

THE OFFICIAL NEWSLETTER OF ST MICHAEL'S

INTERSECTION

APRIL 2013

THE CAIRNMILLAR GRADUATION CEREMONY 2013



Above: Graduands and new Fellows of Cairnmillar gather at St Michael's including Carmel O'Brien in foreground at left, and 2013 John Waters Scholar Anita Juhaz at right.

Left: Dr Francis Macnab addresses the gathering.

Below: Dr Ranjana Srivastava delivers an outstanding keynote address on Compassion to the graduation ceremony.



NEWS THIS MONTH

ARCHIVES RETIREMENT

We wish to thank Wilma Bain and Helen Rodd our long time archival custodians, who have both recently retired from keeping St Michael's archives collection.

Over many years Helen and Wilma came into the office on a regular basis to catalogue, file and maintain items of the varied, extensive and important historical collection documenting the history of St Michael's.

The archival materials are often brought out by the Household Deanery at important celebrations such as St Michael's Day, Melbourne Open House Weekend, and in 2013, materials may be displayed for the celebration of the 175th birthday of St Michael's, so that the public can view them and learn about the history of the first church built in Melbourne city.

Thank you Wilma and Helen for your long and valuable service to maintaining the archives of St Michael's.

VALE: JUDITH ANSTEE

For close to 40 years, Judith Anstee was an active part of St Michael's. Although she has been unable to attend church in recent years, many will remember her part in the choir (in earlier years), her outstanding floral arrangements, and her involvement in various groups and activities over her years amongst us. A memorial service is to be held on Monday April 8 at 2pm.

VISITING MINISTERS

This month we are delighted to welcome Professor Andrew McGowan, Warden (Head) of Trinity College, University of Melbourne.

In May, we shall once again welcome Dr Malcolm Sinclair, Minister of Metropolitan Church, Toronto, Canada.

NEW MEMBERS MEETINGS

If you are interested in becoming a member of St Michael's please join us for a series of three meetings where you can learn more about our unique church and theology.

The meetings will be held in the Waratah Room on 1st Floor of St Michael's Place after the Sunday Service on 14th April, 12th May and 16th June.

At these small group meetings you will have the opportunity to meet with Dr Macnab, Dr Campbell and the members of the New Members' Team.

You will be very welcome to ask questions and find out more about the organisation of the church.

To join in, come up to the Waratah Room after the service.

We will have tea and coffee available and you will be welcomed by the New Members' Team.

If you would like further information, please ask for Lyndell O'Brien or Joy Arnot at the Visitor and Information Table in the Hall on a Sunday.

Alternatively, contact the office during weekdays on 9654 5120.

'OUR RESILIENT COMMUNITY' - A MAJOR PROJECT



In 2013 St Michael's is emphasizing the theme of Human Resilience.

As a part of exploring and celebrating resilience we are creating an audio visual presentation featuring members of our community relating their experiences of resilience in their lives and what they have learned from hard times and recovery. Many wonderful, resilient people make up our membership and we want to capture their strength of spirit on film.

We invite you to be a star and contribute to this project—to be shared with the public via our website when it is completed. A number of filming sessions have been scheduled where participants will be asked to very briefly say why they are resilient and what they have learned is most important in life, through hardships and bouncing back from life's difficulties.

A random selection of stories will be compiled into a cohesive visual document that celebrates the resilience of our large St Michael's community.

An understanding of participation in the Resilience Project is that you consent to have your recorded piece shown publicly in the church and on St Michael's website and the internet, at St Michael's discretion. You will be asked to sign a release form indicating your consent to broadcast your contribution when you attend the filming session.

You can book your 10 minute appointment to be filmed by our Technical Director Jackson on one of the filming dates, via the Visitors and Information Table in the Hall on Sundays.

Filming Dates:

May 5,

May 19,

June 9

June 16

More dates will be added if need be.



Resilience
The Courage to Come Back

N.B: Please do not participate if you are not comfortable for the public to see your contribution to the project.

HAPPY BIRTHDAY ST MICHAEL'S - 175 YEARS YOUNG!

By David Doherty,
Chair of the 175th Birthday Celebrations Committee.

This year St Michael's celebrates 175 years of outstanding service and nurturing to the surrounding and extended communities. The site of the Church building marks the location of the oldest place of worship in Melbourne.

