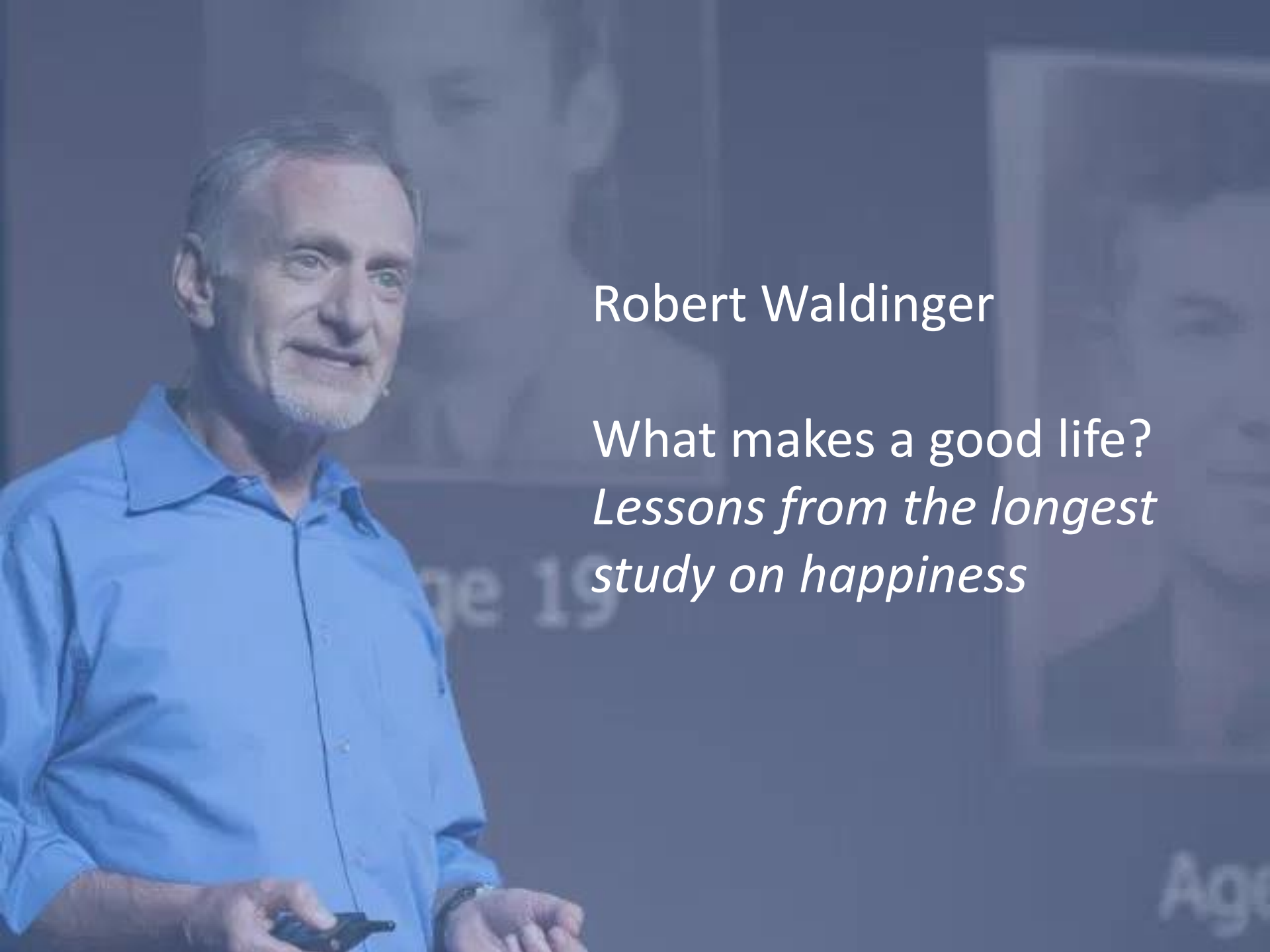


Called to be a Contemplative,  
Compassionate & Courageous  
Church



Robert Waldinger

What makes a good life?  
*Lessons from the longest  
study on happiness*



The Rev Dr David  
Goodhew Director of  
Ministerial practice at  
Cranmer Hall in  
Durham

A recent research report details the full extent of this avalanche. It is academically proven that joining a congregation is connected to marked improvement in physical, mental, and relational well-being. In an age when people love their phones and computers but forget that their phones and computers never love them back, Christian congregations are deeply good news, so their growth and proliferation is deeply good news too.

