

ST MICHAEL'S

ON COLLINS - MELBOURNE

INTERSECTION

JUNE 2014

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St Michael's – Who are we?

In our numbers the women out do the men. In age, more people are over 65 than under 25.

We are largely 'Australian', but we are also multinational, particularly with people from Asia – China, Malaysia, Japan.

Most of us speak only English, but some of us are multilingual, able to speak German, French, Russian, or multiple languages.

Most of us are from middle class education. Some are teachers, nurses, Supreme Court judges, vice chancellors; some are architects, college principals, psychologists, psychiatrists, psychotherapists; some doctors, scientists and dental surgeons. Some have a variety of developed skills.

Some are married, some are divorced.
We are a congregation with unique personalities.

We are proud of our diversity, and proud that throughout our congregation, warmth and kindness are our common high priority.



2014 Easter at St Michael's

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EASTER CELEBRATIONS.

Our four days of Easter celebrations culminated on Easter Sunday as citizens of Melbourne filled St Michael's to the brim. The combination of organ, trumpet and over 900 voices provided an inspirational experience for all who attended.



ANZAC DAY.

St Michael's celebrated ANZAC day by lighting the candles for our fallen Peacekeepers.

Angelique Stonehouse lit the commemorative candle in honour of the 48 Australians who have fallen during Overseas Peacekeeping or Military Humanitarian Missions since 1947.

After intensive campaigning by family members and an online petition with more than 40,000 signatures, these members of the Peacekeeping Forces were finally granted official recognition and a place on the Roll of Honour at the Australian War Memorial in August 2013.



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SPECTACULAR CAMBODIA EVENT.

The congregation were awe-struck by special guest, Seda Douglas's story during the Sunday 15 June service.

A past St Michael's Medallion recipient and Founder of the *Save Cambodian Children Fund Australia*, Seda talked about the Pailin SCCFA School, Cambodia. The school was set up in January, 2014, with St Michael's as one of its leading benefactors.



Seda Douglas

After the service, the *Save Cambodian Children Fund Australia* held a Mini Market of Exotic Cambodian Arts and Crafts.

All the proceeds are going towards the purchasing of solar panels for the SCCFA school in Pailin Province, an area too remotely located to have electricity.



Children at the Pailin SCCFA School.

APPOINTMENTS AT CAIRNMILLAR.



The Cairnmillar Council has confirmed the appointment of Dr Gerard Kennedy as Head of School, and Mr David Bruce as Head of Administration. Both will commence in their roles at the end of July.

Dr Gerard Kennedy has held Associate Professorship with Victoria University in the School of Social Sciences & Psychology, Faculty of Arts, and Education & Human Development. He has extensive expertise in research and treatment, specialising in sleep disorders and circadian rhythms. For over 15 years he practiced at the Department of Respiratory and Sleep Medicine at the Austin Hospital and the Monash Medical Centre in Melbourne.

Dr Kennedy has published more than 100 articles in refereed journals and books, and has made numerous conference presentations, and media presentations. He has received over 30 grants from universities, the ARC, NHMRC and TAC. He has also supervised the research theses of over 60 PhD, Doctor of Psychology/Masters (Clinical & Neuropsychological), and fourth year students.

Mr David Bruce has held a number of senior business roles in education and training. Most recently Mr Bruce held the position of Operations Manager at Swinburne University. He has provided academic and operational leadership to a team of more than 65 teaching and administrative staff, providing for the training needs of 1,500 students a year. He has extensive experience in business administration of finance, promotions, human resources, and the day-to-day management of education providers in Victoria.

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DR LISA MILLER PH.D. TO VISIT ST MICHAEL'S.

The biggest thing to hit Melbourne since electric trains!

We are delighted to announce that Professor Lisa Miller will be our guest on Sunday 10 August. Instead of his regular address, Dr Macnab will interview Professor Miller. They will discuss *The New Faith* in tandem with science with a lens on the sacred.

