

NEWS

Pathway to
social justice

FAITH TALK

Dignity defined

MY STORY

Towers of
strength

Beginning the healing process

Salvos helping domestic violence
victims reclaim their lives



SALVOS

MAGAZINE

NATIONAL MENTAL HEALTH MONTH



Vol. 001 | No. 13
17 October 2020
AUD \$1.00
salvosmagazine.org.au

“You often feel tired, not because you’ve done too much, but because you’ve done too little of what sparks a light in you.”

Alexander den Heijer

Dutch inspirational speaker and trainer





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

Founders Catherine and William Booth

General Brian Peddle

Territorial Leaders

Commissioners Janine and Robert Donaldson

Secretary for Communications and Editor-In-Chief

Lieut-Colonel Neil Venables

Publications Manager Cheryl Tinker

Assistant Editor Simone Worthing

Designer Ryan Harrison

Cover Image Fernand De Canne on Unsplash

Editorial ph. (03) 8541 4562

Enquiry email salvosmagazine@salvationarmy.org.au

All other Salvation Army enquiries 13 72 58

Press date 5 October 2020

Printed and published for The Salvation Army by
Commissioner Robert Donaldson at Focus Print Group,
Rowville, Victoria

Some photos in this magazine were taken prior to the
COVID-19 pandemic.

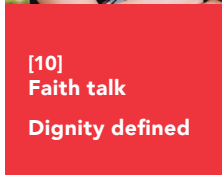


salvosmagazine.org.au



[04]
Feature

Beginning the
healing process



[10]
Faith talk
Dignity defined



[12]
My story
Towers of
strength

Freedom from violence

Freedom from violence is a human right. To help stop the scourge of domestic and family violence (FDV) that is rife in our communities, we all have a role to play.

In our feature story we look at the Salvos Strength2Strength program and some of the ways it is helping women and children coming out of violence to rebuild their lives. Information regarding Salvation Army FDV services is also available on the back cover.

Our 'Faith talk' continues this theme, showing how listening to people who often have no voice, and who are not seen or cared for in their sufferings, can restore their safety, dignity and hope.

In 'My story', a retired Salvo officer talks about the legacy of faithful and committed people throughout his long life who have helped him keep focused on God and weather the storms of life.

We pray this edition brings you some peace in the knowledge that help is out there for everyone and nobody needs to face mental health issues, or any of life's challenges, alone.

Simone Worthing **Assistant Editor**

Beginning the healing process

Salvos helping domestic violence victims reclaim their lives

October is National Mental Health Month in Australia. This week we continue our series of articles looking at different aspects of mental health and the help that is out there, for everyone. Our coverage features an interview with Jenny, a psychologist and counsellor with The Salvation Army Strength2Strength Family Violence program in south-eastern Victoria.

WORDS

SIMONE WORTHING

Almost one in 10 Australian women in a relationship have experienced domestic violence during the coronavirus crisis, with two-thirds saying the attacks started or became worse during the pandemic.

A survey by the Australian Institute of Criminology also reveals more than half of women who had experienced physical or sexual violence before the COVID-19 crisis said the violence had become more frequent or severe since the pandemic began.

STRENGTH2STRENGTH

The Strength2Strength program is a client-centred and trauma-informed therapeutic response for children and their mothers who are victim-survivors of family violence. This response includes therapeutic services delivered via outreach and through centre-based sessions. During COVID-19 lockdowns and restrictions, much of this work has been done online and by phone.

The Strength2Strength program operates through a partnership of key service providers including The Salvation Army, Family Life, Good Shepherd Australia New Zealand, The South Eastern Centre Against Sexual Assault and Peninsula Health.

"We are not, though, a crisis response service," explains Jenny. "We focus on supporting women and children in their healing process once the family violence has ended and they are in a safe and stable environment. This environment is important for our participants, so they can safely process some of their experiences of trauma and strengthen parent-child relationships that may have been impacted by family violence."

"The client-focused program offers a comprehensive assessment, both adult and child therapeutic support, and access to individual and group peer support. Our participants are typically referred from the Salvos family violence teams, or other partnership organisations where they have been able to access crisis support."

"Perpetrators often use power and control within family violence, which over time can impact a person's confidence in themselves and their decision-making ability. We empower the participants to be in charge of their own journey. Having this control is one of the most important parts of their healing."

Many of the program participants are women who have left violent relationships and are now single mums. A few have remained safe

in their homes as the perpetrators – usually their partners – are engaged with men's behaviour change programs.

