



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

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

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

HIGHSCHOOL TO 21 Y/O
19-22 SEP | CYC CAMP ADANAC
REGISTER NOW AT 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
- 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

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



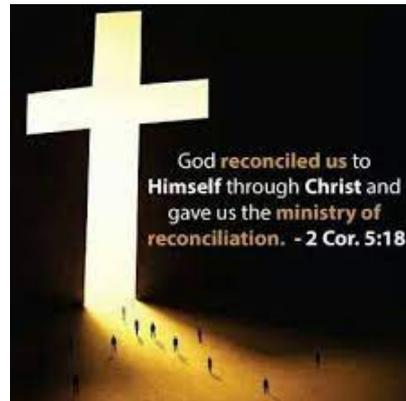
Create in
me a clean
heart O
God
and
renew a
right spirit
within me

Psalm 51:10

Knowing-Jesus.com

Eaglehawk Banking Details

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





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

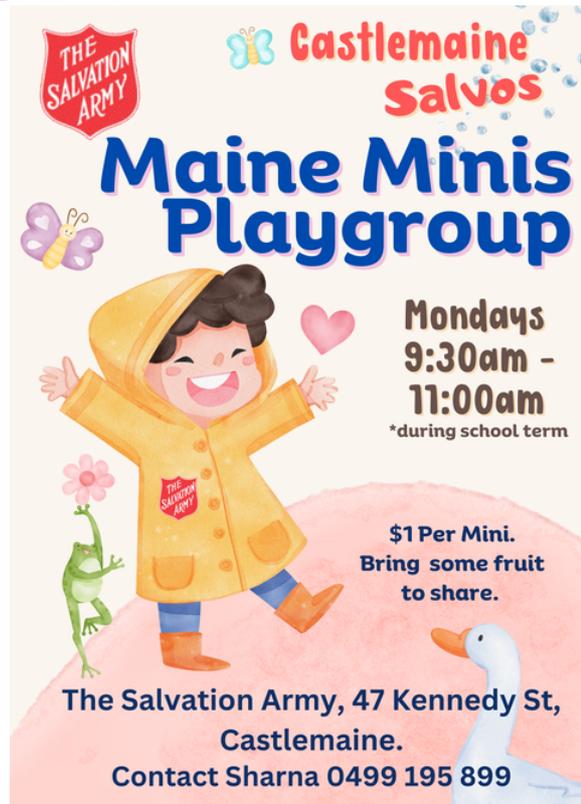
46 Forest Street, Castlemaine

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

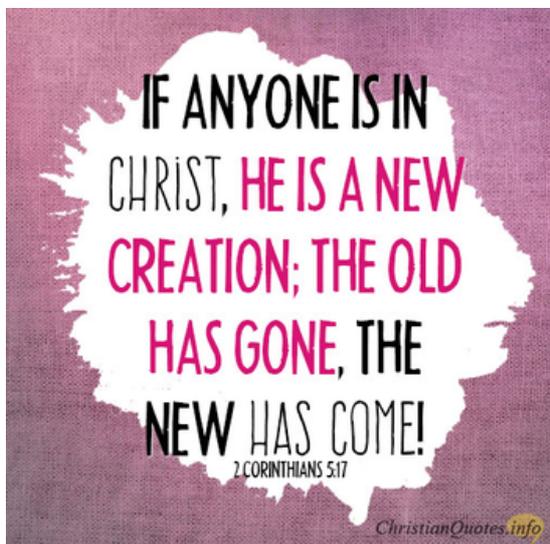
9:15am - Prayer Meeting | M
10.00am - Celebration Service | M
5.00pm (monthly) - Prayer & Worship Service | CVS
*School terms only

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.