

THE OFFICIAL NEWSLETTER OF ST MICHAEL'S

# INTERSECTION

JUNE 2013

## IMAGES OF DR MALCOLM SINCLAIR'S VISIT



**Above:** Dr Macnab and Dr Sinclair discuss the future of churches and what they might tell their successors about what they have learned.

**Above left:** A lone piper in the garden to honour Dr Sinclair's visit.

**Left:** Dr Campbell takes the staff from Wendy Sailsbury while Dr Macnab, Dr Sinclair, Council Member Heather Martin and members of the Australian Sinclair clan look on.

## DR MALCOLM SINCLAIR'S VISIT TO ST MICHAEL'S

It was with great pleasure we welcomed Dr Malcolm Sinclair back to St Michael's to give addresses over two Sundays on the theme 'On what my life depends'. We thank Dr Sinclair for visiting and sharing his warmth and energy with us. In one of his addresses, Dr Sinclair quoted a piece by **Danaan Parry** from **The Essene Book of Days** called **The Fear of Transformation**. We have reproduced an extract here as the piece was so well received by the congregation.

Most of the time, I spend my life hanging on to my 'trapeze-bar-of-the-moment'. It carries me along at a certain steady rate of swing and I have the feeling that I'm in control of my life. I know most of the right questions and even some of the right answers. But once in a while, as I'm merrily (or not so merrily) swinging along, I look out ahead of me into the distance and what do I see? I see another trapeze bar swinging towards me. It's empty, and I know in that place in me that knows, that this 'new trapeze bar' has my name on it. It is my next step, my growth, my aliveness coming to get me. In my heart-of-hearts I know that for me to grow, I must release my grip on the present, well known bar to move to the new one.

Each time it happens to me I hope (no, pray) that I won't have to grab the new one. But in my knowing place I know that I must totally release my grasp on my old bar and for some moment in time I must hurtle across space before I can grab onto the new bar. Each time I am filled with terror. Each time I am afraid that I will miss, that I will be crushed on unseen rocks in the bottomless chasm between the bars. But I do it anyway. Perhaps this is the essence of what the mystics call the faith experience. No guarantees, no net, no insurance policy, but you do it anyway because somehow to keep hanging on to that old bar is no longer on the list of alternatives. And so for an eternity, I soar across the dark void of 'the past is gone, the future is not here yet'. It is called transition. I have come to believe that it is the only place where real change occurs. I mean real change, not the pseudo change that lasts only until the next time my old buttons get punched. I have a sneaking suspicion that the transition zone is the only real thing, the trapeze are just illusions to avoid the void, the void where real change, real growth occurs for us.

## DR IAN GAWLER TO RETURN TO ST MICHAEL'S

On Sunday June 16 Dr Ian Gawler will return to St Michael's to speak with Dr Macnab during the church service and to speak afterwards about his latest book. A well known advocate of self-help techniques and a healthy lifestyle, Dr Ian Gawler is one of Australia's most experienced and respected authorities on Mind-Body Medicine and meditation. With a gift for translating ancient wisdom into a modern context, Dr Gawler is the author of six bestselling books on self-help techniques and has edited another seven books on Mind-Body Medicine. His books have been translated into more than a dozen languages and his most recent book is "The Mind that Changes Everything".

A long-term cancer survivor, Dr Gawler was diagnosed with bone cancer and his right leg was amputated in 1975. However, the disease recurred later that year. Drawing upon an integrated approach, he experienced a remarkable recovery. Since 1981 when Ian began one of the world's first lifestyle-based cancer support groups, his work has expanded in three ways. One aspect is the focus on healing, another involves professional trainings and speaking engagements, while the third focuses on disease prevention, health and wellbeing. Ian has helped many people in their quest for peace of mind, good health and spiritual fulfillment. In 1987, Ian Gawler was awarded the Order of Australia Medal for his services to the community and he was awarded the St Michael's Medallion in 2002.

We invite you to hear Ian speak about his latest book in the Waratah Room, St Michael's Centre, on Sunday June 16 at 12noon.

## 'OUR RESILIENT COMMUNITY' - A MAJOR PROJECT



In 2013 St Michael's is emphasizing the theme of Human Resilience.

As a part of exploring and celebrating resilience we are creating an audio visual presentation featuring members of our community relating their experiences of resilience in their lives and what they have learned from hard times and recovery. Many wonderful, resilient people make up our membership and we want to capture their strength of spirit on film.

