

salvos

magazine

Looking beyond our differences

A little understanding can
build a better world



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FAITH TALK

An iced
latte lesson

MY STORY

Welcome
and healing

FEATURE

Feeling good,
doing good

BE YOURSELF;
EVERYONE
ELSE IS
ALREADY
TAKEN.
- 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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Beyond differences

Many of us enjoy a good cup of coffee or tea – be it black, white or with sugar, a cappuccino, piccolo or a Melbourne Magic. A hot (or cold) drink appears to be based on personal choice and is not a big issue.

Except that sometimes it is. Belinda Davis discovers this in Faith Talk, where she writes about how feeling judged over her coffee order led to some deeper thoughts around acceptance, inclusion and making sure others don't feel judged around her.

Jo-anne Brown also writes about judgment and uses the characters from a recent book to show how kindness, compassion and acceptance can lead to a better world where each person is valued, and differences in culture, religion, preferences and beliefs are not condemned.

This edition also continues coverage of the annual Red Shield Appeal. Lauren Martin goes behind the scenes to focus on how the appeal enables friendships to be built in local communities, and the joy that many experience in giving back to others.

For these stories and more, go to salvosonline.org.au

Simone Worthing **Editor**

Looking beyond our differences

A little understanding can build a better world

WORDS Jo-anne Brown

In 1969, a group of young people moved to a Hawaiian Island to create their own utopia. They had become disillusioned with the peace and love movement of the 1960s and felt that nothing was really changing. They wanted to build a society of harmony and love, of acceptance and tolerance. It was beautiful while it lasted – but it didn't last long.

Decades on from these protests, demonstrations and hopes for worldwide love and peace, it somehow feels that nothing has really changed. There are still protests and demonstrations around the world, but a peace-filled earth seems further away than ever before.

People are still fighting for equality and justice, yet there seems to be even more hate-incited violence, racism, prejudice and so on. There is as much protest 'against' many things as there is fighting for peace and justice.

We judge others for the colour of their skin, their political or religious beliefs, their gender, and often simply because they are different to us. At least on the surface they seem different to us. There are many reasons why we so easily judge others, which can lead to division and rejection, even hatred and violence.

A DIFFERENT WAY

Yet it doesn't need to be like this – there is a different way. At the recent Academy Awards, a short, animated film won an award. *The Boy, the Mole, the Fox and the Horse*, based on the book by Charlie Mackesy, is a story of four unlikely friends who, despite their differences, teach us about kindness, acceptance, courage and compassion.

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**Each person, no matter how
small or ordinary they seem,
is important and valuable ...**

”

The gentle wisdom of these four very different characters reminds us of the importance of kindness, and that each person, no matter how small or ordinary they seem, is important and valuable and brings something unique and special to our world.

In societies where we too often compare ourselves to others – frequently unfavour-



ably, and compare others to ourselves – also frequently unfavourably, the world of these four friends is kinder and gentler. There are still struggles, fears and uncertainty about finding the way, and we all face these things, again and again.

We can face them with compassion, understanding and a sense of solidarity with each other, or we can face them with fear, judgment and a readiness to be on the offensive.

When we begin to learn “I am enough, just as I am”, and “I am valued and loved and make a difference in the world”, we can begin to recognise that this is true of all people. Differing, even opposing, opinions do not need to divide us into opposing sides.

CURIOSITY AND ACCEPTANCE

Differences in ethnicity, religious and political beliefs, or differing values don’t need to be judged or condemned. We are different and we will think differently. We can choose to approach our differences with a sense of curiosity and acceptance, and the willingness to learn something new.

Most of us feel we have been judged unkindly or unfairly at some time and

been hurt by it. We tend to react with defensiveness and are quick to respond with our own judgments. However, there are definitely times when we need to make a judgment call on the behaviour and ethics of others, or to walk away from certain situations.

It is also helpful to keep in mind how little we truly know other people, even those we consider close friends and family. Everyone is dealing with their own unseen wounds and struggles.

Choosing to look at each other with eyes of compassion and understanding, instead of judgment, will make the world a kinder and more peace-filled place. We can all do this.

(The Boy, the Mole, the Fox and the Horse, Charles Mackesy, 2019, Ebury Publishing, England)

The Boy, the Mole, the Fox and the Horse is now streaming exclusively on Apple TV+



Scan here for more information on Salvation Army services

It's the most wonderful time of the year ...

Friendship and fraternity are key to the Red Shield Appeal

WORDS Lauren Martin

When I mentioned to a bunch of Salvo officers (pastors), workers and volunteers a few weeks ago that the Red Shield Appeal was my favourite time of the year, I received different responses. Most people laughed, assuming I was being sarcastic, some looked at me wide-eyed, and some groaned tiredly.

