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"PEOPLE WAIT ALL DAY FOR 5PM.
ALL WEEK FOR FRIDAY.
ALL WINTER FOR SUMMER.
ALL SUMMER FOR WINTER.
AND ALL OF LIFE FOR HAPPINESS.
DON'T LET THE PURSUIT OF TOMORROW
DIMINISH THE JOY OF TODAY."



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.



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Life's seasons

Life is rarely predictable or linear. We can almost guarantee ups and downs along the way and for many of us, these can be the joy of dreams come true, deep valleys of loss and despair, and/or everything in between.

In this edition, we explore the seasons of life from a few different angles. Our feature focuses on grief, and how honestly facing the rawness and pain of grief can bring comfort, healing and a readiness to experience acceptance, contentment and a new phase of life.

Kirralee Nicolle shares how packing up for an interstate move brought back memories – some positive, some challenging – that helped connect her to stories of the past and hopes for the future. James Burns also looks at time and asks us all to reflect on how we're spending it and whether that measures up to our life goals and priorities.

This week is also Book Week. Andrea Redford gives us adults the delightful challenge of not leaving the occasion just for children but picking up a book ourselves and booking in a new adventure! Challenge accepted!

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

Simone Worthing
Editor

Navigating life's seasons

The healing power of honest grief

by Jo-anne Brown

"To everything, turn, turn, turn, there is a season ... a time to laugh, a time to weep ..."

So sang The Byrds in 1965, based on words originally written over 2000 years earlier. Whether it's the 1960s, the 3rd Century BCE, or right now, that truth remains – there is a time to laugh, and a time to weep.

Most of us probably prefer laughter to weeping – understandably! Yet sometimes, the only appropriate response to the suffering in the world, or our own personal sorrow, is to mourn and weep! Until we have named and experienced our sorrow, we won't be able to tap into our inner resources of hope, joy and resilience.

Laughter, if we haven't expressed our sadness, will only ever be superficial or half-hearted.

Being real

There is a time to weep ... to be real about what is happening around

us, to stand with those struggling, and to acknowledge the very real suffering in the world – both up close and in situations far removed from our everyday lives.

It's easy to feel inundated with the injustices and catastrophes we see and hear about. This can be overwhelming, and we can feel helpless in the face of it all. It may be tempting to bury our heads in the sand, thinking, "Well, I can't change anything anyway."

We often try to ignore sad feelings, push them down or drown them out. Others around us might encourage us to "look on the bright side", "be positive", and so on. Most people find sorrow hard to respond to.

There is value in having a positive outlook, yet if we attempt to comfort ourselves (or others) before acknowledging and feeling our pain or the pain of those around us, we may be in danger of spiritual bypassing.

We'll probably also discover that any peace or joy we find is superficial and doesn't go deep enough to truly comfort our souls.

Suppressing emotions can cause harm.

Spiritual bypassing is using spiritual practices to deny or minimise painful feelings in the hope that we would feel better. It is avoiding the reality of what is painful or difficult, suppressing those emotions, instead of acknowledging them and allowing them to be resolved. It distances us from painful situations, from our own feelings and from others.

There are times when we do need to protect ourselves from being overwhelmed by the suffering around us. However, denying the pain or the sorrow isn't a healthy long-term solution. In fact, denial, avoidance and suppression of painful feelings is never healthy. This can lead to physical and mental health

problems. Studies have linked the suppression of painful emotions with a less resilient immune system, cardiovascular disease, hypertension, headaches and stomach problems.

On the other hand, truly feeling the depth of our emotions can lead to healing.

Healthy grieving

We might be well-practised in ignoring or avoiding painful emotions; however, the record of the Bible gives us a whole other story! People in ancient times knew how to

mourn – loudly, at length, with full body and soul, and often in community with others.

They mourned the lack of righteousness, care and compassion they saw around them; and they grieved deeply when people they loved died. Jesus, too, grieved when a friend died.

One ancient poet said that God keeps track of every tear we weep:

“You keep track of all my sorrows. You have collected all my tears in your bottle.

You have recorded each one in your book,” (Psalm 56, verse 8, *New Living Translation*).

This affirms my grief. This lets me know that mourning is very much an acceptable, even honourable, part of being human. It’s even a necessary part of our humanity – a part of us that brings healing, almost as though we were designed for tears!

