

salvos

magazine



Falling with style

Raising adults to forge their own futures



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FEATURE

A blend
of views

FAITH TALK

How do
I do this?

MY STORY

Soar like
an eagle

"MY FATHER GAVE ME THE GREATEST
GIFT ANYONE COULD GIVE ANOTHER
PERSON: HE BELIEVED IN ME."

- JIM VALVANO





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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Always more to learn

Breakfast in bed, barbecues and socks – Father’s Day can be a day to celebrate the dads and father figures in our lives and the ongoing love and support they give us.

For many, though, the day is a painful one, full of difficult memories, deep longing, sadness or grief. Some are indifferent, others are determined to change the fatherhood experience for their own kids.

In this edition, our authors explore different aspects of fatherhood, and the part dads can play in raising healthy kids and supporting independent adults. And all three agree that there is always more to learn!

Stuart Reid writes about parenting adult children and building new habits for ongoing relationships. Gooreng Gooreng man Justyn Johnson talks about raising culturally aware kids and teaching life skills. Mal Davies writes about the wisdom on parenthood found in the Bible and its consistent focus on love.

God our Father offers love and acceptance, regardless of who we are. His is the way of peace, gentleness, kindness and unconditional love.

Simone Worthing **Editor**



Falling with style

Raising adults ready to forge their own future

By Stuart Reid

When talking about being a father, I've often joked about being like Buzz Lightyear from *Toy Story* when Woody says, "That's not flying, that's just falling with style!"

As a father, it took me a while to learn that it's healthy to live with those feelings that feel like falling or being unsure and not having it all together. In fact, that's how it continues to be for me; when I'd just figured out how to care for babies, they'd turned into toddlers; and when I'd figured out how to care for toddlers, they'd turned into primary schoolers ... and so it went, and then one day I had two adult children who had left home.

“

It's healthy to live with those feelings that feel like falling or being unsure, and not having it all together.

”

When our two children were small, we would joke with them and say, "What are you going to do when you get to 17?" and they would reply, 'Leave home.' (We did stop saying that when the teenage years came around very quickly.) But along the way I always had real clarity that my job as a father was not to have

perfect children, or even 'successful' children. My job was to raise great adults who were equipped to embrace life with enthusiasm and forge their own future.

Looking back on our parenting, meal-times were the foundation for us as a family. Around the meal we prayed together, we talked together, we laughed together and we had good conversations. We guarded this time and did all we could to remove distractions. Today, it is our greatest joy as parents to experience this now with our adult children, their spouses and our six grandchildren.

As I reflect on fathering my adult children, I would say these are my key takeaways:

1. Tell your adult children that you love them, and you are proud of them.
2. Hug them regularly.
3. Make the small moments you spend with them significant.
4. Speak words of encouragement.
5. Celebrate the heart of what they do rather than the successes.
6. In the major events and incidents of their lives, make prayer the first response.
7. Speak about God's goodness.
8. Stay out of their business, unless you have their permission to enter it.

To fellow fathers, I would say that often we are not good at these things! I've



met many men who feel deeply for the people they love but are very clumsy and awkward when it comes to expressing it. The reality for many men is that their own father was absent, silent or unpredictable and they're just not sure how to be and do things differently for themselves.

NEW HABITS

Fathering is not about power or control, but ... [improving] the way love is expressed within a family. It's about being intentional to start new habits and like anything new, it feels unfamiliar. It's best to start small and keep doing it until it starts to feel familiar. Your adult children will also need time to adjust to their new father who, from their point of view, suddenly appears to be being a bit weird!

Remind yourself that we have a heavenly father who is parenting us, and his supply of love for us is new every morning. Be confident that he is at work in your life and in your adult children's lives. And even if you don't feel confident, be like Buzz Lightyear and do it with style!

Lieutenant-Colonel Stuart Reid is a Salvation Army officer (pastor) living on the traditional lands of the Kulin Nation in Naarm Melbourne.



Scan here for more stories of hope.

A balancing act

Ancient ways and modern life skills

By Justyn Johnson

Justyn is an Aboriginal South Sea Islander man from the Gooreng Gooreng peoples and has strong family links to Vanuatu. He is the Salvos Program Manager for Youth Homelessness Accommodation based in Bundaberg (Qld) and, with his growing team, works with at-risk youth to provide safe housing options and to mentor young people in life skills to help them move forward in their life's journey.

I have a passion for my community, and for youth. It's what drives me and I love it. I'm privileged to advocate for our Murri youth and families, play a role in my mob/youth to have a voice, and the Salvos are doing some deadly work in this space. I want to be a positive role model in the lives of the young people and be someone and somewhere they can always come back to, if they ever need that safe space.



