

ST MICHAEL'S

ON COLLINS - MELBOURNE INTERSECTION

AUTUMN 2015



ST MICHAEL'S

ON COLLINS - MELBOURNE

UPCOMING ADDRESSES.

10 MAY, 10AM

Church Worship -
A Primitive Practice?
It Could Be A Powerful Part Of
Your Mental Health.
By Dr Francis Macnab

17 MAY, 10AM

Between A Rock And A Quiet Place.
The Astonishing Story Of Mingary.
The Place.
Its Gardens.
Its International Inspiration.
By Dr Francis Macnab

24 MAY, 10AM

Remembering Queen Victoria.
The Special Energy Some People Have.
By Dr Francis Macnab

31 MAY, 10AM

Minds In Tumult.
Look For A Gentler World.
By Dr Francis Macnab

MESSAGE FROM THE MINISTER



St Michael's is a unique church in the heart of the city. Unique for our relevant, contemporary preaching that embraces inner wellbeing as our core message. Sunday services include a mix of traditional and modern presentations. Inspirational music is an integral part of our services and most Sundays include performances from internationally renowned musicians.

St Michael's is a place which affirms and encourages the best expression of who you are and who you can be, not only through our Sunday service but also through our commitment to counselling and psychotherapy.

We believe faith, spirituality and a meaning to life are vital ingredients for our health and wellbeing and that there is a need to get hold of a more authentic religious understanding and to express it more confidently and diversely.

A BLESSING FOR YOU

May the God you see in all the colours of creation, arouse in you a sense of awe and wonder.
May the God who is a sacred presence, be real to you.
May the God who is a source of courage and inspiration keep calling you forward.
May your God go with you and bless you, today and always.

- Francis Macnab

This edition of the Intersection Newsletter has been printed on 100% recycled paper.

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BLESSING OF THE GRAPES



Grapes and flowers presented for the blessing.



St Michael's was awash with vibrant colour as Dr Francis Macnab led a blessing of the harvest of grapes during the Sunday service on March 15.

The blessing was a wonderful way to show gratitude for the beauty and bounty of the country in which we live, as well as to mark the 2015 Melbourne International Wine and Food Festival.

Many people who were present on the day remarked on the joyful mood that permeated throughout the audience during and after the service.



The St Michael's congregation gather in the colonnade after the service.



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ART AT ST MICHAEL'S

Melbourne artists Christine Minter and Ingrid Wilson have brought a splash of colour to the St Michael's offices. Christine's artwork can be seen in the corridor of the 1st floor and in the 2nd floor waiting room of the St Michael's Administration building while Ingrid's work has brightened up our Mingary counselling rooms on the 2nd floor.

Christine Minter



Artist Christine Minter.

Christine Minter is a Melbourne based self-taught artist. Operating an interior design business, Christine manages to find time to create handmade jewellery as well as paint. Painting is where Christine's true passion lies. Her work is colourful and evokes a feeling of happiness and calm, with the use of texture suggesting movement and depth.

"I draw inspiration from the landscape and the ocean. My paintings are always evolving." - Christine Minter.



Ingrid Wilson



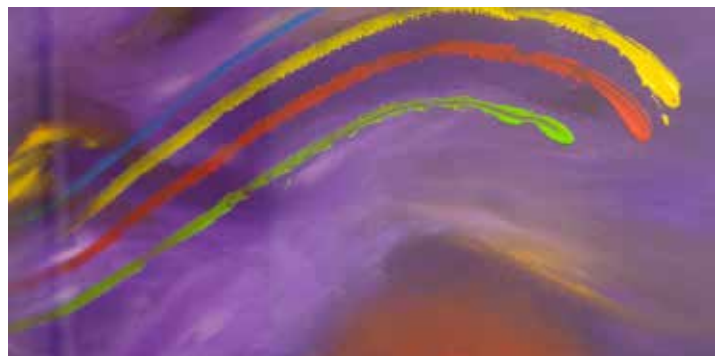
Artist Ingrid Wilson.

