

THE OFFICIAL NEWSLETTER OF ST MICHAEL'S

INTERSECTION

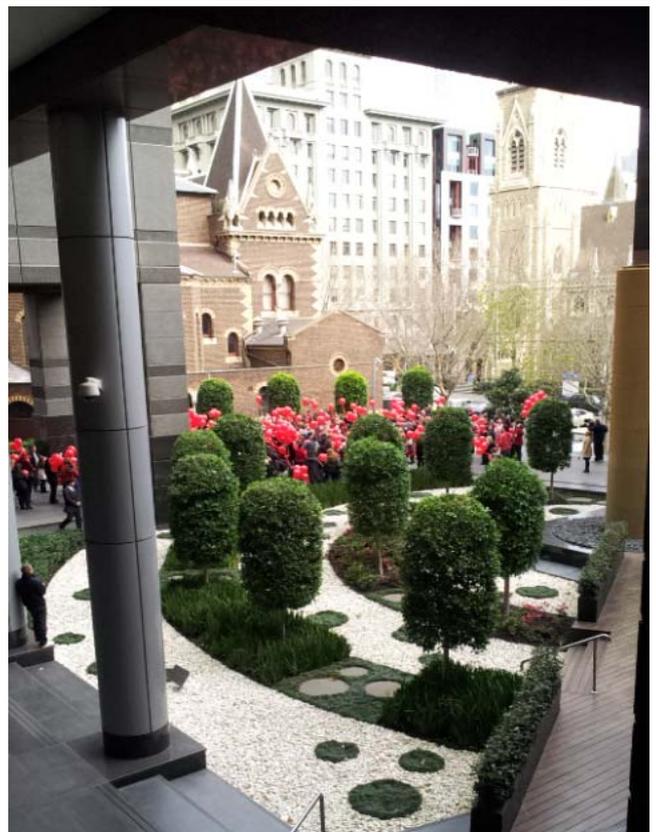
JULY 2012

Editors: Dr Debra Campbell
& Johanna Hersey

IMAGES OF RED NOSE DAY AT ST MICHAEL'S 2012



A special day and a special place.
Red Nose Day was again marked at St Michael's
on June 29, 2012. Here are some of the images
from the balloon release ceremony.



ARTS FOR RIGHTS

Our sincere thanks to all those who have supported the Arts for Rights programs since the beginning of the year. We acknowledge with thanks all those who have assisted us in achieving our aims and goals, in particular Russell Watson, whose help and enthusiasm continues to make our visits to regional programs possible. Thanks also to St Michael's staff.

Although our numbers have been down this year, we always attract a wonderfully enthusiastic group who continue to learn and enjoy the many varied and exciting areas of the arts, have the opportunity to meet others who share their interests and continue to raise important funds for St Michael's Human Rights programs.

During this period we were able to make our final pledge to the 'Indigenous Medicine Students Resource Award' of \$1,500, which was the final commitment of our pledge for this program.

We are now supporting the 'Royal Flying Doctor Service' and have raised \$650 to date. We will continue to fund this project until the end of the year.

Programs we have enjoyed include Point Cook Historic Homestead; Heide Museum of Modern Art: 30 Years of the Heide Collection; the Shrine of Remembrance, one of Melbourne's iconic landmarks, which houses two galleries with changing exhibitions; and Duneira historic house and garden in Mt Macedon. At Duneira we had the opportunity to view the SR Stoneman art collection which has been acquired over the last 40 years.

We also enjoyed visiting the Bendigo exhibition 'Grace Kelly: Style Icon', complemented by viewing the Bendigo Gallery's extensive collection of European and Australian art. We saw the Australian Ballet 'Onegin' with music and dance that stirred the heart, and finally, on July 12, the Fred Williams' exhibition at the NGV.

