

# *Sunday at St Michael's*

20<sup>TH</sup> SUNDAY AFTER PENTECOST  
MENTAL HEALTH SUNDAY  
10 OCTOBER 2021

“ALL MANNER OF THINGS SHALL BE WELL”  
MINISTER: REV DR MARGARET MAYMAN

MUSIC: MAX RIEBL (COUNTERTENOR),  
ROSE RIEBL (PIANO) & RHYS BOAK (ORGAN)

CANTORS: JESIKA CLARK, CHRISTOPHER WATSON  
& GEORGIA WILKINSON

## WELCOME TO ST MICHAEL'S

St Michael's is a vibrant, progressive, inclusive church with a long tradition of nurturing the spiritual well-being of the human person and working for the common good in society.

We are proud of our independent spirit; seeking continually to discover new ways to understand faith and to demonstrate it in our lives, and in the heart of the city.

As part of the Uniting Church in Australia, St Michael's is committed to involvement in social and national affairs. We hold foundational Christian values of the importance of every human being, the need for integrity in public life and concern for the welfare of the whole human race, irrespective of race, creed, gender, sexuality, status or age.

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### OFFICE BEARERS

**Chairperson:** Laura Beckett

**Treasurer:** Ian Cox

**Secretary:** Maree McDonald

**Property**

Chair: Peter Anderson

Deputy Chair: Jack Morgan

**Church Services**

Acting Chair: Cheryl Power

Deputy Chair: Albert Phillips

**Culture of Safety Contact**

(Keeping Children Safe)

Val Gill

**Contact and Care**

Chair: Lyndell O'Brien

Deputy Chair: Joy Arnot

**Programs**

Chair: Lorraine Woolley

Deputy Chair: Neil Blood

**Organist & Manager of Music**

Rhys Boak

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### ST MICHAEL'S UNITING CHURCH OFFICE

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 <https://www.facebook.com/stmichaelsmelbourne/>

 <https://www.youtube.com/user/StMichaelsChurch/videos>

Weekly eNews: [media@stmichaels.org.au](mailto:media@stmichaels.org.au)

Please send notices to [office@stmichaels.org.au](mailto:office@stmichaels.org.au)

by 11.30am Wednesday.



♥ OPEN HEARTS. OPEN MINDS. OPEN DOORS! ♥

While the coronavirus pandemic continues,  
Sunday Gatherings are offered Online.

<http://www.stmichaels.org.au/>  
<https://www.youtube.com/playlist/SundayatStMichaels>

## MEDITATIONS

*Carl Jung*

"I am not what happened to me. I am what I choose to become."

*Theodore Roosevelt*

"Courage is not having the strength to go on. It is going on when you don't have the strength."

*Michelle Obama*

"Whether an illness affects your heart, your leg or your brain, it's still an illness, and there should be no distinction... It's time to tell everyone who's dealing with a mental health issue that they're not alone, and that getting support and treatment isn't a sign of weakness, it's a sign of strength."

*Deepak Chopra*

The spiritual effect of the outbreak is being neglected, even though the presence of death, whether we want it to or not, evokes concern about the state of our souls...You can improve the state of your soul in the following ways: having a sense of meaning and purpose; loving and being loved; self-esteem, a sense of your own worth; tapping into inner peace and joy; being of service to others, and generosity of spirit.



*Lillies*  
Peggy Bau

## ACKNOWLEDGEMENT OF COUNTRY & WELCOME

We acknowledge that the land on which St Michael's stands  
is the sovereign and unceded country  
of the Wurundjeri people of the Kulin Nation.

