

NEWS

'Pods' assist bushfire victims

FAITH TALK

A step outside

MY STORY

Finding hope in a new land

Back to basics

As the world struggles to adapt to the ongoing changes brought by COVID-19, we take a look at the importance of investing in what really matters most.

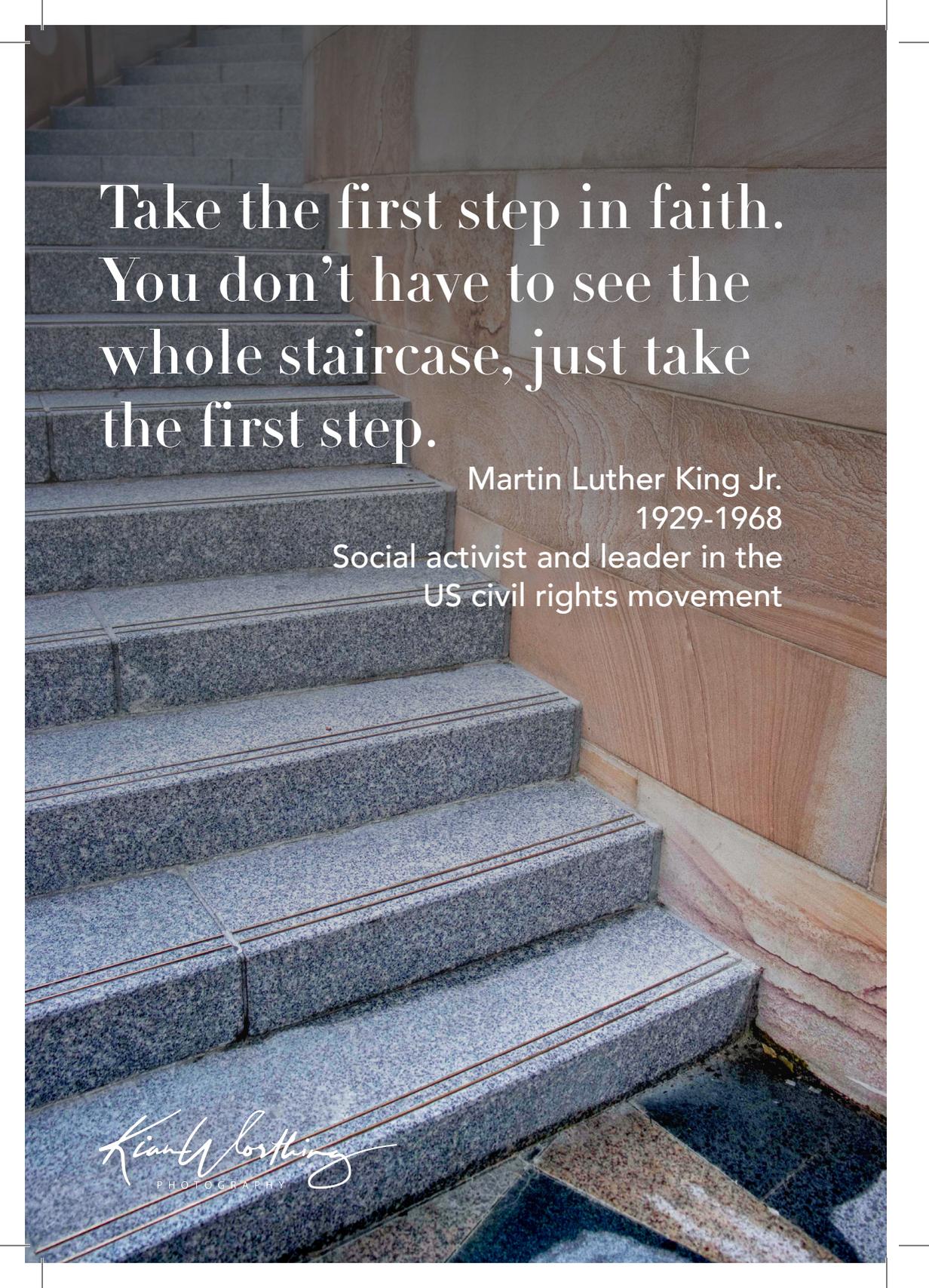


SALVOS

MAGAZINE



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Take the first step in faith.
You don't have to see the
whole staircase, just take
the first step.

