



uman journeys for knowledge have always been more important than journeys for survival. One of the Gospels that Jesus gave to the earth is that man can be initiated at any time. He taught that it is possible to live gracefully in the present by leaving the ugly past behind. The present can be beautifully lived by breaking its bridge so that it has nothing to do with yesterdays.

It was Jesus who made this important statement and the term "you must be born again" was an answer to a vital question, "How do I gain eternal life?". Within this question and answer, we find the essence of the Gospel.

Many of the ordinary people sought Jesus' company as it was safe for them to follow closely. But the people who were part of the religious order of that day kept their distance because of their position in life. They knew that following Jesus or approving his teachings would mean that they would risk their reputation.

Nicodemus was a man who came to Jesus on a difficult journey at night. He was a pharisee means a "separated one". Not only that he was one among the seventy members of the Jewish ruling council — the Sanhedrin. Moreover, Nicodemus was the highest-ranked teacher in Israel. Whatever reason it was that Nicodemus came at night; it is evident that something was exciting in his heart. He knew that God was with Jesus, and He was sent by God.

Nicodemus teaches us that rebirth is possible not only for the young but at any age! This is a serious invitation that can be taken up by anyone in any field, surification, and repentance are part of it. When you feel that everything written in life is not beautiful, you can erase it with kindness and make a beautiful environment.

It is possible for a person, a land, a time, and a church can all be born again! We can go back to our innocence at any age. Yes, rebirth is possible by personal repentance, greater love, and unwavering trust in the mercy of God!

"Nothing erases the past, There is repentance, there is atonement, and there is forgiveness. That is all, but that is enough" —Ted Chiang



Major Evama Shaijuraj Editor

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od is omnipresent, meaning He is always present and in all places. What does it mean, then, to be in God's presence?

God created us in His image. At the beginning of human history, God enjoyed a close presence with Adam and Eve in the Garden of Eden (Genesis 3:8), but after their sin, they became separated from His presence. Throughout the Old Testament period, we find various ways in which God revealed His presence to some wonderful people in special ways. These included: speaking, as He did with Noah; in physical form, as Genesis 17–18 describes, and in visible form, as He did with the Israelites in the forty years in the wilderness.

In Jesus, God has revealed Himself to us. He came into our world; He lived among us. He went through all that we go through. He identifies with our everyday life and has promised not to leave us, but to be with us forever. In the Church era, God lives in us by the anointing and infilling of His promised Holy Spirit, leading us continuously in His holy presence. Jesus said, "If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him" (John 14:23, ESV).

Jesus Christ is the same yesterday, and today, and yes, forever. "Do not be misled by varied and strange teachings; for it is good for the heart to be strengthened by grace, not by foods, through which those who were so occupied were not benefited" (Hebrews 13:9, NASB).

You may not have experienced an extraordinary encounter with God, as some early Christians, or as it was with Abraham, Moses, or Isaiah. But you can identify yourself with Joseph in the Old Testament (Genesis 37-48). We read about him and find that he did not have visions like his father Jacob, or Moses. He was not even visited by angels, like Peter when he was in prison. The one thing he had was a gift for interpreting dreams. Yet, throughout these chapters, you note how God was with him.

Though Joseph's life story, we learn that no matter what situation we go through, if we acknowledge God's presence and honour Him, we will find that He is near us. As it is written, "He is before all things, and in Him all things hold together" (Colossians 1:17, NASB). As God was interested in Joseph's life and had a purpose for him, it is still true that God is with us, and He loves us and cares for us. He is interested in our lives and wants to shower his favour on us.



Commissioner Suresh Pawar International Secretary South Asia, IHQ-London

Instead of getting discouraged by the situation that we may find ourselves in (which may seem difficult and hopeless). we must exercise trust: faith in God that cannot be shaken by the adverse results of how we are being treated by others; faith in God that doesn't leave us feeling bogged down in an uncertain future. Joseph kept his head calm and went through what his brothers had put him through. And at the end, this is what he could witness about God, whom he trusted, not knowing what would happen. He testified to his brothers. "As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to keep many people alive" (Genesis 50:20,

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NASB). Instead of blaming his brothers, Joseph showed kindness towards them. That is what happens when we acknowledge God's presence in our lives. We find the inner strength to keep cool, and knowing that God is with us, we confidently wait for the deliverance that will happen in God's own time.

What Joseph had was enough to help him realise God's divine power that would make the way for the future that God had intended for him. He had the gift of interpretation of dreams. Once he was in trouble by using it, but on other occasions, using that gift brought him out of trouble. Nevertheless, he kept practicing the good gift God had given to him.

When Joseph told his family the dream that he had concerning the future - that he would be their master and his brothers would give him respect – his brothers got angry with him and ultimately sold him to traders. But when he was in prison, he correctly interpreted the dream of Pharaoh's imprisoned cupbearer, foretelling his release and restoration to his position. This eventually brought Joseph into Pharaoh's presence, where he interpreted his very significant dreams of the famine and good harvests that the nation was about to experience. Pharaoh had witnessed the divine presence and power of God in Joseph. Pharaoh said to his servants, "Can we find a man like this, in whom there is a divine spirit?" (Genesis 41:38). You are wonderfully and uniquely made, equipped to walk with God, being led by His Spirit to live a victorious life, for the Victorious Christ the Saviour is leading you. He will hold you up when you go through the valley of death (Psalms 23).

Joseph had great patience. When he was sold to Potiphar, he works hard, and with complete integrity. He was unaware of what was going to happen next, but with a pure heart, he gave his best for his master. His hard labour did not repay him well, but under the false accusation of Potiphar's wife, he was put into prison. There too he made every use of the opportunities available. He was kind to fellow prisoners and carried out all the work that the keeper of the prison gave him. The Bible tells us, 'But the Lord was with Joseph and extended kindness to

him and gave him favour in the sight of the chief jailer' (Genesis 39:21). When we have confidence in the presence of the unseen God in our life, we know that He is in control, and he holds our future. This helps us to be patient in times when things are not very hopeful. Knowing God, you find tranquillity and peace because your Father in heaven knows what is best for you.

