

INTERSECTION

MARCH 2012

By Shona Weston

CAIRNMILLAR GRADUATION

Every year the Cairnmillar Graduation is an exciting event. 2012 will be no exception.

This year's guest speaker will be The Chief Justice of the Family Court of Australia, Honorable Diana Bryant AO QC. On Australia Day 2012, she became an Officer of the Order of Australia for her "distinguished service to the judiciary and to the law, particularly to family law policy reform and practice, through the establishment of the Federal Magistrates Court, and to the advancement of women in the legal profession". When appointed Chief Justice in 2004, she became the second woman in Australia's

history to head a federal court.

THE JOHN WATERS SCHOLAR

This year the John Waters Scholarship will be presented to Ms Glory Gatwiri from Nairobi, Kenya. Ms Gatwiri is a graduate in Social Science and has most recently



worked as a Youth Coordinator in the UK. She has worked with children who have experienced child abuse as well as other issues such as HIV/AIDS and child labour. In 2009, Ms Gatwiri was one of six Kenyan university students to be sponsored by the US Department of State, to participate in a Student Leadership Program.

All are invited to bring family and friends to this year's Cairnmillar Graduation.

This prestigious ceremony will be held on Wednesday 21st March, at 6.00pm at St Michael's Uniting Church.

EASTER 2012

Come to St Michael's at Easter time this year and restore some vital connections.

Easter can be a time when there is a high level of expectations, a great deal of pressure, possible meetings of family members you haven't seen in a long time or it could be filled with a void. The question that comes to mind is 'what is the point of it all?'

This year, Dr Macnab's addresses will focus on how to get the best out of life by restoring connections, dealing with anxieties and restoring some good life pathways.



EASTER SERVICES

**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. Restore the meaning of life.

**Easter Sunday, April 8th at
10.00 am**

Restoring pathways through the complications of love and hate.

CHURCH FLOWERS

Every week in the church there are flower arrangements in front of the organ. They brighten the church and heighten the experience of worship at St Michael's.

These flowers celebrate special events and provide



an opportunity for individuals to declare a significant moment in their life. If you would like to provide a donation and request flowers to celebrate any anniversary or special event, please contact the office on 9654 5120.

STORY CIRCLE

"It was 2010 and my boyfriend and I were on holidays in Phuket, Thailand. It was my 22nd birthday and he had heard about a nice restaurant in Surin—about 2kms from where we were staying—and wanted to take me there for dinner. So we hopped in a Tuk Tuk and travelled the 2kms to a seafood restaurant named Pla. We arrived at the restaurant and it was raining. We were disappointed because we were hoping to have dinner on the beach.

However, because of the rain we were their only customers for the evening. Before I had barely sat down, my boyfriend pushed a jewellery box in my face and said 'will you marry me?' I was shocked! 'Sorry, what? Can you do that again?' I said to him. He sighed, 'will you marry me?' I was ecstatic! Through my shock and

excitement I somehow managed to squeak out a "yes". He pulled the ring out and placed it on my finger. It was beautiful. 18 carat white gold with one diamond in the middle and three smaller ones on either side. It was the happiest moment of my life."



Is there a happy moment in your life that you would like to share? Come along to one of our new programs 'Story Circle' where you can have the chance to share your stories and hear other people's. The first session will be held on Sunday 1st April at 12.00pm in the Centre for Wellbeing and the topic for discussion will be 'A Blissfully Happy Moment in my Life.'

There's no need to sign up, just turn up ready to share your story and listen to others!



These workshops are focused on FLOURISHING IN LIFE, through enhancing your holistic wellbeing.

Next workshop: Friday 13th April

'Greater self-esteem through mindfulness.'

Dr Debra Campbell, Director of the St Michael's Centre for Wellbeing, will conduct this interactive workshop.

These are some of the upcoming titles:

Fri 11 May - Resilience and trust. (Dr Lynette Kramer)

Fri 8 Jun - Thinking straight. Do you ever know what is really going on in your mind? (Dr Lynette Kramer)

Fri 13 Jul - Sleep better, naturally. (Dr Debra Campbell)

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.

Contact: Dr Lynette Kramer

No bookings required.



FELDENKRAIS

With such a large turnout at the Sunday Laughter Yoga workshop, it's clear to see that we are keen to find different way to bring wellbeing into our lives, breathe and let go. The St Michael's Centre for Wellbeing offers so many options for us to do this with the free Sunday Lifestyle programs running throughout the year.

