

INTERSECTION

JUNE 2012

Editors: Dr Debra Campbell
& Johanna Hersey

IT'S YOUR MIND THAT MATTERS

Our mind is at work night and day, all of our lives. What goes on in our lives can make all the difference between being frightened, intolerant and hostile, and being generous, friendly and helpful.

Every day we open our minds to new ideas. We can expand and enrich our minds by exposing them to literature and music, novel experiences and people with an exciting story to tell.

People who walk through the doors of St Michael's will find themselves in a mind-expanding, a mind enriching, and a mind up-lifting experience. In conversation you will often hear people scoff and snort at how irrelevant and irritated church and religion show themselves to be. Sometimes you will probably be as embarrassed as I often am, at what goes on, or doesn't go on, in church and religion. Disenchanted or disillusioned, you may feel like giving it all away, as so many others have done.

At St Michael's we are giving church and religion another chance. We are wanting to show that church and religion can be intelligent, healthy, enjoyable and dignified. Of course, we can all easily succumb to the well-known tendencies of social destructiveness.

But I invite you to join me Sunday by Sunday in a determined and sensible effort to exalt and display a positive, inspirational presence in this city—to be a good community to each other—to find ways to touch the best religious symbols and themes that will help us be healthy, authentic, generous people.

Francis Macnab

Executive Minister



THE BIG TENT APPEAL CONCERT

We thank Pam Smart, the Choir of Trinity College Melbourne, under the direction of Michael Leighton Jones and Guest Artist Siobhan Stagg for making the Big Tent Appeal Concert such a success in May. A total of \$2,705 was raised for the project dedicated to helping children who have experienced trauma. Thank you to all who attended and donated to the Appeal so generously.

INSIDE: IPADS



THE CENTRE FOR WELLBEING'S 100TH PROGRAM

On Friday May 25th our SAGE meeting marked the 100th program of The Centre for Wellbeing at St Michael's since its opening on February 12, 2012.

The event was celebrated with a great lecture from Dr Macnab about helping ourselves to cope with pain, followed by lunch and some very special cupcakes from Heather Martin for everybody.

Dr Macnab was photographed happily passing the cupcakes around to the attendees (below).

SAGE attendees please note for the June meeting **SAGE is scheduled Thursday June 28th**, NOT the usual Friday.

This is because St Michael's is a major venue for the organisers of the Red Nose Day event on Friday June 29th.

The topic for SAGE on June 28th is Dealing with Everyday Worries.



HEAVENLY SOUNDS A SELL-OUT SUCCESS AT ST MICHAEL'S

Following on from the huge success of last year's inaugural Heavenly Sounds concert tour, featuring Seeker Lover Keeper, the intimate touring concept returns this year with the incredibly sweet Lisa Mitchell (pictured below).

The tour will present a splendid opportunity for fans to preview material from Lisa's much-anticipated record - due out later this year.

As a precursor to the record, Lisa has released *Spiritus*, a single from an EP of the same name.

Lisa Mitchell performs at St Michael's Church Melbourne on Wednesday June 13th. The combination of the lovely artist and the beautiful venue is so popular that we have received word that the show is completely booked out!



REFLEXOLOGY CLINIC

Reflexology is a complementary therapy involving gentle pressure and massage to acupressure points on the hands and feet. It has a balancing, soothing effect on the body and can assist with wellbeing and stress management.

Low cost reflexology days take place regularly at The Centre for Wellbeing, with qualified and experienced Reflexologist, Glenda Moon.

Reflexology Clinic Dates:

June 20

June 27

July 11

July 25

August 8

August 22

Sept 5

Sept 19

Oct 17

Oct 31

Nov 14

Nov 28



Between 10am and 2pm.

Bookings are essential.

The fee is \$30.00 per half-hour treatment. (Health Insurance rebates may apply, check your fund).

To make a booking call 9654 5120

Please give at least 48 hours notice of cancellation of appointment.

A HOMECOMING: DEIRDRE JEEVES

It was a pleasure for me to return to St Michaels after a hurried departure last November for which I apologise. I did appreciate the wonderful morning tea given in my honour last week, not only as a welcome but also to celebrate my birthday.

Special thanks to my daughter Stephanie and my friend Elizabeth Chong for organising everything. It's been 70 years since Elizabeth and I were at school together.

Many thanks to all for so many cards, letters, emails, phone calls wishing me well in a new life. These days it is quite easy to be in touch if you master the technological know-how of internet, iPhones and iPads etc.,

It's good to see St Michael's is meeting the challenge with the Wellness program.

Anger is not a trait that I would normally have, but when I arrived in the ACT it was quite apparent. Angry at how my life had

turned around so quickly, angry to be bereft of close associates, familiar places to visit, pleasant journeys with friends, being at St Michael's; that is, until I read in a NZ publication called MiNDFOOD.COM, a mantra that a celebrity person used -- "Enjoy the Life you have".