Very importantly, even more than Joseph, the others had witnessed God's presence with him. We read what Potiphar, his master, felt about Joseph. He was able to see clearly how Joseph was different and special compared to his other slaves and servants. 'And the Lord was with Joseph, so he became a successful man, and he was in the house of his master, the Egyptian. Now his master saw that the Lord was with him and how the Lord caused all that he did to prosper in his hand ... The Lord was with him and whatever he did, the Lord made to prosper (Genesis 39:2-4, 23). Walking in God's presence, we shine His wisdom by how we respond to situations and the people who matter to us.

Jesus has told us if we follow his commandment, others will see him in us and know we belong to him (John 13:34-35). God is always near to them who draw closer to him (James 4:8).

Joseph ultimately reached the highest place in his life. His unshaken faith in God, his patience, and using his God-given gift wisely, brought success to his life. He was able to achieve the purpose that God had for him. This is what he had to say to his brothers, "And now do not be grieved or angry with yourselves, because you sold me here, for God sent me before you to preserve life. For the famine has been in the land these two years, and there are still five years in which there will be neither plowing nor harvesting. And God sent me before you to preserve for you a remnant in the earth, and to keep you alive by a great deliverance. Now, therefore, it was not you who sent me here, but God; and He has made me a father to Pharaoh and lord of all his household and ruler over all the land of Egypt" (Genesis 45:5-9).

How often do we become discouraged and give up? But if we walk with God, we find strength and courage to move in with his strength to fulfill the life purpose that God had set for us. Saint Paul in his letter to Corinthians, reminds us of this truth, 'But just as it is written, "Things which eye has not seen and ear has not heard, and which have not entered the heart of man, all that God has prepared for those who love Him." For to us, God revealed them through the Spirit; for the Spirit searches all things, even the depths of God (1 Corinthians 2:9-10).

Regardless of what your past might have been, and the present that may not look good, turn to God. He has always been close to you, willing to forgive and reconcile you to Himself. He has paid the price for you by giving His own Son, Jesus, to lay down His life for our sins. Come to Him with unshakeable trust and know how well He has equipped you with his divine gift of wisdom so that you could find rest in Him. If you allow Him to take control of your life, no one will be able to deny His power and presence, and you will be able to find the purpose and fullness of your life. Turn to God, for He is near to you.

Notice!

Dear Subscribers,

Your kind attention is invited to the subject that due to the price hike in the printing cost of "The War Cry" magazine, it was discussed in the last Conference of Indian Leaders (COIL) 2022 and decided to increase the price up to INR 15.00 per copy. So now the price of each copy is INR 15.00 and it will be applicable from April 2023. We request all readers to kindly continue your support and cooperation.

LET US RENEW OUR COVENANT

"I have opened

my mouth to

the Lord, and I

cannot take

back my vow

udges 11:35-36; Psalms 50:14

We are all Salvationists that have already signed Soldier covenant or Junior Soldier covenant. I believe that we the Salvationist are fortunate as our parents offered us to God when we were infants, then we take the Junior covenant when we get a little older and when we reach adulthood we take the vow of Soldiers covenant,

we also have other vows like the Corps Cadet vows and we also have the Soldier/Junior Soldier Renewal Sunday and Decision Sunday. It is safe to say that having these vows and vow renewal days are a fortune for us. Still there are many soldiers that are not faithful to their vows.

Ecclesiastes 5:5 tells us that it is better to not make a vow than to make a vow you cannot pay. It is necessary for Salvationist that have made a vow to the Almighty God to reflect on themselves. As he kept his vow to God, Jephthah said to his daughter "I have opened my mouth to the Lord, and I cannot take back my vow" after he won the battle against Ammon. While we are soldiers that march forward for God, we forget our vows and try go our own way when we face troubles or if things don't go our way. Are we living according to our vows? Are we faithful to our vows? These are the things that we have to think deeply about

Corps / Society, individual, family and the Church as a whole can face problems as a result of us not staying faithful to our vows. As we face troubles in our ministry or any troubles let us read again and reminds ourselves the Vows that we made and signed with our own

name, so that we maybe be faithful to our vows and be stronger in our faith towards God. Many of us let our burdens keep us down instead of renewing our vows and looking back at them to draw strength from it. It must have been hard for Jephthah to keep his vow to God but he knew the importance to that vow, so he



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fulfilled the vow as we all know it.

If we can be faithful to our vows in this way, our ministry will grow and even we will be healthier and our family would be happier. If we are happy in our Family our Corps will be happy and if the corps is happy the Church and our society will be happy and peaceful. So let us all try to be faithful to the vows that we made and the words we have spoken to the Lord. Let us remember that we took these vows to God. Let us all ask the Lord to accept us as we offer our everything. As it is written in Psalms "fulfill your vows to the Most High" Let us renew our vows and offer ourselves to God once again.

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TESTIMONY



Prachi KharatSoldier, Pune- Hadapsar Corps
India Western Territory

his is a testimony of my journey of faith. I am Prachi Milind Kharat(Pandav), born in a Hindu Brahmin family and the elder child to my parents. My first encounter with the Christian faith came at the age of 21 when I came from Aurangabad to Pune. My father passed away in the year 2000. This was a great shock that I lost my dad at the tender age of 16. It so happened that on my birthday a bible was gifted to me by a pastor who was ministering in Dhanori Pune area. I joined TATA company after coming to Pune and there I met my husband who was a born Christian. He used to take me to the church, and I used to attend all the services. This continued for years and even my family never opposed me. Early in the Old Testament, we find the creative Spirit of God speaking to people in unique and often remarkable ways, ways that can help us understand how the Spirit can speak to us. In Genesis 15:12, we find the Spirit of God speaking to the patriarch Abraham in the nighttime hours.

