

7 Thinking of you
For those who struggle on
Mother's Day

9 Off the Shelf

It's never too early to introduce the classics

12 The 'Barcelona boys'

One couple's gruelling IVF journey



Editorial 3 May 2025

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.





Scan here to connect with The Salvation Army services



Scan here to subscribe to Salvos Magazine.

Founders: William and Catherine Booth

Salvation Army World Leaders: General Lyndon and Commissioner Bronwyn

Buckingham

Territorial Leader: Commissioner Miriam Gluyas

Secretary for Communications and Editor-In-Chief: Colonel Rodney Walters

Publications Manager: Cheryl Tinker

Editor: Simone Worthing Graphic Designer: Ryan Harrison

Cover: Photo by Annie Spratt on Unsplash

Enquiry email: publications@salvationarmy.org.au

All other Salvation Army enquiries 13 72 58

Press date: 11 April 2025

Printed and published for The Salvation Army by Commissioner Miriam Gluyas at Focus Print Group, Chester Hill, NSW, Darug Nation lands.

Thank you mums!

Most mums, mother figures and the women who impact the lives of us all, are very busy and committed people. They often juggle paid work, diverse configurations of family and community life, decisions, appointments, study – and the list goes on. The joys of what they do keep them going, but weariness can be a regular part of the journey as well.

In this edition, we pay tribute to and thank the mums and mother figures who have been by our side in different ways from infancy to adulthood, and who continue to support and influence us today.

We also make special mention of those for whom Mother's Day is not an easy or happy day. Hopefully we can all acknowledge and be kind and supportive to those struggling at this time, even as we celebrate.

Lerisse Smith shares a story about a couple who underwent a gruelling IVF journey to create their family, and in Faith Talk, Lauren Martin writes about creating new rhythms in the busyness of life

Happy Mother's Day!

Simone Worthing

Editor

Forever thankful

Honouring our mothers and influential women in our lives



Today we want to honour our mothers and mother figures. These include mothers, grandmothers, aunties, sisters, godmothers, mentors, friends, teachers, pastors, neighbours and others who mean so much in our lives.

Some of these women have been obvious in

their care and guidance, some more of a support-in-the-background type of person, some don't even know that they have influenced us at all. We have watched and taken note of their behaviour and their words.

These women have loved us, taught us, led us, fed us, and stayed by our

side through sickness, pressures, difficult decisions, unpaid bills and late nights. They have worked hard to make life easier for us, often sacrificed without us knowing. But their small consistent acts of care for us, their support of our choices and celebrations of our small steps forward,

Feature 3 May 2025



have made all the difference in who we are today.

These women have laughed with us, cried with us and mourned with us. They have walked beside us and been an anchor for our lives. They have clothed us, not only with material clothes, but with character traits including

kindness, patience and courage. They have tried to protect us from danger and apathy.

While they, too, have struggled through life, they have remained there for us, not always having an answer but still supporting, encouraging and sharing their own experiences.

Today we want to honour them and take the time to say thank you – your time, patience and love is accepted and appreciated. Today we give back to you our love, praise and appreciation. You are worth far more than words can express, far more than precious jewels. Thank you!

Women of influence

In 2004, I started work at a Salvos church in Western Sydney. There I met two young women, Claire and Sonya, who have influenced and blessed me with their vision, justice, compassion and kindness. They turn vision into action by investing beautifully in the lives of the generations and are leaving an amazing legacy. I'm proud of them and admire them hugely.

- Miriam

My grandmother is a special woman in my life. She taught me resilience and perseverance as she shared stories of being a new migrant and not speaking English when she came to Australia. She taught me love and kindness; through trials, she still was loving and kind and managed to make everyone feel loved. Each of her grandchildren all thought they were her favourite because that's what she said and how we felt, but we knew she said it to all of us and that was OK. We still felt special.

- Joanne

My grandmother was a massive influence in my life. She always stood by me and supported me through everything, either good or bad times.