It set me thinking--I certainly wasn't enjoying anything, so now MIND not withstanding, I have turned around and I can honestly say:

"ENJOY THE LIFE YOU HAVE"

and now

LIFE BEGINS AT 80

With cheers and best wishes to you all,

DEIRDRE JEEVES

MOTHER'S DAY STALLS A SUCCESS



St Michael's hosted two Mother's Day stalls on Friday 11th May and Sunday 13th May under the organisation of Trish Fox.

There was a great choice of gifts: jams, marmalades, chutneys, cookies, cakes, books and other items donated or hand-made by members of the congregation.

In total, over the two days, and in collaboration with Global Concerns, \$5,000 was raised.

This amount has been received by Medecins Sans Frontiers (Doctors Without Borders), a secular humanitarian non government organisation best know for its projects in war-torn regions and developing countries facing endemic diseases.

A big thank you to all who contributed to the stalls both by providing products and by purchasing with such enthusiasm.



PROGRAMS RESOURCES SITE

When you attend our programs such as iPads, Flourish or French Conversation, the dedicated facilitators frequently prepare handouts and teaching resources to help you to extend your learning. To make accessing resources fast and easy, our facilitators may offer these resources or links online via our Programs Resources website:

www.programsresources.weebly.com

The centre for
wellbeing@stmichaels

NEW
Winter/Spring 2012
Programs Booklet
Out SOON!

FREE FRENCH CONVERSATION CLASSES

French Conversation classes are open to all, no matter how little or how well you can speak French.

The purpose is to learn or improve your French in a friendly, relaxed and fun environment.

Each class is organised around a theme and allows you to practise your French in small groups. The class always finishes on a light note, as we visit some of the classic French songs by adding our own interpretation.

You are welcome to join in, every 2nd Sunday of the month, except June and October, 12-1pm.

No bookings required.

TWO FREE IPAD CLASSES CURRENTLY ON TUESDAYS

A Mobile Revolution is Happening Around the World

Mobile technology (smart phones and tablets) are predicted to have astronomical growth over the next few years.

If you don't believe it, look around you! Part of the reason for this is the extreme usability of the devices. The main reason however, is the availability of hundreds of thousands of incredibly useful and fun programs (called Apps) that run on them.

New Industries and New Economics

This has generated an entirely new industry (the development of Apps) and entirely new economic models.

Who could have imagined a few years ago that someone could become wealthy by selling a \$0.99 App?

The formula "A LITTLE BIT x A LOT = STILL A LOT" works well.

What is an App and How Can They Lift Your Life?

An App is a computer program for the iPad. Each App has an Icon on the iPad that when tapped, starts a particular function, for example, playing music, playing a video, telling you the weather forecast, allowing you to read a book.

The Apps can be:

Extremely interesting – to pep up your life

Great fun – life is meant to be fun

Very helpful for many daily tasks – to make life easier

Terrific communicators – keeping in touch with family and friends

Let me whet your appetite:



Interesting Apps

Armchair Travelling

Organising and Enjoying Real Tourism

Using the world's great museums and galleries

Pursuing your hobbies

Getting involved in discussion groups

News from traditional papers as well as blogs

Books and Magazines

Surfing the world wide web

Entertaining Apps that are Fun

TV Shows

Videos

Games, music—listening or playing

Books, photo albums, drawing

Helpful Apps

Banking

Day trading and investment

Budgeting

Accounting

Online shopping

Weather forecasts

Cooking

Shopping lists

Task management

(organizing your life)

Calendars & appointments

Contacts and addresses

Word processing

Spreadsheets

Presentations

Communicating Apps

Skype to make free video calls around the world

Email

Social networking such as Facebook and the like

Instant messaging – for chatting

Blogs – short for web logs allow you to write and publish whatever you like – if you are interesting enough you may develop followers and become world famous!

Getting Involved

Many people have shunned computers and are in danger of being left behind as the world moves forward – a very unhelpful situation. The wonderful thing about tablets is that they are user friendly unlike the terrifying experiences of Windows.

This gives people a realistic opportunity to get on board regardless of their experience or skills. Tablets come in two main 'flavours': Android and iPad. We have been teaching the iPad flavour in the Centre for Wellbeing here at St Michaels for the past three months with remarkable outcomes. We have been having great fun, learning lots of interesting things and starting to see what a positive impact iPads and Apps can have on our lives.

What Next

Start doing the projects you always wanted to do:

Write your Life Story

Do the family tree

Arrange Photo collections/ albums

Arrange your music collections (Or other collections)

Catalogue your books

Enhance a Special Interest: cooking, wood turning, gardening, photography, ships of the world, Start a special interest group,

Open an online shop or other business

Write a book, start a Blog, set up your own website, compose and play music, start doing computer based Art ...