Martin Luther King Jr.
1929-1968

Social activist and leader in the
US civil rights movement

Kianth Worthing
PHOTOGRAPHY



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

Salvos Magazine

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salvosmagazine.org.au



An unchanging message

Welcome to our newly-named Salvation Army publication – *Salvos Magazine* – coming to you from your local Salvation Army, your local Salvos Stores or your friendly Salvo chaplain.

We hope and pray you will find articles and stories in this issue engaging, encouraging, thought-provoking and helpful, wherever you are in life today.

Along with this publication we also have a new mobile site – salvosmagazine.org.au and the QR codes throughout this magazine can take you from here to there almost as quick as a flash.

Life has dramatically changed since we suspended printing our formerly-named *Warcry* magazine in April this year due to the COVID-19 pandemic. Social distancing, extended handwashing, working from home and ongoing hardships for so many are our current reality.

Replacing *Warcry* with *Salvos Magazine* at this time does not change our message of practical help, hope, encouragement and personal transformation through the love and power of Jesus. Our message remains the same. Jesus remains the same. Always.

For more information, visit our mobile site, or go to salvationarmy.org.au

Lieut-Colonel Laurie Robertson **Editor-in-Chief**

Welcome to Salvos Magazine

Introducing a new name and additional features

WORDS

THE SALVOS MAGAZINE TEAM

The Salvation Army in Australia has been publishing this magazine, formerly called *Warcry*, since 1883.

For several years it has grown increasingly apparent that the name *Warcry* is no longer relevant to new generations of Australians and our diverse, multicultural society. After much research and broad discussions among a wide range of people, the name has been changed to *Salvos Magazine*.

The magazine content will be similar to *Warcry*, with its focus on the work and services of The Salvation Army, inspiring personal stories of transformation and thought-provoking articles on faith and issues impacting our nation.

This content will be supported by a new mobile site: salvosmagazine.org.au

Through the QR (Quick Response) codes that you will see in *Salvos Magazine* mainly at the end of each article, readers can access digital content on this site.

The QR code will link to a page that relates to the topic addressed in the article. Readers



can then navigate to additional material such as stories, videos and links to Salvation Army services and assistance.

There is also a browser option for the site.

HERE'S HOW QR CODES WORK:

- Apple and Android users can scan QR codes using their cameras
- Simply open the camera app on your portable device
- Point it at the QR code
- A QR link to the page you are looking for will appear
- Tap on this link
- This will take you directly to the information page
- Click on the easy-to-use links to services and extra articles.

Or, you can just open the mobile site and choose your area of interest.

We hope you enjoy the new magazine and digital platforms and find a message of help, hope and inspiration along the way.

Salvos step up support as Melbourne lockdown continues

While most of Australia slowly reopens, the Victorian Government has renewed Stage 3 lockdown for Metropolitan Melbourne and the Mitchell Shire following a record spike in COVID-19 cases.

Many Victorians are returning to feeling the anxiety and stress that followed the initial lockdown. Accordingly, The Salvation Army has stepped up its efforts nationally to assist those in most need.

Since March 2020, The Salvation Army has provided thousands of households across the country with support in the form of government-referred food hampers and shopping vouchers, household items, EFT payments, medication, information and spiritual assistance.

While some services have had to be adapted



based on government directives, personnel at Salvation Army churches and centres continue to deliver care in a variety of ways to thousands of existing clients and those needing assistance for the very first time.

The Salvation Army is one of several charities assisting with coronavirus emergency relief assistance. Government funding is now available through The Salvation Army Doorways teams for individuals and families who are experiencing financial hardship caused by the COVID-19 shutdown and economic downturn.