Even though she has passed, her spirit and legacy live on in our hearts, and our family is always grateful for her advice and guidance in all aspects of our lives.

- Keven

Major Joyce Harmer, known and loved as 'Angel in the Court' had a motto, "Speak to bless, not to impress." She left a lasting impression on my life and that of many others because her words and actions reflected Jesus. Joyce was an authentic woman of God.

- Shelley

I have been fortunate to work under amazing women in leadership who have had an art for balancing strength with compassion.

My wife inspires me and our children daily, encouraging us to grow, make thoughtful choices, and care for the wellbeing of ourselves and our planet.

- Ben

Daphne became a loved friend, mentor and adopted grandparent to our children when we were in New Zealand back in the late '70s. Daphne embraced us with love and kindness, adding us to her own family. We were so grateful to have her help with our very young family of three children.

Daphne had a beautiful, gracious spirit, a cheeky sense of humour, was always up for a laugh and was very down to earth. Through everything, her deep faith in Christ and dependence on the Holy Spirit was always evident. We were so privileged to have her in our lives. We will always remember her with love and thanksgiving.

- Colin and Lyn



Feature 3 May 2025

Thinking of you on Mother's Day

7

- To anyone who has lost a mother or mother figure
- To mothers who have lost a child or children
- To those who have complicated mother relationships
- To mothers with strained child relationships
- To those who have unhealed pain or trauma from their mothers
- To those who had to mother themselves and siblings
- To those who stand in the gap as mothers for others
- To those who have chosen not to be mums
- To those whose mother is far away today
- To those mothers who feel guilty for how difficult they find parenting
- To those mothers who feel pulled in multiple directions
- To mothers parenting through mental illness

- To mothers navigating neurodivergence
- To single mums
- To mothers of children who are ill or hospitalised
- To new mothers struggling to adjust
- To mothers caring for family members across multiple generations
- To those who long to be a mother
- To birth mothers and those who adopted children
- To stepmothers helping bring up stepchildren
- To foster mums caring for kids in need
- To non-traditional mums feeling pressured
- To all mums doing the best they can but not always feeling it!
- To anyone who needs a little extra love and kindness today!



Caring for NICU mums

Launceston Salvos,
Tasmania, recently
donated gift packs to
women with babies
receiving care at
Launceston General
Hospital's Neonatal
Intensive Care Unit (NICU).

The team delivered 20 packs in total, packed by students from Scotch Oakburn College, a Launceston school that regularly supports the work of the Salvos.

The packs included selfcare items such as nail care sets, toothbrushes and toothpaste, moisturiser and hand sanitiser, as well as \$20 vouchers to a nearby cafe.

"These gift packs are a simple expression of care for mothers and families with babies needing neonatal care at this time and have been provided through the generous giving of the Launceston community," said the Salvos leaders.

"A shout out to the amazing team of health professionals who work in this unit and are



↑ Salvos leaders, right, with hospital staff and the gift packs. Image: Supplied.

supporting members of our community through the times when this critical care is needed."

- Kirralee Nicolle

Celebrating 'resilient' women

More than 100 women recently enjoyed a morning of fashion, fun and good food at Parramatta Salvos in Sydney's west, as the church teamed up with their local Salvos Store to host a fashion parade and high tea event.

Eco fashion warrior and stylist Faye De Lanty dressed 10 models, who were volunteers from the church's' weekly craft group. Each wore clothes from Salvos Stores to highlight that you can be stylish without a big price tag and do your bit to divert clothes from landfill.

Many guests at the event had connections with Parramatta Salvos through its programs and support services. Roza Gutschow, community programs coordinator, said the event was "a great sign of a thriving and diverse community, and I am very proud of the wonderful women we get to interact



↑ Parramatta Salvos' Keira models at the event.

with every day and on special occasions like this, celebrate the resilience of all women."