***We pay our respects to their Elders, past and present,  
who have cared for this country since its creation.  
We commit ourselves to working for a more just sharing  
of resources and power  
between the First and Second peoples of Australia.***

*Wherever you are on your spiritual journey,  
wherever you've come from, wherever you're going to;  
whatever you believe, whatever you do not believe;  
you are welcome.*

## GATHERING WORDS

We give thanks for the life that pulsates within us  
***breath and heartbeat, joy and sorrow,  
dance and stillness.***

We give thanks for the life that ebbs and flows between us  
***loving, understanding, creating,  
embracing and letting go.***

We give thanks for the web of life that surrounds and sustains us  
***feeding, protecting, teaching, inspiring mutual care.***

We give thanks for the source of all life,  
***this living universe,  
of which our lives are an expression.***

## HYMN

IMMORTAL, INVISIBLE  
CANTOR: GEORGIA WILKINSON

Immortal, invisible, God only wise,  
in light inaccessible hid from our eyes,  
most blessèd, most glorious, the Ancient of Days,  
belovèd, enfolding, your great name we praise.

Unresting, unhasting, and silent as light,  
nor wanting, nor wasting, but ruling in might;  
your justice like mountains high soaring above,  
your clouds which are fountains of goodness and love.

You give life to all life, to both great and small;  
in all life now living, the true life of all;  
we blossom and flourish as leaves on a tree,  
and wither and perish: but unchanged you will be.

Creator of glory, creator of light,  
your angels adore you, all veiling their sight;  
of all your rich graces this grace, God, impart -  
take the veil from our faces, the veil from our heart.

All praise we would render: reveal to our sight,  
what hides you is only the splendour of light;  
and so let your glory, O Lover, impart  
through Christ in the story, your Christ to the heart.

*Words: Walter C. Smith (alt)*  
*Tune: St Denio*  
*Welsh melody*

## MEDITATION FOR MENTAL HEALTH SUNDAY

*One in five Australians aged 16-85 experience a mental illness in any year.  
Source: Black Dog Institute.*

Some days are gold,  
I feel relaxed and content,  
able to lead a contributing life,  
wanting to live whole-bodied,  
whole-minded, wholehearted.

Some days are grey,  
I feel anxious and bleak  
and sadness overwhelms me,  
but I want to live whole-bodied,  
whole-minded, wholehearted.

Our lives are a continuum  
between health and ill-health,  
but we want to remain in control  
of our body, our mind and our spirit.

We find it hard to accept  
when life spins out of control, detours,  
or even comes off the rails,  
damaging our body, mind, spirit.

When this happens  
we often find places to hide, denying,  
resisting, pretending everything is fine  
or that everything will be just as it was before.  
We may even believe with certainty  
that, with enough time, faith, medication,  
we can get through on our own.

*Vulnerable One,  
teach us the way of uncertainty,  
to trust and welcome our need of others,  
to find the strength to acknowledge  
our longing for connection  
and to have the wholehearted courage  
to claim that we, in our vulnerable humanness,  
are worthy of love, both human and divine.*

## JESUS' PRAYER PARAPHRASE

***Ground of all being,  
Mother of Life, Father of the universe,  
your name is sacred, beyond speaking.  
May we know your presence,  
may your longings be our longings  
in heart and in action.  
May there be food  
for the human family today  
and for the whole earth community.  
Forgive us the falseness  
of what we have done  
as we forgive those who are untrue to us.  
Do not forsake us  
in our time of conflict  
but lead us into new beginnings.  
For the light of life,  
the vitality of life,  
and the glory of life  
are yours now and for ever.  
Amen.***

## SHARING A SIGN OF PEACE

The steadfast love of the Sacred endures forever.  
It strengthens the weary mind and troubled heart.  
It inspires our imaginings and brings life  
to what was thought to be lifeless.

May the Peace of Divine Presence be with you.  
***And also with you.***

*People are invited to offer greetings  
and share signs of peace.*

HEBREW BIBLE: JOB 23: 1-9, 16-17

NEIL BLOOD

For the search for meaning, ancient and new.  
***We give thanks.***

## CONTEMPORARY READING

“Beannacht/Blessing” by John O’Donohue.

On the day when  
the weight deadens  
on your shoulders  
and you stumble,  
may the clay dance  
to balance you.

And when your eyes  
freeze behind  
the grey window  
and the ghost of loss  
gets into you,  
may a flock of colours,  
indigo, red, green  
and azure blue,  
come to awaken in you  
a meadow of delight.

