

salvos

magazine

RED SHIELD APPEAL 2023

The assurance of a saved seat

Everyone has a place at the table



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FEATURE

Serving
God and
humanity

NEWS

Salvos host
Red Shield
kids camps

MY STORY

On the
brink of
homelessness



RED SHIELD APPEAL 2023

so nobody struggles alone

I collect for the Salvos because ...

"I want to make a difference because walking around the city you see people homeless all the time."

"I'm really passionate about helping youth in this community find their feet, whether that's giving them a leg up at school or helping them make ends meet at home."

"I believe that no one should have to go through a tough time alone."

"The Salvos support a bunch of initiatives which I really resonate with, such as domestic violence, and the mental health of young people."

"I'm really passionate about young people's mental health – that's something that's very important to me and I think needs to be brought to more attention of other people."

"They give back to community and I'm able to see that in my local area and see how they change people's lives."



FOR MORE INFORMATION ON ACCESSING SALVATION ARMY SERVICES, DONATING TO OR VOLUNTEERING FOR THE APPEAL, GO TO [SALVOS.ORG.AU](https://www.salvos.org.au)



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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A place for everyone

The Salvation Army's frontline staff support someone every 17 seconds. This means that in the last year our frontline responded to almost 1.9 million calls for help.

Those seeking support include people of all ages and backgrounds who are struggling in life – facing poverty and the spiralling cost of living, housing insecurity, a sense of hopelessness, or family and domestic violence, just to name a few.

This edition looks at the Salvos' major annual fundraiser, the Red Shield Appeal, which is in full swing across a range of online platforms and physical donation points.

The funds raised through the appeal provide much of the income needed to operate Salvos services, which are seeing a huge increase in demand due to the rising cost of living, social injustice, natural disasters and spiritual hunger.

The appeal's theme this year is 'So nobody struggles alone'.

Your support of the Red Shield Appeal, however small, can help ensure there is help out there for those facing some of their darkest days.

Simone Worthing **Editor**

Serving God and humanity

Red Shield Appeal funds key community service areas

In addition to more than 300 Salvation Army church congregations around the country, the Salvos also focus on six key social and community focus areas.



HOMELESSNESS

The Salvation Army has a long history and strong capacity to respond to the immediate needs of those experiencing, or at risk, of homelessness. While our services and programs vary in offering and size, they are united by a singular vision – by ending homelessness, we transform lives and communities, restoring hope and dignity wherever there is hardship or injustice.



FAMILY AND DOMESTIC VIOLENCE

The Salvation Army is committed to upholding every person's right to be safe, empowered and free from violence. Through early intervention and prevention services, we support survivors and their children to feel safe, while holding perpetrators to account.



YOUTH SERVICES

The Salvation Army's network of youth services offers targeted programs that engage youth across Australia as they transition to independence. These programs include youth homelessness services, driver training, educational programs, drug and alcohol addiction support, youth justice programs, mental health programs, counselling, chaplaincy, advocacy support, creative arts and multimedia.



ALCOHOL AND OTHER DRUGS

The Salvation Army offers a range

of recognised services and programs that enable and support recovery from alcohol, drug and gambling addictions.



STRATEGIC EMERGENCY AND DISASTER MANAGEMENT

The Salvation Army Emergency Services (SAES) has served Australian communities for more than 40 years. Whether it's a natural disaster or a missing person search, SAES volunteers are among the first to arrive on the ground, providing support to victims and emergency personnel on the frontline. The Salvation Army is committed to staying for as long as it takes for local communities to recover.



COMMUNITY SERVICES (MATERIAL AID, COMMUNITY PROGRAMS, FINANCIAL INCLUSION, FINANCIAL COUNSELLING AND POVERTY ALLEVIATION)

Every week, 280 Salvation Army community support services and emergency relief centres assist thousands of Australians experiencing disadvantage. For people facing hardship, these services help alleviate poverty by addressing immediate needs, such as food, shelter, clothing and utility assistance. Additionally, these services connect clients with long-term support services to build capacity and resilience through financial counselling and case management.



