

INTERSECTION

APRIL 2012

By Dr Debra Campbell

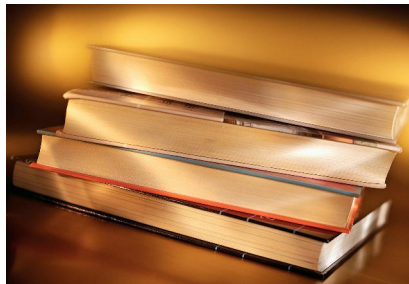
Library Lounge To Open May

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. The Library Lounge is a place to meet, rest and read in a cosy atmosphere, with a brilliant view. It is a private time-out space for city workers and a meeting haven for regulars and visitors to Collins Street.

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.

Use of Library Lounge services is by annual subscription of \$45, which includes exclusive subscriber gifts, for the price of a few cups of coffee.



Subscriber Benefits

- ◆ 20 sessions of 15 minutes in our massage chairs
- ◆ Use of the library: borrowing rights and reading room
- ◆ Complimentary tea, herbal teas and quality coffee/lattes/hot chocolate
- ◆ A CD featuring an address by Dr Francis Macnab
- ◆ One complimentary ticket to a St Michael's Concert.

See back page for 'How to Subscribe'.

Join us for morning tea to celebrate the opening of Library Lounge:

Tuesday May 1 from 10.30am

*****In addition, 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.

See Back Page for how to become a Library Lounge Subscriber *****



Inside: 2012 Cairnmillar Graduation



Above: John Waters Scholars Adriana Mendoza (2011) and Gloria Gatwiri (2012)

Easter

Maundy Thursday, April 5th at 7.00 pm

Restoring the most important connection.

Good Friday, April 6th at 9.00 am

Facing the great anxieties.
Restoring the meaning of life.

Easter Sunday, April 8th at 10.00 am

Restoring pathways through the complications of love and hate.

Research on The Scientific Basis for Yoga Benefits

New research suggests a regular practice of yoga may lower an inflammatory protein that is normally linked to aging and stress.

The study, done by Ohio State University researchers and recently reported in the journal *Psychosomatic Medicine*, showed that women who routinely practiced yoga had lower amounts of the cytokine interleukin-6 (IL-6) in their blood.

The women also showed smaller increases in IL-6 after stressful experiences than did women who were the same age and weight but who were not yoga practitioners.

IL-6 is an important part of the body's inflammatory response and has been implicated in heart disease, stroke, type 2 diabetes, arthritis and a host of other age-related debilitating diseases.

Reducing inflammation may provide substantial short- and long-term health benefits, the researchers suggest.

"In addition to having lower levels of inflammation before they were stressed, we also saw lower inflammatory responses to stress among the expert yoga practitioners in the study," explained Janice Kiecolt-Glaser, professor of psychiatry and psychology and lead author of the study.

"Hopefully, this means that people can eventually learn to respond less strongly to stressors in their everyday lives by using yoga and other stress-reducing modalities."



Ron Glaser, author and a professor of molecular virology, immunology and medical genetics, said that the study has some fairly clear implications for health.

"We know that inflammation plays a major role in many diseases. Yoga appears to be a simple and enjoyable way to add an intervention that might reduce risks for developing heart disease, diabetes and other age-related diseases" he said.

"This is an easy thing people can do to help reduce their risks of illness."

People's adoption of yoga or other regular exercise that encourages a calmer, more flexible attitude may be one of the key solutions to our modern health care crisis.

"People need to be educated about this. They need to take greater responsibility for their health and how they live. Yoga and similar activities can make a difference."

Excerpt from an article by Rick Nauert PhD (for Psych Central)

Lunchtime Yoga

A relaxing yet invigorating, flowing yoga class with options to suit all levels, finishing with a brief meditation.

Dates: May 15th, June 12th, August 14th, September 11th, October 16th, November 13th.

Time: 12.15pm - 12.45pm

Cost: \$10

After Work Yoga

Flowing sequences of postures are taught with an emphasis on healthful and calming yoga breathing.

