



Central Vic Salvos

8th September 2024

R U OK?

I want you to take a moment to remember a time when you felt down, overwhelmed, or sad. Can you recall how it felt?

In those times, how does it feel when someone notices you're not quite yourself and asks, "Are you okay?" How does your mood shift? It's not just the question that makes the difference, is it? It's the genuine care and concern that is shown when someone notices you, shows empathy, and is willing to listen.

We all have moments in life when we need to lean on others. Did you know that almost half (42.9 per cent) of Australians have or will experience a mental health disorder in their lifetime (ABS, 2023)? For something so prevalent in our community, it can be hard to talk about. In a recent survey, 44 per cent of young Australians said they wouldn't seek help among friends because they didn't want to appear weak or vulnerable (Youth Insight, 2022). This was a youth survey, yet can be true for Australians of any age.

There are some ways we can make conversations about mental health easier for our community. We may be comfortable (and courageous) enough to share our own experiences of mental health struggles or encourage others to share where appropriate. This can help normalise conversations around mental health and seeking help for our church and wider community.

Romans 12:12-13 (NIV) says, Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality." At the start of Romans 12, Paul writes that we are one body through Christ, that we are a family. Paul gives us a blueprint of how to act as part of this family. We rejoice with those who rejoice and mourn with those who mourn. We are to support each other through the ups and the downs. When we notice someone might be struggling, we ask, "Are you okay?"

As a church, let's be the family God has called us to be. Let's create space to talk about how we are feeling and let's support each other through the ups and downs.

The mission of R U OK? Day is to inspire people to meaningfully connect with those around them and offer support. It might feel overwhelming asking someone how they are doing when you've noticed they are not quite themselves. You might not feel equipped to have a conversation about mental health or not know what to do or say next. Most people just want someone to listen to them, so you don't need to know all the answers. But it can help to know where to point someone if they are experiencing mental ill health.

If you, or someone you know, needs help or professional support for mental health. We suggest you go to a GP and ask for a mental health care plan, contact a 24/7 helpline like LifeLine - 13 11 14, or Beyond Blue - 1300 22 4636, or google 'Mental Health Support *insert suburb/town*'

Blessings, Amy Stobie





Spotlight

Last Monday, 26th August, The Salvation Army's world leaders touched down in Sydney to start their whirlwind tour of the Australia Territory. General Lyndon Buckingham and World President of Women's Ministries Commissioner Bronwyn Buckingham toured the country for a week and addressed Salvationists, officers, staff, and volunteers in each division.

On Sunday, at the final rally in Melbourne, General Lyndon Buckingham shared his 'Present, Prominent, Pre-eminent' message – and how it impacted him personally. The Golden Theatre at the Melbourne Convention Centre was packed as Salvos travelled from across Victoria came to worship Jesus together and hear from General Lyndon and Commissioner Bronwyn Buckingham. There was an atmosphere of joy as the worship team, Melbourne Staff Band and Melbourne Staff Songsters led praise, and there was an exciting children's and young people's dance group performance to the song, Praise, featuring our very own Mahala Moyle from Maryborough.

Commissioner Bronwyn said that across Australia during the tour, the Holy Spirit had moved amongst Salvationists who had gathered. "We are believing because we have been praying for it that it would happen again in Melbourne," she told those gathered. "So, I pray that you've come expecting; I pray that you've come with open hearts and open minds to hear what the Spirit of God might have for you here in this place today." So, in a spirit of expectation, the General began his final rally message for the Australia tour after preaching in Sydney, Perth, Adelaide, Brisbane and Hobart. He spoke about a pivotal prayer meeting that he attended at International Headquarters when he was Chief of the Staff. In it, Commissioner Ted Horwood, International Secretary for Program Resources, asked the question, "So far as we are concerned, is Jesus present, prominent or pre-eminent?"

He said that he discovered that the Holy Spirit's power is not found with having Jesus present, or even prominent, but is poured out when Jesus is pre-eminent in our lives. "When I moved to that place of surrender and obedience and faith and trust in the reality of the risen master, it's in that place that something is unleashed within me. "There's something about when you are in a relationship with the Lord when he is pre-eminent in your life, you find yourself wanting to do the business of the Kingdom!"

