

# ST MICHAEL'S

ON COLLINS - MELBOURNE

## INTERSECTION

APRIL 2014

### HAPPY EASTER

Visitors to St Michael's

Upcoming Programs

Relationships –  
the BIG Questions

### HAPPY EASTER 2014

Our Palm Sunday and Easter services create a special journey and we invite you to join us:

- April 17, 7:00 p.m., Maundy Thursday - Staying steady in the face of anxiety.
- April 18, 9:00 a.m., Good Friday - We need reminders: Hope is a great gift. It comes in many forms.
- April 20, 10:00 a.m., Easter Sunday- One experience everyone can have. Never too late. Never too old. Never too busy. Never too far.

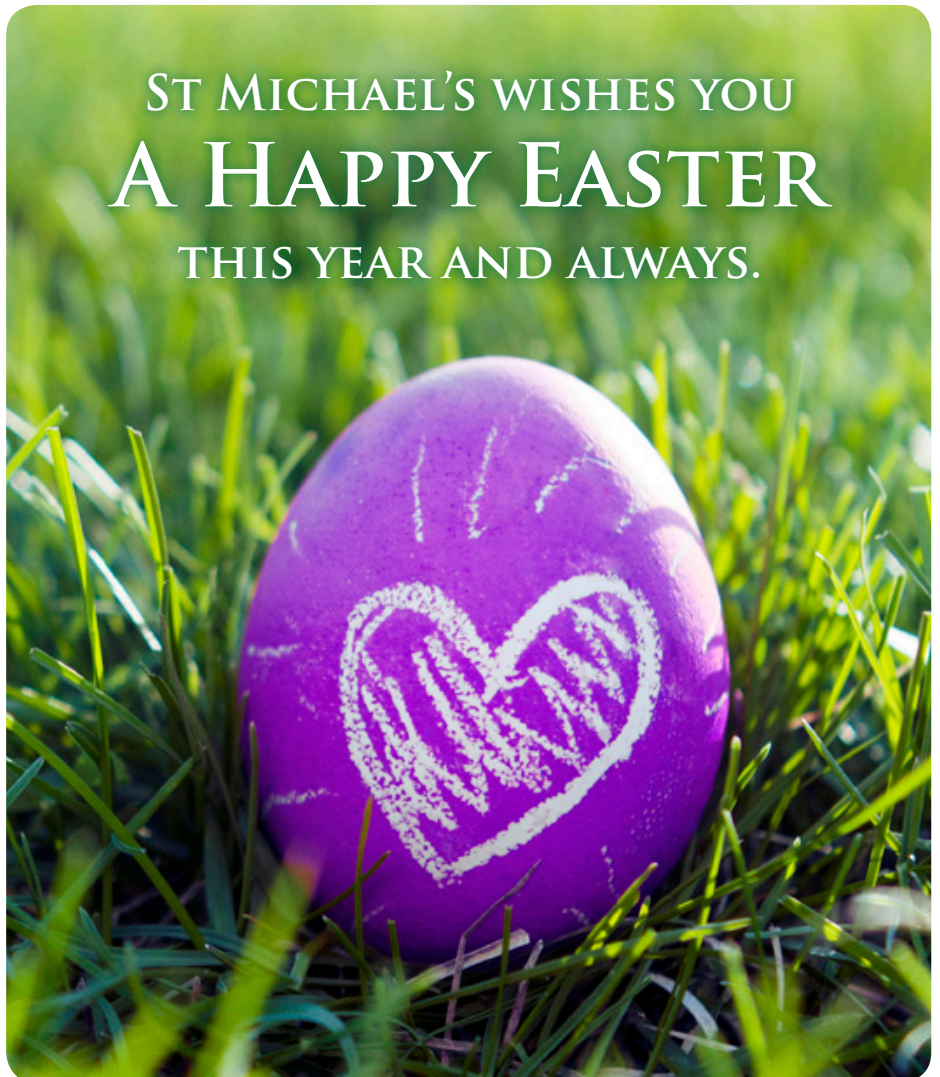
### “IS OUR MORALITY AT SEA WITH THE REFUGEES? PUBLIC FORUM AND PALM SUNDAY MARCH

On April 13 at 12.15pm St Michael's hosted a free public forum exploring this highly important and immediate question.