This FREE class concludes with a mindfulness practice or a guided relaxation.

Dates: April 24, May 29, June 26, July 31, August 28, October 30, November 27.

Time: 5.30-6.30pm

For both Classes:

Location: The Centre for Wellbeing, 1st floor, St Michael's Place.

Teacher: Dr Debra Campbell AYTC; MAPS.

Bookings essential: 9654 5120

wellbeing@stmichaels.org.au

Cairnmillar Graduation 2012

The Cairnmillar Institute's 2012 Graduation Ceremony took place on March 21st at St Michael's with Dr Ian Smart as Master of Ceremonies. Graduands received their awards from across the academic programs.

The ceremony was witnessed by distinguished guests including the Honourable Diana Bryant AO, Chief Justice of the Family Court of Australia who gave the Keynote Address; Members of the Board; Councils, staff and communities of Cairnmillar and St Michael's.

Academic Excellence Awards

Awards for Academic Excellence in their studies at Cairnmillar were presented to Ms Jennifer McCormack (Graduate Certificate of Counselling & Psychotherapy),

Ms Anna Phipps (Diploma of Counselling & Psychotherapy) and Ms Caroline Burrows (Masters of Counselling & Psychotherapy).

Excellence in Teaching Award

The excellence in teaching award was received by Ms Mary Dewberry.

Barry Fox: Fellow Of Cairnmillar

Mr Barry Fox (pictured below with Dr Francis Macnab) was made a Fellow of The Cairnmillar Institute for his sustained and continuing support of Cairnmillar and its causes.



Recipients of 2012 Scholarships

The John Waters Scholarship

The 2012 recipient of the John Waters Memorial Scholarship to an overseas student is Ms Gloria (Glory) Joy Gatwiri from Kenya (pictured).

Gloria is a trained Social Worker who has worked with children from abusive and highly disadvantaged backgrounds in Africa. She has previously established a youth-friendly education and counselling program in Kenya, and a centre for hygiene, first aid and reproductive health. Gloria has settled into her accommodation and is commencing

studies at The Cairnmillar Institute. We wish her every success.

The Michael Kirby Scholarship

The Michael Kirby Scholarship for 2012 was presented to Ms Manar Minawi a student in the Graduate Diploma of Psychology at Cairnmillar. The scholarship awards a person from an overseas country who has actively assisted the wellbeing and psychological health of people in his or her country of origin. Manar has been active in youth initiatives and mental health in Arabic communities.



Ms Gloria (Glory) Joy Gatwiri

Announcing New Term 2 Programs

DRAWING COURSE

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.

This course of 4 sessions 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 inner-resources.

No drawing experience required.

When: Tuesday evenings 6pm - 8pm
from April 24 (4 weeks)

Cost: (4 workshops) \$75/\$30 casual

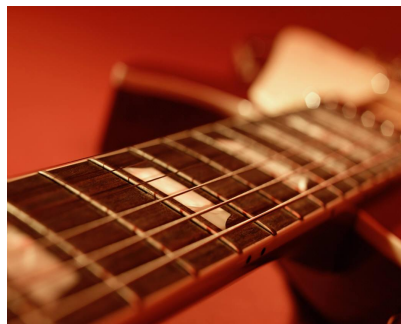
Where: St Michael's Place
120 Collins Street Melbourne

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

BEGINNERS GUITAR

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.

I will be dusting off the guitar that I have always loved and never found time to focus on or learn about, so I'll be there, join in!

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

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

Where: Centre for Wellbeing
St Michael's Place

120 Collins Street Melbourne

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

LAUGHTER YOGA COURSE

WITH

MERV NEAL



Decades of research (and common sense!) recommend laughter as a natural therapy, 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 greater 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 from April 19

Lunchtime Laugh 12-12.45pm

Or After Lunch Laugh 1-1.45pm

Cost: (6 weeks) \$55, \$10 casual

Where: Centre for Wellbeing
1st Floor, St Michael's Place

120 Collins Street Melbourne

Bookings: 9654 5120

New Faith Master Class 2 - April

By Dr Debra Campbell

It was a great pleasure to assist Dr Macnab in our first New Faith Master Class on November 22nd 2011. In the class Dr Macnab discussed why we need a New Faith and how a New Faith can contribute to the way we live.