In 1838 Melbourne had not yet developed into a City, but John Pascoe Fawkner, an original Parishioner of the Church, issued the first newspaper, The Melbourne Advocate. The Melbourne Cricket Club and the Melbourne Club were being formed.

Over the 175 years St Michael's or its predecessors has shepherded congregations and communities through wars, floods, fires, the great depression, financial crises, personal and community despair and other disasters. It has also been there encouraging, inspiring and celebrating in times of joy, ebullience and success.

Our Church takes an important place in history amongst the early initiatives that saw the birth of the City of Melbourne and its subsequent progression to the vibrant City we know today. Our Church Building is also a continuing tribute to the vision of Ministers and congregations, and architectural courage, in the early times.

St Michael's stands proud as a facilitator and catalyst for community wellbeing, inspiration, courage and leadership over the past 175 years.

We have good reason to collectively celebrate this important Birthday.

In doing so we want to:

- Present genuine and meaningful celebratory activities
- Engender an aura of fun and enjoyment for all
- Respectfully acknowledge the history and significant progression of St Michael's
- Acknowledge and promote the role St Michael's has played in the development of the City of Melbourne



-Contribute to a continuing momentum for the Church and future congregations.

-Engage other relevant civic and such organisations external to St Michael's to collaborate with us in our Birthday activities.

-Include people who have contributed or been associated in the past with St Michael's.

Special events are being planned. It is likely they will entail a special church service as well as a separate civic event involving other key organisations and influential people.

The history and detail of the Church building will also be featured along with relevant archival materials.

The months of June and September are historically important and we will seek to present activities in proximity to those dates.

We want to encourage all members of our congregation to take the opportunity to participate in our planning and implementation. We will be delighted to receive any ideas that will assist in making this 175th Birthday a milestone to remember. Please email David Doherty at: davdoh1@optusnet.com.au; or via St Michael's Office.

IAN GAWLER EVENT



The picture above was taken at the inspiring 'Surviving Cancer' evening, a joint collaboration between The Centre for Wellbeing at St Michael's and author Ian Gawler. Pictured with Dr Macnab (at centre) are speakers from the evening, from left, Scott Stephens, Jess Ainscough, Ruth McGowan & Ian Gawler.

ENGLISH CONVERSATION

The Centre for Wellbeing is pleased to offer a new educational and community building initiative in the form of English conversation groups for overseas students and migrants wishing to meet with a group of friendly Australians for a coffee and a chat. So far, the group co-ordinated by Jan Calatayud has met twice and has had a small number of students and new migrants to Australia come along and join in. All participants have been new to St Michael's and we were very pleased to welcome them.

If you know anyone who would benefit from the group please don't hesitate to refer them to our website: www.centreforwellbeing.org.au

The English Conversation for Overseas Students (ECOS) Group will meet each month on the last Sunday of the month in the Waratah Room - 1st floor St Michael's Centre, 120 Collins Street Melbourne.

The group is Free. Enquiries: 9654 5120 or wellbeing@stmichaels.org.au

PROGRAMS

NEW FAITH DISCUSSION GROUP
Commences Sunday May 5

LIBRARY LOUNGE
Tues 10.30-2.30pm, Sundays 11.30-1pm

MEDITATION
Sundays - immediately after service

POETRY GROUP
Every 3rd Sunday - after service

MENS SHED
The last Sunday of the month

GLOBAL CONCERNS
Sundays - after service in the Hall

ARTS FOR RIGHTS
Activities held monthly

WALKING GROUP
2nd Saturday of the month.

