

ST MICHAEL'S

ON COLLINS - MELBOURNE
INTERSECTION

SPRING 2015



ST MICHAEL'S

ON COLLINS - MELBOURNE

OCTOBER EVENTS.

EXHIBITION OPENING 11 OCTOBER

love life and landscapes

Christopher Robert Smith

St Michael's Gallery, after the Service.

MARTIN BUBER LECTURE 22 OCTOBER, 6PM

Presented by Dr Francis Macnab and
special guest Rabbi Dr John Levi.

BOOK LAUNCH 25 OCTOBER

Kenneth Ralph will launch his latest
book during the 10am service.

Followed by "Conversations with the
Author" in the Wellbeing Studio.

MUSIC FOR DAVID 25 OCTOBER, 1PM

Concert in St Michael's Church.

Bookings contact David Ross-Smith
9809 0550 / 0429 907 908

S.A.G.E.

30 OCTOBER, 11AM

Dr Macnab's Healthy Ageing Seminar.

ST MICHAEL'S ON COLLINS



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 confidently and diversely.

A BLESSING FOR YOU

May you find good friends and be good friends.

May you enjoy the good things of life and share the good things in life with others.

May you hear good stories and may you be carriers of good stories.

Every day.

- Francis Macnab

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HIROSHIMA PEACE DAY

St Michael's commemorated Hiroshima Peace Day on Sunday, 9 August 2015, with a special service in the presence of Mr Takeshi Tanabe, Deputy Consul-General of Japan and members of the Japanese community. The Service remembered the 140,000 irreplaceable human lives that were lost, either on the day of the bombing or in the ensuing months, and the numerous atomic bomb survivors who still suffer from its after-effects even to this day.

Artwork by students of Caulfield Primary School were on display in the St Michael's Administration building after the service. They showcased their cross-cultural, bilingual studies on the impact of Hiroshima Peace Day.

Music for the koto was performed by Chiemi Shepherd to the delight of those assembled.



The Processional Staff was carried by Hayato Suzuoki of Tokyo, Japan and the bible was carried by Isamu Torii



*Mr Tanabe, Deputy Consul-General with
Dr Francis Macnab*



Chiemi Shepherd performing on the Koto



*Members of the congregation visit the
Caulfield Primary School display*

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NATIONAL SCIENCE WEEK AT ST MICHAEL'S

St Michael's was proud to host *The Laborastory* for a special National Science Week event on Wednesday 19 August. *The Laborastory* is Melbourne's much-loved science storytelling night. The evening was dedicated to the stories of science: the heroes, the egos, the breakthroughs and the mistakes. From forgotten history and lonely laboratories, science and scientists quite literally took centre stage as five scientists from different backgrounds shared the story of their science hero. We'd like to thank Dr Katie Mack, Dr Chris Lassig, Dr Clare Hampson, Dr George Aranda and Dr Teresa MacDonald for their fantastic performances.



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ST MICHAEL'S WEEK ART COMPETITION

As part of our annual St Michael's Week celebrations an art competition was held in the newly minted St Michael's Gallery. In order to find a winner, three judges were assembled: Dr Coral Brown, Assistant Director at the Cairnmillar Institute; Dr John Abbate, fine artist and writer; and Dr Lynette Kramer, Director of the Mingary Counselling Service. These three judges came together to confirm which artwork they believed had the strongest link to the 2015 St Michael's Week theme of "quietness".

Choosing the winner was not an easy task; all the works in the exhibition were of an exceptional quality. The dedication and passion of each artist can be seen in the construction of each and every artwork. However a winner had to be chosen. We are delighted to announce that the winner of the 2015 St Michael's Art Competition is Christine Minter for her artwork entitled "Still".

The judges believe that Christine's work connects with the healing, restoration, inspiration, vision and empowerment that "quietness" can provide. A combination of strength and softness can be seen in the confidence of the marks made on the surface of the canvas. The artwork draws the viewer in, inviting the viewer to pause and be quiet. The artwork also has a therapeutic aspect to it, allowing it to be used as a tool for mindfulness or meditation. It draws the viewer's attention to the moments in our lives where we can stop and refocus in the quietness.

