

Family Touchpoints

www.highriverunitedchurch.org

hruc@telus.net

Phone: 652-3168

A Family Faith Moment

Lucky or Blessed

How often during the day do we say, "Now that was lucky!" or "Aren't you lucky?" It's a common phrase in our society. But what if we were to change the phrase to reflect our faith in God? We believe that all that we have is a gift from God's creation. It is not by chance that we have an amazing world in which to live. The energy of God continues to work through nature and through people to create all that benefits us. We believe that many other people contribute to our well-being through their actions, their work and their care. We live in a society that has a great sense of "entitlement." That is we often expect that others should do things for us because that is what they are there to do. We may not say, "Thank you" to a store clerk who rings our groceries through or to our Mom/Dad who make breakfast for us. Yet our scriptures remind us that we are to give thanks for everything.

So how about challenging yourself and your family to drop the word, "lucky" and exchange it for "blessed" or "thankful."

"How blessed am I today!"

"Think of all the people who made that possible."

"Wow! You have a lot to be thankful for."

"Now that's a blessing!"

"Thank you, God."

Have fun finding ways to acknowledge God, other people and the earth itself, rather than luck in your family's life!

Health Benefits of a Faith-filled Life!

We all know about the health benefits of regular exercise and eating fruits and vegetables. Scientific studies conducted through places such as Duke University and Columbia University are showing what we've believed all along and what our scriptures tell us. Those who have faith as part of their lives and who participate in regular spiritual practices experience health benefits: Here are some of the findings:

- Those who regularly participate in worship and other congregational activities have less stress over finances, health and other daily concerns.
- Those who attend worship services, pray or read the Bible regularly have lower blood pressure than their non-participating peers.
- Those who are regular participants in religious activities and who are recovering from surgery spent an average of 11 days less in hospital than non-religious patients. Those in hospital who used positive spiritual practices suffered less depression and had a better quality of life.
- Mortality rates are lower among older adults who attend worship; that is you live longer if you attend worship.
- Regular engagement in spiritual practices is linked to lower suicide rates, less alcohol and drug abuses, less criminal behaviour, fewer divorces and higher marital satisfaction.
- And most interesting of all,
 - Women with spiritually active mothers are 60% less likely to be depressed in 10 years than those with non-active mothers.
 - Daughters who participate in the same denomination as their mothers are 71% less likely to be depressed.
 - Sons who participate in the same denomination as their mothers are 84% less likely to be depressed.

Participating in a community of faith, prayer and having the spiritual support of family and friends are the key components to these health benefits. Church is one of the healthiest places you can spend your time!

Finishing Up and Moving In

The end is in sight...drop by the site and help with the last details on Tuesday to Saturday...for a few hours or a few days...as you are able.

Can you help pack boxes at the church office or move items that have been in storage and unpack them in the new facility? If so, please speak with John King at 652-652-2558



Family Touchpoints

Would you like to help your children to understand and respect other faith traditions?

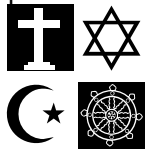
A good set of books are the "What You Will See Inside" series from SkyLight Paths Press.

"What You Will See Inside a Synagogue" by Rabbi Lawrence A. Hoffman & Dr. Ron Wolfson.

"What You Will See Inside a Hindu Temple" by Dr. Mahendra Jani and Dr. Vandanad Jani

"What You Will See Inside a Mosque" by Aisha Karen Kahn

These books help build bridges of understanding to other faiths with their beautiful pictures and descriptions of life as a member of that faith. Reflecting on life in another faith helps us understand better what is important to us about our own faith and enriches us with learning about God and life from another point of view.



What is your Spiritual practice?

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A spiritual practice is a regular daily/weekly activity that

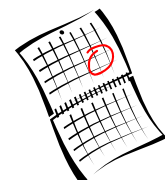
- creates space for an encounter with the Holy
- anchors, grounds and centres us for our daily living
- supports the exploration of the deep mysteries of life
- allows the telling, re-telling and reframing of our life story in order to bring wholeness and health
- helps us sustain ourselves especially during searching times, grieving times, and challenging times in life
- helps us take time to notice what we don't usually have time or space to notice



Ideas for Spiritual Practice:

- lighting a candle and sitting or dancing with gentle music
- journal writing
- walking meditation
- knitting, crocheting or hand-quilting a simple pattern in order to allow focus on the Holy
- carving, working with clay or drawing, with the focus on the Holy rather than on achieving a design.
- prayer beads
- a gratitude journal
- creating a collage of cards, clippings, photos, etc.

and many, many more.....



Mark your calendars for the **Opening Celebration** of our

Renewed Facility

which will be held on

October 4, and 5th, 2008

Saturday: 10 am to 2 pm:
Open House

Sunday: 10:30 am service:
"Returning Home"

12:00 Noon:

Soup and Bun

2:00 pm: Celebration
and Dedication

Watch for monthly celebration events in our Year of Celebration!



Youth Minister



At the January 2008 Annual Meeting, the congregation of High River United Church approved the hiring of a Youth Minister for 15 hours per week beginning in September 2008, to support our volunteer youth leaders, to provide Sunday morning program and to make ongoing connections with our youth. **If you know of someone who would be interested,** have them contact Cathy Drescher at 601-2639 **immediately.**

What's up with our Youth and their leaders.....

Many thanks go out to **Doug Elliot** and **Michelle Parker** for continuing to keep our Youth coming together for fun and fellowship. The last gathering in May involved making pizza and games in Birchwood Park. The Youth love being able to connect with adults that are encouraging, listen, interested and understand their age group.

Youth Minister: We are in the process of putting an interview team together and working on getting interviews together. Our goal is to have a Youth Minister in place by the beginning of September 2008.

Many thanks go out to the **Dream Team and all their volunteers** for creating a nurturing and fun place for children to worship. They are all very dedicated and their hard work is very much appreciated.

Cathy Drescher
Christian Development Chair