When the canvas frays  
in the currach of thought  
and a stain of ocean  
blackens beneath you,  
may there come across the waters  
a path of yellow moonlight  
to bring you safely home.

May the nourishment of the earth be yours,  
may the clarity of light be yours,  
may the fluency of the ocean be yours,  
may the protection of the ancestors be yours.

And so may a slow  
wind work these words  
of love around you,  
an invisible cloak  
to mind your life..

For Wisdom that was in the beginning,  
for Wisdom that invites and inspires  
for Wisdom made known among us.

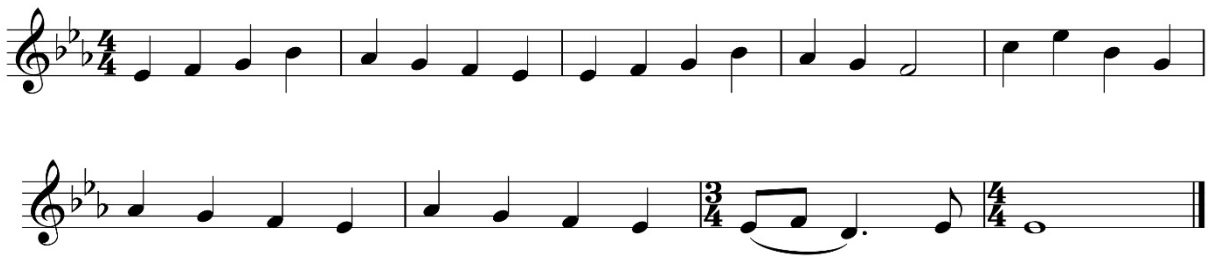
***We give thanks.***



## HYMN

## BROTHER, SISTER LET ME SERVE YOU

CANTOR: JESIKA CLARK



Brother, sister, let me serve you;  
let me be as Christ to you;  
pray that I may have the grace to  
let you be my servant too.

We are pilgrims on a journey,  
and companions on the road;  
We are here to help each other  
walk the mile and bear the load.

I will hold the Christ-light for you  
In the night-time of your fear;  
I will hold my hand out to you,  
speak the peace you long to hear.

I will weep when you are weeping;  
when you laugh, I'll laugh with you;  
I will share your joy and sorrow  
till we've seen this journey through.

When we sing to God in heaven,  
we shall find such harmony;  
born of all we've known together  
of Christ's love and agony.

Brother, sister let me serve you;  
let me be as Christ to you;  
pray that I might have the grace to  
let you be my servant too.

*Words: Richard Gillard (1953-)*

*Tune: Servant Song*

*Richard Gillard, arr. Betty Pulkingham*

## REFLECTION

“ALL MANNER OF THINGS SHALL BE WELL”

## MUSIC FOR REFLECTION

‘Bist du bei mir’ – J S Bach (1685-1750)

This work is thought to have originated as an aria in an early opera by Gottfried Stozel, but is best known in the form it appears in J.S. Bach's “Anna Magdalena Notebook”. Anna Magdalena Bach was J.S. Bach's second wife who was herself a truly remarkable musician, principally known as a soprano.

Max Riebl (Countertenor) & Rose Riebl (Piano)

## CONVERSATION: RESILIENCE ON THE ROAD TO RECOVERY

Elise Wald, Director of Clinical Services, The Cairnmillar Institute  
and Rev Dr Margaret Mayman

## PRAYERS OF THE PEOPLE

In thanksgiving and solidarity...

## OFFERING

*A prayer dedicating the Sunday offering  
and gifts given in other ways to support the work of the church.*

***Spirit of life and love,  
receive our offering.  
Guide those who use it  
that it may help to bring fullness of life,  
inclusive community,  
support for people who are struggling,  
and relief to people who live in need  
and long for justice and compassion.  
Amen.***

## HYMN

BE STILL MY SOUL  
CANTOR: CHRISTOPHER WATSON

Be still, my soul: the Lord is on your side;  
bear patiently the cross of grief or pain;  
leave to your God to order and provide;  
in ev'ry change God faithful will remain.  
Be still, my soul: your best, your heav'nly Friend  
through thorny ways leads to a joyful end.