Professor Miller has commented that she found Dr Macnab's book *The New Faith* to be an inspiration and she is eager to join a conversation with him to explore and promote *The New Faith* and how it is supported by science.

Professor Miller will explore the new science that shows a very powerful relationship between spirituality and mental health, as well as evidence that shows spirituality is foundational to our nature.

She will also be presenting a special SAGE seminar on Friday 15 August. The title of the seminar is *Being Alive: The Preciousness of the Journey of Life*. She will explore how we can incorporate spirituality into the journey of life, to become more productive, generate better moods, and reach out to others.

Join us for an insightful conversation with one of the world's foremost psychologists.



Professor Lisa Miller Ph.D.

BOOK LAUNCHES.

On Sunday 22 June Dr Macnab spoke with David Hunt, author and retired school principal, about his new book *Worldly; of Babies and Bathwater*. The book was for sale in the Hall after the service. \$100 was raised for the *Big Tent Foundation Project*.



Dr Macnab and David Hunt

Another long time St Michael's congregant who has written an inspiring book is Dr Angela Mackenzie. Dr Macnab will be interviewing Dr Mackenzie during a Sunday service in the near future. Her book *Everybody Stay Calm* explores the techniques that healthcare providers use to keep children and parents calm and relaxed so they experience less distress, and more comfort, even in emergencies.



Dr Angela Mackenzie.

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BIG STEPS FORWARD FOR THE SAGE CLINIC.

Dr Macnab's SAGE seminars have been a fixture at St Michael's for over 25 years. In recent years it has become obvious: there is a need to start a SAGE Clinic to focus on the particular problems that come our way as we age.

Dr Macnab stated, "As people get older they have concerns about the future; how they will cope; how to gather the strength and resilience to live on their own, or with others; and how to deal with the adjustments that need to be made, while maintaining a sense of self-worth and continuing purpose in life. Above all, there is the continuing concern of how to grow older more successfully."

Since its launch in February of this year, the new SAGE Clinic has been providing specialist psychological services to support the many psychological anxieties and concerns of older residents of Rosanna Views, a Retirement Facility managed by Aged Care Services Australia Group.

The SAGE Clinic is also aiming to provide services at other sites, making the clinic available to the families and caregivers of older people, assisting them with their very important caring task.

For more information about the SAGE Clinic contact SAGE Assistant Director Julie Chochovski at julie.chochovski@cairnmillar.org.au or 9813 3400.



Julie Chochovski and Dr Francis Macnab

SAGE SEMINARS.

Over 80 people braved the cold to be inspired by Dr Macnab's May SAGE seminar *You Never Know What's Around the Corner*. Dr Macnab spoke about filtering out negative memories and filtering in the good memories. He stressed that we all need to have faith in ourselves.

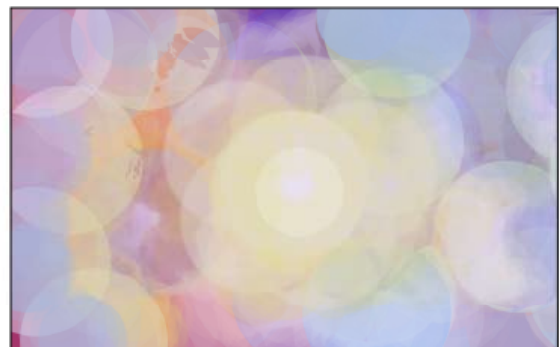


Attendees at the May 2014 SAGE seminar in the St Michael's Centre Hall.

WHAT HELPS WHEN IT HURTS?

HOW OUR MEMORIES ENRICH OUR SORROWS.

The next SAGE seminar will take place on Friday 25 July at 11am in St Michael's Hall. The July seminar explores the ways we deal with loss and grief. Unfortunately it is a sad fact of life that we all have to face loss; the loss of a loved one, a friend, a relative, or the loss of a time or place that was dear to us. Dr Macnab will give you some tools to help cope with your own grief, whatever shape it may take.



11am, Friday 25 July

For more information about upcoming SAGE seminars visit our website www.stmichaels.org.au.