We are honoured to have the following artists exhibit at St Michael's Gallery in this exhibition: Aprile Alexander, Wilmore Bajada, Liz Caffin, June Furness, Demian Gibbins, Edward Jensen, Janice McCarthy, Christine Minter, Michelle Neale, Chris Rowe, Amanda Ruck, Theodore Vern, Ingrid Wilson, Patsy Worledge and Juliette Zeelander. For more information about the exhibition please visit our website: www.stmichaels.org.au/gallery.



Thank you to Anne Wilson for her wonderful catering



The Winning Artwork, Still



Christine Minter, the winner of the 2015 St Michael's Week Art Competition



St Michael's congregation enjoying the exhibition



Dr Macnab presenting Christine with the award

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DR MACNAB'S HEALTHY AGEING SEMINARS



S.A.G.E. is a monthly seminar program presented by psychotherapist and author Dr Francis Macnab. Each month he chooses a theme and brings to the audience a series of strategies and tools to help people cope with the critical years of 55-105 which can contain many major changes and upheavals.

S.A.G.E. offers a supportive, interactive learning experience for older people in the wider Melbourne community. Non-denominational in nature and delivery, S.A.G.E. aims to provide psychological tools for coping with problems commonly associated with ageing. In particular, S.A.G.E. is designed to prevent everyday problems from converting into serious conditions like clinical anxiety and depression. The supportive atmosphere enjoyed by people regularly attending S.A.G.E. is another benefit of the program.

Some of the areas of discussion in the 2015 S.A.G.E. seminars have been:

- **In praise of ageing: the vital personality strengths everyone needs to know.** The benefits, challenges and joys of growing older. Common characteristics which determine successful ageing and the vital personality strengths needed in our older years.
- **Learning the principles of self soothing.** How to better manage your thinking, emotions and behaviours and boost your sense of control in a rapidly changing world.
- **We are often afraid of the wrong things.** How to start taking control of your own ageing.
- **I'll never get over it.** It can be difficult to rise above troublesome events or memories from the past that drain our emotional energy. But there are ways to find some release and discover new possibilities for the future.

For more information about upcoming S.A.G.E. seminars visit www.stmichaels.org.au.

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WHAT PEOPLE ARE SAYING ABOUT S.A.G.E.



Julijana Chochovski and Dr Francis Macnab

Most people have little or no preparation emotionally or psychologically for the experiences and events of growing older. The S.A.G.E. program teaches the psychology of human strengths in older years so people can live productively and contentedly.

The program explores how to build positive sustaining lifestyles based on psychological awareness and knowledge.

We refer to this knowledge as “ageing intelligence”. Successful ageing requires insights and ideas. It is a skill and as such, is totally learnable.

We are all going to age so we may as well get good at it. Here are some of the reasons people have told us they attend S.A.G.E. at St Michael's.

“For the little things I can put in my life.”

“In my difficult times, S.A.G.E. has been there for me.”

“Positive ageing – making the most of the tools provided to make my life easier and more enjoyable.”

“S.A.G.E. has been the light of my life. I take notes of the discussions and use the information every day of the week.”

PROFESSOR JOSEPH CAMILLERI LECTURES



We were delighted to have one of Australia's leading International Relations scholars and commentators, Professor Joseph Camilleri OAM, present this insightful lecture series at St Michael's.

Professor Camilleri thrilled audiences with his weekly seminars throughout September, shedding light on the critical psycho-social, economic, environmental and security challenges of our times.

In the final lecture, Professor Camilleri turned the spotlight on Australia: the aspirations and anxieties of a new generation; the changing fabric of Australian society; and the prospects of adjusting to the realities of a world in ferment.

Professor Camilleri engaged in conversation with two leading thinkers and practitioners: Professor Marilyn Lake, University of Melbourne, noted historian, author of prize winning books, and Immediate Past President of the Australian Historical Association; and Julian Burnside AO QC, leading Australian barrister, author, and human rights and refugee advocate.

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SOLEMN MUSIC FOR TRUMPET AND ORGAN



Many experienced the pleasure of live music surrounded by the architectural splendour of St Michael's Church on Thursday 24 September. The Carillon was sounded and the Grand Organ came to life for a free one hour recital accompanied by Trumpet and Timpani.