Ingrid Wilson is a Melbourne based painter, drawer and sculptor. Her artwork is very diverse and forever developing. It changes between the big, bold and colourful to the small, very detailed, dark and intricate.

Ingrid's artwork is inspired by all the things she loves: people, stories, children, travel, animals, dreams, Jesus and much more.

The St Michael's abstract series (pictured) is dominated by purple and splashes of colour to depict the soul and spirit.

"There are circular waves and splashes of colour in these artworks as we all want to be healed and set free from our pains and hurts to be flowing with joy and happiness like these paintings." - Ingrid Wilson.



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DR FRANCIS MACNAB INTERVIEWS PROFESSOR EMERITUS BRIAN SMITH AO



On Palm Sunday Dr Francis Macnab interviewed Professor Emeritus Brian Smith AO during the Sunday Service about his new book, *Confessions of Dudley Sims: the making of an unlikely hero*.

Dudley Sims is an unassuming man catapulted into a key role in resisting a rapacious land developer. His escapades and love interests are chronicled in this new book.

The book was available for sale after the service in the St Michael's Hall and quickly sold out.

To view the interview please visit our YouTube site www.youtube.com/StMichaelsChurch and search for the Guest Speakers at St Michael's Playlist.

FIGHT FREE FEBRUARY



Lawyer Jane Libbis and psychologist Dr Debra Campbell-Tunks presented this fascinating seminar in the St Michael's Hall. The seminar explored how to create better relationships and maintain positive communication during times of relationship stress.

For more information about Fight Free February visit www.fightfreefebruary.org.

LIVING MINDFULLY



Fifty people attended the Living Mindfully workshop on April 17 in our wellbeing studio. The workshop comprised practical mindfulness exercises as well as background teaching and interactive discussion around bringing greater awareness of our desires, values and sense of meaning and purpose in life into every aspect of daily life.

When we choose to be consciously guided by our deepest values, ethics and desires - and through our mindfulness, apply that self-awareness in practical ways - we can chart a deeply authentic path through all that life places before us.

The workshop was much appreciated by the attendees. It was the last in the Flourish workshop series and we thank everyone who has been part of these popular, long-running sessions.

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MALCOLM FRASER

Family and friends of former Prime Minister Malcolm Fraser filled Scots' Church in Melbourne for his state funeral in March and St Michael's Church seated the overflow.

Among the dignitaries in attendance at Scots' Church were Prime Minister Tony Abbott, Deputy Opposition Leader Tanya Plibersek, and former prime ministers John Howard, Paul Keating and Julia Gillard.

About 600 people were inside Scots' church, while hundreds more were outside or watched on television in St Michael's Church.



