

INTERSECTION

AUGUST 2012

Editors: Dr Debra Campbell
& Johanna Hersey

Mingary and The Centre For Wellbeing 2012 Melbourne Awards Finalists

The judging panel of the prestigious Melbourne Awards has released its shortlist of finalists, following a record number of submissions for the city's top honours. Included in the list of Finalists are Mingary and The Centre for Wellbeing at St Michael's.

Lord Mayor Robert Doyle said he was delighted to see a record response for the Awards' tenth anniversary:

"Now in its 10th year, the Melbourne Awards provide an opportunity to honour and celebrate the city's high achievers, recognising their outstanding contributions to sustainability, profile of the city and community building."

"The Awards tell the inspirational stories of passionate Melburnians who shape our city and have helped make Melbourne one of the world's most liveable cities."

"Each of these finalists joins a rich legacy of Melburnians and marvellous organisations recognised over the past decade, for establishing events, projects and businesses that embody the energy and culture of the city."

"The independent judging panel for the Melbourne Awards 2012 includes over 40 business and community leaders across a range of industry sectors. The final shortlist has been decided upon following scrutiny of the applications submitted and a rigorous interview procedure."

Melbourne Open House

Melbourne Queer Film Festival

Vision Australia: Carols by Candlelight

Contribution to Community by a Community Organisation

'ASRC Catering' - Asylum Seekers Resource Centre

Mingary and The Centre for Wellbeing @ St Michael's

'Homeless Persons Program' - Royal District Nursing Service

Women in Super Mother's Day Classic

The list of past Melbourne Award winners includes distinguished and well known personalities such as restaurateur Guy Grossi, Patrick McGorry of ORYGEN Youth Health and the Melbourne Food and Wine Festival. We look forward to learning the results on August 18.



A special Tenth Anniversary Gala Event will be held at the Melbourne Town Hall on Saturday 18 August where the Award winners will be announced.

"In this landmark tenth year it is extremely pleasing that we have received more than 100 submissions for this year's Melbourne Awards. The program has really established itself as an integral part of how this city acknowledges its greatest ambassadors," the Lord Mayor said.

Mingary and The Centre for Wellbeing are in amazing company and we are thrilled. Here are some of the 2012 Awards finalists:

Contribution to Melbourne's profile by a Corporation:

Australian Grand Prix Corporation

Eureka Skydeck 88

'Suzuki Queen Victoria Night Market'

'Australian Open'- Tennis Australia.

Contribution to Melbourne's Profile by a Community Organisation:

Melbourne Festival

Melbourne Fringe

p 2: 'The Voice'
Sensation
Karise Eden



STARS OF 'THE VOICE' In Heavenly Sounds Concerts AT ST MICHAEL'S



Karise **Eden** (pictured left) the 19 year-old winner of 'The Voice 2012' will give her first live performances under the banner of the **Heavenly Sounds** tour this October, with all of her Melbourne shows at **St Michael's**.

Karise took out the title of The Voice 2012, wowing coaches and the public alike. It was Karise herself who chose to conduct her first major national tour in the enchanting setting of churches.

Karise's debut album 'My Journey' took out the coveted number one spot on the ARIA album charts on debut, exceeding platinum sales. Set in the architectural splendour, rich acoustics and ethereal ambience of St Michael's, Karise's talent will be beautifully showcased. Karise says:

"I was made aware of the Heavenly Sounds concept just after The Voice finished. The idea of singing soul and blues in beautiful churches is so exciting. When we were planning the first tour, I really wanted to try and make these shows as unique as possible and keep them feeling intimate."

Karise will be supported at all shows by Lakyn Heperi (pictured at left). Lakyn, who scored a gold single on The Voice with his cover of *Big Jet Plane*, will be showcasing new material to be released later this year.

Tickets are available through Ticketek.



French Conversation

French Conversation workshops are open to everyone interested in speaking French in a relaxed and fun environment. All levels are welcome, whether you just know a few words or whether you can carry out a conversation in French.

The workshops are theme based and include (a little) grammar, vocabulary and plenty of conversation in small groups of three or four, always finishing on a light note, visiting some of the best French songs, from Charles Trenet to Francoise Hardy.