The performance featured:

Geoffrey Payne* (Trumpet)
Shane Hooton* (Trumpet)
Tristan Rebien (Trumpet)
Bruno Siketa (Trumpet)
Timothy Phillips (Timpani)
Rhys Boak (Organ)

*Appeared courtesy of Melbourne Symphony Orchestra

THE QUALITY OF QUIET WITH SIAN ELLETT



Meditation practitioner Sian Ellett led two guided meditation sessions during our 2015 St Michael's Week celebrations. The attendees discovered the quiet energy of the world around us through guided awareness.

The one-hour sessions included a welcome and introduction to the concept of quiet as a quality of many things, including our own bodies and using our bodies to release us into an experience of quiet, calm and ease, no matter where we are or what we're doing. A guided body awareness meditation, utilising movement, visualisation and breath was followed by a discussion of experiences and time to ask questions.

Sian is a writer, orator and meditation practitioner specialising in health, wellbeing, meditation and personal development.

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ST MICHAEL'S DAY BREAKFAST

The St Michael's Day festivities were launched with a breakfast held in the hall with St Michael's Medallion recipients and guest speaker Michael Forbes and his Assistance Dog Fizz.

Michael, previously a triathlete and cyclist, until his life changed after a collision with a truck left him a quadriplegic. After nearly eight months in hospital and four years waiting for an Assistance Dog, in came Fizz – a bounding, exuberant Labrador. During the breakfast Michael spoke about how Fizz brought laughter, fun and happiness back to his life, helped him regain his independence and strengthen the special bond with his daughter.

The breakfast was a wonderful start to a day of celebrations, with a delicious three course meal catered by Ann Wilson.



Michael Forbes speaking during the St Michael's Day Breakfast



120 people attended the 2015 St Michael's Day Breakfast



Margaret and Ian Smith and Maree McDonald



Michael's Assistance Dog Fizz

ST MICHAEL'S DAY

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BLESSING OF THE ROCKS

The St Michael's congregation took over Collins Street during the Blessing of the Rocks. The ceremony was announced by the soft tones of the french horn while petals were scattered across the garden rocks.

The petals used in the ceremony are symbols of softness, and our need for peaceful serenity. The rocks, millions of years old, are constant symbols in the gardens of St Michael's. They remind us that we are here for but a fleeting moment in time, while also reminding us of strength and stability.



Dr Macnab greeting the congregation on Collins Street



Jasen Moulton, Principal Horn of Orchestra Victoria



Scattering the petals



Julie Chochovski reading the poem

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ST MICHAEL'S MEDALLIONS

During the 2015 St Michael's Day Service two organisations were presented with the St Michael's Medallion in recognition of their outstanding contribution to the community. Both organisations embody this year's theme for St Michael's Week of 'quietness', working quietly to make significant changes to the lives of many Australians. St Michael's Chair of Church Council, Richard Siegersma, presented the medallions to each recipient; and as a sign of the generosity of the St Michael's community \$2,000 was donated to each organisation.

ASSISTANCE DOGS AUSTRALIA



Co-founder Andrew Biggs accepted the medallion on behalf of Assistance Dogs Australia.

Assistance Dogs Australia is a national charity that trains dogs to help people with disabilities, providing them with greater freedom and independence.

The organisation provides a free service to people with disabilities, including those born with developmental disabilities like cerebral palsy and spina bifida, those who acquire debilitating illnesses such as multiple sclerosis, and those who have been in tragic accidents and will never walk again.

THE VICTORIAN DOCTORS HEALTH PROGRAM



Dr Sandy Youren accepted the medallion on behalf of the Victorian Doctors Health Program.

This is a confidential service for doctors and medical students who have health concerns such as stress, mental health problems, substance abuse problems, or any other health issues.

The Victorian Doctors Health Program is a unique service dedicated to improving the health and wellbeing of those within the medical profession. They aim to look after the people who look after others.

ST MICHAEL

St Michael's Day is one of the most important days in the St Michael's calendar. A day of celebration, music, growth, health and wellbeing. Margaret Smith's beautiful decorations adorned the church, connecting with the theme of the day "quietness" and purple ribbons, the colour of St Michael's, were given to each member of the congregation to celebrate the day.

