



Services – Sunday 25 June, 2023

Pentecost 4

9.30am Five Dock

Preacher: Rev Wattson Pualilo

Reading: Genesis 21: 8-21

Theme: "Family Ties"

We are glad to have you with us today in worship.

It is our hope that you will not only learn more about God, but that you will encounter Him and experience His presence, love and grace for you.



DIARY DATES

Monday Afternoon Lenten Bible Study

will not meet this week.

Thank you to all who supported the family at the **Service of Thanksgiving for Fran's life** last Wednesday. Thank you for your attendance and gifts of food for afternoon tea.

It was important to have the opportunity to remember Fran and affirm her gifts and constant faith in God's goodness. Good also to be able to share God's love with those who gathered. Thank you for being part of this.

Saturday 8 July at 2.30pm

Pleasant Saturday Afternoon Concert

at Cherrybrook Uniting Church
134 New Line Rd, Cherrybrook.

This is in support of Cherrybrook Uniting Church congregation's outreach ministry.

A musical repertoire played by clarinettist, Anna Chung with associate artist, Katherine Shin at the piano.

Afternoon tea will be served after the concert.

See Marie if you are interested in attending.

Thought for the week

Your prayers, no matter how unintelligible they seem to you, are heard and understood by God.
Your message is never lost in translation.

Another key to a longer and healthier life?

*My son, pay attention to what I say;
turn your ear to my words.*

*²¹ Do not let them out of your sight,
keep them within your heart;*

*²² for they are life to those who find them
and health to one's whole body.*

Proverbs 4: 20-22 NIV

The modern world often brings news of discoveries potentially improving our health. Columbia University researchers* published findings this month on a nutrient called taurine which is produced in the body and present in many foods.

The Columbia research explored whether taurine might have a role regulating processes affecting ageing and lifespan and the results were encouraging. Early experiments established that bloodstream levels of taurine in mice, monkey and humans began much higher in early life than in later life. Subsequent animal experiments linked life span and health status with taurine supplements.

Studies examined the relationship between taurine levels and health indicators in adults aged 60 and over and concluded that people with higher taurine levels were healthier in terms of type 2 diabetes, obesity levels, hypertension, inflammation. Another study, measured taurine levels in athletes and "sedentary individuals" before and after exercise suggesting that some of the health benefits of exercise might come from an increase in taurine.

The research leader, Professor Yadav, cautioned that the findings demonstrate associations but do not prove cause and effect so rigorous trials are now essential.

In time this research may give us new options but right now we know that turning to God to be closer to him is not just important – but actually vital to our health and wellbeing.

*source Columbia University Irving Medical Center