Happy iPadding

Roger Hersey

Roger is facilitating free iPad workshops on Tuesdays

3pm-4.30pm for beginners

6.30pm-8.00pm for intermediate learners

Enquiries: 9654 5120

CENTRE FOR WELLBEING PROGRAMS THRIVE

We celebrated our 100th program since the inception of the Centre for Wellbeing with SAGE on May 25th, and many other programs are going from strength to strength. Thanks to our participants and our fantastic facilitators who give so freely of their knowledge and time.

Right: 'iPadders' at work - Johanna Hersey and Dr Francis Macnab



Left: Salsa teacher Adriana twirls salsa dance student, Elsie



Right: Dr John Abbate and student looking at a collage during the Art workshop

Below: The French Conversation Group



ART EXHIBITION: PATSY WORLEDGE

Patsy Worledge together with fellow artists Jack Williams, Dot Christian and Ro Bruhn are holding an exhibition featuring paintings, textiles, jewellery, printing, clothing and bags. The exhibition will take place in Gippsland, at the Lillico Glass Studio, 343 Lillico Road, Warragul.

The exhibition opening times are:

Wed-Sun: 10.00am—5.00pm

Mon & Tues by appointment.

Phone: 5623 1592.

Until 30th June.

ALL WEATHER WALKERS

St Michaels All Weather Walkers welcome all who would like to walk for fun and friendship.

When: Saturday June 9th at 10.20am

Where: Walk route is from Greensborough Station to Lower Plenty Road through parklands adjacent to Plenty River. Distance around 3.6 km.

The walk will end at Lower Plenty Road. We will go to the Lower Plenty Hotel for lunch.

Some undulations, one or two short, medium hilly sections.

Public Transport: Hurstbridge /Eltham line train departs Platform 1, Flinders Street at 9.27am. Arrives Greensborough Station at 10.05am.

Return to city via Bus along Lower Plenty Road to Rosanna Station for train to city.

Leader and Contact: David Doherty on 0402 000 729, alternate Simon McCall 0458 272 709

CALLS FOR VOLUNTEERS

Library Lounge

If you are looking for friendly interaction with people in a inspiring

environment, you may be just the person to help open the library for our Library Lounge initiative, Tuesdays or Wednesdays 10.30am to 2.30pm

Library experience would be an asset but is not essential as training is provided and support is available.



MOH allows the public to access iconic buildings through the city is very popular and brings many visitors to

St Michael's.

We are looking for volunteers to assist in guiding people through St Michael's and providing them with information on the church and our programs.

Rhys Boak will offer brief organ recitals during the weekend.

If you are interested in being on the roster please call 9654 5120 or leave your details with the Information Table in The Hall on a Sunday.

Melbourne Open House (MOH)

Melbourne Open House will take place on the weekend of 28th and 29th July.

So, if you have a few hours to spare on that weekend, why not act as a volunteer guide or helper?

For more details and registration of interest, visit the Information Table in the Hall on Sunday or call the office on 9654 5120.

PROGRAMS JUNE 2012

MEDITATION

Sundays - immediately after service

POETRY GROUP

Every 3rd Sunday - after service

FREE ORGAN RECITALS

Thursdays at 1pm

GLOBAL CONCERNS STALL

Sundays in The Hall - after service

ARTS FOR RIGHTS

Activities monthly: see brochure or website

WALKING GROUP

See website, Facebook or Order of Service

HELPING SAVE PLANET EARTH

Sunday events ongoing

FLOURISH: SUCCESSFUL LIFE EVENTS

June 8, 11am

REFLEXOLOGY CLINIC DAYS

June 20 & 27: Bookings 9654 5120

LUNCHTIME LAUGHTER YOGA

Thursday June 28 12noon

BEGINNERS GUITAR CLASSES

From April 24 (10 weeks)
Casual attendance welcome

LUNCHTIME YOGA

June 12, 12.15-12.45pm

AFTER WORK YOGA

June 26, 5.30pm

IPADS—3PM & 6.30PM

Throughout June

WRITERS' AND STORYTELLING GROUP

June 3, 12 noon

SALSA DANCE CLASSES

From April 24, 7pm
Casual attendance welcome

SAGE

Thursday June 28, 11am

MENS GROUP

Sunday June 24

'like' us on [Facebook](#) Follow us on [Twitter](#)

Call 9654 5120 for a full programs booklet or further assistance..

Flourish

A Mingary and
Centre for Wellbeing
Program



Fri day 8th June, 11am

Thinking straight:

Do you ever know what is really going on in your mind?

Dr Lynette Kramer

Gain control of your thought processes in order to achieve better solutions to life's challenges.

