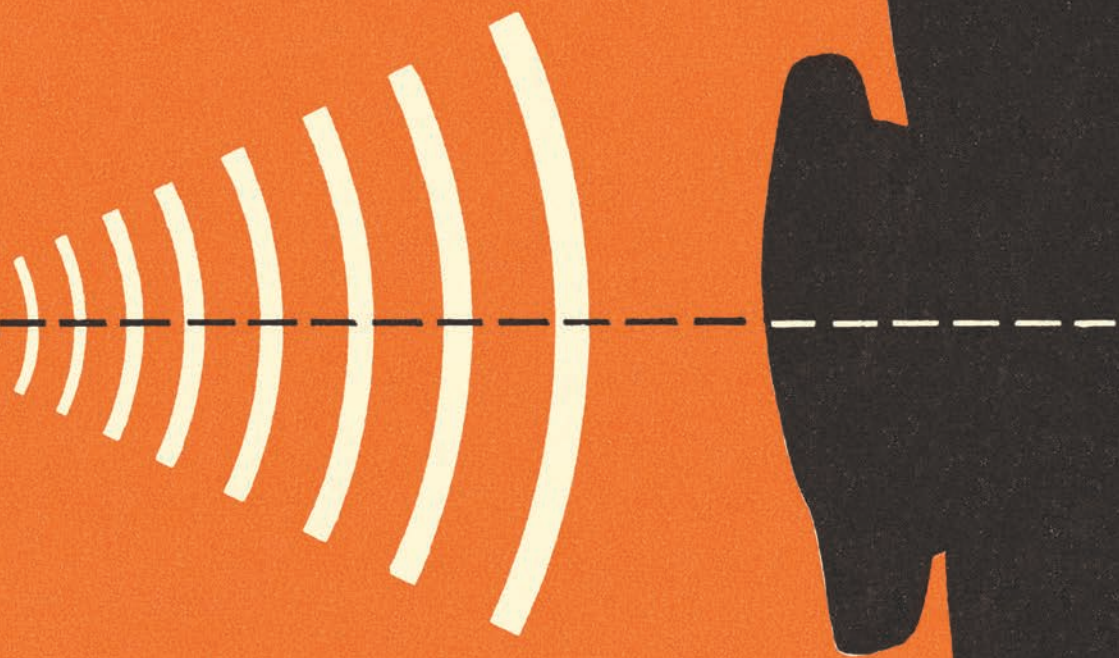


# salvos

magazine



## Longing to be heard

The forgotten art of listening



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### FEATURE

Do you  
know the  
signs?

