

# INTERSECTION

NOVEMBER 2011

By Shona Weston

## 40TH YEAR CELEBRATION SEMINAR

Jenny Cheng will present the final talk in the '40<sup>th</sup> Celebration Seminar Series.'

Jenny Cheng is a member of the St Michael's community and also a recipient of the St Michael's Medallion. In 1993, Jenny suffered a major hemorrhagic stroke that ended her career as a secondary school teacher. Her stroke made her aware of the physical, emotional and spiritual issues that confront stroke survivors. In 2002, Jenny established the Boroondara Stroke Support Group (BSSG) to provide friendships and social contacts for fellow stroke

survivors, to share up-to-date stroke information, and to nurture stroke survivors back to mainstream activities. Their mission statement is 'to encourage



stroke survivors, their carers and family members to enjoy life after a stroke through mutual emotional support and the com-

mon provision of information, communication and education.' Jenny actively promotes stroke awareness and prevention, and also advocates for the rights of stroke survivors.

She has received the Rotary International "Shine-On Award", Tattersall's Award for Enterprise and Achievements as well as the St Michael's Medallion for her community service.

On Sunday 20<sup>th</sup> November at 11.45am in the Waratah Room, Jenny will present her talk entitled 'Minimising the risk factors for stroke'. So come along and hear her great story!

## REVEREND PAMELA MCNALLY RETURNS

On Sunday 27<sup>th</sup> November, Reverend Dr Pamela McNally Anderson will make a welcome return to St Michael's Uniting Church. Pamela McNally will be visiting from Sacramento USA, where she is the chaplain to the California Senate and minister of the Countryside Community Church. She originally graduated in divinity from San Francisco,

before spending an number of years with St Michael's in the 1990's conducting some of our programs. Her most memorable



piece of work was when she organised an impressive reunion of couples who were married at St Michael's, over several decades. Pamela McNally was last at St Michael's in August of 2008 and she will be our guest preacher on Sunday 27<sup>th</sup> November. We welcome her back to St Michael's and look forward to hearing her speak.

## A LETTER FROM TRAN THI MINH

Dear St Michael's Church,

I have known about St Michael's Church through the Lifestart Foundation. I am having a lot of emotion while I am writing a thank you letter to you and I wish that you will know me well through this letter.

Firstly, I would like to introduce you to my family. There are 6 members in my family – my parents, my younger sister, my twin brothers and me. My dad is a builder and my mum is a housewife as she needs

to stay at home to look after my twin brothers and my younger sister. My family's expenditure relies on the small salary of my dad. Therefore, my family is always in a difficult situation financially. As my parents think about life differently, they are not happy to live together. It has caused them to decide to get divorced. I



was finding this very difficult to deal with and was feeling suicidal, as I thought if my parents got a divorce, there would be no one to look after my siblings. My siblings and I would become children without parents and my studying would stop.

But luckily, I became a student who received your scholarship through Lifestart Foundation. I feel that the way in which I will continue to go in the future is bright. When I found out that I was selected

to receive your scholarship, I was delighted and promised with my heart that I would study hard to show gratitude for your help.

I hope that I will meet some of you in Hoi An one day and best wishes to you all.

Thanks again for your help. Your student, Tran Thi Minh Nguyet.

Creating Successful  
Life Events (CSLE)

**mingary**  
WORKSHOP PROGRAM

These interactive small group workshops are for people who want to create their own happiness and enjoy a brighter future.

Next workshop: Friday 11th November

**'Missed opportunities, perseverance.'**

Dr Lynette Kramer, Director of the Mingary Counselling Service, will conduct this interactive workshop.

This will be the last CSLE session for 2011.

Cost: 10.00 per session (includes materials and refreshments)

Time: 11.00 am to 12.30 pm

Location: Waratah Hall, 1st Floor, St Michael's Place, 120 Collins Street.

Contact: Dr Lynette Kramer

No bookings required.

## ST MICHAEL'S INTRODUCES 'PREPARE'

St Michael's has recently introduced a new program entitled 'Prepare.' Prepare is presented by Dr Debra Campbell and is a tailored Marriage Preparation Program. Prepare aims to support couples by helping to create an emotionally intelligent and satisfying relationship

for the long term.

The Prepare program is psychology-driven and focuses on areas for growth in relationships and resolving miscommunications before they escalate.

The program involves 2-3 sessions with Dr Debra Campbell in which couples will reflect on the

knowledge they have gained and learn strategies that they can use for many years.