Scientific studies suggest that crying releases endorphins and oxytocin (‘feel-good’ hormones) that can ease both ►





physical and emotional pain. Research shows that tears caused by strong emotion are different to other kinds of tears. Emotional tears contain more stress hormones, such as cortisol, and serve a detoxifying purpose, allowing the release of feelings of stress and sadness. It's as though our tears are washing away the build-up of stress hormones in our bodies to bring us to a deeper place of calm and wellbeing. Perhaps you have noticed that you often feel better after a good cry!

This is because crying serves a self-soothing function by activating the parasympathetic nervous system and helping the body to relax.

Connections

Acknowledging our grief at the terrible things happening around us or to us can lead to healing, and through sharing our painful emotions we can support and connect with others in their pain. Tears are a way of bringing people together.

In the honest, heartfelt expression of our

emotions, all of them, whatever they are, we are freed to tap into those inner God-given resources of hope, faith, courage, resilience and so on.

When we have authentically grieved, then we can authentically comfort and encourage ourselves and others – and find our way to a stronger and more resilient way of being in the world. The season turns and we might well find it is soon time to laugh or dance again!

Reading between the lines

To mark Book Week (16-23 August), Kirralee Nicolle, a journalist with the Salvos editorial department, answers two book-related questions as part of a *Salvos Online* column – Three Books (salvosonline.org.au/three-books).

Which is your favourite book in the Bible and why?

I've always loved the pacing and warmth of Hebrews ...

I particularly like the 'by faith' chapter – Chapter 11. It reminds me of the humanity and spirituality of familiar Old Testament figures. It's a book that has carried me through many seasons of life, as a reminder of why the whole Gospel is necessary.

What is a secular book that has revealed to you a Christian theme?

After my first pregnancy ended in miscarriage, I found few places to explore my grief, which felt gritty or empty enough to hold the depth of my



misery. Even though I soon after had my daughter, I was facing my own Ecclesiastes moment, where everything was nothingness.

The only book I found to match this process was *Blue Nights*, by Joan Didion. In it, Didion wades in a nihilistic grief after the death of her adult daughter, Quintana. Didion likens the anticipation of loss to the onset of 'blue nights', the time of the evening towards the end of summer when the light turns blue and fades into black. While this is all very miserable, it was the recognition I needed at the time, which helped me

put words and concepts to something that felt so bleak, so final.

It was from this low point that I began to rebuild my sense of hope and anticipation of good which otherwise would have been stalled.

Something I will always find powerful about literature is its ability to connect us and to humble us. We learn that what we feel is not so unusual or different, and at least for me, it reminds me to open up and say what I mean, because it may just connect with someone else as well.



An occasional column on all things books and reading

BOOK AN ADVENTURE



If there's a primary school-aged person in your house, there's a high chance you've been scrambling to organise a costume for Book Week.

This year's Children's Book Week (organised by The Children's Book Council of Australia) runs from 16 to 23 August, and the annual event notches up an impressive 80 years in 2025.

The 2025 theme is 'Book an Adventure', and across the country thousands of children will be parading in school halls dressed as their favourite book characters to celebrate.

While the benefits of reading with and to kids are well known, reading is hardly child's play. The list of benefits of reading for adults makes a compelling read, too.

For example, research shows that reading fiction for just five minutes can reduce stress by nearly 20 per cent. Studies also show that reading helps

us feel more connected and less alone, increases capacity for empathy, expands vocabulary, improves sleep quality and can help preserve brain health in later life.

And these are just some of the measurable advantages regular readers might enjoy.

The intangible delights of reading, I would argue, are just as salutary.

Books are time machines through history, passports to other places and mirrors to our own brokenness and beauty. The knowledge we can glean from books about the world around us and ourselves is invaluable.

The realms of imagination, make-believe and creative thought that words on a page create are not meant to be left behind once childhoods end. So don't leave Book Week to the kids. Go on — grab a book, make a cuppa, find a comfy chair and 'book an adventure' for yourself.

— **Andrea Redford**

Gardens transform community housing

A Salvation Army community housing program in Victoria is getting a revamp, with a makeover of the surrounding gardens and yard space. The program has acquired new outdoor furniture, plants, and refreshed garden beds.

Staff at the program and from The Salvation Army's Homelessness East Metro team have collaborated with staff at Bunnings Warehouse, who have generously donated plants, outdoor furniture and mulch, and provided practical assistance.

Additionally, local schools have organised groups of volunteers to remove weeds and dead trees. Decisions about the garden project have been made in consultation with residents.