I still remember the day and the year 2012 when I first encountered Jesus Christ in 2012. I am sure it was not a dream, but I met real Jesus in my life through bright light. There was bright light in my bedroom. It was real and vivid. A day before the dream, I had attended Thursday service and came back home. I heard the verse from Deuteronomy "You shall love the LORD your God with all your heart and with all your soul and with all you might." Something stirred inside of me. I do love God with all my heart. That was the day I gave my life for Christ. John 6:44- No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day. That was the day I gave my life for Christ and my heart was transformed. Today I live everyday with Christ and according to his will and not mine. I am now ministering and spreading the gospel to the unreached and specially the people who are seeking the true living God. I am sure as Lord Jesus Christ met me and I gave my life to him, he transformed my heart. 🦳

BE FRUITFUL

rom the Scriptures if we take the Book of Genesis 1: 28 verse which says "God blessed them and said to them, Be fruitful and increase in number, fill the earth and subdue it, Rule over the fish of the Sea and the birds of the air and over every living creature that moves on the ground".

In everyone's life, the intention is to be fruitful. It means seeking for the growth. No person or creation doesn't want to cease in their lives. Every creature desires to flourish in their surroundings. For example the rickshaw man doesn't want his children to pull rickshaw, a driver doesn't want his children to be in the same state what the father is doing. He or she expects his children to be fruitful or grow more financially, numerically or spiritually. The intention is that from present state to better state In the same way our heavenly father is expecting his children, whom he created in his own image to be fruitful. When I was reading this passage, I was struck with a question, when we will be fruitful? Then immediately, I vividly wrote the word fruitful on the paper and elaborated the word which gave me a deeper meaning and insight of the Gods word.

Faithful in God: Hebrews 11: 6 and without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. Faith is the gift of God. It is also the spiritual fruit from God. Ephesian 2: 8 For it is by grace you have been saved, through faith – and this not from yourselves it is the gift of God. When we believe and have faith in God, we see marvelous things in our lives. That why Jesus in a parable he states about mustard seed, which is tiny ingredient. Not that it resembles tiny, but Jesus emphasized the fullness, who possesses acatalectic faith, they see and bear much fruit in their lives. They see wonders in their secular and spiritual life.

Righteous Or Realistic in God: This faith in God makes us to live real and righteous outward and inward. We observe now a days people pretend in front of people living fake lives. The words they speak doesn't match with the deeds what they do. But God says Proverbs 20:7 The righteous man leads a blameless life blessed are his children after him. If we live a realistic and righteous life, this brings manifold blessings upon our families. God answers our prayers Proverbs 15: 28, 29 The heart of the righteous weighs

its answers, but the mouth of the wicked gushes evil. The Lord is far from the wicked but he hears the prayer of the righteous. In this new year whatever we are in need when we ask him with upright heart he is ready to answer our prayer and gives us fruit in our lives.

Unity with God: When we are righteous and united and remains in God, he is ready to make us fruitful. As said in John 15: 5 I am the vine; you are the branches, if a man remains in me and I in him, he will bear much fruit, apart from me you can do nothing. Because we are his children created by his own imagine, he respired his breathe in us to live according to will of the father, and pursue the footsteps of the heavenly father.

Integrity in God: Our God once promised will not take his oath back. He stands on his words towards his children. As said in Deut:9 : 5 It is not because of your righteousness or your integrity that you are going in to take possession of their land; but on account of the wickedness of these nations, the LORD your God will drive them out before you, to accomplish what he swore to your fathers, to Abraham, Isaac and Jacob. He is unchanging God, we do change our words, and bluffs according to the situations. But our God is unchanging God. He keeps his promise he gave us. Let us also keep the promise what we gave to do at any circumstances. We never lose our integrity at any situations. One day we will reap the good fruit in our lives.

Thanksgiving to God: God is so gracious, for what he done in our lives we need to show our gratitude to his goodness and mercy. Without his will and grace we cannot sustain or survive in this world. He protected us, with his care out of many dangerous and chaotic situations we need to give thanks to God. If a person does any good we try to show our gratitude. Indeed our spiritual father who showered his abundance of grace upon our families, we should always be thankful to God. Philippians 4:6 by prayers and petition, with thanks giving, present your requests to God. He is ready to answer your prayers and give fruit in our lives. 1Timothy 4:4 for everything God created is good and nothing is to be rejected if it is received with thanksgiving.

Friendship with God: When we show our gratitude to God, he is ready to draw us to his bosom to do mighty things in his glory and



Major Sunithakumari Mikkili DDWM, Guntur District India Central Territory

manifest his intimacy in our difficulty. As said in Job 29: 4 Oh, for the days when I was in my prime, when Gods intimate friendship blessed my house. Friendship with our colleagues or contemporary may one day breaks. But the strong friendship with Christ longs for ever. He never leaves nor forsake. He embraces and holds our hands into his hands and with strong bonding, he consoles and comforts in our dismayed and pathetic situations.

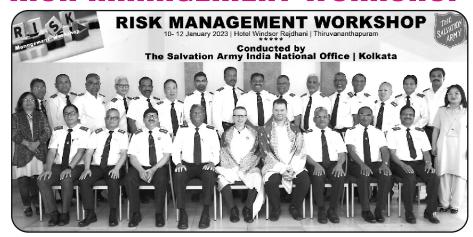
Understanding the word of God: 1John 1: 1 that which was from the beginning, which we have heard, which we have seen with our eyes which we looked at and our hands have touched- this we proclaim concerning the word of life. The living word strengthens our spirit, when we are weak, and regenerates energy when we are feeble. When we live according to the word as said in John 15: 7,8 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

Loving God: When we understand the word of God and live according to the will of God we will definitely love our God with whole heart, mind and soul. John 15:10 If you obey my commands you will remain in my love, just as I have obeyed my Fathers commands and remain in his love. Gods command is this; Love each other as I have loved you. Love your neighbor as yourselves. God's love enables us to allure others into the path of God.

