



Salvos

M A G A Z I N E



Here to help

Salvos giving hope during COVID-19 crisis

Print Post-Approved PPI000001474

JESSICA NICOL / TIMES NEWS GROUP

Although the world is full of suffering,
it is also full of the overcoming of it.

Helen Keller (1880-1968)

US advocate for the blind and deaf, author and activist

A new perspective

A letter from the leaders of The Salvation Army in Australia

Who could ever have imagined, even just a few months ago, that we would find ourselves — and indeed our world — living in these unprecedented circumstances? We live in a global community where everything is within reach and yet we are no longer able to step outside our own country, or state — and for some, even our own homes.

A deep sense of fear and confusion is gripping many as this COVID-19 pandemic continues to isolate us and creates a sense of uncertainty: will we lose our jobs; will we have enough food; will our finances stretch; will being separated from family and friends cause us to lose our relationships? Such fears are real and can cause us to feel that there is no hope.

However, Salvos strongly believe there is always hope and that is why every time we get the chance we work for the benefit of all. It is our relationship with Jesus Christ that compels us to do all we can to bring kindness, goodness, stability, peace and joy — in effect, hope — to every person and every situation. And his love is the powerful ingredient that enables each of us to embrace a new hope-filled life perspective.

The fact that you are reading this *Salvos Magazine* means that either you have reached out to The Salvation Army or we have connected with you. Salvos are keen to keep this connection and journey with you during this time so that your hope keeps growing. If you don't already have a Salvation Army contact point, please go to our website salvationarmy.org.au where you will see a section titled **Find the Salvos near you**.

As you work through your feelings and thoughts, we pray that your isolation will bring you into new or deeper relationships and that you will allow the love of Jesus to turn fear into hope and faith.

Commissioners Janine and Robert Donaldson



Commissioners Robert and Janine Donaldson are the leaders of The Salvation Army in Australia.



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.

Salvos Magazine

Editorial ph. (03) 8541 4562

Enquiry email warcry@salvationarmy.org.au

All other Salvation Army enquiries 13 72 58

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 others.org.au

Finding strength in times of crisis

DR CATHERINE PHILPOT

I don't think I'm alone in feeling like 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.

"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

PHOTO BY KYLE JOHNSON ON UNSPLASH



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 that threaten, 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.

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 Jnr 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.

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 improves reasoning and resilience. Social distancing will bring distress, but we can still have relationships. Now is a good time to be creative and 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 people of faith 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 (Harold G. Koenig,, Michael E. McCullough, and David B. Larson. Handbook of Religion and Health. [New York: Oxford University Press, 2001]).

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.

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

Online resources: [psychology.org](https://www.psychology.org); [beyondblue.org.au](https://www.beyondblue.org.au); [lifeline.org.au](https://www.lifeline.org.au); [actmindfully.com.au](https://www.actmindfully.com.au)

Salvos here to help

LYN EDGE

During the recent bushfires, the word 'unprecedented' was often used. Little did we know a seismic crisis was just ahead, not only for Australia but for the world. This has truly become the word of the year for 2020.

In these unprecedented days The Salvation Army is committed to playing its part as we respond to the impacts of COVID-19. We are seeing impacts on people previously vulnerable as well as a growing number of newly vulnerable Australians.

The Salvation Army will continue its primary service delivery in areas including Homelessness, Aged Care, Alcohol and Other Drug Addiction, Youth, Family and Domestic Violence, Emergency Relief and Financial Counselling. These programs are being adjusted to maintain our services whilst adhering to government and health advice.

The Salvation Army also remains fully committed to supporting those affected by drought as well as the 2019-20 bushfires. This is primarily being done using technology, with personnel assisting individuals and families over the phone or online.

New ways to serve are also being explored to adapt to our times and ensure we reach out to those experiencing hardship or injustice. One new way

we are serving is to work with governments and other agencies to support the delivery of essentials packs to those in self-isolation who do not otherwise have support to obtain necessities (see box).

Yes, there is anxiety and isolation today, but there are also stories of hope, of connection, of kindness and love. We celebrate those stories and join with all Australians in ensuring a better tomorrow.

The Salvation Army chooses and is committed to hope today.

Points of contact

- Your local Salvation Army.
For contact details go to: salvationarmy.org.au/locations
- Salvos Moneycare Financial Counselling:
salvationarmy.org.au/need-help/financial-assistance/covid-19

Individuals, please call 1800 007 007 (National Debt Hotline).

Small businesses, please call 1800 413 828.