ST MICHAEL'S

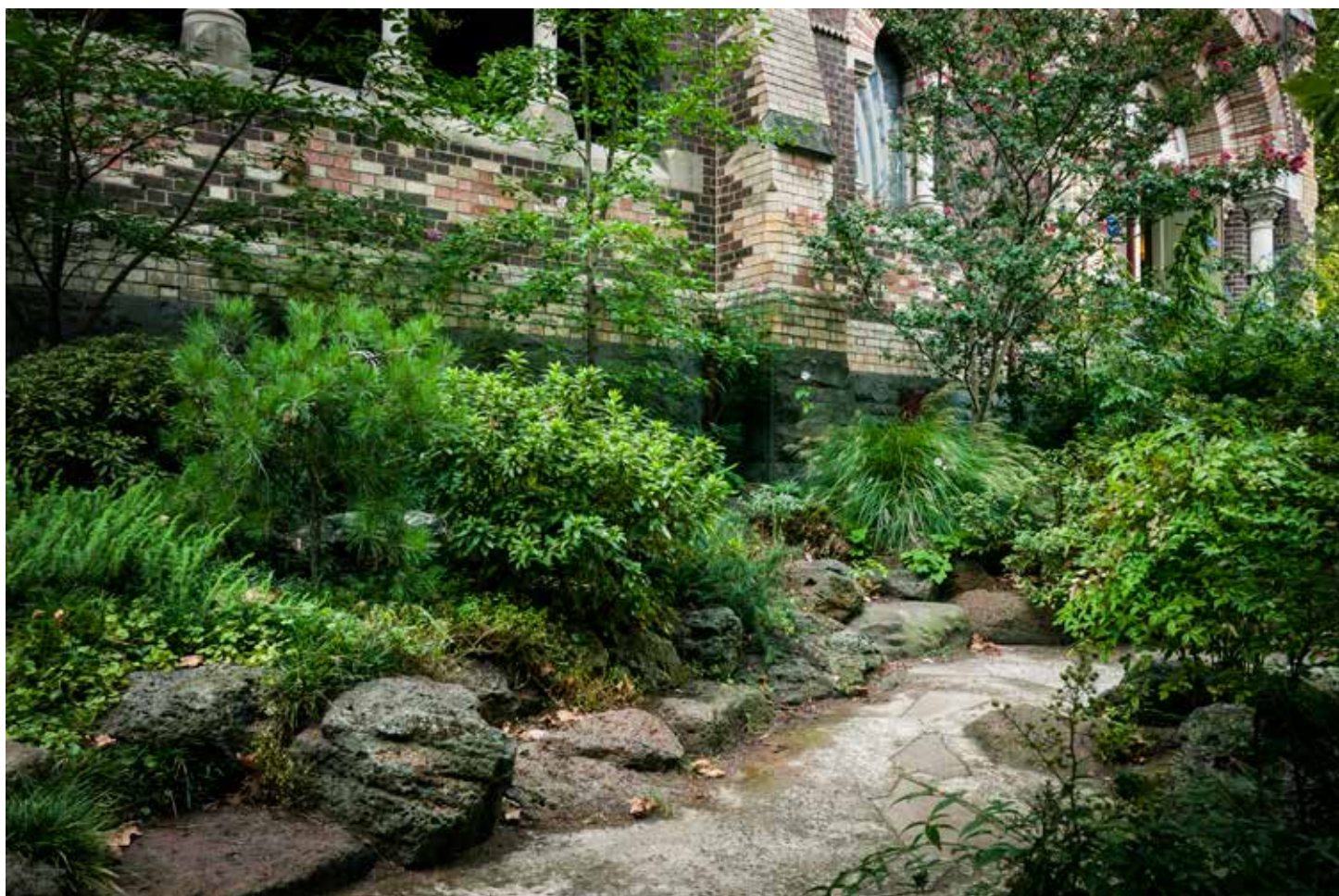
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MINGARY GARDENS

Horticulturist Simon Marshall has been busy in the Mingary and St Michael's gardens getting ready for the autumn season.

A gift to the people of Melbourne, these gardens are frequented by city workers and visitors each day as they take advantage of the beautiful greenery amongst the hustle and bustle of the city.

St Michael's invites you to experience the beauty and restfulness of our gardens during your next visit to the city.



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DR STEVEN KOSKI VISITS ST MICHAEL'S

We were thrilled to welcome back Dr Steven Koski to St Michael's last month. Visiting from Bend, Oregon U.S.A., Dr Koski joined Dr Macnab in a fascinating SAGE seminar exploring healthy ageing. He also participated in our special ANZAC service and gave the Sunday Address on April 26. The address is available to watch on our You Tube site www.youtube.com/StMichaelsChurch.



Dr Francis Macnab and Dr Steven Koski.



Dr Koski visits the rock he selected for the St Michael's gardens 27 years ago.



At the gates of Mingary.



Waiting for SAGE to start.



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GLOBAL CONCERNS - 15 YEARS OF DEDICATION



Global Concerns is a committee within St Michael's that raises funds for various social justice programs. This very dedicated team raises the majority of their funds through a stall held each Sunday after morning service, selling a variety of books, CDs, homemade food and a range of other items.

