

THE OFFICIAL NEWSLETTER OF ST MICHAEL'S

INTERSECTION

MAY 2012

Editor: Dr Debra Campbell

IMAGES OF ANZAC DAY 2012

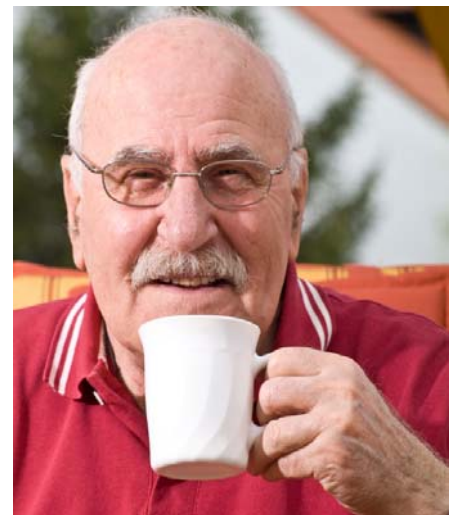
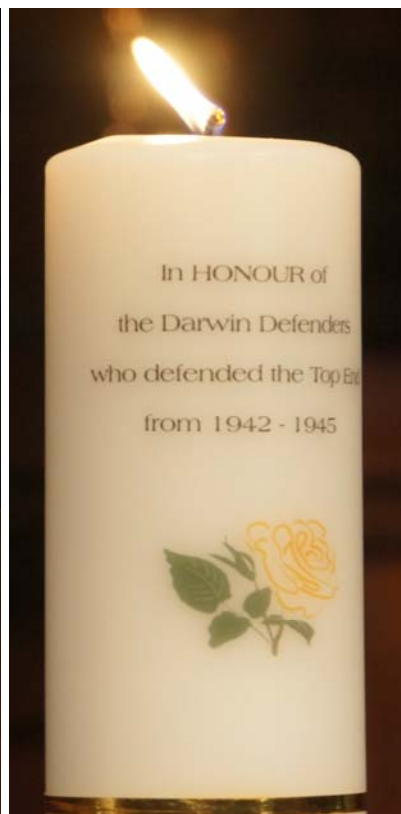
INSIDE: DR DON FRY RECEIVES AWARD



Above: Long time Salvation Army supporter and valued member of St Michael's, Don Fry has received a Salvation Army Medal of Honour.

INSIDE: LIBRARY LOUNGE OPENS MAY 1

Join us for the Opening of Library Lounge:
Morning Tea Tuesday May 1 at 10.30am



DR DON FRY RECEIVES AWARD

St Michael's member Dr Don Fry AO is probably best known as owner and Chairman of AIMTEK Pty Ltd, a large engineering firm based in Cairns. AIMTEK Pty Ltd has built 220 ships and watercraft over the last 30 years, including 59 ships for the Australian Defence Forces. AIMTEK has also trained 1000 apprentices.

Dr Fry's outstanding accomplishments in his field have been recognised with appointment as an Officer of the Order of Australia, and with the Institution of Engineers highest National Award, he is an inaugural inductee into the Queensland Engineering Hall of Fame, for Outstanding Constructors, is an Adjunct Professor in the University of Queensland's School of Engineering and was recently presented with an Honorary Doctorate of Engineering by James Cook University in recognition of his contributions to engineering.

Besides his business and scientific interests, Don Fry chairs the National Committee advising the Federal Government on homelessness. He is also the chair of the JCU Engineering Advisory Board and a member of the Cairns Salvation Army Advisory Board. He has now been awarded the Order of Distinguished Auxiliary Service by the Salvation Army.

Dr Fry is one of just 24 recipients of this Salvation Army Award in Australia.

All of us at St Michael's very warmly congratulate Dr Don Fry on this wonderful honour.

Flourish

The centre for

wellbeing@stmichaels



These interactive workshops are all about flourishing in life, through enhancing your holistic wellbeing.

Fri 11 May

Resilience and trust

Trust is a key component of positive relationships. Find the confidence to be more open in your relationships.

Fri 8 June

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

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

Fri 13 Jul

Better sleep, naturally

Explore a wide range of techniques to help you to sleep better using only natural means.

Fri 10 Aug

A place for pessimism

Learn to remove the stigma from pessimism and embrace the inner cynic.

Fri 12 Oct

Writing for wellbeing

Writing as therapy...some hints.

Cost: \$10.00 includes light refreshments

Time: 11.00am - 12.30 pm

Location: Centre for Wellbeing
St Michael's Place, 120 Collins St
Melbourne

Laughter

Yoga

Decades of research recommends laughter as a preventative 'medicine' and an important part of life.

Merv Neal is a laughter expert and a highly engaging, inspiring teacher of laughter as a pathway to wellbeing.