Bushfire families at home with new housing pods

The Salvation Army has entered into an initiative with the New South Wales Government and the Minderoo Foundation to provide bushfire-affected families with a temporary home while they rebuild after the 'Black Summer' disaster.

Under the initiative, to which The Salvation Army contributed \$1.5 million, temporary accommodation 'pods', with built-in electricity, water and sewer systems, will be set up on people's properties for a period of up to two years.



More than 100 pods have already been allocated to families across NSW. Another 60 to 70 are in the process of being constructed.

What matters most

Resetting our priorities in the COVID-19 world

WORDS

DANIELLE STRICKLAND



PHOTO BY CLÉMENT FALIZE ON UNSPLASH

The entire world seems to be in some stage of grief right now because of what we're going through together. I have recently recovered myself from the COVID-19 virus, and I'm so grateful.

In these crazy times, we've all got some idea of what we'd like to happen. We'd like this virus to end. We'd like people to recover quickly and people at risk to be protected. We'd like provision for people who are losing jobs and income. And we'd like peace, and enough, for everyone.

In unprecedented times like this, we can try to minimise the impact it has on our own lives. Partly, this is just a coping mechanism, and partly, it is a stage of grief.

There are five stages in a classic model of grief that we can link to COVID-19.

The first one is shock and denial – responses like, “No, this can't be happening ... this isn't that big of a deal ... this is going to blow over.” This stage usually connects with a numbness, where you're not even sure what to think.

The second is pain and guilt – for those who are sick or who know someone who is sick, or the guilt of having passed the virus on if you've had it.

The third stage is anger and bargaining – we're angry at things we can't control, angry at people who react differently to how we thought they would; and then the bargaining: “What can I do to make this different?”

The fourth stage is depression, or reflection and loneliness – just feeling the weight of this.

This is sometimes accompanied by an upward turn, where things feel a little bit better here and there. A process of

reconstruction and working through the issue begins.

The final stage is acceptance and hope – you start to plan and a process of moving forward occurs.

WHAT DOES IT ALL MEAN?

I heard a podcast recently where the speaker said that they would like to see another stage of grief added – meaning. I really resonated with that.

I was thinking about how we, especially those who believe in God and his goodness and compassion, could find possible meaning in suffering. That's one of the things that Jesus is so profoundly good at – transforming suffering, meaningless and despair. He did that even through his crucifixion, so that now a cross is a symbol of hope and healing, where it once was a symbol of suffering and despair.

Our grief, too, can be transformed, if we can see that this is not the end of our story.

OVERCOMING GRIEF

There are three main steps for working through grief.

The first one is to not minimise your grief – yes, there may be many people more vulnerable than us, and we need to pay attention and respond with a spirit of generosity, but, at the same time, it will not serve anyone to minimise what you're feeling and experiencing.

The second is to give yourself permission to feel your grief. It's real.

And lastly, realise that the stages of grief are not linear – one day you might be in shock and denial, the next day you could be