BIBLICAL STUDIES ON RESILIENCE
Commences April 14

FRENCH CONVERSATION
The second Sunday of the month
Starting April 14

IPAD ENTHUSIASTS GROUP
The second Sunday of the month

IPADS BEGINNERS COURSE
Tuesdays 6.30pm

YOGA
Thursdays 12.30— 1.15 from May 2

SAGE
Friday April 26, 11am

STORY TELLING/WRITERS GROUP
Sunday April 7

LAST TUESDAY BOOK GROUP
Last Tuesday of the month

TAI CHI
Fridays 1 -2 pm

CHARTER FOR COMPASSION GROUP
Third Sunday of the Month

CONVERSATIONS WITH LIZ
Last Sunday of the Month - April 24

RESILIENCE WORKSHOPS
Next Workshop Friday April 12

Visit www.centreforwellbeing.org.au
or the St Michael's website for details:
www.stmichaels.org.au
Or
'Like' us on Facebook for regular updates

WHEN SMALL CHURCHES ARE SOLD

In times when many suburban and rural churches are being sold to private bidders it is sad yet refreshing to read the experiences of a new church building owner as she pauses to reflect on the history of the building, the feeling of the place and the people who have been a part of that church's community over many years.

Mardi Lumsden wrote the following article for online journal The Transit Lounge.

NOTHING is easy about transforming a place of worship into a home.

When we bought a church, we didn't get just one set of keys.

People from all over the neighbourhood kept giving us their set from when they swept the floors or made sure the lights were turned off.

For the six months we have been camping in a church hall, I have been visiting the gym each morning to have a shower or spending weekends attending social engagements with a towel on my shoulder. You never notice how much your life revolves around where your next shower is coming from until you don't have one.

Banks don't grant home loans to people when it is not a house that they're buying.

Council is confused by usage changes.

Old mistakes mean our electricity meter is registered to a house a kilometre away.

People still enquire about hiring the hall and sometimes turn up for the Thursday yoga class.

All that makes it quite an adventure.

Most builders look at the five metre ceilings and shudder at the cost of building those walls.

People expected we would knock it all down and start again.

But wouldn't that defeat the purpose of buying a church?

Chances are if we didn't buy it, someone would have knocked it down.

There is sadness and beauty in an empty church. Curling ribbon grips tightly to a fluoro light, a deflated balloon hangs far beyond my reach. A reminder of the good times that were had.

The stage curtains hang heavy and limp. Dusty shafts of sunlight peek through worn holes.

The congregation made the difficult decision to let go of the building, but still hold their church community in their hearts.

I think of the brides who have walked down the aisle and the grooms who have waited nervously at the altar.

The loved ones farewelled.

The dances and folk nights in the hall.

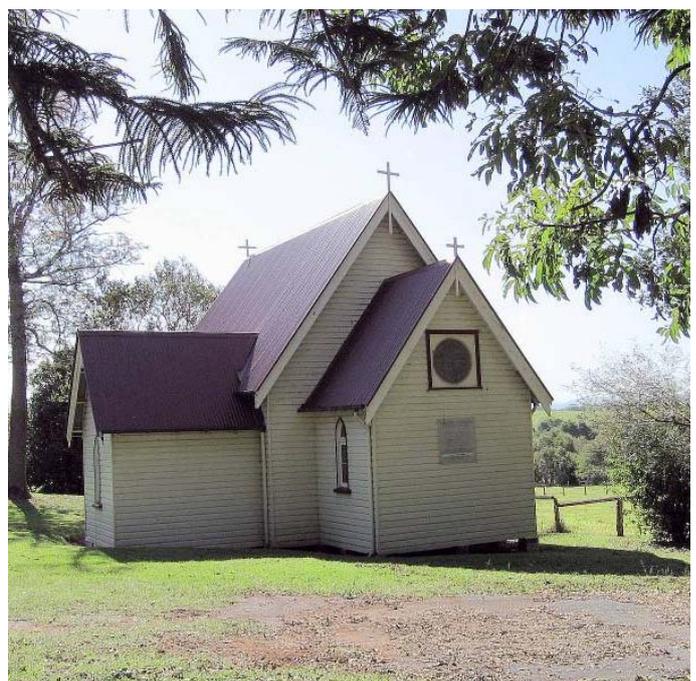
The countless cups of tea made in the kitchen and the conversations held over them.

The songs of praise, the prayers of forgiveness.

Those memories are carved into the walls.

Now we are adding new walls I hope that the memories we make are worthy of them.

Mardi Lumsden, 11 December, 2012.



LETTERS AND FEEDBACK

Emails received:

From a new St Michael's member:

I just wanted to tell you my experience as a new member has been uplifting and enjoyable. I am still getting to know people and the way things work but it has been a positive experience overall. I'm sorry to miss the morning tea as I, obviously, feel a bond with those who are also new. Please pass on my regards to all.