Alma Hexter

NEW Arts for Rights brochure is available now or visit our website. www.stmichaels.org.au



Forthcoming programs:

Thursday 23rd August:

Piano Recital by Elyane Laussade

Time: 11.00am

Venue: Laussade Studio,

1/15 Greendale Rd, Doncaster East

Cost: Adult: \$38/Pensioners: \$36

Monday 17th September:

The Australian Ballet—Swan Lake

Time: 7.30pm

Venue: Victorian Art Centre,

Melbourne

Cost: Adult: \$50/Pensioners: \$48

Thursday 4th October:

Napoleon: Revolution to Empire

Time: 11.00am for morning tea, followed by talk at 12.00 pm and exhibition viewing at 1.30pm

Venue: NGV International,

St Kilda Rd, Melbourne

Cost: Adult: \$40/Pensioner: \$38

REFUGEE SUNDAY

On June 17th St Michael's remembered the refugees of the world in a special service conducted by Rev Paul Tonsen during Dr Macnab's leave.

Many thanks to Pam Smart for her wonderful planning of the music and symbols for the day which included beautiful flowers in the design of a Ukrainian head-dress. (right).

John Waters' scholar Glory Gatwiri from Kenya, (far right) carried the staff in the procession.



THE CHARTER FOR COMPASSION

The Charter for Compassion was examined in our recent Interfaith event and is well worth our continued attention. The Charter for Compassion is reproduced here for those who were unable to attend.



Charter for Compassion

The principle of compassion lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves.

Compassion impels us to work tirelessly to alleviate the suffering of our fellow creatures, to dethrone ourselves from the centre of our world and put another there, and to honour the inviolable sanctity of every single human being, treating everybody, without exception, with absolute justice, equity and respect.

It is also necessary in both public and private life to refrain consistently and empathically from inflicting pain. To act or speak violently out of spite, chauvinism, or self-interest is a denial of our common humanity. To impoverish, exploit or deny basic rights to anybody, or to incite hatred by denigrating others – is also a denial of our common humanity.

We acknowledge that we have failed to live compassionately and that some have even increased the sum of human misery in the name of religion. We therefore call upon all men and women to restore compassion to the centre of morality and religion.

To return to the ancient principle that any interpretation of scripture that breeds violence, hatred or disdain is illegitimate.

To ensure that youth are given accurate and respectful information about other traditions, religions and cultures.

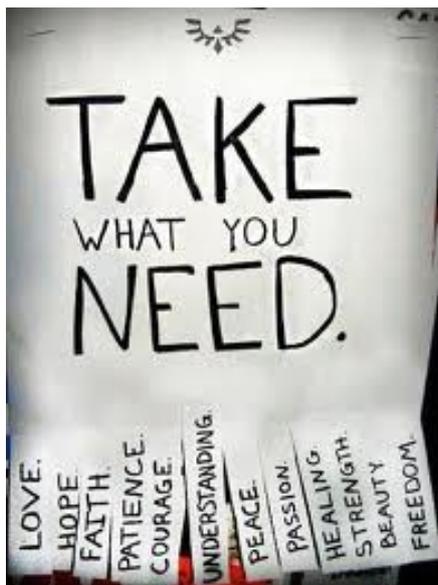
To encourage a positive appreciation of cultural and religious diversity.

To cultivate an informed empathy



with the suffering of all human beings, even those regarded as enemies.

We urgently need to make



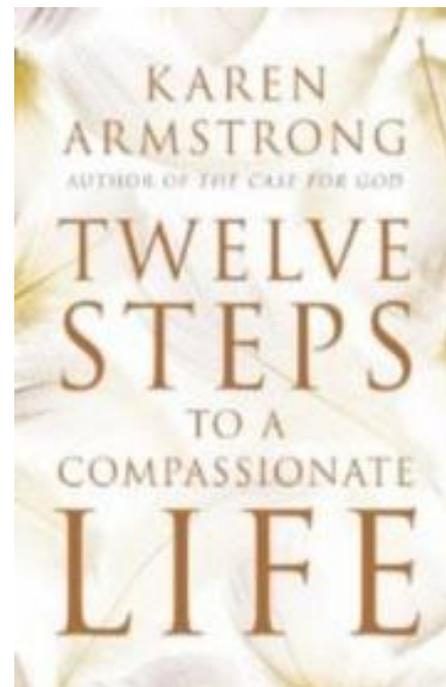
compassion a clear, luminous and dynamic force in our polarized world. Rooted in a principled determination to transcend selfishness, compassion

can break down political, dogmatic, ideological and religious boundaries.