Strength2Strength has also seen an increase in anxiety and depression among program participants, much of which has been exacerbated by lockdowns and pandemic restrictions.

"During lockdown, people's daily routine, such as going to work, or sending kids to school, was lost," says Jenny. "Instead, they were supporting [sometimes multiple] kids with home learning, as well as working from home themselves, and may not have been able to access their typical coping strategies such as chatting over coffee with a friend or heading to the shops. Social isolation restrictions also meant that people were less able to access support, from both family and friends, as well as professional, increasing that sense of isolation. It's been an incredibly stressful time for everyone, particularly so for our clients, where sometimes getting through the day with a smile was a massive win.

"'Enough' is a favourite word of one of our participants. She does what she can each day, and rather than focusing on what she hasn't been able to achieve, she focuses on what she has. This highlights the importance of self-awareness and exercising self-compassion. Even if it's only a little, then that's enough."

Jenny explained, though, that this is not everyone's experience and some of the families are finding it more difficult and stressful. This is especially so when the children aren't understanding what is happening and a lot is going on at home.

"While some participants experienced difficulty adjusting during lockdown and face uncertainty in the 'new normal', their journeys have demonstrated incredible strength and



resilience – qualities which can support their adjustment into life after COVID-19," she says. "As we move forward, it's a time to reflect on what we have learnt from the past and how we can apply that to our future."

COMMUNITY KINDNESS

Jenny explains that, as people emerge from lockdowns and restrictions are eased, being aware of, and kind to, one another is vital.

"As individuals, we have experienced this pandemic isolated within our homes. However, as a community, it is something we have experienced together. It was a reminder that individual actions make up that community, including the way we treat one another.

"Often people can get caught up in the buzz of daily life, and don't always take that time to reach out or connect to those around us. Kindness extends that 'olive branch' every place we go. This helps negate the social ►

isolation we have all felt and brings a sense of connection and support, which is important as we adjust.

"Sometimes, when we just keep going, we may miss signs that we are getting increasingly stressed or overwhelmed, so it's important to be kind to ourselves, too. This could be just taking that five minutes each day to check in and see how you're feeling. Or focusing on eating well, exercising, or getting enough sleep. Or sometimes this kindness might be a coffee and chat with a friend, or being compassionate to ourselves around what is realistic to achieve.

"It seems conversations around mental health issues have become more common, and less stigmatised. People are more willing now to say they're not okay, take a mental health day, or access professional help if needed."

NORMALISATION OF SUPPORT

As the pandemic eases in Australia, Jenny says that for people with various levels of mental health struggles, accessing formal and informal support is being normalised.

"This has bonded the community in a strange way," she explains. "It's okay not to feel okay, you don't have to have the best day every day and you can take a break if you need to.

"That said, it's important to acknowledge that some people are doing it tough and might not have the same support networks as others. This is where that community kindness is important. For ourselves, we just need to know where and when to get help, find what works, and keep being proactive around our mental wellbeing."

For information on Salvation Army Family and Domestic Violence services, see back cover.



Family and domestic violence – a national crisis

EVERYONE DESERVES THE RIGHT TO BE FREE FROM DOMESTIC VIOLENCE

Freedom from violence is a human right. Family and domestic violence is a continued pattern of abusive and controlling behaviour towards a partner or family member. This is an ongoing crisis that seriously threatens the health, wellbeing and lives of thousands of women and children in Australia every day.

RESPONDING TO FAMILY AND DOMESTIC VIOLENCE

A person may be experiencing abuse if anyone in their life:

- Unfairly and regularly accuses them of flirting or being unfaithful
- Controls how they spend money
- Decides what they wear or eat
- Humiliates them in front of other people
- Monitors what they are doing
- Discourages or prevents them from seeing friends and family
- Threatens to hurt them, the children or pets
- Physically assaults them
- Yells at them
- Threatens to use a weapon against them
- Constantly compares them to other people

- Constantly criticises their intelligence, mental health or appearance
- Prevents them from practising their religion

Supporting people experiencing family violence includes:

- Finding a safe place and allowing time for the person to talk
- Listening to what they have to say and believing them
- Giving priority to their immediate safety
- Empowering them to make their own decisions
- Supporting and respecting their choices
- Reassuring them that this is not their fault, they don't deserve this treatment, and it is not God's will for them
- Letting them know that what the abuser has done is wrong and completely unacceptable
- Protecting their privacy

For more information and contact details for family and domestic violence services, visit salvosmagazine.org.au/find-help/family-and-domestic-violence



Scan here for more on family and domestic violence.