Scan here for more information on Salvation Army services

Emergency teams serve flood evacuees

After months of recent flooding in the Northern Territory, Salvation Army Emergency Services (SAES) teams spent six weeks preparing breakfasts for more than 700 people in Howard Springs, south of Darwin, after they were evacuated from remote Indigenous communities.



The Queensland Emergency Services team serving in the evacuation centre.

“SAES teams from NSW, Qld and WA joined the Red Cross, Vinnies and government personnel to work together to meet the needs of the evacuees,” said Major Zane Haupt, the Salvos Strategic Emergency and Disaster Management Coordinator for the Northern Territory.

The Salvos prepared breakfasts and served the lunches and dinners provided by government-arranged caterers.

“We served 45,000 meals over six weeks,” said Zane. “Even though the days were long – 13 to 14 hours – the rewards have been even greater. Bringing smiles to kids’ faces, lending an ear to hear concerns, just being a servant to those in need, have been the richest blessings I’ve received.”

Social housing project taking shape

Tasmanian Government officials and project supporters recently gathered at The Salvation Army’s community housing development site in Moonah for an update on construction progress.

The development will provide 21 affordable housing units for women over 55, the fastest-growing cohort of people experiencing homelessness, and is on track for completion by July this year.

Amelia Natoli, the Salvos Public Relations Manager in Tasmania, explained that the construction was also providing experience for apprentices. “It’s supporting our Tasmanian community in numerous ways,” she said.



An artist’s impression of the new social housing project.

“This is a great example of Homes Tasmania partnering with The Salvation Army and Select Foundation to deliver social housing for Tasmanians,” said Guy Barnett, Minister for State Development, Construction and Housing.

Salvos host local Red Shield Kids Camp

Twenty-nine years ago, Amy attended the NSW Salvos Red Shield Kids Camp at the Collaroy Centre in Sydney. Last month, she sent her sons to a new 'local' version of the camp in Wollongong.

The 42 children who attended the four-day camp last month were from families assisted by the Wollongong Salvos at Christmas or were referred by their local schools. The Red Shield Appeal funded this, and another local camp held at Collaroy, for families needing additional support during the school holidays.



Dragons (Rugby League) staff took the children to the WIN stadium to watch the players train.

"There were many wonderful highlights at both the Collaroy and the Wollongong day program, but, in summary, kids were given a super fun-filled week, people to love and care for them, and they were given a chance to learn about why they are special, loved and how much God loves them," said Lieut-Colonel Lyn Edge, Wollongong Salvos corps officer (pastor).

The Wollongong camp included games, a day at the water-themed Jamberoo Action Park, another day involving



Amy and her son Brax with two Red Shield Kids Camp leaders, Lieut-Col Lyn Edge, left, and Erin Bubb.

players and staff of the St George-Illawarra Dragons Rugby League Club, and a variety of crafts.

Dragons staff came to the Wollongong Salvos to provide valuable life skills advice to the children and then took them to WIN Stadium to watch the players train. The players mixed with the children, signed autographs, put them through football drills and gave them Dragons hats.



The children loved their day at Jamberoo Action Park.

The camp concluded with a Carnivale event, open to all families, community and Salvos. More than 250 people joined the fun and made great connections with the local Salvos.

Helping hands

The unexpected blessings of volunteering

WORDS Heather

National Volunteer Week takes place 15-21 May. Heather, who shares her story below, is one of the Salvos' more than 20,000 volunteers in over 27,000 roles (excluding event and corporate volunteers) who collectively gave more than 6.7 million hours last year. We pay tribute to the selfless and vital work volunteers do in our communities nationwide.

I volunteer in the kitchen at The Salvation Army Brisbane City Temple (BCT) on Wednesdays, when they have their community lunch. I also volunteer at the Salvos Brisbane Streetlevel Mission. It's very rewarding. I wash up there and help serve people. It is a blessing to be involved with BCT and Streetlevel.

I am also involved with Salvos Striders, a running club that Lisa Kroon (Community Engagement Coordinator at Streetlevel) runs. I met Lisa briefly at Christmas when she was giving out running shoes to the homeless.



