



Central Vic Salvos

5th July 2026

I want to talk about perfection for a moment.

I'm sure we've all heard the saying "practice make perfect." I'm sure a lot of us still use this saying, but for myself, this isn't the way I approach anything anymore.

So, I'm an artist and I have been drawing since I was very young. I did every creative class in school that I could. I was also drawing in classes that I probably shouldn't have been. But I remember always here this saying "practice makes perfect" and I would get so frustrated because my art was never perfect. There was always someone better in my art class and I would become jealous and insecure that their art always looked better than mine did. There was always something wrong with my art. I always looked at it in a negative light. And then one day, which was actually pretty recent, I heard the saying "practice makes progress." I think this makes so much more sense. I think it's better to make progress over perfection, because if we reached perfection, we'd have nothing new to learn.

So, I adopted this saying when it comes to my art, that I don't want to reach perfection, but I always want to see progress. And I think this can be applied to our faith too. Our faith journey is never going to be perfect, but if we strive for progress, we will find that we align closer with Jesus.

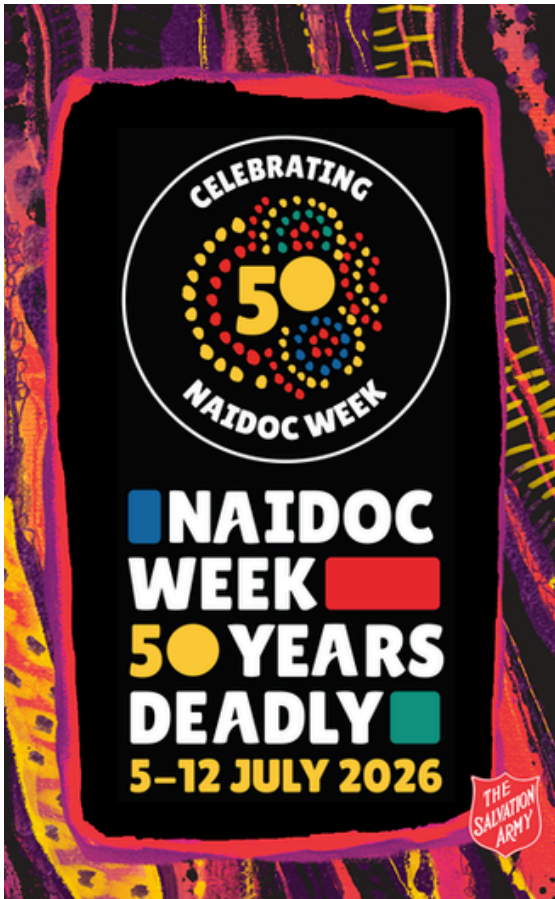
Philippians 3:12-16 says this:

I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward - to Jesus. I'm off and running, and I'm not turning back. So, let's keep focused on that goal, those of us who want everything God has for us. If any of you have something else in mind, something less than total commitment, God will clear your blurred vision - you'll see it yet! Now that we're on the right track, let's stay on it.

So, as you go throughout your week, I want to encourage you to take your mind off perfection and focus on progress, whether it's in your craft, in your workplace, or in your walk with Christ. Whatever it is, focus on progress, because I promise that you'll find it.

Blessings,

Spencer Viney (Community engagement worker, Bendigo)



BENDIGO +
WINTER NIGHT
SHELTER

PSA Pleasant Sunday Afternoon concert

The churches of Eaglehawk have combined to raise funds for the Winter Night Shelter

Sunday 26th July 2026
Venue: Eaglehawk Uniting Church

Featuring Eaglehawk Citizen Band along with other musical support.

Afternoon Tea to be held after the concert.

2pm start
Donation Entry
Contact Karen 0401 402 275
for more information



Kids & Youth Camp

If you have any question please speak to your Corps Officer/Corps Leader or Tristan. Expect exciting activities, new friendships, grow in faith, and plenty of fun in a safe and supportive environment!

Campers under 18 years of age require a parent or guardian to complete their registration form. Secure your spot today:

<https://salvationarmy.typeform.com/26VICKYCAMP-LP>

Spaces are limited, so don't miss out on this amazing camp experience!

