

FEATURE

Truth and
reconciliation

FAITH TALK

Come as you are

MY STORY

From despair
to hope in
COVID times

Finding strength in times of crisis

Wisdom from an ancient poet still relevant today



SALVOS

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One day you will tell your story of
how you overcame what you went through
and it will be someone else's survival guide.

~Brené Brown





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

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Navigating tough times

As this edition of *Salvos Magazine* goes to print, millions of Australians across three states are in lockdown. Thousands more are in isolation and quarantine around the country. And almost everywhere, people are struggling with the social, emotional, spiritual and economic costs of the pandemic.

In our main story this week, Salvos psychologist Dr Catherine Philpot points to the words of an ancient poet as a source of comfort, hope and spiritual renewal. She discusses how the poet's thoughts are still often the foundation from which psychologists draw on today to help people find strength in challenging circumstances.

Working through tough times is also a focus for Robert Donaldson's reflection on truth and reconciliation, based on his personal experiences in New Zealand and South Africa.

Manesh's struggle through the impacts of the pandemic is also an encouraging example of how, when people are supported, encouraged and believed in, lives really can be turned around.

No matter how tough the circumstances, God is there to walk alongside us through it all.

Simone Worthing **Assistant Editor**

Finding strength in times of crisis

WORDS DR CATHERINE PHILPOT

As millions of people around Australia are in lockdown and struggling with the ongoing impacts of the COVID-19 pandemic, Dr Catherine Philpot points to the words of an ancient poet as a source of strength, comfort and hope.



I don't think I'm alone in feeling like, over the past 18 months, I've wandered onto the set of a Hollywood pandemic drama. The world keeps turning on its axis and yet each revolution brings new and alarming information of sickness, restrictions and deaths.

Ironically, a phrase that by definition should not become a cliché, has become one: "We are living in unprecedented times." Yet the truth is, though there may be differences in the context of our crises, humanity has faced numerous threats throughout history and across cultures.

One ancient poet who lived through political oppression, life as a refugee, war, and the death of his infant son from illness, wrote words that are still quoted at funerals across the world: "Though I walk through the valley of the shadow of death I will fear no evil, for you are with me, your rod and staff they comfort me."*

In this we find seeds of the hope that psychologists still draw on today to help people find strength when they are fearful.

STEP BY STEP

"Though I walk through the valley of the shadow of death" is a reminder that we are not stuck in our crisis, but only walking through. Try to be still and observe the changes that are occurring, from the breath that fills our lungs, to the wind in the trees. This practice of mindful awareness can be profoundly helpful when we feel overwhelmed.

As any mountain climber will tell you too, it can be helpful to focus simply on taking the next step. In the same way, psychologists

speak of separating time into segments that feel manageable. If you feel overwhelmed by what the coming months hold, shift your focus from the whole journey to just the next step. What can you do in the next five minutes, hour or day?

In the poem, the author deliberately shifts his focus from the shadows, to the things that bring him comfort. Our biological response to threat actually narrows our focus, fixing attention on potential danger and making it harder to reason and see the bigger picture. We can learn from the poet and deliberately limit the attention we give to negative information, so that we can increase our ability to switch focus.

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**Humanity has
faced numerous threats
throughout history.**

”

COMFORT

The poet talks about being comforted by a rod, used by a shepherd to protect his sheep from predators. What are the sources of protection we have available to us? Spending time being grateful in a journal or writing thank-you letters to our essential workers, can be a way of opening

our minds to see a fuller picture.

The poet also talks about being comforted by a staff, used by shepherds to lean on as they walked, but with a crook that could gently redirect wandering sheep. It represents direction, and is a reminder that many of our heroes have not made a difference because of the absence of hardship, but because of it. People like Nelson Mandela and Martin Luther King Junior are heroes to us not because their lives were problem free, but because they continued to pursue the things they believed in despite the obstacles. We can also draw strength from knowing what direction is important to us in life. What are our ►

values? What can we do to live out our values? Knowing what you are living for, psychologists have found, is a source of strength, enabling endurance through hardship.

SOCIAL CONNECTIONS

The middle stanza of the poem reads, "I will fear no evil for you are with me".