My dear brothers and sisters in Christ, God desires to make us fruitful in our lives. To be fruitful in this new year, let us have faith in God, live realistic and righteous by uniting with God, in integrity and by giving thanksgiving in all circumstances. These virtues lead us to make good friendship with Christ and maintain relationship by understanding the loving of God. I trust and believe that, this New Year brings fruitful ness in each life.

n order to help territories comply with the requirement to address and mitigate risks involved, a workshop for the Territorial Commanders, Chief Secretaries and Secretaries for Business Administration was held from 10th to 12th January 2023, at Hotel Windsor Rajdhani, Thiruvananthapuram. Mr Philip Bates and Mr Jun-Luc-Wenger from Swiss Foundation, The Salvation Army Switzerland territory were the key resource persons. It was really a great time that the workshop not only provided an opportunity to the territories to bring out risk register and mitigate risks, but also gave a platform to deal with other important policies as part of effective governance and accountability. Commissioner Suresh Pawar, Zonal International Secretary inaugurated the workshop and motivated the leaders to

RISK MANAGEMENT WORKSHOP



wok on transparency that would promote the integrity of the Salvation Army.

ECUMENICAL GATHERING WITH THE GENERAL



t has been a wonderful time to have a fellowship gathering "Meet & Greet' with the Church leaders, heads of various Christian organizations and

government officials was held on 24th January 2023, at Hotel Ramada, Chennai Egmore. Nearly 20 top church leaders were present with the general, where the

programme helped to know about different churches and their ministry and to know about the Salvation Army and its ministry around 133 countries. General Brian Peddle explained the Army's work and its ongoing ministry. The NCCI president and General Secretary explained about the ecumenical church initiatives to combat against poverty and justice and bring unity among the people. Commissioner Rosalie Peddle, WPWM concluded with prayer and All the Territorial benedictions. Commanders and Chief Secretaries of ICT, IET and INT were also present during this special meeting.

BOARD OF DIRECTORS MEETING

s part of the regular company business, a Board of Directors Meeting was held on 24th January 2023, at Hotel Ramada, Chennai Egmore. It helped to discuss the statutory matters and to comply with the Indian law. General Brian Peddle shared a thought before the business, where he requested the Directors to be people of responsibility and transparency. He motivated them to carefully discharge the tasks to bring accountability and to promote the Salvation Army's work more effectively in India to serve the people in needy.

Colonel S. P. Simon, National Executive Officer and Colonel Annamma Simon, Secretary for Women development took



responsibility of these programmes supported by Captain Aseervadam Cheeli and Major Shaijuraj, India National office staff.

Colonel S. P. Simon National Executive Officer India National Office, Kolkata

Showers of Blessing!

appy New Year! It is 2023 already! What do we expect out of this new year? Blessings from God? Prayers to get answered? Yes! And we are expecting tangible blessings or an answers to long-awaited requests in prayers. While there are always earthly things that we want, we should turn to God for those aren't the always visible to eyes and enduring "blessings" of God.

It's normal to us as soldiers/believers to pray for the blessings and earthly needs. But, while we are all surrouned with concept of blessings means tangible items in life but ephesians in Bible clearly says as Father, Lord "has blessed us in the heavenly realms with every spiritual blessing in Christ." The word blessed is already in past tense and suggests that it is already implicated in our life, being His children we are 'already' blessed. That means our greatest blessings have already been given to us through our relationship with Christ.

As we look upon social media and magazines or newspapers in daily life,

and as we look around at life of others, we feel that sometimes we may seem lacking in our own life, but it is devil's move to make us forget that we are already in possession of "an inheritance that can never perish, spoil or fade." (1 Peter 1:3-4)

Sometimes we look at others and think about others blessings as our own lacking in life and we may think God is deaf to our prayers and pleas. But whatever people choose to display outside is not the real life or the only things that going at their end, there are times when God allows our discomfort and exasperation to push us forward toward spiritual strength and endurance. While we tend to focus solely on what seems to be missing from our lives, His intent is so much greater and far reaching than bringing end to our difficulties. God wants us to matures us through our difficulties so that in the end we are "full and complete, lacking nothing." according to James 1:4.

Sometimes simple thought could give us understanding that whatever we lack in



life is leading us to a deeper relationship with the Lord Jesus. God blesses us with every spiritual blessing He has to offer in heaven all made available to us, not after we reach to heaven but right where you are. We have list of examples from Bible where people like you and me, didn't pray for wealth and richness or earthly blessings but still it is given to them when all they pray for peace, wisdom, life, forgiveness, love, protection, mercy all the time, access to God's throne, hope, eternity – We could go on and on.

Let's pray for life, full of heavenly blessings and believe that we shall lack nothing in life.

...and there shall be showers of blessing." (Ezekiel 34:26)





DECODING MEN'S MENTAL HEALTH



Dr. Sagar T. Thevalappuram Consultant in Psychiatry District Hospital, Kollam Nodal Officer, DMHP

Surveys from around the world show that men are reluctant to open up about their issues related to mental wellness. According to studies men are more likely to die by suicide than females. Dr. Sagar T. Thevalappuram is elucidating about mental awareness and potential ways to overcome these mental health challenges.

ow the world population crossed 8 billion (800 crores). The latest estimated Kerala population is 3,469 crores or 34.69 million, the figure includes 16650132 males. The sex ratio is 1.084, which means 1084 females per 1000 males. Schizophrenia, the most serious psychotic mental illness affects one percent of the population, and half of them are males. This is an illness of unknown aetiology with an onset between 15 and 35 years characterised by delusion, hallucination, and disorganised behaviour. Often this has a chronic course. After the initial positive symptom stage, it may progress into a negative symptom stage. Effective drug treatments are available now. A section of the patients having poor insight, lack drug compliance, and have inadequate psychosocial support and end up with disability and need proper rehabilitation.

Depression is one of the biggest issues amount men. According to US data from CDC, 5.5 percent of young adult males suffer from depression. Depression among men is diagnosed less often than in women and the symptoms are less typical of major depressive disorder. Men having depression may exhibit higher levels of anger, aggression, and irritability or express their distress in different ways. One important danger of depression is

suicide. As per the National Institute of Mental Health data, men are 3.7 times more likely to die by suicide. 49 percent of men feel more depressed than they are willing to admit, and 45 percent believe that their mental health issues can be solved on their own. Most of the symptoms of depressed mood, lack of adequate sleep, lack of interest, feelings of helplessness, worthlessness, hopelessness, negative automatic thoughts, anhedonia, or inability to experience happiness, fatigue, reduced psychomotor activity, inability to concentrate, reduced appetite, expressing suicidal ideas may be seen in varying degrees for a period of two weeks or more. Very effective medicines are available. Psychological treatments like cognitive behaviour therapy also will help. For a few cases, Electro Convulsive Therapy (ECT) will help. Now Ketamine therapy and some stimulation treatments are also available.