### FAITH TALK

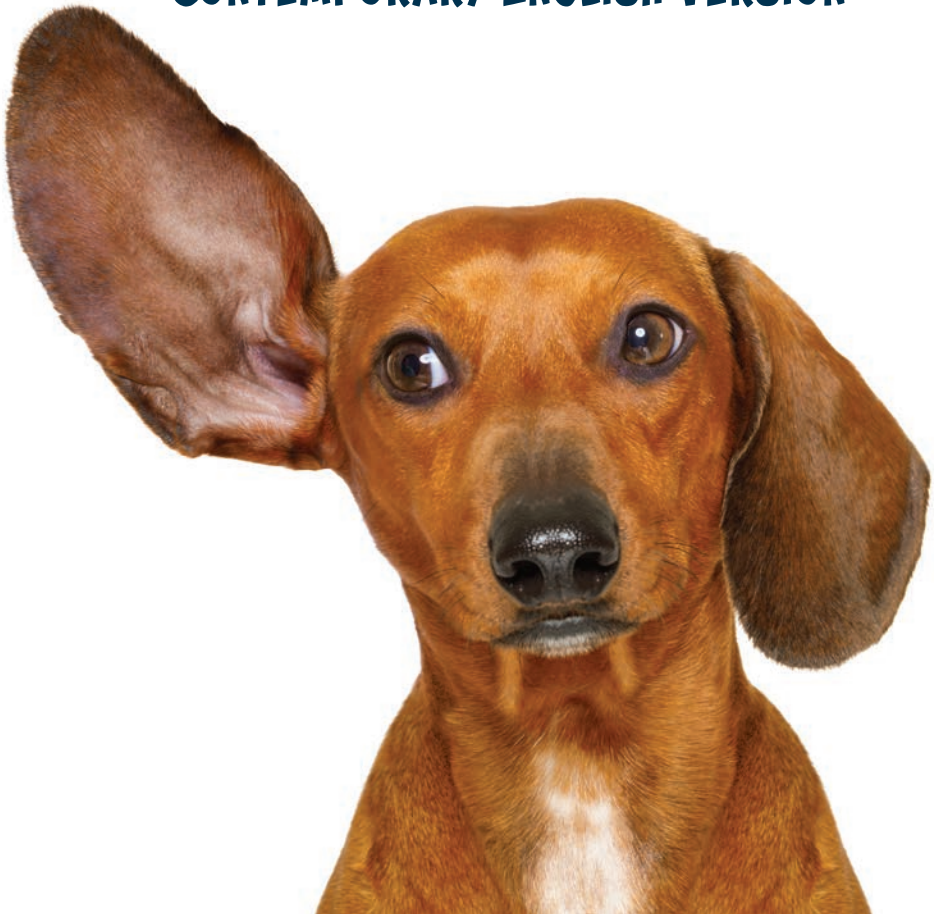
The most  
important  
thing

### MY STORY

Life after  
domestic  
violence

**“BE QUICK TO LISTEN  
AND SLOW TO SPEAK  
OR TO GET ANGRY.”**

**JAMES CHAPTER 1, VERSE 19  
CONTEMPORARY ENGLISH VERSION**





## 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

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<b>Faith Talk [10]</b> <b>The most important thing</b>	
	<b>My Story [12]</b> <b>A new life chapter</b>

## Are you listening?

For most of us, the world is a noisy place. Some of this noise is welcome – music, laughter, chats with friends, a baby's giggle. Some of it is jarring, mind-numbing or exhausting – constant notifications from devices, traffic, roadwork, snoring.

Listening is one of the topics covered in this week's edition. Our authors write about the art of listening, how we all long to be listened to, and how listening to another person can bring people and communities together.

Family and domestic violence is another focus area this week, with the UN Day for the Elimination of Violence Against Women approaching (25 November). It's frightening to know that gender-based violence affects one in three women around the world – mothers, daughters, sisters, neighbours, friends.

In 2022, 48,800 women and girls worldwide were killed by someone in their own family. That's more than five women or girls every hour. Are we listening, and responding, to the voices of women crying out for help?

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

Simone Worthing **Editor**

# Longing to be heard

The forgotten art of listening

By Jo-anne Brown

I've been in conversations where the person I'm with is constantly gazing around the room, trying to find someone more interesting to talk with. And yes, they often break off the conversation with me when they find that person!

I've been in other conversations where the person has been focused on me and my story, asking questions to understand better, or simply listening silently, giving me time to share what's on my heart.

No guesses as to which type of conversation I prefer! I'm sure we've all had these experiences, or perhaps unintentionally done that to others.

When I know someone is really listening to me, I feel that I matter. My feelings or opinions mean something, and I feel connected.

That's not what I feel when the eyes of the other person are roaming the room for someone more interesting. I feel then that I'm not important to that person, and what I'm saying is of no significance.

## GOOD LISTENING

I suspect I'm not the only one to have this experience. Since we're all longing to be heard, and probably don't feel listened to often or well enough, we're generally not good at offering that to others.

Think for a moment of the last time you had a conversation with someone and came away feeling that the person really listened to and understood you. What did it feel like?

Do you remember a conversation when you did the same thing for someone else, really paid attention to them and what they were saying? What did that feel like? How did that person respond?

Good listening is NOT rushing in to give advice, trying to fix things, and it's not offering trite answers, no matter how well-intentioned.

When people respond to us in this way, we feel diminished – especially if the story we share arises out of deep soul pain. It can make us feel more alone and more disconnected from those around us.

Being listened to, however, lets us know we are valued, and what we say is important.