A colorful, cartoon-style poster for 'the waymaker Kids Camp 2026'. The title 'the waymaker' is in large, blue, bubbly letters with a crown over the 'y'. Below it, a white box contains the dates '21 - 24 September 2026', location 'CYC Phillip Island Adventure Resort', and price '\$225 | Grades 3-6'. The background shows a floating island with a ladder, a key, and a snake. A Salvation Army logo is in the bottom left corner.



A poster for 'STATE YOUTH CAMP 2026'. The title 'STATE YOUTH CAMP' is in large, bold, blue letters with a crown over the 'Y'. The year '2026' is in large red numbers in the top right. Below the title, it says 'HIGH SCHOOL AGE 21-24 SEPTEMBER PHILLIP ISLAND ADVENTURE RESORT CAMPERS - \$250 | LEADERS - \$150'. A Salvation Army logo is in the top left corner.

Quiet Time Challenge

Gratitude

Read: 1 Thessalonians 5:18

Each day, thank God for one blessing

Give **thanks** in all circumstances; for this is God's will for you in Christ Jesus."

Thank you for your support and assistance with the Red Shield Appeal. Your generosity, encouragement, and willingness to help have made a real difference.

Because of your contribution, we are better able to support individuals and families in our community who are doing it tough. Your kindness and commitment are sincerely appreciated.

Thank you once again for helping make the Red Shield Appeal a success. See below the totals for Central Vic Salvos.



To purchase any uniform items you need to use the online ordering. To provide Soldiers with access to the new purchasing platform, we require the information requested in the form linked in the QR code or <https://www.salvosonline.org.au/uniform-orders>



Greater Bendigo

\$36,814



Castlemaine

\$19,189



Maryborough

\$12,294



St Armand

\$113



\$2,771



Central Vic Salvos

\$71,181

Bendigo



ONESIGHT
EssilorLuxottica Foundation



A **free Vision Clinic** is coming to The Salvation Army Bendigo!

If you're struggling to see clearly, you can get a **free eye test** here.

If you need glasses, they'll be provided **at no cost**.

Please call Spencer on 0499 707 871 (available Mon-Thurs) or visit our reception to book an appointment

Limited appointments available

Clinic details:

Date: Tuesday 11th of August 2026

Address: 65 – 71 Mundy st



Bendigo

OrangeSky
— Australia —



Join us for free
LAUNDRY & CONVERSATION



Salvation Army
65-71 Mundy St, Bendigo

Monday 12.30pm-2.30pm
Thursday 10.30am-1pm

Whether you're experiencing homelessness, financial hardship, isolation or loneliness, **we welcome you to visit us on shift!**



Scan to find our other Locations

Maryborough

7 SIGNS
JESUS REVEALED IN
THE BOOK OF JOHN



Jesus turns water into wine

Sunday 21st June

Jesus heals the royal official's son

Sunday 28th June

Jesus heals the man who could not walk

Sunday 5th July

Jesus feeds the great crowd

Sunday 19th July

Jesus walks on water

Sunday 26th July

Jesus heals the man born blind

Sunday 2nd August

Jesus brings his friend back to life

Sunday 9th August

Children & Youth Programs

Will resume

Kids Club: Thursday 16th

Youth Group: Friday 17th

COMMUNITY MARKET DAYS

FRESH PRODUCE, BREAD AND OTHER ITEMS AS AVAILABLE

MON, WED & FRI 10AM-12:30PM
*excluding public holidays, while stocks last

Castlemaine

Beth is away from July 5-10

Currently there are four vehicles parked at the Quarters. The Castlemaine Community minibus; the OneVoice Shower Truck, my Mitsubishi Challenger and my son's Lancer Wagon which he's just returned to me in need of repairs and registration...

What does it take to keep a car on the road?

Registration, fuel, regular servicing, insurance, a driver, google maps or sat nav or someone who knows the roads...

This week the insurance on the Shower Truck was due and it was down to the wire to get payment through - without insurance the truck is off the road.

