

ABM Speakers' Corner

Issue Three, September 2015

ST MICHAEL AND ALL SAINTS



ABM acknowledges the Traditional Custodians of this land; and the Elders both past and present, who have contributed to the life journey of all.

Speakers' Prayer

Almighty God, as we engage with our ABM family and friends around Australia, may the gifts that you have taught us give us the confidence to spread your word and bring our work into the hearts of all Australians. Through Jesus Christ, Our Lord. Amen

A WARM WELCOME

A very warm welcome to your third edition of Speakers' Corner for 2015. Your email/feedback is always most welcome.

Thank you for your hard work, tireless efforts and support of ABM - we really can't do it without you.

Yours in Christ.

Michael Robinson
Speaker's Programme Co-Ordinator

Inside this issue ...

- St Michael and the Archangel
- Michaelmas
- Power of Performance
- Guidelines for Speakers
- Contact Details



Saint Michael, the Archangel

God had made Heaven and the Earth and all the Angels and all the extra important Angels, called Archangels. The Archangels were God's very special friends and were Shining and Strong and Powerful. One Archangel was called Michael. Michael, the Archangel, was "the Angel of the Lord", who was sent to Moses and Jacob and Abraham and to other people throughout the history of the world.

Saint Michael, the Archangel, who ranks among the seven Archangels, is also one of the three Angels mentioned by name in the Scriptures; the others being Saint Raphael and Saint Gabriel. Saint Gabriel is the messenger to the Blessed Virgin Mary in the Mystery of the Incarnation. Michael is the defender of Jesus Christ in his Sacred Humanity. Saint Michael, the Archangel. He is spoken of twice in the Old Testament, and twice in the New.

The name Michael, signifies "Who is like to God" and was the war cry of the good Angels in the battle fought in heaven against Satan and his followers. Because of the victory, Saint Michael, the Archangel, is revered in Catholic tradition and liturgy as the Protector of the Church, as once, he was regarded as the Protector of the Israelites. In the Eastern Church, Saint Michael, the Archangel, is placed over all the Angels, as Prince of the Seraphim.

As distinct from the Guardian Angels, the Archangels are God's messengers to man in matters of grave moment; e.g., Gabriel to the Virgin Mary, Raphael to Tobias; and to the Archangels God also entrusts the care of persons of exalted rank or sanctity to the Archangels. Saint Michael, the Archangel, was the angel who communicated with Joan of Arc. In spite of her efforts to save her king and country with the help of God, Joan was betrayed by her own people to the English who tried her as a witch and burned her at the stake.

Saint Michael, the Archangel, is usually depicted with a sword. This sword is double edged: truth and justice. As the Archangel of battle and defender of Heaven, Michael is said to be the Patron Saint of policemen. In the Christian Bible, Michael is said to be the Angel who told the Virgin Mary of her approaching death.

Prayer to Saint Michael, the Archangel

Saint Michael, the Archangel, defend us in battle. Be our defence against the wickedness and snares of the devil. May God rebuke him, we humbly pray. And you, Oh Prince of the Heavenly Host, by the power of God, thrust into Hell, Satan and the other evil spirits, who prowl the world for the ruin of souls.

Amen.



Michaelmas

On the Feast of Michael and all Angels, popularly called Michaelmas, we give thanks for the many ways in which God's loving care watches over us, both directly and indirectly, and we are reminded that the richness and variety of God's creation far exceeds our knowledge of it.

The Holy Scriptures often speak of created intelligences, other than humans, who worship God in Heaven and act as His messengers and agents on earth. We are not told much about them, and it is not clear how much of what we are told is figurative. Jesus speaks of them as rejoicing over penitent sinners (Lk 15:10). Elsewhere, in a statement that has been variously understood (Mt 18:10), He warns against misleading a child, because their angels behold the face of God. (Acts 12:15 may refer to a related idea.)