Listening is paying attention to someone, being present to them and not thinking about everything we need to get done. It's taking time to be with them, allowing them to be themselves and to share honestly about whatever is happening for them. Listening is choosing to linger with another person, rather than rushing away.

Authentic listening also involves an awareness that we don't know the full story of anyone's life, so it's impossible for us to know all the answers for anyone. When we listen without thinking we know it all or know better, we are giving the other person a gift of grace. We are being with them, heart, soul and mind – which means far more than any answers we might come up with.

### **EMPTY TANKS**

So why is it hard to listen well to others?

Perhaps partly because our own inner tanks are empty. We might feel there's no safe space where we can truly be ourselves and speak our truth. We may feel there's no one who truly hears us, so conversation becomes a place where

everyone is longing, perhaps fighting, to be heard, rather than simply listening. If we ourselves don't feel heard or valued, then we can't truly hear and be with another.

It's hard to listen when someone shares their experience of stress, sorrow or trauma – we definitely know we don't have any answers for those experiences. We may feel helpless in the face of the suffering of others, or their stories of suffering may echo our own stories so much that we are unable to listen.

Being connected to others, having a sense of belonging, is important. The ability to listen well is connected to our inner wellbeing and sense of belonging. When we are heard, nurtured and free to be ourselves, we can offer that to others.

“

**When we are heard, nurtured and free to be ourselves, we can offer that to others.**

”

The art of listening, giving our full attention to someone, is an act of kindness that makes the world a better place. It requires effort, patience and commitment, but this creates community and brings people together.

Our world doesn't need more division or alienation – we need people who will be truly present to others, pay attention and respond with compassion. Perhaps in offering that to others, we will find our needs to be heard and to belong are also filled.

# Do you know the signs?

Family and domestic violence. We constantly see the horrific news stories about the violent deaths of women at the hands of an intimate partner or family member. We know the outrageous statistics around the nation and globally that show how many women and girls experience different forms of violence.

And tragically, we know that these statistics – that reflect the lives of real women and girls – are only growing.



The United Nations International Day for the Elimination of Violence Against Women is observed on 25 November. The day also begins the 16 Days of Activism against Gender-Based Violence, run annually by UN Women. The campaign ends on 10 December, Human Rights Day.

Last financial year, The Salvation Army Australia assisted more than 11,000 women and children experiencing family and domestic violence. While the Salvos, and others, respond with tailored services, strong policies and advocacy, no one organisation can do it all. It is up to every one of us, from every walk of life, to take a stand against violence in all its forms.

Looking around our own families, friendship groups and communities, how do we know if someone is experiencing family and domestic violence? Below are some signs to look out for:

## Signs of family and domestic violence:

- The person seems accident-prone
- Multiple and repeated injuries without logical explanations
- Loss of confidence
- Fear of their partner or family member
- Stops seeing their friends or family
- Partner or family member controls the money and access to it
- Partner or family member often criticises them, humiliates them, orders them about or makes all the decisions
- Talks about their partner’s or family member’s bad temper or jealousy
- Children show signs of fear, or are withdrawn and anxious.

**IF YOU OR SOMEONE YOU KNOW NEEDS HELP, CONTACT:**

For life-threatening situations, call police on **000**

For counselling and support services, call **1800RESPECT (1800 737 732)**



Scan here for more information from **1800Respect.**

# Five minutes of social justice – Family and domestic violence

Social justice means different things to different people, but it generally includes the idea of a fair and equitable society.

In Australia, social justice challenges are multifaceted. Some of the issues we face are huge and will take effort to fix, but all of them can be improved.

Family and domestic violence is a major health and welfare issue across Australia impacting all people of all ages, but mainly women and children. Family and domestic violence takes on many forms including physical, financial, verbal and emotional abuse, and coercive control, all of which cause immediate and long-term harm to victim-survivors.

In Australia, two in five (39 per cent) of women have experienced violence since the age of 15 (Australian Bureau of Statistics 2021-22), and on average, one woman every week is murdered by her current or former partner ([aic.gov.au/publications/sr/sr2](http://aic.gov.au/publications/sr/sr2)).

