

INTERSECTION

NOVEMBER 2010

By Alana Pryor

MONTH OF THE TALKING CURE

November is the month of the Talking Cure.

It is all too easy to keep your troubles to yourself. People don't listen, they are too self-absorbed and they don't care. Even when you do speak out,

people just don't hear. And so we don't speak out and instead we suffer

in silence and on our own.

This month Dr Macnab's Sunday addresses will focus on learning to talk and feel comfortable talking in situations where previously it is never seen as the solution.

The benefits of talking have been researched and explored and for many, professional



advice and even a friendly chat have helped people through difficult situations. Talking has helped people repair floundering relationships, deal with trauma, find focus in their lives.

This November we invite you to discover how talking can help. Maybe even talk about it later.

NOVEMBER - MONTH OF THE TALKING CURE.

7 NOVEMBER 10 AM

How can talking help?
When I am so depressed
and destructive.

Dr Francis Macnab

14 NOVEMBER 10 AM

There's no answer to my
problem - how can talking help?

Dr Francis Macnab

21 NOVEMBER 10 AM

Noting can bring them back -
how can talking help?

Dr Francis Macnab

28 NOVEMBER 10 AM

She won't listen. We go over the
same old ground. So how can
talking help?

Dr Francis Macnab

A TIME FOR THANKS

It is hard to believe it is November already. Many of our good intentions (those resolutions made in January) to slow down and find more 'me' time have fallen to the wayside. For me, there just hasn't been time to stop.

On Sunday 14 November, St Michael's will hold their special 'Great Thanksgiving

Day Service', to pause

and give thanks. We encourage you to join us and also take a moment. The ambient atmosphere of the church filled with colour and music is the perfect place to stop and reflect on the things we have to be thankful for and the service is the perfect time to do so.

Often these are the little things. The people or moments that have helped us remain positive during difficult times.

Just before we rush into the last months of the year, pause a moment to think about who or what has helped you this year. Stop, take a breath to say thank you.



At St Michael's we are especially thankful for the support of those who continue to help St Michael's grow. On this Thanksgiving Day we thank our members and volunteers for their energy, spirit and hours of dedication for the community of St Michael's.

DYING WITH DIGNITY

Dr Macnab's address given to the *World Federation of Societies for Dying with Dignity* can now be viewed on the St Michael's website at www.stmichaels.org.au/dr-macnab/about-dr-macnab

More people are now talking about this issue of personal and community concern. As 85% of the polled population are in favour of this choice of Dying with Dignity, it is time for

politicians and church hierarchies to listen to their people.

Did you read the full-page spread about one of our members Bev McIntyre in *the Age* on Saturday, September 25, 2010? She spoke candidly about dying with dignity after watching her partner's slow decline from terminal cancer. To read visit: <http://www.theage.com.au/national/a-wish-before-dying-20100924-15qo9.html>



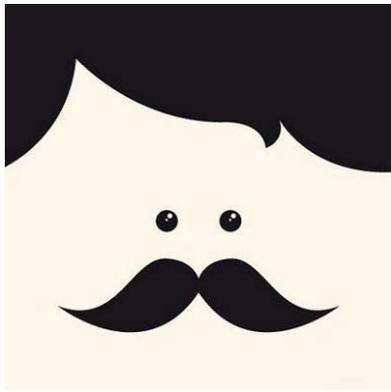
MONTH OF THE MOUSTACHE

The ubiquitous 'mo' will be seen on the faces of many men in Australia this month - a statement to change the face of men's health. For the past five years November has been known as 'Movember', the month when men grow a moustache to raise funds for and awareness of prostate cancer and depression in men.

Often men's health issues slip under the radar but the truth is that close to 3,300 men die of prostate cancer in Australia each year and one in eight men will

experience depression in their lifetime. It's time to start talking about men's health and Movember is helping to lead the discussion.

St Michael's Movember veteran Clive Smith has again decided to donate his face to the cause and will grow a moustache for the entire month of Movember. He knows this "will generate conversation, controversy and laughter." Over the past three years, with the help of the St Michael's congregation, he has raised over \$1,000 for the cause.



Clive explains, "This is a cause I feel strongly about" and he asks for our support to such an important cause by making a donation. Clive will be in the hall after service to accept your donations. Alternatively you can go to <http://au.movember.com/mospace/164471/> and donate online

using your credit card or PayPal account, OR write a cheque payable to 'Movember Foundation', referencing Clive's Registration Number: 164471, and mail it to: Movember

Foundation, PO Box 292, Prahran, VIC, 3181.

Through the *Movember Foundation* and its men's health partners, *Prostate Cancer Foundation Australia* and *beyondblue*, Movember is funding world class research, educational and support programs which would otherwise not be possible.

Help support and change the face of men's health for the good. If you want to register or learn more go to <http://au.movember.com>.