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SIDS AND KIDS REMEMBRANCE SERVICE.

On Friday 27 June St Michael's was host to over 400 people for the Annual *SIDS and Kids Red Nose Day* remembrance service. 2014 marked the 24th service, dedicated to all the beautiful and precious children who are no longer with us due to SIDS.



CEO Leanne Raven and Erin Gook Auslan interpreter.



Lighting candles in remembrance of those lost.



500 balloons in the courtyard.

After the service the audience was invited to gather in the courtyard for the release of dozens of red balloons which awed onlookers on Collins Street and the office workers in nearby buildings.

VOLUNTEER OF THE YEAR.

Sonia Hunter became a member of St Michael's in 2004 and has been involved with our after-service Morning Tea.

Having volunteered for Cancer Council Victoria for the last 13 years, Sonia was last year acknowledged as the Cancer Council volunteer of the year.

We'd like to commend Sonia for her dedication to volunteering both at Cancer Council Victoria and here at St Michael's.

You can read an interview with Sonia at the Cancer Council's website where she speaks about her work as a volunteer www.cancervic.org.au.

When asked why she chose to volunteer for the Cancer Council Victoria she stated that she has *"had a lifelong interest in cancer, particularly research, it's something I feel quite passionate about. Cancer Council is a very highly principled and ethical organisation."*



Michael and Sonia Hunter

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BIG STEPS FORWARD FOR MINGARY QUIET PLACE.

St Michael's is inviting regional Victorians to visit Mingary, The Quiet Place, when they visit their loved ones in Melbourne hospitals. If you know of someone who is visiting Melbourne and could benefit from visiting a quiet place, let them know about The Quiet Place.

The Mingary Counselling Service is also available, providing confidential counselling for a broad range of issues within a caring and professional setting. Please call the office for more information or to make an appointment. 9654 5120



The Mingary Quiet Place

NEW STAFF.

We are delighted to announce our newest staff member Erin Voth who has taken up the mantle of Promotions Manager.



Erin Voth

Erin has a background in arts management and has worked at the Arts Centre, Melbourne, Victorian Opera and Yarra Ranges Council as well as being an award winning theatre producer. She is delighted to join the St Michael's team and looks forward to working with the staff and members of the church.

ST MICHAEL'S LEADS THE CHARGE ON MEN'S MENTAL HEALTH.

Dr Macnab and St Michael's have been leading the charge on men's mental health.

Monday 9 June 2014 was the start of Men's Health Week, an initiative that celebrates our boys and our blokes. St Michael's chose to celebrate Men's Health Week by extending it to cover the whole of the month of June.

Throughout the month St Michael's dedicated various programs to the mental health of men including our SAGE seminar entitled *Men: Look After your Health. Your emotional stress, emotional strength and emotional satisfaction.*

Dr Macnab believes that it is time for men and women to take action against men's depression and anxiety, and to reduce the stigma around men's mental pain. He has spoken out about men's mental health during his Sunday addresses, most notably his recent address entitled *Looking for the Well Adjusted Males. The world needs them. What do they look like?* and in his address the *Hidden Mental Pain of Men*. Visit our website www.stmichaels.org.au to watch videos of Dr Macnab's addresses on **men's mental health**.

DR MACNAB SPEAKS AT THE UNIVERSITY OF THE THIRD AGE.

Dr Macnab recently spoke at two separate seminars held at the University of the Third Age in Glen Iris, highlighting the growing need for psychological health as we grow older.

Dr Macnab believes that this is such an important topic that he will be giving more talks and seminars in the coming months.

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MUSIC AT ST MICHAEL'S. THE WORLD SHRINKS.

We have been incredibly lucky and excited to enjoy a star studded line up of musicians at St Michael's this year, and we are not finished yet.

Each Thursday and Sunday has been more exciting than the one before. One of the notable performances during Easter was The St Michael's Brass Ensemble, The St Michael's Singers, Lotte Betts-Dean (Mezzo Soprano), Ryoko Mori (Organ), and Timothy Phillips inspired the congregation with rich timpani tempo.