## GOT FIVE MINUTES?

Read about family and domestic violence and learn about the impact it has on our society: [ourwatch.org.au/quick-facts](http://ourwatch.org.au/quick-facts)

## WANT TO DIG DEEPER?

- Donate to an organisation that supports the prevention of family and domestic violence, such as White Ribbon Day or 16 Days of Activism against Gender-based Violence events (25 November-10 December).



- Donate goods to a local family and domestic violence service.
- Challenge your own ideas and language around family violence, and question whether the language we use minimises or excuses violence. Everyone can call out negative behaviour. It is important to do so in a manner that doesn't shame the victim-survivor, but you can always say, "That is not okay."
- Read about the gendered drivers of family and domestic violence. These can be found at Our Watch: [ourwatch.org.au/the-issue](http://ourwatch.org.au/the-issue)



Scan here for more information about The Salvation Army's Family and Domestic Violence Services.

# What should go in a Christmas hamper from the Salvos?



Choosing specific foods that can be included in hampers for people of different cultural backgrounds reflects the Salvos' commitment to inclusion.

With The Salvation Army's 'Christmas Cheer' drawing closer, Salvos around Australia are gearing up to distribute thousands of toy and food hampers to families in need across the country.

This year, the Intercultural and Disability Inclusion Team is encouraging organisers to consider offering culturally inclusive food hampers.

The Salvos' Nuria Gonsalves says tailoring the contents of Christmas food hampers to reflect the cultural and festive preferences of the communities the Salvos serve sends a powerful message of understanding, connection and respect.

Nuria has developed a list of suggestions for specific foods that can be included in bags for people of different cultural backgrounds.

## CELEBRATING DIVERSITY

- **Middle Eastern Communities (Lebanese, Iraqi, Syrian):** Consider including couscous, lentils, tahini, baklava, or ma'amoul. These staples and sweets resonate with festive occasions like Eid and Christmas in many Middle Eastern households.
- **South Asian Communities (Indian, Pakistani, Sri Lankan):** Include basmati rice, lentils, spices like garam masala, and sweets like gulab jamun and barfi, which hold a special place in celebrations like Diwali and Eid.
- **East Asian Communities (Chinese, Vietnamese, Korean):** Opt for jasmine rice, rice noodles, tofu, mooncakes, or tangyuan – items enjoyed during festivals such as the Mid-Autumn Festival or the Lantern Festival.



- African Communities (Ethiopian, Sudanese, Somali): Consider teff flour, chickpeas, berbere spice, basbousa (a semolina cake), or sweetened sambusa, which are often enjoyed during Eid celebrations.
- Latin American Communities (Mexican, Salvadoran, Colombian): Corn flour (masa), black beans, and dulce de leche are staples that bring joy and familiarity during Christmas and other festive gatherings.
- Pacific Islander Communities (Fijian, Samoan, Tongan): Taro, cassava, coconut cream, and pineapple pie are essentials for festive feasts.
- European Communities (Italian, Greek, Eastern European): Include



Italian panettone, Greek kourabiedes, or Polish paczki – these sweets are cherished during Orthodox Christmas and festive family meals.  
 – **Lauren Martin**

## Hall of help and hope

A multi-organisational initiative, the Hall Full of Help, brought nearly 500 attendees and about 45 different community service providers to St Patrick’s Cathedral in Ballarat last month for an expo showcasing the various assistance available.

Spearheaded by St Vincent De Paul’s Alan West, the Hall Full of Help is an extension of Alan’s other initiative, Pocket Full of Help, an online directory for finding support services in the region.

Leaders from both the Salvos’ Doorways and Moneycare teams attended the event. Moneycare Financial Counsellor Veronica Bajkiewicz said, “What I found really good was connecting and networking with the local organisations, putting a face to names ... It added to all of our resources, including [those of] community members.”



Moneycare’s Veronica Bajkiewicz at the expo. Image supplied.