“

Our all-loving God hard-wired us to feel good when we do good!

”

Sure, The Salvation Army's Red Shield Appeal adds extra work onto a group of people who, by the nature of our call to serve others, are already stretched. It's a time of late nights and early mornings, of getting out of our comfort zone and asking others to help us, when we are so used to helping others.

But, as the Christmas song goes, I stand by my statement that the Red Shield Appeal is “the most wonderful time of the year”.

Why? Because we are human beings created in God's image. Our all-loving God hard-wired us to feel good when we

do good! Not everyone in our communities gets the opportunity to journey with people through hardship, so to be able to bring others on the journey with us at Red Shield Appeal time is a blessing!

CONNECTION AND FRIENDSHIP

The Red Shield Appeal also allows us to form connections in our communities that we wouldn't form otherwise. I think of a partnership I once made with a local businesswoman who wanted to give back to our community in her own way. That connection and friendship led to a deeper journeying and over the years, when hardship arose in her own life, the Salvos were able to assist her and her family, as she continued to assist us.

The month of May also allows the people we support to be able to give back, if they choose to. By collecting for us and helping out at our cake stalls or sausage sizzles, these experiences instil belonging and significance in members of the public we are journeying with. And we know that the more touchpoints people have with others who are flourishing, the more likely it will be that their own lives are transformed for the better.

GIVING BACK

This year, a woman I have been journeying with for about two years is even more excited than me about the Red Shield Appeal! She is an awesome gardener and has been potting plants in the lead-up

to our cake and plant stalls. What a joy and blessing she is to me in this way! And what a joy it is for her to know that she is giving back in such a valuable way.

“

The Red Shield Appeal also allows us to form connections in our communities that we wouldn't form otherwise.

”

For Salvation Army corps (churches) that engage in local mission delivery, the Red Shield Appeal is the biggest source of income that keeps the mission operational. Our ability to invest the money raised locally is crucial to keeping our doors open, so to speak.

The paradox of faith, of course, is to hold the tension between the trust that God will provide, and the practicalities of getting the job done. As a wise colleague shared with me recently – God gave the Israelites the promised land for free, but they still had to cross the river to get there!

The Red Shield Appeal really is the most wonderful time of the year!

Lauren Martin, pictured at right next to 'Shieldy', is a staff writer for Salvos Online and Mission Leader for 2508 Salvos in NSW.



Scan here for more information on the Red Shield Appeal and Salvos Services.

Red Shield Appeal launches around the country

Salvos raise funds to ensure 'Nobody struggles alone'

SYDNEY

The Salvation Army kicked off its annual Red Shield Appeal (RSA) in Sydney on Friday 28 April.

Captain Kim Haworth, leader of the Salvos in NSW/ACT, officially opened the event. NSW Premier Chris Minns then brought his message of support for the appeal via video.



Salvation Army leaders Commissioner Miriam Gluyas, right, and Colonel Winsome Merrett, at the Sydney RSA launch.

"Every 17 seconds, the Salvos help someone in need," said Premier Minns. "Whether it's through hardship or homelessness, domestic violence or addiction, times of crisis or isolation, the Salvos are there for people. The Red Shield Appeal is an opportunity to dig in and support their life-changing work in all our communities."

He then announced a \$225,000 donation to the appeal from the Premier's discretionary fund.

Testimonial speaker Dianne Wells told her story of the devastating results of physical and sexual assault in her early

years and the subsequent impact of substance abuse and addiction upon her life. She said the Salvos had saved her life through a 12-month recovery experience at their William Booth House in Sydney. The experience gave her a new trajectory and resilience that is still with her many years later.

ADELAIDE

The Salvation Army's RSA launched in South Australia on Wednesday 10 May.

"Working on the frontline we see complex issues like homelessness, family domestic violence, financial stress and addiction," shared Major Paul Hateley, who oversees the Salvos in South Australia/Northern Territory. "It is a tragic thought that someone might struggle alone. We cannot do all of this without you."

Nat Cook MP, Minister for Social Services, highlighted the importance of providing shelter and support, presenting a donation of \$25,000 from State Government.

Testimonial speaker Allen Edwards, whose mother was part of the Stolen Generation, shared the hardships they had faced. The harm experienced in his childhood led to addiction, but after connecting with Salvos services he found the health and family he needed.

SYDNEY MULTICULTURAL LAUNCH

Remarkable stories of struggle and achievement in the lives of people from ethnic backgrounds punctuated The Salvation Army's multicultural media



The multicultural Red Shield Appeal launch in Melbourne was a colourful and festive occasion.

launch in Sydney on Friday 5 May. A common thread through their journeys was the Salvos' care, both in times of crisis and their aftermath.