Since 1990, Global Concerns has raised around \$333,000. All of the money raised has been distributed directly to organizations both overseas and within Australia.

Over the years Global Concerns made donations to the following causes:

Children:

- Biala – Melbourne: Early childhood service for children from birth to school age with developmental delays or disorders.
- Plan: Supporting families of a boy aged 9 in India, and a girl aged 8 in Uganda.
- Villa Maria: Petrol for daily bus transport to and from special school.
- Big Tent: Preventative work with kindergarten children.
- Make a Wish Foundation: For very sick children.
- Co – Id: Schools and kindergartens in Bangladesh.
- Cambodia: Primary school for poverty stricken children.

Young Adults:

- Whitelion and Open Family: Work with disadvantaged and homeless young people.
- David Burgess Foundation: Scholarships for needy students.
- Lifestart: Money for schools and a scholarship for a university student in Vietnam.

Health:

- Kawasaki Disease: Research into leading cause of heart disease in children.
- Hawthorn Auxiliary of Royal Women's Hospital: Equipment for neo-natal ward.
- Uniting Age Well: Music program for palliative care patients.

Welfare:

- Broadmeadows Uniting Care – Lantara: Support for poor and needy families.
- Asylum seekers and refugee organizations: As brought to our attention.
- Temcare: Camps for victims of domestic violence.
- Partners – in – Aid: Village sanitation project in Singanbad (Philippines)

Your support of the stall each Sunday provides an opportunity for you to contribute donations to the work supported through Global Concerns.

We would like to thank the hard working Global Concerns committee: Sheila Macnab, Jan King, Trish Fox and Edith Rogers for their dedication to this fantastic organization.

We'd also like to thank the tireless volunteers who have helped make this organization a success:

Andreena McMillan-Boyd, Anne Vaughan, Judy Adamson, Anita Sawatzky, Yan Nicholson, Rowena Delou Rosa-Yoon, Ron Martin, Gloria Bedson, Judy McNally, Eva Ross, Val Kelly, Irene Curran, Susan Kidd, Norma Rodgers and Ida Summers.

Gratitude is also expressed to the many other volunteers who have helped in past years.

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CELEBRATING EASTER AT ST MICHAEL'S

This Easter we paused to rediscover a new hope for life's possibilities.

We have heard 'Stop the Boats'

This Easter we need to hear

'Stop the Violence' and rediscover our dignity.

We don't need religion to reach these goals but we hope all religions will contribute fully to them.

This Easter, St Michael's celebrated the resurrection of these possibilities.

We look for a theology and psychology that soften the traumas of life and create healthier, better futures.



Dr Francis Macnab greeted the congregation as they entered the Church.



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The St Michael's Singers and The St Michael's Ensemble.



Beautiful decorations by Margaret Smith and Val Gill.



Soprano Greta Bradman performing with The St Michael's Ensemble.



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REV RIC HOLLAND AT ST MICHAELS



Rev Ric Holland, St Michael's Medallionist and CEO of the Melbourne City Mission, was interviewed by Dr Francis Macnab during the Sunday 12 April Service.

Every day, Melbourne City Mission works with some of Melbourne and Victoria's most vulnerable, helping thousands of homeless people escape and avoid disadvantage, economic exclusion and social isolation.

Rev Holland stated that thousands of young people sleep on the streets of Melbourne each night and the Melbourne City Mission strives to help as many as possible, not only helping many find housing, but offering them a chance at an education through the Melbourne Academy, which was established to provide support to young people who are disengaged from regular schooling. Helping homeless young people to reconnect with school is often the most important step in getting them back on track.

If you would like to know more about Melbourne City Mission please visit www.melbournecitymission.org.au.

ANZAC SERVICE AT ST MICHAEL'S

On Sunday, 19 April, St Michael's commemorated the 100th anniversary of the ANZAC landings at Gallipoli with a special service presented by Dr Francis Macnab and visiting minister Dr Steven Koski from Oregon U.S.A.