Another important issue is anxiety disorder which includes panic disorder, obsessive-compulsive disorder (OCD), generalised anxiety disorder, social anxiety disorder, and phobia. Besides these issues, much importance should be given to substance use disorder. According to recent data from





the west, young men are more likely than women to abuse alcohol and drugs like cannabis/marijuana, hallucinogens, and prescription painkillers / opiate drugs/narcotics. Men are more likely to binge drink than women and have high rates of alcohol-related hospitalization and death.

Post-traumatic stress disorder (PTSD) is another significant mental health issue among men. Around 60 percent of men experience at least one trauma in their life that may be related to accidents, physical assault, sexual abuse, love failure, or witnessing death or injury. More than two-thirds of adolescents have experienced a traumatic event that can have a long-term effect on mental health in the form of PTSD adversely affecting daily life and functioning.

Another significant issue is bipolar mood disorder / bipolar disorder formerly known as manic depressive psychosis characterised by ups and downs in mood and activity levels. Bipolar disorder symptoms in males typically manifest between the ages of 15 and 24 and affect about 2.6 percent of the US population. As with other common mental disorders, bipolar disorder is underdiagnosed. Often the symptoms may even be ignored. Overconfidence and reckless behaviour are the signs of the manic phase of



bipolar disorder while imitability and social withdrawal are symptoms of the depressive phase. Some of the boys have an intellectual impairment and related issues, conduct disorder, attention deficit hyperactivity disorder (ADHD), autistic spectrum disorder, and learning disorders. Tobacco use, nicotine dependence, and related issues may be of serious concern for many males.

Communicable and non-communicable diseases like diabetes, hypertension and dyslipidemia affect the male population also. Physical illnesses like infections, infestations, and heart disease, respiratory diseases like COPD, congenital diseases, metabolic disorders, cerebrovascular diseases, tumours, cancer, musculoskeletal issues, dental problems; ear nose, and throat issues, ophthalmic problems, skin problems, kidney diseases,

gastrointestinal, sexual and genital urinary problems are seen among the males, Various medical and surgical problems affect males. Prostate cancer is a very significant issue mostly among elderly males. Prostate enlargement is usually benign. But prostate carcinoma is an extremely aggressive condition often manifested as painful urination with haematuria, poor bladder control, erectile dysfunction, persistent low back ache, and reduced semen. PSA (Prostate-specific antigen) blood test is used to screen for prostate cancer.

Government has a widespread public health delivery system to address the issues of the needy. Among with that private sector health institutions also plays a vital role.

Courtesy: Kerala Calling

News

TERRITORIAL LEADERSHIP DEVELOPMENT WORKSHOP- THQ LEVEL AT INTEGRATED SOCIAL INITIATIVES, NEW DELHI

t is my privilege to share about the Territorial Leadership Development workshop, which was conducted by the Territorial Commander, Commissioner Daniel Raju Dasari and Supported by Lieut. Colonel Jashwant Mahida, Chief Secretary arranged by Territorial Development Department at Integrated Social Initiatives, Lodhi Road, New Delhi, from Dated 14th to 16th November 2022. 39 delegates were selected for this workshop.

Lieut. Colonel Jashwant Mahida, Chief Secretary inaugurated the workshop by lighting the candle and welcomed all the delegates on behalf of the Territorial Commander and assured them that this workshop will be beneficial for them and encouraged them to equip themselves to become servant leaders. Major Anugrah Masih, Secretary for Social Justice & Zonal Coordinator for MSHTR talked about Faith Based Facilitation and she taught about the social issues that are prevailing in the society and specifically she focused on Marital issues so that the issues can be addressed through FBF.

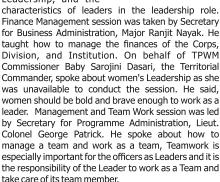
In his session, Chief Secretary, Lieut. Colonel Jashwant Mahida, taught How to conduct Boards and Councils. It was an important subject that would enhance the ability of officers to conduct various Boards in our Corps, Divisions, Districts, and institutions as a leader. Secretary for Personnel, Lieut. Colonel Sulakhan Masih, spoke about Officer's Discipline, He spoke about the attire, nature, and approach of the Army Officers. Major Robert Masih, Property and Legal Secretary spoke about Property Management and upkeeping of the property.

Major Joseph Khan, Education Secretary spoke about Community Development and shared that the Community Development is a Holistic approach grounded in principles of Empowerment, Human rights, Social Justice, Self Determination, Collective Action. The workshop for the day was concluded with devotion by Lt. Col. Sulakhan Masih, Sec. for Personnel.

The second-day workshop was started with Morning

Devotion and was led by Captain Baljinder, CO Raja Sansi corps, Amritsar Division.

Territorial Commander, Commissioner Daniel Raju Dasari spoke on Leadership Development and taught the qualities of a leader, Leadership Development and Personal Efforts, Other various efforts, stumbling blocks in Leadership, and the



Major Amrik Masih, Editor and Communication Secretary talked about How to use social media. It was an interesting topic; because all are using the platforms of social media and almost everyone is familiar with it. Delegates were encouraged to use Social media effectively to proclaim the word of God and to save the souls. The Budget Preparation session was taken by Major Emmanuel Masih, Finance Trainer, who taught about how to prepare a budget for the Corps, Division, or Institution. The second day was concluded with Prayer and short bible message.



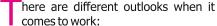
The Third Day of the workshop was commenced by Morning Devotion, which was conducted by Major Markus Masih, Superintendent of Behala Girls Hostel. After the devotion, there was a Question Time session with our Leadership and the resource person, and many delegates shared their queries, and all the queries were answered well by the Leadership and Team, which gave the delegates clarity about their views.