Be still, my soul: your God will undertake  
to guide the future just as in the past.  
Your hope, your confidence let nothing shake;  
all now mysterious shall be bright at last.  
Be still, my soul: the waves and winds still know  
Christ's voice who calmed them while he dwelt below.

Be still, my soul: the hour is hast'ning on  
when we shall be forever one with God,  
when disappointment, grief, and fear are gone,  
sorrow forgot, love's purest joys restored.  
Be still, my soul: when change and tears are past,  
All safe and blessed we shall meet at last.

*Words: Katharina von Schlegel (1697-?)*  
*Translator: Jane Laurie Borthwick (1813-1897)*  
*Tune: Finlandia, Jean Sebelius (1865-1957)*

## BLESSING

May the blessing of God,  
creator of life  
be with you this day.

The blessing of God,  
the redeemer of abundant love  
be with you always.

The blessing of God,  
the sanctifier of all,  
send you as a blessing to others.  
Amen.

## POSTLUDE

Festival Postlude – Flor Peeters (1903-1986)

Flor Peeters was a celebrated Belgian organist, composer and teacher. He had a long career as a concert organist but wrote works in many genres.

Rhys Boak (Organ)

## OFFERINGS

Offerings to support the ministry and shared life of St Michael's are received with gratitude.

On our website, there is a 'Giving' button with instructions for online giving. A downloadable donation form is also available. Cheques may be mailed to St Michael's Office. Online banking: St Michaels Uniting Church. BSB: 083004. Account: 515113338

## ACKNOWLEDGEMENTS

“Beannacht” by John O’Donohue. *Anam Cara: A Book of Celtic Wisdom*.

“Meditation for Mental Health Sunday” by Gillian Hunt, Pitt Street Uniting Church, Sydney. Adapted.

Jesus’ Prayer paraphrase by John Philip Newell. *Ground of All Being: The Prayer of Jesus in Color*, published by New Beginnings, an imprint of Material Media, 2008.

“Immortal, Invisible”. Words: Walter C Smith (alt). Tune: St Denio. Welsh melody.

“Brother sister let me serve you”. Words: Richard Gillard. Tune: Servant Song. Richard Gillard, arr. Betty Pulkingham

“Be still my soul”. Words: Katharina von Schlegel. Translator: Jane Borthwick. Tune: Finlandia, Jean Sebelius.

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## GUEST MUSICIANS

**Max Riebl** performs regularly as a solo artist, arranging alternative programs at festivals and contemporary venues. As a concert singer, he has appeared throughout Australia, Europe and the UK with ensembles such as the Australian Brandenburg Orchestra, La Cetra Baroque Orchestra, the London Handel Orchestra and Orchestra Victoria.

He has performed in Sydney’s Angel Place, the Melbourne Recital Centre and Hamer Hall, the Forum, the Vienna Musikverein and the Royal Albert Hall. He studied baroque and early music at the Schola Cantorum Basiliensis with Gerd Türk and currently collaborates and coaches with Dermot Tutty in Melbourne.

His favourite baroque performance repertoire includes Handel's Messiah and Dixit Dominus, John Blow's Venus and Adonis, Purcell's Ode for St Cecilia's Day, Bach's Johannes Passion, Weinachstoratorium, St Matthew Passion, Magnificat and B-minor Mass, Vivaldi's Stabat Mater, Gloria and Nisi Dominus, Buxtehude's Membra Jesu Nostri and Pergolesi's Salve Regina.

He has received top prizes in the IFAC Australian Singing Competition, the London Handel Competition, Herald Sun Aria, the Chicago International Classical Singer Competition and the Royal Philharmonic Arias.

**Rose Riebl** is a pianist and post-classical composer. Her work as a professional concert pianist has seen her debut at the Melbourne Recital Centre Salon, as well as tours through some of Asia's leading concert halls (including Beijing, Shanghai and Jiaying recital centres). Her compositional work extends her intimate relationship with the piano into a realm of more fragile, soulful and transcendent works that guide the listener into vulnerable emotional spaces. She has performed her own compositions in concert halls through Asia, Europe and Australia and has collaborated with multi-disciplinary artists in performances that take her work into open air, immersive or alternate environments that provoke expansive listening experiences for the audience. "Do Not Move Stones" is her debut album of compositions, and was released in June this year via Icelandic label, INNI.