Heather enjoys volunteering at the Salvos community lunch.

“

I volunteer because I know what it's like to be homeless and have mental health challenges.

”

When I was a child, I went to Sunday school at the Bundamba (Qld) Salvos church and learned about God. I attended for several years and met some lovely people. I did Sunbeams

and Guards, the Salvos equivalent of Brownies and Guides.

All my experiences there were so awesome. One lady made me new clothes when Mum could only get secondhand. An elderly couple always encouraged me, and a lovely group of ladies gave me a lot of support. Then I left – it was just me being a teenager.

A DARK TIME

Fast forward many years and I found myself in trouble. I was homeless and struggling with schizophrenia. My three adult boys recognised that I needed help, especially Christopher, the eldest. They were all there for me. ▶

I doubted God. I wasn't relying on God but on myself. I had a psychotic episode and was going to drown myself. I managed to get out of the water, and a lady took me to the police.

One day while I was sitting on my bed I thought about God. I had always believed in God, except for a few times of doubt, and had tried a few different churches. However, I never felt like I belonged, and nothing was like the memories I had from the Salvos all those years ago.

I wanted to reconnect spiritually with the Salvos. I was very isolated and shy but one day I didn't have enough money left for food. I knew the Salvos would help me, so I called them and they gave me a gift voucher with enough money to last me until my next disability payment.

I started going to church at Brisbane City Temple, sitting up the back and leaving as soon as service was over. A lovely lady, Nicole, started sitting with me and I gradually stayed a bit longer. Now I have the spiritual family that I need. Going to church again was a big step but I haven't looked back.



Volunteering has given Heather an "awesome" new life.

I volunteer because I know what it's like to be homeless and have mental health challenges. I was homeless, couch surfing, and my adult children had to support me. I had exhausted all my resources.

“

Volunteering has given me friends when I had nobody and a home when I was homeless.

”

My mental health case worker encouraged me to apply for disability support. I eventually applied. I receive this support now and it has enabled me to get my own place.

HELPING THE HOMELESS

At Streetlevel, Lisa includes me in all she does. We work with the homeless and vulnerable. I was also able to reach out to someone who was suicidal, giving them contacts and support. I fit in at Streetlevel and do what is needed.

Volunteering has given me friends when I had nobody and a home when I was homeless. I have found a spiritual home back at the Salvos too. I would recommend volunteering – it's a great experience, you get friends you don't expect to have, meet people you don't expect to meet and you give back.

My volunteering experience is awesome, I am excited about life, my mental health has improved, and I am growing spiritually. I have Jesus and friends and officers (pastors) who support me. Life is really awesome.

The assurance of a saved seat

Everyone has a place at the table

WORDS Belinda Cassie

This is not a 'woe is me' kind of thought and shouldn't be read as such. I had a realisation recently. I was at a function, and didn't know a lot of people there. And 'my people' weren't there. You might be wondering what I mean by 'my people', but you have them too. They are the folk who know you – as in really know you. And you know them too. You've shared good and bad and maybe even ugly times together. You've laughed and probably cried together, and walked each other through the stuff that makes life what it is.

So there I was, without 'my people', and as I was trying to find someone in this big room – full of mostly strangers – to sit with that morning, the thought struck me that I couldn't really recall a time when I've had the assurance of a saved seat.

There's no one here thinking to themselves, "Oh I'll just save this seat for Belinda." And mostly that's fine. But let's be honest, it's also not fine. It's exhausting having to ask if there is room for you at the table. Because I think at our core, we all need that assurance that someone cares enough about us, specifically us, that they make sure there is a seat at the table for us.

And if we were all vulnerable and honest, we'd probably acknowledge that at some stage it has stung deeply when we've walked into a space and there doesn't seem to be a place for us. ▶



NEW TABLES

Now here's my second thought. If the reality is that there isn't a seat saved for me, and I feel that, then there is a strong likelihood that a whole bunch of other people have walked into the same room, whatever room they've walked into – physically it won't necessarily be the same 'room' for any of us, but I'm sure you know what I mean – and they've felt the same way.

