

# INTERSECTION

SEPTMEBER 2010

By Alana Pryor

## SPRING INTO ST MICHAEL'S WEEK

Spring has arrived and heralds the start of warmer weather and a big month at St Michael's. We will celebrate it with a wonderful week of concerts, talks and guest speakers.

The week culminates on St Michael's Day, Sunday 26 September –where celebration of the positive is the aim.

The day embodies the main values of St Michael's – to create a positive and encouraging community that promotes the growth, health and

well-being of others. This is done through music, an inspiring Sunday address and acknowledging individuals who have made extraordinary contributions to the community.

The day traditionally begins with a breakfast at 7.45 am and guest speaker. This year Professor Graham Mitchell, one of Australia's leading

biological scientists, will express his ideas on the *Endeavours on behalf of Australian Biodiversity*.

The service begins at 10 am and is filled with many special elements.

Rhys Boak on the pipe organ will be joined by the St Michael's Brass and guest performers, *The Consort of Melbourne Inc* showcasing many of Melbourne's finest musicians. Dr Macnab will help us get into the spirit of the day with his address, *The infectious power*

*of your flourishing personality*. We will meet two such flourishing personalities when the St Michael's medallions are presented to the recipients.

Morning tea and socialising after service finishes the day.

We invite you to bring your positive energy and help celebrate the day.



## SALLY COOPER IN RECITAL WITH LEIGH HARROLD

**When:** Sunday, 19<sup>th</sup> September at 12:30pm – 1:30pm

**Where:** St Michael's Uniting Church, 120 Collins Street Melbourne

**Tickets:** \$15, \$10 (concession) (03) 9654 5120

All proceeds donated to the *Western Autistic School*

(This concert will be recorded by ABC Classic FM for two future broadcasts.)

## SALLY COOPER ... LIVE

As a fantastic start to the week, St Michael's is excited to present Sally Cooper in recital with Leigh Harrold on Sunday 19 September.

Both musicians are talented young Australians who have received much acclaim for their musical achievements. Sally Cooper, a virtuoso on the violin, is a familiar face in recital halls and television screens around the country. Pianist Leigh Harrold has a reputation as 'a musician of rare talent and intelligence' and has performed throughout Europe, North America and Australia as a soloist and chamber musician.

This stunning classical showcase is an opportunity to enjoy brilliant talent and also to give a little to the community. All proceeds go the *Western Autistic School*.



Photo by Shannon Morris, The Weekly Review

## SHAKIN NOT STIRRRED

Tuesday 21 September doesn't have to be just another Tuesday. Change the routine and stop by St Michael's for the lunchtime concert by popular six-piece band *Shakin Not Stirred*. This young band has entertained audiences all over Melbourne with their high energy and clever take on many old favourites.

Fancy a bit of Stevie Wonder or maybe a smooth rendition of *Georgia*? The band plays a variety of styles,

covering Gypsy Jazz, Folk and Country and Soul.



*Shakin not Stirred* can liven up your lunchtime and make your day a little less ordinary. Members of this exciting group have credits ranging from the Melbourne Symphony Orchestra, Cologne Chamber Ensemble, Dancing with the Stars, Australia's Got Talent, Oliver and Mamma Mia. With such a range of musical genres, this

### SHAKIN NOT STIRRRED

**When:** Tuesday 21 September  
1pm – 2pm.

**Where:** St Michael's Uniting Church,  
120 Collins Street Melbourne

**Tickets:** \$10 (children are free)  
All proceeds donated to *Clear Path International*, helping landmine survivors on the Thai-Burma border.

concert will have a little something for everyone.

Not only will the music offer midday relief, all proceeds from the concert will be donated to *Clear Path International* helping landmine survivors on the Thai-Burma border.

## THREE MELBOURNE SONGSTERS

For the third of our concerts to celebrate St Michael's week, the church is the stage for three dynamic Melbourne artists Josh Owen, Gabriel Lynch and Jessica Paige will bring a different musical sensation on Wednesday 22 September with their passionate solo sets.

These unique musicians have shared the stage with many Australian musicians and received much praise for their work. Of Josh Owen the *Australian Guitar Magazine* said 'It's the soul, it's the blues, it's the way he feels every note he plays, the way his voice soaks into your pores'. Jessica Paige has been described by the *Music Network* as having '...gorgeous

melodies and delicious lyrics to match' and Gabriel Lynch has been called 'an accomplished and deeply respected songwriter and showman of the highest calibre.'

These three independent singer/songwriters will deliver a different type of St Michael's concert, one still filled with sensitivity and soul. Take this chance to see three of Melbourne's emerging artists

perform a piece of themselves.

The concert is in aid of *Ecoforce*, a non-profit foundation established to act as a framework to source and channel funding into necessary research investigating pressing environmental and conservation issues.



### FREE SEPTEMBER CAR PARKING

Spring into September with the knowledge of free car parking with a validated ticket and help celebrate St Michael's month.

For ticket validations see below.



Where and How:

**Car park Facility:** "InterPark" car park only on Little Collins Street next to the Stamford Hotel.

**Validation:** Your car park ticket **must be validated** in St Michael's Hall after service. After you validate your ticket, please give this to the parking attendant in the car park. Non validated tickets will be charged full-price.

### JOSH OWEN, GABRIEL LYNCH & JESSICA PAGE

**When:** Wednesday 22 September  
7.30 pm

**Where:** St Michael's Uniting Church,  
120 Collins Street Melbourne

**Tickets:** \$10.00.

Net proceeds donated to *Ecoforce*.



