



# Central Vic Salvos

Sunday 20th August 2023

Brene Brown, social researcher and motivational speaker, introduced me to her concept of the 80/20 rule being the key to a successful marriage. She talks about how the old expectations that marriage should be a 50/50 relationship, is not at all realistic or doable.

Brene's 32 year relationship with her husband Steve, whom she shares two kids with, whilst its been the hardest thing she has ever done, she credit's its success (in part) to the 80/20 rule.

"What we do is we quantify where we are, so if Steve comes home and is like I've got 20 (in terms of energy, patience and kindness levels) I'll pull the 80," Brené explained in her chat with Tim Ferriss in his podcast The Tim Ferriss Show.

Another example might be Brené coming home from looking after her sick mum to tell her husband "I've got 10," aka, 10 per cent energy, kindness and patience.

The idea is, if either of them report back as having less than a combined 100, they will know that's a sign they need to sit down and figure out a plan of kindness towards each other.

I have been really challenged by this concept, and see it extending far beyond marital relationships, to become a really powerful picture of what the body of Christ can be for each other.

I have started talking about this in my teams- if any of us come in and for whatever reason, whether it be the demands of our roles, family, mental health, you name it, we come in and all we have to give is 10%, it is a very brave thing to share that with others. It is then on the team, on the wider body of Christ, to take on the other 90%. And vice versa. And sometimes, there are days when we are all not doing ok. A three person team might come in and all be at 10%. We don't have the capacity within ourselves or for each other. It is so important then that we be upfront as a team, and like Brene says, we sit down and work out a plan of kindness toward each other.

What a powerful picture of the body, lifting each other up and carrying each other when a member of the body is not strong enough to carry themselves!

I'm so grateful for the days where I have come in with nothing, and others, out of love for Jesus and love for me, have lifted me up, supported me, and carried my load. It is my privilege to be there to do the same for others.

Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. (Romans 12:10-11)

Amy Jones (Corps Officer, Castlemaine)



# Central Vic Salvos

CENTRAL VIC SALVOS  
MONTHLY  
*Prayer & Worship  
Night*

**5-6pm**  
**Sunday 27 August 2023**  
Maryborough Corps  
27 Wills St, Maryborough

*Please bring a plate of food  
to share following the  
meeting*




**"It is written," he said to them "My house will be called a house of prayer"**  
**Matt 21:13**

"Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise" James 5:13

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### Please pray for:

- Those who are unwell - physically, emotionally, spiritually, mentally
- For people to start following Jesus as their Lord and Saviour
- For all the corps, programs & services in Central Vic Salvos - Maryborough, Eaglehawk, Castlemaine, Bendigo, Avoca and St. Arnaud.
- Our leaders - National, State, Local (Government, Community & Salvo)
- CVS programs & services
- This week we are praying for Geelong/Ballarat region of The Salvation Army.
- For Captains Ashir Morris and Hummera Ashir with Anora & Ephraim as they settle into Bendigo

### Praise God for:

- Answers to prayer
- People making decisions to follow Jesus! Our 2023 CVS total = 5.
- New faces joining our various CVS programs & services
- For His Holy Spirit

The Melbourne Staff Band presents

**IMPACT+** **SAVE THE DATE**

**FINALE CONCERT PLUS 2023**

Sunday 20th August @ 2:30pm

Enquiries: [msb@salvationarmy.org.au](mailto:msb@salvationarmy.org.au)

Merri-bek Salvation Army  
15 Headley Street, COBURG NORTH

## MOONEE VALLEY CORPS FINAL CELEBRATION SERVICE

A final Celebration Service will be held at Moonee Valley Corps on Sunday, 27th August at 2.30pm, followed by afternoon tea.

A warm welcome is extended to anyone who would like to join in this celebration, to pause, to reflect and to honour the work of God.

We will acknowledge God's seasons and remember the people who have served faithfully in sharing the love of Jesus in and through the Moonee Valley Corps since 1890. This will be an opportunity to pray, to share with others and to look forward to all that God is going to continue to do in the Salvation Army in Victoria, as we follow God's direction in this new season.