The next program to run will be the Feldenkrais demonstration with Ralph Hadden, certified Feldenkrais practitioner and member of the Australian Feldenkrais Guild (AFG).



Feldenkrais (pronounced "fel-den-krice") according to the AFG explores movement, posture and breathing to bring improved ability in different aspects of life. A stable and strong posture is the key to physical wellbeing. If you are not centred

physically, it can often negatively affect many different aspects in life. Feldenkrais aligns the posture with a series of small movements. Aerobic fitness and flexibility are not prerequisites. Its practice is accessible to people of all ages and shapes. It

can help ease aches and tension while increasing self-awareness, movement coordination and emotional resilience.

Ralph brings 35 years of experience to the Centre for Wellbeing. He will give a talk on Feldenkrais and a simple demonstration.

All are welcome for a fun, non- strenuous session that can lead to an increase of wellbeing in our lives.

This workshop is free and will be held on Sunday 25th March at 11.45am - 1.00pm

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 - 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.

ST MICHAEL'S MEMBER INTERVIEWED

On Monday 27th of February, member of St Michael's and leader of the Poetry Group, Dr Peter Kingsbury was interviewed by the Morwell and Churchill Advertiser. He was interviewed about his business, Gippsland Dental Group. Peter commented; 'I have grown as the practice has evolved from a one-person practice, to one that employs a hygienist/therapist, seven dentists, a prosthetist, ten nurses,

four support staff and of course, the most important person in the practice, Lyn who is our central sterilization supervisor.' Peter also shared with readers his best business tip. He commented that, 'Overcoming adversity is the pathway to flourishing and giving of yourself is the key to life. You only get out of life what you put into it. The business is only as good as the people in it. You need good systems

to run complex businesses. Life is full of contingency; all knowledge is provisional. Life is 90% perspiration and 10% inspiration. Never lose sight of the inspiration. Keep trying. Never give up; persist, and strive to be happy.'

To view the full article, please see our facebook page.

SAGE

SUCCESSFUL AGEING, GROWTH AND ENHANCEMENT

FRIDAY 30TH MARCH

Revitalisation in the second
half of life.



When life seems too stressful, we
need some revitalisation.

Time: 11 am to 1 pm

Where: St Michael's Hall
120 Collins St,
Melbourne, 3000

Cost: \$18 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

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free memory testing continues
to be available.

Consultations by appointment only.

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St Michael's Place
120 Collins St, Melbourne 3000

1 YEAR ANNIVERSARY

Sunday 11th of March, marked the one year anniversary of Japan's earthquake and tsunami. While much of the debris has been removed, much of it still remains and Japan still attempts to rebuild. While

almost 20,000 people were lost, some 12 months later 3,000 are still listed as missing.



We remember Japan and its people one year on and will continue to keep them in our thoughts.

WELLBEING AT ST MICHAEL'S

For 40 years St Michael's Uniting Church

has been a

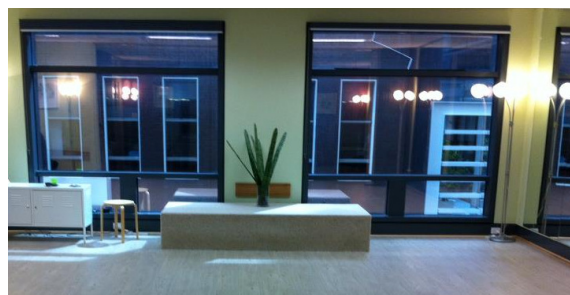
unique

voice in

Melbourne,

encouraging

dialogue



around a liberated religion, integrated with psychology, the arts and a rich and healthy lifestyle. The New Faith aims to be a 'useful' Faith that encourages and inspires a vigorous therapeutic community to support the wellbeing of the whole person – body, mind and spirit is central to the New Faith.

The Centre for Wellbeing at St Michael's represents both a practical integration and a significant expansion of the work of St Michael's, offering classes and

programs for the wellbeing of mind,

body and

spirit for all

the people

of

Melbourne.

The charter

of The

Centre for Wellbeing at St Michael's is comprised of the seven themes emphasised by the New Faith. Our charter is to provide everyday ways to enhance the human spirit; encourage a healthier community; model inclusivity and compassion, inspire minds and hearts to grow and learn; support positive mental health; build therapeutic communities and provide opportunities for greater happiness and participation across the lifespan.

ST MICHAEL'S

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