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All the news you need to know

10 cents

FOUNTAIN OF YOUTH?

CHURCHES CLAIMING TO HAVE FOUND THE SECRET TO LONGER LIFE



Church of St. Michael, Southfields, London, England, 1897

Going to Church is Good for Your Health

Michael Archangel
Garden of Eden

In 2017, a group of researchers completed a study* which found that middle-aged adults who go to church, synagogues, mosques or other houses of worship reduce their risk of dying by 55 percent.

Marino Bruce, a Vanderbilt University professor, was the lead author. "We found in our study that attending church is actually good for your health, particularly for those who are between the ages of 40 and 65," said Bruce, who also is a Baptist minister. "For those who did not attend church at all, they were twice as likely to die prematurely than those who attended church at some point over the last year," Bruce said.

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Healthy Choices

Greenie Thumbly
Garden Place, USA

Genetics plays a role in how long you will live, but so do your behaviors.

Here are three things you can do to live longer:

1. Don't Smoke. Smoking has been linked to cardiovascular disease, cancer, and strokes.
2. Eat healthier foods. This includes fruits and vegetables, nuts, fish, olive oil, and whole grains.
3. Move! Aim for 20 to 30 minutes of exercise each day. Try a 10 minute walk in the morning and another in the evening.

Find a partner so you can encourage each other, and give yourself a healthy reward for reaching your goal!

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Which faith community a person attended didn't make a significant difference. The effects of attendance at worship services remained even after other items were factored out, including education, poverty, health insurance and social support status.

Bruce noted that these findings should be "encouraging individuals to participate" in church services. "While churches are places where people can get social support, we actually found that ... compassion is particularly important — feeling that you're doing good or having empathy for others," Bruce said. People who attend church services "are trying to improve the lives of others as well as being connected to a body larger than themselves."



1. According to this study, people who attend worship services feel less stress and live longer. List some of the other benefits that people may experience from being part of a faith community:

2. The author of this study, Marino Bruce, believes that the benefits from attending worship services may be due to the **increased compassion** that people develop when they attend worship services. Do the worship services that you attend increase your sense of compassion for others? In what ways are your relationships changed when you feel more compassion?

3. Have you ever volunteered your time to help someone? What did you do? How did this decision impact you?

4. If you were to volunteer your time to support a local nonprofit organization, such as the humane society, or a church, or Habitat for Humanity, where do you think you would like to help, and what would you like to do?