# Central Vic Salvos

**THE SALVATION ARMY** **Divisional Gathering**  
Victoria Division

**Recasting the Net...**  
*What's on the other side?*

**Sunday 22 October**

**TICKETS:**  
Single Adult \$10  
Single Family \$15  
(1 Adult and max 4 Children/youth under 18)  
Family Ticket \$25  
(2 Adults and max 4 Children under 18)  
Additional Child and Teens Ticket \$5

*Tickets include lunch - scan the QR code to book in.*  
*Bookings close 12 October*

Key note speaker: Commissioner Miriam Gluyas  
All Age Worship  
Sessions: 10.30am & 1.30pm  
Venue: Hyatt Place Convention Centre, Essendon Fields



**Save the Date**  
Wednesday, 11th October 2023  
Hosted by Waverley Corps



**Seniors' Celebration**  
and Photography Competition  
Entry for the day \$10 per person

**VIC YOUTH CAMP**

**THE SALVATION ARMY**

HIGHSCHOOL TO 21 Y/O  
19-22 SEP | CYC CAMP ADANAC  
REGISTER NOW AT [tinyurl.com/vicyouthcamp2023](https://tinyurl.com/vicyouthcamp2023)

FOR MORE INFO TALK TO YOUR YOUTH LEADER OR CORPS OFFICER



**B**

You do not delight in sacrifice, or I would bring it;  
you do not take pleasure in burnt offerings.  
My sacrifice, O God, is a broken spirit;  
a broken and contrite heart  
you, God, will not despise.

- Psalms 51:16-17 NIV

@BiblePortal

## SALVO RESOURCES

- Salvos Online - For Salvation Army news, articles & resources go to [www.salvosonline.org.au](http://www.salvosonline.org.au)
- KidZone Magazine - Check out the KidZone website for extra resources that you can download to your device, or print and do at home! Go to [kidzonemag.com.au](http://kidzonemag.com.au)

## DATES TO REMEMBER

**AUGUST 27**  
Prayer Night - Maryborough

**SEPTEMBER 19-22**  
Youth Camp

**OCTOBER 11TH**  
Seniors' Celebration





## WEEKLY PROGRAMS & SERVICES

### WEDNESDAY

12:30pm BYO sandwich and conversation hour | E  
 1.00pm - Chapel Service | B  
 1.30pm - Bible Study | E  
 2.30pm - Band Practice | E

### THURSDAY

12.00pm - Community Meal @ Hilltop Cafe | B  
 1.00pm - Art Space | B  
 6:30pm - Prayer & Bible Study – Epsom

### SUNDAY

10.00am - Celebration Service | B E  
 11.00am - Audio Service | 105.1FM  
 5.00pm | Foundations except for monthly CVS  
 prayer & worship service | B  
 5.00pm (monthly) - Prayer & Worship Service |  
 CVS

\*School terms only

## FATHERS DAY CAFE CHURCH

Sunday September 3 at 10am  
 (No café church on September 10)  
 Join us for church with a difference.  
 The perfect opportunity to invite your  
 family and friends.

Bendigo Salvos



## Bendigo Banking Details

Account Name: The Salvation Army  
 BSB: 033-688 Number: 811 119



*Sundays at 5 pm*

September 10 &  
17  
Bendigo Worship Centre

**FOUNDATIONS**  
of Salvation Army Teaching

Foundations is an in-depth course in Christian teachings from a Salvation Army perspective.

Easy-to-understand, Foundations is for anyone who wants to go deeper into the Christian faith.

It can help you build an intelligent, informed, compassionate faith and will explain the Salvation Army doctrines, and show where they come from.

## Chapel Service

Every Wednesday  
 1:00pm-1:30pm  
 In Worship Centre





# Bendigo / Eaglehawk

## BENDIGO THRIFT SHOP

2B Thistle Street, Golden Square  
Ph: 03 5441 7608

### Open Hours:

9am-4:30pm Monday to Friday  
9am-2pm Saturday

## EAGLEHAWK THRIFT SHOP

4 Marong Rd, Ironbark  
Ph: 03 5446 7928

### Open Hours:

9:30am-5pm Monday to Friday  
9:30am-4pm Saturday

## ART SPACE

A FREE, RELAXED DROP-IN ART SPACE. INSPIRED BY STARTING AFRESH AND KNOWING THAT THE MASTER ARTIST CAN DO SOMETHING NEW AND AMAZING WITHIN US.