After the message, the prayers that were offered earlier in the meeting for the Holy Spirit to move were answered as the mercy seat filled and people stood at their seats or in the aisles leading up to the stage for prayer. We had roughly 30 people attend from across Central Vic Salvos, and it was a wonderful experience for those who attended! For those who missed out, you can read all about the Generals Visit on salvosonline.org.au/news, you can also find a recorded video of his 'Present, Prominent or Pre-eminent' message on the Salvos Studios channel on YouTube.





Central Vic Salvos

STAFF PROFILE - Mark - Bus Driver/ Garden Team - Maryborough

Favourite Travel Destination: Halls Gap

Best movie: Back to the future

Favourite food: Mac and Cheese

What was your first job: Penny & Lang Abitoir

Who was your favourite band in high school: Salvation Army Band

Favourite Colour: Blue

Sweet or Savory: Sweet

What's your go-to ice cream flavor: Vanilla

What type of animal are you most excited to see when you go to the zoo: Lion

Which instrument would you play if you were in a rock band?

Baritone



Galatians 2:20-21

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. I do not set aside the grace of God, for if righteousness could be gained through the law, Christ died for nothing!

A YEAR OF
PRAYER

Praise God for:

- New faces joining our various CVS programs & services
- People making decisions to follow Jesus! (26)
- Answers to prayer
- A fresh start. Every day is a new day
- His love, His Sovereignty and His promise to be near us when we call



Please pray for:

- For people to start following Jesus as their Lord and Saviour
- Those who are unwell - physically, emotionally, spiritually, mentally
- This week we are praying for Perth City. This area includes centres such as Floreat, Northbridge and Subiaco. The Area Officer responsible for leading mission in this area is Major Katrina Potter.
- For all the Corps, programs & services in Central Vic Salvos - Bendigo, Castlemaine, Eaglehawk, Maryborough, Avoca and St. Arnaud.
- For our Territorial Leaders and our Divisional Commander and Area Officers
- Our leaders - National, State, Local (Government, Community & Salvo)
- CVS programs & services
- CVS Officers
- Officers who have been advised of moving next year

Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

Matthew 9:37-38



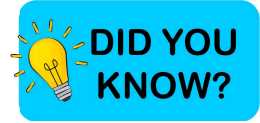
Central Vic Salvos

Brain Teaser



Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?

Water might not be wet. This is because most scientists define wetness as a liquid's ability to maintain contact with a solid surface, meaning that water itself is not wet, but can make other objects wet



GENERAL CHANGE

Please pray for every officer that will be moving in January next year. The following are changes in our CVS area.

Captain Fleur Hodge - Area Officer - North Victoria
Major Kelly Walker - Geelong, Corps Officer - Team Leader

Captain Amy Jones - Central Vic Salvos, Corps Officer - Team Member
(effective 8th September 2024)

CONCLUSION OF SERVICE

Major Andrew Walker has concluded his service as an officer effective of the 27th August, 2024.

Andrew entered into training in February 1999, and has held the following appointments:

Area Officer - Victoria North (Concurrent Appointment)	12/01/2022
Area Officer - North West - Victoria Division (Second appointment)	10/01/2018
Additional Appointment: Territorial Growing Healthy Corps Consultant	11/01/2017
Corps Officer, Bendigo Corps WVD	13/01/2016
Corps Officer, Maryborough; NVD	8/01/2003
Corps Officer, Swan Hill / Aboriginal Ministry; NVD	10/01/2001

We wish Andrew all the best for the future.

CENTRAL VIC SALVOS MONTHLY

Prayer & Worship Night

5-6pm
Sunday 29th September 2024
Bendigo Corps
65-71 Mundy St, Bendigo

Please bring a plate of food to share following the meeting



Central Vic Salvos



Eaglehawk

DO YOU ENJOY SINGING

Practice for the Christmas Choir in Bendigo.
Tuesday 24th September at 3:45pm at
Eaglehawk Salvos.
Please register your interest to Major Karen
0401 402 275.

