

ABM Speakers' Corner

Issue Two, June 2015

TRINITY 2015



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 second edition of Speakers' Corner for 2015. Your 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 ...

- Doctrine of Trinity
- The Power of Performance
- Guidelines for Speakers
- Contact Details



"What about the doctrine of the Trinity, the Holy Trinity?"

Our Answer: You and I live in a three-dimensional world. All physical objects have a certain height, width, and depth. One person can look like someone else, or behave like someone else, or even sound like someone else. But a person cannot actually be the same as another person. They are distinct individuals.

God, however, lives without the limitations of a three-dimensional universe. He is spirit. And he is infinitely more complex than we are.

That is why Jesus the Son can be different from the Father. And, yet the same.

The Bible clearly speaks of: God the Son, God the Father, and God the Holy Spirit. But emphasizes that there is only ONE God.

If we were to use math, it would not be, $1+1+1=3$. It would be $1 \times 1 \times 1 = 1$. God is a triune God.

Thus the term: "Tri" meaning three, and "Unity" meaning one, Tri+Unity = Trinity. It is a way of acknowledging what the Bible reveals to us about God, that God is yet three "Persons" who have the same essence of deity. Some have tried to give human illustrations for the Trinity, such as H₂O being water, ice and steam (all different forms, but all are H₂O). Another illustration is an egg having a shell, egg yolk and egg white, but this egg illustration shows that there would be "parts" to God, which isn't the case.

God the Son (Jesus) is fully, completely God. God the Father is fully, completely God. And God the Holy Spirit is fully, completely God. Yet there is only one God. In our world, with our limited human experience, it's tough to understand the Trinity. But from the beginning we see God this way in Scripture. Notice the plural pronouns "us" and "our" in Genesis 1:26 -- Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground."



Though not a complete list, here is some other Scripture that shows God is one, in Trinity:

- "Hear, O Israel! The LORD is our God, the LORD is one!" (Deut. 6:4)
- "I am the LORD, and there is no other; Besides Me there is no God." (Isa. 45:5)
- There is no God but one. (1Cor. 8:4)
- And after being baptized, Jesus went up immediately from the water; and behold, the heavens were opened, and he saw the Spirit of God descending as a dove, and coming upon Him, and behold, a voice out of the heavens, saying, "This is My beloved Son, in whom I am well-pleased." (Matt. 3:16-17)
- "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit." (Matt. 28:19)
- Jesus said: "I and the Father are one." (John 10:30)
- "He who has seen Me has seen the Father." (John 14:9)
- "He who beholds Me beholds the One who sent Me." (John 12:45)
- If anyone does not have the Spirit of Christ, he does not belong to Him. (Rom. 8:9)
- "Joseph, son of David, do not be afraid to take Mary as your wife; for that which has been conceived in her is of the Holy Spirit." (Matt. 1:20)
- And the angel answered and said to her [Mary], "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; and for that reason the holy offspring shall be called the Son of God." (Luke 1:35)
- [Jesus speaking to His disciples] "And I will ask the Father, and He will give you another Helper, that He may be with you forever; the Spirit of truth, whom the world cannot receive, because it does not behold Him or know Him, but you know Him because He abides with you, and will be in you." ... "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him, and make Our abode with him." (John 14:16-17, 23)

Amen.



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 Corporate Trainer (Antony Grgas) gives his 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 centered 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.

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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 the heads of 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).

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<i>Bunbury</i>	<i>The Rev'd Bill Byleveld</i>
<i>Canberra</i>	<i>The Rev'd Rebecca Newland</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

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