

St. Luke's Voice

St. Luke's Lutheran Church, New Rochelle, N.Y.

May 2017

St. Luke's Lutheran Church

A Congregation of the Evangelical Lutheran Church in America (ELCA)

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Renee Taylor: eNews-
letter production

SUNDAY SERVICE:

HOLY COMMUNION:

10:00 A.M.

SUNDAY SCHOOL— JUNE

10:00 A.M.

FELLOWSHIP:

11:15 A.M.

The Benefits of Regular Church Attendance

Last month I shared some thoughts about church attendance from the point of view that God desires and deserves our public worship. This month let's look at the benefits of regular church attendance. I've edited down a long but wonderful article by Brett McKay who writes for a secular blog. It's worth stopping to reflect on the wonderful treasures that come to us, so familiar that we almost forget what we can share with others.

Greater Social Support

Experts say that two keys to fostering friendships are repeated and unplanned interactions and a setting that encourages vulnerability. Fellowship is part and parcel of the church. The New York Times reported a study that found "frequent churchgoers had larger social networks, with more contact with, more affection for, and more kinds of social support from those people than their unchurched counterparts." The network roster widens here when the chips are down.

A Chance to Remember/Reorient/Reflect/Re-center

Weekly church attendance invites us to reflect on our gratitude for the good things in our lives, reinforces our moral values, fosters reverence and humility, and re-focuses us on our larger purpose. It's a chance to re-center and re-orient our lives. Once every seven days we need to get back on track.

Builds Discipline

The structure provided by weekly church attendance is itself a spiritual discipline and in aspects of worship you're encountering one of the few things in modern life not tailored to your personal demands. And this – doubling the rate of religious attendance raises household income by 9.1 percent, a finding that holds even when other variables are controlled for.

The Rhythms of Ritual and Routine

To step through the threshold of many churches is to feel one has left the "profane" world in which one almost entirely lives, moves, and has their being, and entered into a bit of sacred time and space, refreshingly different from ordinary life. Stained glass windows replace cubicle board; candlelight displaces the glow of screens; ancient words supplant current headlines. We encounter a bigger perspective than in our own heads or the culture.

Stronger Marriage

Couples who attend church together are more likely to be happy, than couples who don't. Some of the benefits of religious participation appear to be temporal, not spiritual, and hold even for churchgoers who may be uncertain about their own devotion. Going to church reinforces a couple's shared values, lends the relationship a higher purpose, and establishes a tradition in which the pair spend time together, all things that build a solid marital friendship and contribute to a healthy relationship.

Coming up next month in the conclusion to this series, Further benefits of church attendance:

- The Rare Chance for Communal Singing
- Breaches Your Echo Chamber and Connects You with People from Different Walks of Life
- Contributes to Greater Free-Thinking and Your Diversity of Ideas
- Lessens Bitter Partisanship
- Ample Opportunities (and More Motivation) for Service
- Greater Mental and Physical Health

In Christ,
Pastor Bill Damrow

REFORMATION CONCERT
May 6 at 4:00 p.m.!



REFORMATION CONCERT
May 6 at 4:00 p.m.!

RETURN SERVICE REQUESTED



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Voice
May 2017
Concert Issue
St. Luke's Lutheran
Church (ELCA)
95 Eastchester Rd.
New Rochelle, New
York
10801-1209
Please Open
Immediately:
TIME DATED

