

ABM Speaker's Corner



Issue 2, March 2012

Easter Greetings from Speaker's Corner

Easter Greetings to all our Volunteer Speakers,

A very warm welcome to your second edition of Speaker's Corner for 2012. Your feedback is most welcome. We would again like to hear what you think future Speaker's Corner editions should contain.

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

I hope you have a very Blessed Easter and a well deserved rest.

Michael Robinson

Speaker's 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

The involvement with the unique Gawura Programme

Established by St Andrew's Cathedral School in 2007, Gawura is a unique and successful learning environment for Aboriginal and Torres Strait Islander students from disadvantaged families in Sydney. A Kindergarten to Year 6 School with high teacher/student ratios, Gawura delivers an intensive programme of literacy and numeracy development in a culturally enriching environment. Close collaboration with Indigenous parents and families has been critical to the success of the programme and to the continued engagement of the students. Aboriginal and Torres Strait Islander cultures are celebrated and incorporated into the teaching programme. Students participate in regular drama classes, music and sport with their peers across the school from Kindergarten to Year 12. On completion of Year 6, Gawura students are offered scholarships (pending funding) to St Andrew's Cathedral Secondary School.

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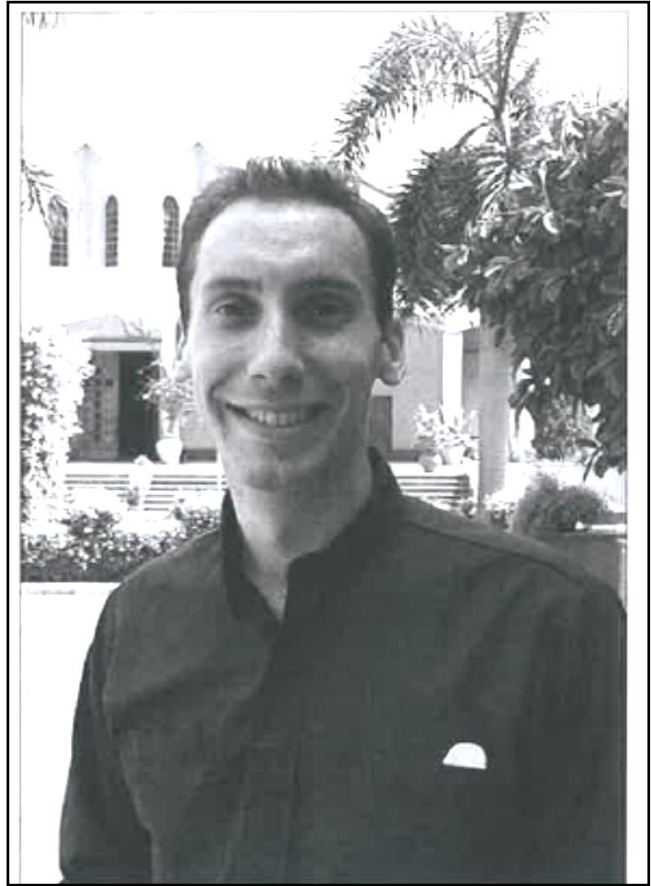
Name Badges

The next order of name badges will be submitted at the end of April 2012. Anyone requiring name badges should contact Lorraine Forster, Support Officer - ABM Committees, on email committee.support@abm.asn.au

**Profile of our Good Friday Visitor:
The Reverend Drew Schmotzer,
Chaplain to Bishop Mouneer Anis, President
Bishop of the Episcopal Church of Jerusalem
and the Middle East.**

Over the last three and a half years, Drew has served the Church of Egypt as Bishop Mouneer's Chaplain. He also assists at All Saints' Cathedral in Cairo. His interests include conflict resolution and peacemaking.

Raised in Ohio, U.S.A., Drew has travelled widely. He has many interests. He graduated with degrees in Theology, French and English, and holds a black belt in the martial art, Jujitsu, as well as a certificate in Ko Ko Do Shiatsu, a Japanese acupuncture technique. In 2004 he was the first-placed international competitor in the Semi Marathon de la Montagne Ardéchoise. He is also an organist and pianist and has been involved in the Church's music ministry.



