

THOUGHT FOR THE WEEK

Church Might Save Your Life

Imagine someone hands you a box of pills. You open it, and 52 neatly laid out tablets meet your eyes. What if this is just the medication you're looking for?

In a 2016 article, Harvard School of Public Health professor Tyler VanderWeele and journalist John Siniff posed this question: If one could conceive of a single elixir to improve the physical and mental health of millions of people—at no personal cost—what value would our society place on it? Going a step further, if research quite conclusively showed that when consumed just once a week, this concoction would reduce mortality by 20% to 30% over a 15-year period, how urgently would we want to make it publicly available?

VanderWeele goes on: "The good news is that this miracle drug—religion, and more specifically regular church attendance—is already in reach of most people. In fact, there's a good chance it's just a short drive away." Whatever your beliefs, my guess is that you wouldn't expect a Harvard professor to write you this prescription: "Church. Take once a week (or more) for best effects." But study after study has shown that people who attend religious services once a week or more are happier, healthier, and longer-lived than those who don't. If any other practice had the same effects, it would be widely advertised in public health campaigns.

As our society's attitude to church has changed over time, less churchgoing has led to lower mental health and happiness, more loneliness, more drug abuse, more alcoholism, less volunteering, less giving to those in need, reduced life expectancy, and more suicides. Even the most skeptical experts acknowledge that declining church attendance across the West has had devastating side effects.

If you've never been to church with any regularity before, my hope is that this article will make you want to try it out. If you were once a regular attender, perhaps you'll think of coming back. If you're not sure what to believe, but you need more hope and love and meaning in your life, my prayer is that you'll hear this invitation to look for a local church where you could find out more about who Jesus is and maybe start attending regularly. If church is, as VanderWeele claims, something of a "miracle drug," why not start popping that pill now?

By Rebecca McLaughlin, from TheGospelCoalition.org (2025).

Would you like to listen to past sermons?

Go to coolumbeachbaptist.com and click on "Sermons & Bulletins" On YouTube, search Coolum Beach Baptist Church and click on *Videos* or *Playlists*.

BIRTHDAYS

Aug 23rd Tara C
Aug 23rd Ros M

WHAT'S ON?

MONDAY

7AM Community
Breakfast

TUESDAY

9:30AM Playgroup

WEDNESDAY

9AM Prayer Meeting

THURSDAY

9AM Quilters/Craft

FRIDAY

9:30AM Playgroup

ANNOUNCEMENTS:

Soccer Celebration

Today, we are holding our annual soccer service and awards day. During the service we'll be taking some time to remember and thank God for CBBC's soccer ministry. This will be followed by events on the soccer field for families, including BBQ, Bouncing Castle, inflatable obstacle course and Parents vs kids soccer game. The trophy presentation will be held from 12:30pm in the church.

SOS -Seniors Out Somewhere

Our next outing is to La Balsa Park in Buddina on Thursday 27th August. Meet at 10am at the park to take a walk, fish, play lawn games or just sit and chat. BYO morning tea (or buy at the local Café). Lunch of hamburgers and fruit is included at no cost. Put your name on the list in the foyer or contact Anneli for more information (0427 795 112).

SITUATION VACANT! Wanted people to serve on Creche during the sermon. (2or3 times per quarter) Only a few preschool children & always 2 adults. If you have a Blue Card, please see Anneli.

Men's Breakfast

Do you know someone who might benefit by coming?

Men, you're invited to a men's breakfast on Saturday September 19 at the church (8am-11am). After breakfast we're going to have a panel discussion about why, what and how suicide affects us as men. Feel free to invite someone to come with you if you think they would benefit. Speak to Richard Van Eck for more info.

Accommodation Needed: Jared & Verena Bradley

Our mission partners Jared & Verena Bradley (with their two little boys) will be on the Sunshine Coast on home assignment and are still looking for short-term accommodation. They need a place to stay from November 24—January 12. This could be housesitting, granny flat, short-term accommodation, or perhaps another creative solution! If you can help, please let Sue Wust know.

PRAYER POINTS:

- Pray for those in our extended church family who are unwell or recovering.
- Pray for Jack & Karen as they grieve the passing of Karen's father in Sydney.
- Praise God together with Lyndon G and Claire H and pray for them as they prepare for their upcoming wedding in October.
- Pray for God's provision in the search process for a new Associate Pastor.
- Praise God for the many years during which the soccer ministry has blessed our community and been a witness to thousands of children and families.
- Pray for the soccer club as final arrangements are made to hand the club over to community leadership for next season.
- Pray for Trish and the HOHI team preparing to travel to Bangladesh in September.

NOTES

OFFERING-DIRECT TRANSFER DETAILS:

BSB: 704-913 | ACC: 400039335 (Internet banking transfer)

ABN - 29 747 289 728



Senior Pastor, Bill Forgeard

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soccer celebration service



"Those who went ahead and those who followed shouted, 'Hosanna!' 'Blessed is he who comes in the name of the Lord!'" (Mark 11:9)

23rd
August

9AM *John Curtis*

Jesus enters Jerusalem as King

Mark 11:1-11