The Melbourne High School Unicorns - conductor Curtis Bayliss.



We are grateful to Albert Phillips for the arrangement of objects from WW1.

On display was a selection of objects from the first world war (pictured above).

Including an Australian flag that was used during WW1; but unfortunately the origin is not known. The Slouch hat from 1916 was worn at Gallipoli by an unknown Australian soldier from the original Victorian 5th battalion that served at Gallipoli.

The First Aid field bag was also used during WW1 and the Bandelier shoulder belt is from the Australian Light Horse worn in Egypt and Damascus.

The Remembrance poppy, which can be seen on the First Aid field bag, is from Ypres in Belgium on the western front where the Menin Gate in Flanders is situated.

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CAIRNMILLAR GRADUATION

On Thursday 16 April the Cairnmillar Institute held its annual graduation ceremony at St Michael's.



Old Melbourne Pipe Band performing before the graduation in St Michael's Garden



The graduates.



Dr Francis Macnab greets the graduates and their friends and families.



Chief Patron, Justice Marcia Neave AO.



SAGE Assistant Director Julijana Chochovski receives her Masters Degree.



Dr Angela Mackenzie, the keynote speaker.

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CARAVAGGIO ON SUNDAY



On Sunday, 12 April, a week after Easter, Dr Francis Macnab asked the congregation gathered at St Michael's to pause and consider the paintings *The Supper at Emmaus* and *The Incredulity of Saint Thomas* by Italian Baroque master Caravaggio.

The Supper at Emmaus depicts the moment when the resurrected but incognito Jesus reveals himself to two of his disciples (presumed to be Luke and Cleopas) in the town of Emmaus, only to soon vanish from their sight.

The Incredulity of Saint Thomas shows the episode that gave rise to the term "Doubting Thomas", frequently represented in Christian art since at least the 5th century,

HELP THE GUMNUT CRÈCHE

Do you have a computer you are no longer using? Perhaps a gameboy or Nintendo DS that is gathering dust in a drawer? Some books that young people might like to read stacked away on an unused shelf? Consider donating them to the Gumnut Crèche.

While the Gumnut Crèche is well supplied with toys and books for younger children, there is little for older children to play with.

If you are interested in donating, please contact Carol Phillips via the St Michael's office on 9654 5120.

YO MAMA - INTERNATIONAL WOMEN'S DAY EVENT



St Michael's was proud to have three of Australia's funniest ladies (Nelly Thomas, George McEncroe and Ethel Chop) help us celebrate International Women's Day on Thursday, 5 March.

We laughed until we cried about the joys and pains of motherhood. Thank you to everyone who attended.

LEGALWISE SEMINAR



Lawyer Alan Farrar generously offered his expertise at a special SAGE event focussed on Wills, Powers of Attorney and important end-of-life legal issues.

Laws regarding these areas have recently changed and this seminar was a great opportunity for many people to get the latest information about keeping their personal affairs up to date.

We are most grateful for Alan's time and expertise in offering the presentation and answering the many detailed questions from participants.

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FUTURE SPIRITUALITY SEMINAR



Dr Philip Hughes presented his research into spirituality in Australia at St Michael's on Sunday, 22 February. He discussed the possible future directions for religion and spirituality based on his many years exploring trends in the field.

Dr Hughes spoke about his belief that we are currently amidst one of the great ages of change in religious attitudes and practices worldwide.

He reflected that a focus on human wellbeing, personal growth, positive health and enhancing awareness is at the forefront when thinking about the possible future directions of spirituality in Australia.

Not only was Dr Hughes' talk informative, it also affirmed the work of Dr Francis Macnab who has focussed on these areas of future interest for many years.



Dr Philip Hughes presenting his seminar.

THE UNIVERSITY OF DIVINITY'S 2015 GRADUATION

We were delighted that the University of Divinity held their graduation ceremony in St Michael's Church on Friday 20 March.

Over 400 students graduated on the night and 170 graduates were presented with their awards by the Chancellor, Dr Graeme Blackman OAM, in the presence of 500 guests and members of the university.