Event organiser Sheba Nandkeolyar, CEO of marketing company MultiConnexions, spoke about when she had called on the Salvos for help in Calcutta (now Kolkata), India. Sheba has received an award for facilitating the multicultural launch of the RSA over two decades.

Testimonial speaker Durga Owen experienced family separation and fear for her life during the decades-long civil war in Sri Lanka. When an opportunity opened for them to fly to Australia, they took it, not knowing what might await them. Her father was in a detention centre in Switzerland.

After their early hardship, they were given access to a small flat in Parramatta. Her mother remembered someone telling them they should pay a visit to the Salvos. Three days later, a Salvos truck arrived with everything they needed.

Durga, now a lawyer, said this experience of the Salvos helped establish in her a view of what true success is – “a lifetime of service to others”.

MELBOURNE MULTICULTURAL LAUNCH

They came from all around the world – Africa, Burma (Myanmar), Cambodia, China, India, Indonesia, Mexico and more, to the multicultural Red Shield Appeal launch on Saturday 6 May.

“It is absolutely critical that The Salvation Army cannot think of itself as monocultural,” said Colonel Kelvin Merrett, who oversees the Salvos in Victoria. “We have to embrace, support and pursue this – it is fantastic to see so many nationalities and ethnicities coming together to support us. It is humbling.”

“It is also who we are,” explained Lieutenant Colonel Xuyen ‘Samuel’ Pho, the Salvos’ multicultural community officer for Victoria. “The Salvation Army has witnessed the increased contribution of multicultural communities, and our mission to reach people and help them without discrimination is the basis for people to come and work with us and alongside us.”



Scan here for more stories of hope.

An iced latte lesson made to order

Caffeine hit of judgment is cold comfort in a cup

WORDS Belinda Davis

About five years ago, I decided to stop drinking soft drink as part of my efforts to reduce sugar in my diet. This significantly reduced my drink options to water and coffee or tea.

While at home or the office, this wasn't too much of a problem, but my aversion to buying bottled water (I believe that tap water is just as good and reduces plastic waste) when I am out and about has caused an issue.

In the hot weather, my options for cool liquid refreshment were often quite limited until I discovered an iced latte. Initially it sounded like the perfect solution, but I have found it fraught with disappointment.

Theoretically it is supposed to be ice, milk and a shot of coffee. However, I have discovered that lots of people have different views on this. Some use sugar syrup, others add ice cream and/or cream. Some even blend it frappé style.

This makes ordering for me a long, drawn-out process. "Can I please have an iced latte? No syrup, no ice cream, no cream, no sugar." If I am not specific about what I don't want, I end up with a less than ideal product.

When I went to Darwin for holidays, from the very first iced latte order I was able to breathe a sigh of relief. In the Northern Territory's capital, they know how to make an iced latte – and a really good one at that.

SENSE OF ACCEPTANCE

It was surprising the sense of relief I felt to discover that my simple coffee order was okay to be a 'thing'. It was an uncomplicated way to help me feel like I belonged. This has led me to contemplate the ways in which I might help or hinder others' sense that they are okay and/or accepted.

“

**Feeling judged for my choices
is what is at the heart of
my iced latte experiences
... I want to be sure it is
not at the heart of anyone
who interacts with me.**

”

It might be in very simple, subtle ways that I may make people feel that their expectations are unreasonable or strange. Just because it's not something I would prefer, or something the majority request, doesn't mean the individual is expecting something completely ridiculous. I wonder how many amazing ideas have started from someone asking for something out of the ordinary.

In the Bible's book of Romans chapter 14, verse 13 we read, "Therefore, let us



stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister.”

Feeling judged for my choices is what is at the heart of my iced latte experiences, I believe, and I want to be sure it is not at the heart of anyone who interacts with me.

I do wonder, though, how much of the ‘judgment’ is actually there, or is it frustration that I can’t always get exactly what I want without long explanations? Should I believe others will automatically know my expectations when I don’t express them? While I may be feeling judged by baristas unable to understand my iced latte desires, am I not myself judging them for not providing my unexpressed requirements?

I am pleased to say that, after moving to Adelaide, I am beginning to find places that understand what I need in an iced latte, as well as discovering other places where I need to be more specific in my requests. Taking the time to reflect on this situation has given me the opportunity to examine any judgmental tendencies I may hold, even as I order my cold coffee.

I wonder in what other areas this may play out in my life. How about in yours? Something to consider over your next coffee perhaps?

Major Belinda Davis is a Salvation Army officer (pastor) in South Australia. She blogs at a-blessed-life.com



Scan here for more stories of hope.

Welcome and acceptance

Warm-hearted, non-judgmental guidance brings comfort and healing

WORDS Nicole

I volunteer at the Salvos Brisbane City Temple (BCT) every Wednesday and Friday morning, helping to distribute emergency relief cards through Doorways, the Salvos emergency relief and case management team. I also help with Open House and the community meal at BCT.