Young people are finding their voice, and better outcomes in life, through the work of the Salvos team. Stock photo.

PARENTING

My Murri brothers and I, we all have a yarn about our kids and being dads, and mostly go through similar experiences. Some of my non-Indigenous mates, we have similar things going on too, but without that deep cultural side. We all learn a lot from each other.

My wife Sandra is non-Indigenous, so we have a cool blend of perspectives and experiences and we talk to our kids about them. The kids were taught to appreciate these differences and be prepared to face challenges that could be present as they grow, such as racism. I talk to them about what I've experienced and how it made me feel. There are no taboos in our house and the kids know that, whatever happens, we're there when they need us, whenever the need arises, at 15, 20, 30 or whatever age.

When the kids have faced challenges at school, I stay calm. I regulate myself so that any of my negative energy doesn't flow to them. I am still deeply challenged by things they experience, but I think it through and process what's going on, as I would at work with the young people – with some differences as a parent. It's especially tough if they've been discriminated against – we



Working with young people and their families is the focus of the Youth Services team. Stock photo.

struggle with that as anyone would – but as a dad and parent with my wife – we talk it out, come up with a plan on how we can influence the situation to move forward and develop a response.

“

I am still learning how to parent – it’s a forever experience.

”

My son, around the age of 15, experienced discrimination against him by a teacher at school. He came home angry and upset. We talked it through, including the fact that staying angry won’t help him or anyone else – although it’s a normal response to these types of

situations. We talked about accountability for the person who behaved this way, how my son could respond the next time he sees the teacher and what he would do in a similar situation in the future – because there is more chance of it happening again, than not.

At the time, my son was still developing mentally and physically. It was up to me to share my knowledge with him, to help influence him to be the better man in this situation, and to teach these people how to conduct themselves.

It’s still a balancing act culturally, and a continual journey my kids will have to take. I hope to pass on my experience to them, the fruits of my ancestors’ labour, and of mine too, even if it’s not perfect, I am still learning how to parent – it’s a forever experience. If someone can write that handbook on how to be a parent, I could still use it! Thanks! ▶



Teaching kids to harvest oysters, periwinkles and mud crabs by hand is part of passing on old fishing ways. Stock photo.

CULTURAL TIES

Culturally, we have always had close links with our families here in Bundaberg and away. Through what I have been taught and what has been handed down to me, I now get to teach my kids, my nephews, nieces and their mates, things my dad used to do with me and my brother growing up. I'll never be as deadly as him, but I'll pass that knowledge on. Things like going out to harvest oysters, periwinkles, screw shells and mud crabs by hand and fishing ways. It's teaching, communicating, walking together.

It's a balancing act and my responsibility is to keep that cultural fire burning. And it's life skills too. I tell my kids, you'll never have to pay for a feed if you know where to look and how to get it.

There's something I heard ages ago, and this isn't just for Indigenous kids. I say it to my children, especially when they're having major challenges in life – walk through the door like your ancestors opened it for you. It's got me through

some hard times. It's like, 'Remember what's happened before you, Justyn, what your ancestors have done for you and what a privileged position you have today because of them. Get through that door!'

“

It's a balancing act and my responsibility is to keep that cultural fire burning.

”

It's a spiritual aspect to culture, like walking through the doors of the [biblical] Abraham. You're ready to take on whatever is in that room.



Scan here for more stories from the Salvos.

WHAT DO YOU LIKE BEST ABOUT YOUR DAD?

HE MAKES ME LAUGH. HE DOES LOTS OF SILLY THINGS.
- ASHTON, 7

I LOVE MAKING GOOD FOOD WITH HIM AND READING NIGHTTIME BOOKS.
- JOSEPHINE, 4

HE PLAYS FOOTY WITH ME
- LEVI, 7

I love playing star wars with him and wrestling on the trampoline.
- victor, 8

I love his tickles and I like that he sometimes lets me do things mummy says 'no' to.
- Isabel, 9

HE HAS ICE CREAM WITH ME AND IS LOTS OF FUN.
- CALEY, 10

My dad is fun to hang out with, we usually get my favourite, ice cream.
- Emily, 11

He loves spending time with me and he's fun to be around.
- Lukas, 12

Dad has always been someone who has been supportive and interested in the lives of my sister and me. Growing up, I watched him work with people who

The best thing I like about my dad is going on motorbike rides with him.
- Ben, 12

I LOVE THAT DAD IS ALWAYS THERE TO PICK UP A CALL AND TALK THE HIGHS AND LOWS OF LIFE. I LOVE THAT

He plays music and games with me.
- Eden, 14

society often doesn't care too much about, yet he had such unconditional love for all. His love and dedication to our family was always felt deeply. I am forever

HE IS HELPFUL AND GENUINELY INTERESTED IN ME AND MY FAMILY. HE ENCOURAGES US TO BE THE BEST THAT WE CAN BE

grateful for his wisdom, his humour, and his generous heart. He's a bit of a hero in my eyes.
- Georgia, 28

AND I ALWAYS FEEL 'HOME' WHEN I'M AROUND HIM.
- MATT, 35

How do I do this?