Workplaces, Conferences and Health Organisations are increasingly offering 'Laughter Yoga' as a part of their wellbeing strategies.

We invite you to have a laugh and breathe deeply - you will not be disappointed in the experience!

When: Thursdays until May 24

Lunchtime Laugh: 12-12.45pm \$10

Where: Centre for Wellbeing Studio

1st Floor, St Michael's Place

120 Collins Street Melbourne

Bookings: 9654 5120

Reflexology

LOW-COST CLINIC DAYS

Due to demand, further Reflexology Clinic Days have been scheduled. Reflexology is a relaxing, nurturing acupressure treatment to hands or feet. Appointments are available on the following Wednesdays May 2, May 23 & June 6.

Telephone 9654 5120 to book a time. We have a special St Michael's low rate of \$30.

(Private Health Rebates may apply).

THE 10 ORGAN SYMPHONIES OF CHARLES-MARIE WIDOR

Rhys Boak performs all 10 of Charles-Marie Widor's organ symphonies.

Two symphonies will be performed each Tuesday evening at 7.30pm during the month of May.



Tuesday 1st May 7.30pm

Symphony No. 1 Op. 13 No. 1

Symphony No. 2 Op. 13 No. 2

Tuesday 8th May 7.30pm

Symphony No. 3 Op. 13 No. 3

Symphony No. 4 Op. 13 No. 4

Tuesday 15th May 7.30pm

Symphony No. 5 Op. 42 No. 1

Symphony No. 6 Op. 42 No. 2

Tuesday 22nd May 7.30pm

Symphony No. 7 Op. 42 No. 3

Symphony No. 8 Op. 42 No. 4

Tuesday 29th May 7.30pm

Symphony Gothique Op. 70

Symphony Romane Op. 73

Tickets: \$20/\$10 concession

For all 5 evening concerts \$60/\$45 concession

Proceeds to Cairnmillar Institute's Child Trauma Program.

Bookings: 9654 5120 or reception@stmichaels.org.au

A SECOND SUCCESSFUL NEW FAITH MASTER CLASS

Our second New Faith Master Class took place on April 17. Feedback from participants provided positive support for the content and presentation of the class:

"I would like to once again thank you for the marvellous Master Class last night. I was truly inspired by it and am so grateful for all that you give. You are a wonderful conduit for so much that is good. I love coming to Church and being inspired, uplifted and expanded. I often leave feeling enabled to do much more than I may otherwise feel able to do".

We always welcome your comments on our Blog: www.stmichaels.org.au.

Dr Macnab's latest book *Discover A New Faith* sold out during the evening. A further print run is underway and copies of the text will be available again in St Michael's bookshop in late May.

The next New Faith Master Class which will continue the study of the ideas in *Discover a New Faith* is scheduled for Oct 2, 2012. Bookings are open.



DROP-IN TO PURSUE A NEW INTEREST

NEW ART WORKSHOPS

WITH

DR JOHN ABBATE



Our culture emphasises left-brain thinking: speaking, reading, writing, maths, logic, order and thinking sequentially. Yet, the right-side of the brain thinks creatively and holistically.

These workshops will use drawing to access and develop untapped right-brain abilities, for greater wellbeing and problem-solving potential. You will be guided through various techniques such as blind contour drawing, continuous line drawing and other techniques to develop your non-verbal and creative resources.

No drawing experience required.

When: Tuesdays 6pm-7.30pm
May 1, 8 & 15

Cost: \$30 per workshop

Where: St Michael's Place
120 Collins Street Melbourne

Bookings: 9654 5120 or
wellbeing@stmichaels.org.au

The centre for
wellbeing@stmichaels



BEGINNERS GUITAR GROUP LESSONS

WITH

MATHEW TAPOLCZAY



Do you have a guitar or have access to a guitar? Have you always wanted to learn how to play guitar but found it difficult to make time or to afford and commit to individual tuition?

The Centre for Wellbeing is offering a low-cost alternative to individual lessons. Learn about all the basics of guitar ownership and how to start playing in a small, friendly group of beginners.

When: Tuesdays 7pm-8pm

Cost: \$15 casual

Where: St Michael's Place
120 Collins Street Melbourne

Bookings: 9654 5120 or
wellbeing@stmichaels.org.au



SALSA DANCE CLASSES

WITH

ADRIANA MENDOZA

Here's what a few Term One students said about Salsa classes:

"I've never been here before and I didn't expect the class to be so friendly and fun. I'm enrolling for Term 2, it was terrific!"

"I have been to some other salsa classes where the teachers were more concerned about showing off than teaching - refreshing to have lessons learning basic steps. I enjoyed it very much. Thank you".

"I learned how to use the lower part of my body, from waist to hips to legs to feet".