We discussed key themes of the New Faith, mentioned other authors on the cutting edge of Progressive Christian thinking, and viewed film in which spiritual leaders spoke about their ever-evolving images of God and the nature of beliefs.

We examined the importance of personal and community wellbeing as both a pathway, and sometimes a destination of the New Faith.

It was exciting to receive wonderful feedback from participants and many requests for the next Master Class.

The second Master Class will pick up where the first class concluded by undertaking a detailed examination of the Platforms of the New Faith, as they are proposed in 'Discover a New Faith: Energy for a Better Life.'



In the upcoming Master Class an introductory workbook will be available to participants which partners the text by highlighting the key points and most importantly,

guiding highly personal reflection on the themes of the New Faith.

It is through self-referencing and making our own meanings from the ideas presented that we can gain the most from the book and make positive changes in the way we live.

In addition to the workbook, the Master Class will include a lecture, discussion, an audiovisual segment and time for questions from the participants.

Master Class 2 will commence at 6.30 pm on Tuesday April 17 with wine, fruit, cheese, tea and coffee from 6pm. The session will conclude at 8pm. The fee is \$20 per head, all inclusive. Please book early to avoid disappointment as the first New Faith Master Class sold out well in advance: 9654 5120 or email: wellbeing@stmichaels.org.au

S.A.G.E

Successful Ageing for Growth and Enjoyment

CONSTRUCTING THE SELF YOU WANTED TO BE.

Being the self you did not want.
Resolve difference and the disillusionment.

Presented by Dr Francis Macnab



Date: April 27th, 11am-12.30pm

Venue: St Michael's Hall

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

FRANCIS
MACNAB

DISCOVER
A NEW
FAITH
ENERGY FOR A BETTER LIFE

More Term 2 Programs and News



SALSA DANCE CLASSES

Come dance with exuberance!
Here's what some of our Term One Students said about Salsa Classes with Adriana Mendoza:

"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!"

"Adriana is a great teacher because she helps us to feel confident and relaxed."

"No partner needed, Hooray!"

"Now my body can MOVE!
Thank you for helping me."

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

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

Venue: The Wellbeing Studio
1st Floor, St Michael's Building
120 Collins Street Melbourne

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

mingary
WORKSHOP PROGRAM

The centre for
wellbeing@stmichaels

Flourish

Fri 13th April:
Enhancing your self-esteem through mindfulness (Dr Debra Campbell)

Fri 11 May:
Resilience and trust
(Dr Lynette Kramer)

Cost: 10.00 per session (includes materials and refreshments)

Time: 11.00 am to 12.30 pm

Location: The Centre for Wellbeing Studio, 1st Floor, St Michael's Place, 120 Collins Street, Melbourne.


LOW-COST REFLEXOLOGY CLINIC DAYS

Due to demand, further Reflexology Clinic Days have been scheduled. Reflexology is a relaxing and nurturing acupressure treatment to hands or feet. Appointments are available on the following Wednesdays: April 18, May 2, May 23 and June 6.

Telephone 9654 5120 to book a time. We have a special low rate of \$30. (Private Health Rebates may apply).

N.B. **French Conversation Group resumes Sunday May 13, 12 noon**

ST MICHAEL'S
ON COLLINS - MELBOURNE



About St Michael's

Dr Macnab's Address

Weddings

Wellbeing Programs

Events

Getting friendly with Smart Phones

Currently in development is a great looking user-friendly 'smart phone' version of our website.

The idea is that when people look up our website on their phone they see a version of the website that is simpler to use on the run. It highlights and directly links to 'What's on' for the month, Dr Macnab's address and our programs. It will be available soon and the homepage will look something like the image above.

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, commencing Tuesday April 24, Roger will continue to help people to extend their skills in using their iPads and introduce them to even more exciting and expansive Apps to use in their daily lives.