The Lancer had its license plate stolen so it's had a short term permit to get to the quarters and now is grounded until it is ready for registration again.

If you know me well, you'll not be surprised that the fuel gauge on the Challenger is often below E...

Keeping our vehicles going is a multi-pronged effort.

I'm thinking about this as I sit in my car after seeing my professional supervisor, who is one part of the collective that keeps me healthy and sustained in ministry.

What does it take to stay on the road in service of others?

It takes team work, it takes learning whether that's formal study or learning your life lessons consciously; it takes a structure of accountability- I appreciate having a committed and attentive boss in Rob, especially as that role was vacant for over a year, and I see an independent professional supervisor who helps me reflect on the decisions I've made and responses to situations in serving others, asking the difficult questions that help me keep an eye on my motivations and drives; it takes the love and friendship of fellow travellers who keep me in pace and help me broaden my vision from my own perspective; dead mentors too, people from history who demonstrate the possibility of a life stretched out in service like my Grandna Ellie, Pankhurst, Tubman, Hildegard; it takes tending to the wounds of the past so they don't sabotage the present work, hard years in therapy are never wasted; it takes finding a sustainable fuel - the words of the bible, the example and companionship of Jesus, and the wonders of nature 'fill my tank' or rather expand my soul and refresh my spirit.

We are not machines to be 'maintained'. We are even more so humans who are made in the image of God and in close interdependent connection with the things of earth and heaven.

To live well, especially to live in the service of others, calls us to take care of ourselves - not with self indulgence, but with robust strategies of sustaining and sustainable care.

Within our communities of faith we offer much of this to one another, learning, companionship, accountability, perspective, healing, and a context for receiving the words and wisdom of God and the blessings and bounty of the earth.

Take a little review of what is sustaining you at the moment? What strengthens you? Is there a gap?

How might our community of faith help keep you flourishing and faithful to the life gift you've been given?



Eaglehawk

Congratulation – Major Karen Armstrong. A Humbling Community Honour

Last Friday evening I had the privilege of attending the Rotary Club of Eaglehawk’s annual Changeover Dinner, where the incoming President was inducted and members celebrated the past year and look forward to another year of service to our community.

During the evening I experienced a complete surprise with I was presented with the prestigious Paul Harris Fellow recognition. This honour is awarded to individuals who have made an outstanding contribution to Rotary and to the wider community.

I was deeply humbled and genuinely shocked to receive this recognition. As part of the award, the Rotary Club of Eaglehawk has made the contribution of US\$1,000 in my name to The Rotary Foundation, supporting humanitarian projects throughout the world.

The Club recognised my many years of service to all the clubs I have been involved with, and even made a note of being a club President when in SA. They went on to say quote – “Karen’s determination to make a difference in the world and her commitment to working within the community have been outstanding since joining our club, and her ability to make connections shines through”.

While the award bears my name, I know that ministry and community service are never done alone. I have the privilege of serving alongside wonderful people through TSA, all the Rotary Club’s and other organisations. I also acknowledge all the volunteers who quietly make a difference every day. This recognition reflects the strength of those partnerships and our shared desire to serve our community with compassion, hope and practical care. As I reflected on the evening, I was reminded that every opportunity to serve is a gift from God. Any contribution I have been able to make has only been possible because of His leading, His strength and the encouragement of so many people who have walked alongside me.

I received this honour with a grateful heart, giving thanks for to God and then to the Rotary Club of Eaglehawk for their generosity and confidence in me.

The words of Micah 6:8b, continues to shape the way I seek to live and serve: “What does the Lord require of you (Karen)? To act justly and to love mercy and to walk humble with your God.”

My prayer is that I will continue to serve our community with humility, faith and love, always pointing people towards the hope that is only found in Jesus Christ.

Major Karen Armstrong.