**Adapted from a series of Pew Reflections, written by
our Good Friday Visitor,
The Reverend Drew Schmotzer**

Fifth Sunday in Lent

Jeremiah 31.31-34; Psalm 119.9-16;
Hebrews 5.5-14; John 12.20-33

"The hour has come!" Jesus predicts his death and resurrection, and continues on the journey towards Holy Week. As we continue to ask God to cleanse and purify us, we have to make a decision. The hour has come for change in our lives. Will we allow God to change us, or will we remain the same? Jesus, knowing the death he would face, continued boldly. How can we, as fellow servants of God, face the hardships of our lives with hope and certainty? May we too glorify God through our lives!

- Pray for those whose hour of need and trial has come; pray that the Lord would glorify his servants.
- Give thanks that even this late in Lent there is still time to turn towards God and repent.

Fourth Sunday in Lent

Numbers 21.4-9; Psalm 107.1-3, 17-22;
Ephesians 2.1-10; John 3.14-21

"For God so loved the world that he gave his one and only Son that whoever believes in him shall not perish but have eternal life" (Jn 3.16). From the beginning, God desired to live with his People, but the People of God did evil in his eyes. Yet the Lord did not abandon them, "He sent forth his Word and healed them; he rescued them from the grave" (Ps 107.19-20). God sent his Son to "make us alive with Christ even when we were dead in transgressions" (Eph 2.5). It is one thing to die for a friend, but it is another thing to die for an enemy. God sent his son to die for us so that we may be alive together.

- Pray for those who feel rejected or alone, those who feel like enemies of God. Pray that they may find new life and reconciliation.
- Give thanks for the work and witness of the Church of the Province of South East Asia

Third Sunday in Lent

Exodus 20.1-17; Psalm 19;
1 Corinthians 1.18-25; John 2.13-22

Is it ok to be angry? Some people think that Christians are always supposed to be happy. Jesus got angry when he saw his Father's house turned into a den of iniquity. He saw how the Temple, which was supposed to unite people to God (Jews and Gentiles), became a place which kept people away from God; a place which profited from the pilgrims journey. And so, Jesus was filled with righteous indignation. When he cleansed the Temple, he was removing all of the obstacles which separated humanity from God. How can we be sure that we are not putting obstacles in other people's way?

- Pray for all persons seeking God; that all obstacles would be removed from their paths and that they would meet God through Jesus Christ.
- Give thanks for the work and witness of the *Nippon Sei Ko Kai* – the Anglican Church in Japan

Second Sunday in Lent

Genesis 17.1-7; 15-16; Psalm 22.24-32;
Romans 4.13-25; Mark 8.31-38

As we continue our Lenten journey towards Easter, we remember that as God creates in us new hearts. God may also God change our names, like He did when he changed the names of Abram and Sarai to Abraham and Sarah or Saul to Paul. After changing their names, God promised that generations would be blessed through them. After God changes us, he blesses people through us. Why would this happen? When we give our lives to Christ, we gain our lives: "for whoever wants to save his life will lose it, but whoever loses his life for me and for the Gospel will save it" (Mk 8.35). Thank you God for changing us, one day at a time!

- Pray for those whose hearts are hard. Pray that they Lord would soften their hearts and bless generations through them.
- Give thanks for the work and witness of the Anglican Church of Papua New Guinea.

First Sunday in Lent

Genesis 9.8-17; Psalm 25.1-10;
1 Peter 3.18-22; Mark 1.9-15

Today is the fifth day of Lent; some of us are changing from the inside-out, while others are changing the outside-in. In our Gospel reading, Jesus is baptized and immediately goes out in the desert to be tempted. At the beginning of Jesus' ministry, we see the high before the low. Yet Jesus was not alone, the Holy Spirit came upon him and his internal transformation allows him to face the outside world. The Middle East has many deserts and temptations, as do our own lands. But a desert may be a place of growth and victory if we remember the words of the Psalmist, 'to you O Lord I lift up my soul, in you I trust O my God' (Ps 25.1-2a) then we need not worry.

