



# NEWS FROM CENTRAL

May/June 2018

## COME TO CHURCH-LIVE LONGER!

A 20 year (1992-2012) research study of 75,000 nurses in the U.S. has determined that the death rate among regular church attenders is 30% lower than for non-church attenders. It also reported that church attenders are 30% less likely to suffer from depression. Researchers concluded that “The one aspect that is significantly more predictive of good health is about religious service attendance.” (JAMA Internal Medicine, 2012) The participants reported higher rates of social support and a greater sense of purpose in life, due to their involvement in communal religious

experiences. They viewed life with more optimism and were happier with lives that had purpose and meaning. Interestingly, those participants who defined themselves as “spiritual but not religious” did not experience the same positive effects. There are many theories as to why coming together to worship improves our health and happiness, but I would like to think that that the Holy Spirit is there with us and that the bond of worshipping together gives us strength and resilience in the face of life’s struggles. We are a community where support and caring for one another helps us feel involved and valued.

### Mark your calendar

Saturday, May 5	Pancakes and Pajamas	10:00am -1:00p.m.
Sunday, May13	Mother’s Day Tea	9:00 a.m.
Saturday, May 26	Mike’s Lunch Basket	
Sunday, May 27	Spaghetti Dinner/Aubrey’s Israel Trip	6:00p.m.
Saturday, June 2	Yard Sale	9:00-11:30 a.m.
Sunday, June 3	Communion	10:00 a.m.
	Parent Connect	4-5:30 p.m.
Saturday, June 23	Mike’s Lunch Baskett	
Sunday, June 24	Church Barbeque	Following Service

## DATES AND EVENTS FOR JULY/AUGUST

July 16 –July 20	Onside Soccer Camp	
July 23 –July 27	Onside Basketball Camp	
Saturday, August 4	Christian Folk Music Festival	All Day

## HOW CENTRAL SERVES

### **THE GLEANERS**

George Barrie is a long-time member of Central and the Galt area. His forebears arrived from Scotland in 1829 and established themselves in the farming community. George spent most of his life growing produce for market and now spends much of his time at the other end of the food chain, preparing produce for the hungry in other countries. Farmers from places such as Grand Bend, Alliston, Niagara region, Simcoe, etc., donate vegetables to the Ontario Christian Gleaners to be prepared and dried and then sent to many developing countries.

A day at the Gleaners begins at 8:00 am and ends around noon, as the volunteers gather at tables to prepare the vegetables. Usually they will prepare one vegetable at a time which they peel and send to the dicer and then to the dryer. The dried vegetables are kept in a barrel until a variety of vegetables is available. During packing, the dried vegetables are scooped into plastic bags and vacuum sealed. The bags are either boxed or placed into plastic containers provided by Tim Horton's. The boxes are stacked on skids placed into shipping containers, and shipped by sea. The costs of shipping are covered by various charitable organizations.

In 2017, the Gleaners shipped 7.85 million servings of dried vegetable mix, 3421 bags of dried apples, and 4138 kg of other products such as beans and granola. The food was transported to 26 countries, including Haiti, Guatemala and the Philippines.

The Gleaners attracts about 50 volunteers per day, including teenagers doing volunteer hours as well as church groups who come to help out. As well as George, there are a number of Central members who also volunteer including Greg Gowing, Sandy Barrie, Harry and Gerda Burgsma, Henk and Corrie Oudshoorn, and Peter and Susan Schneller. We applaud these Central members whose work at the Gleaners helps to feed those less fortunate throughout the world.

*The generous will themselves be blessed, for they share  
their food with the poor.*

*Proverbs 22:9*