



INTERSECTION

DECEMBER 2010

By Alana Pryor

MONTH OF AN EXPANSIVE IMAGINATION

December is the Christmas month.

It is the time that we would like to be lifted right out of our ordinariness, and become part of our culture's most imaginative stories.

It is a time when we give a gift, and receive a gift. The best gifts are usually those where our imagination bursts the banalities, and give our life a new level of happy excitement. Christmas - a time to let your expansive imagination explode with goodwill.



CHRISTMAS BREATHER



December is usually a blur for many. There are people to see, things to do and, in no time at all you find yourself celebrating Christmas Day and heralding in the New Year. More often than not we forget to slow down. Too busy with what will happen, we forget to live in the present.



At St Michael's you can find a place to stop, just for a moment, in this busy month. It offers tranquillity and calm in the midst of the holiday season. Mingary "the Quiet Space" on Russell Street is a special space that provides a relaxing environment for reflection and meditation. Surrounding the church, the gardens are a lovely place to sit outside, take

some sun and some time out. The church itself is open during the week in the mornings on Thursdays at

lunchtime one can discover musical escape at the organ recital.

If the week is too busy to experience the benefits, a Sunday service can also offer a

moment to pause and reflect. The Sunday addresses that investigate theology, philosophy and psychology are positive and enlightening and the music is soothing. These can help a busy, stressed person find balance and equilibrium.

Take yourself out of the hustle and spend a moment at St Michael's to relax.

DECEMBER ADDRESSES

5 DECEMBER 10 AM

Christmas - The Birth of an Expansive Imagination

Dr Francis Macnab

12 DECEMBER 10 AM

Why we get Excited when we see Someone with 'Real Imagination'.

Dr Francis Macnab

19 DECEMBER 10 AM

How some lose their imagination, stop dreaming, become dreary.

Dr Francis Macnab

**25 DECEMBER 9 AM
CHRISTMAS DAY**

With Imagination - The New Faith changes your view of Christmas Forever.

Dr Francis Macnab

26 DECEMBER 10 AM

Christmas is over: How to Rejuvenate your Exhausted Mind. You need your imagination.

Dr Francis Macnab

HAPPY BIRTHDAY

In 2011, the Cairnmillar Institute celebrates 50 years of providing innovative psychological services to the community. This is definitely a cause for celebration.

Since 1961, Cairnmillar has been involved in helping those with needs through counselling and psychological treatment. Cairnmillar was established as an effective response to the needs of its community and has since developed into an outstanding

educational institute. It now provides training in psychology and psychotherapy as well as treatment and counselling to those in need.

Cairnmillar has stayed true to its roots over the years and will continue to do so in the future. In the next year there will be plenty of opportunities to celebrate the institute's many achievements.



THE SPIRIT OF CHRISTMAS

Christmas spirit and cheer will flood St Michael's when *the Choir* and *the Choir of Hope and Inspiration* join with the *Footscray-Yarraville City Band* and *Ashwood Choir Extraordinaire (ACE)* sing and play together.

This exciting Christmas extravaganza is to be held on Wednesday 15 December and promises to be a joyful event.

Three choirs, 150 voices, one of Victoria's best brass bands and the St Michael's Grand organ will make for a bright and lively part of any Christmas celebrations.

The Choir of Hope and Inspiration is just that. Their performances are full of joy

and exuberance, stemming from the members' love of singing and feeling of belonging. The choir was created

specifically for people experiencing homelessness and disadvantage. For the members it represents being a part of something special and finding a new purpose in life. Friendships have been established, confidence gained and members have discovered new, positive directions in life. The Choir of Hope and Inspiration is a wonderful and vital part of the community.

All proceeds raised from the concert help keep *the Choir of Hope and Inspiration* singing and performing.

We invite you to join the Christmas fun, hear your favourite pieces and help spread goodwill and joy throughout the community.



DATES TO NOTE

Human Rights Day - Sunday 5 December

The Spirit of Christmas Concert with Jonathon Welsh,
the Choir and *The Choir of Hope and Inspiration*
Wednesday 15 December

Church Council Conference - Sunday 12 December

The St Michael's Office will close from Friday 24 December and reopen at 9 am on Tuesday 3 January 2011.

Melbourne Street Choir Inc presents

THE SPIRIT OF CHRISTMAS

When: Wednesday 15 December
at 7.30 pm

Where: St Michael's Uniting Church
120 Collins Street, Melbourne 3000

Tickets: Adult \$25, conc. \$20,
child (u 16) \$15

<http://choir.eventar.com/1592>

Enquiries: 0431 145 060

All proceeds help keep the Choir of Hope and Inspiration singing.