Housing Worker at the site, Duan Qiong, said that the revamped gardens give residents "an outdoor setting [in which]



to stay and enjoy themselves ... Social housing [features] lots of high-rise towers, which lack outdoor space," she said. "Our collective actions not only improve the physical appearance of the property but also strengthen the community's resilience and sense of pride."

New space for Melbourne's refugees

The Salvation Army's Asylum Seeker and Refugee Service (ASRS) has begun operating out of a new facility, where it is better equipped to continue serving the Melbourne refugee community.

The service, which previously operated out of a building in Brunswick, is now located in the Preston Salvos (church) building.

ASRS Manager Major Rod Serojales said the move will provide greater opportunities for collaboration with the local Salvos. The Salvation Army Farsi

Fellowship, which works alongside the service, also operates out of Preston.

"We are moving closer to where people are," Rod said. "The good thing is we can connect them with other services the corps (church) is already [offering]. We can collaborate."

Rod said that down the track, he was excited to offer new classes and groups for clients to join at the new building.

The ASRS had been operating out of the Brunswick location since it began in 2010.

HOW ARE YOU KEEPING TIME?

by James Burns

How many watches do you own – none, one or more? If it's more than one, how many do you wear at once?

Apparently, many celebrities, like footballer Marcus Rashford, and actors Bill Murray and Richard E. Grant, are wearing one on each wrist. Now admittedly, in Rashford's case, one is a gold Rolex and the other a Patek Phillippe, so I doubt that many of us can be quite so ostentatious. Perhaps, as some of these folks are well-travelled, they may have one watch set

to their home country and one to whichever country they find themselves in. Or perhaps they have too much time on their hands. Or should that be wrists?

A time for everything

One very famous passage in the Bible, Ecclesiastes chapter 3, talks about time. It says, "To everything there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die ... a time to break down, and a time to build up; A time to weep, and a time to laugh; a time to mourn, and a time to

dance ... A time to get, and a time to lose; a time to keep, and a time to cast away ... A time to keep silence, and a time to speak."

The passage encourages us to recognise that God has ordained specific times and seasons for every aspect of life. It was turned into a song called *Turn! Turn! Turn!*, which has been recorded by Dolly Parton, The Seekers and The Byrds, to name but a few artists.

I think most of us would find that it's easier to trust in God's perfect timing



when things are going well, but harder when the point of what's happening is not immediately clear to us. That's when we need to cultivate patience and have faith in God. Hard as it is, when faced with uncertainty, we can try to rely on his wisdom and timing, rather than our own understanding.

It's always a good time to think seriously about our relationship with God, and what it means for us to believe in him and his son Jesus.

Ken Blanchard, author of *The One Minute Manager*, said, "Success is all about getting; significance is about giving back.

Surrendering to a vision that is bigger than your own ... to God's plan for your life."

Success or significance?

In his book *Finishing Well*, Bob Buford speaks about the difference between success and significance. Success, he defines as using your knowledge and experience to satisfy yourself with fame and fortune. Significance, however, is using that same knowledge and experience to help others.

Through interviews with 60 successful people in their 40s and older, Buford details how they've gone beyond success to significance. Now, although many of his

interviewees have retired from their businesses, the same principles apply, whatever age they are.

Whether we're approaching retirement or still have many years to go, we all have a calling that will keep us going well beyond retirement. We are never short of opportunities to make a positive, lasting impression by giving back – whether that be time, skills, a listening ear or something else.

What are your plans for using your time and finishing well?

**James Burns is a Salvationist freelance writer from Dunstable Salvos in the UK*



PACKING UP THE PAST

A move, memories and connecting to our stories

by Kirralee Nicolle

I'm currently getting packed up to move house. It isn't just a move up the road, it's to a house 700km away, in a different state.

The last time I moved interstate, it was just me, my decrepit 1992 Toyota Camry and a boot full of disorganised paperwork, clothes and books. Soon after arriving in Melbourne, my car was toast.

This time, the move includes my very organised husband and his Excel spreadsheet with meticulously labelled boxes, two young children

and two cats. Luckily, this time, the car is more likely to last beyond the trip, but my paperwork is still in disarray inside three brightly coloured folders.

After some gentle encouragement from my husband that I should perhaps go through my paperwork and organise it, and some complaining from me, I decided he was probably right.

