

THE OFFICIAL NEWSLETTER OF ST MICHAEL'S

# INTERSECTION

DECEMBER 2012

WISHING YOU AND YOUR FAMILY A VERY HAPPY AND  
SAFE CHRISTMAS AND A WONDERFUL 2013

16 DEC 10 AM

**Dr Francis Macnab**

Aim for the empathy of Caravaggio.

23 DEC 10 AM

**Dr Francis Macnab**

The four best things about Christmas.  
It would be a pity to miss one of them.

25 DEC 9 AM

**Dr Francis Macnab**

Four things to make today more important.

30 DEC 10 AM

**Dr Francis Macnab**

Four things to take into the New Year.



## OPENING OF PROGRAMS

FEBRUARY 10, 2013

We are excited to be presenting the 2013 Programs for The Centre for Wellbeing on February 10 2013

A variety of programs will be offered throughout the year such as iPads, tai chi, art, book groups and much more...

**Meet the facilitators or pick up some information and join us for a Free Sausage Sizzle and vegetarian food.**

(There is *so* such a thing as a free lunch!)

From 11.30 – 2.00pm on **Sunday February 10, 2013**

See you at The Centre for Wellbeing, St Michael's Walk,  
120 Collins St, Melbourne or visit

[www.centreforwellbeing.org.au](http://www.centreforwellbeing.org.au)

wellbeing@stmichaels  


## NEW PROGRAMS FOR 2013

So many new programs are coming for 2013, along with the return of the most successful programs of previous years. Our new programs booklet will be available from early January 2013, and earlier via St Michael's website, The Centre for Wellbeing website ([www.centreforwellbeing.org.au](http://www.centreforwellbeing.org.au)) and Facebook.

### New programs include:

- ◆ A major lecture series across 2013, covering the Arts, Science and Health and Lifestyle topics with local and overseas speakers.
- ◆ Tai Chi classes with master teachers.
- ◆ Urban retreats in the Centre for Wellbeing for organisations and groups where they can enjoy yoga, meditation and stress management programs.
- ◆ Conversations with Liz Green - a program to help people to connect and make friends with others while exploring discussion topics of interest.
- ◆ English conversation for overseas students and migrants—sessions where non-English speakers can come and talk with Australians in an informal atmosphere.
- ◆ Daytime Book Discussion Group and Library Events Program
- ◆ The continuation of the 'Flourish' program of Mingary and The centre for Wellbeing with the new theme of 'Resilience' in 2013.

And so much more....

Check our websites and 'Like' us on Facebook to receive updates and browse our full range of programs.

## RESILIENT COMMUNITY PROJECT

In 2013 St Michael's will emphasize the theme of Human Resilience. As a part of exploring and celebrating resilience we are planning to make an audio visual presentation featuring members of our community relating their experiences of resilience in their lives.

People can contribute to the project which will be shared with the public via the website when it is completed in late 2013. So you might wish to think about your resilience and where it has shone through for you in your life and how you would speak about that in just a few sentences.

We hope that everyone who wishes to contribute will get a chance to say their piece throughout the year over a number of filming sessions, which can be broadcast. A random selection of stories will be compiled into a cohesive visual document that celebrates the resilience of our St Michael's community. Further details about getting involved with this project will be announced in 2013.

## SAGE

SAGE stands for 'Successful Ageing, Growth and Enjoyment'. It is an inspiring educational program for people of retirement age, which has been presented by Dr Francis Macnab for more than 25 years. In 2012 SAGE attendances reached record numbers.

The next meeting of SAGE, takes place on Friday February 22, 2013 at 11am in St Michael's Hall.

We look forward to resuming our SAGE meetings with vigour in 2013!



## CAMILO MARTINEZ

Camilo and his wife Adriana (above) took their training in psychology in Colombia, South America. They came to Melbourne where Camilo was awarded the John Waters Memorial Scholarship to complete his Masters Degree at Cairnmillar. Adriana also received the Scholarship and also completed her Masters Degree.

Subsequently they were appointed to staff positions at Cairnmillar and both have been excellent staff members.

Camilo has now received an appointment to work with Aboriginal communities in and around Alice Springs, in a wide span across 800 kilometres. The couple will live in Alice Springs and commence work there in January 2013.