Government helplines

For information and referrals to a range of agencies, including The Salvation Army, for assistance, contact:

National	National Coronavirus Helpline	1800 020 080
QLD	Community Recovery Hotline	1800 173 349 or 13 43 25 84
Victoria	Coronavirus hotline Dept Health and Human Services	1800 675 398
South Australia	National Coronavirus Helpline	1800 020 080
Tasmania	Health Service	1800 671 738
Western Australia	Public Health Information Hotline	1800 004 599
Northern Territory	COVID-19 hotline	1800 008 002

Church online at the Salvos

If you'd like to join the Salvos at online church, check out the following links. All times mentioned are local times.

North Brisbane Salvos

nbc.salvos.live

9:30am Sundays.

Wollongong Salvos

youtube.com/wollongongsalvos or
facebook.com/wollongongsalvos

10am Sundays.

Launceston Salvos

salvationarmy.org.au/launceston

10am Sundays.

Ingle Farm Salvos South Australia

facebook.com/inglefarmosalvos

Available from 6am Sundays.

Perth Fortress Salvos Western Australia

facebook.com/perth.fortress.corps

10am Sundays.

Craigieburn, Victoria

facebook.com/craigieburnsalvos

10am Sundays.

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

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 Salvos' magazine is Tum-Tum hiding?



Answers: 1. 18 litres per person.
 2. New Zealand, the USA, Australia.
 3. Chocolate. 4. 50. 5. Those over 55.

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

Quick quiz



1. On average, how much ice-cream do Australians eat annually?
2. Which countries are the top three consumers of ice-cream?
3. Which flavour came first, chocolate or vanilla?
4. How many licks does it take to get through a scoop?
5. Which age group consumes the most ice-cream?

A prayer for the world

God, today we pray for the millions of men and women globally who are suffering in countless ways due to the coronavirus. Many of them are unknown to us, but known intimately

by you. We pray that you would meet them in this time of need and fill them with an inner peace that can only be found in you. Be their supernatural provider, healer and comforter. Amen.

kid zone

COMIC:
THE POOD MAN
 page 2

FIND CK!
HE'S HIDING
inside!

Let's be kind to ourselves
 and kind to others

**YOU
 GOT
 THIS!**

MAKE YOUR OWN
 page 5

KINDNESS
CONNECT

EATS
 page 6

THE SALVATION ARMY

THE GOOD SAMARITAN

by Rod Allen

Jesus told a story to a crowd of people.

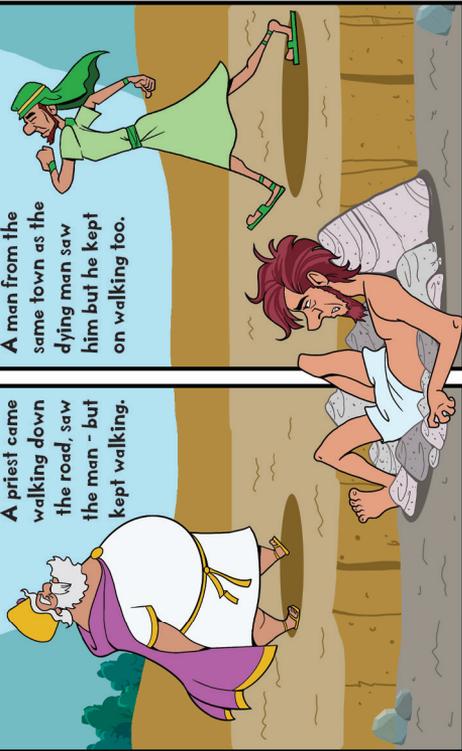


It was the story of a man who was attacked by a **ROBBER!!!**



The robber beat him, took his belongings and left him close to death on the side of the road.

A priest came walking down the road, saw the man - but kept walking.



A man from the same town as the dying man saw him but he kept on walking too.

But a Samaritan from another town saw him and felt sorry for him.



He bandaged his wounds, placed him on his donkey and took him to an inn where he took care of him.

Jesus then asked the crowd, "Which of these three men was a neighbour to the man who was hurt?"



"The one who took care of him," replied the crowd. Jesus said, "Yes. Now go and do the same."



END

SAMUEL'S MEGA BIBLE PUZZLE!