When: Tuesdays 7-8.30pm from
April 24 (10 weeks)

Cost: (10 weeks) \$100/\$15 casual

Where: St Michael's Place
120 Collins Street Melbourne

Bookings: 9654 5120 or
wellbeing@stmichaels.org.au

VOLUNTEERING OPPORTUNITIES

Library Lounge Volunteers

Library Lounge is a community meeting place, tea and coffee salon, relaxation haven and reading room in the centre of Melbourne.

It will be 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.

Library Lounge will be open on Tuesdays and Wednesdays to begin with, from 10.30am-2.30pm. The Library will also open as usual on Sundays after the church service.

Library Lounge services are by annual subscription of \$45, which includes exclusive subscriber gifts (for details see back page of Intersection).

We welcome volunteer Library Lounge hosts. You will need to enjoy friendly interaction with people and although library experience is also a great asset, it is not essential as training will be provided and good support will be on hand.

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 Guides

Another great initiative that brings people to St Michael's from all over Melbourne and beyond is Melbourne Open House. It is an event through

which iconic buildings are opened to the public over a weekend.

The event is very well publicised and was highly successful in 2011, bringing many visitors to St Michael's. Organ recitals with Rhys Boak are also a part of the weekend.

We invite volunteers to assist in guiding people through St Michael's and providing them with information on the church and our programs during the Melbourne Open House weekend, July 28 & 29.

If you have a few hours to spare and you would like to act as a volunteer guide or helper for Melbourne Open House please call us on 9654 5120 and leave your details, or register your details at the Information Table in the Hall Sundays.



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.

By appointment only: 9654 5120
www.mingarycounselling.com.au
St Michael's Place
120 Collins St, Melbourne 3000

S.A.G.E

Successful Ageing for Growth and Enjoyment

Our May SAGE meeting is our

100th Program for 2012 and we're just getting started!

The topic is:

GOOD PAIN.

LINGERING PAIN.

Coping with that draining pain - Training the brain

When all else has failed, what we can do with our pain.

Presented by Dr Francis Macnab

Date: May 25th, 11am-12.30pm

Venue: St Michael's Hall

Cost: \$18.00 - tea, coffee and sandwiches are included.

And there will be cake!

THE BIG TENT CONCERT

Tickets are available for this wonderful event at 12.15 on Sunday May 20, in support of The Big Tent. The Big Tent is a Cairnmillar Institute Kindergarten Field Officers Group initiative with the goal of helping at-risk children under 6.

The concert, which has been organised by St Michael's Pamela Smart, features the Choir of Trinity College Melbourne, under the direction of Michael Leighton Jones with an appearance from Special Guest Artist Siobhan Stagg (right).



Tickets will be available at the door or in advance from Pamela Smart in the Hall after Sunday Services.

Ticket prices are: \$15/\$10 concession.



NEW MINDFULNESS COURSE

The practice of mindfulness involves developing moment-to-moment non-judgmental awareness.

When we are aware of our thoughts and feelings in the present moment, we can choose to make changes to mental and emotional habits that have kept us stuck in unhappiness and stress.

When we recognise the unconscious habitual thoughts and feelings and the sad stories we dwell on, we can begin to make different choices about how we focus our attention.

These skills deeply enhance our wellbeing and can decrease our stress and suffering with profound simplicity.

In conjunction with Mingary Counselling Service, The Centre for Wellbeing @ St Michael's is proud to present a stress-reduction program using mindfulness techniques.

The program is taught by psychologist and teacher of yoga and meditation, Dr Debra Campbell. The course is highly practical. When practiced regularly, mindfulness skills can change your entire approach to life and the way you manage the stresses and challenges that are part of the human experience

Over 8 weekly sessions you will create for yourself, a more mindful approach to life for assisting healing and personal development.

Wednesdays - 11.30am – 1.00pm

May 9, 16, 23, 30, June 6, 13, 20, 27

Bookings essential: wellbeing@stmichaels.org.au
or 9654 5120

Fee: \$250.00 (Casual attendance is not available).

EASY FRENCH CONVERSATION

The French Conversation Group with St Michael's Johanna Hersey recommences on May 13 following Sunday Service, after a break over the Easter period in April. Johanna is posting updates and session notes on our Programs Resources Website to support your learning and enjoyment of French Conversation. Online, go to:

www.programsresources.weebly.com

You are welcome to join the group in The Centre for Wellbeing Studio on May 13 for a fun and interactive themed session. Bookings not required.

IPAD'S DAY & EVE CLASSES

A large and enthusiastic group of iPad users has been gathering on Tuesday evenings to learn the basics of operating an iPad from Roger Hersey. The free program has had enrolments far exceeding original expectations and has received very positive feedback from participants.

In term 2, Roger is continuing to help people to extend their skills in using their iPads and is introducing them to even more exciting and expansive Apps to use in their daily lives.