From an overseas 'virtual congregant':

Please let Dr Macnab know he is being watched from obscure places in Bolivia and Peru. In one talk he referred to Janet Winterton who wrote 'Oranges are not the only fruit'.

She was adopted by religious parents in Accrington England and Accrington is the town I come from. It is indeed a small world.

A response to the Centre for Wellbeing Blog on grief:

Read the Blog at: www.centreforwellbeing.org.au

Thanks for sharing this. I lost my mum just over twelve months ago and have felt quite numb for a while. She died back in the UK and I was unable to return to see her before she passed.

In many ways, I don't think I have fully acknowledged that she has really gone and wonder if I'm in denial. It did feel at the time as though it hadn't really happened because of the great distance between us.

My mum and I had a very difficult relationship and I always felt as though I never really had her. She was always leaving or putting obstacles between us. I mourned this for most of my life.

Just recently I've been dreaming of her quite frequently. In my dream she's alive and has been able to return but it's only for a short time. Then I realise that she's really dead and I cry. Part of me feels like a fraud if I allow myself to express sadness in relation to her passing as I worked hard to construct emotional barriers in recent years so I could no longer be hurt by her rejection. Thanks again for posting this. I'm going to follow the advice and speak to someone about it as I feel it's now time and I'm struggling to contain it around my friends and family.

SAGE THIS MONTH

S.A.G.E

Successful Ageing for Growth and Enjoyment

BLAME IT ON THE BUNNIES



WHAT WE'RE LIKELY TO DO WHEN THINGS GO WRONG

Presented by Dr Francis Macnab

Friday 26th April
11am-1pm
\$20 including lunch
Bookings are not required

St Michael's Centre
120 Collins Street,
Melbourne 3000
PH: 9654 5120

ST MICHAEL'S
120 COLLINS - MELBOURNE

Cairnmillar
INSTITUTE
Treatment | Education | Research

“Next generation resilience relies on citizens and communities, not the institutions of state...”

DEMOS

ANDREW MCGOWAN TO VISIT FOR ANZAC SERVICE

An Anglican priest, Professor Andrew McGowan is Warden of Trinity College at Melbourne University. He has worked in parish ministry and higher education in Victoria, Western Australia and the United States. He studied Classics and Ancient History at the University of Western Australia, Theology at Trinity, and undertook doctoral studies in Christianity and Judaism in Antiquity at the University of Notre Dame in the USA.

Andrew has lectured at Harvard and Yale. He was Lecturer in NT and Early Christianity at the University of Notre Dame Australia in Fremantle and Associate Professor of Early Christian History at the Episcopal Divinity School in Cambridge, Massachusetts. He was appointed Joan Munro Lectur-

er and Director of the Trinity College Theological School in 2003, and became Warden of Trinity College in 2007.

Professor McGowan will be our guest at morning service on April 21. His address will be on 'A humanitarian Religion in the 21st Century'.



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St Michael's Place

120 Collins St, Melbourne 3000

RESILIENCE WORKSHOPS

The next workshop for helping people to cultivate greater resilience takes place in The Centre for Wellbeing Studio, 1st Floor St Michael's Centre, 120 Collins St, Melbourne from 11am—12.30 on April 12.

The speaker is Psychologist Dr Debra Campbell on 'Keys to less anxiety and greater resilience'.

The fee is \$10 including refreshments and the workshop is open to all, no need to book.

The May 10 topic will be 'Developing a resilient interpersonal style' with Psychologist Dr Lynette Kramer.

THE RELIGIOUS & SPIRITUAL IN ART

The Jewish Museum of Australia is holding a temporary exhibition until July this year which explores the Religious and Spiritual in Art as a part of the 61st Blake Prize. The Blake Prize sponsors arts and conversation which explore what matters most in our culture.

Located at 26 Alma Road St Kilda, the Jewish Museum is open:

Tuesday–Thursday

10am–4pm

Sunday

10am–5pm.

Closed Jewish holy days.

Admission:

Adults \$10 Concession \$5

Children \$5 Free (5 and under)

w: www.jewishmuseum.com.au



ST MICHAEL'S

ON COLLINS - MELBOURNE

120 Collins St, Melbourne 3000

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