

# INTERSECTION

APRIL 2011

By Shona Vistarini

## CHILDREN'S TRAUMA FUND CONCERT

On Sunday 17<sup>th</sup> April, Soprano singer Greta Bradman and Organist Rhys Boak will present a special concert at St Michael's.

Proceeds from this concert will go towards the Cairnmillar Children's Trauma Fund, a new initiative that was announced in March 2011. Cairnmillar is internationally known for its work in the field of trauma, and it established the first systematic training program in trauma therapy in this state. The Children's Trauma Fund recognises that there are a large number of young people who have serious emotional and mental problems. Such issues include (among others): confusion of self-image and self-worth; domestic

violence; emotional, physical and sexual abuse; traumas of various kinds and the death of a parent, sibling or friend. This fund aims to focus on early intervention to ameliorate the effects of these factors on young people's mental health.

Greta Bradman will be the guest artist on the day. Greta has enjoyed and studied music from young age and over this time has performed with a number of world class ensembles. Her first album, *Forest of Dreams* – a collection of lullabies - was released in June of 2010 and debuted in the top 10 album chart in New Zealand. St Michael's own, Rhys Boak, will accompany Greta on the Organ. Rhys is one of Melbourne's

busiest organists and is in constant demand both locally and internationally. He is a veteran of several concert tours including Europe and Asia and can be heard on dozens of CD recordings.

**Time:** 2.00 pm

**Tickets:** available at the door from 1:30 pm

**Cost:** \$15.00 for adults and \$10.00 for concession.



## FROM THE CONSUL-GENERAL OF JAPAN

To the Congregation of St Michael's Uniting Church;

I would like to sincerely thank you for your flowers and warm message of condolence after the devastating earthquake and tsunami that struck the Tohoku regions of Japan on 11th March. In what is a very difficult time for Japan, your sympathy is greatly appreciated and valued. The consulate General of Japan appreciates your thoughtful gesture. The Japanese Government with the

support of its citizens is working tirelessly to overcome what is the



worst earthquake in Japan's history. There are still tens of thousands of

missing people in the Tohoku region and with the assistance of foreign rescue teams, the 100,000 strong Japanese Self Defence Force is doing the best it can to locate and rescue survivors. This massive rescue operation will be followed by a long recovery effort and we appreciate the support we have received and will continue to receive as we rebuild the communities affected by this tragedy.

Yours sincerely, Yasufumi Kotake,  
Acting Consul-General of Japan.

## HARBOURING THE ANZAC SPIRIT

ANZAC day marks the anniversary of the landing at Gallipoli in 1915, when Australian and New Zealand soldiers charged up precipitous cliffs under heavy fire from the Turkish Army. Much time has passed since the World Wars and these days ANZAC day encompasses the memory of all Australians in all wars, conflicts and peacekeeping operations who have nobly fought

and died. The courage, mateship and perseverance shown by the ANZAC soldiers, remains relevant to today's society, and has become an integral component in our national identity. This year ANZAC day will fall on Easter Monday and as we enjoy our 5-day weekend, we will remember the extraordinary sacrifice made by our soldiers.

## MINGARY DEVELOPMENTS

The Mingary Counselling Service was established in 2002 in response to the need for a low cost counselling service in the heart of Melbourne. Mingary is directed by Dr Lynette Kramer, and for these past 9 years, Mingary has provided high quality counselling, for a broad range of issues, within a professional and confidential environment. The counselling service is run by psychology interns from the Cairnmillar Institute and to date, Mingary has been involved in the training of over 60 interns. These interns are postgraduate students who have chosen to undertake a supervised program of theoretical and practical work in order to become registered psychologists. This year, in addition to the psychology internship program, Cairnmillar has introduced a Master of Psychology (Counselling) degree. Mingary will be one of the three key training centres for the program along with Cairnmillar Camberwell and Cairnmillar Highpoint.

