

FEATURE

The fundamental need to feel safe

MY STORY

Finding light in the darkness

NEWS

Realising the potential in everyone

A place where lives are changed

Day program equips people on their journey to recovery



SALVOS

MAGAZINE





The greatness of a
community is most
accurately measured
by the compassionate
actions of its members.

Coretta Scott King



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

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Founders William and Catherine 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 Sienny Yoso

Editorial ph. (03) 8541 4562

Enquiry email salvosmagazine@salvationarmy.org.au

All other Salvation Army enquiries 13 72 58

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Support in recovery

The Salvation Army is one of Australia's largest providers of alcohol and other drugs (AOD) treatment services. Each one of these offers unique programs for people, and their loved ones, facing struggles with these addictions.

In this edition, we look at a recovery program at Berwick Salvos in Melbourne. The START Community program enables participants to recover within their local community and integrate recovery into their daily lives. Program coordinator Dean McWhinney also shares his own story of addiction, recovery and faith.

In My Story, Missy shares her challenging experiences of growing up and how the safe and caring community she found at the START program has helped her battle her addictions and fears.

Safety is also the topic of Faith Talk. Janine Donaldson shares how protected the COVID-19 vaccine will make her feel but emphasises her reliance on the inner safety, confidence and reassurance she finds in her relationship with God.

Check out salvosmagazine.com.au for information on our services and how to get help, as well as articles on the deeper questions of life.

Simone Worthing **Assistant Editor**

A place where lives are changed

Day rehab program equips people on their journey to recovery

WORDS SIMONE WORTHING

Freedom from problematic drug and alcohol dependence is a life-long process, but a six-week therapeutic day-rehabilitation program at Berwick Salvos in Melbourne has just celebrated five years of giving people of all ages the tools they need to begin the journey.

The program, called the START Community* (often just referred to as START), offers assistance and a holistic approach to recovery to those battling problems relating to their misuse of drugs, alcohol and gambling.

Since its beginning in 2016, START has been filling a gap in the system by providing a flexible, open-ended program and allows immediate commencement. Anyone over the age of 18 can attend this free program.

The program encompasses group work, personal development, case work, advocacy, counselling and referral. Topics covered include self-awareness, anger management, relapse prevention and faith in a higher power. Local sporting groups also offer recreational activities. This all takes place between Monday and Thursday from 9.30am–2pm, giving participants the freedom to integrate the program into their daily lives.

“The love, support and guidance provided by the START Community is seeing people’s lives transformed from broken, destitute and isolated to healthy, happy and connected contributing members of society,” says program coordinator Dean McWhinney (See Missy’s story, page 12).

PERSONAL CONNECTION

Dean grew up as part of the Salvos in Melbourne. He played in the junior band and was part of children’s and youth groups. “Although I didn’t always connect with the church, I always had a faith,” he says. “I just didn’t really understand that growing up, and I wasn’t aware of God’s hand on my life.”

In his “mischievous” teenage years, Dean left the Salvos and took a different life path. “I was heavily into drugs and became addicted to heroin for almost 20 years,” he says quietly. “I was homeless a few times and lived on the streets. That time introduced me to a side of life that people should not have to experience.

“There were people in the church who didn’t give up on me, despite me burning the bridges.”



Dean McWhinney is the coordinator of the START Community program at Berwick Salvos, Melbourne.



Group discussions are a regular part of the START Community program.

During an early attempt at rehab, Dean connected with some people from the Salvos who supported him through a long transformation journey. A few years later, though, he went back to his previous drug use patterns.

“It was an incredibly low point for me to be deep in addiction again and looking at going to jail,” he explains. “Through the providence of God, I avoided jail, got clean and, with my partner at the time, stopped using.”

During this time, Dean was living with some Salvos officers (pastors). One evening they were watching a television program about the cost of private rehab and its success rate. The officers had worked in drug and alcohol programs before and, after much discussion, the idea of the START program was born.

START BEGINS

The Salvos accepted a program proposal and granted initial Red Shield Appeal funding to get it up and running as a church-based mission program. The first six-week program began in August 2016 with six participants.

“People can commence the program at any time and continue as long as they like,” Dean says. “There is a sense of community here; people can be heard and seen for who they are. People feel safe, valued and respected.”

“

We believe in people until they can believe in themselves.