Father Frank Brennan, Jesuit Priest and Professor of Law; Academic Ethicist Dr Leslie Cannold; The Very Reverend Dr Andreas Loewe, Dean of Melbourne at St Paul's Cathedral; and Dr Francis Macnab, Executive Minister of St Michael's discussed Australia's role in helping the world's refugees.

Afterwards people were invited to join the Palm Sunday March in Support of justice for refugees. Both events drew attention to this vital humanitarian issue.

ST MICHAEL'S WISHES YOU  
**A HAPPY EASTER**  
THIS YEAR AND ALWAYS.



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### STALL IN SUPPORT OF ST JUDE'S SCHOOL TANZANIA

May thanks to Trish Fox and volunteers for running a great stall in support of St Jude's School. It added extra excitement to the event that Gemma Sissia, Founder of St Jude's was able to drop in to greet the volunteers on the day as she was visiting Australia on a speaking tour. Small donations are still coming from people who want to offer their support to the school. Close to \$4000.00 has been raised to date.



### VISITORS TO ST MICHAEL'S

It was great to see Noeline Brown, Commonwealth Government Ambassador for Ageing visit St Michael's for a special SAGE presentation with Dr Macnab. Noeline spoke about healthy ageing, her experiences and the wellbeing of older adults in Australia generally. It was an inspiring and fun day and participants enjoyed meeting Noeline.

The next SAGE meeting will take place on Thursday April 24, 2014 at 11am in St Michael's Hall.



Noeline Brown is pictured with Dr Macnab and Julie Chochovski at SAGE

In March we were pleased to welcome back to St Michael's Romanian Professor of Traumatology Diana Vasile. Professor Vasile is Professor of Psychology at Hyperia University and also at The University of Bucharest. She specialises in Trauma and has been leading a working group in Traumatology in Singapore.

Professor Vasile gave a number of talks including speaking at SAGE about her experience of assisting Dr Macnab with SAGE when she was a 25-year-old student in Australia. SAGE participants were moved by her passion and empathy for people and her work.



Join Dr Francis Macnab as he presents

### Reshaping your life

Reshaping your life after 55. Reshaping after you have burnt out.  
Reshaping after things went wrong. Reshaping. After.

Thursday 24th April at 11.00am

Enquires: 9654 5120

[www.stmichaels.org.au](http://www.stmichaels.org.au)





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## DONATION TO THE CHILDREN FIRST FOUNDATION BY ARTS FOR RIGHTS

The Arts for Rights group, prior to its cessation in August 2013, had agreed that our programs during 2013 would support the Children First Foundation. \$600 was raised over that period and this amount has now been donated to the Foundation. Thank you to all who contributed and supported the Arts for Rights programs over many years. St Michael's would like to express gratitude to the volunteers who made the Arts for Rights program so successful and enjoyable and to Alma Hexter for chairing the Committee.

## PURPLE DAY FOR EPILEPSY

We were pleased to welcome the return of Professor Mark Cook to St Michael's on March 30, 2014, to help us to celebrate a supportive day for people with epilepsy. Professor Cook gave an informative lecture on the brain and epilepsy and \$680 was raised in support of The Epilepsy Foundation of Victoria. Thanks to Pam and Ian Smart for organising the event.



## WELLBEING EVENTS FOR 2014 SO FAR

### Nelly Thomas

What a joy was Nelly Thomas in our celebration of International Women's Day 2014. We enjoyed hearing Nelly's personal stories and great information about women's health and we had some fantastic laughs with her that made for a brilliant night. Our thanks go to Nelly for the energy she brought to the Centre for Wellbeing and for her great performance.



### Therapy Dogs

On March 27 four delightful dogs joined the humans for a session showcasing the work of Service and Therapy Dogs. It was wonderful to see how dogs are helping increasing numbers of people with conditions from Asperger's to Alzheimer's. We hope that The Centre for Service and Therapy Dogs Australia will join us again soon for a presentation to SAGE.



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### White Night 2014

If you were not able to come to White Night 2014 at St Michael's, here is an image of the installation 'Young Prayer' which involved a reverberating sound of an electric guitar as it was lowered. The artist William Robinson created Young Prayer as an homage to rock music's spiritual qualities to those who love it.