## NEXT SUNDAY @ ST MICHAEL'S ONLINE

Pentecost 21B – 17 October 2021

"A power of good"

Minister: Rev Dr Margaret Mayman

Music: Bruno Siketa (Trumpet) & Rhys Boak (Organ)

## ST MICHAEL'S ZOOM CUPPA

To help us stay in touch, the Sunday Zoom Cuppa has recommenced. Hosted by members of Council and Congregation.

Sundays | 11:15am - 11:45am.

All welcome to join. If you know someone who doesn't have a computer or smartphone, let them know they can join by landline.

<https://zoom.us/j/92292118658?pwd=YkJLS25JYmVZekxKRG9nRXpTNUZFUT09>

Meeting ID: 922 9211 8658

Passcode: 494938

One tap mobile: +61731853730,,92292118658#

Dial by your location: +61 3 7018 2005

## SUNDAY GATHERINGS @ ST MICHAEL'S

During the current COVID restrictions in Melbourne, our Gatherings are online only. When we are able to gather again in the church, Online Gatherings will continue for people who are not able to attend in person because of health, distance, or other commitments. Links to videos, orders of service and the latest eNews are on the front page of our website.

## NOTICES

### CONTACT AND CARE

If you are going through difficult times or would like to have a chat with someone, a member of our Contact and Care Team would be very happy to have a talk with you.

Any personal information shared will remain confidential.

You can speak with the Chair of Contact and Care, Lyndell O'Brien, on a Sunday at church, or leave your name and phone number or email address with the St. Michael's office and she will get in touch with you.

Lyndell O'Brien: Chair of Contact and Care

Joy Arnot: Deputy Chair

### CARE AND PRAYER GROUP

We are a small group of people, part of the St Michael's Contact and Care team, known as The Prayer Tree.

We commit to prayer and support for you, or someone known to you, who is going through difficult times. All requests are treated with confidentiality, sensitivity and respect.

To request our support, please call the St Michael's office on 9654 5120 and ask for your first name and phone number to be passed on to Catherine Jones, who will then be in contact you. Or you can speak with Catherine following morning service. She will pass on your request to the remainder of the group.



We are here for you. Please don't hesitate to contact us.

Catherine Jones, Prayer Tree Leader

## PASTORAL CARE

Our minister, Rev Dr Margaret, is available for pastoral care meetings by phone. Please call the office to arrange a time for Margaret to contact you.

## ST MICHAEL'S SOCIAL MEDIA

 <https://www.facebook.com/stmichaelsmelbourne/>  
 <https://www.youtube.com/user/StMichaelsChurch/videos>

## PROGRAMS AND EVENTS

### MINGARY-CAIRNMILLAR MENTAL HEALTH WEEK EVENT

“Flexing our resiliency muscle in these challenging times.”

Thursday 14 October, 2021 from 3.30pm to 4.30pm – online.

A free one-hour interactive presentation supporting mental well-being and maintaining our resiliency and hope.

- Why is resilience so challenging during COVID?
- How this affects our stress arousal.
- What we can do about it.

Presented by Elise Wald, Clinical Psychologist at The Cairnmillar Institute and hosted by Rev Dr Margaret Mayman.

Sponsored by St Michael's Mingary Committee.

Numbers are limited so please register using the following link:  
[www.cmi.edu.au/event/mhw2021](http://www.cmi.edu.au/event/mhw2021)

### MINGARY-CAIRNMILLAR COUNSELLING

The Mingary-Cairnmillar Counselling Service offers appointments for counselling and Vocational Assessments via telephone or video conference. There is no charge for counselling appointments.

For more information, please see the Mingary website.

<https://www.mingarycounselling.com.au>.

To make an appointment, call 1800 391 393 (free call) or email [clinic@cairnmillar.org.au](mailto:clinic@cairnmillar.org.au)