## MUSIC FROM POLAND

The free weekly organ recitals held on Thursday lunchtimes have become increasingly popular. They provide many people a small moment of musical relief in the midst of their busy week.

St Michael's has been fortunate to host a number of guest organists, local and international, who have contributed to such a diverse program.

As part of the St Michael's Week



festivities, special guest organist, composer and laureate Gedymin Grubba from Poland will perform on Thursday 23 September at 1 pm.

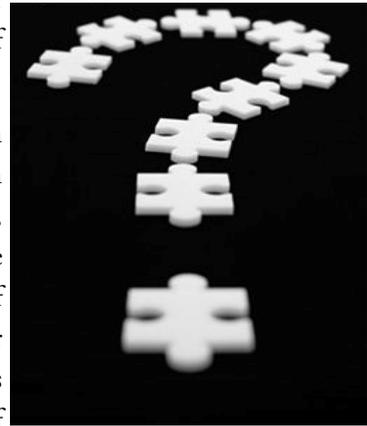
This young musician has remarkable musical accomplishments and is heavily involved with organising and playing in different musical and organ concerts across the globe.

For a small musical interlude stop by St Michael's and catch this performance.

## MINGARY COUNSELLING

The low cost counselling service continues to provide a vital service in the heart of Melbourne. We recently welcomed two new interns and farewelled Nichola Miller who was a valuable member of our team for two and a half years.

We currently have ten Cairnmillar interns on placements at here and, in line with the Mingary philosophy of being a place for people of all cultures and religions, our staff represent a variety of nations - Chinese, Greek, Romanian, Colombian, Indian and Sri Lankan.



We even offer counselling services in Cantonese, Mandarin, Spanish, Romanian and Malayalam and Sinhalese.

This year, we have been doing a considerable amount of work with the International Student Care Services, assisting overseas students who are dealing with stress, personal issues and trauma. Through this work, we have also been able to help some victims of the recent racial violence in Melbourne.

We are currently expanding our assessment services. In addition to

## MIDDAY IDEAS

For over 25 years Dr Macnab has run the monthly SAGE (Successful Ageing for Growth and Enjoyment) programs on the last Friday of the month. These are well attended and the topics are highly popular.

On Monday 20 September, Dr Macnab will give a talk at 12.00 noon on *'8 Activities that could make you happier - some practical psychology for your everyday life.'*



**When:** Monday 20 September  
12 noon

**Where:** St Michael's Hall,  
St Michael's Administration  
120 Collins Street Melbourne

Seating for this session is limited so call (03) 9654 5120 to ensure your place.

the vocational and personality assessments that have been available to date, Mingary interns are now offering FREE memory testing. Please avail yourselves of this confidential service if you have any concerns for yourself or someone you know.

Check our new website at [www.mingarycounselling.com.au](http://www.mingarycounselling.com.au) or call 9654 5120.



**COUNSELLING SERVICE**

Professional, confidential counselling for a broad range of personal issues.

Low cost service

**\$30 Initial Consultation \$20 Subsequent Consultation**

Monday - Friday: 9 am-5 pm

For appointments call (03) 9654 5120

[www.mingarycounselling.com.au](http://www.mingarycounselling.com.au)

## SAGE

SUCCESSFUL AGEING, GROWTH AND ENJOYMENT

with Dr Francis Macnab

THURSDAY 23 SEPTEMBER

FEELING ALONE.  
LIVING ALONE.  
GOING IT ALONE.



Loving it, hating it, wondering about it. Is there something more?

**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  
Cairnmillar on 9813 3400

*Please note the change of day.  
SAGE will be on Thursday **not**  
Friday due to travel disruptions from  
the Grand Final Parade.*

## TOGETHER TO SUPPORT AND SURVIVE

Now in its third year, St Michael's Prostate Cancer Foundation will host its annual tribute service to honour and support those affected by breast, ovarian or prostate cancer. celebrating those affected, as we celebrate life through song, readings and reflection.

Five of Australia's pre-eminent cancer organisations will unite to bring together supporters and friends alike to celebrate survivorship, and also to remember those lost to cancer.

Led by Dr Macnab, join the National Breast Cancer Foundation, Breast Cancer Network Australia, National Breast and Ovarian Cancer Centre, The McGrath Foundation and

### ANNUAL BREAST, OVARIAN AND PROSTATE CANCER TRIBUTE SERVICE

**When:** Sunday 3 October  
at 2.00 pm

**Where:** St Michael's Uniting Church,  
120 Collins Street MELBOURNE

Service will be followed by  
afternoon tea.



A church service of this kind has these vital ingredients;

*A celebration* of life and people;

*A reminder* of the strengthening and consoling power of human support and connectedness;

*An awareness* of how deeper positive emotions of our inner spirit can be a strong healing and inspirational

influence at the critical turning points of our life.

## MEET THE MINISTER

On Sunday 15 August, the Visitor and Information team held a 'Meet the Minister' Morning Tea. This is an opportunity for people new to St Michael's to meet Dr Macnab, and enjoy a tasty morning tea with others.

The morning tea was a success with thirty guests enjoying a morning of delicious food and meeting with Dr Macnab.

The Visitor and Information team continue set up the table every Sunday with resource material and promote St Michaels, and engage with people in a positive and meaningful way.



We invite people to record their names and contact details so we can invite them to another of these special morning teas with Dr Macnab in the near future.

## ST MICHAEL'S

ON COLLINS - MELBOURNE

120 Collins St, Melbourne 3000

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