

ST MICHAEL'S

ON COLLINS - MELBOURNE

INTERSECTION

FEB/MARCH 2014

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OPENING OF PROGRAMS 2014

The programs of The Centre for Wellbeing and St Michael's Church were launched on February 16, 2014 with a fun BBQ celebration in the colonnade after service. Dr Francis Macnab highlighted 6 major initiatives of St Michael's and how they will all reflect the theme for 2014 – Enhancing Human Behaviour.

We see and hear many examples of ugly, violent behaviour in our city and beyond. St Michael's has long stood for the prevention of violence, destructiveness and waste. We need a louder voice in this vital work of prevention and these initiatives are some of the ways we hope to make a difference this year.

During the service on Sunday we also shared a brief film in which several of St Michael's people told their stories and how St Michael's has contributed to their resilience and growth – which was the theme for last year's programs. The film was positively received and will become a part of our online resources about St Michael's community in the near future.

Please view the full scope of our 2014 programs at www.stmichaels.org.au or www.centreforwellbeing.org.au.

WELCOME TO FFF

It's February already, but not just any February! In 2014 The Centre for Wellbeing at St Michael's is a part of Fight Free February (FFF) – a movement of people dedicated to becoming 'fight-free' in all aspects of life by offering tips for healthy, non-violent solutions to dealing with inevitable conflicts and differences in opinions at home and at work.



FFF is an initiative of Jane Libbis of Bayside Collaborative, a firm dealing with family law. Having seen her fair share of warring couples and the impact their fighting had on their children, Jane wanted to help promote the message that there are more productive, healthier and less harmful ways to deal with conflict than to try to punish and harm one another through fighting. Jane gathered tips from professionals to help people see that there are better ways to live and relate if we can just take a breath before flying off the handle. On **February 20 at 6pm** The Centre for Wellbeing is hosting a Fight Free February public event where Jane and other professionals will present ideas for healthy conflict management and answer your questions about living 'Fight Free'. Book a place at the FFF event online at www.centreforwellbeing.org.au. Like us on Facebook to receive Fight Free February tips direct to your page throughout February. See you there!

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CELEBRATING INTERNATIONAL WOMEN'S DAY 2014 WITH COMEDIAN NELLY THOMAS

Nelly Thomas is one of Australia's most natural and intelligent comedians, and listed by the Age newspaper as one of Australia's most innovative thinkers. She has written a book called 'What women want' and regularly appears on radio and ABC TV. Join Nelly for a fun one woman show about women's health including a Q&A session with Nelly and other professionals to celebrate International Women's Day, March 6, 2014 - 6:00-7:30pm. Book at: www.centreforwellbeing.org.au



FUNDRAISING STALL FOR THE SCHOOL OF ST JUDE TANZANIA

Trish Fox will be organising a fundraising stall on March 21 with proceeds to St Jude's, the extraordinary school in Africa founded by an Australian woman. Please mark it in your diary!



GRADUATION CEREMONY FOR CAIRNMILLAR STUDENTS

March 19, 2014 , 5.45pm for 6pm

In keeping with tradition, St Michael's will play host to the Cairnmillar Institute Graduation Ceremony. All are welcome. Please arrive at 5.45pm to be seated prior to the procession.



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EIGHT THINGS WORTH BELIEVING FOR HEALTHY ENJOYABLE LIVING BY DR FRANCIS MACNAB

Extract from the address of February 9, 2014

We all see the need for some nourishment for our bodies and our minds and for the soul.

It is impossible for us to get our heads around the business of world hunger for example, that's about very deep nourishment.

Be aware that 146 million children are suffering from conditions that are the result of acute or chronic hunger.

Hunger – is that hunger of the body, hunger of the mind, hunger of the soul?

Across the world we are hearing more and more of huge populations moving.

Massive populations of refugees moving across the oceans, leading governments into various levels of indecision and inhumanity.

The task of stopping the traffic on the high seas can become more important than the human suffering.

No-one believes that the boat people are out on the high seas to have some fun. They are not out there to have a holiday. They are hungry. They are in search of food for themselves, for their children, for the future.

We who have food don't know how to cope with that. Before we become too committed to the policies of sending the people back to homelessness, to more poverty and more hunger, labelling them as the trash in sinking boats, we might pause to ponder that we are after all a Christian nation and at the centre of our Christian faith is one person, Jesus of Nazareth who spoke of the least of all his children.

If we believe in nourishment, how will we share it?

Nourishment is not only about our physical food. Nourishment is about what we believe in our minds and what is going on in our souls both as individuals and as a community.

The soul of humanity is on trial as we contemplate the hunger of millions of people.

Thanks to Roger Hersey for compiling this piece.

Watch the full address at www.stmichaels.org.au

FLOURISH WELLBEING WORKSHOPS 2014

Our first Flourish Workshop is scheduled for 11am on Friday March 14 with Dr Lynette Kramer. No need to book, just come along to the Centre for Wellbeing Studio, 1st Floor 120 Collins St, Melbourne. The workshops explore many aspects of enhancing human behaviour such as creating better relationships, assessing our values and managing the ups and downs of life more effectively, in a relaxed and interactive forum. \$10 including refreshments.