In the Hebrew Scriptures, it is occasionally reported that someone saw a man who spoke to him with authority, and who he then realized was no mere man, but a messenger of God. Thus we have a belief in super-human rational created beings, either resembling men in appearance or taking human appearance when they are to communicate with us. They are referred to as "messengers of God," or simply as "messengers." The word for a messenger in Hebrew is Malach, in Greek, Angelos, from which we get our word "angel" [Digression: Angelion means "message, news" and Euangelion means "good news = goodspell = gospel," from which we get our word "evangelist" used to mean a preacher of the Good News of salvation, and, more narrowly, one of the four Gospel-writers: [Matthew](#), Mark, Luke, and John.]

By the time of Christ, Jewish popular belief included many specifics about angels, with names for many of them. There were thought to be four archangels, named Michael, Gabriel, Raphael, and Uriel. An alternative tradition has seven archangels (see Tobit 12:15 and 1 Enoch 20). Sometimes each archangel is associated with one of the seven planets of the Ptolemaic system (the moon, Mercury, Venus, the Sun, Mars, Jupiter, Saturn). Michael is associated with Saturn and Uriel with the Sun. The other pairings I forget, but I believe that you will find a list in the long narrative poem called "The Golden Legend," by Henry Wadsworth Longfellow. (I believe that a pairing is also offered in the opening chapters of the *Proof of the Apostolic Preaching*, by [Irenaeus](#) of Lyons, but I have not the work at hand.)

Michael (the name means "Who is like God?") is said to be the captain of the heavenly armies. He is mentioned in the Scriptures in Daniel 10:13,31; 12:1 (where he is said to be the prince of the people of Israel); in Jude 9 (where he is said to have disputed with the devil about the body of Moses); and in Revelation 12:7 (where he is said to have led the heavenly armies against those of the great dragon). He is generally pictured in full armour, carrying a lance, and with his foot on the neck of a dragon. (Pictures of the Martyr George are often similar, but only Michael has wings.)

Gabriel (the name means "God is my champion") is thought of as the special bearer of messages from God to men. He appears in Daniel 8:16; 9:21 as an explainer of some of Daniel's visions. According to the first chapter of Luke, he announced the forthcoming births of [John the Baptist](#) and of our Lord to Zachariah and the Virgin Mary respectively.

Raphael (the name means "God heals") is mentioned in the Apocrypha, in the book of Tobit, where, disguised as a man, he accompanies the young man Tobias on a quest, enables him to accomplish it, and gives him a remedy for the blindness of his aged father.

Uriel (the name means "God is my light" -- compare with "Uriah", which means "the Lord is my light") is mentioned in 4 Esdras.

It is thought by many scholars that the seven lamps of Revelation 4:5 are an image suggested by (among many other things) the idea of seven archangels.

What is the value to us of remembering the Holy Angels? Well, since they appear to excel us in both knowledge and power, they remind us that, even among created things, we humans are not the top of the heap. Since it is the common belief that demons are angels who have chosen to disobey God and to be His enemies rather than His willing servants, they remind us that the higher we are the lower we can fall. The greater our natural gifts and talents, the greater the damage if we turn them to bad ends. The more we have been given, the more will be expected of us. And, in the picture of God sending His angels to help and defend us, we are reminded that apparently God, instead of doing good things directly, often prefers to do them through His willing servants, enabling those who have accepted His love to show their love for one another.



The Power of Performance

Performing with authority and authenticity is a skill used from Broadway to the Boardroom. At the National Institute of Dramatic Art in Sydney, a special Corporate Program reveals how techniques used in the performing arts can translate to a business environment. Senior NIDA Trainers have given their top tips on how to embrace your inner performer and communicate with clarity.

THE ART OF STORYTELLING

People spend a lot of time thinking, "What am I going to say?" - when they should be thinking "What will the audience absorb?" Facts and figures are more easily absorbed when part of a story ... so storytelling is a great way to illustrate a point. The 'three-act structure' is used in screenwriting to increase the effectiveness of a story; but can be applied to presentation to help structure narrative

Act 1: The Setup. Who are the audience, what is the problem and how does it relate to the audience?