COME, BE INSPIRED, CHAT AND CREATE WITH US.

OPEN EVERY THURSDAY 1:00PM-3:00PM IN THE SHELTER SHED (SMALL BUILDING BESIDE THE CAFE)

THE SALVATION ARMY  
65-71 MUNDY ST



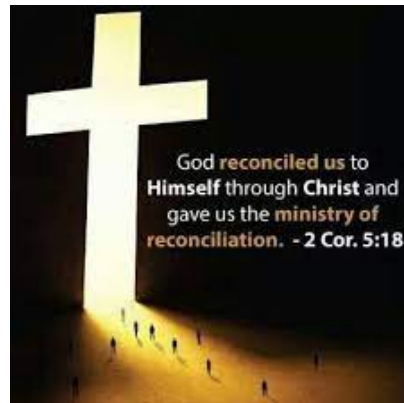
Create in me a clean heart O God and renew a right spirit within me

Psalm 51:10

Knowing-Jesus.com

## Eaglehawk Banking Details

Account Name: The Salvation Army  
BSB: 033-688 Number: 803 234



www.agodman.com



# Castlemaine



**THE SALVATION ARMY**  
Castlemaine Salvos presents  
**Clothing Swap**

BRING A PLATE TO SHARE FOR AFTERNOON TEA

SUPPORTING OUR YOUTH AND KIDS!

**2:30PM | AUGUST 19**

Bring in your unwanted clothes and more. For a \$20 donation you can take home some great preloved clothing and goods.

**47 KENNEDY ST CASTLEMAINE**

RSVP to Vicki 0418 138 435 or Amy 0427 759 641

## SALVO LEGGINGS

We have additional stock, ladies sizes ranging from 8-28 and in bike shorts, capri and full length. Kids full length in 4-6, 6-8 and 10-12. Contact Amy to confirm availability and she can arrange deliver please contact Amy - amy.jones@salvationarmy.org.au



Join us for **Junior Soldiers!**

At Junior Soldiers, children learn how to grow more like Jesus.

Wednesdays from 3:45pm, for ages 7+.

Talk to Amy Jones for more details.

## CASTLEMAINE THRIFT SHOP

46 Forest Street, Castlemaine

Ph: 03 5470 5636

### Open Hours:

10am-4pm Monday to Friday

10am-3pm Saturday



**THE SALVATION ARMY** Castlemaine Salvos

**Maine Minis Playgroup**

**Mondays 9:30am - 11:00am**  
\*during school term

\$1 Per Mini. Bring some fruit to share.

The Salvation Army, 47 Kennedy St, Castlemaine.  
Contact Sharna 0499 195 899

## VOLUNTEERS NEEDED

We are seeking 2 volunteers to help assist at Maine Minis playgroup, Starting Term 4 9:30am - 11:00am on the 2nd of October. We require help with morning tea in the kitchen, setting and packing up. If you are interested please talk to Sharna 0499 195 899.

## WEEKLY PROGRAMS & SERVICES

### MONDAY

3:30pm - Just Brass | C

### WEDNESDAY

8:30am - Prayer Meeting | C

3.00pm - Band Practice | C

### SUNDAY

9:45am - Band Rehearsal | C

10:30am - Celebration Service | C

11.00am - Audio Service | 105.0FM

5.00pm (monthly) - Prayer & Worship Service | CVS

\*School terms only





# Maryborough

## WEEKLY PROGRAMS & SERVICES

### MONDAY

10.00am | New Horizons | St A  
10:30am - Women's Bible Study\* | M

### THURSDAY

9:30am - Mainly Babies (0-2years)\* | M  
10:30am - Mainly Music (0-5years)\* | M  
2.00pm - Indoor Bowls | M  
4.00pm - Kids Club (Primary school)\* | M  
5:15pm - Junior Soldiers\* | M

### FRIDAY

8.30am - Site Prayer | M  
10.00am - Chapel 1st Friday of Month | M  
1.00pm - Victory Over Darkness | M  
5.00pm - Youth Life Group (High school)\* | M  
6.00pm - Youth (High school)\* | M