Other organisations that attended specialise in family and domestic violence support, mental health, housing and rent, food assistance, legal assistance and many other community needs.  
 – **Kirralee Nicolle**

# The most important thing

Learning to listen in a busy and distracted world

By Peter Brookshaw

I have large family dynamics in my house. Okay, I have four kids, I admit it. Sometimes dinner time is hectic. My son will ask me, "How far away is dinner, Dad?" And I normally reply, "About five metres, son." As the kids are sitting on the couch, I yell out, "Can someone do some dishes for me, please?" It's amazing how the ability of my kids to hear what I'm saying goes out the window. Immediately the kids are unable to register that their father has been speaking. There are blank stares. Then I know they've heard me, because I see something that gives it away – they roll their eyes.



Try it one day, if you have a child. Yell out, "Does anyone want ice cream?" You'll see the child respond within seconds to your voice. It's just amazing. Now, try calling out, "Can someone help clean the kitchen?" Suddenly it's time for my kids to go to the local GP and get their hearing tested.

“

**It turns out, the most important thing was to listen.**

”

Selective hearing. We've all got it sometimes. Late at night, as you watch the TV, a not-for-profit is telling you about young children in Honduras who haven't had a decent meal in months. Or a family member starts to repeat their struggles at work. Suddenly, selective hearing can kick in. We're not always proud of ourselves, but sometimes there's only so much capacity to listen, empathise and provide care and compassion.

## ABILITY TO LISTEN

I've been challenged by this over the years. When I first went into Salvation Army training to become a Christian minister, I sat and listened to the leader up the front. The Salvation Army officer stood up tall in front of a small crowd and said something I've never forgotten.



It was something I didn't agree with at first. It was a statement that I struggled with. And, ironically, it was a statement I didn't want to hear. Only years later have I understood the gravity and meaning of what he was saying. He said, "The most important thing in your life will be your ability to listen."

Ironically, I didn't hear the truth of the statement at the time. I always thought the most important thing was what you did; you know, you handed out a food hamper, or preached a sermon, or mowed someone's lawn. It turns out, the most important thing was to listen.

### **JESUS' EXAMPLE**

As a person of faith, I always think about the life of Jesus. Can you imagine the blind beggar, or the paralysed man or the woman at the well in the Bible, reaching out with their problems and Jesus choosing not to listen? "Sorry, I was too pre-occupied with my life to listen carefully." Of course not. He showed compassion. He didn't do selective hearing. He showed radical compassion and care to others.

I wonder what that looks like in my life today? I think it is taking a few extra moments to actively listen and hear the pain, the anxiety, the hurt, the frustration and the highs and lows of someone else's life. I might even choose to reflect what I've heard, so that the person understands that I have heard what they have said. Author Stephen Covey says to, "seek first to understand, then to be understood."

My kids are learning the art of listening. I'm still learning the art of listening. I can hear the pain of so many in our community who need help. I want God to help me to stop and listen. To hear the difficulty. To try to understand another person's journey. And to respond with compassion to those around me.

*Major Peter Brookshaw is a Salvation Army officer (pastor) living in Boorloo, Perth. Check out [peterbrookshaw.com](http://peterbrookshaw.com)*



Scan here for more stories of hope.

# A new life chapter

Bam rebuilds her life after domestic violence

By Bam

**Bam came to Australia to study. She fell in love but found herself fleeing domestic violence. Being a trans woman, it was hard for her to find a place to go. She finally called The Salvation Army's Samaritan House, who accepted her wholeheartedly. This is her story of survival.**

I moved to Sydney, Australia, in 2006 due to study, and not long after, I fell in love with a man. And then I had a relationship with him for seven years. And unfortunately, at the end, I had to flee the relationship due to domestic violence. I remember I was at the temple, I prayed there, and I had some food.

“

**I just felt like, finally,  
God sent someone to help me.**

”

After I prayed, I rang up Samaritan House. I was shaking, I was crying, and the lady answered the phone and I said to her that I really need a place to stay. I experienced domestic violence. I have nowhere to go. I'm struggling. And she said, "Yes, we can help you." And I asked her that I want to know that it is okay if I'm a trans woman. And she said that was fine. After I hung up, I just felt like, finally, God sent someone to help me. And then the next day, I was admitted to Samaritan House, and that's when a new chapter of my life began.