To help Dr Kramer with the management of the additional requirements of students from this Masters program, an Assistant Director has been appointed on a half-time basis. Her name is Michelle Doolan and she is a psychologist with many years experience in University and agency settings. She

also has a Masters Degree in Clinical Family Therapy. Michelle will be phasing into her role over the next three months.

Cairnmillar has also appointed a clinical supervisor to work at Mingary one day a week, supervising counsellors from both the Internship and Masters programs. Supervision is an integral part of the training program, with counsellors meeting their supervisors on a weekly basis to discuss their clinical work. Each fortnight, counsellors also attend group supervision sessions in which they discuss cases with a small group of their peers under the guidance of a registered psychologist. Until now, all Mingary counsellors have had to attend supervision sessions at Cairnmillar in Camberwell but now supervision is available at Mingary, which streamlines the process for them. Robyn Habner has been appointed to this role and has been at Mingary for the last two Mondays. She comes with a breadth of experience including children's services, drug and alcohol treatment and community mental health.

These developments seek to strengthen the Mingary Counselling Service and provide more support for our Interns.

For more information or to make an appointment, please see the back page for contact details.

Creating Successful  
Life Events (CSLE)

**mingary**  
WORKSHOP PROGRAM

These interactive small group workshops are for people who want to create their own happiness and enjoy a brighter future.

Next workshop: Friday 13th May

**'How much mileage do you get out of your guilt trips? It's time to set a new direction for your life.'**

Dr Lynette Kramer, Director of the Mingary Counselling Service, will conduct this interactive workshop. The session will be used to explore the psychological basis of guilt and some common guilt themes that lead to chronic fear of disapproval. Strategies for overcoming these negative feelings will be discussed and ideas will be offered for how to build practical and emotional boundaries that can protect us from experiencing toxic guilt.

These are some of the upcoming titles;

**Fri 13 May** - How much mileage do you get out of your guilt trips?

**Fri 17 Jun** - The pursuit of perfection.

**Fri 15 July** - But I'm delightful, so how could they not like me?

**Fri 12 Aug** - Self-administered psychological acupuncture.

Cost: 10.00 per session (includes materials and refreshments)

Time: 11.00 am to 12.30 pm

Location: Waratah Hall, 1st Floor, St Michael's Place, 120 Collins Street.

## MUSIC PATRONS

St Michael's, and Music Director Rhys Boak, are pleased to announce that two patrons will join the Thursday Lunchtime Organ Recital Series. Maestro Sergio de Pieri OAM, was born in Italy and studied Piano, Organ and Organ Composition at the Benedetto Marcello Conservatorie in Venice. He performs widely throughout Europe, USA, Canada and Australia.

Our second Patron is Douglas Lawrence OAM who is the Director

of Music at The Scot's Church. He frequently performs as a soloist for major music organisations within Australia and he has released a number of recordings through the Move record label.

Through this appointment, St Michael's looks forward to potentially attracting more esteemed players from Australia and overseas.



## AN UPDATE FROM RICHARD

To all at St Michael's:

Luckily I am still spending most of my time in a wheelchair, or I would have been knocked over (more damage!) after receiving the very special "art work" during the week by special courier.

All the many kind and caring thoughts and sentiments delivered on the canvas reflect how extraordinary the St Michael's community is.

My 'Suite' in the 'The Park Royal' is now the envy of all - an exceptional

thought provoking original work of art adorning my otherwise very bland wall.

As the recovery journey continues in a slow and steady way, (another 4 weeks of partial weight-bearing on my legs and wrist) I am fortunate enough to be mobile and even enjoy day outings.

Thank you again for your wonderful encouragement and good wishes.

I look forward to seeing you all soon.

Cheers,

Richard Siegersma (Chair of the Church Council).

## PROGRAMS AT ST MICHAEL'S

### MEDITATION

Sundays - immediately after service

### POETRY GROUP

Every 3rd Sunday - after service

### WOMENSPACE

The last Sunday of the month - after service (except April and September)

### MENS TALK

The last Sunday of the month - after service (except April and September)

### FREE ORGAN RECITALS

Thursdays at 1 pm

### GLOBAL CONCERNS

Sundays - after service

### ARTS FOR RIGHTS

Activities held monthly at various locations.

