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WARCRY

CULTURE & SPIRITUALITY

**Taking a note
of gratitude**





**When it comes to life the
critical thing is whether you
take things for granted or
take them with gratitude.**

G.K. Chesterton (1874–1936)

English writer, philosopher,
lay theologian, and literary and art critic



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

WARCRY

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The ripple effect



From the editor

For some years now I've been having a debate with myself about gratitude and entitlement. I have been finding that more and more the attitude of being entitled — to receive privileges and special treatment — is overtaking gratitude.

Warcry's feature on World Gratitude Day aims to provoke increased thought and action towards us all expressing gratitude more often. And while we know this can bring more joy and peace into the world, there are times when it's just too hard to be grateful. How do we deal with those situations when we feel there is nothing to be grateful for? I've found that it's a journey.

World Gratitude Day reminds us that gratefulness brings a large amount of emotional, social, health and physical benefits. But is this enough to help us deliberately look for ways to express our gratitude instead of what we believe is our entitlement?

Personally, it's my relationship with Jesus Christ that makes the difference.

Laurie Robertson Lieut-Colonel

Editor-in-Chief

Taking time to be grateful

Exercising gratitude may not always be easy, but it's worth the effort.

BY FAYE MICHELSON



Do you work out to improve your health? Do you make sure you include weight training, muscle strengthening, stretching, or perhaps regular aerobic classes? But what about your heart? Is exercising gratitude part of your fitness routine?

That's the message of World Gratitude Day on 21 September. Celebrated since 1965, it's an upbeat reminder for us to be thankful often and actively for the good things in our lives.

The gratitude groundswell is growing, with plenty of research and countless articles written about the emotional, social, health and physical benefits of being grateful. We're encouraged to express our #gratitude by posting on social media platforms, keeping journals, meditating, writing letters — but what if you don't feel grateful?

Salvation Army officer (minister) and psychologist Dr Catherine Philpot says it is important to be mindful of people's circumstances when encouraging them to find the positives in their lives.

"To feel like you are being told to be grateful can be very unhelpful for someone struggling with life," she observes.

"It can add a layer of shame and judgement to an already difficult experience — 'I'm struggling enough as it is — now I need to try and be grateful?' It can separate us from those we are trying to care for, leading them to think, 'You don't understand, how you could possibly tell me to be grateful for this?'"

People may view gratitude as an important value in life, she says, but still struggle with knowing how to approach

Why not set aside time to practise gratitude? Write down things you're grateful for before going to sleep, start a visual diary or have a jar to keep mementos.

it when facing difficult times.

"Gratitude comes with the realisation that something good has happened to you, along with the recognition that someone was responsible for it, whether they are another individual, God, or an impersonal force," she says, noting however that we often give greater attention to negative feedback rather than positive.

"Who hasn't spent more time worrying about the one person who said something critical to us even though many others may have been positive?" she asks.

"Following through on an intention to be grateful helps address some of this natural tendency that we humans have developed to focus on the negative. It helps us to develop a more balanced view of the world. But old habits die hard, so in order to enact an intention to be grateful, we often need to set concrete behavioural targets to make sure our intentions translate into action."

She suggests a helpful way to do this is ►

setting aside time to practise gratitude.

"Perhaps make a plan to write things down that you are grateful for before you go to sleep," Catherine says.

"You might like to make it a family activity and go around the table at dinner time asking people to share something they are grateful for. Those who like to interact with the world through visual forms might like to have a jar to keep mementos of things they are grateful for, or start a visual diary."

Catherine notes there are many directives in the Bible to be grateful, including in the Psalms. Her own journey into gratitude began while reflecting on Philippians chapter 4, verse 6: "Don't worry about anything, but pray and ask

God for everything you need, always giving thanks for what you have."

"I found I was often coming with my prayers and requests to God, but leaving just as anxious as I was when I began," she shares.

"Being deliberate about being thankful as I also prayed about the things that cause me concern helped me remember all the things God had already brought me through, all the good things that I already have in my life. It opened my awareness to a broader vision and really did bring the 'peace that passes understanding'" (Philippians chapter 4, verse 7).

Aux.-Lieutenant Dr Catherine Philpot serves at The Salvation Army Centenary Corps in Queensland.



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Salvos campaign against slavery

The Salvation Army has launched its first European pan-continental campaign to raise awareness of human trafficking and modern slavery.

