



3 NOVEMBER 2024

Welcome

Welcome to church this morning, we hope you enjoy being with us.

Lectionary readings

This week 3 November, 2024

Ruth 1:1-18
Psalm 146
Hebrews 9:11-14
Mark 12:28-34

Next Sunday 10 November, 2024

Ruth 3:1-5, 4:13-17
Psalm 127
Hebrews 9:24-28
Mark 12:38-44

Christmas is Coming!

The Hands and Feet Volunteer Team invites you to spread some Christmas Cheer this year by donating a Christmas treat, such as chocolates, shortbreads, puddings etc. to go into our clients baskets on 11th December.

We will add a little note to all our lovely clients wishing them a Merry Christmas from the people of the Greystanes Uniting Church.

There will be a box at the back of the church for your donations from next Sunday.

Side by Side Christ Ministries

Thank you to everyone who has contributed towards our collection to support Emmanuel and Side by Side Christ Ministries in Uganda, we have raised \$1370 so far.

As we heard from Emmanuel and Sarah last Sunday, they are now caring for 600 children across the two schools they run, and are very grateful for the support we are able to give them.

We will be collecting for another week so if you haven't yet made a donation but would like to, please either place your donation in a envelope in the offering bag or you can transfer your gift to our St George account BSB 112-879, and account number 428 172 081.

Car Needed

A Hands and Feet client, who is a single mum of four, desperately needs a cheap second-hand automatic car to run her children around to school and day care. If you or someone you know is looking to sell a cheap second hand automatic car, please see Gail or Sue.



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Rev Gail's Message

Being loving, empathetic and kind is good for us and the proof is undeniable. When I googled the 'Science of Happiness' during the week, institutions like the Mayo Clinic, Psychiatry Today, Mental Health UK and our own national online resource Health Direct all had links to articles that explored the science behind why being kind is good for us.

Christians worldwide are always kind! Is that a true assumption? It should be the case given that our faith is founded on Jesus who taught us to love others as ourselves. Jesus also taught us that when we are kind to those in need we are in fact serving him, look up Matthew 25:31-46 for a reminder. Kindness should come naturally to us if we are Jesus' true disciples.

What we may not be aware of is how beneficial following Jesus' command to love others is for our own wellbeing and overall health. Here are some of the benefits of being kind according to several health foundations:

*Dr Harding of the Mayo Clinic states that "on an individual level, kindness buffers stress. It lowers cortisol and blood pressure, reduces pain, anxiety, depression, and boosts our immune system."

*Kindness doesn't have to be momentous to make an impact. While grand overtures of kindness can be appreciated, of course, research has found that it's often the little things carried out on a regular basis that have the most powerful effect since we live our lives together from moment to moment. (Psychology Today)

*The happiness people get from giving to others can make a 'positive feedback loop'. The more you give, the more positive you feel. This, in turn, fuels greater contentment or wellbeing. One kind act leads to others. People who see someone being kind and caring are also more likely to be kind themselves. People who are on the receiving end of someone's kindness can also become kinder and more compassionate. <https://www.healthdirect.gov.au/acts-of-kindness-and-compassion>

*Acts of kindness and compassion — both giving and receiving — can increase wellbeing. Wellbeing is when you feel healthy and content. Wellbeing can make you feel like you have a sense of purpose. You can feel like you matter and are able to make a difference. Helping someone increase their wellbeing can help them and you feel better. It can help you get over feelings of loneliness and isolation. It can help you build healthy relationships. It can also help improve your self-esteem. <https://www.healthdirect.gov.au/acts-of-kindness-and-compassion>

* Being kind to others helps to keep things in perspective. Many people don't realise the impact a different perspective can have on their outlook on life. There is some evidence that being aware of our own acts of kindness, as well as the things we are grateful for, can increase feelings of happiness, optimism and satisfaction. Doing good may help you to have a more positive outlook about your own circumstances. (Mental Health Foundation UK)

Be kind everyone in the name of our Lord, Jesus Christ.