### WALKING GROUP

Walking at various locations throughout the year.

### HUMAN RIGHTS

Various events through out the year.

Visit the St Michael's website or check the Order of Service for details of latest groups and activities.

## A CONCERT FOR WHEELCHAIRS

On Sunday April 10<sup>th</sup>, Tony Gould and Emma Guilmartin will give a concert at St Michaels to raise funds for 'Wheelchairs for Kids.'

The gift of a wheelchair not only presents the child with freedom, but it also frees the mother to work and contribute to the family's income. Wheelchairs for Kids was started in 1998, by a member of the Surfers Paradise Rotary Club who came up with the idea of making wheelchairs for



children in under resourced countries. Since then, Wheelchairs For Kids has supplied 64 countries with close to 20,000 wheelchairs.

Pianist and composer Tony Gould, has been performing for many years and has received many accolades for



his contribution to Australian Music. As the Head of, and Associate Professor, at the Victorian College of the Arts, Tony met Jazz vocalist Emma Guilmartin and together they recorded her debut CD 'Tomorrow, Just You Wait and See.'

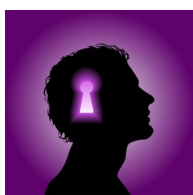
The concert will commence at 12:15 pm in the church until 1.15 pm. Tickets will be sold at the door at \$15.00 for adults and \$10.00 for concession.

## SAGE

### SUCCESSFUL AGEING, GROWTH AND ENHANCEMENT

FRIDAY 29TH APRIL

**It's easy. Change your job.  
Change your clothes. Change  
your car. But change your mind?  
How has your mind changed over  
time?**



**Time:** 11 am to 1 pm  
**Where:** St Michael's Hall  
120 Collins St,  
Melbourne, 3000  
**Cost:** \$15 inc. Lunch

For more information call 96545120

## 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 continues  
to be available.

Consultations by appointment only.

Please call 9654 5120

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

St Michael's Place  
120 Collins St, Melbourne 3000

## A FAMILY WEDDING TRADITION

In January of 1882, Eliza and William Urwin began a tradition by marrying at the then, Collins Street Independent Church. Years later in 1934, their grand daughter, Vera, married Stan Norwood at the Collins Street Church, and, almost 30 years after that, their great grand daughter, Maureen, married Ian Trivett at St Michael's Uniting Church.

Since then, Maureen and Ian's four

children Antony, Martin, Adrian and Sonia have all been baptised at St Michael's, and, more recently, both Adrian and Sonia were also married at St Michael's.

Next year, members of the Urwin, Norwood and Trivett families will celebrate 130 years of weddings at St Michael's!

With Ian and Maureen's 11 grand children, the continuation of this wonderful tradition is assured.

## EASTER APPROACHES!

Since the conclusion of Christmas, the stores have been full of chocolate eggs and hot cross buns - a handy reminder that Easter is fast approaching!

This year, Dr Macnab tells us that Easter is the right time for a break!

A break away from a religion that doesn't add up; To embrace something that will add more to the way you cope with life.

For years many churches have been repeating the stories of Easter as if they were 'facts.' But there are many fictions in the 'facts.'

For many years churches have been saying the crucifixion was a unique event; the fact is hundreds of people were being crucified.

For many years churches have been teaching the resurrection of Jesus as a fact. They have been afraid to think it was fiction.

### EASTER ADDRESSES

**Maundy Thursday, April 21 at  
7.00 pm**

'The Last Supper - moments that can change a life.'

**Good Friday, April 22 at 9.00 am**

'The man we didn't want to know.  
Let's get it straight: who was he really?'

**Easter Sunday, April 24 at  
10.00 am**

'When your trauma is over. A way leading forward. Which way?'



## ST MICHAEL'S

ON COLLINS - MELBOURNE

120 Collins St, Melbourne 3000

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