Neuroscientists note that time spent in relationships helps relieve the biological markers of distress and improve reasoning and resilience. Social distancing will bring distress, but we can still have relationships. Now is a good time to explore new ways of connecting.

The poet, however, is not talking about the 'you' that is other people. Rather, he is talking about finding comfort in the 'you' that is God's presence. If you have faith in a God who loves us and is with us through our trials, it is hard not to be comforted. Research shows that Christians generally experience lower levels of anxiety than people who don't have faith. It's not that they aren't afraid, but that they are able to find comfort, direction and protection in their fear.

Christians, though, don't have a monopoly on God. If you're not yet a person of faith, this time of social isolation might be the opportunity to find for yourself the God who is beside you in all your troubles.

Catherine Philpot is a Salvation Army officer and registered psychologist in Queensland.

**The poem is the Bible's Psalm 23, written by King David.*



Scan here for more on the need for community.

“

Social distancing will bring distress, but we can still have relationships.

”



Two million cups of compassion

The Salvation Army Melbourne Project 614 in Bourke Street recently celebrated the two millionth cup of coffee made by its donated 7-Eleven coffee machine.

The coffees enable the 614 team to “sit down over a cuppa with a client and start building a relationship. It also helps us understand the services we can help connect them to,” says 614 leader Major Brendan Nottle.

Project 614 “came about to serve those who are struggling with homelessness and other challenges in the City of Melbourne,” Brendan added, “and 7-Eleven has kept their coffee machine in tip-top order, as well as stocking us with beans and cups ever since, as well as providing a single-use cup



Melbourne Project 614 leader Major Brendan Nottle and 7-Eleven Australia CEO and Managing Director Angus McKay serve up a couple of lattes.

recycling unit for our Magpie Nest Cafe.”

A pre-lockdown celebration event also acknowledged the recent donation of a second coffee machine to keep those lattes coming. – **Barry Gittins**

Demand outstrips supply at Berri store

Staff at Berri Salvos Stores in the Riverland of South Australia see many international workers coming in for supplies of men’s clothing.

The men are part of the Australian Government Seasonal Workers Program (SWP), which the Salvos deliver, and are in the region for the citrus-picking season.

Up to 1000 international workers, many of

them Pacific islanders, can be found in the surrounding orchards after spending their mandatory COVID-19 quarantine in the nearby town of Paringa.

“Demand for men’s clothing is outstripping supply,” said Helen Palena-Adamczyk, store manager.

However, the store was regularly getting shipments from the main Salvos Stores warehouse in Adelaide to keep the men’s section stocked.

The Salvos won the tender to deliver the SWP as part of a \$1million, two-year Government Community Connections initiative which was announced earlier this year. It provides specific support to workers, helps them connect with the communities in which they work and “advance cultural understanding with the wider population”, said Gregory Makutu, national coordinator. – **Darryl Whitecross**



A happy group of seasonal workers on a shopping spree at Salvos Stores in Berri, South Australia.

Sharing the lessons of truth and reconciliation

Reflections from New Zealand and South Africa

WORDS ROBERT DONALDSON



Robert and Janine Donaldson (front), in the traditional korowai (cloak) as part of a Maori welcome. Robert (right) addressing those gathered in Te Reo Maori.

The Salvos are one of many organisations, and individuals, supporting the Uluru Statement from the Heart and a First Nations Voice to Parliament protected by the Constitution.*

Commissioner Robert Donaldson, leader of The Salvation Army in Australia, recently reflected on his connection with Māori culture in his native New Zealand, and how truth and reconciliation in other nations could encourage Australia as the 'healing process' took place.

My place of origin is Ōtepoti of the Ngāi Tahu people of Aotearoa – the city of Dunedin in the South Island of New Zealand.

The Ngāi Tahu people are the principal tribe of the South Island, yet looking back over 60 years of life and growing up in the south of Aotearoa, I came across very few of them.

I went to school with one girl, Kim, who was Māori, and that was about my knowledge of and association with Māori. I couldn't even pronounce the word 'Māori' properly and, like most Pākehā (New Zealanders of European descent) around me, butchered

every Māori place name there was. I had no understanding of Māori tikanga (culture). And to my shame, I was as good at telling Māori jokes as anyone else.