The Final Session was conducted by the Territorial Commander, supported by the Chief Secretary. they distributed the Certificates to all the delegates and thanked them for taking part in the Leadership Development Workshop, In the final session Territorial Commander shared the sermon based on Ezekiel 22:23-31 It was incredibly challenging message, and through his sermon, he expressed the need for the officers to be Servants of God just like Moses, who showed the servant leadership through which he led the Israelites.

The Leadership Development Workshop was beneficial and a blessing for all the delegates.

Major Amrik Masih Editor and Communication Secretary New Delhi, India Northern Territory

WORK&



- 1. 'Generally, work is referred to any' activity involving mental or physical effort done in order to achieve a purpose or result.
- 2. Anyone can enjoy your work, if you like what you do. It is therefore essential to identify your personality type early in life, so that you find out what you are best suited for. Listen to yourself, understand yourself first, before you try and understand what people say is best for you.
- 3. Work should be done in the following sequence right from the start of the day:
- 1. Urgent & Important To address any crisis that needs attention.
- 2. Important but Not Urgent Learning Tasks for Self-Development & Improvement.
- 3. Urgent but Not Important Things that interrupt your flow especially Interruptions from others
- 4. Neither Urgent Nor Important These are tasks that waste your time.
- a. Always start your day with work that is difficult to do, when you have the least interruptions, and the highest mental and physical energy.
- b. Then Move on to tasks that are important for your Self Growth & Development. These give you a boost of energy.
- c. Once done, then help others with their queries and assignments
- d. Finally, if there is time, u can rest or better, plan for the next day
- 2. Always finish what you planned for today. Try your best, to Move all other task to the next day. Otherwise, you will keep having interruptions and you will neither finish the Planned tasks or the Unplanned new ones.
- 3. Some tasks drain your energy, some tasks give you energy.
- Identify what tasks give you energy. Insert such tasks through out the day to help keep traction.

- Mundane tasks slows our rhythm; Our mind needs variety. So keep alternating from one routine task with another.
- 4. Genesis 2:2 => On the seventh day God had finished his work of creation, so he rested from all his work.

Work when you have to & Rest when you have to. If you switch these two, you will end up unfulfilled & stressed by the end of the day. And your sleep will not be pleasant.

- Finished work always gives satisfaction and a surge of energy.
- Unfinished tasks, increases the number of things that you have to keep track of and thereby increases your stress levels.
- 5. Genesis 2:3 => And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.



Immanuel Arun Seelan Lawrence Booth Tucker Hall Corps India South Eastern Territory

You can only find true rest when you rest in

Only God is Holy, and when you spend time with God, you become Holy, as you set apart that day.

So it is good to set apart time to rest in God, to be refreshed by:

- Praising God
- Worshipping God
- Reading your Bible
- Meditating what you have read
- Intimately Talking to God
- Interceding for others
- Speaking in Tongues
- Confessing what you meditate throughout the day.

Time Management Matrix

IMPORTANT	Q2 Focus on: Self Tasks Self-Development Self-Learning Self-Improvement Planning for Next Day (Important but NOT Urgent)	Q1 Attend to: Crisis Emergencies (Urgent & Important)
NOT IMPORTANT	Q4 Time Wasters: -Netflix / AmazonPrime -YouTube Shots -Instagram Reels (Not Urgent & NOT Important)	Q3 Attend to: Helping Others Interruptions to your work
	NOT - URGENT	URGENT

NEW TERRITORIAL LEADERS INSTALLATION SERVICE

nstallation Service of Our new Territorial Commander, Colonel Chawnghut Vanlalfela and TPWM Colonel Ropari khumchawng took place in Delhi Citadel. Officers from Divisional, Districts, Extensions, Training Principal, HRD Secretary, Institutional heads, THQ staff, Retired Officers, Soldiers, friends and youth of Delhi Citadel were present and Participated in the Meeting.

In the cold morning winters of the 7th day of January, 2023, the prayer hall of the Delhi Citadel Corps was fully crowded by the officers and soldiers and the well wishers of the Salvation army, as to witness the great event of the installation ceremony of the new Territorial Leaders. More than 150 people attended this special service.

Commissioners Edwin and Sumita Masih officiated the Installation ceremony supported by Lieut. Colonel Jashwant Mahida, Chief Secretary and Lieut. Colonel Ruth Mahida, TSWM.

Territorial Flag sergeant led the entry of the Territorial leaders in the hall following the Chief Secretary, TSWM,

Commissioners, Colonels and the Section Heads with the well uniformed Youth of the Delhi Citadel corps. First song of the meeting was led by the Chief Secretary, Lt. Col. Jashwant Mahida. Major Baldev Nayak, Divisional Commander of Angul Division led the prayer session. After that the Chief Secretary spoke the welcome words and introduced the new Territorial Leaders to the

congregation as well as invited the Commissioners to conduct the Installation Ceremony. In a very beautiful way the ceremony was conducted and Commissioner Edwin Masih also shared his experience of working with the new Territorial leaders in the Western Territory and he said that like the star in the East led the wise men to Jesus, in the same way two stars from the Eastern part of India are here anointed to lead the people of INT towards Jesus. New Territorial

leaders knelt down on mercy seat and the whole congregation prayed for them to dedicated them in the alory of God.

Young people of the Delhi citadel corps presented a beautiful welcome song, during which all the people gave a warm welcome to the new leaders. Major Vijay Pal Singh, Divisional Commander of DBN Division, Mrs. Soma Patra, soldier of

Delhi Citadel and Major Lovely Thomson, DDWM Batala Division spoke the words of felicitation. They expressed their firm believe that a new revival is to come in the INT through the new Territorial Leaders. There will be a growth in spirituality and fundraising, although there is a difference in language and culture but together we shall learn the new things from each other. They assured of full support to the new leaders as they journey through.



After this, greetings from the office of the General were read by Lt. Colonel Sulakhan Masih. General gave a call to all the Salvationists of INT to receive the new Territorial leaders and supporting them in prayer. Beautiful and melodious song of Dedication was presented by the THQ officers.