The Service had a significant international flavour with Latvian Soprano, Gunta Cēse and Moldovan conductor, Evgeny Chebykin. We also recived greetings from The Rev Dr Pamela McNally Anderson and Daniel Diestelkamp.



Hundreds of people packed the church for this momentous day

L'S DAY 2015



Margaret Smith's beautiful decorations adorned the church, connecting with the theme of the day "quietness"



The congregation gathered in the colonnade for drinks and refreshments after the Service

ST MICHAEL

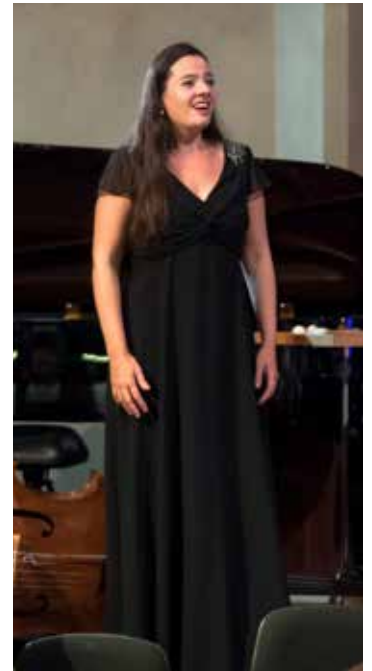
ST MICHAEL'S DAY MUSIC

As is the tradition at St Michael's, the music for St Michael's day began at the Ceremony of the Rocks. Jasen Moulton, one of Australia's leading Horn players was the guest for this event.

For the service, there was a special performance of Handel's great coronation anthem *Zadok the Priest* with the professional *Academy of St Michael*, our own *St Michael's Singers* and a welcome visit from the Choir of the Scots' Church, Melbourne. Special thanks to the Choir of the Scots' Church, Melbourne's director Douglas Lawrence OAM.

Visiting Latvian Soprano, Gunta Cēse, sang some Puccini beautifully, but the highlight for many were the hymns, sung in special arrangements written by Rhys Boak for Brass and Timpani.

Our highly dramatic and entertaining guest conductor, Evgeny Chebykin superbly conducted the large musical gathering and the congregation themselves starred in the singing of the hymns.



Gunta Cēse - Soprano



The St Michael's Singers



The Academy of St Michael's

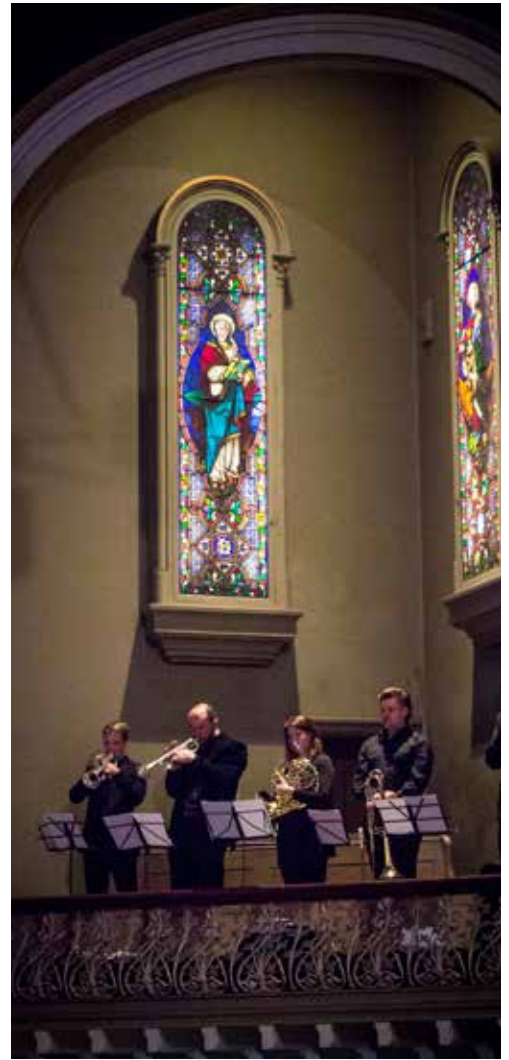


The St Michael's Singers and The Choir of The Scots' Church Melbourne

L'S DAY 2015



The St Michael's Singers, the Choir of The Scots' Church Melbourne and the St Michael's congregation singing Zadok the Priest



The St Michael's Brass Ensemble

THE IDA SUMMERS AWARD

The award was established in 2012 by St Michael's in honour of Ida Summers for her commitment and care for the wellbeing of young children at risk.