Past treasures

What ensued was several hours spent sorting through old letters and cards, registration papers for all the various cars that eventually ended up as scrap, and other, at times baffling odds and ends. Most of these were from my early 20s, when I was certain that I had a very detailed grasp on how to live.

Some of my personal favourites included a to-do list with about 25 tasks but only five marked complete, a card from

a friend commiserating over a parking fine and a rap a friend performed at my twenty-first birthday, which repeated over and over that I was "just so young". I really was.

As I pored over the contents of the folders, I was hit with nostalgia, sadness, joy and the sense that I had lived many lives. In the time since, I've lost friends and family to illness, tragedy or drifting apart. I've lost dreams, opportunities and at one point, almost lost my faith.

As other fellow emotionally avoidant types will understand, it was an overwhelming activity on several levels. But another recent experience had taught me to lean in.

People connections

In the midst of the chaos of planning a move, we recently travelled with our children to the USA and Canada. My husband, who grew up overseas,





was due for a reunion with the graduating class from the international school he attended. Together, we spent several days as tourists in Chicago, catching up on a decade of life.

What struck me from it was the rapid passage of time, the complexities of one another's lives and the importance of staying connected to our stories and the stories of those we love. The fact that we would only be together for a few days meant we all dove deep, opened

our lives up and spoke freely in a way which rarely happens in a quick catch-up with a friend.

At the end of the trip, I missed them dearly. We look forward to the next reunion in five or 10 years.

As I sort through piles of belongings, I'm now acutely aware that as time passes, it's important to keep feeling the depths of our love for others and for the versions of ourselves who come and go throughout our lives. It's far too easy to

relegate the parts of our lives we find confronting or overwhelming to our own versions of the three coloured folders.

A lack of time, distance, energy, resources – these can all be good excuses, but excuses nonetheless as to why we fail to keep connecting to the parts of our past that remain meaningful.

Perhaps it's time to pour a cup of tea, open an old folder or box of photographs, and take some time to reminisce.



Chocolate Pecan Pie



Ingredients

Crust: ½ cup butter, ⅓ cup brown sugar, 1 ¼ cup plain flour, ½ tsp salt

Filling: 2 large eggs, lightly beaten; ⅔ cup maple syrup; 1 tsp vanilla extract; ¼ cup brown sugar; 170g dark chocolate, melted; 1 cup pecans

Method

Crust: Preheat oven to 180°C. Grease 25cm pie tin. Beat together butter, brown sugar, flour and salt until mixture is crumbly. Press evenly into bottom of pie tin. Bake for 20 minutes until lightly brown. Cool.

Filling: Beat together eggs, syrup, vanilla and sugar until smooth. Stir through chocolate. Pour into crust.

Place pecans in circle pattern on top and bake for 35 minutes.

Remove from oven and cool. Serve with cream if desired.



Quiz



1. Art Deco is associated with which two decades?
2. What style of painter is Frida Kahlo most often classified as by art historians, although not by herself?
3. Which artist stopped naming his paintings?
4. What is the name of Edvard Munch's famous 1893 painting?
5. What print technique was used to create Hokusai's *The Great Wave off Kanagawa*?

? Did you know?

A study found you are 2½ times less likely to be diagnosed with Alzheimer's Disease later in life if you read regularly.

Abibliophobia is the fear of running out of something to read.



Believe in Good: Tips

22 August – Be an Angel Day

"When we give cheerfully and accept gratefully, everyone is blessed." – Maya Angelou

Be An Angel Day is a day to promote kindness to one another, using kind words and kind actions to help and thank those around us.

Have a laugh

I'm reading a book about anti-gravity.
It's hard to put down.

Which buildings are the tallest?
Libraries – they have the most stories!

Why are writers always cold?
Because of all the drafts.

Where do library books like to sleep?
Under their covers.

When is a green book not green?
When it's read.

Word search

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

Tum-Tum

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

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

Author	Cover	Paper
Bibliophile	Fiction	Plot
Binding	Hardcover	Reading
Biography	Library	Script
Book	Manuscript	Series
Bookshop	Nonfiction	Text
Chapters	Novel	Tome
Character	Pages	Volume

Answers


Quiz: 1. 1920s and 1930s
2. Surrealist 3. Jackson Pollock 4. *The Scream*
5. Woodblock print
Tum-Tum: is hiding behind a box on page 13.



Bible byte

"Give all your worries and cares to God, for he cares about you."

1 Peter chapter 5, verse 7
New Living Translation



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