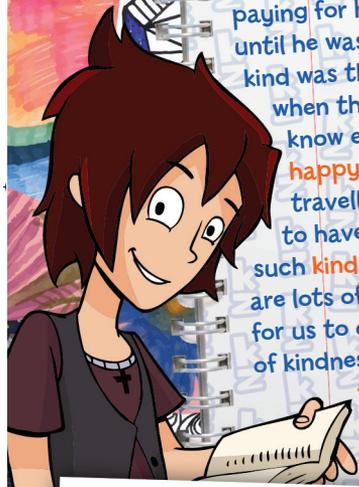


Can you find all the words highlighted orange in the wordsearch below?

In our Bible story on page 2, Jesus told the story of the Good Samaritan, who helped a traveller who was attacked by robbers.

The Good Samaritan put bandages on the injured man and took him to a place to get medical care, even paying for him to stay there until he was better. How kind was that? Especially when they didn't even know each other! How happy and grateful the traveller must have been to have someone show such kindness to him. There are lots of opportunities for us to do random acts of kindness, too, if we look for them — they can be as simple as being friendly to a new kid at school or helping bring the grocery shopping inside — the list is endless! “Do for other people what you want them to do for you” (Luke chapter 6, verse 31).

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



friendly to a new kid at school or helping bring the grocery shopping inside — the list is endless! “Do for other people what you want them to do for you” (Luke chapter 6, verse 31).

COUSIN KOALA



BoD

Jamie's Little Book of Kindness

Jamie munched on one of the yummy chocolate chip biscuits he and Nana had just made. It was still warm, so the chocolate was runny and delicious. Nana smiled at him.

"It looks like you're enjoying that. I think my friend Nancy will like them too," she said.

"Why are you giving some to her?" Jamie asked.

"She's been going through a bit of a sad time, so I thought I'd make her some," Nana explained. "When you're feeling upset, it's nice to know people are thinking of you."

Nana took a small notebook with a flowery cover from her kitchen shelf and started writing in it.

"What are you doing Nana?"

"I'm writing in what I call my 'little book of kindness'," Nana answered. "In it I put the names of people I know who need a bit of a helping hand or encouragement, and write ideas of what I can do to help them. I used to find that I would mean to do something, then would forget all about it. Writing it down is a good way for me to remember."

She showed Jamie what she had just written. "This says 'Pray for Jessica. Her school exams start today.'"

"Who's Jessica?"

"She's a lovely young lady at my church," Nana said, "Later today I'll send her a little card to let her know I'm thinking of her. Exams can be a very stressful time."

"Does it take a lot of time to do the stuff for people you write down in your book?" Jamie asked. He could see Nana's book was full of names and notes.

She smiled. "Not at all, sweetheart! Being kind

to someone can be as simple as calling in to have a cup of tea, or making an extra batch of bikkies like we did today. It's the thought that counts."

Jamie thought about Nana's 'little book of kindness' over the next few days. He phoned her to tell her he was starting his own 'little book of kindness'. He'd found an empty notebook

and was ready to start.

"But how do I find people to be kind to?" he asked her.

"Don't worry Jamie, dear, they'll find you," Nana said.

Jamie wasn't so sure about that as he headed off to school. But almost immediately he found it was true. Before he was even halfway down the street, he met up with Cassie who was in the grade below him at school. She was struggling with her school bag.

"What have you got in your bag?" he asked.

"My school project. We had to make a volcano and I made mine out of clay and it's soooo heavy. Mum works on Tuesdays, so couldn't drive me," Cassie said.

"Let me help." Jamie took one of the handles and they carried it to school between them.

At lunchtime, Jamie's friend Dean groaned when they went to their bags to get their lunches. "Oh no! I left it on the kitchen bench."

"Don't worry, I've got heaps so you can share mine," Jamie said.

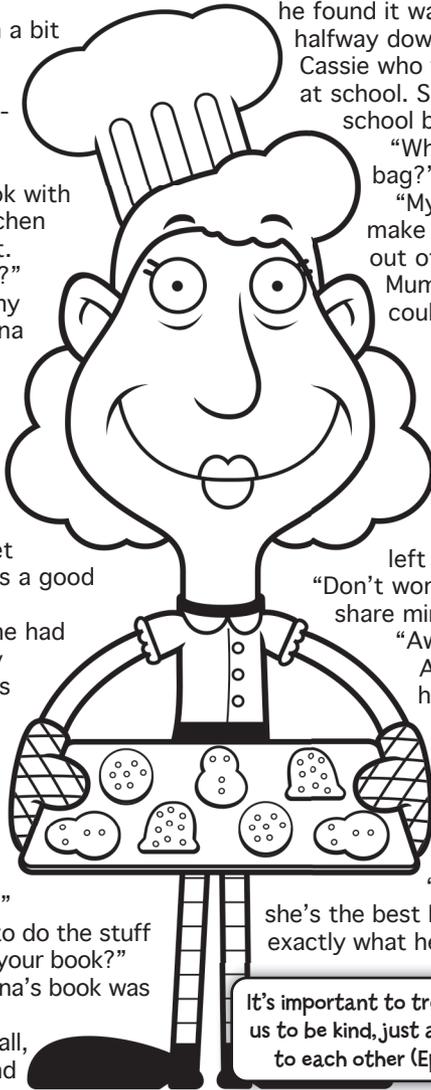
"Awesome! Thanks!"