Born of our deep interdependence, compassion is essential to human relationships and to a fulfilled humanity. It is the path to enlightenment, and indispensable to the creation of a just economy and a peaceful global community.

Following on from the successful Interfaith event on compassion, the Interfaith committee is planning to open a discussion group to go deeper in examining the Charter for Compassion and the book by Karen Armstrong 'Twelve Steps to a Compassionate Life'.

Expressions of interest in joining the



discussion group are invited:

jamesjanette@hotmail.com

For more information about this group and/or register your interest, contact Janette:

jamesjanette@hotmail.com

NEW WEBSITE FOR THE CENTRE FOR WELLBEING

With the Centre for Wellbeing at St Michael's already going from strength to strength in its inaugural year, thanks to its volunteers and participants, it seems only fitting that the Centre introduce its own website and blog. You can now subscribe to our blog, follow us on Facebook and Twitter, access resources from our Facilitators and be a part of our community and conversations online as well as in person.

www.centreforwellbeing.org.au



MELBOURNE OPEN HOUSE 2012

This month St Michael's will again be participating in the Melbourne Open House.

The Melbourne Open House organisation is a not-for-profit association that was founded in 2008 with the goal of offering the public rare open and free access to explore some of the most beautiful architecture that Melbourne possesses.

In the first year, only eight buildings opened their doors to the public. With over 30,000 visitors across that first day, the event has since gradually expanded to take place over two days and include over 100 sites. It is an opportunity to engage directly with key elements of our great city – from globally significant buildings to roof top gardens – that reflect the fascinating past of Melbourne. Well-informed volunteers will discuss the significance of these buildings within the Melbourne context, and provide a valuable contribution to the visitor's experience. St Michael's will be opening its doors to the public, for Melbourne Open House, on both Saturday July 28th from 10am-4pm and Sunday July

29th from 12noon– 4pm.

During this time the church will be open for people to explore, observe the windows or just sit and take in the beauty of the place. There will also be an archival display of some pictures and items of interest that are a part of the history of the church.

In addition, Manager of Music, Rhys Boak, will offer free organ recitals on the magnificent George

Fincham and Sons organ of 2225 speaking pipes, during Melbourne Open House

For more information, or for a list of buildings participating in Melbourne Open House, please visit the Melbourne Open House website:

www.melbourneopenhouse.org

Or follow MOH on Facebook for ongoing updates.



Photo by Pietro Giordano

LAUGH FOR YOUR LIFE

Laughter Yoga is the brainchild of Dr Madan Kataria, an Indian physician from Mumbai who started the first laughter club in a park on 13th March 1995, with just five people.

Today, it has become a worldwide phenomenon with more than 6000 laughter clubs in 60 countries like India, USA, Canada, Australia, UK, Germany, France, Italy, Belgium, Switzerland, Sweden, Norway and Denmark, just to name a few.

Laughter Yoga combines unconditional laughter with yogic breathing (called pranayama). Anyone can laugh for no reason, without relying on humour, jokes or comedy. Laughter is simulated as a body exercise in a group, but with eye contact and childlike playfulness, it soon turns into real and contagious laughter.

The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between self-generated or spontaneous laughter. One gets the same physiological and psychological benefits.

The ultimate objective is to bring good health, joy and world peace through laughter. Laughter - a universal language with no cultural barriers.

In India there are thousands of Laughter Yoga groups that meet every morning in public parks.

Members proudly report that they haven't missed a day in five years or more. They say it makes them happy, healthy and energized - in effect, it has changed their lives. They are full of positive energy that makes it easy to cope with stress and difficult to be depressed. The sustained positive emotions keep them coming back .



Laughter Yoga and Colds:

In a recent study, participants reported some significant health improvements. Many noticed a reduced frequency of minor respiratory infections including incidence of the common cold, while a significant number of participants reported depression easing and some chronic medical problems improving.

Clinical research on Laughter Yoga conducted at the University of Graz in Austria, Bangalore (India) and the United States has shown that laughter lowers the level of stress hormones (epinephrine, cortisol, etc.) in the blood. It fosters a positive and hopeful attitude. One is less likely to succumb to stress and feelings of depression and helplessness if one is able to laugh at the troubles.

