



Central Vic Salvos

Sunday 23rd July 2023

One of the things that I love about what I do is that I have the chance to journey with people at all different stages in life. One stage of someone's spiritual journey is learning how to pray. At the end of the day praying is just communication with God but for some it can be hard figuring out how to pray. The 8 steps below give an easy guide on how to pray. If you have never prayed before give it a try and if you do pray it is also worth while trying to pray in this way as you might unlock a new way in connecting with God.

1. Find a quiet and comfortable space: Choose a peaceful environment where you can focus and avoid distractions. This can be a designated area, a place of worship, or simply a tranquil corner in your home.
2. Set your intention: Before beginning, clarify the purpose of your prayer. Whether it's to express gratitude, seek guidance, or find strength in difficult times, knowing your intention will add depth to your prayer.
3. Express gratitude: Start by acknowledging the blessings in your life and expressing gratitude for them. Gratitude opens your heart and mind to a positive and receptive state.
4. Speak from your heart: Prayer doesn't need to be formal or scripted. Speak sincerely and honestly, sharing your thoughts, hopes, and fears.
5. Seek guidance and wisdom: If you are facing challenges or uncertainty, ask for guidance and strength to overcome obstacles and make wise decisions.
6. Practice mindfulness and meditation: After voicing your thoughts, take a moment to be still and listen. Meditation within prayer can foster a sense of peace and a deeper connection with the God.
7. End with a sense of surrender: Conclude your prayer with an attitude of surrender, trusting that God is listening and will respond in the best way possible.
8. Be patient and consistent: Prayer is a practice, and its benefits may not be immediate. Remain patient and continue to pray regularly to nurture a profound spiritual connection.

Remember, there is no right or wrong way to pray. It's a personal journey that evolves over time, allowing you to draw strength, solace, and inspiration from your beliefs and spirituality.



Central Vic Salvos

CENTRAL VIC SALVOS
MONTHLY
*Prayer & Worship
Night*

5-6pm
Sunday 30 July 2023
Bendigo Corps
65-71 Mundy St, Bendigo

*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

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 Brisbane South and Brisbane West area of The Salvation Army.

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



Tell us about your faith journey with The Salvation Army

About the survey:

- ✔ It has 10 questions
- ✔ Takes 10 minutes
- ✔ Is voluntary
- ✔ Is anonymous

Access the survey at
<https://bit.ly/FPC-Survey>
or via QR code



The survey is available between **7th - 28th July**

For more information email research@salvationarmy.org.au



Central Vic Salvos

I would like to take this opportunity to introduce the Family Ministry Team for Central Vic Salvos. The team comprises of dedicated individuals: Sharna Milham (part-time), Brooke Kemper (full-time), Tristan Wittingslow (part-time), and Captain Amy Stobie.

The primary purpose of this team is to provide valuable support to our corps in matters concerning Family Ministry. Together, they will strategically plan various ministry opportunities to ensure the success of all our programs. Additionally, they are committed to meeting or even surpassing the strict child safe guidelines set within our organization.

As the team acquaints themselves with our existing programs and the people involved, you might notice their active participation. In light of this, I kindly ask that you extend a warm welcome to them as they integrate into our community.

Ronald Stobie



SALVO RESOURCES

- Salvos Online - For Salvation Army news, articles & resources go to 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

DATES TO REMEMBER

JULY 29

Family Fun Day - Halls Gap Zoo

JULY 30

Prayer Night - Bendigo

AUGUST 12

Men's Gathering - Altona



Bendigo / Eaglehawk

WEEKLY PROGRAMS & SERVICES

WEDNESDAY

12:30pm BYO sandwich and conversation hour | E
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

CAFE CHURCH

Sunday August 13 at 10am

Join us for church with a difference.
The perfect opportunity to invite your
family and friends.