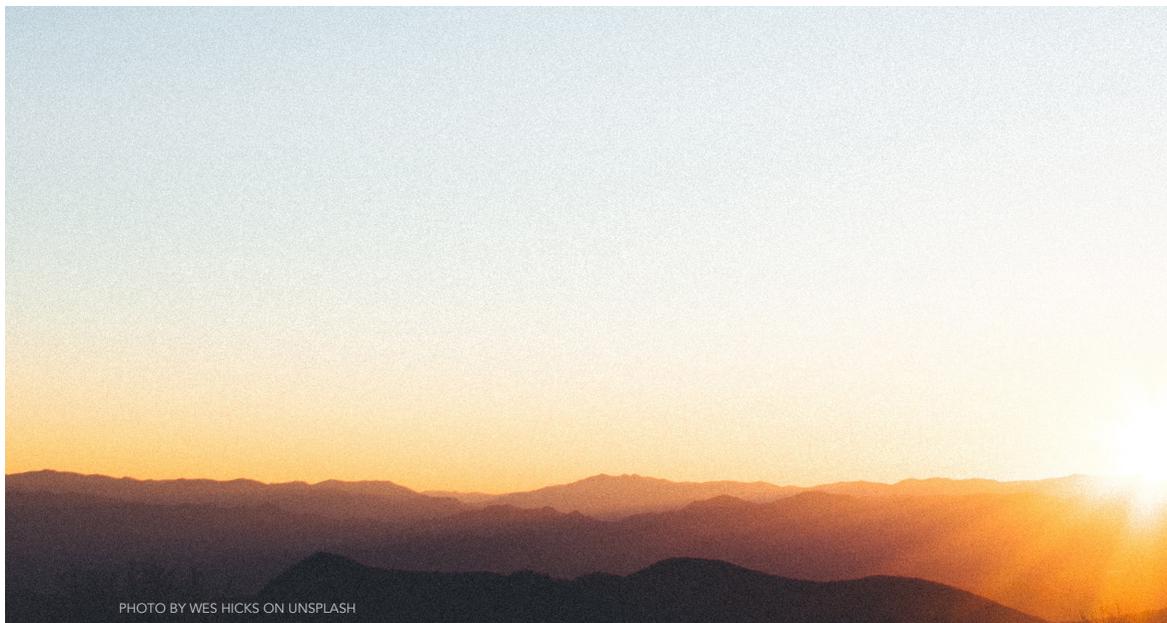


PHOTO BY WES HICKS ON UNSPLASH

overwhelmed with this upward turn, and later that day or the next you're back to depression and loneliness. It's okay. But perhaps also consider looking for meaning and ask God for where the meaning is for you personally.

BACK TO BASICS

Many of us have gone 'back to basics' during quarantine or lockdown. A lot of the peripheral, the things that keep our attention, the tyranny of the urgent, the functional things we want to get done, the extra things that we are usually excited about, haven't been there. Instead, this period has been an invitation to not just cut back but to actually focus on the foundational ways we want to live, and what the basics in our life are.

Do these foundational ways include a connection to God, reflection, paying attention to what we're feeling, and connecting with a source larger than ourselves?

I'm personally challenged by this question. Are the foundational practices of my spiritual life – my whole body, mind, will and emotions – part of my basic 'Life 101'? If they're not, they really should be. These are essential to wellbeing. They affect the way we view the world, our mental health, our bodies and our tension and where we hold it.

THE BIG QUESTION

What really matters then? This is the question everyone seems to be asking right now as we realise just how fragile our lives really are.

I was really struck by 1 Corinthians chapter 13 in the Bible. It's the 'love chapter'. The love chapter is about what really matters.

And at the end of the 'love chapter', it says, "These three remain: faith, hope and love. But the greatest of these is love." Eternity comes, is present and is working in the world through



faith, hope and love. Not only, though, are [these three things] a way of touching the eternal truth, the things that will last, but they are also the things that really matter in the end.

Faith – the belief that God is with us, that God is involved with us, suffers with us, grieves with us, that God is with us during the challenges that we’re experiencing. It’s not just some additional thing that we grabbed just in case we needed a life insurance policy. It’s a way we live right now in any sense of connectedness or freedom or hope for the future.

Hope – that even our grief and our suffering can be transformed into meaningful experiences. It is not wishful thinking to have hope.

Love – that there’s a presence of peace, manifesting as love. If you have experienced and encountered love, then you’ve touched God. You can lean back into his love anytime and he will catch you.

So, what really matters right now ... even at the end of this crazy season that will mark our lives as people who survived this together and figured out who we were? Faith, hope and love. I encourage you to keep investing in them.

For more information on spiritual life and practices, or to connect with someone about any questions you may have, go to **salvos.org.au/our-faith**

*This article is an edited version of a podcast by Danielle Strickland that can be found at **daniellestrickland.com***



Scan here for more on finding meaning.

