



Central News

November/December 2019

Want To Stay Healthier? Practice Loving Kindness



We have all heard of the Golden Rule “Do unto others as you would have them do unto you” (Matthew 7:12) but how many of us realize that science is demonstrating that practicing loving-kindness can profoundly affect our daily attitude, our outlook for the future and our physical health. We feel good when a stranger pays for a coffee or helps us when we are in need, but we feel even better when we are the ones to lend a helping hand! It seems that the act of helping others actually activates the part of the brain that makes you feel pleasure. It releases a hormone called oxytocin that helps modulate social interactions and emotion.

The more generous you are, the higher the levels of oxytocin, and the happier you are. The happier you are, the healthier you are. While we are all familiar with the Golden Rule, how many of us practice loving-kindness on a daily basis? We are fortunate to belong to a “peachy” church where everyone is welcome, no one is perfect, and everyone is loved. Let’s try to live with loving-kindness towards the people around us and see if we aren’t blessed with more joy and better health.

Dates and Events

November 2-3	Hamilton Road to Hope Marathon for Rachel’s Home
Monday November 11	Remembrance Day Open House 10:00 am – 1:00 pm
Saturday November 16	Men’s Breakfast
Sunday November 17	Family Craft Day
Saturday November 23	Mike’s Lunch Basket
	K.W. Symphony Orchestra 7:00 pm
Sunday November 24	Congregational Christmas Dinner



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Sunday December 1	Advent Communion
Sunday December 8	White Gift Sunday
Sunday December 15	Family Ministry Christmas Service
Saturday December 21	Men's Breakfast 9:00 am
Tuesday December 24	Christmas Eve Candlelight Service 6:30 pm
Saturday December 28	Mike's Lunch Basket

The Hamilton Road to Hope Marathon November 2 & 3



Again this year, we will join our friends from the Cambridge Memorial Hospital Emergency Room to run for Rachel's Home, our mission to support orphaned children in Lesotho. This fundraiser provides the orphans with food, housing, safety, and education. Without our support, these children have no future.

You can contribute to this fundraiser, through the offering, by sponsoring an individual runner or by visiting our page Canada Helps page at <https://www.canadahelps.org/en/charities/131654493RR0001-central-presbyterian-church/campaign/changing-lives-in-lesotho/>

Need Help?

Please feel free to contact us at office@cpcmail.ca or
Contact the church office at (519) 623-1080