Act 2: The Confrontation. To resolve the problem, the speaker must get colleagues on board in order to work collectively towards a resolution.

Act 3: The Resolution. Time to listen to questions, address feed-back and wrap up.

REHEARSALS

Rehearsing gives you a vocal and physical memory of what you need to do. On average only twenty percent of people rehearse a presentation; but its importance can't be underestimated. It helps the words to become second nature, and the more natural the words, the more you can increase your ability to affect the audience. When rehearsing, look out for these three elements:

Physical: Examine your body language, gesturing, eye contact and look out for fidgeting.

Vocal: Listen out for pitch variation, pace, level of articulation and filler words such as "um", "like" and "so".. If you're practiced, filler words will disappear.

Content: Is there a logical progression? Does it sit within your time frame?

STAGE PRESENCE

If you're nervous, your body will give you away. For inexperienced speakers, the physical act of being on stage can be the most difficult part of presenting, but a little coaching can go a long way. The most common mistake is movement: people simply move around too much, swaying from side to side, or shifting their weight from one leg to the other. This is distracting and makes the speaker seem weak. These tips will help enhance your stage presence:

Eye contact: Find five friendly faces in the audience; and make eye contact with them as you speak.

Stance: Stand with your feet hip-width apart, at your true height. Start with hands by your sides (or with one hand resting in the other), introducing gestures when the moment requires.

Energy: Vary your energy levels. Our brains love variety, so use gestures, change your style and methods of self-expression, and avoid a monotone voice.

STAGE FRIGHT

Breathing is usually the first thing to go when you're feeling nervous; and the best advice is simply to breathe deeply. Remember that nervous energy is good energy, simply adrenalin waiting to be used. If channelled correctly, it can improve your performance as it keeps your mind sharp and gives your performance added energy. These insights might help:

01: Adrenalin causes shallow breathing. Take a few deep centred breaths to give your brain the oxygen it needs. Slowing your breath will slow the heart rate and trick the body into thinking you are calmer.

02: Drink water. From a medical perspective, your voice works best when it's hydrated. Have a glass of water handy; and take sips occasionally, especially when you want to emphasise a point.

03: To harness your adrenalin, allow yourself the option to move around. If you do move, make sure it's with purpose - as wandering aimlessly is distracting.

For inexperienced speakers, the physical act of being on stage can be the most difficult part of presenting, but a little coaching can go a long way.

THE LEADING ROLE

When it comes to communicating effectively, we're all challenged in our listening skills. In fast-paced business environments, it's what gets us into trouble most of the time. Both in our professional and personal lives, interrupting when you think you've got the gist of the conversation, or thinking about what you're going to say next rather than focusing on what's being said are signs that you are not listening. It's worth noting the following:

01: Be present. Listen first; and then formulate your response

02: There's a scale between assertive and empathic. Some people respond well to assertive leaders, while some prefer a more empathic approach as it makes them feel valued. Gauge what stimuli people respond to and use it to your advantage as a leader

03: Pay attention to the people in the room. Are they confused, interested, distracted? Base your next statement on their cues, not what you've been waiting to say.



GUIDELINES FOR SPEAKERS

Preliminaries

To be an effective speaker one needs to be enthusiastic about the Mission of the Church through ABM, eager to inspire others to support this Mission and well-informed about the policies and strategies of the organisation. Much information regarding current programs can be gleaned from the Project Book, from the latest edition of Partners and also from the website.

It is important to clarify beforehand the nature and size of your audience, where you are to speak from, the technical equipment available - especially if you intend to show a film or DVD - and who will introduce you. If you are to speak to a congregation in a Parish you need to know if you are to speak within a service (are you to provide the sermon for that day?) or at the end of a Worship time or even at the morning tea or lunch that follows it. Are you expected to link your material to the Gospel of the day in any real sense? Ask questions before the occasion as to the expectations of your audience. Find out if the Parish or group gives to AMB and to what extent and if they support a specific project.

AIMS.