CORPS FELLOWSHIP LUNCH

Venue - The Windermere Hotel
Friday 27 September at 12:30 pm
112 High Street, Kangaroo Flat
Everyone to pay own meal



John 8:36 "So if the Son (Jesus) sets you
free, you will be free indeed."

Eaglehawk /Bendigo Men's Fellowship
Saturday September 21st

Salvation Army Heritage Centre Melbourne
Depart Eaglehawk 9am - Return 4pm -\$10

Give your names to
Mark or Malcolm - Eaglehawk or
Captain Ashir - Bendigo
By Sunday 15th September
Maximum 20 spots




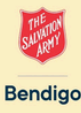
Bendigo

Monday Community lunch

Come along for the launch of our new community
lunch for anyone experiencing a disadvantage



Monday 9th September 2024 12pm
Bendigo Salvos, 65-71 Mundy st
Hilltop Café 



Chapel Service

Come along for our Chapel
service. A relaxed service where
we celebrate God and who he
created us to be.

Every Thursday 11:15am-11:45am
Worship centre, enter via back gate



Drop in space

Drop in for a coffee and a chat every Thursday.
from 3:00pm-5:00pm

Bendigo Salvos 65-71 Mundy st
Worship centre





Maryborough

SALVOS

KIDS CLUB

A WEEKLY PROGRAM FOR KIDS
IN GRADES PREP - 6

4PM - 5PM THURSDAYS
GAMES, STORIES, CRAFTS, SONGS AND LOTS OF FUN!
\$2 PER CHILD

INDOOR BOWLS

2PM EVERY THURSDAY
AT MARYBOROUGH SALVOS
27 HILLS ST, MARYBOROUGH

\$1 PER PERSON | NEW MEMBERS WELCOME

BRAIN TEASER ANSWER

Their Surname

Castlemaine

CELEBRATION CHURCH

SUNDAYS AT 10:30

JOIN US AS WE CELEBRATE
OUR FAITH AND HAVE FUN
TOGETHER!
BRING THE FAMILY!



Join us
for **Junior Soldiers!**

- Grow closer to Jesus
- Learn creative ways to pray
- Get involved in mission

Wednesdays from 3:45pm, for ages 7+
in Castlemaine

Talk to Tristan for more details



Weekly Programs/Thrift Shops

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
Monday to Saturday

EAGLEHAWK THRIFT SHOP

4 Marong Rd, Ironbark
Ph: (03) 5459 0508

Open Hours:

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

BENDIGO

WEEKLY PROGRAMS & SERVICES

MONDAY

12.00pm - Community Meal

THURSDAY

11.15am - Chapel
12.00pm - Community Meal
1.00pm - Art Space

SUNDAY

10.00am - Celebration Service
4.00pm - Discovery Church

65-71 Mundy St, Bendigo

CASTLEMAINE

WEEKLY PROGRAMS & SERVICES

Wednesday

9.30am - 12.30pm Doorways
3.45pm - 5.00pm Junior Soldiers*

Friday

9.30am - 12.30pm Doorways

Sunday

10.30am - Worship Service
47 Kennedy St, Castlemaine

MARYBOROUGH

WEEKLY PROGRAMS & SERVICES

MONDAY

9:30am to 12.30pm - Doorways
10:30am - Women's Bible Study*

WEDNESDAY

9:30am to 12.30pm - Doorways
10.00am - Back To The Gospel

THURSDAY

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

FRIDAY

9:30am to 12.30pm - Doorways
5.00pm - Youth Life Group (High school)*
6.00pm - Youth (High school)*

SUNDAY

9:15am - Prayer Meeting
10.00am - Celebration Service
(Pancake church 1st sunday, Bible Discussion
and corps lunch 3rd Sunday)

27 Wills St, Maryborough

*School terms only



Contact Us

THE SALVATION ARMY CENTRAL VIC SALVOS

BENDIGO

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

CASTLEMAINE

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

EAGLEHAWK

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

MARYBOROUGH

Corps Officers: Capt. Amy & Ronald Stobie
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

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.