

ST MICHAEL'S

ON COLLINS - MELBOURNE

INTERSECTION

DEC 2013

FEATURES:

Highlights of 2013

The Centre for Wellbeing at
St Michael's: A Brief Snapshot
of Programs for 2014

Upcoming Special Events at
St Michael's

White Night Melbourne 2014

Fight Free February

Sarah Blasko

2013 - WHAT A YEAR!

A year of ups and downs in 2013 is coming to a close with Executive Minister Dr Francis Macnab having returned to the pulpit following his back surgery, well in time for Christmas. Well done Dr Macnab! Management and staff are keenly looking forward to the New Year as a time that promises to bring some wonderful technological innovations (including this new greener option for distributing Intersection via email), fresh, energised directions in ministry, stimulating events and special guests in brand new programs and initiatives.

WISHING YOU A SAFE &
HAPPY CHRISTMAS



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HIGHLIGHTS OF 2013



- John Waters Scholar Glory Gatwiri and friend at St Michael's.



- Professor Andrew McGowan visited St Michael's during April 2013. Rev Malcolm Sinclair from the Metropolitan Church in Toronto visited during May and in July we welcomed Bishop Ian George (pictured with Dr Macnab). Other guest ministers in 2013 included Dr Lorraine Parkinson, Dr John Bodycomb, Rev Peter Burnham and Rev David Dawes.



- During winter, Photographer Ken Gosbell shared his images and experiences of travel in Africa and Lawyer Alan Farrar offered an excellent free seminar on Wills and Powers of Attorney.



- This picture was taken at the inspiring 'Surviving Cancer' evening, a joint collaboration between The Centre for Wellbeing at St Michael's and author Ian Gawler, March 2013. Pictured with Dr Macnab (at centre) are speakers from the evening, from left, Scott Stephens, Jess Ainscough, Ruth McGowan & Ian Gawler.



- St Jude's Fundraiser Lunch raised \$4000.00 for St Jude's School Tanzania in October. Ken and Carlene Gosbell are pictured here with Felix Mollel who started with the school as a bus driver and is now the Visitor Coordinator. The school was founded by a young Australian woman with the aim of fighting poverty through education. You can read about the work of the school at: www.schoolofstjude.org



- St Michael's marked Hiroshima Peace Day in August with origami Peace Cranes in the Church, koto music and beautiful Japanese arts and crafts in the Halls after service.



- Dr Ranjana Srivastava gave a wonderful address on compassion to graduands at the Cairnmillar Institute Graduation Ceremony in March.



- We formed a wonderful partnership with Sisterworks – asylum seekers and refugee women creating a livelihood for themselves in Australia. Sisterworks held a stall at St Michael's as part of St Michael's Week.

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HIGHLIGHTS OF 2013 CONT.



- September saw a different St Michael's Day with Dr Macnab on leave, but the Day was enjoyed by all despite missing the Minister. Medallionist Professor Julian Savulescu gave a riveting address on the Ethics of Human Behaviour. The Rocks Ceremony outside the Church had a purple theme in support of Epilepsy research. Dr Debra Campbell-Tunks, Wal Reid, Dr Ian Smart and Richard Siegersma stood in for Dr Macnab.

THE CENTRE FOR WELLBEING AT ST MICHAEL'S: A BRIEF SNAPSHOT OF PROGRAMS FOR 2014

The Centre for Wellbeing at St Michael's is gearing up to increase its activity again in 2014 with a stronger focus on inviting our neighbours to attend after-work special wellbeing events and get a taste of what St Michael's offers to people. The mission of the Centre for Wellbeing, a secular outreach initiative of St Michael's, is to promote whole person (mental, physical, spiritual) wellbeing as a positive resource for greater levels of resilience and happiness in 5 ways:

- Public evening events in the Church or Hall, offering proactive wellbeing resources from experts from various disciplines. And reaching out to our corporate neighbours in the city of Melbourne as well as the general public. In 2014 these events include:
 - Fight Free February - A joint initiative with collaborative law providers and their networks for encouraging dignity in family conflicts
 - Therapy Dogs Australia - Positive human and dog working relationships
 - International Women's Day Celebration with comedian Nelly Thomas - Laughs and a Q&A with health professionals
 - iKnow Technology with Roger Hersey
 - Stress Reduction - A practical and informative seminar with an expert panel
 - Getting Published - An expert panel on writing, self-publishing or selling your work to publishers
- Psychologist-led courses and seminars on positive mental health - low-cost or free of charge (in conjunction with Mingary Counselling Service)
- Volunteer-led classes and groups to bring people together to develop new skills and become part of a community
- Forming partnerships with other organisations to promote wellbeing for Melburnians and online
- Contributing to research on the importance of affordable wellbeing opportunities for all

This is just a snapshot of some of the programs of The Centre for Wellbeing in 2014. The full details of the programs of The Centre for Wellbeing can be found at the Centre for Wellbeing website: www.centreforwellbeing.org.au

S.A.G.E

Successful Ageing for Growth and Enjoyment

INTIMACY AND THE OLDER PERSON

Presented By Dr Francis Macnab
and Julie Chochovski



Different expressions and experiences of intimacy affects moods, happiness and health. How counselling and therapy can create new ways of coping.

Friday 28th February
11am-1pm
\$20 including lunch
Bookings are not required



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UPCOMING SPECIAL EVENTS AT ST MICHAEL'S



Midsumma Service 2014 Sunday 12 January 2014

On Sunday January 12, 2014 at 10am St Michael's is proud to invite you to a Midsumma Church Service.

Midsumma is Melbourne's premier gay and lesbian arts and cultural festival. Join us at St Michael's for a service in which we celebrate and embrace the diversity and enjoyment of life that is open to all of us. www.midsumma.org.au



Sarah Blasko's Heavenly Sounds Wednesday 22 January 2014

Sarah Blasko's Heavenly Sounds tour will see her deliver what will be her last performances celebrating her ARIA-nominated album 'I Awake'. After performing with orchestras earlier this year, these shows promise to be an entirely different affair, as they will all be intimate shows that take place in churches and cathedrals. St Michael's is proud to welcome back Heavenly Sounds, presenting Sarah Blasko in concert on Wednesday January 22 2014.

Sunday 16 February 2014

Opening of Programs – A very special service and celebration afterwards in the colonnade.

ST MICHAEL'S HONOURS 2013

In 2013 St Michael's Medallions were awarded to Professor Julian Savulescu and Professor Penelope Allen. The 2013 Ida Summers Award was presented to Mrs Pamela Smart. We thank them and congratulate them on their work.



Fight Free February - 6-7.30pm, Thursday 20 February 2014

The Centre for Wellbeing is proud to be part of Fight Free February with a free information evening on maintaining healthy relationships and developing real strategies to deal with relationship challenges at home and at work. Includes a Q&A with an expert panel.



White Night Melbourne 2014 Saturday 22 February 2014

White Night is a spectacular arts event that takes over Melbourne on the night of February 22, with massive projections and art installations in and on iconic buildings all over the city. St Michael's is proud to be a part of this amazing creative event.

Further details about White Night Melbourne 2014 can be found at www.whitenightmelbourne.com.au

International Women's Day Thursday 6 March 2014

International Women's Day with comedian Nelly Thomas
Tickets on sale now: www.centreforwellbeing.org.au

