

St Peter's Wynnum – Wardens' Weekly Warbling

1 Peter 2:1-10 The Living Stones and Matthew 7:24-27 Firm Foundations

1 Peter 2:4-6 New Revised Standard Version (NRSV) The Living Stones

⁴Come to him, a living stone, though rejected by mortals yet chosen and precious in God's sight, and ⁵like living stones, let yourselves be built^[a] into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. ⁶For it stands in scripture:

“See, I am laying in Zion a stone,
a cornerstone chosen and precious;
and whoever believes in him^[b] will not be put to shame.”

Donna's reflection on the living stones guided me to relook at the way we started our yearly planning for St Peters. The connection between 'on this rock my Church will be built'. Then the living stones, us. Building on the rock and not the sand. On these rocks, these living stones strong foundations are built. Strong walls to protect our vineyard, like the stonewall of the sheepfold. Our vineyard has a gateway to enter. Creating a sanctuary for us and other seekers to come to for shelter, to work in a safe vineyard nurturing ourselves and others.

Growing together, learning together. As each season comes and passes, celebrating with wine from the last harvest. Each year has a flow of seasons. Each season is different. Advent is different to Lent, is different to Easter and so on.

Harvesting the new season growth to make new wine to be put into new skins. We are a forward-looking Church, we believe in God's plan for us. God's plan is for our future.

Secondly, part of Robyn and my professional life is guiding and advising our clients. We are constantly learning through professional development. An important part of our learning involves personal development and wellbeing. We give daily thanks for each other, for our family, for our business family, our clients and our Church family.

I would like to share with you Five Fundamentals of Wellbeing based on research by the New Economics Foundation. Please see the attachment.

- Connect
- Be Active
- Take Notice
- Learn
- Give

Take Several Long, Slow Deep Breathes to clear and relax your mind. As you are breathing offer a prayer of gratitude and invite the Holy Spirit in the guide your thoughts, words and deeds.

Gratitude - Making it your Attitude. Developing a Daily Habit. Building to living a Gratitude Lifestyle. Giving Thanks Daily. Keep your Gratitude Journal.

Interestingly enough, science has affirmed this truth. Being thankful leads to:

- Lower stress
- Stronger immune system
- Improved cardiovascular function
- Increased energy
- Less likelihood of depression
- Deeper sleep
- Stronger relationships
- Deeper sense of purpose
- Better coping strategies

Daily Learning – Make it your habit

Live as if you were to die tomorrow. Learn as if you were to live forever.

Gandhi

Blessings,

Wayne Elliott

Parish Warden

St Peter's Anglican Parish of Wynnum