A step outside

Discovering what matters most

WORDS

MAJOR DEAN CLARKE

Coming out of COVID-19 meant I could step outside. Outside of my safety zone. Outside of my comfort zone. Outside into the unknown. Outside into the new normal. Outside and back to my friends – although no hugging! Outside and away from myself – my thoughts, my head, my company, my boredom, my personal prison.

It is great to be outside again.

I couldn't wait: To dine in a restaurant. To spend time with a group of friends. To watch a movie on a big screen. To spend time face-to-face with my friends rather than FaceTime my friends! To travel where I want, when I want.

It is great to be out again although, to be honest, I came out a changed person. I learnt a lesson or two in my lockdown.

I learnt ...

Cooking can be fun, cleaning not so much. Being home more, I now have a few signature dishes, and I don't mind it. But I wish someone else would vacuum.

Being creative is good for me. LEGO master I'm not, but I bought a train and some cars and created a little 'city'. More importantly, I have a few grandchildren keen to visit and play with Papa's LEGO, which has the added benefit of giving the adults coffee and chat time.

I was busy doing unnecessary activity.



PHOTO BY KIAN WORTHING

When I couldn't do all my things, I discovered that not all of my things were really that necessary, important or life-giving. My busyness didn't make me the healthiest. Moving forward, I'm not going to do everything I did but do what matters most.

Connecting with friends is important. While physically isolated, I didn't really want to be socially alone. People rang me, and I rang others. Connecting with others, even just a little bit, makes life better.

I love my wife and we can spend time together alone. As good as this is, I still want it to be better. We have done four marriage-enrichment activities so far in our 35 years of marriage and I want to do another. The person I love dearest I wish to love deepest. So I will invest in our love.



Technology is my friend and a useful tool. I have children living 2000km away, but we can all be together and play a game on the internet. Now, when I ring people I want to see their faces when I call.

Putting together the lessons I've learned while in isolation and the things I want to do when I step outside, it is pretty easy to see the connection. Others. Physical isolation may have been necessary, but social disconnection is the hardest. And now that I am getting outside again, I want to spend time with others, which is why I'm looking forward to going back to church.

The Bible says that "God places the lonely in families" (Psalm 68:6 *New Living Translation*) and, through Jesus, I belong to the family of

God. A family of people I can celebrate, and cry, live and learn with. As I get out, I've got a place and people to go to.

Coming out of COVID-19, I'm no longer alone. Although, I think that while I have Papa's LEGO play city, I will always have a grandson wanting to visit!

Dean Clarke is a Salvation Army officer (pastor), serving in South Australia.



Scan here for more on finding meaning.

Hope and acceptance in a new land

From southern Iraq to Australia, Aster shares the fulfilment of a childhood dream come true.

WORDS

ASTER JINDOU

My late father had dreamed about coming to Australia since 1969, when all of his family moved there. As a young girl, growing up in the city of Basra in southern Iraq, living in Australia became my dream too.

My parents moved to Kuwait for work, and I stayed behind. I got married to Essam and had two children. We moved to Jordan after the Gulf War of 1990-1991. I wanted to pursue my dream of Australia, for my dad as well.

Essam and I became Christians in Jordan. I had never experienced love and fellowship like this before. I wanted to get closer to God, to worship him, to learn more.

In Jordan, life was tough. We had no job and no money. I kept asking God if this was what he had intended for us, or whether there was more. One night, I simply asked him to open the door to Australia if going there would help us to love and serve him more, or to close the door if it wasn't right for us.

One week later the United Nations accepted our applications to go to Australia as refugees. I started to cry. It was 1994. My parents and brothers were in Syria, and I called them to say we were going and, once there, would apply for them to join us. My dad started crying.

In 1995, my parents arrived in Australia and

the dream was a reality. A miracle.

We loved Australia but it was very hard for me at first. I didn't speak much English, fell pregnant, and Essam, an engineer, had to study to finish his master's degree and find work.