The Ida Summers Award is presented annually to a person who has shown sustained and deep commitment to the causes of children with important needs.

This year 2015 the Ida Summers Award was presented to Chris Kulas.



Dr Macnab and Ida Summers Award recipient Chris Kulas.

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HARP PERFORMANCE IN MINGARY

After the St Michael's Day Service, Dr Macnab invited everyone to experience a beautiful harp performance by Megan Reeve, in Mingary, The Quiet Place.

Megan has been performing professionally for over twenty years. She holds a Bachelor of Music degree with Honours from the University of Melbourne, a Master of Music Performance degree from the Victorian College of the Arts, and a Master of Arts in Music, Culture and Politics from Cardiff University, Wales.



Megan Reeve performing in Mingary, The Quiet Place



Members of the congregation walked around the Mingary sculpture while music was played

MINGARY VIDEO PRODUCTION



The staff at St Michael's have been busily working on an exciting new project that aims to raise the profile of Mingary, The Quiet Place and Mingary Counselling Service in a unique and creative way.

A series of short films are currently being produced by Melbourne based video production company, 'AWS Productions'. These films will help put Mingary on the map and encourage people who work or live nearby to visit the space.

As well as reaching out to Melbourne locals, the films aim to engage people from regional Victoria visiting Melbourne and seeking somewhere to retreat from the busy city environment. We hope the videos will reach a wide audience via the St Michael's website and YouTube channel.

The short films will premiere at Sunday service on a date to be announced. Watch this space!

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MINGARY GARDENS - WHAT A DIFFERENCE

First, there is the Quiet Place of the Inner Mingary. Now we have the Outer Mingary – the gardens, the rocks, the sitting stones and the pathway leading to a bubbling fountain - creating another quiet place.

You are invited to pause a while. The colours of the flowers, the softness of the shrubs, the Rocks arranged so that they invite you to be part of this Quiet Space.



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GILBERT AND SULLIVAN PERFORMANCE



The Savoy Opera Company Inc performed a spectacular concert in St Michael's Church on Sunday, 4 October.

Showcasing a variety of songs by Gilbert and Sullivan, the singers delighted the audience, who were encouraged to sing-a-long with the performers.

The program included music from Trial by Jury, H.M.S. Pinafore, Pirates of Penzance, Iolanthe, the Mikado and Yeomen of the Guard.

Thank you to the singers; Luke Belle, James Christensen, Sian Williams, Barry Fry, Lyndia Klimek, Beth Paterson and accompanist Jeffrey Heath and M.C. Brian Clough.

The Savoy Opera Company will be presenting a full rendition of The Yeomen of the Guard at the Alexander Theatre, Monash University on October 23 and 24.

Visit their website www.savoyoperacompany.com for more information.



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POPE FRANCIS AND OTHER PROPHETIC VOICES



The Australian Catholic University and Professor Joseph Camilleri presented a fascinating conference to a highly engaged crowd at St Michael's.

The conference was opened by the new Governor of Victoria, The Hon Linda Dessau AM, and other outstanding speakers included Fr Frank Brennan, Michael Kirby, Pat Dodson, Rachael Kohn, Moira Rayner, Vincent Long, Phillip Huggins, Andrew Hamilton, Ehud Bandel, Mohamed Mohidee and Prof Joseph Camilleri.

Members of all faiths, cultures and communities took part in the conference. They explored the inspirational message of Pope Francis, which calls us to deeply care for each other, including those in poverty, and for our common home, the earth.

For more information about the conference visit www.acu.edu.au.