Pathway to social justice a 'way forward' for Australia

Disaster doesn't discriminate – opportunity shouldn't either

WORDS

LAUREN MARTIN

The Salvation Army has released a document outlining its contribution to the growing conversation about how Australia can use the opportunities presented by the year 2020 to reshape its society.

The document, titled 'A Pathway to Social Justice', identifies some of the 'pressing issues' that the Salvos say Australia needs to confront, along with practical steps the nation, communities and individuals can take to make a difference in positively transforming Australia.

The Salvation Army's head of mission, Lieutenant-Colonel Lyn Edge, said the report's premise is that Australia is a country where everyone should have the chance to thrive and not just survive. "What that means is that Australia should be a country where every person's needs are met, every person is welcome and included and every person can have hope for the future."

The report then goes on to detail what can be done on a national, community and individual level to ensure these benchmarks can be met.

Jennifer Kirkaldy, The Salvation Army's General Manager, Policy and Advocacy, put together the report and said, with 10,000 people connected to the Salvos, if each one became connected in some way to putting into action some of the suggestions in the report, the Salvos would be well on their way

to 'transforming Australia, one life at a time'.

"We say in our vision statement that we want to transform Australia, one life at a time, with the love of Jesus," she said. "We intuitively know what that means but now we are starting to outline what a transformed Australia could look like.

“

Where we want to get to is an Australia where people have their basic needs met, everyone is included, everyone has equal opportunity, and everyone can have hope for the future.

”

"Where we want to get to is an Australia where people have their basic needs met, everyone is included, everyone has equal opportunity, and everyone can have hope for the future."

She said the first thing people could do on their journey towards this outcome is to stop and think about the systems and processes that are in place in different areas of their



A PATHWAY TO Social Justice

AN INVITATION TO JOIN US IN
CONSIDERING AUSTRALIA'S FUTURE



lives. "It's really easy to just walk through life and focus on the things that are right in front of you and not think holistically.

"In the discrimination space, for example, just because this system works for me, is it the right system? Are we excluding people just because we haven't thought about it?"

Many of the actions in the report are less about taking on significant extra commitments or making huge life changes and more about attitude and being mindful. Within the homelessness space, the report urges people to treat those who find themselves homeless with dignity and respect: "If you pass someone who is experiencing homelessness, acknowledge them and say hello."

Within the family violence space, the report

encourages people to believe anyone who reveals to them, either explicitly or through subtle hints, that they are experiencing family violence. And, also, to "be careful how we speak about family violence and call out people and organisations that use language that minimises or seeks to excuse violence against women".

If you are interested in reading the report and considering how you can contribute to its vision to seeing a transformed Australia come to reality, go to salvosmagazine.org.au/homelessness



Scan here for more
on homelessness.

Dignity defined

Hearing the unheard. Seeing the unseen. Loving the unloved.

WORDS

BELINDA CASSIE

Words for the poet, are much like clay for the sculptor. They have weight and can be shaped and moved to bring meaning. Some words are almost shocking. Not because they are crass or vulgar, but because of what lies behind them.

"I am afraid."

In my role as a Social Mission chaplain for the Salvos, I met a woman one morning at a pre-arranged location so that I could accompany her to court. We had never met and simply had a vague physical description

of each other. She was told, though, that "Belinda will be in a Salvation Army uniform."

Speaking limited English, her first three words to me were, "I am afraid." And she was. Visibly trembling, pale and tired. Afraid.

“

**She gripped my arm as
if it were a lifeline.**

”

We had a little time before we had to be at the courthouse. I knew these streets well, so we walked while she caught her breath. And she gripped my arm as if it were a lifeline.

The sheriff on the front door at the courthouse was nothing short of a godsend in the



way he expedited entry for us, but I guess he had seen enough escorted women come through the doors to just 'know'.

In the 'safe room', we waited. I've lost count of the number of safe rooms I've waited in over the past few years. They're all pretty much the same. A bit drab. A pile of outdated magazines; stands brimming with family and domestic violence literature in multiple languages; victim services brochures representing every kind of group that may have experienced the effects of family violence.

The obligatory tea and coffee station usually runs hot on AVO (Apprehended Violence Order) day, but COVID-19 has even changed that. The number of mentions and matters that can be heard are kept to a minimum.