When our youngest, Sarah, started preschool, I started to have more confidence and helped out at her school reading simple books and teaching basic English words to the many children of other refugees in that area.

As I believed in myself more I found work and learned how to drive. I wouldn't have done any of this in Iraq.

Since our arrival in 1994, I had been trying to find an Arabic or Assyrian-speaking church. My cousin told us about The Salvation Army in Fairfield, Sydney, where she attended.

I prayed about it and we went to a service. We felt God's love and the love of the church from the beginning. It was different culturally, and hard in many ways, but we were accepted, respected and encouraged. Essam got involved in music, and the kids loved Sunday school. I was so happy. The Salvation Army became our family.

In 2007, the pastors asked me to help with the increasing number of welfare clients who



spoke Arabic or Assyrian. I prayed about it. I began as a volunteer and completed my Certificate 4 in Community Services. Over the years I was given more paid hours. In 2013, when the Doorways Emergency Relief program was introduced, I was asked to apply for the caseworker position – on the condition that I complete a Diploma of Community Services.

With God's help, I did this and I was so happy. I got the job, finished my studies and am now a caseworker encouraging and helping others as I was helped.

Since my coming here, Jesus has helped me to

speaking up, to socialise and to grow through my spiritual journey. I have learned to pray when I want things to change.

I am so thankful for God's blessing, the support and encouragement from The Salvation Army, and all the opportunities in this great land.



Scan here for more on finding meaning.

Pumpkin soup



Serves: 6

Ingredients

750g peeled pumpkin
 3 brown onions, chopped
 60g butter
 2 stock cubes
 2 cups water
 1 tsp salt
 ½ tsp pepper
 ½ cup cream
 chopped chives

Method

Cook pumpkin in unsalted water until soft.
 Drain and cool.

Fry onions in butter until soft but not brown.

Place pumpkin, onions, stock cubes, water, salt and pepper into blender and puree until smooth. Reheat.

Just before serving, stir in cream and sprinkle each serving with chopped chives to garnish.

Funny things kids say

I went to see my accountant with my eight-year-old son. As I sat at the desk my son sat down and said to the man, "Hello. I am not her husband."



My five-year-old daughter playing a game: "I am not cheating. I am just helping myself win."



Overheard conversation between two seven-year-old boys. "Do you think you'll ever fall in love?" "I don't know. I think if she likes cheese toasties, then probably."

Bible byte

"Friends come and friends go,
 but a true friend sticks
 by you like family."

Proverbs 18:24

The Message Bible translation

Wordsearch

F F C P H S D N O B T X G H Y
 R G S K E P Y G K F Q N Q Z N
 I C A M A R A D E R I E N Y N
 E M O J L Q E L V D E S R Y U
 N P F N E U B C N H W N G T F
 D E W M S A F A N S V E M I S
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|-------------|---------------|
| AVAILABLE | PEACE |
| BONDS | RELIABLE |
| CAMARADERIE | RESPECTFUL |
| CARING | SENSITIVE |
| CONSIDERATE | SINCERE |
| DIVERSITY | SOLIDARITY |
| FORGIVING | THOUGHTFUL |
| FRIENDSHIP | TIME |
| FUNNY | TRUST |
| GENEROUS | UNDERSTANDING |
| LISTENS | UNITY |

Quick quiz



1. When is the United Nations International Day of Friendship?
2. What does friendship include?
3. How do friendships help us survive crises and challenges?
4. What can friendships between peoples, countries, cultures and individuals inspire?
5. What does God say about true friends?

Tum-Tum



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

Answers: 1. 30 July 2020. 2. Companionship and trust. 3. Mutual support. 4. Peace, respect and unity. 5. They love at all times.

Tum-Tum: is hiding in the Lego house on page 11.

Did you know?

- Animals can form lifelong friendships with individuals that are not from their own species.
- In a lifetime, you make 396 friends, but only 1 out of 12 friendships lasts.
- It is scientifically proven that the company of good friends reduces stress in life.



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