The campaign, in about half of the 31 European countries with a Salvation Army presence, calls on consumers to consider whether low prices come at the high cost of human exploitation.

The campaign uses ‘fake’ advertisements to show that human tragedy is often behind cheap products and services commonly funded by modern slavery.

In ‘source’ countries, social media activity and poster campaigns are prompting job hunters, who may be susceptible to unrealistic offers of work abroad, to consider whether the offers are too good to be true.

In the United Kingdom, the campaign’s launch coincides with a modern slavery plotline in the popular television drama series *Coronation Street*. Script editors have worked with Salvation Army specialists who provide support to victims rescued from slavery.

In an ‘explosive’ series of events for the character Alina Pop, played by Ruxandra Porojnicu, the devastating truth about her life as a trafficked woman is revealed.

Ms Porojnicu said it is important to raise awareness of this important issue.

“All these victims, like in Alina’s case, can



appear like they are living a normal life,” she said.

“No one would notice they are going through such tough times and they need help unless we look more closely. Victims need to know there are so many people who care for them and support is available when they need it.

“I am keen to raise awareness about this worldwide problem and not be indifferent. We should all know about modern slavery. We should all spread awareness about subjects that have such a negative impact on people’s lives so that changes can be made and help provided. Some people are depending on us and our actions.”

Information booklets on human trafficking are available in various languages.

The Salvation Army in Australia has operated a safe house for survivors of human trafficking and modern slavery since 2008. If you think someone may be a victim of this, contact the Australian Federal Police through the online form or call 131 AFP (131237).

The Salvation Army’s Day of Prayer for Victims of Human Trafficking will be held on 22 September.

Have your say about welfare payments

BY SIMONE WORTHING

The Salvation Army has welcomed the news that the Senate Community Affairs References Committee will conduct an inquiry into the impact of the level of the Newstart Allowance and related payments.

The inquiry will look at a number of issues concerning Newstart, including its adequacy as a payment, the economic benefits of increasing it and the structural causes of long-term unemployment in Australia.

The committee is due to report by 27 March 2020.

The Salvation Army ESIS (Economic and Social Impact Survey) research was mentioned in Federal Parliament during the debate that led to the inquiry.

Salvation Army Secretary of Mission Lieutenant-Colonel Lyn Edge says the inadequacy of Newstart is a major and enduring contributor to social disadvantage.

“We have known for some time that

Newstart is too low, with the 2018 ESIS finding that the average Newstart recipient is living on just \$17 a day after housing expenses,” Lieut-Colonel Edge says.

“We need a solution that enables people looking for work to live with dignity. There are underlying structural issues with Newstart and other allowances that must be addressed, and we welcome this commitment to a thorough review.”

Jennifer Kirkaldy, who oversees policy and advocacy within the Salvos’ Policy, Research and Social Justice Department, says The Salvation Army is preparing a submission to the inquiry.

“Through a survey, we are gathering people’s stories, information around what they’re experiencing in life on Newstart and what it means to them to live with dignity,” Ms Kirkaldy explains.

“As we look at the experiences of those we work with who are on Newstart, youth allowance and other payments, our research will focus on what government policies can be put into place to stop



them falling, not into homelessness, but into stable employment.

“These direct and strong client voices will be added to The Salvation Army’s submission and presented to senators and MPs to help them understand what is happening to real people in their electorates.”

She emphasises that The Salvation Army is not just trying to put a submission into an inquiry, but to “draw a connection between evidence that comes from people’s lives and what is really happening in the communities where our MPs serve”.

“We don’t want a report that doesn’t go anywhere,” she says. “The importance of this issue is made clear by working with the people affected. We want to share our knowledge and experience and offer

a range of ways that the government could tackle these complicated issues.

“This knowledge comes from delivering our services and what we’ve observed. We feel compelled to help fix what is happening so people can live in dignity and without the hardship and injustice they are facing.

“As South African cleric and human rights activist Desmond Tutu said: ‘There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they’re falling in.’”

To contribute to The Salvation Army’s submission, go to www.salvationarmy.org.au/get-involved/advocacy/newstart-inquiry-2019/

The ripple effect

Faith in Jesus is the common denominator for this group of friends.

BY MONTY BHARDWAJ

About four years ago, my wife and I met two families — one from Iran and another from India — and a lady from New Zealand.

They had all arrived in Australia through different circumstances — as asylum seekers, international students and as a migrant.