Roger has commenced a daytime iPads course for those who are wishing to start at the beginning but did not make it into the first term of classes.

The beginner level daytime sessions on Understanding and Using your iPad are at 3pm Tuesdays, followed



by the continuing iPads group at 6.30pm.

If you cannot make the 3pm start, it may be possible to join the 6.30pm group if you have some basic iPad knowledge (check with Roger). If you are wishing to join either group please contact Roger on 0431 932210 or St Michael's on 9654 5120.

DAUGHTERS OF ABRAHAM

Our first Interfaith Event for 2012, 'Daughters of Abraham', was an enjoyable session organised by our highly dedicated Interfaith Committee: Janette James, Simon McCall, Jenny Raper and Piers Gooding.

Engaging female representatives of the three Abrahamic Faiths (Islam, Christianity and Judaism) presented their stories and talked about what it means to be active in their religion in Australia. They reflected on female perspectives and global issues concerning women in Faiths today.

The session was recorded to DVD and will be available to buy if you missed the day.

FINANCIAL WELLBEING

On May 27th at 12 noon Evelyn McLaren will offer us the benefit of her professional accounting expertise in an information session about budgeting for daily life. Attendees will explore the following areas:

- What Charles Dickens knew about household finances;
- What a spending leak is;
- Some tips for saving money and
- How to prepare a budget.

There's no need to book, just come along to this special event after the Sunday service, in the Waratah Room, 1st Floor, St Michael's Place.

PROGRAMS MAY 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

WISDOM IN WINDOWS

Sunday May 6

DEEP RELAXATION SESSION

(YOGA NIDRA)

Sunday May 6

HELPING SAVE PLANET EARTH

Sunday events ongoing

FLOURISH: SELF ESTEEM THROUGH MINDFULNESS

May 11, 11am

REFLEXOLOGY CLINIC DAYS

May 2 & 23: Bookings 9654 5120

LUNCHTIME AUGHTER YOGA

Thursdays Until May 24, 12-12.45pm

BEGINNERS GUITAR CLASSES

From April 24 (10 weeks)

Casual attendance welcome

DRAWING FOR WELLBEING COURSE

From April 24 (4 weeks)

LUNCHTIME YOGA

May 15, 12.15-12.45pm

AFTER WORK YOGA

May 29, 5.30pm

IPADS—3PM & 6.30PM

Throughout May

BOOK DISCUSSION GROUP

May 29, 7pm

SALSA DANCE CLASSES

From April 24, 7pm

Casual attendance welcome

SAGE

Friday May 25, 11am

MENS GROUP

Sunday May 6

FINANCIAL WELLBEING TALK

Sunday May 27

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

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

LIBRARY LOUNGE: HOW TO SUBSCRIBE

There are many benefits of subscribing to Library Lounge. For \$45 annual subscription you receive:

- ◆ 20 free sessions in our massage chairs
- ◆ Use of the library Tues, Weds, Sundays: borrowing rights and reading room
- ◆ Complimentary tea, herbal teas and quality coffee/lattes/hot chocolate
- ◆ A CD featuring an address by Dr Francis Macnab
- ◆ A complimentary St Michael's Concert ticket.

Subscribe, in person at our office during business hours: Level 2, St Michael's Place, 120 Collins Street, Melbourne.

In person at St Michael's Book Shop after the Church Service on Sundays

Or send your subscription request to us at wellbeing@stmichaels.org.au and pay when you are next in.

You will be issued with a card to present when you attend Library Lounge.

Library borrowing rights are only available to Library Lounge Subscribers or listed members of St Michael's Uniting Church.

Non-subscribers are welcome to visit the Library Lounge but are asked to make a donation of \$2 if they wish to use a massage chair or \$2 for tea or coffee in the Library.

The first 50 subscribers to Library Lounge will receive a free GIFT SUBSCRIPTION to give to a family member or friend so that they may also enjoy our peaceful city haven.

CAR PARKING ON SUNDAYS

St Michael's is fortunate to have discount parking arrangements with three city car parks:

The Grand Hyatt: Vouchers from the Enquiries table in the Hall allow a reduced rate of \$5.

City Square Car Park: Enter from Flinders Lane between Russell and Swanston Streets. Have your ticket stamped at the Enquiries table for a rate of \$12 on a Sunday.

120 Collins Street: Limited parking is available from 9.30am in non-reserved spaces for \$5.

Ticket must be stamped at our Enquiries Table to receive discounts.

PROGRAMS RESOURCES & BLOG

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

Blog (Web Log)

The new St Michael's Blog features regular posts about St Michael's programs, the New Faith and Sunday Addresses. The St Michael's Blog may be accessed directly from our website by clicking 'Blog' in the side menu.



ST MICHAEL'S

ON COLLINS - MELBOURNE

120 Collins St, Melbourne 3000

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