



News From Central

CHURCH ATTENDANCE YIELDS HAPPIER, HEALTHIER TEENS!

Don't let anyone look
down on you because
you are young, but
set an example for the
believers in speech, in
conduct, in love, in
faith and in purity.

1 Timothy 4:12

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While research has shown that adults benefit from regular church attendance, a recent study in the Journal of Epidemiology found that “children who were raised in a religious environment were better protected from depression, substance abuse, and other risky behaviours.” The study included 5,000 youths who were followed 8 to 14 years. These young people reported higher levels of happiness and were 29% more likely to volunteer in their community and 33% less likely to use illicit drugs. Dr. Chan, from the School of Public Health at Harvard University, hypothesizes that having a shared set of beliefs, values and practices may be responsible. He also suggests that adolescents who attend religious services have access to community members who can serve as mentors and role models. It seems that creating youth who are more in tune with others and who volunteer and project a sense of purpose are happier and therefore less prone to depression. As parents, maybe our greatest legacy to our children is a personal faith which sustains a sense of personal self-esteem and engagement in the world around them.

Mark Your Calendar



On November 11, the **BELLS of PEACE** will ring out across Canada to commemorate the 100th anniversary of the end of WW1. Churches are asked to ring their bells at 5:00 pm. Folks may wish to gather in the downtown area to hear the bells and acknowledge this event.

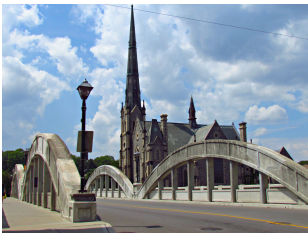
Saturday/Sunday November 3-4	Road2Hope Marathon
Sunday November 4	Dedication of Dorcas Window
Sunday November 11	Service of Remembrance
Saturday November 17	Board and Session Meeting
Saturday November 17	Cambridge Symphony
Sunday November 18	Sunday Night At Central
Friday-Sunday November 23-25	Rugged Hands at Camp Kintail Weekend
Saturday November 24	Mike's Lunch Baskett
Sunday November 25	Lesotho Sunday
Sunday November 25	Congregational Christmas Pot Luck Supper
Sunday December 2	Communion
Sunday December 2	Choirs and Carols @ Wesley United
Sunday December 16	Family Christmas Service
Saturday December 22	Mike's Lunch Baskett
Monday December 24	Christmas Eve Service

SUNDAY NIGHT AT CENTRAL

**SUNDAY NOVEMBER 18
7:00PM**

Join us for a musical evening at Central featuring talents from Central and our local community. A free will offering will be received in support of Central's Mission Projects.

Don't miss this evening celebrating the many incredible talents of Central and our community. There will be something for everyone including free refreshments!



Missions at Central

Road2Hope Marathon

The Road2Hope Marathon takes place on November 3 & 4 this year to support Central's ongoing mission partnership with Rachel's Home, in Lesotho. Eight years ago a team of marathon participants from Cambridge Memorial Hospital (CMH) offered to use their marathon team to raise funds for this ongoing mission. That first year Greg Gowing & Alistair McIlwraith joined the team and with that the partnership between Central and the team from CMH was born. Since that first event eight years ago more than \$35,000 has been raised to pay for food, clothing, school supplies, vitamins and teacher salaries.

Rachel's Home is tiny orphanage that cares some of the more than 10,000 orphaned children of Lesotho. It is a sanctuary, a safe Christian home for children who would otherwise find themselves abandoned to the mean streets of Maputsoe, a town on the border between Lesotho and South Africa. Hilda, the managing director of Rachel's Home and her husband Godwill, have been caring for these children for almost two decades. Rachel's Home is more than just a shelter. The children receive a proper education at the school onsite and a chance to build a real future.

You can join in this wonderful fund raising effort by joining the team in the Road2Hope Marathon. You can chose to run or walk 5 or 10k runs on Saturday November 3rd or the Half or Full marathon Sunday November 4th.

If you're not a runner, you can sponsor one of our runners. Our goal this year is to again raise \$5,000.

Please join us. Together, we can make a real difference in the lives of children whose lives have been torn apart by poverty and disease.

HOW CENTRAL SERVES

Central Church has been supporting communities both local and overseas for many years. The Mission and Outreach team, led by Denise McClellan, has been proactive in responding to many different needs and her team of volunteers have worked hard to make it all possible.

Denise's involvement with Central goes back 17 years when she heard Aubrey preach for the first time and decided to make Central her church home. Recently retired from the University of Guelph, Denise keeps busy with her family, including two children and their families, as well as a new puppy. Much of her time, however, is dedicated to making mission and service a reality at Central.

One of the first initiatives which Denise became involved with was Rachel's Home, an HIV/AIDS orphanage, which Elsie Botha had supported through the Sunday school. In 2009 and again in 2012, Central volunteers went to Lesotho to build classrooms and washrooms, and brought school supplies and clothing for the children, as well. Central continues to support a community school, as well as the orphanage, and high school and post-secondary education for the orphans.

Working trips to Guatemala, under the leadership of Alejandro Ortiz, and with the help of Central volunteers and a partnering church in Burford have been instrumental in helping the local community build a church and classrooms both for Sunday school and community use. Alejandro and his team of 10-12 build spaces which can be used for skills training as well, which enables local workers to improve their lives. He is currently in Guatemala with a number of Central volunteers.

Central also supports the Food Bank, both through weekly donations of food and Mike's Lunch Basket, which offers lunch to as many as 100 people every Saturday. Once a month, Central volunteers prepare and serve lunch to these needy folks. Central also collects hats and mittens at Christmas and supports White Gift Sunday to help the Food Bank provide for less fortunate seniors. A new initiative supports the Intermediate Christian Home by providing a Sunday meal to the homeless men, once a month.

In order to support all these projects the Mission and Service Committee fundraise through pancake suppers, garage sales, spaghetti dinners, congregational dinners, Easter breakfasts, etc. As you can imagine, fundraising requires volunteers and the support of Central members in order to be successful.

Denise's committee invites each member of Central to volunteer for even one project or fundraising initiative to help share the load to provide for those less fortunate both here and abroad.

CONCERNS? QUESTIONS? Please contact Andrew Foster
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