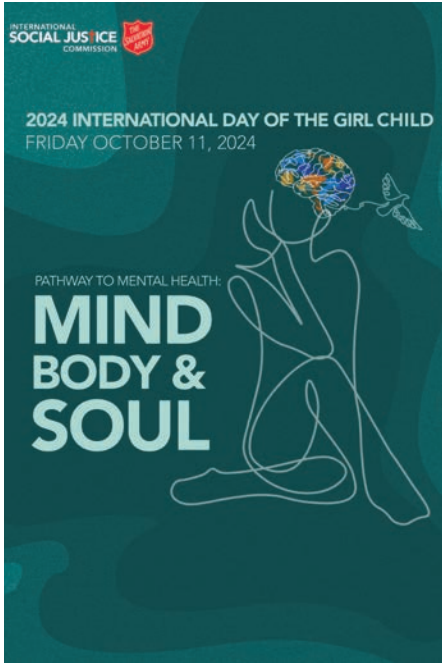
**Imagine a world that is just, fair and free, where every girl can dream without fear.**

”

“Imagine a world that is just, fair and free, where every girl can dream without fear,” said Kaye. “This sums up my experience of attending CSW68 conference in New York.”

Kaye attended with delegates from The Salvation Army’s International Social Justice Women’s Group, of which Kaye is a member. Salvos representatives from around the world attend the Commission each year to learn how best we can affirm our commitment to gender equality.

“It was fantastic to meet with women in person who I had only previously known online and a great privilege to meet with women from all around the world to listen to stories that affect women globally,” she said.



During CSW68, Kaye attended many workshops and presentations at the UN, with topics including women in poverty, violence against women, education, and empowering women to invest in girls and daughters as change agents. She also attended forums on testimonies from Afghanistan and Pakistan, encouraging men to get in touch with positive emotions, the power of partnering against poverty and the Nordic response to gender equality.

“The experience had a profound impact on me and my ministry going forward, to look outside the day-to-day operations of the office and into issues that affect women and girls around the world,” Kaye said. “It has made me determined to create a safe place for women suffering violence, trafficking and loss.”

## FOCUS AREAS 2025

The 69th Commission on the Status of Women will be held at the United Nations in New York City in March 2025.

The year 2025 marks the 30th Anniversary of the Beijing Declaration and Platform for Action, which saw 189 countries adopt the global agenda and key policy document for women and girl’s empowerment, protection and equality. A specific focus of CSW69 will be to review, analyse and celebrate the progress of the Beijing Platform for Action.

“Just as The Salvation Army was in attendance in 1995, we want justice-seeking leaders and future change-makers to be present at this key event in 2025,” the International Women’s Ministries team explained.

“

**It has made me determined to create a safe place for women suffering violence, trafficking and loss.**

”

Important themes are (but not limited to): gender-based violence, poverty, education, health, leadership, human trafficking and modern slavery, environmental justice, and the role of the girl child.



Scan here for more information on the International Social Justice Commission.

## Tuna mac and cheese



### Ingredients

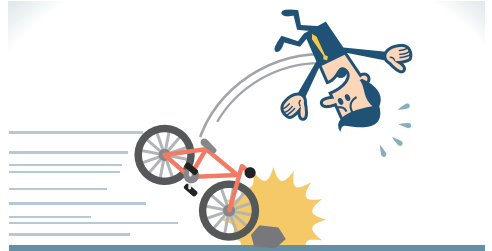
300g macaroni; salt; 1½ tbsp butter; 3 tbsp light cream cheese; 1½ cups grated cheddar cheese; 1 cup milk; 425g can tuna, drained

**Optional extras:** capsicum, onion, peas, corn

### Method

- Cook pasta in a large saucepan of salted, boiling water. Drain.
- Heat empty saucepan over low heat. Add butter and cream cheese, stir for 1 minute until melted.
- Add cheddar cheese, milk and salt to pan. Increase temperature to medium-low and simmer, stirring as it cooks.
- Simmer 5 minutes until thick and creamy. Remove saucepan from heat, fold in cooked pasta and flaked tuna until combined. Add any optional extras.
- Serve hot.

## HAVE A LAUGH



What's the hardest part of learning to ride a bike?  
**The road.**

What is a cyclist's favourite TV show?  
**The Wheel of Fortune.**

Why couldn't the bike stand up on its own?  
**It was two tired.**

Why are bank tellers not allowed to ride bicycles?  
**They tend to lose their balance.**

## SIGNING IN





# Sudoku

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

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



1. What type of fish is known as the 'King of Fish'?
2. What is the national fish of Japan?
3. What kind of fish is Nemo from the movie *Finding Nemo*?
4. What is the largest species of shark?
5. What type of fish is known for its ability to produce pearls?
6. What is the most poisonous fish in the world?
7. What are baby fish called?

# Tum-Tum



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

# Bible byte

"Your word is a lamp for my steps; it lights the path before me."

Psalm 119, verse 105.  
The Voice Bible translation

Tum-Tum: is hiding in the tree on page 11.

Quiz answers: 1. Salmon 2. Koi 3. Clownfish 4. Whale Shark 5. Oyster 6. Stonefish 7. Fry

ON THIS DAY...

**13 October, 1958**

## Paddington Bear makes his debut.

Paddington first appeared in English author Michael Bond's illustrated book, *A Bear Called Paddington*. He is a polite Peruvian-spectacled bear with a fondness for marmalade.

**14 October, 1926**

## Winnie-the-Pooh makes his literary debut.

Created by British author A A Milne, Winnie-the-Pooh first appeared in a collection of short stories called *Winnie-the-Pooh*. The teddy bear lives in Ashdown Forest, Sussex, England.

**16 October, 1923**

## The Walt Disney Company is founded.

A leader in the international entertainment industry, the company was created by brothers Walt and Roy as the Disney Brothers Cartoon Studio.

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



# 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](https://salvationarmy.org.au/wills)