”

Participants come from various backgrounds and include people sleeping rough, couch surfing and domestic violence survivors. “Everyone is accepted here,” says Dean. “We believe in people until they can believe in themselves.”

In the early days of the pandemic, START moved to meetings via Zoom. “This was initially challenging, but once everyone got used to it, our numbers grew,” says Dean. “We had groups of around 18 before, but during lockdown, we had up to 36. We even have one participant living in regional Victoria, as well as some from the local detox unit.”

STAFF AND VOLUNTEERS

One of the volunteers, Sandra, had just walked into Berwick Salvos in 2017 wanting to help out with anything. It turned out she was doing her Certificate IV in AOD and needed placement hours. “We accepted her ▶



Local sporting groups lead indoor and outdoor recreational activities for program participants.

offer to do her hours with us, and since then the volunteer and placement program has developed over time,” Dean explains.

“Sandra’s cousin, Leonie, found out through Sandra that we were taking placement students and did her placement hours for her bachelor’s degree here too. She is now employed 15 hours per week.

SPIRITUALITY

Dean shares that when he came out of addiction and START began, he still had faith in God but “not much of a spiritual life”. The START program has changed this.

“A few years ago, numbers were dropping off, funding was hanging over our heads, and I was offered another job,” Dean says. “I started praying, asking for God’s help and got the sense that this was the right place to be, and as long as there is START, I will stay.

“We now have a Tuesday night Bible study on Zoom, new people come along, including agnostics, and we are seeing even more openness and change in people’s lives. The START material mentions God, which opens up a lot of conversations. People know we are not telling them what to believe; everyone’s view is valid. One participant, who does not believe in God, now plays in the Salvos band on Sundays because of how his

life has changed through START.

“Hope and encouragement is what we’re about here.”

LOCAL SUPPORT

Berwick Salvos officers, Majors Greg and Lenore Pack, actively support START. They join the participants for the supplied lunch as often as possible and join in the birthday and special milestone celebrations.

“This community is something that should be happening in more places,” says Greg. “It’s helping transform lives; it gives people a community, hope and a place they can call home and meet with others going through similar situations.”

Lenore agrees. “We love everything about this community, what it offers people and how it changes people’s lives. It gives us all the opportunity to share the love of Jesus every day.”

**Salvos Treatment Assessment Recovery
Therapeutic community*



Scan here for more on the need for community.

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Offering people hope is our mission

Captain Brad Whittle, a Salvation Army officer (pastor), shares about his role as the manager of The Salvation Army Townsville Recovery Services Centre.



The Townsville Recovery Services Centre in North Queensland focuses on people who have alcohol and other drug issues.

It's holistic in many ways. We want people to learn how to live again – how to relate to people and invest in their mental, emotional, physical, spiritual health and relational well-being.

Nobody sets out to become addicted. It's about breaking down stigma; to be more gracious and understanding and realise that everyone has a story.

It's not just about the need, but people's readiness for change, often precipitated by crisis and pain. There are different levels of trauma, people managing anxiety-related disorders or depression, conflict, social isolation and legal issues.

Hope is like oxygen to the soul. When you see people come and reach out for help, they really are starved of hope. They're desperate, and they're just looking for a way out from where they are.



Captain Brad Whittle, above and left, says the hope participants receive at the centre is like "oxygen to the soul".

As they engage with the supports that we provide here, social isolation reduces and there's decreased levels of anxiety and depression. Their capacity to make better choices and their relational worldview is changed over time as well.

It is overwhelming to see people's courage, resilience and perseverance. They don't always see that in themselves. As they begin to experience hope in the present and the future, they start to reframe how they feel about themselves and really build into their God-given potential.

It's humbling to be part of people's journey every day as they discover this hope that comes from God. This hope enables them to breathe again and stand and walk in the new life that Jesus brings.



CAMEO coordinator Robin (second from right) and three volunteers preparing delicious meals for the weekly lunches.

CAMEO volunteers bring gifts to the table

In the mining town of Kalgoorlie-Boulder, the disparity between locals doing it tough and the wealthy is stark – but the Salvos have found a way to engage people often left behind.

Their weekly CAMEO meal – an appropriate acronym for Come And Meet Each Other – has been bringing people together for over a decade. With the inclusion of differently-abled locals and their carers, CAMEO has become even bigger – a place for people to give back by volunteering in the kitchen, and on the floor.