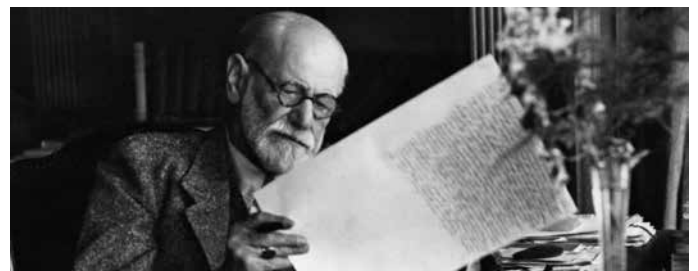
PAST MINISTERS OF ST MICHAEL'S

Photographs of the past Ministers of St Michael's have recently been re-framed and hung in an appropriate place in the church.

Previously housed in the St Michael's Administration building, these photographs have been placed in the staircase foyer of the Collins Street entrance next to St Michael's Walk.



FREUD IN LONDON AND MELBOURNE



On Sunday 4 October Dr Macnab marked the 100th anniversary of Freud's essay *Mourning and Melancholia* with his Address "Turning Our Lives Around After Our Turbulent Losses".

At the same time, on the other side of the world in London, a number of psychoanalysts celebrated Freud's ground-breaking paper with an special series of lectures at the Institute of Child Health.

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SEARCHERS GROUP VISIT THE NALANDRA BUDDHIST CENTRE



On Sunday, 9 August, people from St Michael's visited the Nalendra Buddhist Meditation Centre in Boxhill South. They were welcomed by the Founder, Teacher and Spiritual Director of the centre, His Eminence Zimwock Rinpoche, assisted by the Venerable Hojun Fufen.

Nalendra is the first Dharma centre to open under the banner of the Australian International Vajrayana Buddhist Institute (AVBI). A centre for study and meditation, the mission of AVBI is to promote peace and non-violence, encourage religious and social harmony amongst all people, relieve the suffering of animals and preserve and extend the teachings of Tibetan Buddhism.

The St Michael's group were treated to a meditation practice and a Q&A session, which was very informative.

Special Thanks to H.E. Zimwock Rinpoche, Prue Lamont and Janette James who organised the visit.

BEST WISHES

Robert Hoxley and Pat Hollands are currently passing through difficult times. We send them our best wishes.

REV DR DAVID GALSTON VISITS FROM CANADA



The St Michael's Council was treated to a special seminar in late August by Rev Dr David Galston visiting St Michael's from Canada.

Dr Galston is the Academic Director of the Westar Institute and the Ecumenical Chaplain at Brock University in St Catharines, Ontario, where he is also an Adjunct Professor of Philosophy.

A co-founder and Academic Advisor of the SnowStar Institute of Religion, a Fellow of the Jesus Seminar and a United Church minister, David has written several articles and led many workshops on the question of the historical Jesus, the future of Christianity, and the problems of Christian theology in light of the historical Jesus.

VALE



It is with sadness that we announce the passing of long-time members and friends of the St Michael's congregation: Mr Keith Scoble, Mrs Marjorie Menzies and Mr Kumar David. We offer our condolences and support to their families and friends at this time.

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REGIONAL MORNING TEAS AT ST MICHAEL'S



In recent months, two regional morning teas were held. They enable St Michael's people who live in the same general areas of the suburbs of Melbourne and country areas to catch up with people they know or to meet new people.

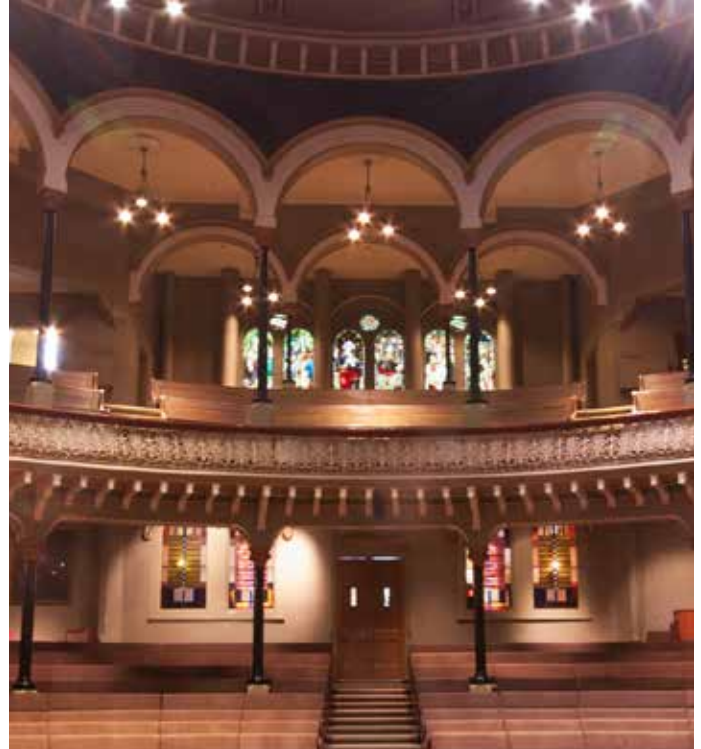
On each occasion there was a great *buzz*, as everyone talked together and enjoyed the delicious food provided by those who came along.