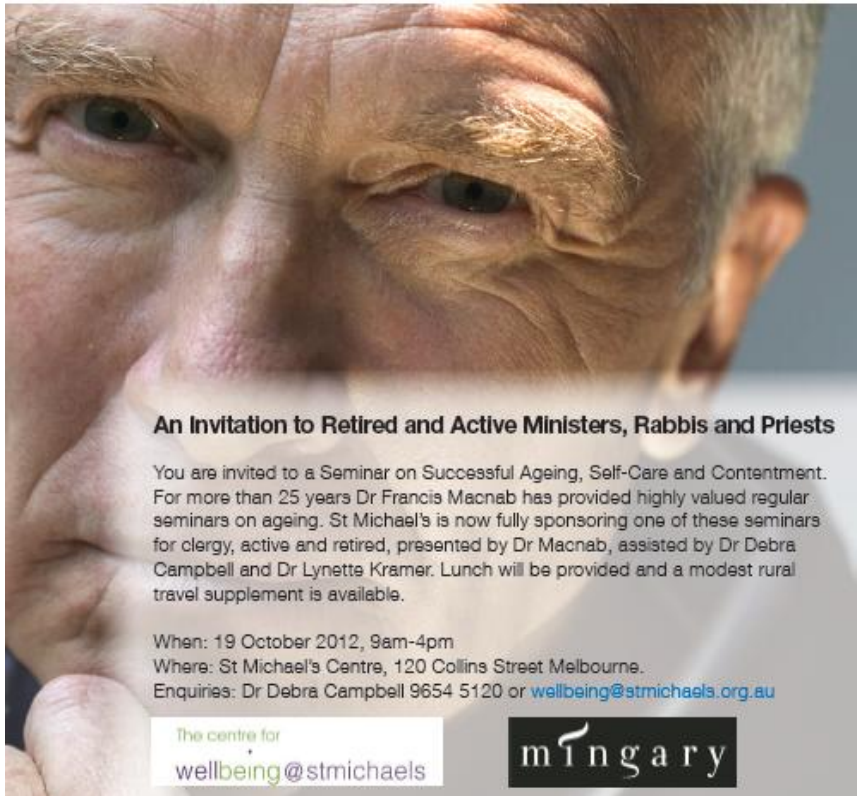
There is no need to enrol: just come and join in: The second Sunday of the month (not in Sept or Dec.)

The Centre for
Wellbeing Studio.

12noon – 1pm.



A New Outreach: Wellbeing For Clergy Day



An Invitation to Retired and Active Ministers, Rabbis and Priests

You are invited to a Seminar on Successful Ageing, Self-Care and Contentment. For more than 25 years Dr Francis Macnab has provided highly valued regular seminars on ageing. St Michael's is now fully sponsoring one of these seminars for clergy, active and retired, presented by Dr Macnab, assisted by Dr Debra Campbell and Dr Lynette Kramer. Lunch will be provided and a modest rural travel supplement is available.

When: 19 October 2012, 9am-4pm
Where: St Michael's Centre, 120 Collins Street Melbourne.
Enquiries: Dr Debra Campbell 9654 5120 or wellbeing@stmichaels.org.au

The centre for
wellbeing@stmichaels

mTngary

Regular Dancing Reduces the Risk Of Dementia

For centuries, dance manuals have lauded the health benefits of dancing, usually as physical exercise. More recently we've seen research on the deeper benefits of dancing, such as stress reduction and increased serotonin levels. Now a major study has added to the growing evidence that stimulating the mind in certain ways, including learning dance sequences, can ward off Alzheimer's disease and dementia, as well as keeping the body fit. In addition, regular dancing has been seen to increase cognitive acuity at all ages.

The New England Journal of Medicine recently reported on the effects of recreational activities on maintaining mental acuity in aging. An extra-ordinary 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City. The researchers hoped to learn which, if any, physical or cognitive recreational activities reliably influenced mental acuity. Cognitive activities included reading books, writing for pleasure, doing crossword puzzles, playing cards or playing music. Physical activities included in the study were playing tennis or golf, swimming, bicycling, dancing, walking for

exercise and doing housework. One of the surprises of the study was that only one of the physical activities examined appeared to offer protection against dementia. It was **dancing**. (There were cardiovascular benefits for all exercise, but the focus of this study was the mind).