1. To increase the congregation/groups/school's knowledge of the work of ABM and its role in furthering the Mission of the Church.
2. To thank the Parish for their support of ABM - if appropriate
3. To inspire the Parish to increase their support of ABM.

APPROACH

1. Through showing a short film made by ABM, no longer than 10 - 12 minutes. Briefly introduce the topic and setting of the film/DVD beforehand. (Check on arrival that equipment is functioning and that all will be able to see the film clearly). Speak then about importance of that partnership and how ABM supports the local people in their work.
2. A Second approach. To plunge straight into talking about ABM - this approach will work especially if you are a confident and experienced speaker and have a special interest or knowledge of some aspects of ABM's relationship with a specific partner Church. Use Project Book as introduction perhaps focus on a particular country.

IMPORTANT POINTS TO EMPHASIZE.

- a. Partnership is with the local church - Missionaries are no longer sent. ABM partners with Anglican Church in 13 countries overseas - Pacific Asia and Africa - and with Diocese in Australia to support work of Aboriginal and Torres Strait Island people.
- b. ABM's approach is holistic -- seeking to provide for the spiritual, social and material needs of the people, in accord with Jesus' Ministry.
- c. Thus ABM works in 2 distinct but not separate ways, with its partner Churches.
 - i. Assists them (the local leaders) to strengthen their capacity to evangelise and minister within their communities through theological education, capacity building and leadership training. (Church to Church Program).
 - ii. Assists partner Churches, as they care for their own communities through health and education services, water and agriculture programs, literacy programs, base building programs and emergency relief in times of natural disaster. (Development Program)
- d. Relate to Five Marks of Mission. (These could be on screen or large posters) ABM's programs specifically target poorer areas and supports initiatives which address discrimination, the effects of climate change and gender inequality.
- e. Encounter Program. This allows Clergy and lay leaders from partner countries to spend time in Australia (usually about 3 months) gaining ministry experience and expertise in their area of work alongside a mentor. ABM also brings key people from our partners to Australia to meet the Board and Staff and to share stories of their life in ministry in supporting parishes.

Written by: Reverend Phillipa Weatherall, Melbourne

Contact List

This list only contains people who have given ABM written permission to have their contact details published. To be included, please email your details to Michael Robinson (see address below).

| | |
|--------------------|--|
| <i>Bendigo</i> | <i>The Ven Michael Hopkins</i> |
| <i>Brisbane</i> | <i>The Rev'd Ken Spreadborough</i> |
| <i>Bunbury</i> | <i>The Rev'd Bill Byleveld</i> |
| <i>Canberra</i> | <i>The Rev'd Paul Black</i> |
| <i>Grafton</i> | <i>The Rev'd Brian Mueller</i> |
| <i>Melbourne</i> | <i>Mr Brett Collins</i> |
| <i>Newcastle</i> | <i>The Rev'd Canon Katherine Bowyer</i> |
| <i>Perth</i> | <i>The Ven. Lionel Snell</i> |
| <i>SA Province</i> | <i>The Most Rev'd Dr. Jeffrey Driver</i> |
| <i>Sydney</i> | <i>Mrs Edwina Waddy</i> |
| <i>Tasmania</i> | <i>The Rev'd Warwick Cuthbertson</i> |

List of Resources

For Education and Publicity

- Prayer Diary
- Project Book
- Partners' Magazine
- Annual Report
- ABM DVDs
- Partner Brochures
- Magnets
- Posters (Marks of Mission, Country overview)
- Banners

For Fundraising

- Duplex (Giving) envelopes
- Purses
- Lanyards
- Bequest Forms
- Crosses

CONTACT US AT ABM

Office Telephone -

02 9264 1021

Michael Robinson
Speaker's Program Co-Ordinator
Christopher Brooks
Communications and Funding
Vivienne For
Communications Co-Ordinator
Lorraine Forster
Committee Support Officer
Fiona Richardson
Office Assistant

speakers@abm.asn.au

marketing@abm.asn.au

communications@abm.asn.au

committee.support@abm.asn.au

info@abm.asn.au