



Central Vic Salvos

5th May 2024

Life on this earth has so many good things about it. But the reality is that life often hurts as well. We have many spring and summer days. But we also have many autumn and winter days. As you read this, many of you are hurting deeply.

Do you ever feel like all hope is gone. Like trying to repair a relationship? Or overcome depression or the pain of grief and loss?

There are two common responses to pain and loss:

1. If Jesus would have showed up in my past, he could have saved what I lost.

Have you ever been angry at God for not showing up? I have met many people that are angry at God for pain they have experienced in their past. Sometimes this anger is exacerbated by people who mean well saying things that make the pain worse.

Please note there is nothing wrong with being angry. Let God know how you're feeling. Pour out your heart to Him. Let Him know the depth of your pain.

2. Jesus has the power to give me hope someday in the future.

Believing in Jesus does not mean we will experience less pain in this life. Praying does not guarantee a miracle. We live in a world that is broken. We are broken. And life often sucks as a result.

But whilst Jesus cannot stop us experiencing pain in this life, he can take the broken and painful things we experience and breathing new life into them. Jesus has the power to restore anything, anytime in your life; no matter how hopeless things may seem.

3 I heard a loud shout from the throne, saying, "Look, God's home is now among his people! He will live with them, and they will be his people. God himself will be with them.[a] 4 He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever." (Revelation 21:3-4)

As Christians we know that one day all things will be made right. But God can take the pain we are experiencing now and use it for good. Who is the best person to help someone through grief? Someone who has experienced grief. Who is the best person to help someone through addiction? Someone who has overcome addiction.

If you are struggling at the moment, please reach out to someone and ask for help. And when someone reaches out to you for help, be ready to listen and hear their pain. You don't have to have the answers, you just need to be willing to listen and hear.

And don't forget to pray. You don't need polished words to pray to God. You just need to let your emotion pour out to God.

Major Andrew Walker (Bendigo)



Spotlight On The Central Vic Salvos

LET'S TALK MENTAL HEALTH.

Many of us here would have heard that we need to look after our health and fitness. We need to eat well and exercise but it is also extremely important to look after you mental health.

Looking after your mental health is paramount for overall well-being. Prioritise self-care routines such as exercise, meditation, and sufficient sleep. Cultivate a supportive social network to share your thoughts and feelings with. Practice mindfulness to stay grounded in the present moment and manage stress effectively. Set realistic goals and celebrate your achievements, no matter how small. Learn to recognise and challenge negative thought patterns. Seek professional help if you're struggling; therapy can provide valuable tools and perspective. Remember, it's okay to ask for help and take breaks when needed. Nourish your mind with positive experiences, hobbies, and interests. Your mental health is just as important as your physical health, so make it a priority.

In Psalm 46:1-3 it says,

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.”

I would also like to remind you that if you need to reach out to someone but don't know how The Salvation Army have granted access to converge who is out Employ Assistance Program (EAP) and I have put all the details you need for this below

Blessings,
Ronald

EAP APPOINTMENTS



Want to make an appointment to see an EAP consultant? Call...

1300 our eap
(1300 687 327)



Download the Converge App

Search 'Converge International' in the app store or scan the QR code



Organisation Code

THEOQLW



Download the Converge App, enter the Organisation Code and book a session online directly



Central Vic Salvos

"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:

- For people to start following Jesus as their Lord and Saviour
- This week we are praying for the remote towns of Western Australia in Karratha and Geraldton. The Area Officer responsible for leading this mission in Karratha and Geraldton is Major Katrina Potter.
- Those who are unwell - physically, emotionally, spiritually, mentally
- For all the corps, programs & services in Central Vic Salvos - Bendigo, Castlemaine, Eaglehawk, Maryborough, Avoca and St. Arnaud.
- Our leaders - National, State, Local (Government, Community & Salvo)
- CVS programs & services
- Easter activities throughout CVS

Praise God for:

- New faces joining our various CVS programs & services
- People making decisions to follow Jesus! (15)
- Answers to prayer
- For His Holy Spirit
- Community



Colossians 4:2-5

Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity.