- Pray for those who feel alone and who are facing the harsh realities of life. Pray that the Lord will comfort the afflicted.
- Give thanks for the work and witness of the Church of the Province of Central Africa.

Ash Wednesday

Joel 2.1-2, 12-17; Psalm 51.1-17;
2 Corinthians 5.20b-6.10;
Matthew 6.1-6 (7-15) 16-21

Today we remember that 'all come from dust and to dust all shall return' (Eccl 3.20). We remember the mortality of our lives and our dependence on God. But we also remember what kind of fast the Lord requires—inward change, not just outward change. The season of Lent is not for outward appearances, but inward change. We are reminded to mend our heart and not our garments (Joel 2.13) because then our Father, who sees what is done in secret, will reward us (Mt. 6.3). By asking God to create in us pure hearts (Ps. 51.10) our change of heart will result in an outward change as well. As we ask God to cleanse us and forgive us, we find new life. While outwardly it may appear as if we have nothing, yet we possess everything (cf. 1 Cor 6.10).

- Pray for those who are beginning the Lenten fast, for God to sustain them and draw them closer to himself every day.
- Give thanks for the forgiveness God offers to those who truly repent.

10 Tips for Public speaking

Feeling some nervousness before giving a speech is natural and even beneficial, but too much nervousness can be detrimental. Here are some proven tips on how to control your butterflies and give better presentations:

1. **Know your material.** Pick a topic you are interested in. Know more about it than you include in your speech. Use humor, personal stories and conversational language - that way you won't easily forget what to say.
2. **Practice. Practice. Practice!** Rehearse out loud with all equipment you plan on using. Revise as necessary. Work to control filler words; Practice, pause and breathe. Practice with a timer and allow time for the unexpected.
3. **Know the audience.** Greet some of the audience members as they arrive. It's easier to speak to a group of friends than to strangers.
4. **Know the room.** Arrive early, walk around the speaking area and practice using the microphone and any visual aids.
5. **Relax.** Begin by addressing the audience. It buys you time and calms your nerves. Pause, smile and count to three before saying anything. ("One one-thousand, two one-thousand, three one-thousand. Pause. Begin.") Transform nervous energy into enthusiasm.
6. **Visualize yourself giving your speech.** Imagine yourself speaking, your voice loud, clear and confident. Visualize the audience clapping - it will boost your confidence.
7. **Realize that people want you to succeed.** Audiences want you to be interesting, stimulating, informative and entertaining. They're rooting for you.
8. **Don't apologize** for any nervousness or problem - the audience probably never noticed it.
9. **Concentrate on the message - not the medium.** Focus your attention away from your own anxieties and concentrate on your message and your audience.
10. **Gain experience.** Mainly, your speech should represent *you* - as an authority and as a person. Experience builds confidence, which is the key to effective speaking. A Toastmasters club can provide the experience you need in a safe and friendly environment.

Courtesy of "Toastmasters"

Volunteer Speakers & Diocesan Contacts

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

<i>Bendigo</i>	<i>Mrs Myrtle Shay</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 Rebecca Newland</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>Rockhampton</i>	<i>Mrs Sybil Pawley</i>
<i>SA Province</i>	<i>The Right Rev'd David McCall</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
- Annual Report
- ABM DVDs
- Partner Brochures
- Magnets
- Posters (Marks of Mission, Country overview)
- Banners

For Fundraising

- Duplex (Giving) envelopes
- Purses
- Bequest Forms
- Crosses
- Prayer Diaries
- Project Book

CONTACT US

Office Telephone -

Michael Robinson
Speaker's Program Organiser
 Christopher Brooks
Marketing and Communications
 Vivienne For
Communications Co-Ordinator
 Lorraine Forster
Committee Support Officer
 Denise Wilson
Receptionist

02 9264 1021

speakers@abm.asn.au

marketing@abm.asn.au

communications@abm.asn.au

committee.support@abm.asn.au

info@abm.asn.au