COUNCIL ELECTIONS

St Michael's is pleased to announce that the 10 members who offered themselves for election were confirmed with the congregation vote on Sunday 17 October. The newly elected and re-elected members were installed during Sunday service on Sunday 31 October.

The Church Council plays a large role in the organisation of St Michael's and those who volunteer as Councillors have an important job in ensuring running of the church. Each councillor contributes their ideas and helps with the decision making process at St Michael's Council meetings. We look forward to seeing what direction St Michael's takes next year.

Congratulations to:

John Coppock
 Ian Cox
 Piers Gooding
 Johanna Hersey
 Roger Hersey
 Adam Jones
 Simon McCall
 Jim Roberts
 Marion Robertson
 Alan Wilson

HAPPY HALLOWEEN

Womenspace meets on the last Sunday of the month after service to explore various topics. This year they are focusing on health, happiness and the human spirit. The Womenspace sessions have been running for fifteen years and are always keenly attended. Facilitator Julie Hall keeps it interesting with different topics and themes, providing thought-provoking ideas and discussion and many delicious morning teas.

There was some fun to be had during the last session which fell on Halloween. The group was joined by the St Michael's Men's Group as they

gathered amongst festoons of orange pumpkins and creepy night creatures to enjoy Halloween treats. Pumpkin scones, candy, popcorn and toffee apples added to the festive spirit.



The group then got serious, exploring the origins of Halloween and

discussing what it means to *hallow* all of life. The morning was enjoyed by all who were given the opportunity to revel in the playful side of Halloween and converse about the deeper meaning.

WOMENSPACE CHRISTMAS PARTY!!!

All friends and family of Womenspace are warmly invited to join us for festive food and fun at our 15th annual Christmas Party.

A special invitation is extended to the members of the St Michael's Men's Group.

When: Sunday 28 November, after Morning Service

Where: Kurrajong Room, 1st floor, St Michael's Place

GLOBAL CONCERN CHRISTMAS MARKET

GREAT CHRISTMAS GIFT IDEAS

CAKES • GINGERBREAD HOUSES • JAMS & CHUTNEYS • CRAFTS • RECORDS TAPES & CDS

Friday 3 December from 9 am in St Michael's Walk

MAX NELSON

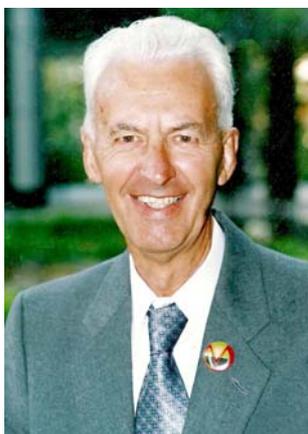
It was with sadness that family and friends farewelled Max Nelson who died on 14 October.

Max has had a lifetime involvement with this church – attending before the church became St Michael's. He was a Deacon in 1951 and became a life Elder in 1965. In his time at the church he has sat on many committees and facilitated the decision making process. His meticulous record keeping and careful thinking have been a wonderful quality to have on Church Council for so many years.

His presence at St Michael's was

significant. Max was a person who befriended many, who loved and supported his family.

A Thanksgiving Service for Max was held at St Michael's on Wednesday 20 October. His wife Lorraine and son Mark were supported by the many friends of Max who were also in attendance.



Max will be sorely missed but always remembered.

A family man and a lover of ships, Max will always be a part of St Michael's.

mingary

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Consultations by appointment only.

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St Michael's Place
120 Collins St, Melbourne

SAGE

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AGEING, GROWTH
AND ENJOYMENT

with Dr Francis Macnab

FRIDAY 26 NOVEMBER

THE BIG FIVE OR
THE BIG SEVEN



There are five
Big Personality Expressions.
Which one is your strongest?
What if you turn your big five
into the big seven?

Let's try to do that at the next
SAGE. Let the last meeting for
2010 make a difference!

Time: 11 am to 1 pm

Where: St Michael's Hall
120 Collins St,
Melbourne 3000.

Cost: \$15 inc. Lunch
No Bookings required.

For more information please call
Cairmillar on 9813 3400.

KOSKI VISIT



Dr Steven Koski, well-known to many of St Michael's people, will pay a flying visit to us, as he passes through for a ceremony in Adelaide. He will be the preacher at our morning service on Sunday 28 November.

HAPPY BIRTHDAY

Rev David Ryrie has been a regular attendee at St Michael's for a number of years. Though it is difficult for him to attend and catch up with us every Sunday he still has much to do with St Michael's, his friends coming out

to see him and discuss any news.

In October he celebrated his 94th birthday with some of his friends from St Michael's. Everybody enjoyed a lovely day and birthday cake.



DATES TO NOTE

Great Thanksgiving Day - Sunday 14 November

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 Annual AGM - Sunday 12 December

ST MICHAEL'S

ON COLLINS - MELBOURNE

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