A YEAR OF —
PRAYER

For Grade 3 to Yr 8

Cost \$260

junior creative arts camp

JULY 1-4

Concert on Thursday, 4 July, 5pm @Merri-Bek Salvos 15 Headley St., Coburg North

Rutherford Park & Country Retreat 290 Kangaroo Road, Blampied VIC

For more information please contact Julia Roper julia.roper@salvationarmy.org.au

<https://salvationarmy.typeform.com/to/vNSoPiXk>

CENTRAL VIC SALVOS MONTHLY

Prayer & Worship Night

5-6pm
Sunday 26th May 2024
 Bendigo Corps
 65-71 Mundy St, Bendigo

Please bring a plate of food to share following the meeting



Central Vic Salvos

STAFF PROFILE - Liz Conway - CSM - Maryborough

Favourite travel destination: Wherever the Beach is (hear the waves)

Best movie: Forbidden Planet and also it is hard to past the war room

Favourite food: Potatoes (doesn't matter how they are cooked)

What was your first job: Law Clerk

Who was your favourite band in high school: Beatles

Be still and know that I am God - Psalm 46:10



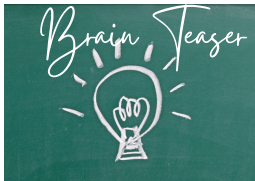
Our Community needs your Church!

Volunteer at the Shelter
Koolamurt Scout Camp - 1 Jun - 31 Aug

Volunteer as often as you like, every pair of hands helps us meet this critical community need.

Contact Toni West for more info
0438 553 772 - community@bwns.org.au
www.bwns.org.au

**Red Shield Appeal
Central Victoria Launch
10 May - Friday 12noon
Hargreaves Mall, Bendigo**



There's no such thing as a straight line. Zoom in close enough to anything and you'll spot irregularities.

You can hold me in your left hand but not your right. What am I?



Volunteer Roles

- Meeting Point (5:00 PM - 6:00 PM)**
Salvation Army - Gravel Hill
Meet, greet and check-in guests
1 Leader + 1 Helper
- Bus - PM (5:30 PM - 6:30 PM)**
Salvation Army - Gravel Hill
Transport guests Salvation Army > Koolamurt
1 Driver + 1 Helper
- Kitchen (5:45 PM - 8:00 PM)**
Koolamurt Scout Camp
Prepare the evening's dinner for guests
1 Leader + 1 Helper
- Meal Provider (6:00 PM - 6:30 PM)**
A two - course meal pre-cooked/prepared for 15 guests, typically provided by the host church. If your church is not able to provide meals, please let us know.
1 Leader (for delivery) + Church / Group / Cooking Team
- Evening (5:45 PM - 10:30 PM)**
Koolamurt Scout Camp
Prepare guests for a restful night in shelter
1 Leader + 2 Helpers
- Overnight (10:30 PM - 6:30 AM)**
Koolamurt Scout Camp
Keep our guests safe through the night
1 Leader + 1 Helper [sleeping during shift is ok]
- Morning (6:30 AM - 8:30 AM)**
Koolamurt Scout Camp
Guests wake up and are checked out
1 Leader + 1 Helper
- Bus - AM (8:00 AM - 9:00 AM)**
Koolamurt Scout Camp
Transport guests Koolamurt > Salvation Army
1 Driver + 1 Helper

"Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it." - Hebrews 13:2





Bendigo

Eaglehawk



Donate to
Greater Bendigo
scan the QR code

May 10 - June 2 2024

You can make a positive difference for people who are doing life tough by helping collect for this year's Red Shield Appeal. All funds we collect will come back directly to the Bendigo region.

To register for an online collection page please go to
<https://digitaldoorknock.salvationarmy.org.au/greater-bendigo-salvos>

To register to collect please email
corpsofficer.bendigo@salvationarmy.org.au or speak to one of the officer team.

We need collectors for the following dates:

- **Intersection - Saturday May 25**
- **Shopping Centres - May 13 to June 1**
- **Doorknock - Sunday May 26**

In the back room at Eaglehawk there are sheets on the tables for people to place their names and where you are able to assist in collecting.

Friday May 10

Red Shield Launch

Monday May 13 - Saturday May 18

Eaglehawk IGA
Coles City
Aldi Kangaroo Flat

Monday May 20 - Saturday May 25

IGA Long Gully
Woolworths Golden Square

Saturday May 25

Intersection collection

Sunday May 26

Girton doorknock day

Monday May 27 - Saturday June 1

Lansell Square
Bendigo Marketplace

Friday May 31 - Sunday June 2

Bendigo Indoor Caravan Leisure Roadshow at the showgrounds



MOTHERS DAY HIGH TEA

Saturday 11th May

Eaglehawk Salvation Army

This is an opportunity for you to invite and bring someone along to the High Tea

Red Shield Fundraiser

Escape to the Chateau

Wednesday 26th June - 6.30pm

\$20 entry

Venue - 55 Evergreen Blvd, Jackass Flat

All money raised is going to Red Shield



BIBLE STUDY DATES

Friday's 3 May, 17 May, 31 May

RED SUNDAY

Sunday 19 May

Can everyone please wear something **RED**





Castlemaine

MOTHERS DAY

MAY 12TH AT 10:30

CELEBRATION FOR MOTHERS DAY
INVITE YOUR MUM OR MUM FIGURE ALONG.