### UPCOMING SUNDAY PROGRAMS APRIL/MAY 2014

**Thursday April 17 – Sunday April 20** - Easter Services

**Sunday April 27**- Anzac Day Special Service

**Sunday April 27** - ECOS, Philosophy for Beginners

**May 9** - Flourish Workshop - The Desire Map

**May 11** - Mother's Day; French Conversation Group ;  
Technology for Older Adults

**May 15&16** - Happily Together, or Happily Apart?  
A Law Week, Centre for Wellbeing Event.  
Further Details: [www.centreforwellbeing.org.au](http://www.centreforwellbeing.org.au)

**May 18** - Poetry Group, Conversations with Liz,  
The Power of Parables

**May 25** - ECOS, 'Meet the Minister' Morning Tea

### RELATIONSHIPS – THE BIG QUESTIONS

**A FREE public talk about relationships from  
couple therapist/psychologist Dr Debra  
Campbell-Tunks.**

**What are your BIG relationship questions?  
Come along and ask!**

You'll hear about the latest research on how to build satisfying couple relationships, the factors that predict relationship disaster and how to stay connected in challenging times.

Can couples really recover from infidelities? How important is sex in relationships?

How can couples keep their relationship vibrant?

These are just some of the questions we'll explore.

Thursday May 22, 6-7.30pm.

A Centre for Wellbeing @ St Michael's event.



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### THANK YOU FROM THE SCHOOL OF ST JUDE

Dear All of St Michael's on Collins Melbourne,

Hope this email finds you all well and we wish you a big thank you for your remarkable generosity!

You are now part of the St Jude's family.

We recently received and appreciate your donation of AU\$3,698.00 on 2nd April 2014 by direct debit.

Your kind contribution is a donation to paying St Jude's teaching staff.

Your donation goes towards providing a free, high quality education to more than 1,800 children in Arusha, who show academic potential and genuine financial need. Each year, the school recruits 150 new students who will receive the gift of education and a real chance to break out of the cycle of generational poverty.

We have happy school children who are learning in well-resourced classrooms, ICT and scientific laboratories. We employ more than 450 Tanzanian staff.

We couldn't do it without people like you. It is due to your generous donation and support from people across the globe which is helping St Jude's to grow.

Our school is sincerely thankful for your kind contribution to the school and for believing in our cause, that education is a right not a privilege.

If you should have any queries or comments please do not hesitate to contact us – we are always happy to help!

Kindest regards,

Anna Wolak

[www.schoolofstjude.org](http://www.schoolofstjude.org)

### NOTES FROM THE DESK OF DR FRANCIS MACNAB:

#### **The Human Brain**

Most of us – probably – are very grateful that we have a healthy brain and it works well. It is central to the way we think, the way we feel, the way we behave.

But something can go wrong. Our brain can stop functioning as it once did. We may be involved in an accident. Some part of our brain was damaged. The ageing brain might mean we experience loss of memory, loss of orientation, loss of conversational capacity.

We were fortunate indeed to hear Professor Mark Cook on Sunday 30th March. He is Professor and Head of Medicine at Melbourne University and at St Vincent's Hospital where he is Director of Neurology. One of his main concerns is epilepsy. Every year 300 people die of epilepsy related conditions. If we understand more about epilepsy we could do so much more to reduce this high figure.

Professor Cook has achieved many high distinctions in his specialist field. He came amongst us with an important story to tell. He was informative, he was humble; he was impressively persuasive.

We need to know more about the human brain; our brain; how to be more supportive of those who have brain disorders. Epilepsy is the second biggest brain problem after stroke.

#### **Traumas Nearby and Traumas Far Away**

Recently we were hosts to a distinguished psychologist and psychotherapist from Romania, Assoc Professor Diana Vasile. Fifteen years ago she came to Cairnmillar for advanced training in psychotraumatology (Trauma Therapy). She returned to Romania and established a trauma therapy program, became a professor of traumatology and Director of the Masters degree program in Clinical Psychology at the University of Bucharest and the Hyperion University.

At the end of March, she paid us a visit, on her way 'back' to Romania after conducting a course programme in Singapore. While here, she spoke to a group of Cairnmillar Staff; she spoke to members of the Kindergarten Field Officers Group; and she spoke to members of the Friday Sage group – making a striking impact on all those who heard her.