We wish all those who graduated the best in their future endeavors.



Revd Professor Austin Cooper AM; Dr Race Mathews; the Chancellor, Dr Graeme Blackman OAM; and Revd Dr Bruce Duncan.



Chancellor, Dr Graeme Blackman OAM, presenting the awards.

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NEW WEBSITE



We recently launched the new-look St Michael's Website. Many people have commented on how easy it is to navigate the new site and its stylish new design.

Visit www.stmichaels.org.au to view our new website and let us know what you think.

ORGAN RECITALS AT ST MICHAEL'S



Every Thursday at 1pm, the St Michael's carillon is sounded and the grand organ comes to life for a free 30 minute recital. Performed by organist Rhys Boak and visiting artists, the concerts brings the joy and beauty of live music to many Melbournians and visitors. Check your orders of service each week to see who will be performing the following Thursday.

THE CORACLE OF MINGARY



Anyone can become a member of the Coracle. All you need to do is write a letter to someone you know who might receive some benefit from visiting Mingary, The Quiet Place.

In times gone by, people living on the many small islands of Scotland would carry food and comfort to their neighbours using a small boat, called a coracle. A coracle is a carrier of nurturing friendship.

As part of the development of Mingary, The Quiet Place, we are inviting people to become part of the Coracle of Mingary: helping spread the word about this unique space which gives people a place to reflect, remember, and be restored.

Sample letters are available to download from the St Michael's website. Letters will also be available as part of the meditation booklet that is being produced.

Visit www.stmichaels.org.au for more information about Mingary, The Quiet Place and the Coracle of Mingary.

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BILL MORGAN - DEAN OF CHURCH BUILDINGS



How long have you been coming to St Michael's?
14 Years. Last Easter Sunday was my 14th anniversary.

What drew you to St Michaels?

My first attraction to St Michael's was about 20 years ago, I heard Dr Macnab interviewed on the radio discussing the SAGE seminars. His inspiring and logical thoughts about religion, theology and the ideas around SAGE impressed me immensely. During my first visit to St Michael's, the Address title was *Roll Away Your Rock*, and for me, it most certainly did. I have been coming to St Michael's ever since and the excitement and inspiration continues in abundance.

What are your best memories about St Michael's?

Great memories of St Michael's events are so many, too many to relate them all. St Michael's Day ceremonies rank highly. Many great memories are derived from Dr Macnab's addresses and from the many magnificent musical events. The special guests are also very memorable moments. One of the great aspect of St Michael's is the community. The genuine warmth, caring and friendship, gives everyone a great sense of belonging.

As a Dean at St Michaels what do you do?

My role is to monitor the maintenance of the church property, plus the library and the Church Archives; A role that I enjoy immensely.

The whole of the above has made my life and my world a magnificent place.

VALE



It is with sadness that we announce the passing of long-time members and friends of the St Michael's congregation: David Muschamp, Dr Geoffrey Conron, Stan Taylor and Max Kidd.

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

WHAT PEOPLE ARE SAYING ABOUT ST MICHAEL'S



"A really captivating, amazing service. The pieces of classical music were so well played too." - Anonymous

"St Michaels [has been] my inspiration for the past 40 years, and so has been Francis Macnab."
- Dianne Hutchinson

"Always worth getting out of bed early to get to St Michael's on time." - Patsy Worledge

"[St Michael's Manager of Music, Rhys Boak] has such sensitivity and understanding of the music he plays."
- Judith Morgan

"A very special place. A place to find your soul, revitalise, rejuvenate and repair." - Bruce D. Watson

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THE END OF AN ERA



Dr Debra Campbell-Tunks and Dr Francis Macnab at the opening of The Centre for Wellbeing at St Michael's.

After 4 years of service, Dr Debra Campbell-Tunks is leaving St Michael's. You can keep in contact with her via her website www.schoolloflove.com.au.