“We started with one man, Todd*, on the autism spectrum. He started volunteering in the kitchen when he was 18. He was high-functioning but struggling to find a job,” explains Bethany Baille, Kalgoorlie Salvos officer (pastor).

“He volunteered with us for nearly a year, and then got a job. [Then], because of COVID, he lost his job – so he’s back again and loving it.”

John*, 19, also began volunteering this year – and it’s the first time his mother has felt

comfortable leaving her non-verbal son to work independently with the team.

“We love having them in the kitchen. The purpose is that we get people connected in, and to feel like they can give back to something they have enjoyed being a part of,” says Bethany.

The weekly meal is a staple for locals who have few other places in town to socialise, but the Salvos also see people passing through stop by for a bite to eat.

“I believe and I’m excited to see people come into the fullness of who they are. People live without knowing their full abilities – especially our friends who are differently-abled and not always accepted in town,” says Bethany.

“[Imagine] how much the town could change if we were all encouraged to be who we really were – to bring our gifts to the table.”

– Jessica Morris

*Pseudonyms given for privacy

The fundamental need to feel safe

Thriving on a sense of inner safety, despite the challenges we face

WORDS JANINE DONALDSON



By now, some of you, depending on your age, employment or personal circumstances, will already have had the opportunity of being among the first to receive a COVID-19 vaccine. Vaccines are now rapidly rolling out across the nation, and many people are anxiously waiting for their turn to receive the long-awaited 'jab'. I do not think I can recall a time when I have been aware of people so keen to stand in line and roll up their sleeves to have a thin, very sharp needle thrust into their bodies! I am someone who will avoid pain wherever possible!

However, I do understand the need of doing whatever it takes to have once again that feeling of being safe and secure, especially in these times. We have all been impacted to some degree by this cruel pandemic. We have stood back and watched, helplessly, as we have witnessed so many living with loss and pain, so many struggling with the mental anguish and torment of separation from families and loved ones, loss of employment and the financial devastation it has wrought. And the thought of a vaccine that can now offer some form of protection against it – and help

unconditionally, and who covers me under the banner of his protection.

Listen to these amazing promises that God gives, not only to me but to all who would claim them: "Do not yield to fear, for I am always near. Never turn your gaze from me, for I am your faithful God. I will infuse you with my strength and help you in every situation. I will hold you firmly with my victorious right hand (Isaiah chapter 41, verse 10).

“

**Protection – feeling safe
and secure – is fundamental
to our well-being.**

”

We all have a fundamental need to feel safe and thrive on a feeling of inner safety, no matter what outside challenges we face.

As our nation continues to grapple with this terrible disease, the knowledge that a vaccine is now available will bring a sense of relief, hope and protection for many people. For me, my inner sense of safety, hope and protection rests in a God who promises to "hold me firmly with his victorious right hand".

Commissioner Janine Donaldson is the co-leader of The Salvation Army Australia



Scan here for more
on finding meaning.

PHOTO BY TYLER LASTOVICH UNSPLASH

bring back just a small sense of normality – sounds almost too good to be true.

Protection – feeling safe and secure – is fundamental to our well-being. It is primary. While I, for one, am looking forward to receiving my vaccination and the feeling of protection it will provide me, I live with a greater assurance that gives me the confidence to live each day in the knowledge that I am safe and secure. And that confidence comes from the relationship I have with a God who loves and cares for me,



Missy continues to check in with the START community for support and friendships.

Finding light in the darkest of days

A caring community helps Missy battle her struggles with addiction

WORDS MISSY CADELL

I grew up in Melbourne as the eldest of five children and moved to the country when I was 15. I lived with my dad and stepmum, as my parents separated when I was six. I didn't really have a close relationship with my mother growing up.

Mum was only 16 when she had me. Dad was an alcoholic, and some physical and emotional abuse went on within our home. I thought it was normal until later when I realised it wasn't. I was scared and anxious as a child. I wanted to protect my siblings. I was also sexually abused. It was all so confusing.

Having a broken family impacted me a lot. I felt that nobody loved me. As I got older,

relationships with people became very co-dependent.

I did quite well at school and was a good student. I finished Year 12 and worked in childcare. I am a bit of a perfectionist, which I realise now was a coping mechanism for me and my fear of abandonment. By the age of 20, I had a qualification in Early Childhood studies. I wanted to give other kids what I didn't have growing up.