## LIFE RETURNS

I believe that Samaritan House really helps all women to get back their life. I learned that before going to have a healthy relationship with someone, I must have a healthy relationship with myself first. I respect myself more, because before I never respected myself. That's why I ended up like that.

And I learned how to put boundaries in place because without boundaries, it creates chaos. I have become a better version of myself. I have more self-awareness. I have self-love. I have



Lorraine is Regional Manager for Samaritan House.



Bam no longer sees herself as a victim, but a survivor, who now helps others.

self-worth, and I'm willing to contribute my lived experience to the community to help others. I'm not a victim anymore, but I'm a survivor.

### **SAMARITAN HOUSE**

Lorraine, Regional Manager, Family Violence for the Salvos, explained the purpose and function of the refuge centre. "Samaritan House is a crisis accommodation service," she said. "We provide a safe, welcoming environment for women who are experiencing homelessness as a result of fleeing domestic violence.

“

**I'm not a victim anymore,  
but I'm a survivor.**

”

"When the women arrive, we really ensure that their most immediate needs are met. Our foremost priority when

supporting victim-survivors will be their safety. So, making sure that the location is secure and that their phone technology or any sort of tracking information has been addressed.

"We have case management here as well, where women work alongside their case managers to set goals for themselves while they're here. I get to see this team stand alongside the women as they journey through their time with us, and to achieve the goals that they've set. And sometimes, that can be the smallest step forward, and other times that can be really fundamental life-changing decisions, and we get to sit with them in that space."

To watch the video of Bam's story, go to [bit.ly/4cmnUOW](https://bit.ly/4cmnUOW)



Scan here for more information on Salvation Army Family and Domestic Violence services.

## Coconut and lime cake



### Ingredients

1½ cups self-raising flour, ½ cup desiccated coconut, 2 tsp finely grated lime rind, 1 cup sugar, 125g melted butter, 2 eggs, 1 cup coconut milk

### Icing:

1½ cups icing sugar, 2 tbsp lime juice

### Method

- Preheat oven to 180°C.
- Combine flour, coconut, lime rind and sugar in a large bowl.
- Whisk together butter, eggs and coconut milk in a small bowl.
- Add to flour mixture, mix well and pour into greased cake tin. Bake for 45 mins.
- When cool, mix icing sugar and lime juice. Spread to cover the top of the cake.

## HAVE A LAUGH



Why did the cake go to see the doctor?  
It felt crumbly.

When is a cake like a golf ball?  
When it's been sliced.

Why did the man put the cake in his freezer?  
He was asked to ice it.

Which cakes are the saddest?  
end up in tins.  
Wedding cakes, they often

## SIGNING IN



# Sudoku

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

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



1. Which chocolate layer cake is scarlet-coloured?
2. What are the four ingredients required to make a pound cake?
3. What country does Black Forest cake come from?
4. Which cake is named after a Portuguese island?
5. What type of cake is a Christmas cake?
6. What colour is a Battenberg cake?

## Tum-Tum



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

## Bible byte

"When you call on me, when you come and pray to me, I'll listen."

Jeremiah chapter 29, verse 12  
The Message Bible translation

**Quiz answers:** 1. Red velvet cake 2. Flour, butter, eggs, sugar 3. Germany 4. Madeira cake 5. A fruit cake 6. Yellow and pink  
Tum-Tum: is hiding amongst the food on page 11.

ON THIS DAY...

**23 November, 1976**

**First person to dive 100 metres deep in the sea without breathing equipment.**

Jacques Mayol, known as Dolphin Man, was 49 years old at the time. Seven years later, he dove 105 metres.

**23 November, 1963**

**Doctor Who debuts on TV.**

The longest-running science fiction TV show first aired with an episode called *An Unearthly Child* on BBC. The show, which has starred 11 different actors playing the lead role, follows the time-travelling adventures of the Doctor.

**29 November, 1972**

**Atari releases Pong, one of the first arcade games.**

Pong was a 1 or 2 player video game similar to tennis. Around 35,000 Pong consoles were sold around the world.

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

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