I came through Moonyah (Salvos Brisbane Recovery Services) and at the end of one of my programs I was asked if I'd like to volunteer at Open House.

The programs at Moonyah were wonderful. The first time I didn't want to be there, but my parents decided that was where I was going. The second time I knew I had to be there. The third time I knew it was a sanctuary and a safe place. By then I was coming out of a lot of domestic violence and knew Moonyah was a safe place to go.

I had an alcohol addiction and by the time I entered Moonyah for the third time I was also addicted to marijuana and crack (ICE).

ROCK BOTTOM

By the time I went back the third time, I had broken ribs and a broken jaw. At the end of the day, I thanked God for my broken jaw because after the surgery I still went back to the perpetrator. I flushed his drugs down the toilet and when he found out about that he was white with rage but because of my surgery he didn't kill me.

One of the plates in my jaw got an infection and I had to have extra surgery to get it removed. I broke down when I



Nicole now helps others coming to the Salvos for emergency relief.

got out of hospital. I went to one of the counsellors at Moonyah and let everything out. I didn't understand why I was in so much pain and that the person who hurt me was out living his life.

I came back to Brisbane and knew I had to go somewhere safe to heal myself. I phoned Moonyah, and they took me straight away. The counsellor prayed for me, and prayed for me to sleep. I went back to my room, saw nothing but black, and it worked.

I always knew there was God, but never paid much attention to him. When I was at Moonyah I went to church and chapel, then I did the Alpha program that explores the Christian faith, and that moved me quite a bit.



Nicole is grateful that the Salvos didn't judge her but walked alongside her when she needed them.

A NEWFOUND PEACE

My relationship with God eventually brought such a feeling of peace that I had never felt before. I wondered what was going on, and could hardly believe what was happening.

“

Non-judging is incredibly important – we don't all come from a perfect life.

”

I have found that the Salvos I have come into contact with over the years have not judged or forced anything on me but have always been willing to be there if I needed them. Non-judging is incredibly important – we don't all come from a perfect life.

Now, I would tell a person in a situation similar to mine to seek help, get in touch with the Salvos and come in for emergency relief cards. So many say they are ashamed. I tell them to get rid of the shame, leave it at the door – you're not judged when you come through these doors. I don't think I have ever met anyone who doesn't feel better walking out than they did walking in.

It even overflows to my workplace – I'm a checkout chick at a supermarket. Sometimes people who are bowed with shame come in for a chat, ask for help, and I tell them about the Salvos. It's amazing, it's my ministry.

My life is wonderful – and there is more to come.



Scan here for more stories of hope.

Farmhouse soup



Ingredients

1 big brown onion, 2 garlic cloves, olive oil, 1 litre chicken stock, 2 cups of any leftover vegetables

Method

- Peel and dice onion and garlic.
- Heat a dash of olive oil in a pot. Saute onion and garlic.
- When onion is translucent, add any uncooked vegetables and saute for a minute or two. Add stock. If you're using cooked vegetables, add stock at the same time.
- Simmer gently for 30-60 minutes.
- Eat soup as it is or use a stick blender to make it smooth.
- Taste and season accordingly.

HAVE A LAUGH



Where does a snowman find information?
The winternet!

How do mountains stay warm in winter?
They put on their snow-caps!

What do snowmen win at the Olympics?
Cold medals!

What did the tree say after winter?
What a re-leaf!

SIGNING IN



Sudoku

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

9		5		8			3	
				5	9	8		
6	8	3	7			5		
	9	8	2			6		
		6	9			3		
3	5				6			
			8					
	7			6				
		9	5			7		



Quick quiz

1. What is a chionophile?
2. What is the term for an intense fear of snow?
3. What caused the Northern Hemisphere's 'year without summer' in 1816?
4. "Now is the winter of our discontent/Made glorious summer by this sun of York" is from which William Shakespeare play?
5. How many sides does a snowflake have?
6. In which European city would you find the Winter Palace?

Tum-Tum

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



Bible byte

"I will send down the showers in their season; they shall be showers of blessings."
Ezekiel chapter 34, verse 26
English Standard Version

Quiz answers: 1. Animal, plant (or person) that thrives in winter conditions 2. Chionophobia 3. Eruption of Mount Tambora in Indonesia in April 1815 4. Richard III 5. Six 6. St Petersburg
Tum-Tum: is hiding on the bucket on page 7.

DID YOU KNOW?

The first Winter Olympics were held in 1924 in the French Alps.

In the Southern Hemisphere, the winter solstice begins on June 20 or 21.

The average snowflake falls around 4.8 km per hour - the average walking speed for an adult.

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



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