We invite you to be a star and contribute to this project - to be shared with the public via our website when it is completed. A number of filming sessions have been scheduled where participants will be asked to very briefly say why they are resilient and what they have learned is most important in life, through hardships and bouncing back from life's difficulties.

A random selection of stories will be compiled into a cohesive visual document that celebrates the resilience of our large St Michael's community.

An understanding of participation in the Resilience Project is that you consent to have your recorded piece shown publicly in the church and on St Michael's website and the internet, at St Michael's discretion. You will be asked to sign a release form indicating your consent to broadcast your contribution when you attend the filming session.

You can book your 10 minute appointment to be filmed by our Technical Director Jackson on one of the filming dates, via the Visitors and Information Table in the Hall on Sundays.

**Next Filming Date: August 4**

## AFRICA: BIRDS, ANIMALS AND SPECIAL PEOPLE

Ken and Carlene Gosbell's interest in birds led them to travel widely through Africa.

Witnessing Africa's widespread poverty, the Gosbells found that one of the most inspiring of their visits was to the School of St Jude in Tanzania. The school is the result of the vision of an Australian woman with the philosophy of 'Fighting poverty through education'. In his talk Ken will speak of the school and its founder, the resilience of the Africans he encountered, and his experience of the natural magnificence of Africa, its birds and animals.

Don't miss this event!

**Date:** Sunday June 2 at 12 noon

**Where:** Waratah Room

**Cost:** Free



## SPECIAL EVENT: ESTATE PLANNING AND POWER OF ATTORNEY WITH ALAN FARRAR

Family structures have changed significantly over the last 40 years.

Many people have not considered the impact such changes may have on themselves and their families if one was unable to act on his or her self, or died.

Lawyer and Estate Planner Alan Farrar will share his wisdom and experience to provide legal guidance through this sensitive and very important issue; how these changes may impact on people at different stages and what can be done about it.

This is a free community event.

**Date:** Sunday June 23 at 12noon

**Where:** Waratah Room, St Michael's Centre, St Michael's Walk, 120 Collins Street, Melbourne.

BOOKINGS REQUIRED

**P:** 9654 5120

**E:** wellbeing@stmichaels.org.au

**W:** www.centreforwellbeing.org.a



## SPECIAL EVENT: THE FUTURE OF MELBOURNE

The Committee for Melbourne is an apolitical not-for-profit, member network that unites a cross-section of Melbourne's leaders and organisations to work together and enhance Melbourne's economic, social and environmental future. The Committee aims to ensure Melbourne's challenges and opportunities are tackled and grasped in ways that keep our city vital, inclusive, progressive and sustainable long-term.

Kate Roffey, the CEO of the Committee for Melbourne will be visiting St Michael's on June 30 to be part of our Conversations with Liz program and to speak with us about the future of Melbourne and the role of places such as St Michael's. In her current role as the CEO of the Committee for Melbourne, Kate is responsible for delivering the Committee's vision to make the city a better place for all Melburnians.

The Committee for Melbourne is a member-based organisation that holds conversations on a range of important issues concerning greater Melbourne and Victoria's long-term development. As CEO, Kate represents the views of the Committee's broad membership across a range of forums, including in the public realm, Federal, State and Local government, and amongst business and academia with the aim of turning innovative ideas into outcomes.

**Date:** Sunday June 30 from 12noon

**Where:** St Michael's Centre, St Michael's Walk, 120 Collins Street, Melbourne.

**P:** 9654 5120

**E:** wellbeing@stmichaels.org.au

## 175TH BIRTHDAY CELEBRATIONS



This year St Michael's celebrates 175 years of outstanding service and nurturing to the surrounding and extended communities.

We have good reason to collectively celebrate this important Birthday.

We want to encourage all members of our congregation to take the opportunity to participate in our planning and implementation and we welcome ideas that will assist in making this 175<sup>th</sup> Birthday a milestone to remember.

Please email David Doherty at:

davdoh1@optusnet.com.au; or via St Michael's

## WORLD REFUGEE DAY

St Michael's next special dedicated Human Rights church service will be held on June 16, World Refugee Day. In a world where there are so many people displaced and traumatised by wars and tragedies that leave them without homes or needing to flee, World Refugee Day is a day to particularly hold those people in mind. The plight of refugees throughout the world will be highlighted with music, symbols and prayers during the service. Donations on the day will be made to human rights organisations assisting refugees.