- Lauren Martin

Off the Shelf 3 May 2025

Off the Shelf & Shill

An occasional column on all things books and reading

NEVER TOO EARLY

I have two children, aged 31 and 28, and by the time both had turned 10, I'd read them Animal Farm by George Orwell, The Three Musketeers by Alexandre Dumas, Tarzan of the Apes by Edgar Rice Burroughs, some Sherlock Holmes stories by Arthur Conan Doyle and some Shakespeare.

Note: they don't even remember most of these. Although, recently, my son said that when – as an adult – he read *Animal Farm*, he found it quite familiar. He asked if I'd read it to him and I confessed.

I hasten to add that I also read my children copious amounts of children's books, and my children were well versed in the adventures of Spot the dog, Grug the caveman, Winnie-the-Pooh and Hairy Maclary.

Impact of reading

When a child is under one year old and falling asleep, often they just want to hear the quiet sound of your voice. If that's the case, I figured, it might as well be while I re-read *Hamlet*.

Between one and five, there are children's



versions of classic books available in all good bookshops. For example, the Little Golden Books version of *The Three Musketeers*.

Once the child is at primary school, the mind starts to open up to the notion of critical thinking ('Why do you think Tarzan did that?') and you can read books that stimulate their thinking. Note that sometimes, and this is important, I would 'edit' as I read to them. Tarzan didn't hit the man with a rock and kill him, he "bonked him on the head and he lay down for a sleep".

I also purchased 'Bibles' for my children from when they were babies and throughout their childhood. By Bibles I mean books like *My First Book of Bible Stories*, which has thick board pages and is only 24 pages long. It tells some stories of Jesus and how he helped and loved people.

Great stories are great stories. They are timeless. So, start your kids early and talk to them about what they're reading. Everyone loves a page-turner! **– Mal Davies**

ENOUGH IS ENOUGH

Creating new rhythms in the busyness of life

by Lauren Martin

Time is a funny thing, isn't it? It can feel fast or slow. It can frustrate us in times of waiting or bring us great joy when things fall into place 'just at the right time'. Our God is timeless yet holds all of time in his hands. It blows my mind.

During the COVID outbreaks and lockdowns we lost so much, yet many of us gained the gift of time. Time to ponder, time to invest in ourselves and our relationship with God, time to re-align our priorities when so much of the 'stuff' that usually sat in our calendars was stripped away. (I want to recognise though, that for our dedicated essential workers this was not the case.)

Cultural norms

Now, that period is over, and it often seems like the pace of life in our modern world has not just returned to 'normal' but increased. Intentions and new rhythms we created are, for some of us, slipping away, lost in the cultural norm of 'busy'.

For most of my Christian

life. I have wrestled with God about the issue of time. I would joke that I often prayed that God would give me more hours in the day. A request that was never granted! I knew that the more things I stuffed into my calendar, the less time I had to hear God's voice. But the demands of life, and the desire of my heart to 'love others well', 'fulfil the demands of my job', to 'be there for people', and 'be a good mum', 'good wife', 'good friend' (the list goes on), overwhelmed the underlying truth that God says: enough is enough.

Do you ever feel 'disconnected' in one of the most 'connected' periods of human history?

Disconnect from God happens at various stages in our lives, for all different reasons in all different seasons. Some people call it a 'wilderness' experience, likening it to the Israelites in the desert because they had lost touch with their identity and calling. It can also happen when we are

so busy doing 'all the good things' that define our earthly roles as mother, father, disciple, friend, husband, wife, partner and more, that we don't even realise we have also lost touch with our true identity and calling.

"Enough is enough," says God.

Intimacy with God

We are enough, just the way we are. Psalm 139 tells us that. God's deepest desire is not for our calendars to be full of good deeds, but for intimacy with us. Jesus emphasised this when he responded to the pharisees' question about the greatest commandment. Loving God comes first, loving our neighbour flows from that. Putting first things first means entering intimacy with God, and allowing that to change us, mould us and guide us - and our schedules. Jesus showed us a life of intimacy with God during his time here on earth and consistently invited us to follow him in living that kind of life.

