

INTERSECTION

OCTOBER 2010

By Alana Pryor

DYING WITH DIGNITY

This October the *World Federation of Right to Die Societies Biennial Global* conference is to be held in Melbourne – the first time in 14 years. The conference brings to Melbourne some of the world's experts to speak about assisted dying for those suffering intolerably and without relief from serious end-of-life illness.

These speakers are leaders in their field and we are fortunate to have one such speaker, Professor Barbara

Glidewell, at St Michael's for service this Sunday 3 October

Prof Barbara Glidewell has recently retired from her role as the director of *Patient Relations, Clinical Palliative Care* and *Clinical Pastoral Care* at Oregon Health Services University Hospital (OHSU). When Oregon's Death with Dignity legislation became law in 1997, she was chief facilitator for OHSU



patients wishing to access the law. She continues as assistant professor of internal medicine and geriatrics, directs the OHSU Ethics Fellowship Program and works with physician-aid-in dying legislation.

Her years of experience, should provide much insight into the issues that surround assisted dying during her interview with Dr Macnab and subsequent talk in

the Waratah room after service. We invite those interested in such a important issue to attend.

SUNSHINE AND CELEBRATION

The St Michael's celebrations on Sunday 26 September came with sun, inspiration and fun.

The day started with a delicious breakfast and a highly engaging talk from Professor Graham Mitchell on Australian Biodiversity. Appetites sated, and minds stimulated revellers moved into the garden for the Ceremony of the Rocks. Flowers, poetry and song evoked the positive

mood of the day.

Inside the church, floral arrangements, bright paintings and music from *The Melbourne Consort Inc* and *St Michael's Brass* coloured the service. People found inspiration in Dr Macnab's address and in exceptional examples set by the medallion recipients Beth Dun and Peter Roberts.

The mood throughout the day was



encouraging and spirits were high matching the beautiful weather outside. As the morning drew to an end people gathered in the courtyard to enjoy cheese and a glass of wine.



Photos by Pauline Abordi

MUSICAL THERAPY CREATES COMMUNITY HARMONY

This St Michael's Day we were pleased to award the medallions to two recipients who make a difference through the therapeutic benefits of music.

Peter Roberts is a Music Thanatologist and the founding member of the Institute of Music in Medicine. He currently works in St John of God Hospital in Geelong. He brings prescriptive music (voice and harp) to palliative patients to help ease pain and the emotional difficulty as they face the end of life. Always interested in music he realised the therapeutic benefits and healing effects of music and eventually



turned a passion into a career, studying in Montana. The effect of his music has been extensively researched and presented around the world. His work with the patients and their families, providing comfort and support during such a distressing time.

Beth Dun is the Senior Music Therapist, Coordinator Music Therapy Unit and Coordinator of the Music Therapy Clinical Placement Program at the Royal Children's



Hospital. She uses music therapy to help maintain the health and well-being of her young patients. Working with children with multiple disabilities, severe brain injury or in paediatric oncology Beth helps these youngsters psychologically, socially and physically. She has written extensively and lectured on the therapeutic benefits of music here and overseas.

Both our recipients are deeply involved in working to improve the well-being of their patients. Their input has positive effects, not only to their patients but the families, who know their loved ones are being cared for and helped to the best possible degree.

They are an inspiration to the community and we thank them for their wonderful work and the positive effect they have made on the community.

A BETTER WAY

Genuine dialogue is better than shouting and shouting. Better than abuse and anger.

The Centre for Dialogue at La Trobe University is in "dialogue" with

Dr Macnab, to see if a joint venture can be organised. Soon Professor Joseph Camilleri of the Centre for Dialogue will join us at a Morning Service.

CITY TRIPPERS

On Thursday 23 September, 15 residents from Port Phillip Serviced Apartments, travelled into the city for a day of activities arranged by St Michael's. On arrival they were treated to morning tea before joining the SAGE meeting with Dr Macnab. After lunch, our visitors took a tour of Mingary and settled at the church



to hear guest organist Gedymin Grubba perform the organ recital.

These organised day trips are a wonderful way to broaden the SAGE outreach to the wider Melbourne City community, giving residents a chance to get out without the bother of organising their own transport and itinerary.

ANNUAL BREAST, OVARIAN AND PROSTATE CANCER TRIBUTE SERVICE

Dr Macnab will give the address:

Discover new strengths at your critical turning point.

When: Sunday 3 October at 2 pm

Where: St Michael's Uniting Church, 120 Collins Street MELBOURNE

Service will be followed by afternoon tea.

*National Breast Cancer Foundation
Breast Cancer Network Australia
Prostate Cancer Foundation of Australia
McGrath Foundation*

National Breast and Ovarian Cancer Centre

OCTOBER - THE MONTH OF THE MIND

Your mind could be at risk. Too much stress, other people's expectations and your own buried traumas. Can't focus, can't function and can't feel good. How do you get your life into focus when stresses put you out of focus? October is the Month of the Mind and Dr Francis Macnab will speak on how to help the mind focus.

www.sundayatstmichael's.com.au

RECORDING ST MICHAEL'S

Since 1975, over 1,900 Sunday addresses at St Michael's have been recorded, archived, and made available to those interested. Though the technology has changed, the quality and encouraging words from Dr Macnab and our many excellent guests has not as they help us search for a spiritual and emotional growth.