"The music program at St Michael's continues to source a wide array of outstanding professional musicians from Melbourne and far beyond to enrich the musical life of the church. Two outstanding recent guests were the Moldovan born horn player, Evgeny Chebykin - world renown for his work on the Harry Potter film soundtracks, and Pavel Kohout, the international concert organist based in Prague." - Rhys Boak, Music Director.

Keep an eye out for upcoming superstars performing at St Michael's by visiting our website calendar of events at www.stmichaels.org.au



Music lovers attending a Thursday afternoon organ recital. From the left: Rhys Boak, Dr Gordon Atkinson, Christopher Trikilis, Margaret Swann, Glen Witham.

Upcoming Performers include:

Annabelle Farid (Oboe) on Sunday 6 July
Shu-Cheen Yu (Soprano) Sunday 13 July
Stephanie Arnold (Cello) Sunday 27 July

St Michael's is becoming a hub of international music. On Sunday the 1st of June we were treated to a spectacular musical experience with Moldavian French horn player Evgeny Chebykin.

Dr Macnab commented *"When Evgeny waved his French horn above his head we suddenly realised, here was a man from Moldavia, a land that sits on the boarder of Ukraine, where so much wartime stress exists."*



French horn player Evgeny Chebykin. Photo by Claire Shovelton

VALE.

It is with sadness that we announce the passing of three longtime members of the St Michael's congregation; Helen Carson, Colin Edkins and Bruce Hands.

We acknowledge how each, in their own special way, made a significant contribution to the life of St Michael's.

We offer our condolences and support to their families and friends at this time.



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RELATIONSHIPS: THE BIG QUESTIONS.



In May, the Centre for Wellbeing ran a special seminar called *Relationships: The BIG Questions*. An audience of over 60 people asked questions and listened to answers on some of the most difficult topics around human behaviour and intimacy, such as what makes a happy relationship; positive ways of communication; understanding factors beneath conflict; how to manage disagreements lovingly; and when to get relationship help.

"We had great feedback and look forward to creating similar events." said presenter Dr Debra Cambell-Tunks.

Do you have questions about relationships? What kind of topics would you like to hear about in upcoming seminars? We would like to hear from you. Send us an email at wellbeing@stmichaels.org.au or write to us on our Facebook page or Twitter feed.

PREPARATIONS FOR ST MICHAEL'S WEEK.

St Michael's Week is fast approaching and we are busy planning the week's festivities. Special events will be happening throughout the week beginning 21 September, culminating on St Michael's Day, Sunday 28 September.

We are delighted to announce that the SisterWorks Market will be held again this year. SisterWorks is a social enterprise which provides practical support to women refugees, asylum seekers and migrants to help them achieve economic independence in Australia as the makers and importers of handcrafts and food.

The Savoy Opera Company will also be performing on St Michael's day with an afternoon concert of Gilbert and Sullivan favorites. Look out for the 2014 Program Booklet, it will include all the St Michael's Week events.

As always we are hoping for a big crowd on St Michael's Day. We ask members to invite friends and family along to be part of the events that are happening during this special week.



2013 St Michael's Day



2013 St Michael's Day

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LAW WEEK.

In May every year the Victoria Law Foundation presents National Law Week.

This year saw our inaugural participation with the seminar *Happily Together or Happily Apart*. Dr Debra Campbell-Tunks and Jane Libbis from Bayside Collective joined forces to present an inspirational seminar on relationships and the law.

The emotional, financial and legal aspects of relationships were discussed throughout the event and an enthusiastic audience asked questions of both presenters.

We heard some great feedback from attendees as well:

"Wonderful! Such a great lecture. Full of information I hadn't thought about before. Thanks for putting it on."

- Jackie Fay

"It was a delight to work with Debra again in sharing insights into the complex world of relationships. It was terrific that the audience was so well engaged – I think we could have stayed answering questions for hours."