So, what if I just set up a new table, a table for all the folk who no one is saving a seat for? The solo runners, the ones that don't 'fit', the ones who have been explicitly told there is no seat for them elsewhere, the ones who look a little different and think a little differently and find joy in strange things.


What if all of us who walk into rooms and there is no seat saved for us create our own tables and open them up with saved seats for all the others who missed out on having a seat saved for them? And what if we endeavoured to make sure that there was always at least one empty seat saved for the whosoever who might walk through the door in need of a place to rest?

It'll be rugged. Lonely at times. Probably messy. But you know what, the more I think about it, the more I think I'd prefer to sit with those who were overlooked and forgotten than the fortunate people who always have a place.

A PLACE FOR ALL

In one of the stories in the Bible, Jesus says, "The Kingdom of Heaven is like a mustard seed planted in a field. It is the smallest of all seeds, but it becomes the largest of garden plants; it grows into a tree, and birds come and make nests in its branches" (Matthew chapter 13, verses 31-32, *New Living Translation*).

It's one of my favourite Jesus analogies – that a tiny seed can grow into a tree for the birds to come and find the space prepared for them, to nest and shelter, with branches large enough to provide



shade for all. A tree so big that it also casts a nice safe shadow under which others can take refuge – the ones that don't have brilliant plumage and maybe can't reach as high as others might.

If Jesus described the Kingdom of Heaven like that, as a space for all to find a place to call home, to belong, shouldn't our spaces, our community places, our places of worship, our workplaces, be the same? Shouldn't they all be places in which anyone, regardless of who they are, where they come from, or what their lives look like today, can find a place to belong?

I want to be part of something where the doors are wide open and accessible to all – where everyone, especially those on the margins, know they have a seat at the table.

That, to me, feels a lot like the Kingdom of Heaven that Jesus talked about.

Captain Belinda Cassie is a Salvation Army Officer (pastor) in Victoria.



Scan here for more stories of hope.

On the brink of homelessness

Practical and emotional support turned Georgie's life around

WORDS Georgie

When Georgie found herself struggling financially and on the brink of homelessness at age 51, a surprise call from the Salvos turned her life around.

I've been mentally and verbally abused by all the men in my life. I was raised to be a certain person to appease my father and I married a passive version of him.

I didn't know my worth. I didn't understand emotional healthiness. I didn't know about narcissism. Or gaslighting. But now, with my Christian faith, I know who I am.

“

There were days I literally couldn't leave the house ...

”

I've suffered anxiety since I was about three years old. I've had mental health issues going back over the last 25 years. And I have Level 2 Autism Spectrum Disorder. I only found that out last year, but it explains all the confusion of my whole life.

I love work. I've been working since I was 12. I love independence. I love, love, love, animals! I have so much love to give.

LEFT ALONE

When my marriage ended, my husband went overseas and left me with the house crumbling down. I was falling apart, using

alcohol to cope, and I became sick.

I started having chronic pain and fatigue – so much pain there were days I literally couldn't leave the house, where I was in bed 20 hours a day.

My life became an emotional roller-coaster because I was starting to look at my past and what it meant. I was struggling to pay rent, pay the bills. My landlord wanted me out because the rent they could get in just one night as an Airbnb was more than I paid a week. So, they asked me to leave.

I collapsed in my bed – I knew I was done. I had no one in my life. I didn't know what was going to happen. I thought, “I'm going to be homeless!”



Support from the Salvos gave Georgie the help she needed.

And I then got a call from Sue from The Salvation Army. Someone must have called her and told her about me. She was so welcoming and open. I talked



Georgie now lives near a farm and loves to spend time with the horses there.

to her about everything I was going through. Later that same day she called me back telling me that she'd found me a home! I just broke down, crying and cheering and thanking Jesus.