### SUNDAY

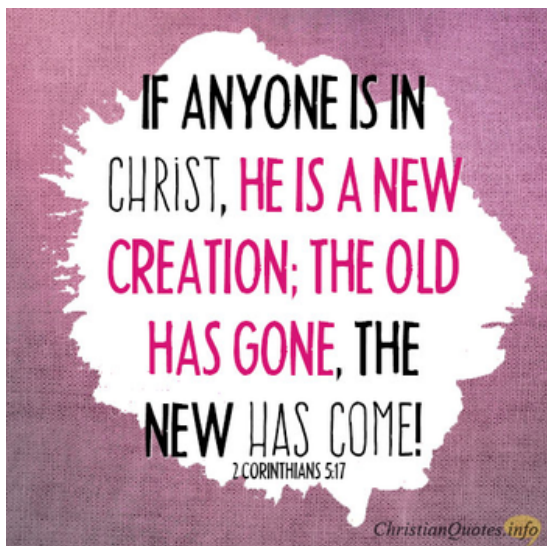
9:15am - Prayer Meeting | M  
10.00am - Celebration Service | M  
5.00pm (monthly) - Prayer & Worship Service | CVS  
\*School terms only

## NEW HORIZONS - PRAYER GROUP

Monday's at 10 am  
Community House

34 Alma St, St Arnaud.

Contact – Richard Draper, 0408589303



## MARYBOROUGH THRIFT SHOP

78-80 Alma Street, Maryborough  
Ph: 03 5459 0501

### Open Hours:

9:30am-4:30pm Monday to Friday  
9:30am-2pm Saturday

## ST ARNAUD THRIFT SHOP

70-72 Napier Street, St Arnaud  
Ph: 03 5459 0503

### Open Hours:

9:30am - 3:30pm Monday to Friday  
10am-2pm Saturday

## AVOCA THRIFT SHOP

114 High Street, Avoca  
Ph: 03 5459 0502

### Open Hours:

10:00am - 3:30pm Mon, Wed, Fri

**2 WAYS TO GIVE**

**IN PERSON**  
TITHING ENVELOPES  
CASH OR CHEQUE

**ONLINE**  
BSB: 033-241  
ACCOUNT: 00-0010

## VOLUNTEERS NEEDED

On the reception desk is a sign up sheet to help with welcoming people to church on a Sunday morning, set up and pack up of morning tea and helping to tidy/reset up the tables in church. if you can help at all please pop your name down.



# Contact Us

## THE SALVATION ARMY CENTRAL VIC SALVOS

### BENDIGO

**Corps Officers:** Maj. Andrew Walker

**Capt. Ashir Morris and Hummera Ashir**

65 – 71 Mundy Street, Bendigo | 03 5440 8431

corpsofficer.bendigo@salvationarmy.org.au

### EAGLEHAWK

**Corps Contact:** Ken Hollis

51 Church Street, Eaglehawk | 0447 489 914

ken.hollis@salvationarmy.org.au

### CASTLEMAINE

**Corps Officer:** Capt. Amy Jones

47 Kennedy Street, Castlemaine | 03 5470 5389

corpsofficer.castlemaine@salvationarmy.org.au

### MARYBOROUGH

**Corps Officers:** Capt. Amy & Ronald Stobie

27 Wills St, Maryborough | 03 5459 0500

corpsofficer.maryborough@salvationarmy.org.au



## doorways

Doorways is our Community Support program. It is the entryway through which those experiencing hardship and/or disadvantage can take proactive steps to find the support they need to overcome life's challenges and find long-term solutions. We offer a range of services from emergency relief to case management and more.

**If you are experiencing hardship or financial difficulties, please call the Salvos Phone Assistance Line (PAL) on 03 8873 5288.**

**This service operates Monday to Friday between 9am and 4pm.**

Please be aware no assistance interviews will be conducted from our local sites. Community members presenting to any of our Central Vic Salvos sites will be invited to contact Salvos PAL.



The Salvation Army Central Victoria acknowledges the Dja Dja Wurrung and Taungurung Peoples of the Kulin Nation, the Traditional owners of the land on which we meet and work and pay our respect to Elders past, present and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and wellbeing of people of all ages, particularly children.