Thrift Shops

AVOCA THRIFT SHOP

114 High Street, Avoca
Ph: (03) 5459 0502

Open Hours:

10:00am - 3:0pm
Mon, Wed, Thurs & Fri
10:00am - 1:00pm Saturday

BENDIGO THRIFT SHOP

2B Thistle Street, Golden
Square
Ph: (03) 5459 0504

Open Hours:

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

BENDIGO CBD THRIFT SHOP

18 Pall Mall, Bendigo
Ph: (03) 5459 0509

Open Hours:

9:30am-4:00pm Mon-Fri
10:00am - 4:00pm Saturday

CASTLEMAINE THRIFT SHOP

46 Forest Street, Castlemaine
Ph: (03) 5459 0506

Open Hours:

10am-4pm Monday to Friday
10am-3pm Saturday

ST ARNAUD THRIFT SHOP

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

Open Hours:

9:30am - 3:30pm Mon to Fri
10am-2pm Saturday

WEEKLY PROGRAMS & SERVICES

BENDIGO

MONDAY

12.00pm - Community Meal
12.30 to 2.30pm - Clothes
Washing

1.00 to 3.00pm - Art Space

THURSDAY

10.30 to 1.30pm - Clothes
Washing

11.00am - Chapel

12.00pm - Community Meal

1.00 to 3.00pm - Art Space

SUNDAY

10.00am - Celebration Service

10.30am - Kids School

EAGLEHAWK

TUESDAYS

8:30am - Weekly Prayers

9:45am - Weekly Bible Study - BYO lunch

THURSDAY

11.00am 3rd of every month - Aged Care
Service

2.00pm - Community Pantry

3.45pm Band Learners

5.30pm Band Practice

FRIDAY

11.00am Creative and Create Hub
finish at your own leisure

SUNDAY

9:40am - prays

10.00am - Celebration Service

3rd Sunday of month is the Church/Corps
come and share lunch together. starting
February to November.

65-71 Mundy St, Bendigo

51 Church St, Eaglehawk

MARYBOROUGH

MONDAY

9:30am to 12.30pm - Community Pantry

10:30am - Women's Fellowship *

WEDNESDAY

9:30am to 12.30pm - Community Pantry

THURSDAY

12.00pm - Noon Prayer

1.30pm - Bowls

4.00pm - Kids Club *

FRIDAY

9:30am to 12.30pm - Community Pantry

5.00pm - Faith Chats *

6.00pm - Youth Group *

SUNDAY

9:15am - Prayer Meeting

10.00am - Celebration Service with Kids
Church

27 Wills St, Maryborough

CASTLEMAINE

MONDAY

9.30am to 11.00am -

Playgroup *

11.15am to 12.45pm -

Playgroup *

3:45pm - 4:45pm: Just Brass

WEDNESDAY

9.30am to 12.00pm Doorways

FRIDAY

9.30am to 12.00pm -

Doorways

SUNDAY

10.30am - Worship Service

47 Kennedy St, Castlemaine

*not on during school Holidays



Contact Us

Central Vic Salvos Team Leader: Major Robert Evans - 0477 556 277

Bendigo

Capt. Ashir Morris and Hummera Ashir
65 – 71 Mundy Street, Bendigo | 03 5440 8431
corpsofficer.bendigo@salvationarmy.org.au

Castlemaine

Beth Waldron Anstice
47 Kennedy Street, Castlemaine | 03 5459 0505
corpsofficer.castlemaine@salvationarmy.org.au

Eaglehawk

Major Karen Armstrong
51 Church Street, Eaglehawk | (03) 5459 0507
corpsofficer.eaglehawk@salvationarmy.org.au

Maryborough

Major Vanessa Evans
27 Wills St, Maryborough | 03 5459 0500
corpsofficer.maryborough@salvationarmy.org.au

2 WAYS TO GIVE

IN PERSON
PLACE YOUR CASH OR ENVELOPES IN THE OFFERING PLATE

ONLINE
VIA BPAY
BILLER CODE: 437855
REFERENCE #: 10009



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 honours God who is Father, Son and Spirit; and who is the Creator of this world and the giver of all life. We acknowledge the traditional custodians of this land, who are the Dja Dja Wurrung and Taungurung Peoples of the Kulin Nation, and we pay our respects to their elders past present and future. We commit ourselves to work for reconciliation and justice alongside Australia's First Nations people.