DECEMBER RECITALS

The Lunchtime Organ Recitals held at St Michael's have been a popular and regular event during 2010. They

provide visitors a musical reprieve during their week as well the opportunity to hear local and international organists showcase their musical talent.

The variety of repertoire and the different visiting organists have been impressive.

There are only a few more organ recitals still to be played in 2010. Now is the perfect time to come in and listen. Held every Thursday at 1pm these half hour recitals provide a brief musical interlude during one's lunch hour. As the year draws to a



close we invite you to visit us for musical entertainment and a moment of time out. December

brings organist Martin Rein from the UK to the console, St Michael's regular, Colin Jenkins, and St Michael's own organist and manager of music, Rhys Boak.

On Thursday 23 December the recital will present a different sound when Bruno Siketa on the trumpet joins Rhys on the organ. This special recital will include poems and readings selected by Executive Minister, Dr Francis Macnab.

THURSDAY LUNCHTIME RECITALS:

2 DECEMBER

Rhys Boak

9 DECEMBER

Martin Rein (UK)

16 DECEMBER

Colin Jenkins

23 DECEMBER

Special Recital

Rhys Boak - organ
Bruno Siketa - Trumpet

30 DECEMBER

Rhys Boak

Thursdays 1 pm - 1.30 pm
Free entry.

The organ recitals continue through all of January

ARTS FOR RIGHTS.

Arts for Rights successfully raise funds for various organisations through the pursuit of arts. Each month they organise an educational trip and enjoy art collections, gardens, the ballet and the beauty of the outdoors all in the name of Human Rights.

Their latest outing saw twenty people travel to the Point Nepean National Park. The weather conditions were perfect as were the views of the ocean and rugged coastline. The National Park has a vast history and the tour included exploring the historic Fort Nepean

tunnels and gun placements and a walk along the coastal tracks over-looking the rip.

The day ended with lunch at Hotel Sorrento, the scenic route home and a donation of \$110 raised for Villa Maria's new accommodation residence in Alphington for young adults with acquired brain injury.

In December *Arts for Rights* have organised dine at Fountains Restaurant, the student restaurant at the Box Hill Institute. There they will

FOUNTAINS RESTAURANT - BOX HILL INSTITUTE

When: 10 December 2010 at 12.00 pm

Venue: Fountains Restaurant, Box Hill Institute, 465 Elgar Road, Box Hill

Cost: \$36 adults, \$33 pensioners



explore the culinary and cultural delights of food - the art of preparation, cooking and presentation.



NOVEMBER - THE MONTH OF THE TALKING CURE DVD ON SALE NOW

The *Month of the Talking Cure* series by Dr Macnab is now available on one DVD. \$20.00 includes the first three November addresses.

If you have already purchased a DVD of an individual address, all you need to do is pay the difference to receive the others from this series. For more information or to order yours, see the Recording Table in the Hall after service or contact the St Michael's Office.

SAGE 2010 FINALE

This year for SAGE was a big one: celebrating 25 years. The workshops have grown; from its humble beginnings into a popular and well attended event.

One new attendee told us, "I'm happy to forgo my pilates class to attend". And it seems that this attendee isn't the only person finding SAGE as relevant as ever. The last SAGE for 2010 was held on

Friday 26 November. and enjoyed by 80 people.

In addition to the SAGE regulars, we had many new attendees, including 10 visitors from Port Phillip Retirement Village. These residents arrived by a bus organised by St Michael's

and attended morning tea before the session. This organised activity is



something we have done several times this year and something we will continue to do in 2011. It means that SAGE can be enjoyed by those who aren't always able to access the city but find such events entertaining and important.

SAGE 2010 has been a great success and we look forward to its continuation next year.

If you know of others who might benefit attending SAGE, contact the office.

mingary

COUNSELLING SERVICE



Professional, confidential counselling for a broad range of personal issues.

Low cost service

Female and male counsellors
Monday - Friday: 9 am-5 pm

Due to popular demand,
free memory testing continues
to be available.

Consultations by appointment only.

Please call 9654 5120

www.mingarycounselling.com.au

St Michael's Place
120 Collins St, Melbourne 3000

The Mingary Counselling Service is closed from Friday 24 December 2010 to Monday 10 January 2011.

WOMANSPACE FESTIVITIES

Each year the Womanspace group hosts a fabulous Christmas party to end the year. Decorations and Christmas treats set the scene and the party fills with guests ready to celebrate and kick-start the end of

year festivities.

On Sunday 28 November, guests enjoyed good food, a glass of bubbles and conversation as the 2010 Womanspace series wrapped up with positive Christmas spirits.



ST MICHAEL'S

ON COLLINS - MELBOURNE

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