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

The next beginners course of sessions on Understanding and Using your

iPad will commence Tuesday April 24, 3 - 4.30pm, 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 – April 15

We are looking forward to our first Interfaith Event for 2012, 'Daughters of Abraham', organised by our highly dedicated Interfaith Committee.

Engaging female representatives of the three Abrahamic Faiths will be joining us for a moderated panel discussion on what it means to be active in their religions in Australia and to reflect on feminist perspectives and global issues concerning Faith in these times. It will be an interactive, dynamic and thought-provoking discussion.

Adina Bankier Karp, a teacher of Bible studies, History and English at

Mt Scopus will represent Judaism. Rose Bogarts will represent Islam and Rev. Dr Lorraine Parkinson will represent Christianity.

The aim of our engagement in Interfaith dialogue is to promote understanding, kindness and sharing of wisdom between people of different Faiths and with those of no Faith.

When: Sunday April 15 11.45-12.45

Where: The Waratah Room
1st Floor, St Michaels Place
120 Collins St Melbourne.

This is a FREE event.

Bookings are not required.

Programs April 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 April 1

WRITERS & STORYTELLING CIRCLE

Sunday April 1

HELPING SAVE PLANET EARTH DVD SCREENING: FOOD INC.

Sunday April 1

FLOURISH: SELF ESTEEM THROUGH MINDFULNESS

April 13, 11am

INTERFAITH: DAUGHTERS OF ABRAHAM

Sunday April 15

NEW FAITH MASTER CLASS

Tuesday April 17

REFLEXOLOGY CLINIC DAY

April 18: Bookings 9654 5120

LAUGHTER YOGA NOON & 1PM

Thursdays April 19—May 24

BEGINNERS GUITAR CLASSES

From April 24 (10 weeks)

DRAWING FOR WELLBEING COURSE

From April 24 (4 weeks)

AFTER WORK YOGA

April 24, 5.30pm

IPADS—3PM & 6.30PM

From April 24

BOOK DISCUSSION GROUP

From April 24, 7pm

SALSA DANCE CLASSES

From April 24, 7pm

SAGE

Friday April 27, 11am

MENS GROUP

Sunday April 29

POSITIVE LIVING WITH CHRONIC PAIN

Sunday April 29

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

No Computer? No problem!
Call 9654 5120 for a full programs booklet

Library Lounge: How To Subscribe

(from front page:)

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. See the front page of Intersection for a full list of Subscriber benefits, including the use of the relaxation room (pictured below).

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 and \$2 for tea or coffee in the Library.



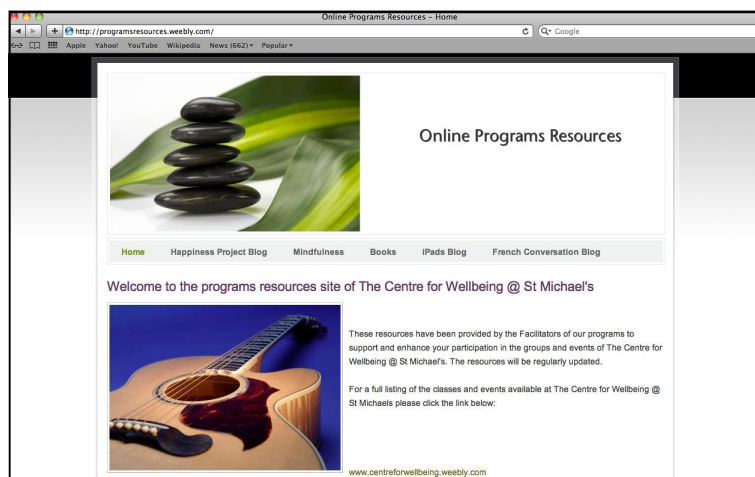
Online Resources & Blog

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

You can also access the resources website via a link on the St Michael's Blog site. The St Michael's Blog may be accessed directly from our website by clicking 'Blog' in the menu.

The new St Michael's Blog features regular posts about St Michael's programs, the New Faith and Sunday Addresses.



St Michael's

ON COLLINS - MELBOURNE

120 Collins St, Melbourne 3000

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