Below is an excerpt of the exciting findings of the study in relation to reducing the risk of dementia:

Reading - 35% reduced risk, cycling and swimming - no reduced risk, crossword puzzles four days a week - 47% reduced risk of dementia, Playing golf - no reduced risk, **dancing between 1-4 times every week in structured dance classes - 76% reduced risk of dementia.**

In short, dancing showed the greatest risk reduction for dementia of any activity studied, both cognitive and physical.

Why dancing?

The essence of intelligence is making decisions. And the concluding advice, when it comes to improving your mental acuity, is to **involve yourself in activities which require split-second rapid-fire decision making**, as opposed to rote memory (retracing the same well-worn paths), or just working on your physical style. One way to do that is to learn something new. Dancing integrates several brain functions at once, simultaneously involving kinaesthetic, cognitive, musical and emotional processes.

Do it often

More is better. And do it now, the sooner the better. It's essential to start building your cognitive reserve now. Some day you'll need as many of those stepping stones across the creek as possible. Don't wait - start building them now.

Come and join the Salsa Class each Tuesday evening, 7.00-8.30pm in the Centre for Wellbeing Studio. Casual attendance is \$15 per person or \$100 for 10 classes.

No experience is needed, just the motivation to learn and have a good time. Couples or singles are welcome.

St Michael's Bookshop Refurbishment

St Michael's Bookshop, located on the first floor of St Michael's building is open every Sunday after the Church Service.

It has recently been fitted with new shelves with extended capacity and now offers both new and quality used books. The used books are sold at low prices with all Sunday proceeds to Global Concerns, who also offer used books for sale in the Hall. All donations of used books are most welcome, particularly on inspirational, psychology, arts, theology, personal growth, or health topics, as well as



biographies and diverse non-fiction titles. Donations can be left with our dedicated volunteers: Ann Vaughan (left), Margaret Ledley or Peter Kahane. In future, we hope to open the bookshop Tuesdays and Wednesdays, along with the Library Lounge, to attract city workers. If you would like to help in the bookshop on Tuesdays or Wednesdays, expressions of interest are welcomed, just see the Visitors and Information Table in the Hall and leave your contact details.

Divinity and Gender

Many people still think of God as a male super-being. Karen Armstrong, author and former Catholic nun, explains why 'He' isn't.

Ever since the Bible was translated into the vernacular some four centuries ago, it has ceased to be the preserve of clerical cognoscenti. Listening or reading in their own languages, ordinary folks may see God as a male personality with all the faults and virtues of masculine human beings writ large, or as a cosmic Big Brother, controlling events on Earth and demanding absolute obedience.

No wonder the modern feminist spies grist for her cause, railing the idea that a male deity should approve the iniquity of patriarchy and, by identifying the sacred with the masculine, should marginalise women in religion. Just possibly (though most Anglicans hotly deny it), the Church of England's bitter dispute over the ordination of women to the priesthood was fuelled by this conception of god as male. Anglican and Roman Catholic Christians see their priests as representatives of God. So ingrained is the idea of a male God that many are repelled by the notion of their deity being represented by a woman. The problem is exacerbated by the doctrine of the incarnation, which teaches that the Word of God was made flesh and came to live in the world in the person of Jesus. The choice of a male rather than a female body seemed to indicate that God must also somehow be like a man.

This, of course, is to regard God in far too reductive a way. When pushed,

even the most diehard opponent of women's ordination will admit that since God is spirit and transcends all human categories God cannot be confined to a particular gender. The very first chapter of the Bible says



Karen Armstrong

firmly that both male and female human beings were created in God's image (Genesis 1:27); both sexes, therefore, are capable of expressing the divine essence.

Nearly all cultures evoke a "Golden Age" at the beginning of time, when men and women were at one with one another, with nature and with the gods.

In the biblical story of Eden, the man and the woman were at first 'not ashamed' of the sexual difference between them.

