

EPIC Sundays

EPIC Sundays: Every Person In Church

On the first Sunday of the month, the church will provide Sunday school and a fellowship lunch will follow after the service.

Join us for the worship service and lunch following.



The first EPIC Sunday is April 7 at 10:30am!



A lot of us are active – walking, cycling, yoga, hiking, curling, pickleball, playing sports, traveling; we eat right, and do all we can to be healthy mentally and physically.....but there is frequently a vital factor in longevity left out. What is it?

A well surveyed fact, that people who attend church regularly live an extra 4 years beyond those who don't.

Here are some of the reasons from the surveys:

- ✓ Better physical emotional and mental health for those who attend.
- ✓ We are spiritual beings: Engaging in worship, prayer, and scripture reading deepens our faith and purpose for living.
- ✓ We are social beings: Attending church regularly allows us to connect with like-minded individuals who offer encouragement and friendship.
- ✓ We receive moral guidance: Showing up in church allows us to receive teachings and guidance on how to live a good and fulfilling life.
- ✓ Church done right gives us emotional upliftment: we find comfort, solace, and hope in times of distress or struggle, especially when we lose a loved one.
- ✓ Perhaps the finger of God is on the weigh scale here. We seem to be built for faith. Ignoring our spiritual side is simply bad for us!
- ✓ The greatest failing of modern society results in loneliness not being addressed. Regularly attending church replaces a sense of loneliness with a sense of belonging: we can feel part of a larger purpose and community that shares our values.
- ✓ Meaning in our lives can be provided by opportunities for service: we participate in charitable activities and contribute to the community and we feel good for doing that.

Blessings from Knox Session and Dr. D. Thompson