Faith Talk 3 May 2025

In Psalm 23, David reveals the fullness of life that comes when we take the time to follow him into deeper and deeper levels of intimacy.

Earlier this month. I took the time to attend a two-hour prayer meeting that a group of my colleagues attend every week. "Two hours!" I thought, "Every week! How do they fit that into their busy Salvation Army ministry schedules?" I felt curious and drawn to experience this practice that they had been faithful to now, for five years. Wow. I came away from those two hours feeling lighter, refreshed, more centred and focused. No wonder they had told me that blocking that time into their diaries actually enhanced rather than reduced their productivity.

God says to us that we are enough. The question is, do we believe it? Are we trusting and brave enough to say "enough is enough' to our busy schedules and take the time to enter into deeper intimacy with him? That's the challenge I have accepted.



The 'Barcelona boys'

A gruelling IVF journey leads to hope and joy

by Lerisse Smith

When Rhiannon and Dale Nicholls from the Sunshine Salvos in Victoria fell in love and married, they never imagined the gruelling 10-year fertility journey that would follow.

Having met on a blind date, Rhiannon and Dale quickly realised they shared a deep love and a dream of having children. However, Rhiannon's Polycystic Ovary Syndrome (PCOS) and endometriosis posed significant hurdles. They began their IVF journey in 2014, hopeful for quick success. But, after nine unsuccessful cycles in two years, doctors advised them to consider egg donors.

A glimmer of hope emerged when Rhiannon's cousin, Tara, generously offered donor eggs, but the transfers failed. Their doctor then recommended travelling to Barcelona, Spain, where anonymous egg and embryo donors were plentiful. It was a potential breakthrough they so desperately needed.

Subsequent trips brought much hope but also challenges. In July 2017, Dale was made redundant, and one Barcelona trip and two Spanish egg donors yielded no success. The couple travelled to Spain, enduring financial strain and personal hardships, but each attempt ended in heartbreak.

Full arms

However, in December 2017, Rhiannon took a bold step – she returned to Barcelona with her mother for another embryo transfer. That Christmas, a pregnancy test revealed the miracle they had long awaited. Eight months later, in August 2018, Drew Nicholls was born, filling their lives with indescribable joy.

"They held him up for me to see him," recalls Rhiannon. "Then Dale cut the cord. They placed him on my chest, and for once, my arms didn't feel empty. This was my baby. I was finally someone's mum. Your heart just fills up, it just overflows. It was a lot of relief. I felt like we made it."

Dale added: "Whatever happened from that point, we had a baby!"

Their dream of expanding their family remained strong. In 2020, Rhiannon learned the Barcelona clinic had a sibling embryo for Drew. However, COVID-19 restrictions made travelling impossible, and when they finally returned in 2022, they were devastated to learn the embryo had not survived. They pursued another transfer, but it too was unsuccessful.

Hope came from an unexpected source – a coworker who had faced similar fertility struggles. After consulting new specialists, tests revealed Rhiannon had undiagnosed celiac disease, affecting her fertility. Following a strict gluten-free diet and immune treatments, her doctor encouraged one final attempt.

In March 2024, they made

My Story 3 May 2025



We have gone through so much ... but the joy of seeing our boys together makes it all worth it.

Sunshine Salvos couple Rhiannon and Dale Nicholls with their beloved boys, Drew and Aidan.

another trip to Spain for an embryo transfer. Ten days later, they received the news they had longed for – they were expecting again. Despite health challenges during pregnancy, Aidan Joseph Nicholls arrived safely, completing their family.

Cherished gift

Rhiannon and Dale remain deeply grateful to their families and community for their unwavering support. Parenthood, though exhausting, is a gift they cherish every day.

Unwavering love

Their sons, affectionately called the 'Barcelona boys', will grow up knowing the

extraordinary journey that brought them into the world. They will support their sons and DNA testing if they want to search for siblings in their later years. Rhiannon has even written a book to help Drew understand his origins, emphasising honesty and love in their family.