Laughter yoga in Schools:

In India, Laughter yoga has been introduced in many schools. There is 10 minutes of laughter in morning assembly followed by five minutes of laughter in the classrooms at the beginning and at the end of the day.

This regular practice has created mood and atmosphere changes for the better. Teachers and students are happier and more positive, communication is

improved, less discipline is required and attendance has improved. Academic results have risen.

Laughter Yoga for Businesses:

Connecting through laughter can help to resolve workplace issues, but until recently there has been no reliable and effective system to deliver laughter at work. Laughter Yoga is a breakthrough laughter delivery system that can enable a person to laugh continuously for 20 minutes with breaks for yogic breathing. Many Laughter Yoga professionals have presented sessions to business with positive results. It is a powerful force for improving staff performance in the workplace.

Laughter Yoga with Seniors:

Laughter Yoga is being practised among seniors in many aged care facilities in Canada, USA, Israel and Europe. Laughter Yoga is an ideal form of exercise routine for older adults that can help them to achieve the complete health benefits of laughter in a manageable way.

Laughter Yoga and Cancer: There are hundreds of people in laughter groups all over the world who are dealing with cancer, and laughter has helped to bring a new hope, and an expression of joy into their lives. Many report that regular laughter sessions benefit them tremendously.

If you would like to laugh for your wellbeing please join us at The Centre for Wellbeing on Thursdays 12-12.45 from July 26th.

\$10/\$55 for 6 sessions.

Enquiries: 9654 5120

(At 1pm you might wish to attend the free organ recital in the Church!)

SPECIAL EVENTS AT ST MICHAEL'S

Sunday 9th September:

Interfaith event: Contemplative Practices of Different Faiths

Tuesday 25th September:

Looking Deeply at Art with Dr Francis Macnab

Tuesday 9th October:

New Faith Master Class 3 with Dr Francis Macnab and Dr Debra Campbell

Thursday 18th October:

Music of the Heart Concert—Sri Chinmoy Organisation

Friday 19th October:

Inaugural Wellbeing for Clergy Seminar

Wednesday 24th October:

The next Stress Management through Mindfulness Course commences

Friday 2nd November:

Ani Choying Drolma Lecture

For details www.stmichaels.org.au.

PROGRAMS AT ST MICHAEL'S

MEDITATION

Sundays - immediately after service

POETRY GROUP

Every 3rd Sunday - after service

MENS GROUP

The last Sunday of the month

MELBOURNE OPEN HOUSE

Sat July 28 - Sun July 29

GLOBAL CONCERNS

Sundays - after service

ARTS FOR RIGHTS

Activities held monthly

WALKING GROUP

2nd Saturday of the month.

MAKING AND LOOKING AT ART

Tuesdays from July 24-Aug 28

LAUGHTER YOGA

Thursdays 12-12.45 from July 26.

FRENCH CONVERSATION

Every second Sunday of the month

IPAD ENTHUSIASTS GROUP

Every second Sunday of the month

IPADS BEGINNERS COURSE

Tuesdays 3 & 6.30pm from July 24

GUITAR BEGINNERS COURSE

Tuesdays 7-8pm July 24 - Sept 25

SALSA DANCE

Tuesdays 7-8.30pm July 24 - Sept 25

WISDOM IN WINDOWS

Sunday August 12

FREE YOGA CLASS

Tuesday July 31 5.30pm

STORY TELLING/WRITERS GROUP

Sunday August 5

LAST TUESDAY BOOK GROUP

Last Tuesday of the month—July 31.

Visit www.centreforwellbeing.org.au or the St Michael's website for more details.

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

SAGE

SUCCESSFUL AGEING, GROWTH AND ENHANCEMENT

FRIDAY 27TH JULY

More Years, more life. What will
you do with these 'extra' years?

With Dr Francis Macnab

Time: 11 am to 1 pm
Where: St Michael's Hall
120 Collins St,
Melbourne, 3000
Cost: \$18 inc. Lunch



For more information call 96545120

ST MICHAEL'S

ON COLLINS - MELBOURNE

120 Collins St, Melbourne 3000

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