Prepare is not a religious program and is open to all couples who are considering marriage.

Please contact Dr Debra Campbell at the office for more information.

# THE CENTRE FOR WELLBEING

For 40 years St Michael's has encouraged dialogue around a liberated Faith, integrated at many points with contemporary psychology and a rich and healthful lifestyle.

We are proud that in 2012, St Michael's will offer a great expansion of its programs under the banner of The Centre for Wellbeing at St Michael's.

The mission of the Centre for Wellbeing is to offer programs that directly implement the 7 themes of the New Faith:

1. Enhancement of the human spirit;
2. Encouraging a healthier, more caring community;
3. Inclusivity and compassion for all;
4. Inspiring minds and hearts to grow and learn;
5. Supporting positive mental health;
6. Building a therapeutic community;

7. And providing opportunities for happiness and participation across the lifespan.

Programs developed so far include: New Faith education, yoga for stress management, meditation (continuing with Marion Robertson), ongoing collaboration with Mingary and Dr Lynette Kramer's positive psychology seminars, marriage preparation, book groups, French conversation group, poetry group (continuing), chess group, and many more.

An extensive booklet listing the details of all 2012 programs will be published in the coming weeks. If you have suggestions regarding programs you would like to see at St Michael's in 2012, we continue to invite your ideas prior to November 10<sup>th</sup> 2011.

Dr Debra Campbell, Manager Wellbeing Programs.

## PROGRAMS AT ST MICHAEL'S

**MEDITATION**  
Sundays - immediately after service

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

**WOMENSPACE**  
The last Sunday of the month - after service (except April and September)

**MENS GROUP**  
The last Sunday of the month - after service (except April and September)

**FREE ORGAN RECITALS**  
Thursdays at 1 pm

**GLOBAL CONCERNS**  
Sundays - after service

**ARTS FOR RIGHTS**  
Activities held monthly at various locations.

**WALKING GROUP**  
Walking at various locations throughout the year.

**HUMAN RIGHTS**  
Various events through out the year.

**TRIPLE R - REVIEW, REFLECT, RESPOND**  
Discussion group. Every Sunday, after morning service.

Visit the St Michael's website or check the Order of Service for details of latest groups and activities.

# LIFESTART FOUNDATION

On Sunday 20th November, the Lifestart Foundation Stall will be back once again. This very popular stall will be held again this year, in conjunction with the St Michael's Human Rights Group. All of the goods available for sale have been made at the not-for-profit Lifestart Foundation

Workshop in Hoi An, Vietnam. The workshop provides an environment where local women living with disabilities in the Hoi An area are



empowered to earn a sustainable income through creating handmade arts and crafts. The profits from the sale of the products go directly to the workshop members to provide a sustainable income and sense of independence.

## SAGE

### SUCCESSFUL AGEING, GROWTH AND ENHANCEMENT

FRIDAY 25TH NOVEMBER

## Hunger

(and emotional starvation)

Six hungers will strive to dominate  
your older years.



With Dr Francis Macnab

**Time:** 11 am to 1 pm  
**Where:** St Michael's Hall  
120 Collins St,  
Melbourne, 3000

**Cost:** \$18 inc. Lunch  
For more information call 96545120

## GLOBAL CONCERNS CHRISTMAS STALL

The annual Global Concerns Christmas Stall will take place on Friday 9th December, in St Michael's Walk.

Global Concerns is an organisation within St Michael's who raise funds to donate to various social justice programs. Donations are made to a range of organisations including PLAN; an annual donation to support a child in Ghana; Royal District Nursing Service Homeless Persons Program in St Kilda; Catholic Teachers College in Bacau, East Timor;



Children First Foundation; Darfur Emergency relief for victims of Sudan crisis; and Biala Box Hill, and early intervention program for children with disabilities.



This is a highly popular stall where items including jams, chutney's, gingerbread houses, homemade treats, books, crafts, records, tapes and CD's will be available.

The stall will commence at 9.00am, so make sure you come down early to get the best goodies before they sell out!

## 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

Due to popular demand,  
free memory testing continues  
to be available.

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



## EVENTS TO WATCH OUT FOR AT ST MICHAEL'S!

Friday 11th November	CSLE
Sunday 13th November	National Psychology Week begins
Sunday 20th November	40th Year Celebration Seminar
Sunday 20th November	Lifestart Foundation Stall
Friday 25th November	SAGE
Sunday 27th November	Installation of New Council Members
Sunday 4th December	Meet the Minister Morning Tea

## 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)