Dean of Programs Neil Blood has written this parting note:

Saying farewell to Debra is a sad moment for the St Michael's community.

Debra launched *The Centre for Wellbeing at St Michael's* in 2012, a long held vision of Dr Macnab's. However most of us only dared dream of what Debra has achieved in this short time frame. As we reflect on the Centre in 2015, we see a well-respected professional entity providing wellbeing programs designed to enhance our life's journey.

As Dean of Programs, I have worked closely with Debra and have seen her professionalism and calmness prevail, sometimes under difficult circumstances. She has always worked with great skill and integrity.

The set of skills, gifts and abilities Debra brought to St Michael's will not easily be replaced, including her counselling skills made freely available to many within the St Michael's community. Debra's loyalty to St Michael's and in particular to Dr Macnab is another excellent trait Debra possesses.

Although we will miss Debra's presence at St Michael's, we wish her and her family all the very best for the future.

Neil Blood
Dean of Programs

UPCOMING SUNDAY PROGRAMS

Sunday 3 May

11.45am - Mobile Minds
11.45am - French Conversation
12pm - St Michael's AGM.

Sunday 10 May

10am - Mother's Day Service.
11.45am - Poetry Group.

Sunday 17 May

10am - Special Mingary Sunday service.

Sunday 31 May

11.45am - Philosophy for Beginners.

Sunday 7 June

11.45am - Regional Morning Tea (East & North East)
Contact the St Michael's office on 9654 5120 for more information.

Sunday 14 June

11.45am - Poetry Group.

Sunday 28 June

11.45am - Philosophy for Beginners.

Sunday 5 July

11.45am - New Faith Discussion Group.

Sunday 12 July

11.45am - French Conversation.
11.45am - Mobile Minds.

Sunday 26 July

11.45am - Philosophy for Beginners.
1pm - Open House Melbourne.

UPCOMING EVENTS



STRESS LESS LAUGH MORE

6.30PM, THU 7 MAY

Comedian and clown doctor
Anthony Ackroyd will show you
how to move out of stress and into
positivity, creativity, fun and success!
Cost: \$20/\$30



WHAT MAKES COUPLES STICK?

6.30PM, THU 14 MAY

Family Lawyer Jane Libbis and
Dr Debra Campbell-Tunks
present this special 2015
Law Week seminar.
Cost: Pay-What-You-Can



SAGE SEMINAR

11AM, FRI 29 MAY

Join Dr Macnab and learn
core techniques to help you
gain better psychological health.
Cost: \$20
(includes tea/coffee & sandwiches.)



RED NOSE DAY SERVICE

12PM, FRI 26 JUNE

This year will mark the 24th Red
Nose Day and SIDS and Kids
Victoria will hold a remembrance
service at St Michael's Church
Cost: Free



THE LABORASTORY

7PM, WED 19 AUG

A special National Science Week
event. Five scientists from diverse
background share remarkable stories
of the heroes of their field.
Cost: \$15/\$20



PROFESSOR CAMILLERI LECTURE SERIES

STARTS 6PM, TUE 1 SEP

A series of four lectures exploring
the most critical social, economic,
environmental and security
challenges of our times.
Cost: \$15 per lecture
\$50 for the whole series



The Big Tent Appeal

To make a donation, please complete
this form and post it to:

The Cairnmillar Institute
993 Burke Road, Camberwell, VIC 3124

All donations over \$2 are tax deductible.

I would like to support The Big Tent Appeal with a gift of

\$ _____ or ☐ \$1000 ☐ \$500 ☐ \$100 ☐ \$50

I would like to make my gift by:

☐ **Cheque:** Payable to the 'Cairnmillar Institute'

Credit Card: ☐ Visa ☐ Mastercard

Card Number:

Expiry Date: /

Name of Cardholder:

Signature:

Name:

Address:

Post Code:

Telephone:

mingary

COUNSELLING SERVICE



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 Place, 120 Collins Street, Melbourne
www.mingarycounselling.com.au | (03) 9654 5120