When I reflect on my home country today, this is what I see:

- There is growing understanding, respect and embracing of Māori tikanga (culture) as significant to us and as our own.
- Pōwhiri (welcome and coming together) and haka (dance challenge) are regular features of daily life in government, business, community, church and sport. They are not entertainment; they carry deep significance to us.
- In the Salvos, we have progressed to confidently incorporating and participating in Māori welcome, culture and singing.
- Increasingly, the Māori and English languages are converging. You will hear regular Māori words or phrases as Kiwis talk together.
- Pākehā are comfortable on Marae (meeting places), and there is respect for 'Kaumātua' (Elders). We understand 'taonga' (treasures) and 'tikanga' (protocols).



✚ My spiritual development has been enriched and enhanced by Māori concepts of spirituality and the community of faith.

✚ When I want to connect with home, I listen to Māori singing. It resonates with who I am.

✚ To waiata (sing) my worship to God in te Reo Māori is deeply meaningful to me.

Beginning in 2010, my wife Janine and I lived and worked in post-apartheid South Africa. There were many lessons from that time:

- ✦ The wounds from the apartheid era were many and are still raw.
- ✦ The level of understanding of each other and trust was quite low.
- ✦ There was still tension between those who once had power and those who were assuming power.
- ✦ While political apartheid had ended, there remained significant economic, health and education disparity.
- ✦ Very sadly, the white Salvation Army had worked within the apartheid system, and there were deep wounds because it had not stood out against injustice.
- ✦ So, the truth and reconciliation process was deeply painful for all concerned; there was blame, defensiveness, grief over all that had been lost and fear of what the future might look like. But there was progress.
- ✦ As people listened to each other, showed appreciation for different perspectives and embraced language and culture, a developing sense of nationhood began to grow.

However, the recent events in Durban and Johannesburg show just how tenuous that progress is.

“

There are so many treasures in people's cultures.

”

What have I learned?

- ✦ Listen, learn, and have an open mind.
- ✦ There are so many treasures in people's cultures. There are such treasures for Australians in Indigenous culture, such as new ways of relating to each other and different ways of thinking.
- ✦ Don't be defensive about the story of the past. It is the story of the nation, albeit painful. There is much to learn as well as to be, and say, sorry for.
- ✦ Don't be defensive about the weaknesses of Western culture.
- ✦ Leaders, hold your position lightly and try to act with the marginalised and Indigenous in mind.
- ✦ Gain an understanding of and empathy for the long-term impact of injustice in the lives of Indigenous people.
- ✦ Make an active contribution to changing attitudes and actions.
- ✦ Develop your understanding of Indigenous culture.
- ✦ Look for God at work in a community and culture that is different to your own. You will surely experience something new and wonderful because God is present there.

Commissioner Robert Donaldson is the leader of The Salvation Army Australia.

**For more information and resources, go to ulurustatement.org*

Come as you are

The power of grace and acceptance in healing the broken

WORDS JESSICA MORRIS

I'm a go-go-go person. As a journalist, deadlines tend to drive my days. But more often than not, my sense of hurry is driven by fear. Much of that comes from a medical predisposition towards anxiety and depression, and I've ticked nearly every box in an effort to 'fix' myself – therapy, medication, deep breaths, mindfulness exercises, Pilates. All of these have been excellent tools, but none have 'fixed' me. Throw in a global pandemic and trauma on top of this, and it is easy to feel helpless.

So, when I tried equine therapy earlier this year, I was afraid. Equine therapy – the practice of therapeutic or psychological treatments that involve horses – is said to enhance people's social and emotional wellbeing. Evidence shows it reduces stress and builds confidence, on top of a myriad of other benefits.

I have loved horses for many years and experienced their healing effects firsthand (or firsthoof?) when I was diagnosed with severe depression as a teenager. At the time, I would visit an old grey horse named Storm. And while I rode and groomed him, he would nurture me.

Today, I am a far cry from the little girl who used to ride that horse. But even with high-functioning anxiety, I still live with an irrational sense of fear. And as I drove 40 minutes



Jessica (above) as a teenager with a beloved horse, Storm. (Left and right) Jessica with some of the ponies at equine therapy.



to visit my new equine therapist in April, I was equal parts excited and apprehensive. Would equine therapy work for me? Was I too broken to heal? So, I prayed and asked God to do the

work in me because I had nothing left.

