

St Peter's Wynnum – Wardens' Weekly Warbling

28 June 2020

Home Stay Retreat

What makes a long and healthy life?

In 2016, on one of my road trips I had the pleasure of listening to an interview with some of the authors of a study on some of the world's longest living communities. The essence of the study was, What makes a long and healthy life? The common characteristics are:

Faith

Meditation

Marriage

Family

Exercise

A strong community is built on these foundations. No matter our personal marital situation, I believe we, our Church family, respect, encourage and embrace these characteristics.

On our Journey, a time for doing, a time for resting

As we Journey on our daily lives we should pause, reflect, be grateful and give thanks. As we reflect on the presence and wonder of our Triune God; calm your mind, open your mind. 'Seek and you shall find' (Matthew 7:7 NIV)

God the Father, Creator

God the Son, Jesus Christ, our redeemer, the perfect human to model our life philosophy on

God the Spirit, our Advocate, our along side helper, our inner Peace

How did we experience this in our five senses?

Sight

Smell

Hear

Taste

Touch

Which aspect of the Triune presence did find in each sense?

A deeper reflection

Matthew 7:7-11 (NRSV) [Ask, Search, Knock](#)

⁷“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. ⁸For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. ⁹Is there anyone among you who, if your child asks for bread, will give a stone? ¹⁰Or if the child asks for a fish, will give a snake? ¹¹If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!”

My repeated prayer is to ask for the gift of wisdom so I may discern my purpose, plus strength to fulfil the duties I am called to perform in fulfilling my purpose.

Let's celebrate with Psalm 118:24 (NRSV)

‘This is the day that the Lord has made;

Let us rejoice and be glad in it’

L'Chaim,

Wayne

Wayne Elliott

Parish Warden

St Peter's Anglican Parish of Wynnum