I had a real 'love hate' relationship with Dad and, when his addictions spiralled and he became homeless, I switched off emotionally and went downhill. I was 29 at the time. Before that, I would dabble in alcohol and

drugs, mostly on weekends. I didn't realise it, but I was already an addict then.

I denied my addiction at first. I was too proud to say I needed help. I fell pregnant and was sober for a while because of the baby. I couldn't do it for myself. I had a miscarriage, and then Dad passed away.

I realised that if I didn't get clean, I would end up like Dad. So, two months later, I went into detox. I learned a lot about myself and let the walls down that I had built around myself.

I was referred to the START* program at Berwick Salvos in October 2019. I instantly felt safe there and a strong sense of community. I felt connected, and that kept me coming back every day.

“

I felt connected, and that kept me coming back every day.

”

I began doing the Bible studies and, once I got into them, I felt an internal shift. I was more at peace with myself. I still have moments where I don't feel that, of course, but opening up to God and developing a faith helped me build trust. I didn't feel alone anymore and, for me personally, that's what has helped the most.

I have become more reflective, gained more self-awareness and am in touch with my emotions. I want to share that now with other people. As a kid, I minimised my emotions.

START has helped me see my coping mechanisms as a child and their impact later in life, and I am grateful for that.

Now I am working in childcare. Today, as I write this, I have taken the day off, and I am here at START. It's the second anniversary of Dad's passing, and I am here because it's my safe place. I am safe here with my community.

I still check in with START via Zoom sometimes, and I come when I can. I know I can come back anytime and have the support I need.

I am now expecting a baby girl, and I want to be a present and conscious mum to the best of my ability. I also want to give back. I want to work with people who have gone through situations similar to mine and who have struggled with alcohol and other drugs (AOD).

I am not sure if I will go back into childcare or study for qualifications in the AOD field. I have an idea that I want to teach people about being a present and conscious parent – and the impact that can have on their kids. I have to be a parent first, though!

I always held on to hope in those difficult times, always believed that there was something more out there.

So, if you're in a position like I was, don't give up. Keep going, don't be afraid to ask for help. It's out there.

For more information on START, see pages 4-6 or go to salvationarmy.org.au/berwick



Scan here for more on the need for addiction.

Caramel slice



Photo: Andrea Redford

Ingredients

120g butter, 3 tbsp brown sugar, 1 tbsp golden syrup, ½ tin condensed milk, 1 pkt Milk Coffee biscuits, 180g milk chocolate.

Method

Line the base of a slice tin with biscuits. Break biscuits as needed to roughly fill the gaps. Crush remaining biscuits.

Melt butter on the stove in a medium saucepan. Add sugar, syrup and condensed milk. Stir to combine.

Add crushed biscuits to caramel mixture and stir to combine.

Pour caramel on top of biscuit base and gently spread evenly with a spatula. Be careful not to move the biscuits underneath.

Melt chocolate in microwave at 20 to 30-second intervals, stirring with a metal spoon until smooth.

Spread melted chocolate evenly on top of caramel mixture. Refrigerate until set and then slice and serve.

Have a laugh



I used to play piano by ear. Now I use my hands.

After dinner, my wife asked if I could clear the table. I needed a running start, but I made it!



I decided to sell my vacuum cleaner – it was just gathering dust!

Bible byte

A true friend loves regardless of the situation, and a real brother exists to share the tough times.

Proverbs chapter 17, verse 17

The Voice Bible translation

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

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 this week's *Salvos Magazine* is Tum-Tum hiding?



Answers: 1. Precipitation in the form of ice crystals. 2. It's clear, translucent. 3. Six. 4. One hour. 5. Canberra. 6. page 6.

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

Quick quiz



1. What is snow?
2. What colour is snow?
3. How many sides does a snowflake have?
4. Approximately how long does it take for a flake to leave its cloud and reach the ground?
5. Of Australia's major cities, which is most likely to receive snow?
6. Which is the snowiest city on earth?

Did you know?

- Extreme ironing is an actual sport.
- A bolt of lightning contains enough energy to toast 160,000 pieces of bread.
- Tomatoes have more genes than humans.
- A flock of ravens is called a conspiracy.

THIS RED SHIELD APPEAL, WE NEED YOUR HELP MORE THAN EVER

Right now, more and more Aussies are facing homelessness, financial hardship and turning to the Salvos for assistance.

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