The Court Advocacy Service worker assigned to us, to liaise with the Domestic Violence Liaison Officer, was brilliant. The translator who attended even more so. Around the same age, with stories of family and a common language and homeland, I watched two strangers settle into conversation. And I wondered what it might be like to experience the ease of being with someone who understood your heritage and culture at a time like this.

Safe-room waits are long, and a bit back and forward as negotiations take place. Terms were eventually agreed upon and we could leave. And the same scenario that I've seen countless times now began to play out. She asked if he was okay. "Did he look well? Did he look angry? Did he want to see me? Speak to me?"

It's hard to stop loving someone, even when they've been anything but loving. And the story she shared then was full of shocking words. Then she wept – as almost every person who sits in a safe room at the end of

their day in court does. And really, the only appropriate response is to sit right there in the space with them. And wait.

“

The only appropriate response is to sit right there in the space with them.

”

We finalised the bits and pieces of information that needed to be said and written down. I promised to convey everything to her caseworker to spare her of another over-the-phone translation session. Then we walked out together and I watched her go, until I knew she was safe.

I do hope, in these moments, that I give people a sense of what it is to be seen. To be heard. To be cared for. Because when I think of how Jesus went about his ministry, that's mostly what he did. He took notice of those who were overlooked. He reached out to those deemed unclean or unworthy. He truly saw people. He heard the real cries of their hearts. He gave them dignity in the way he cared for them.

If we go out and do a portion of that wherever we are, I can't help but think that maybe with God, that's enough.

Captain Belinda Cassie is Social Mission chaplain for the Salvos in Sydney.



Scan here for more on family and domestic violence.

Mirror, mirror on the wall ... ageing with grace matters to all

Retired Salvo officer reflects on the towers of strength in his life

WORDS

TED HARMER

PHOTOS DARRYL WHITECROSS



Ted and his wife Dawn, at home in Brisbane.

I was looking at my hands recently and noticed there were lines that had appeared – obviously the process of ageing.

I stretched them out in an effort to be rid of the evidence of ageing but to no effect – the lines kept returning.

I looked in a mirror and found my face had lost its youthful appearance, too. I confess that, for a brief moment, there was the thought of undergoing a reconstruction, but I very quickly dismissed that idea. A reconstruction was impossible. Why? Couldn't there be a way whereby features could be

changed for the better – if for no other reason than to stay the ageing process?

I thought, with a deal of apprehension, that hopefully I could be given a new body that was not subject to change. That prospect is meant for some of us more than others.

People who know me will have noticed I am getting on a little. Ageing is inevitable and it's better to age gracefully than to age miserably. This is an area that is of relevance to us all.

“

My age allows me to reflect on many elderly folks who have been a tower of strength for me as a youngster.

”

My age allows me to reflect on many elderly folks who have been a tower of strength for me as a youngster. Even today, there are those for whom I hold the greatest respect.

As people would imagine, having been born the son of a railwayman involved the family

moving about a lot, which is not too dissimilar to that of an officer (pastor) in the Salvos with his or her children.



The world is a far different place to what I experienced as a young lad, firstly from Inverell, in New South Wales, then Nambour and Gympie, in Queensland, and then as a young officer. Digital technology is rife – mobile phones, computers, emails, tweeting and friending – all of which I find difficult to fathom but.

My wife of 58 years, Dawn, has been a constant in all that change. She has aged alongside me and faces the same challenges as do I with those unenviable lines.

God has been with me through all these years – from my officer training college days, my first Salvo church at Broken Hill, through the painful experience of my first wife passing away, into my marriage to Dawn ... and then retirement, 21 years ago now after 48 years as an officer.

Like me, many of us have reason to be glad about the influence of the elderly. Those who have maintained, while getting older, their love and commitment to God. I learnt early that the influence of the elderly was a significant factor in the growing process of

the young in their faith and trust in God – my faith and trust in God.

'Daddy' Brogdan was part of the Gympie Salvos when I was in my adolescence years – a fellow in his 90s who had never fluctuated in his love for God; a fellow whose presence had a tremendous influence on me and those around me who were passing through the difficult stages of youth. His presence made a deep impression on me, not by his words but by his consistency and his attitude.

“

**God has been with me
through all these years.**

”

I, like many people, have reason to be grateful to those who have shown a consistency in their love of Christ and who have weathered the storms of life without diverting from their love for God. Consistency is a mark of commitment and, with it, is associated a love for Christ that never wavers.

By the grace of God and through the examples of my elders, such as Daddy Brogdan, I have the opportunity to love the One who loved me enough to die for me and bring me into a place of superlative beauty and joyfulness.