Harman and Sudesh, from India, were studying and caring for their daughter Vera. They became our good friends and out of that friendship they came to know Jesus.

As an international student, Harman had to pass an exam to secure permanent residency in Australia. One of the questions asked by her examiner was: “Can you tell me something about your character?” She explained how her character had changed since she started believing in Jesus, and spoke about the difference Jesus had made in her life.

Harman was awarded the highest possible mark in this section of the exam. During

these past four years, we have seen Harman and Sudesh grow spiritually.

Recently, they purchased an old house that needed extensive renovating before they could move in. This is where Lily and her family from Iran enter the story.

We met Lily when she left an asylum seeker detention centre and arrived in Melbourne. She was struggling to settle, but with the help of many people she and her family found a community with us. As our friendship developed, Lily and her husband Kevin came to believe in Jesus, going out of their way to help anyone in need. Lily and Kevin had started a property renovation business and were looking for clients.

Harman and Sudesh, meantime, were searching for an affordable company to renovate their house. Lily and Harman, through their community connection with us, had already developed a close friendship with them, so it made sense when they decided to help each other.





Harman and Sudesh had their house renovated at a much lower cost than they would have normally paid, and Lily and Kevin attracted more customers because of their quality of work at the property.

Sometimes we look at the big picture and wonder how all this became possible. People from different countries, and shaped by different cultures, helping each other, as they live together in a foreign land, because they became friends in Jesus.

When Jesus changes a person, it creates a ripple effect that impacts those around them. We saw that ripple effect again when we met Judy, who had arrived from New Zealand many years ago as a migrant. Then she met Lily.

As their friendship developed they became almost like family to each other, and Judy, who lives alone, became part of our wider community. She not only found Lily and her family's support, she also found Jesus. After meeting Lily, her

opinion about asylum seekers changed. She no longer saw them as a burden but rather as an asset to the community.

We saw people from three different countries coming together, making an impact not only in the lives of each other but also in the lives of people around them.

For me, this is community development in the 'Zacchaeus' mode. We find the story of Zacchaeus, a corrupt tax collector, in the Bible. In Luke chapter 19 verses 1-10 we see a profound change in his life after he met Jesus. Zacchaeus gave away half of his possessions to the poor and paid back four times to those he had cheated. I believe his behaviour and actions resulted in a better community; a community where tax collectors were no longer seen as being corrupt and abusive but generous in helping with their money and position.

The story of Zacchaeus took place centuries ago, but it can happen today if we change our perception of others. The moment we accept others as one of us and treat them as we would ourselves, friendships that are not selfish or based on religious or political affiliations can develop.

God brought Harman and Sudesh, Lily and Kevin, and Judy together, and they have passed on their love of Jesus to others. God has taught me that the Gospel has no boundaries. It can reach every corner of the world.

Captain Monty Bhardwaj is Intercultural Officer for The Salvation Army in Melbourne.

Tuning into God

Faith has been the instrument of change in Donald's life.

BY DONALD MAYNE

Growing up in a Salvation Army home, faith was always a part of my life. Ours was very much a home of service to others, looking out for each other and for those in need.

My four older sisters learnt to play a brass instrument so it was natural that I would learn one as well. The Salvo bandmaster saw some ability in me and helped me form the skills that have built my career.

I remember making the decision to be a Junior Soldier (member). I was sitting next to my sister at the corps meeting (church service) and said, "I think I'll go down the front and say thanks to Jesus." Most of my friends growing up didn't go to church but I had a core group of young people that I could share my faith journey with. It was always a balancing act for me, having a faith and living to values despite what others may think. This has become something that I have learnt to do with much more conviction. I do not believe in a 'Bible smash to the face' approach to faith. Relationships, conversations and being open to other

views strengthen my own faith and are also a way for others to understand the faith journey.

There are definitely times I have had to make a conscious recommitment to faith. At uni, I reached a fork in the road and had to make a decision about what I should do. It was a pretty tough time, but God placed a mentor in my life who totally changed my perspective on faith and my music journey.

Bill Broughton (internationally renowned composer and musician) pulled me aside one day at uni. I had met him once the year before and he freaked me out by remembering my name and my connection to the Salvos. He spoke to me about a conviction that I should do more with the musical gifts God had given me and he committed to sharing time with me. That journey continued for many years and not a day goes by that he is not resonating in my mind. With his recent passing, that wisdom is now something I feel charged to pass on.