Biblical wisdom and the message of love

By Major Mal Davies

My children are aged 31 and 27 and I love them dearly. The problem is: I've never had a 31-year-old or a 27-year-old child before.

I recall when they were born and I had to learn how to dad. I'd never daddied before (sorry, the past participle looks better with a double letter) and I'd certainly never daddied two of them, three years apart. So, it wasn't even just, "How do I raise a one-year old?" it was, "How do I raise a one-year-old and a four-year-old?"

Then, suddenly, I had an eight-year-old and then a 13-year-old and then an 18-year-old. Amazingly, I was somehow expected to know dadding for adults. I could dad a five-year-old, but how do you dad a 23-year-old?



I know there are books written on the subject of raising children, but I didn't have time to read books, I was too busy trying to dad! So, I did what most dads do and I imitated other dads, including my own, my older brother, some dads at my church and probably a hint of Mike Brady, Howard Cunningham, Gomez Addams, Al Bundy and Homer Simpson.

Even though they now live in their own homes and a decent drive away from me, I still have two children and I'm still expected to dad them. Which gets me back to my opening statement: I've never had a 31-year-old or a 27-year-old child before.

FATHERHOOD TRAINING?

Fatherhood – or parenthood of any shape or form – is one of life's biggest challenges. How do we do it well? If I was a doctor or a motor mechanic or in any one of 1000 occupations, I would be expected to be constantly learning and keeping up with latest trends, latest issues, latest methods, latest opinions and latest news. Where do I get this up-to-date training on being a parent? How do I learn how to parent a 30-year-old?

If only there was a book that held age-old parenting tips that have been tried and tested and proven successful. A book that told stories of parents and their children. A book that spoke about love and discipline and mentoring and teaching and all the things parents are supposed to do for their children.



BIBLICAL WISDOM

Perhaps a book like the Bible. A book that says things like, “Start children off on the way they should go, and even when they are old they will not turn from it” (Proverbs chapter 22, verse six). And, “Do not exasperate your children; instead, bring them up in the training and instruction of the Lord” (Ephesians, chapter six, verse four). And, “In everything set them an example by doing what is good” (Titus, chapter two, verse seven).

“

**Happy Father’s Day.
Happy parenting. Tell your
children you love them.**

”

You’ll also read about how Timothy was taught about God by his mother Eunice and grandmother Lois; how Jesse loved his son David, the shepherd boy who

became a king; how Jacob raised 12 boys including Joseph, who became a leading political figure in Egypt; how Joseph and Mary were obedient to God when told a son, Jesus, would be born to them.

These are just examples of many stories in the Bible about parenting – both wise and, sometimes, flawed. Just like when we parent our children: sometimes wisely, sometimes flawed.

Perhaps the most important Bible lesson is its most consistent and it’s about love. In the book of Colossians, you’ll find a short list of personality traits (like kindness and humility and patience) and then it says, “And over all these virtues put on love, which binds them all together” (chapter three, verse 14).

Happy Father’s Day. Happy parenting. Tell your children you love them.



Scan here for more stories of hope.

Soar like an eagle

A story of faith, perseverance and love

By Peter Brookshaw

I want to tell you one of the most inspirational stories I've ever heard. It's a story of faith, perseverance and love.

There was a young man who grew up in a lower socio-economic area, who experienced the daily grind of the struggles of a working-class family. He ploughed his way through high school while his mum and dad tried to make ends meet. His dad would cook a big pot of porridge most nights ready for breakfast, and his mum would give of her time down at the local op shop, sorting clothes and saying hello to everyone she met.



One day, he met a beautiful girl, that his mum had sneakily orchestrated to come over for a cup of tea. It was love at first sight. Soon they were two newlyweds starting life together.

The story hit me because, one year into his marriage, back in 1974, health issues began. It started with appendicitis. That turned into bowel blockages, embolisms, blood clots and complications, leading to a three-month stint in hospital.

As he lay in hospital one day, his wife brought in a little emblem of an eagle. On it were these words from the book of Isaiah chapter 40, verse 31: "Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."