When I stepped onto the paddock and smelt the scent of horses, those questions began to fade. And when my therapist led me through a grounding exercise, encouraging me to be present, I was able to live – and heal – in the moment. You see, horses don't think about the future with a sense of fear or trepidation. They move with a gentleness and security that comes from a deep awareness of themselves and everything around them.

I met Kit first – a tall black horse who is equal parts gentle and sassy. He came right up to me and asked for pats. As the leader of the team, I was moved by his sense of



confidence. Then there was Astrid, a cheeky, white, two-year-old pony with an underbite. I watched her live in the moment, fully trusting the older horses to lead the way.

Most of the time, it's Roisin, a mature brown pony who grapples daily with the little sister she somehow inherited. I observed Roisin exercise a quiet confidence, setting up clear boundaries while still nurturing her charge. And then there is Lilly – the dappled, white and brown rescue horse, who always stands at the back of the herd, watching everything. By week five, she walked up and allowed me to groom her. She had just lost a foal, and I felt the immense grief and bravery that co-existed in her.

Over the weeks I have participated in equine therapy, I have experienced a deep sense of healing that I don't fully understand. Research tells us that the heartbeat of horses and humans can get in sync due to magnetic fields, and as horses have a coherent heart rate most of the time, this helps us mirror their sense of calm when we are in an emotionally and physiologically coherent state. I've realised that God has used this to heal my soul and mind, and all I've had to do is show up.

In the Bible, God invites us to come as we are, saying, "Come to me, all who are weary and burdened, and I will give you rest" (Matthew

“

**I thought I was
too burdened to rest,
let alone heal.**

”

chapter 11, verse 28). I thought I was too burdened to rest, let alone heal. But as I've met these horses, I've experienced grace as these large, powerful animals accept me as I am.

In some clumsy way, I think that is a little like what God does for us. When we are exhausted and feel broken, he doesn't ask us to fix ourselves. All we have to do is come to him as we are.

Special thanks to Equi-Tribe Equine Assisted Learning in Meredith, Victoria, for their help with this article.



Scan here for more
on finding meaning.

From despair to hope in COVID times

Salvos restore Manesh's faith in humanity

WORDS HOLLY REED

The containment response to the COVID-19 pandemic has seriously impacted the hospitality industry, forcing thousands of people out of work. Experienced chef Manesh was one of the many people who suddenly faced an uncertain future when the lockdown took hold in 2020.

"My bosses called me ... to tell me that I was not needed anymore," he says. "And that just mentally broke me down."

After months on JobKeeper, waiting for restaurants to reopen, Manesh was ultimately made redundant.

"I started drinking too much," he shares. "I ended up drinking like two litres of Bundy [Bundaberg rum] a day.

It was like I lost hope, you know, when you give up on humanity? I was nearly on the verge to commit suicide."

Unaware that he was not eligible for Centrelink payments due to his redundancy payout, Manesh spent it paying off a loan, believing the sensible thing to do would be to clear all debt. Without any income, he could no longer afford to pay rent. For Manesh, this was the last straw.

After finishing a litre of Bundy, a voice in Manesh's head told him to go to the local police station. "I went, and these two cops came out, and I told them, 'I'm either going

to commit suicide or do something stupid', and they sat me down, had a chat with me, and they said, 'We'll find you a place'."

Staying at a friend's house for two days while he waited for help, Manesh returned to the police station on the third day. "They said, 'Do you think you are going to hurt yourself or anybody else?'. I said, 'I don't

want it to go to that stage, that's why I've come here. Can you put me in a rehab or something?'"

Manesh went to hospital. They kept him overnight and put him in contact with a social worker. "She was like an angel in disguise," he says. "She took all the details and called

the Salvos from there, and that very night they arranged a place for me."

HEART FOR THE HOMELESS

Manesh was given shelter at one of many motels used through the Homelessness Emergency Accommodation Response Team (HEART) program. Set up by the Department of Health and Human Services (DHHS), this program brought together homelessness-funded services – including the Salvos – to support clients in motels during the 2020 COVID-19 lockdowns.

"On 8 October, at night, I ended up at [the motel], there was this door that opened up

“
There are people out there
who really do care, whether
you know that or not.
”



The Salvos offer a range of services for those struggling with mental health, homelessness and misuse of alcohol and other drugs.

to a balcony and there were these trees. I sat there, and I just prayed and cried, and I've been clean since then."