Colonel Ropari, TPWM expressed her happiness to be warmly welcomed. She said we did not come to receive honor and



to be served rather we come to work as coworkers of God. Kindly accept us as servant leaders. She also introduced new strategical plans from 2023 to 2025 for the Women's ministry. She asked for the support of all the women.

Major Suresh Masih, Development Secretary read the Scriptures portion which was taken from the letter of Jude verses 1 to 4. Major Ajeet Massey, Superintendent of Batala School offered the prayer for the Bible message.

Colonel Vanlalfela, Territorial Commander delivered the Word of God as well as his response. He shared his vision and propaganda for the INT. He talked about the welfare of the Officers and their children. He also shared his special concern about the youth of the Salvation Army. He talked about four P's (Prayer, Plan, Preparation, and Punctuality). It was a motivational and encouraging Word of God that stirred the hearts and souls of the congregation.

Lieut. Colonel Ruth Mahida, TSWM led the concluding song, during the song many soldiers and officers knelt down at the mercy seat and offered prayer.

Commissioner Edwin Masih concluded this meeting by last prayer and imparting the benediction.

May God bless our New Territorial Leaders.

Major Amrik Masih Editor & Communication Secretary India Northern Territory

EMERGENCY DISASTER MANAGEMENT TRAINING

n Emergency Disaster Management Training was conducted by India National Office, Kolkata from 10th -11th October 2022 in The Salvation Army Guest House, Kovalam, Trivadrum by the leadership of National Executive Officer, Colonel S. P. Simon.

The programme was inaugurated by Lt. Colonel Daniel J. Raj, Chief secretary-ISWT and an inspiring bible message was delivered based on the Bible passage Ephesians 2:1-10. The message was highlighted with an encouraging word-"When we do something with what we have, it will be multiplied by the blessing of God."

The valuable classes were started with the keynote address of Colonel S P Simon, NEO pointing out the intention of the programme that 'how can we acquire the skills'. Following to the key to note address, Mr. Clint Mathew took a class on the subject of "Disaster Risk Management: Introduction and Overview", covered with some important topics - disaster management cycle, hazards, mitigation, response, recovery, warnings, risk, and types of disasters.

A class on the subject – 'Camp Management' was taken by Dr. Aswathi' with the detailed explanation about the



Tasks and responsibilities of the camp management team' The Hazards analyst Mr. Fahad Manzood took a class on the topics of Hazard Warning, Forecast, lighting, daily updates, early warning, and dissemination. Mrs. Amratha's class on "Environment and disaster risk reduction" also very meaningful and in her class thetopics Volunteerism and Kerala rescue on website were one of the attractions.

In this training morning and evening devotions were conducted by Colonel Annamma Simon, Secretary for Women Development and Captain Kewal Masih, Health and emergency secretary. The Final and spiritual meeting was led by Colonel S. P. Simon and Colonel Annamma Simon with a challenging message on the Bible verse

John 15:18. Many delegates were given opportunity for conducting different programmes in the Spiritual meeting.

All the delegates were benefited and blessed with various classes taken by resource persons. Through this training programme all the participants were enlightened with the bible thoughts and enriched with the vast knowledge on the subject Emergency and Disaster management.

May God bless our Salvation Army!

Captain Kewal Masih Secretary for Health & Emergency India National Office, Kolkata

ISET - RETIRED OFFICERS CHRISTMAS GET-TOGETHER

reetings to you all in the Mighty Name of Lord and Saviour Jesus Christ.

The Retired Officers Christmas get together was celebrated on 9th December 2022 at our Booth Tucker Memorial Church under the Leadership of Our beloved Territorial Leaders.

This year the Christmas gift was given to every officer couple and the single widowed officers. The total No. of Retired Officers who attended the meeting were 232.

The THQ has also provided them with Hampers of Christmas cake, Oats etc. The Retired officer's fellowship secretary read the Christmas Greetings. The Joy of Christmas in the form of Bible Message based on 1 Tim 2:5 – "We have a mediator"

with us" was shared by Territorial Commander Commissioner John Kumar Dasari. The Administrative Secretary of International Secretary Ms. Leonora Leister was spotted surprisingly attend in this meeting and she wished all the retired officers.

Finally, every officers were enjoyed the fellowship of the Christmas feast provided

to all the participant. It was really wonderful Christmas celebration for all the Retried Officers. The beloved TPWM, Chief Secretary, TSWM and all the Cabinet members were attended the celebration to



bless the occasion. All the honour and Glory to God the Almighty.

Lt. Colonel S. Retnabai Territorial Retired Officer's Fellowship Secretary India South-Eastern Territory

ICO EXPERIENCE

reetings in the precious name of Our Lord and Savior Jesus Christ. I am much delighted to extend my heartfelt thanks to the International and Territorial Leaders who gave me the exclusive privilege to attend International College for Officers (ICO) 251 Session.



Army Officer was a great blessing given by God in my Life, it's because my

roots are from Salvation Army village, but God enabled me to travel long way to London which is impossible in my life. It's all the gift of God. What can I repay for his goodness in my life? I will ever be grateful to God and THE SALVATION ARMY for this wonderful opportunity, which made me to step into the founders spirit filled land.

From the day beginning to end of the session, gave me a time to comprehend deeply, the subjects are: Mission of the ICO, Management and Leadership, Spiritual life development, Selfless Leadership, Spirit of Salvationism, Inclusion and Diversity, Growing Leaders, Leading me, Mission to Generation, Urban Mission, thinking Theologically about Officership, and International Leadership. All these subject and teaching skills of the resource persons gave me clear understanding to equip and train my Leadership skills for my future ministry. The Lectures, bible studies, spiritual formation groups, reflection groups, morning devotions, Zonal days, Gods way with me and, having lunch with General, an remarkable chance to implore in IHQ prayers, fellowship with leaders and delegates gave me exposure to execute skills and nurture myself and to edify spiritually.