As Jamie was walking home, he realised that what Nana said was true; there were lots of ways to be kind.

Then he had a great idea. He ran into his bedroom and got his 'little book of kindness' out and wrote

'Make Nana a card to tell her she's the best Nana in the world.' And that's exactly what he did.

By Faye Michelson



It's important to treat other people well. God wants us to be kind, just as he is to us. "Be kind and loving to each other (Ephesians chapter 4, verse 32).



KINDNESS CONFETTI

WHAT YOU NEED: poster paper in different colours, a jar (around 500ml size), coloured textas, sticky tape, scissors

DIRECTIONS:

1 For the label, take some white paper and cut out a square or rectangle shape that will fit on the jar. In the centre, write 'KINDNESS CONFETTI' in biggish letters in black or blue texta. Decorate around the words with different coloured confetti circles.

2 Sticky tape the label to the jar.

3 Cut out lots of square and rectangle shapes from different colours of paper (you want at least 20). Make them large enough to write a message on (at least 4 or 5 cm).

4 On each of the coloured shapes, write an idea for a random act of kindness or a kind message that you can give to someone else. Here's a few ideas: 'Thanks for making me smile today', 'Thank you for helping me', 'God loves you!', 'Have an awesome day', 'You are important', 'Thanks for being you' ... you get the idea!

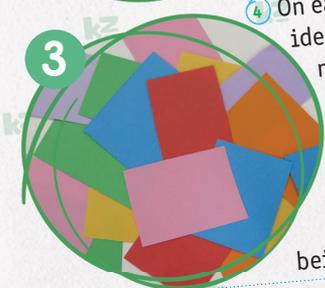
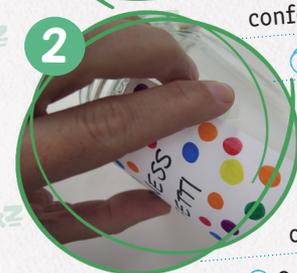
5 Once you've filled up the jar with kindness confetti, you can pull out a card at random and either do what it says or choose someone to give a kind message to.



HEY CRAFTY CREW!

Kindness is about much more than simply being 'nice'. Kindness is powerful stuff! When we're kind to someone, we show that person that they matter. That we believe they are worth helping, worthy of being smiled at or hearing a kind word of encouragement. And when we act kindly, it affects us too. The Bible says "Whoever goes hunting for what is right and kind finds life itself – glorious life!" (Proverbs chapter 21, verse 21).

Use your kindness confetti to let someone know they're important, let someone know you're grateful for them. You'll make their day – and probably yours as well!



EATS

WITH CHEFFY!

I'M MAKING... DOLPHIN BANANAS

what you need:

An adult's help, a banana, apple, blueberries, black texta, cup

directions:

1 With an adult's help, use a sharp knife to cut the banana in half. Then cut through the stem to create the dolphin's mouth.

2 Peel the 'bottom' half of the banana and slice into chunks. Place chunks in cup.

3 Take a slice of apple and carefully cut off a fish shape piece. Open the banana stem and place the 'fish' in the mouth.

4 Use a black texta to draw eyes on the dolphin.

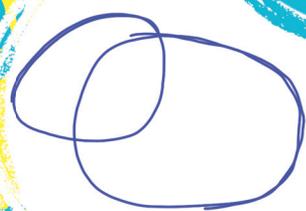
5 Place the banana dolphin in the cup on top of the banana chunks, then fill the cup around the dolphin with blueberries.



**DRAW
with
ROD**



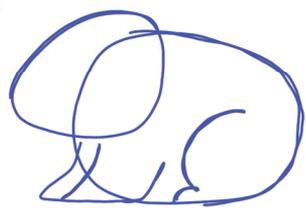
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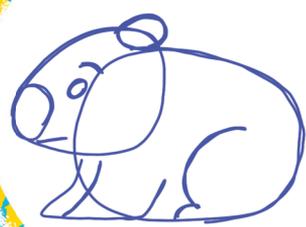
1. Draw a large oval for the body and smaller oval for head.