Thank you to Susan Fleming and Lyndell O'Brien for their hard work in organising this fantastic event.

NEW FACE AT ST MICHAEL'S

St Michael's welcomes a new administration assistant, Anna Jenkins, to the team in October. Anna is currently completing her university degree and will be working on a casual basis while Olivia Shiels takes a three month break overseas. If you are visiting the office, be sure to say hello!

THE PILLARS OF ST MICHAEL'S



You are invited to become a part of
St Michael's history in a new program,
The Pillars of St Michael's.

This new initiative gives members of the St Michael's community the opportunity to leave a lasting legacy for future generations.

The Pillars of St Michael's offers a unique way to be a part of the church and contribute to the preservation of St Michael's.

Have your name or the name of a loved one inscribed on a dedication plaque placed on one of the pillars in the church. All funds from the plaques will go towards the conservation of St Michael's.

Visit www.stmichaels.org.au to download an application form, call the office on 9654 5120 or pick up an application form from the information desk in the hall after Sunday Service.

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COMING UP AT ST MICHAEL'S



KENNETH RALPH BOOK LAUNCH 12PM, SUN 25 OCT

Join Kenneth Ralph in a special
"Conversations with the Author"
as he launches his new book
*Your Final Choice – Hastening Your
Death When Terminally Ill.*



INAUGURAL PILLARS OF ST MICHAEL'S UNVEILING 10AM, SUN 8 NOV

During this Thanksgiving
Sunday we will be unveiling
the first Pillars of St Michael's
in the church.



REMEMBRANCE DAY SERVICE 10AM, SUN 8 NOV

2015 marks the 97th anniversary
of the Armistice which ended the
First World War. This service will
honour the memory of those who
died or suffered in all wars
and armed conflicts.



THE BIG TENT PROJECT SEMINAR TUE 10 NOV

The secrets of happy children.
Helping children find
a safe place in an unsafe world.
To book, call 9813 3400 or email
reception@cairnmillar.org.au
Tickets: \$40 donation to
The Big Tent



WILMA SMITH AND FRIENDS 7PM, FRI 13 NOV

An evening of inspirational
chamber music with
Donald Nicolson (harpsichord),
Marya Martin (flute) and
Wilma Smith (violin).
Tickets: \$30/\$15/\$5



TUDOR CHORISTERS SING NOEL 7PM, FRIDAY 11 DEC

The Tudor Choristers celebrate
Christmas with this concert of
traditional and lesser-known carols.
Fun for the whole family.
Tickets: \$30/\$20

MARTIN BUBER

COMMEMORATIVE LECTURE

PRESENTED BY DR FRANCIS MACNAB
6PM, THURSDAY 22 OCTOBER

MOMENTS THAT MATTER WHEN EVERYBODY MATTERS

**I Speak. But Am I Being Heard?
I Listen. But What Are They Saying?**



The Human Condition - A Struggle For Freedom, by Tony Phillips

Dr Francis Macnab explores the continuing influence of Martin Buber, a great sage of the 20th century, on today's psychoanalysis, politics and religion.
And a new way into existential therapy.

With special guest Rabbi Dr John Levi.

A FREE PUBLIC LECTURE

Refreshments at 6pm, lecture starts 6.30pm Thursday 22 October

RSVP online at www.stmichaels.org.au or call 9654 5120

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