## ENGLISH CONVERSATION

The Centre for Wellbeing is pleased to offer a community building initiative in the form of English conversation groups for overseas students and others wishing to meet with a group of friendly Australians for a coffee and conversation. If you know anyone who would benefit from the group please don't hesitate to refer them to our website: [www.centreforwellbeing.org.au](http://www.centreforwellbeing.org.au) or bring them along to meet the group.

The English Conversation for Overseas Students (ECOS) Group will meet each month on the last Sunday of the month in the Waratah Room - 1st floor St Michael's Centre, 120 Collins Street Melbourne.

The group is free. Enquiries: 9654 5120 or [wellbeing@stmichaels.org.au](mailto:wellbeing@stmichaels.org.au)

## PROGRAMS

**NEW FAITH DISCUSSION GROUP**  
Commences Sunday July 7

**LIBRARY LOUNGE**  
Tues 10.30-2.30pm, Sundays 11.30-1pm

**POETRY GROUP**  
Every 3rd Sunday - after service

**MENS SHED**  
The last Sunday of the month

**GLOBAL CONCERNS**  
Sundays - after service in the Hall

**WALKING GROUP**  
2nd Saturday of the month.

**THE SPIRIT OF RESILIENCE IN  
ST JOHN'S GOSPEL**  
Sunday July 14

**FRENCH CONVERSATION**  
The second Sunday of the month  
June 9

**IPAD ENTHUSIASTS GROUP**  
The second Sunday of the month

**IPADS BEGINNERS COURSE**  
Starts August 20 Tues 6.30pm

**SAGE**  
Friday June 28, 11am

**STORY TELLING/WRITERS GROUP**  
Sunday June 2

**AFRICA: BIRDS, ANIMALS, SPECIAL  
PEOPLE**  
Sunday June 2

**ESTATE PLANNING AND POWER OF  
ATTORNEY**  
Sunday June 23

**LAST TUESDAY BOOK GROUP**  
Last Tuesday of the month

**TAI CHI**  
Fridays 1 -2 pm

**CHARTER FOR COMPASSION GROUP**  
Next meet on July 21

**CONVERSATIONS WITH LIZ**  
Last Sunday of the Month

**RESILIENCE WORKSHOPS**  
Next Workshop: Friday June 14

Visit [www.centreforwellbeing.org.au](http://www.centreforwellbeing.org.au)  
or the St Michael's website for details:  
[www.stmichaels.org.au](http://www.stmichaels.org.au)

Or

## TRINITY COLLEGE CHOIR CONCERT SUCCESS

We would like to say a big thank you to Mrs Pamela Smart for organising the recent fundraising concert by the Trinity College Choir Melbourne at St Michael's.

Thanks also to our Manager of Music and Organist, Rhys Boak.

A total of \$4,500.00 was raised for the Spina Bifida Foundation of Victoria.

**At right:** Dr Macnab thanks Conductor Michael Leighton-Jones and the choir for their magnificent performance.



## YOUR NEXT 25 YEARS. IS THERE ANYTHING MORE IMPORTANT?

Everyone wants to live longer, but many fear old age.

Most of us are never quite ready.

To explore the issues of ageing in greater depth, St Michael's is launching a new project - not altogether new - but new in its challenge:

"How will you live your next 25 years?"

Back in 1992, Dr Macnab published his book, "The 30 Vital Years" which was especially concerned with people of 50 -55 years of age - most of them realistically hoping to live another 30 good years!

Now there is a greater challenge - what about the following 25 years?

Dr Macnab has separated out two groups: 55 - 75 years old and 76 - 96 years old. These two groups have different challenges, different possibilities.

We know people are living longer. We know that society, the churches too, are doing very little to prepare us all - emotionally, psychologically and in personality, for our next 25 years.

The challenge is to live the next 25 years well, and not die before you have lived them.

More on this project in future editions of Intersection.



### YOUR NEXT 25 YEARS

WILL THEY BE GOOD YEARS?



Your vision and enjoyment of the next 25 years may improve with renewed psychological strengths.