Each Sunday address is still recorded, and now produced on CD or DVD. St Michael's volunteers Rupert Cassidy and John Futcher come in each week and fill, on average, 10 to 20 orders and keep the recorded archives up to date. Rupert has been doing this job for 15 years and John for three. They enjoy the job because "It enables us to make a significant contribution to the wider outreach of St Michael's, and enables us to give something back for what others did for them in producing the tapes

that they found so helpful when they first came to St Michael's."

People have their favourites. Rupert recalls the record number of 716 orders that were placed when Bishop Spong visited St Michael's in 2001. In response to popular demand, St Michael's occasionally provides themed DVD packages.

Interest in recordings comes from all over the world. People find this a valuable part of St Michael's, a way to connect with the church and its message. Orders often come from people who have been a part of the congregation and now unable to attend, however there are other reasons people request a recording.



Some people cannot find a church with the same ideas and feel St Michael's is the only church they can connect with. Some are unable to come into the city on Sundays, but are still keen to keep up with St Michael's. Rupert finds people give the recordings to friends who they think may benefit from it, others to pass onto family members to show them that St Michael's is different from other churches.

For many, being able to access St Michael's while unable to actually come to the church is of great benefit. The service provided is a vital part of St Michael's connection with the greater community, allowing many to still experience what is happening at St Michael's.

CDs and DVDs are available for purchase at the Recordings Table in the Hall after Sunday Service or via the St Michael's Office, Monday - Friday, 9.00 am to 5.00 pm.
 CDs - \$8.50/\$5.50 (pensioner) DVDs - \$10.00/\$7.00

MUSIC FOR A START IN LIFE

One of Australia's most accomplished cellists, David Pereira will be joined by Bonnie Smart (cello) and Amir Farid (piano) at St Michael's in an encore performance of marvellous music-making.



In 2009 these three musicians performed together an elegant concert that delighted their audience. This

year they return to play on Sunday 31 October. Enjoy the resonant combination of cello and piano and a beautiful program.

All proceeds will go to *Lifestart Foundation's Seven-Year Scholarship Program*, providing educational support to the brightest and most disadvantaged Grade Sixers in Hoi An, Vietnam.

LIFESTART SCHOLARSHIP CONCERT
When: Sunday, 31st October at 12.15 pm
Where: St Michael's Uniting Church, 120 Collins Street MELBOURNE
Tickets: \$15, \$10 (conc.). On sale from Sunday 9 October in the Hall after Sunday Service.

mingary
COUNSELLING SERVICE

Professional, confidential counselling for a broad range of personal issues.
 Low cost service
 Monday - Friday: 9 am-5 pm

Free initial consultations for new clients during Mental Health Week 11 - 15 October 2010

Due to popular demand, free memory testing continues to be available until the end of October.

Consultations by appointment only.
Please call 9654 5120
www.mingarycounselling.com.au
St Michael's Place
120 Collins St, Melbourne

SAGE

SUCCESSFUL
AGEING, GROWTH
AND ENJOYMENT

with Dr Francis Macnab

FRIDAY 29 OCTOBER

SNAKES AND LADDERS
DECLINE AND GROWTH
THE THROW OF THE DICE



Is it all good luck or can we choose areas of growth even though there are signs of decline?

AGE WITH SATISFACTION
AND SOME SURPRISES.

Time: 11 am to 1 pm
Where: St Michael's Hall
120 Collins St,
Melbourne 3000.
Cost: \$15 inc. Lunch
No Bookings required.

For more information please call
Cairnmillar on 9813 3400

NATIONAL ICONS

Trio Anima Mundi (TAM) have been bringing beautiful music to St Michael's in their 2010 concert series *Nordic Lights* and will do so again in their final concert *National Icons* on Sunday 24 October. This concert will present a programme of works by nationalist composers Sibelius, Copland and Smetana. TAM will play piano trios that "capture the essence of their respective homelands with music inspired by rhythms, harmonies and melodies based on folk songs and folklore."

NORDIC LIGHTS



When: Sunday 24 October, 2 pm.
Where: St Michael's Uniting Church,
120 Collins Street Melbourne
Tickets: \$30/\$15. Family \$70
Enquiries: (03) 5368 2325
info@trioanimamundi.com

Their concerts have grown in popularity and continue to delight their audiences presenting loved and familiar pieces and showcasing some little-known musical jewels.

Each TAM concert is a musical exploration and this year they support the Cairnmillar Institute.

Join Melbourne musicians Kenji Fujimura, Rochelle Bryson and Miranda Brockman and discover music from a world of light, snow, ice and fire.



The 2010 St Michael's Council Elections will be held in St Michael's Uniting Church on Sunday 17 October after Sunday service. St Michael's member's are invited to vote.

MARKET DAY

In the first week of September St Michael's volunteers held two Market Stalls to raise funds for *Médecins Sans Frontières* (MSF).

Selling all kinds of wares, books, tasty treats and bric-a-brac the market attracted a large crowd and many shoppers.

A total of \$4543.85 was raised, helping

MSF continue their wonderful work in many developing countries.

Thanks to the generous support and contribution of all who helped.



ST MICHAEL'S

ON COLLINS - MELBOURNE

120 Collins St, Melbourne 3000

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