The Centre for Wellbeing Studio,
St Michael's Place
120 Collins St, Melbourne

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 is available.

Consultations by appointment only.

www.mingarycounselling.com.au

St Michael's Place
120 Collins St, Melbourne
P: 9654 5120

ST MICHAEL'S BLOGS AND DISCUSSION

Did you know that Dr Macnab and Dr Campbell regularly create a blog (weblog) that you can subscribe to online?

The St Michael's Blog may be accessed directly from our website by clicking 'Blog' in the menu on the left-hand side of your screen — easy!

The new St Michael's Blog features varied posts about St Michael's programs, the New Faith and follow-ups to the Sunday Addresses. The blog is also an opportunity to offer opinions, ask questions and contribute to online discussion. It is very simple and enjoyable to join the discussion, just go to our website, click 'Blog' and add your comments below the article.

S.A.G.E

Successful Ageing for Growth and Enjoyment

EVERYDAY WORRIES.



My mistakes, my misery, my marriage, my mess, myopia.

We discover strengths to cope with the big traumas.

But the daily hassles are what can get us down.

In this SAGE session, we will focus on the everyday hassles

and worries - yes, and we will also focus on:

different ways of coping

different ways of rising above them

different ways of keeping things in perspective.

Presented by Dr Francis Macnab

Thursday 28th June
11am-1pm

\$18 including lunch
Bookings are not required

St Michael's Centre
120 Collins St

Melbourne 3000



A LETTER FROM ERIC FORD

Shared by Dr Macnab with permission from Eric Ford.

Dear Francis,

While you were away Sunday at St Michael's was as vibrant and lively as ever. Debra did a magnificent job in every part of the service. Her reading of the scriptures was confident and her prayers were excellent. I was particularly uplifted by the offertory prayer and her unique spin on the blessing.

Most effective, but her real strength was the address. Skilfully structured (a Macnab model?) she intelligently and succinctly presented lots of worthwhile, provocative material. She is indeed a great asset to St Michael's.

A couple of weeks ago you posed the question of whether people appreciated the advertisements in Saturday's Age. Yes, yes, yes. In evidence I proffer the fact that I now search for them in that section of the paper before I tackle the crossword!

Happy days

Eric

INTERSECTION

Intersection is...

Where people meet and part and meet again

Where people decide which way to take

Where there is much coming and going

Where people cross each other's paths

Where there are churches and commerce and people

Where there are ideas and hopes, dangers and decisions.

(Intersection, April 1971)

ART EXHIBITION BILLABONG, JOSEPHINE TELFER

This exhibition opens on Saturday June 16th 2pm to 4pm. The gallery will be open for visitors between 2 to 4pm on June 17th, 24th and 30th.

A new form of art is emerging that Simon Gregg describes in his recently published book, *New Romanticism – Darkness and Light in Australian Art*. He says romanticism is ‘best characterized as an engagement with heightened feelings and emotions.’

Notions of the romantic are encapsulated in the concept of a billabong, at times filled with water, and dry during drought. This is similar to the emotional changes we experience at different times of our lives.

Artist Josephine Telfer writes: “Recently a friend died, and after the funeral I went to a billabong to remember him. I created two videos, *Billabong 1* and *Billabong 2* to express my feelings of sadness and loss, as well as the transcendence I experienced while at

Billabong June 13-30 Josephine Telfer

Stephen McLaughlan Gallery
Level 8 Room 16 Nicholas Building
37 Swanston St. Melbourne 3000
(On the corner of Flinders Lane)



Josephine Telfer is the recipient of The Australian Artists' Grant, which is a NAVA initiative, made possible through the generous support of Janet Holmes à Court and the support of the Visual Arts Board, Australia Council for the Arts.

the billabong. The full moon reflected in the water reminded me that my friend was with me in a different way: in my thoughts and in my memories”.

When: 13-30 June

Where: Stephen McLaughlan Gallery
Level 8 Room 16 Nicholas Building
37 Swanston Street Melbourne.

WHAT IS THE LIBRARY LOUNGE?



Library Lounge is a community meeting place, tea and coffee salon, relaxation haven and reading room in the centre of Melbourne. It is open to St Michael's community and the public via subscription or casual donation. The aim is to extend our outreach and continually build the sense of community at St Michael's during weekdays as well as Sundays. Library Lounge is a place to meet, rest and read in a cosy atmosphere, with a brilliant view.

When: Tuesdays and Wednesdays, 10.30am-2.30pm and Sundays after church service. Library Lounge services are by subscription of \$45 annually or casual donation of \$2.00 but you can of course drop by free of charge to sit and browse. Enquiries: 9654 5120.

ST MICHAEL'S

ON COLLINS - MELBOURNE

120 Collins St, Melbourne 3000

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