Presented By Francis Macnab

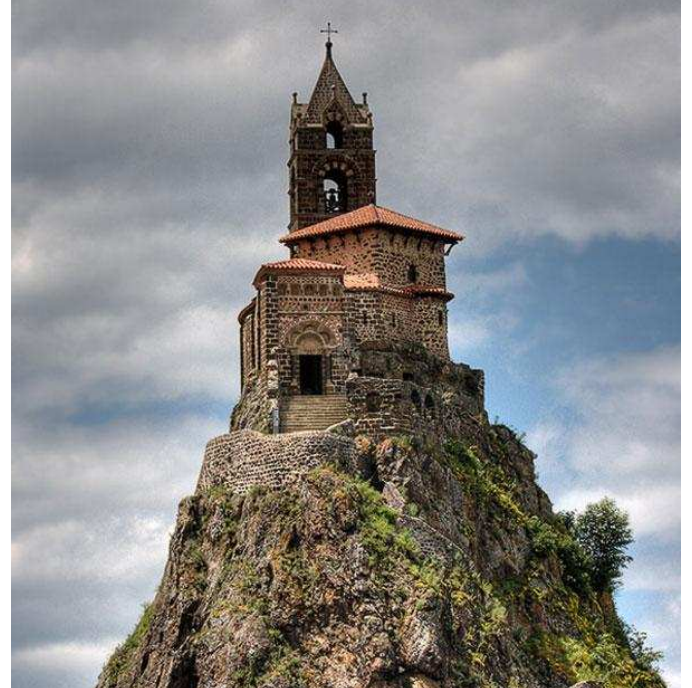
Thursday 27th June  
11am-1pm  
\$20 including lunch  
Bookings are not required

St Michael's Centre  
120 Collins Street,  
Melbourne 3000  
PH: 9654 5120



## EXTRAORDINARY CHURCHES OF THE WORLD

Here are five examples of how people in different places have tried to translate their inner searching into cultural expressions of creativity and worship through some of the world's most extraordinary churches.



**Above left:** Las Lajas Cathedral, Colombia, South America.

**Above right:** Saint-Michel d'Aiguilhe Chapel Le Puy-en-Velay, France.

**Below left:** The Church of Hallgrímur, Reykjavik, Iceland

**Below right:** Cathedral of Maringa, Parana, Brazil.

**Left:** 'Shell Church' Huntington Beach, CA, USA.



## NICOLAS CHAMBER ORCHESTRA CONCERT

This month St Michael's is proud to host a concert by The Nicolas Chamber Orchestra. The Nicolas Chamber Orchestra is conducted by David Le Guen and will feature soloist Matthew Barker in Mozart's 'Flute Concerto in G major'.

The programme also includes 'Brandenburg Concerto No 3' by JS Bach and 'Concerto Grosso No 5' by GF Handel.

Proceeds from the concert will go to The Big Tent Project.

The concert takes place at 1pm on Sunday June 16 at:

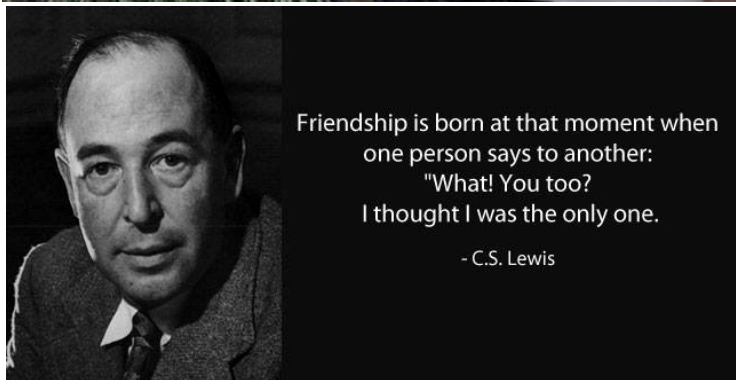
### St Michael's Church

120 Collins Street Melbourne

\$20, \$10 (concession) will be available at the church door on the day or in the Hall after services on Sundays.

Enquiries: 9654 5120

**Below:** Some members of The Nicolas Chamber Orchestra



## 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

Consultations by appointment only.

Please call 9654 5120

[www.mingarycounselling.com.au](http://www.mingarycounselling.com.au)

St Michael's Place

120 Collins St, Melbourne 3000

## VALE

One of our long term St Michael's members has recently died and we honour the good presence he brought to St Michael's over the years.

Mr Philip Madder.

He and his wife Rose would travel from Euroa to be in church on a Sunday morning even though it meant leaving their home shortly after 5am.

We say farewell and thank Philip for being a part of our lives and for allowing us to be a part of his.

We give our affectionate condolences to Rose at this sad and mournful time.

## ST MICHAEL'S

ON COLLINS - MELBOURNE

120 Collins St, Melbourne 3000

PHONE: (03) 9654 5120 FAX: (03) 9650 3863 EMAIL: [office@stmichaels.org.au](mailto:office@stmichaels.org.au) WEB: [www.stmichaels.org.au](http://www.stmichaels.org.au)