We all wish them well in the very courageous work they will be doing, and we honour them for the way they will carry the Cairnmillar 'flag' into this highly necessary field of work. They also further honour Mrs Gwen Waters as they show the value of their Scholarships in their new positions.

## IN MEMORIAM

### Mr Geoff Harris

St Michael's community was saddened to hear of the death of Mr Geoff Harris a long time valued member of the Church. Our condolences and good thoughts are with all of Geoff's family and friends at this time and going forward.

### Margaret Stevenson St Michael's Medallion Recipient

We were also saddened to hear of the death of a St Michael's Medallion recipient, Margaret Stevenson, whose "Cottages by the Sea" provided respite for ill or underprivileged children and their families.

Margaret was a dynamic and generous contributor to numerous community initiatives over many years and her energy and enthusiasm will be sadly missed by many.

## CONGRATULATIONS TO MICHAEL CONNOLLY

He once sang in our choir. He once challenged an intruder who tried to 'take over' the Morning Service.

He holds a high position in the Wall Street Journal in New York.

On top of that, he has added to his training and experience at Cairnmillar years ago and is now President, Executive Director of the Harlem Family Institute as a psychoanalyst in Child and Family Psychotherapy.

So we say—with great enthusiasm—Congratulations to you Michael!

## WEBSITE FEEDBACK

### From our website:

*I attended this last Sunday service and really did not want to leave. Thank you so much for a service dealing with normal things. I even knew some of the hymns ! so nice to sing again . There was a lovely woman who stopped and had a chat after the service and the whole atmosphere felt like home. I was a visitor.*

*Prue, SA*

## THANKS FOR A BRILLIANT 2012: LOOKING BACK, LOOKING FORWARD

### WELLBEING PROGRAMS

In the first year under the new programs banner in 2012, the events and classes of The Centre for Wellbeing at St Michael's attracted close to 4000 attendances over approximately 250 programs.

This figure does not include our Church Programs or concerts and events in which the Centre for Wellbeing partnered an external organiser, such as Jamchen Buddhist Centre, Sri Chinmoy, Centre for Dialogue or Melbourne Open House - all highly successful programs in their own right, which attracted thousands of additional visitors and formed great new community relationships.

**We would like to thank everyone who volunteered their energy in support of St Michael's and The Centre for Wellbeing in 2012 and all those who participated in the programs and made them the great success that they have been.**

Our 2013 Programs booklet will be released in early January and will appear online via our websites and Facebook from December 2012.

[www.stmichaels.org.au](http://www.stmichaels.org.au)

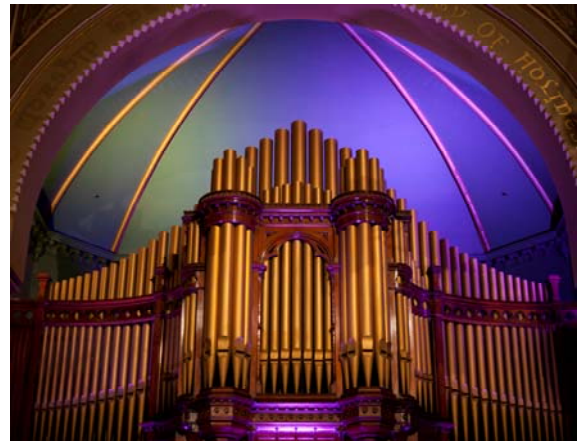
[www.centreforwellbeing.org.au](http://www.centreforwellbeing.org.au)

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wellbeing@stmichaels  


### MUSIC PROGRAMS



St Michael's music programs flourished in 2012 under the management of Rhys Boak with a host of local and international artists joining us at Sunday Services and for special concert events.

In addition Mrs Pamela Smart again organised a variety of exceptional musical and charity events to support human rights causes throughout 2012. The musical events of St Michael's Week in September were a great highlight. With gratitude for the beautiful music on offer we look forward to 2013.

### 'MIDSUMMA' SERVICE

St Michael's will again participate in the Midsumma Festival in 2013 with a special service on Jan 27. It is a reminder that the gay and lesbian community have an equal footing with all of our community at St Michael's.

## ST MICHAEL'S

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