Creative monotheists have associated female images, redolent of peace and healing, with the sacred. Perhaps this type of spiritual imagery and thinking has the power to counteract the cruelty and hatred that monotheism has so often been party to.

If so, let God or Spirit (rather than 'The Lord') be praised.

This extract is from the article Divinity and Gender by Karen Armstrong, first published in The Economist. Thanks to Wal Reid.

Vale Ray Canterford

Ray Canterford one of St Michael's distinguished and charismatic members has died. Ray was a part of St Michael's who attended regularly for over 20 years.

For all of his working life he was a professional engineer, and long after many would have retired, he worked on.

Ray faced sadness at times in his life and he remained a deeply caring father to his family.

In his later years, at the age of 85, he married Norma and they celebrated more than a decade of a good life together.

Our thoughts and sympathy are with Ray's family.

Library Lounge & Relaxation Room

Do you work in the CBD? Or do you have friends or relatives working in the vicinity of St Michael's? There is now, in the centre of the city, a place to unwind, browse and borrow books, have a tea or coffee and even close your eyes and relax in a massage chair.

The Library Lounge, located on the first floor of St Michael's Building, is open every Tuesday and Wednesday, between 10.30am and 2.30pm, via subscription (\$45.00 per year) or by casual donation of \$2 for use of a massage chair or a quality coffee.

Famous Yale Choir Performance

What in the world is a Whiffenpoof?



It's a mythical creature (pictured above) and also the name of a prestigious singing group. Every year, 14 senior Yale men are selected to be in the Whiffenpoofs, the world's oldest and best-known collegiate cappella group. Founded in 1909, the "Whiffs" began as a senior quintet that met for weekly concerts at Mory's Temple Bar, the famous Yale tavern. Today, the group has become one of Yale's most celebrated traditions.

More than 100 years ago, on a frosty January night in New Haven, Connecticut, five of the Yale Glee Club's best singers convened at Mory's Temple Bar to escape the cold. It was from the discussions that evening that a group was formed. As their fame on campus grew, the quintet began their search for a name. Denton 'Goat' Fowler, tickled by a joke featuring a mythical dragonfish named the Whiffenpoof, suggested the name to his companions, who found the name an apt reflection of the atmosphere of levity that accompanied the group's gatherings. In recent years the highly talented and acclaimed group has toured the world performing to delighted audiences. On August 14th at 8pm the famous Yale Whiffenpoofs (pictured below) will perform at St Michael's. Tickets: \$25 (on sale at door) Concession: \$20. Bookings: 0427 028 096

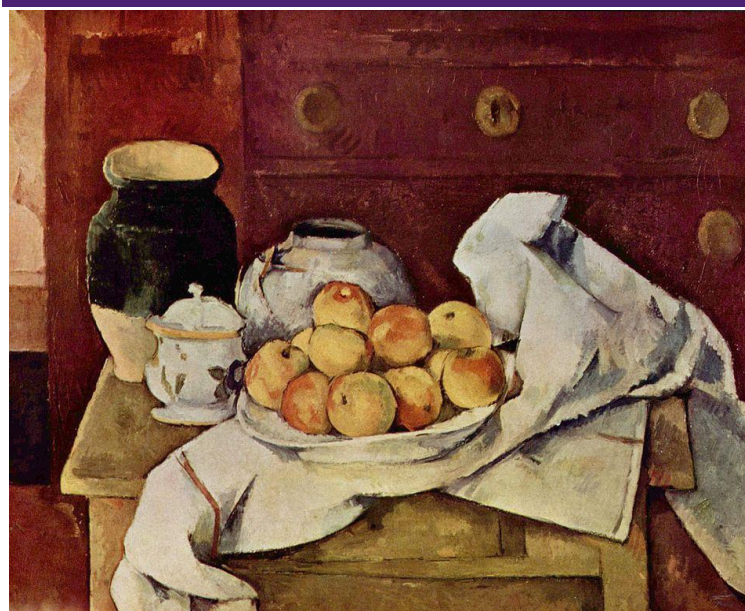


Sunday Lunch Group

At Café on Bourke: 50 Bourke Street Melbourne after service.
Contact: Susan Robinson in St Michael's Library.