Indeed, it was a divine and daintily place to receive heartful enjoyment and collaboration of the staff and delegates gave me encouragement to reach my goals.

It helped me to build up rapport with international delegates and in filled spirit to do effective service in forthcoming days. ICO experience empowered, enriched and renewed my spirit to motivate, inspire others, and to draw gentiles to the feet of the Lord Jesus Christ. International leaders' fellowship resembled renunciation and role model to my life and gave chance to assess myself where am I and what am I. ICO experience revived my spirit to do better effective service with passion in mission to manifest impact and implement the purpose of the ministry. This ICO appointment is amazing experience to rededicate, and surrender myself in the presence of God. I anticipate this knowledge would be helpful to engage, be accountable and to discharge responsibility in my future ministry.

I request all the readers, and leadership to uphold me in your prayers. Once again, I would express my sincere thanks to God and leaders for this wonderful opportunity.

Major Samsonu Mikkili

District Officer - Guntur, India Central Territory



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Our Mission

"The Salvation Army is an international movement, a part of the Christian Church whose spiritual motivation has practical application in an evangelical, social, educational and health ministry.

It's goal is to help all people find fulness of life in a relationship with the living Christ discovered through the scriptures and demonstrated by holy living in peace and harmony with others."

GENERAL'S VISIT TO INDIA SOUTH EASTERN TERRITORY

he long-awaited e v e n t materialized when the International Leaders of The Salvation Army General Brain Peddle and Commissioner Rosalie Peddle, WPWM paid a visit from 16th Jan to 22nd Jan 2023. It brought great joy and spiritual renovation to the Territory.



On 16th January 2023

General and WPWM joined in the Golden jubilee celebration of ISET. There were 4800 soldiers, junior soldiers, officers, and friends gathered from the different parts of the Territory at Booth Tucker Memorial church premise. To commemorate the Golden Jubilee of the Territory a new historical book "Sweat Shed" was dedicated and released by the blissful hands of the General and "Order of the Founder" was awarded to Major Dr. Ruby Samuel who did profound service in Medical and Social. The General focused the message based on Colossians 3:1-17 and emphasized about "Privileges in the family of God". There were 1255 people who sought Holiness and conformed.







Men & Women Congress:

The Salvation Army Booth Tucker memorial Church was fully packed with the men troops of the ISET, there were 774 men presented in this men's congress on 17th Jan 2023 at 10:00 am. General challenged the men in the congress with the word of God based on Ephesians 3: 1-13 focused on the 'life in the midst of storms. Finally, 238 men presented their life in the mercy seat to move the spirit of God in their hearts. Meanwhile, the integrated community empowerment program was initiated

> based on General William booth's concept of "BANKING FOR THE POOR" women's self-help groups (Mela) Festivals were held at Perumal Private Hall, there were 1500 women participated. Commissioner Rosalie Peddle (WPWM) shared the word of God from Matthew 12:28-34. And focused on "Re decision, Re-commit, Reconnect, and resolve", which refreshed the mind of the women who gathered at the festival. As a community development support, WPWM presented 4 sewing machines, 9 plants, 500 spectacles 11 self-help groups received 70,00,000. rupees as a loan from the blessed hands of WPWM.

Officers Council:

It was a spectacular gathering of Officers at BTMC, Nagercoil on 18th January 2023 at 9.00 am 425 active and 192 retired officers from the different parts of the Territory came together to celebrate the officer's council with The General and WPWM. They encouraged personal development; it energized the officers to the spirit of internationalism. WPWM shared the word of God emphasized "Keep your faith fresh, keep your love sincere and keep your joy contagious" which refreshed the mind of every officer. In the second session, the General commenced the sermon with his life testimony with spiritual warfare. His words challenged the officers based on Isaiah 41: 10, "I will strengthen you, I will help you, I will uphold you". Finally, all the officers came to the mercy seat and rededicated their life.



Institutional Visit:

On 19th Jan 2023 at 10.00 am General and WPWM visited the Catherin Booth hospital, school of Nursing and College of Nursing, and Community Health Development program, a new X-Ray unit was dedicated for the elevation of hospital ministry, and Administrative, Academic, and hostel buildings foundation stone was unveiled by the General and WPWM, which makes the vision to be fulfilled for the development of the Catherin Booth College of Nursing. 625 people were blessed through the spiritual meeting and 52 people dedicated their lives to the faithful medical work for God.



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New Prayer Hall Dedication-Gnaniahapuram Corps:

General and WPWM dedicated the new prayer hall at Gnaniahapuram Corps, in Azhagai Division on 20th Jan 2023 at 9.30 am and followed the spiritual meeting. The General shared the word of God based on Matthew 10:1-10, and he focused on two things, God wanted "Gathered for His Blessings and send his people for the Blessings" which makes the people to be mission-minded. There were 1103 people blessed through the meeting among them 135 surrendered their life at the mercy seat.



There was 1600 youth who attended in

youth congress in BTMC on 21st Jan 2023 at 10.00 am. They were motivated by the General and WPWM through "How to Face the **Challenges?"** And they interacted with the youth to have self-confidence and commitment and courage. 424 young people came before the mercy seat and prayed and 47 young people committed their lives to the service of the Lord in

The Salvation Army. The special seminar on "Youth and Media" made the young people to be aware of social media and the use of social media in the mission of God. Colorful cultural events made the congress delighted.



22nd Jan 2023 at 9.30 am and followed by the spiritual meeting. The General preached from the word of God, based on "How the salvationist should live in such a world, what is our responsibility people who believe in Jesus, what does it mean to be holy people in this kind of world" based on Matthew 28:16-20. It made a vibrant spiritual incentive to the people to surrender their lives. There were 1525 people blessed through the meeting among them 150 people surrendered their life at the mercy sheet.

The Territorial Leaders Commissioners John Kumar and Mani Kumari Dasari arranged all the meetings in a proper manner. The General's visit made the

spiritual wave throughout the Territory.



New Prayer Hall Dedication-Kannanoor Corps:

General and WPWM dedicated the new prayer hall at Kannanoor Corps, in Thuckalay Division on