** Major Ted Harmer attends Stafford Salvos in Brisbane.*



Scan here for more
on finding meaning.

Barbecue chicken pasta salad



Ingredients

200g snow peas, 1 bunch asparagus, 1 small head broccoli, 250g farfalle (bowtie) pasta, 1 cup frozen peas, 3 cups barbecue chicken (shredded), ½ cup peri-peri lemon and herb marinade, salt and pepper, lemon zest to serve (optional).

Method

Place a large saucepan of water on the stove on medium-high heat.

Trim and slice snow peas lengthways in 2 or 3 strips each. Trim woody ends from asparagus then cut into 5cm lengths. Cut broccoli into small florets.

Once water is boiling, add salt to taste and pasta. Put snow peas, asparagus, broccoli and peas into water for last 2 minutes of cooking. Drain veggies and pasta and then refresh under cold running water.

Drain well and then transfer to large bowl.

Add chicken to pasta mixture. Drizzle with marinade and toss to combine.

Season with salt and pepper (optional). If using lemon zest, sprinkle over the top.

Have a laugh

What does a house wear?

A dress



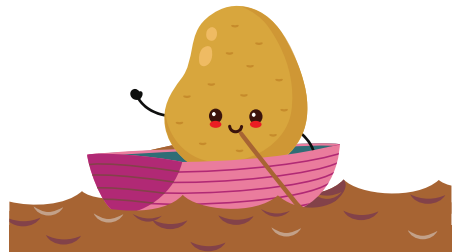
Why does it take pirates so long to learn the alphabet?

Because they could spend years at C.



What's a potato's favourite form of transportation?

The gravy boat



Bible byte

"Speak out on behalf of those who have no voice, and defend all those who have been passed over. Open your mouth, judge fairly, and stand up for the rights of the afflicted and the poor."

Proverbs chapter 31, verse 8,9
The Voice Bible translation

Wordsearch

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

ASSISTANCE

AUTISM

CHILDREN

COMPANION

CONFIDENCE

DISABILITY

DOG

EDUCATIONAL

ENTHUSIASM

FREEDOM

FUN

HEALTH

IMPACT

INDEPENDENCE

JOY

LITTER

PUP

SKILLS

SUPPORT

TEMPERAMENT

THERAPY

TRAINING

Answers: 1. Assistance Dogs Australia 2. Those with a physical disability, autism or PTSD. 3. Two years. 4. Around \$40,000 5. Eight weeks.

Tum-Tum: is hiding behind Ted's clock on page 12.

Quick quiz



PHOTO BY VIKTOR FORGACS ON UNSPLASH

1. Which organisation does "Dogtober" support?
2. Who do the trained dogs support?
3. How long does it take to train an assistance dog?
4. How much does it cost to train these dogs?
5. How old are the pups when they begin their training?

Tum-Tum

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



Did you know?

- A tick bite can make you allergic to red meat.
- The Twitter bird logo is named Larry
- Crows hold grudges.

Salvation Army Family and Domestic Violence services

The Salvation Army in Australia provides a wide range of services to support women and women with children impacted by family and domestic violence and help them find safety and support.

The Salvos also provide services that challenge men to take responsibility for their actions through men's family violence prevention and behaviour change programs.

The Salvation Army is committed to providing services that are inclusive to people of all genders, ages, people living with a disability, and those from LGBTIQ+ and CALD communities.

If you are facing violence in your home, feel threatened, or are at risk in any physical or emotional way, or if you know of someone who is, the Salvos are there for you.

Our specialist family and domestic

violence workers are trauma-informed, child-safe, sensitive and compassionate. Our nationwide services include:

- Refuge accommodation
- Children and parenting programs
- Men's behaviour change programs
- Counselling
- Specialist children's workers
- Crisis, emergency, transitional and long-term housing
- Security and safety upgrade programs
- Referrals to specialist services

For more information and contact details, go to:

salvosmagazine.org.au/find-help/family-and-domestic-violence

The Salvation Army is committed to keeping our family and domestic violence services accessible while addressing the COVID-19 restrictions.

Wherever you are, you can leave your house to escape family violence any time.

Please contact us if you need to. If secure and private digital communication is an issue, have a look at these tips first. **www.esafety.gov.au/key-issues/covid-19/advice-women-domestic-violence**

If you are in Australia and you feel unsafe right now, or hear fighting, shouting or noises that sound like violence, call the police on Triple Zero (000) or contact 1800 RESPECT (1800 737 732).