Reflecting on their struggles, Rhiannon acknowledges the emotional toll of infertility, from failed cycles to the anxiety and depression she endured. At her lowest point, she even urged Dale to leave and find someone who could give him children. But

his unwavering love kept them strong: "He was my rock. Without him, I would not have made it."

Now, as they embrace the chaos and joy of parenting, the Nicholls family looks forward to a future filled with love, laughter and endless gratitude. Their story is a testament to resilience, proving that even in the darkest moments, hope and perseverance can lead to extraordinary miracles.

"We have gone through so much," they said. "But the joy of seeing our boys together makes it all worth it." Taste of Life Salvos Magazine

Cheesy Southern Potatoes



Ingredients

2 ½ cups chopped potatoes, ¾ cup grated cheddar cheese, ¾ cup chopped bacon, ½ cup chopped onion, ½ cup mayonnaise, salt and pepper

Optional: Add capsicum, tomatoes or mushrooms

Method

Pre-heat oven to 165°C.

Mix together potatoes, cheese, bacon, onion and mayonnaise with salt and pepper in a large bowl.

Transfer to greased 20cm baking dish. Bake for $1\frac{1}{2}$ hours until potatoes are tender.



Believe in Good: Tips

"We must find time to stop and thank the people who make a difference in our lives."

- John F Kennedy

Remember to thank all the women in your life, especially this week.



Quiz



- What does the word 'koala' roughly translate to?
- 2. How do koalas get most of their water?
- 3. What is a baby koala called?
- 4. How long do koalas spend sleeping?
- 5. What do koalas eat?
- 6. How many babies can a mother koala raise at once?
- 7. How big is a joey when it is first born?



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

Take Five 3 May 2025

? Did you know?

The first modern comic book, *Famous Funnies*, was published in 1933.

One of the first comic book superheroes was Superman, first published in 'Action Comics #1', in 1938. This 10c comic book is now one of the rarest and most valuable comics in the world, with one copy selling at auction for over \$6 million

Stan Lee, one of the best-known writers in the comic book world, co-created many of Marvel's most famous superheroes, including Spider-Man, the X-Men, the Fantastic Four and the Hulk.

Answers

Tum-Tum: is hiding behind the books on page 9.

Quiz: 7. No water. 2. By eating eucalyptus leaves. 3. A joey. 4. Up to 20 hours a day. 5. Plants. 6. One. 7. The size of a jellybean.

ε	9	ŀ	8	Þ	L	6	2	g
Þ	8	G	2	9	6	ŀ	3	7
2	6	Z	9	ŀ	3	9	Þ	8
8	1	2	Þ	G	9	3	Z	6
6	9	9	Z	3	2	Þ	8	ŀ
Z	Þ	3	ŀ	6	8	2	9	9
1	2	6	3	8	G	7	9	Þ
9	Z	8	6	2	Þ	g	ŀ	3
G	3	7	9	L	1	8	6	2



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

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

25

AHave a laugh

What happened when Iron Man teamed up with the Silver Surfer?

'sko||e owepape Apu|

Why was baby Superman the only child at the playground?

"peannbey uoisinading, 'pies ubis ay I

Which superhero hits the most home runs?

Batman.



Bible byte

"His mother continued to store these memories like treasures in her heart."

Luke chapter 2, verse 51 The Voice Translation



YOU CAN BE THE HOPE PEOPLE NEED

Right now, the housing crisis is pushing thousands of Australians into desperate situations. So many families are facing the heartbreaking reality of homelessness. Your support for the Red Shield Appeal can help provide emergency shelter, secure stable housing, and offer vital support to families during their toughest times.

Where there is fear, you can **be the hope** people need.

"I really don't know where we would be if we hadn't walked into the Salvos that day. When we got into the house, I just cried." – Rachel*

*Names changed to protect privacy.



Donate today.

salvationarmy.org.au/rachel