DR DOG!

The Centre for Wellbeing at St Michael's in celebration of therapy dogs

Join us at Thursday, March 27 at 6pm to hear about the amazing work done by therapy dogs in hospitals, schools and homes, assisting people of all ages with conditions from Asperger's to Alzheimer's. A free community event in collaboration with Therapy Dogs Australia. Bookings and details at www.centreforwellbeing.org.au



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LAST TUESDAY BOOKGROUP

Recommences February 25, 7pm in St Michael's Library.

The book to be discussed is *The Year of Wonders* by Geraldine Brooks on Tuesday 25 February, 2014, 7pm – 8.30pm in St Michael's Library. New members welcome.

BAYSIDE BOOKGROUP

Bayside Bookgroup is meeting February 23 from 2pm in Bentleigh. The book to be discussed is 'The Help' by Kathryn Stockett. Details: Lyndell on 0408 577 357

MEDITATION

Meditation RETURNS after Sunday Service from March 2014 in the Centre for Wellbeing Studio.

OTHER SUNDAY PROGRAMS FEBRUARY/MARCH

February 23 English Conversation; Open Christianity Discussion Group; Philosophy for beginners

March 2 New Faith Discussion Group

March 9 French Conversation

March 16 Poetry Group Conversations with Liz

March 23 The Power of Parables Discussion Group

March 30 World Epilepsy Day Church Service; English Conversation; Writers' and story-telling Group

BUSH WALKING

We welcome you to join a new Centre for Wellbeing program of Bush Walking for fitness and camaraderie.

The first 8-11km walk is being planned for the afternoon of Sunday March 16, meeting in St Michael's Walk at 12 noon prior to travelling to the walk location via car-pooling if possible.

For further details: www.centreforwellbeing.org.au

Or speak to the conveners Johanna Hersey or Russell Watson to organise drivers and arrangements.

SAGE CLINIC LAUNCH


Celebrity Noeline Brown will join us to launch a new initiative of St Michael's and Cairnmillar: The SAGE Clinic for positive mental health and wellbeing for older adults. Come along to this very special February SAGE meeting.

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	 	St Michael's Centre 120 Collins Street, Melbourne 3000 PH: 9654 5120
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DR GEORGE STUART TO VISIT ST MICHAEL'S

On February 23rd George Stuart, author of 'New words for Old Melodies' will visit St Michael's to launch a new hymn book he has written and speak with Dr Macnab during service.

DR MALCOLM SINCLAIR

We are pleased to receive regular messages from Malcolm Sinclair of the Metropolitan Church in Toronto, a recent visitor to our church. Dr Sinclair watches St Michael's Sunday address every week on Youtube. He sends his best wishes to all.

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DAVID HUNT TO LAUNCH NEW BOOK

Long-time St Michael's member David Hunt will soon launch his new book "Worldly; Of babies and bathwater". More news of this event will be published as we determine the date of the launch.

WHITE NIGHT 2014

St Michael's is a proud part of White Night 2014. The church will be open from 7pm on Saturday February 22 along with many of Melbourne's other great landmarks, hosting breath-taking projections and art installations. For a full program of White Night see the website: www.whitenightmelbourne.com.au



NEW STAFF MEMBER

St Michael's administration has a new staff member, receptionist Raphael Piacente. She comes to us with a strong background in office administration and an enthusiastic and positive attitude. Please help us make her very welcome in her new job!



Barry Fox shakes hands in Sydney with his former football opponent during their school days.

JENNY CHENG

Boroondara's Citizen of the Year

St Michael's medallionist Jenny Cheng is a stroke survivor whose own tragedy inspired her to help improve the lives of others. We are proud and pleased that Mrs Jenny Cheng has been named Boroondara's Citizen of the Year 2014.

Jenny Cheng founded the Boroondara Stroke Support Group (BSSG) in 2002, after being left semi-paralysed by a stroke that ended her career as a secondary school teacher. Driven by the need to provide more support for stroke survivors in the community, Mrs Cheng launched BSSG with just five members. Today, more than 90 people benefit from the group's activities and wellbeing programs that are all designed to aid recovery.

After receiving the award at Boroondara Council's Australia Day Citizenship Ceremony on Sunday, Mrs Cheng said: "I didn't get here all by myself – it's thanks to my family and the members too.

"The fact they (the council) have recognised our contribution to the community is a huge honour and privilege."

After launching a second stroke support group for the local Chinese community in 2012, Mrs Cheng said she was busy building the services and encouraging new members.

Courtesy of: <http://www.theweeklyreviewboroondara.com.au/story/1396644/honour-for-hawthorn-stroke-victim-who-became-a-leader>



VALE

We were sad to note the recent passing of two of St Michael's folk of long-standing: Mr Russell Baker And Mrs June Schulz. Our thoughts are with their families and our good memories of them remain always.