From those years on, who would've known that there would be about 30 major surgeries. And that verse would continue to pop back into his mind, that God would help him to get back up again, to soar like an eagle and not give up.

He became a hard-working businessman in a chemical company. Once a year it seemed that the company was down-sizing and he'd wonder if he was next on the Human Resources chopping block. He weaved his way through change at work and had opportunities to fly to Shanghai, Singapore and the United States for work.



Peter, centre, with his mum, Petra, and dad, Terry, enjoying a coffee catchup.

GRATITUDE

Even when things were tough, he would always call his family of six to sit around the table and give thanks to God. “For what we are about to receive, may the Lord make us truly thankful. Amen.” Whether it be a big lasagna with a side-salad, or a cooked chook from the local supermarket, he would never skip an opportunity for saying grace.

“

This story inspires me because I see perseverance and faith, despite the challenging circumstances of life.

”

The story continues that, despite the health issues, he worked hard and provided for his family. His faith was the bedrock of his life. He knew God would always be there with him, in the highs and the lows.

This story inspires me because I see perseverance and faith, despite the challenging circumstances of life. It inspires me because it shows that I don’t need to be ashamed about my faith. It inspires me because I see someone who taught others to put their shoulders back and stand tall. It inspires me because here is an individual who just knew how to trust in Jesus over every hurdle. It inspires me because I have an example of what it means to truly soar like an eagle.

But most of all, it inspires me because it’s a story about my Dad.

Major Peter Brookshaw is a Salvation Army officer (pastor) on Whadjuk Noongar Country, Boorloo Perth.

*For more articles by Pete, and to see his new book, check out his website at **Peterbrookshaw.com***



Scan here for more information on Salvation Army services.

Dad's breakfast bagel



Ingredients

Bagels or bread slices, bacon, eggs, cheese, barbecue sauce

Options: avocado, sautéed mushrooms, caramelised onions, cream cheese and berries, Nutella with fresh strawberries and dusted with icing sugar.

Method

- Cook bacon and eggs in frypan while toasting bagel.
- Layer bagel with bacon, egg, cheese and sauce (or other options) and serve.

Quick quiz

1. This bird dad shares equal responsibility with his partner for building a nest, incubating the egg and sharing parental duties of the hatchling.
2. Which marine-animal father is the one to become pregnant and give birth?
3. Which type of fish father will keep the eggs of his children in his mouth until they hatch?
4. This bird spends two months keeping his egg warm while the mother is away feeding.
5. This animal dad guards his pups and bring them and the mother food.



Bible byte

"The Lord is like a father to his children, tender and compassionate to those who fear him."

Psalm 103, verse 13
New Living Translation

Tum-Tum

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



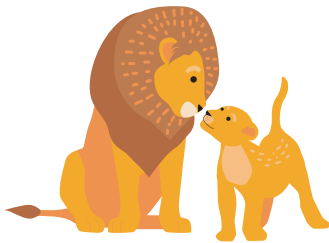
U V T O F A M G E X B F T C D F
 N I E C F A R F L A A E X O N R
 C L H A A G M L Z H R E L M U I
 L L A T O R V I D O B L J M R E
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 D Q M I Q J O E X T E N D E D G
 V X U N D E R S T A N D I N G E
 N D E A G I F T S V O U F H V I

Wordsearch

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

- Adults
- Barbecue
- Caregiver
- Children
- Communication
- Community
- Extended
- Family
- Fathers
- Feelings
- Friends
- Gifts
- Grandfather
- Jokes
- Nurturing
- Picnic
- Sharing
- Single
- Support
- Uncles
- Understanding
- Village

HAVE A LAUGH



What do you call a father lion's family?
 His pride and joy.

What kind of test is just for dads?
 A dad quiz.

What did the electrician do to his misbehaving son?
 He grounded him.

ON THIS DAY...

24 August, 1869

The waffle iron is patented in the United States

Invented by Cornelius Swartwout, it consisted of two plates of iron connected with hinges. Users could pour batter on one plate and place the other on top. The batter was then cooked over an open fire or on a wood-burning oven.

26 August, 1955

The first tennis match was telecast in colour.

The Davis Cup match between Australia and the USA from West Side Tennis Club in Forest Hills, New York, was telecast on NBC.

28 August, 1963

Martin Luther King makes his 'I have a Dream' speech.

One of the most recognisable speeches in history was a call to end racism in the US, and was given in front of the Lincoln Memorial with over 200,000 people present.

Quiz answers: 1. Flamingo. 2. The seahorse. 3. Catfish. 4. Emperor penguin. 5. The wolf.
 Turn-Turn: is hiding in the bagel on page 14.