- Jane Libbis

"There was good interest and great questions on the night. It was fun working with Jane as always, to offer perspectives and expertise from two different areas in which people seek relationship help."

We had such a great time presenting this seminar that we will be participating in Law Week again next year. So watch our website and Facebook pages for more information about next year's program.



UPCOMING SUNDAY PROGRAMS.

Sunday 6 July

12pm - Open Faith (Searches)
12.30pm - Thanksgiving service for the late Bruce Hands.
2pm - Bayside Book Group

Sunday 13 July

11.45am - Power of Parables
12pm - Easy French Conversation
12pm - Morning Tea (NW & S)

Sunday 20 July

10am - St Michael's celebrates the 20th International AIDS Conference. Interview of Dr Alastair Duncan from Food Chain UK.
12pm - Poetry Group
12pm - Conversations with Liz
1pm - New Horizons Bush Walking Group
12pm - Week Day Tour Guides Morning Tea

Sunday 27 July

11.45am - ECOS - English Conversation
12pm - Philosophy for Beginners
12pm - 4pm - Open House Melbourne

Sunday 3 August

12pm - Open Faith (Searches)

Sunday 10 August

10am - A Conversation: Dr Francis Macnab and Professor Lisa Miller
12pm - Easy French Conversation

Sunday 17 August

12pm - Poetry Group
12pm - Conversations with Liz

Sunday 24 August

11.45am - Power of Parables

Sunday 31 August

11.45am - ECOS - English Conversation
12pm - Philosophy for Beginners

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UPCOMING EVENTS.



DESIRE MAP WORKSHOP

11AM, FRI 18 JUL

Flourish wellbeing workshop with Dr Debra Campbell-Tunks. Explore your 'core desired feelings' harnessing 'wise emotion.' \$10



WHAT HELPS WHEN IT HURTS?

11AM, FRIDAY 25 JUL

How memories enrich our sorrows. Seminar presented by Dr Macnab exploring grief and loss. \$20, incs tea/coffee & sandwiches.



AVOIDING, APPROACHING & ATTACHING

11AM, FRI 8 AUG

Flourish wellbeing workshop with Dr Lynette Kramer. Explore three ways our brains work to help us meet our needs. \$10



MIND OVER MATTERS

6PM, THURS 14 AUG

A stress-reduction strategies seminar with mindfulness and meditation as its core teachings. Tickets are \$15 Bookings at centreforwellbeing.org.au



BEING ALIVE: THE PRECIOUSNESS OF THE JOURNEY.

11AM, FRI 15 AUG

Professor Lisa Miller explores how to grow old intelligently and enjoyably. Free event.



WHAT MAKES LIFE WORTH LIVING?

6.30PM, WED 20 AUG

Professor Lisa Miller presents a seminar on the rewards of connecting with our spirituality. Free event



GRIEVING SLOWLY & NO TIME TO DO ANYTHING.

11AM, FRI 29 AUG

The August SAGE seminar tackles two big issues: The shock of a sudden death and the process of dying slowly. \$20, incs tea/coffee & sandwiches.



TECHNOLOGY FOR OVER 55's

6PM, THURS 18 SEP

A senior-friendly class to learn how to get the most out of your digital devices. This is a free event but bookings are essential. Call 9654 5120 to book.



GETTING PUBLISHED

6PM, THURS 16 OCT

This seminar is ideal for all those budding authors out there! This is a free event but bookings are essential. centreforwellbeing.org.au

mingary



Mingary Counselling Service

Confidential, low-cost counselling

If you are seeking relief from painful or stressful experiences, assistance with major life changes or help reducing anxiety, fear and uncertainty, call Mingary Counselling services to make an appointment today.

Or visit The Quiet Place (pictured above): a peaceful, nondenominational sanctuary for people of all religions and cultures. Open 8am to 5pm weekdays and 8am to 1pm Sundays; enter from the Russell Street side of St Michael's.

St Michael's Centre, 120 Collins Street, Melbourne
www.mingarycounselling.com.au | (03) 9654 5120