Manesh stayed at the motel for over two months before his Salvos case workers advised him he needed to move. They arranged for him to stay at the Salvos short-term crisis accommodation through the Gateways program.

"The way the Salvos treated me, that restored my belief in humanity. Hope is a beautiful thing. There are people out there who really do care, whether you know that or not."

FAITH RESTORED

For Manesh, the Salvos not only strengthened his faith in humanity but also his faith in God. "Hope, faith and believing in God," he confirms. "I've always been a believer, but now it's like each and every step I take ...

"It's like God took me up from the spot which was a black hole and full of negativity. He picked me up, and he just dropped me in a place where there was light ... and I just had to keep on walking towards it."

Manesh has put on healthy weight, is walking a lot and cooking for himself. His case worker, Deborah, has brought him bags of food and ingredients to assist with this positive lifestyle change.

To give back in some way, Manesh volunteered his time to cook for the homeless residents still supported at the motel over Christmas, which he describes as "a wonderful experience".

"When I get back on my feet, I want to do something for the community, for the Salvos ... volunteer with them. The way they have supported me, that's hope, that's humanity in its purest form. To support each other and support somebody who has lost everything."

**Name changed to protect privacy*



Scan here for information on the Salvos alcohol and other drug treatment services.

Banoffee pie



Ingredients

Base: 250g digestive biscuits (crushed), 100g butter (melted).

Caramel: 100g butter, 100g dark brown sugar, 400g can condensed milk.

Top: 4 small bananas, 300ml lightly whipped cream, grated chocolate to taste.

Method

Grease a 20cm loose-bottomed cake tin.

Base: Tip biscuit crumbs into a bowl. Add butter and mix. Spoon crumbs into base of 20cm cake tin and press to halfway up the sides. Chill for 10 minutes.

Caramel: Melt butter and sugar over low heat, stirring, until sugar has dissolved. Add condensed milk and bring to a rapid boil for about a minute, stirring until thick and golden.

Spread caramel over base, cool and chill for 1 hour, or until firm.

Top: Remove pie from tin and place on serving plate. Slice bananas and fold half of them into the whipped cream.

Spoon over the caramel.

Decorate pie with remaining bananas and finish with grated chocolate.

Funny things kids say

I was not kicking my brother. I was just loving him with my boot.



Mum, I'm getting a cold... or a flute!



Mum, can you please zip up my jacket? I'm going to slay a dragon.



I wish that I was a puppy. But I'm not. I'm a big sister.



Bible byte

A new command I give you: Love one another. As I have loved you, so you must love one another.

John chapter 13 verse 34
New International Version

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

Sudoku

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

Tum-Tum

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



Answers: 1. August 2021. 2. 41 per cent. 3. India. 4. Crime, mystery and thrillers. 5. *A Promised Land* by Barack Obama. 6. *The Bible*.
Tum-Tum: is hiding behind the coffee cups on page 7.

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

Quick quiz



1. When is the Multiple Sclerosis Readathon?
2. What percentage of Australians read more than 10 books per year?
3. The people of which country read the most books?
4. What are the favourite genres of Australian readers?
5. Which was the best-selling book in 2020?
6. Which book is the most read in the world?

Did you know?

- Armadillo shells are bulletproof.
- Blue whales eat half a million calories in one mouthful.
- Cold water weighs more than hot water.
- The T-Rex's closest living relative is the chicken.



Severely crowded dwellings

Nearly half (44%) of all homeless people live in 'severely' crowded dwellings



With other households



7% of people experiencing homelessness are rough sleepers



In improvised dwellings, tents or sleeping out

Almost one in five (18%) homeless people live in supported accommodation for the homeless



Supported accommodation for the homeless

Approximately 1 in 7 (15%) of homeless people stay temporarily with other households

Here to help

As National Homelessness Week draws to a close, the struggle of having nowhere to call home remains for thousands of Australians around the country. No one should be without a safe, affordable and secure home.

If you or someone you know is at risk of homelessness, the Salvos are here to help.

For more information of Salvation Army Homelessness Services, go to salvationarmy.org.au/need-help/homelessness-support-services/