2

2. Add two front legs and semi-circles for back leg and foot.



3



3. Add a large oval nose, ear, eye and mouth

4

4. Finally add fur to your wombat and colour it in.





Top 10 Tips for a healthy mind

kidzonenmag.com.au

Kidzone has its own website and it's awesome!

Visit the Kidzone characters, check out the latest copy of the mag, add your name to the birthday list, play games and so much more, all from the Kidzone world, online!



International Headquarters:
101 Queen Victoria Street, London, EC4P 4EP. General Brian Peddle.

Australia Territory: 95-99 Railway Road, Blackburn 3130. Commissioner Robert Donaldson, Territorial Commander.

WANT TO GET IN TOUCH?
We'd love to hear from you...

- ✉ The Editor, Kidzone, PO Box 479, Blackburn, Vic., 3130
- ☎ (03) 8541 4563
- ✉ kidzone@salvationarmy.org.au
- 📘 facebook.com/kidzonemagazine
- 🌐 www.kidzonemag.com.au

Founder: William Booth
Editor: Cheryl Tinker
Assistant editor: Kelly Powell
Writers: Faye Michelson, Andrea Redford
Graphic designer: Aaron Mills
Senior illustrator: Rod Allen

ANSWERS

Hidden CK: page 7. Grid 1t: a: f6, b: d1, c: e6. Find it: 7 and 9. Maths Maze: Sam Puzzle: Kriss Kross: Visudoku:

10 Share what you're feeling. Don't keep things bottled up. Find someone to talk to about something that is worrying you. Sometimes just talking it out helps!



9 Stay active! Burning up some energy is a great way to let go of a bit of tension.



8 Express yourself! Have a laugh about something — anything! They say laughter is the best medicine. Have a cry when you feel like it. Sometimes a good cry can make you feel better.



7 Do a quiet activity like colouring, knitting, a puzzle, etc. These activities take focus and can help calm the mind.

6 Eat well

Good food is great medicine. Stay away from really sugary or salty foods. Takeaway is okay sometimes but there is nothing like fruit and vegies for feeding the body and the mind!



5 Breathe Take some deep steady breaths. Putting a bit more oxygen into the body can help you relax.

3 Do something that makes you happy, e.g. listen to music, do some art, work on your ball skills, go for a run.



4 Give yourself a pep talk Be kind to yourself. Tell yourself that you can do it.

2 Think of something each day that you are grateful for.

1 Pray! God is always listening — you are not alone.



Help Amber make her way out of the maze. Make a path by drawing a line through boxes that have the sum of either 7, 11 or 17.

maths maze

10 + 1	14 + 3	3 + 8	10 + 8	14 + 5	
1 + 6	12 + 2		9 + 3	16 + 1	
5 + 2	6 + 11	12 + 4	3 + 3	6 + 1	15 + 2
11 + 1	2 + 15	2 + 9	3 + 16	4 + 3	7 + 7
12 + 1	1 + 8	6 + 5	1 + 5	3 + 14	8 + 7
14 + 2	5 + 9	6 + 1	9 + 8	4 + 7	10 + 8



grid it



Note: some squares may be rotated.

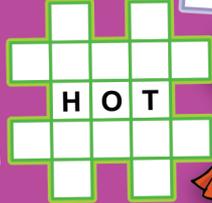
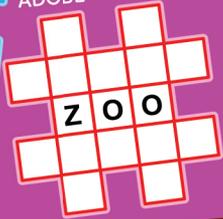
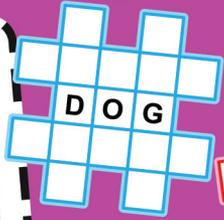


Can you work out the coordinates of the small squares which are taken from the big picture?

kriss-kross

Fill in the grids with the words:

- FOG
- LOT
- NOB
- TON
- ADOBE
- ALLOW
- ALTER
- ATTIC
- AUDIO
- CANDY
- DIGIT
- FIFTH
- HOBBY
- KAZOO
- MINUS
- NIHL
- PETAL
- ROYAL
- TUTOR
- VOGUE



find it

How is it done?
Which two pieces were used to produce the pattern 5?

To solve this puzzle each 3x3 box, each row and each column must contain nine images.



visudoku