Bendigo Salvos



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



Bendigo Banking Details

Account Name: The Salvation Army

BSB: 033-688 Number: 811 119

Red Shield Finale

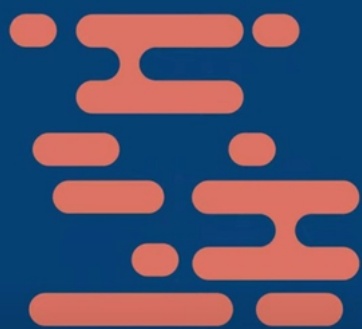
In exciting news, we managed to raise

\$38,401

for the Red Shield Appeal in Greater
Bendigo region.

This would not have been possible without
the hard work of many staff, corps
members, volunteers and the generous
spirit of donors.

THANK YOU!



Sundays at 5 pm

July 23

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.



Bendigo / Eaglehawk

BENDIGO SALVOS EMERGENCY SERVICES PREPARATION DAY

Sunday 23 July 2023
12:00pm to 1:30pm

Bendigo Salvation Army
65-71 Mundy St, Bendigo



Lunch provided

This preparation day is to get our trailers ready for the upcoming season. Current members and anyone that may be interested in joining is welcome to help out.

BENDIGO THRIFT SHOP

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

Open Hours:

9am-4:30pm Monday to Friday
9am-1pm Saturday

EAGLEHAWK THRIFT SHOP

4 Marong Rd, Ironbark
Ph: 03 5446 7928

Open Hours:

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

Eaglehawk Banking Details

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

Victoria Division—Men's Gathering:

Love Your Neighbour; Stranger, Enemy, and Self

DATE: Saturday, 12th August.

Venue: Hobsons Bay Corps
108 Queen St, Altona

Times: 8.00am for cooked breakfast.

Two morning Sessions

Lunch: Spit Roast

Cost: \$10.00

Register and pay using this OCR
code or contact your Corps
Officer/Chaplain:



Guest Speaker:

Scott Hawkins from Urban Life.

*Scott Hawkins loves strong coffee, political tshirts, and lemon meringue pie.
He does not like Vegemite and losing his keys.
His role at Urban Life is the Senior Minister. This means he's responsible for
steering the ship, running Sunday morning services and community
connections among other things.
You can usually find him in a cafe in Ringwood sipping a skinny magic.*





Castlemaine

Castlemaine Salvos Community Playground



GRAND OPENING

Join us as we officially open our new community playground! Light refreshments to follow.

FRIDAY, JULY 28TH AT 5PM

*Please RSVP to amy.jones@salvationarmy.org.au



WEEKLY PROGRAMS & SERVICES

MONDAY

3:30pm - Just Brass | C

WEDNESDAY

8:30am - Prayer Meeting | C

3.00pm - Band Practice | C & E

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

CASTLEMAINE THRIFT SHOP

46 Forest Street, Castlemaine

Ph: 03 5470 5636

Open Hours:

10am-4pm Monday to Friday

10am-3pm Saturday



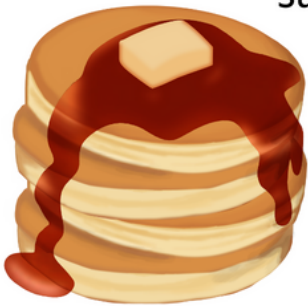


Maryborough



Pancake Sunday

Sunday 6th August
@ 10.00am



come join and share in
breakfast and fellowship
together.

2 WAYS TO GIVE

IN PERSON
TITHING ENVELOPES
CASH OR CHEQUE

ONLINE
BSB: 033-241
ACCOUNT: 00-0010

DROP IN CENTRE

Come have a chat, play games and pick up some bread. Monday, Wednesday or Friday
9.30am - 1.30pm

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, Thur, Fri
10am-2pm Saturday

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

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



Contact Us

THE SALVATION ARMY CENTRAL VIC SALVOS

BENDIGO

Corps Officer: Maj. Andrew Walker

65 – 71 Mundy Street, Bendigo | 03 5440 8431
corpsofficer.bendigo@salvationarmy.org.au

CASTLEMAINE

Corps Officer: Capt. Amy Jones

47 Kennedy Street, Castlemaine | 03 5470 5389
corpsofficer.castlemaine@salvationarmy.org.au

EAGLEHAWK

Corps Contact: Ken Hollis

51 Church Street, Eaglehawk | 0447 489 914
ken.hollis@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.