“

**It's been freeing.
Healing. I have less anxiety.
I'm more confident.**

”

A NEW START

I loved my new home from the start. It's got blue weatherboards – my favourite colour! And there's a farm nearby where I go and feed the horses. It's the smallest place, but I feel like the richest woman in the world because I have a safe, affordable and permanent place to call mine. And I'm as happy as you could ever, ever imagine.

Since then, my whole life has turned around. The Salvos helped me with practical financial help to pay bills, buy meat and vegetables and petrol. That was amazing, but the emotional support and friendship I've had far outweighs it.

I honestly don't have the words to express how much The Salvation Army has changed my life. It's been freeing. Healing. I have less anxiety. I'm more confident. I believe it's helped my mental health too.

I didn't have anyone until Sue came along. She's the angel I'd prayed for these last few years. The support she's given me – physical, practical, mental and emotional – has been nothing short of a miracle. My whole life has been turned around by the Salvos.



Scan here for more stories of hope.

Budget breakfast – shakshuka eggs



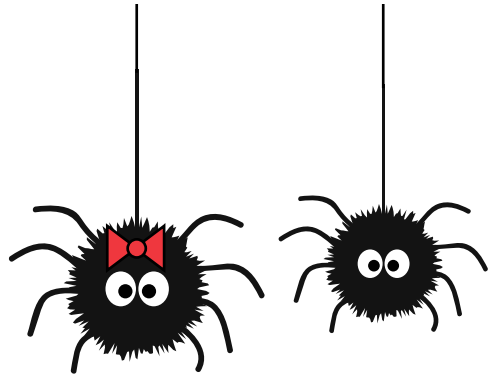
Ingredients

1 small brown onion, 2 cloves garlic, olive oil for frying, 1 tsp cumin powder, 1 tsp dried coriander, ½ tsp chilli (optional), 2 cans crushed tomatoes, salt and pepper to taste, 4 eggs, 1 tbsp oregano, 1 tbsp parsley

Method

- Peel and dice onion and garlic and sauté in a splash of olive oil.
- Add cumin, coriander and chilli and fry for another 30 seconds. Add crushed tomatoes.
- Bring mix to simmer and season with salt and pepper. Make 4 egg-sized wells in the mix and crack an egg into each one.
- Place lid on pan and simmer for around 8 minutes until eggs are cooked.
- Garnish with oregano and parsley. Enjoy!

HAVE A LAUGH



What did the mother spider say to the baby spider?
You spend too much time on the web.

Why is a computer so smart?
Because it listens to its motherboard.

Why did the cookie cry?
Because its mother was a wafer so long.

SIGNING IN



Sudoku

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

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



Quick quiz

1. Which scientist won two Nobel Prize awards and was also the mother of a Nobel Prize recipient?
2. Which European country awarded medals to mothers with large families in the 1920s?
3. Mother Teresa began her mission to the poor in which Indian city?
4. What cake is traditionally made to celebrate Mothering Sunday in the United Kingdom?
5. According to the proverb, what is the mother of invention?
6. Nacre is more commonly known as what?

Tum-Tum



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

Bible byte

"She opens her mouth with wisdom, and the teaching of kindness is on her tongue."
Proverbs chapter 31, verse 26
English Standard Version

Quiz answers: 1. Marie Curie 2. France 3. Kolkata (formerly Calcutta) 4. Simnel cake 5. Necessity 6. Mother of pearl
Tum-Tum: is hiding behind the caption on page 8.

DID YOU KNOW?

Regardless of whether they are left- or right-handed, mothers tend to cradle their babies on the left-hand side of their bodies.

Blue whale mothers produce around 190 litres of milk a day to feed their fast-growing babies, which gain up to 90 kg daily.

Matriphagy, or mother-eating, is found in some species of insects, scorpions and spiders.

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

SO NOBODY STRUGGLES ALONE

*"I used everything I had to
keep us afloat, and in the
end I just broke down"*
- Sharon*

The Salvation Army
provides immediate and
practical support to families
struggling to stay afloat in
these troubled times. Your
kindness will help ensure
no one struggles alone.

*Names changed to protect privacy.



DONATE TODAY



**RED
SHIELD
APPEAL**