Art Classes



Classes of the new series titled *Making and Looking at Art* begin with a presentation and discussion of a particular genre, such as figure drawing, still life or the works of a particular artist or epoch, often tracing the genre from ancient times to the present.

Then it's your turn to get some practical tuition and tips from professional artist, Dr John Abbate.

In these unique classes, which may be attended as a series or a one-off experience, participants have discovered how and why painting made its way from prophets and princes to inanimate objects and secular subject matter. They have also learned some basic skills and enjoyable methods of practical drawing. Classes take place on Tuesday evenings from 6-8pm in the Kurrajong room at the Centre for Wellbeing, St Michael's Building, 120 Collins Street, Melbourne. Drawing pencils and paper are provided, or you may bring your preferred medium. **Bookings: 9654 5120 or wellbeing@stmichaels.org.au**

\$30 per session

Special Events at St Michael's

August 14th

Whiffenpoofs Choir of Yale USA, Performance

Monday 20th August

Special Event: Sticks and Drones NZ Pipe Band Concert

Sunday 9th September:

Interfaith event: Contemplative Practices of World Faiths

Sunday Service: Dr Macnab interviews author Amanda Stewart

23rd—30th September:

St Michael's Week (Many guests and events: Booklet out soon!)

Tuesday 25th September:

Looking Deeply at Art with Dr Francis Macnab: Edvard Munch, wine and cheese

Tuesday 9th October:

New Faith Master Class 3 with Dr Francis Macnab and Dr Debra Campbell

10-11th October

Heavenly Sounds—Karise Eden Concerts

Thursday 18th October:

Music of the Heart Concert—Sri Chinmoy Global Organisation

Friday 19th October:

Inaugural Wellbeing for Clergy Seminar—All Faiths

Friday 2nd November:

Ani Choying Drolma Lecture (Visiting Tibetan singer and Buddhist Peace Activist).

This edition of Intersection aims to highlight St Michael's wider world perspective and our increasing global community and artistic connections.

Programs at St Michael's

MEDITATION

Sundays - immediately after service

POETRY GROUP

Every 3rd Sunday - after service

MENS GROUP

The last Sunday of the month

GLOBAL CONCERNS

Sundays - after service

ARTS FOR RIGHTS

Activities held monthly

WALKING GROUP

2nd Saturday of the month.

MAKING AND LOOKING AT ART

Tuesdays until Aug 28

LAUGHTER YOGA

Thursdays 12-12.45

FRENCH CONVERSATION

Every second Sunday of the month

IPAD ENTHUSIASTS GROUP

Every second Sunday of the month

IPADS BEGINNERS COURSE

Tuesdays 6.30pm

GUITAR BEGINNERS COURSE

Tuesdays 7-8pm

SALSA DANCE

Tuesdays 7-8.30pm

WISDOM IN WINDOWS

Sunday August 12

FREE YOGA CLASS

Tuesday Aug 28 5.30pm

STORY TELLING/WRITERS GROUP

Sunday August 5

LAST TUESDAY BOOK GROUP

Last Tuesday of the month: Aug 28
7-8.30pm

Visit www.centreforwellbeing.org.au
or the St Michael's website for details.

St Michael's Week

We are looking forward to another brilliant St Michael's Week organised by Pamela Smart from

September 23rd—September 30th

Events include: Sunday Sept 23rd

Devonshire Tea Concert
(Charity event—tickets available)

Wednesday Sept 26th

Mumbo Jumbo Lunchtime Concert
(Charity event—tickets available)

Culminating with St Michael's Day September 30th

Japanese Children's Art Exhibition
St Michael's Day Breakfast
(Charity event—tickets available)

The Rocks Ceremony
St Michael's Medallions

AND SO MUCH MORE

Full Program out SOON!

SAGE

GOOD CALMING THERAPIES

FRIDAY 31st AUGUST

With Dr Francis Macnab

Time: 11 am to 1pm
Where: St Michael's Hall
120 Collins St,
Melbourne, 3000
Cost: \$18 inc. Lunch

Reduce the stresses of the everyday.



For more information call 96545120

St Michael's

ON COLLINS - MELBOURNE

120 Collins St, Melbourne 3000

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