Castlemaine



RED SHIELD APPEAL

We are looking for volunteers for RSA collecting at Maldon, Castlemaine Maxi IGA and Castlemaine Newsagency. If interested could people contact Captain Amy Jones as soon as possible

Castlemaine Salvos have been apart of the community for many years, quietly serving and helping those in need in our area. In more recent years, we have seen a significant increase in people accessing our services, due to the financial stress caused by the increase in living costs.

We would love to have your support so we can continue to provide food and material aid to those who need it most in our community!

Donate here



Maryborough

MARYBOROUGH SALVOS
TRIVIA NIGHT
with Silent Auction!

SAT 01 JUNE

Start at 7:00PM
Doors open at 6:30PM

ADULTS \$15 | U16 \$10 | U5 FREE

MONEY RAISED WILL BE USED TO SUPPORT OUR LOCAL EMERGENCY RELIEF PROGRAMS AND SERVICES SO WE CAN CONTINUE TO SUPPORT THOSE IN NEED IN OUR LOCAL COMMUNITY.

RED SUNDAY

Sunday 19 May

Can everyone please wear something **RED**
This is the same day as our Bible study Method Church
Please bring a plate of food to share (the food can be red coloured too)



Donate to Maryborough scan the QR code

MARYBOROUGH SALVOS
KIDS CLUB
A WEEKLY PROGRAM FOR KIDS IN PREP - YEAR 6

4PM - 5PM THURSDAYS
\$2 PER PERSON

FOR MORE INFO PH 03 5459 0500
27 WILLS STREET MARYBOROUGH



Weekly Programs/Thrift Shops

BENDIGO THRIFT SHOP

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

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 5446 7928

Open Hours:

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

CASTLEMAINE THRIFT SHOP

46 Forest Street, Castlemaine
Ph: 03 5470 5636

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

EAGLEHAWK

WEEKLY PROGRAMS & SERVICES

SUNDAY

9:40am - prays
10.00am - Celebration Service

THURSDAY

1.30pm - Crafty Skills Community
4:30 pm - Prayer meeting
Contact Pauline and Eddie Anderson
0427 812 866

FRIDAY

1.30pm - Bible Study (fortnightly)
51 Church St, Eaglehawk

BENDIGO

WEEKLY PROGRAMS & SERVICES

THURSDAY

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

SUNDAY

10.00am - Celebration Service
4.00pm - Bible Study
65-71 Mundy St, Bendigo

MARYBOROUGH

WEEKLY PROGRAMS & SERVICES

MONDAY

9:30am to 1.30pm - Doorways
10:30am - Women's Bible Study*

WEDNESDAY

9:30am to 1.30pm - Doorways

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 1.30pm - 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

CASTLEMAINE

WEEKLY PROGRAMS & SERVICES

Monday

9.30am - 11.00am Maine Minis*
3.45pm - 5.00pm Just Brass*

Wednesday

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

Friday

9.30am - 12.30pm Doorways

Sunday

10.15am - Band Rehearsal
10.30am - Worship Service

47 Kennedy St, Castlemaine
*School terms only

*School terms only



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

CASTLEMAINE

Corps Officer: Capt. Amy Jones
47 Kennedy Street, Castlemaine | 03 5470 5389
corpsofficer.castlemaine@salvationarmy.org.au

EAGLEHAWK

Corps Contact: Maj. Karen Armstrong
51 Church Street, Eaglehawk | (03) 5446 8135
corpsofficer.eaglehawk@salvationarmy.org.au

MARYBOROUGH

Corps Officers: Capt. Amy & Ronald Stobie
27 Wills St, Maryborough | 03 5459 0500
corpsofficer.maryborough@salvationarmy.org.au



Bendigo Banking Details
Account Name: The Salvation Army
BSB: 033-688 Acc No: 811 119

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



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.