In 2013, I was diagnosed with exhaustion, then a few months later with anxiety and depression. It was a huge wake-up call. Like a lot of men, particularly from the country, I thought I could battle through on my own. This wasn't the case and I made a decision to own that diagnosis and fight publicly for my restoration to full functionality. God provided me with amazing support in the music circles I perform with, particularly in The Salvation Army, people who really understood what was happening. Slowly but surely, God provided opportunities for me to rebuild, grow in faith and rediscover that place of peace in his presence.

I firmly believe in carrying out life in a way that shows faith. The most obvious outworking of my faith is my involvement in the Salvo Big Band. I am connected to both faith-based and secular groups in my community. I'm influential in arts and cultural decisions, and am active in the performing arts both as a board and creative team member for a number of organisations. My day job is a secondary school teacher and year level

co-ordinator. All of these allow me to demonstrate faith as well as gratitude. By being an example of Christ we never know the impact that one moment of generosity or support can have.

For the past year and a half I have published a daily gratitude post on Facebook. I am blessed to have great friends, especially a group of men who are a wonderful support. I am blessed to have a family that supports me in my journey and who I love and support. My music is a blessing not only to others, but to me. I am able to live many dreams and experience many things from it.

I am blessed to have trials in life because they teach me to never lose focus on what God is doing in my life. I am blessed with colleagues who care for each other. I am blessed with students who ask questions and make life an adventure every day. I am blessed with mentors who advise and keep me moving forward. I am blessed to know that life is always going to be about the prize at the end and enjoying the journey to get there.

Nutty sweet potato slice



Ingredients

150g butter, ¼ cup brown sugar, ½ cup honey, 2 eggs, lightly beaten, 1 cup (200g) grated sweet potato, ½ cup ground almonds, 1 tsp mixed spice, 1 cup self-raising flour, ½ cup plain flour, ½ cup flaked almonds

Method

Preheat oven to 180°C. Line 28cm x 18cm slice tin with baking paper.

Using electric mixer, beat butter, sugar and honey until light and creamy. Add eggs gradually, beating well after each addition. Mix in sweet potato, ground almonds, spice and flours.

Spread evenly into prepared tin. Sprinkle with flaked almonds. Cook for 40 minutes.

Turn out onto wire rack to cool. Cut into squares to serve.

*Recipe courtesy of 2 Thumbs Up: A dozen dozen sensational slices by Cathryn Williamson. Available from **two.thumbs.up@hotmail.com** for \$10, plus postage, with proceeds going to Salvation Army mission projects.*

Have a laugh

Looking for a driving instructor for her son, a woman saw an advertisement from a driving school claiming it could teach anyone to drive a car in just 10 minutes.

She phoned the school and asked, "How can you possibly teach anyone to drive in such a short amount of time?"

The receptionist replied, "It's a crash course."



Tip for the race of life

"Perfect love drives out fear."

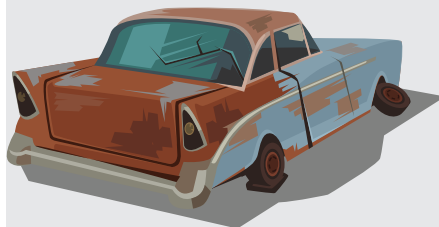
John chapter 4, verse 18

Wordsearch

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

ACCELERATOR	IGNITION
BRAKE	KEY
CAR	LICENCE
CHASSIS	MUFFLER
DASHBOARD	ODOMETER
DIESEL	PISTON
EMISSIONS	RADIATOR
FUEL	SPOILER
GEARBOX	TYRE
HEADLIGHT	VALVE
HORN	WINDSCREEN

Quick quiz



1. When is World Car-Free Day held?
2. What was the first car to break the sound barrier?
3. What was the first car launched into space?
4. How much horsepower did the first Porsche 911 have?
5. Who did Jesus drive out of the temple (Matthew chapter 21, verse 12)?

Tum-Tum



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

Answers: 1. 22 September 2. Thrust SSC 3. Tesla Roadster 4. 130hp 5. Money changers and merchants
Tum-Tum: Is hiding up Donald's sleeve on page 13

Want to know more?

Visit warcry.org.au/want-to-know-more or return the coupon to Warcry, PO Box 479, Blackburn VIC 3130.

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