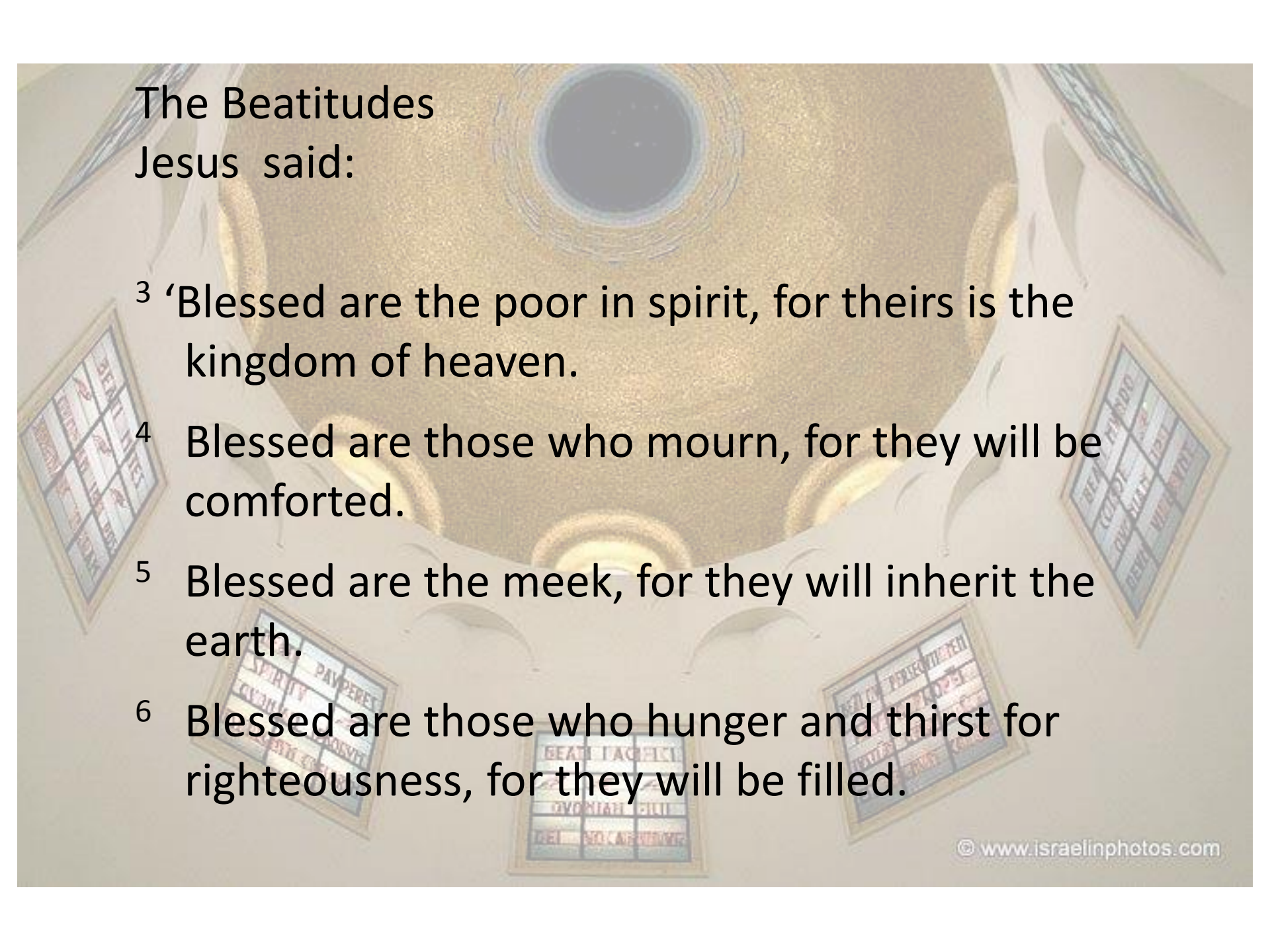




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# The Beatitudes

Jesus said:

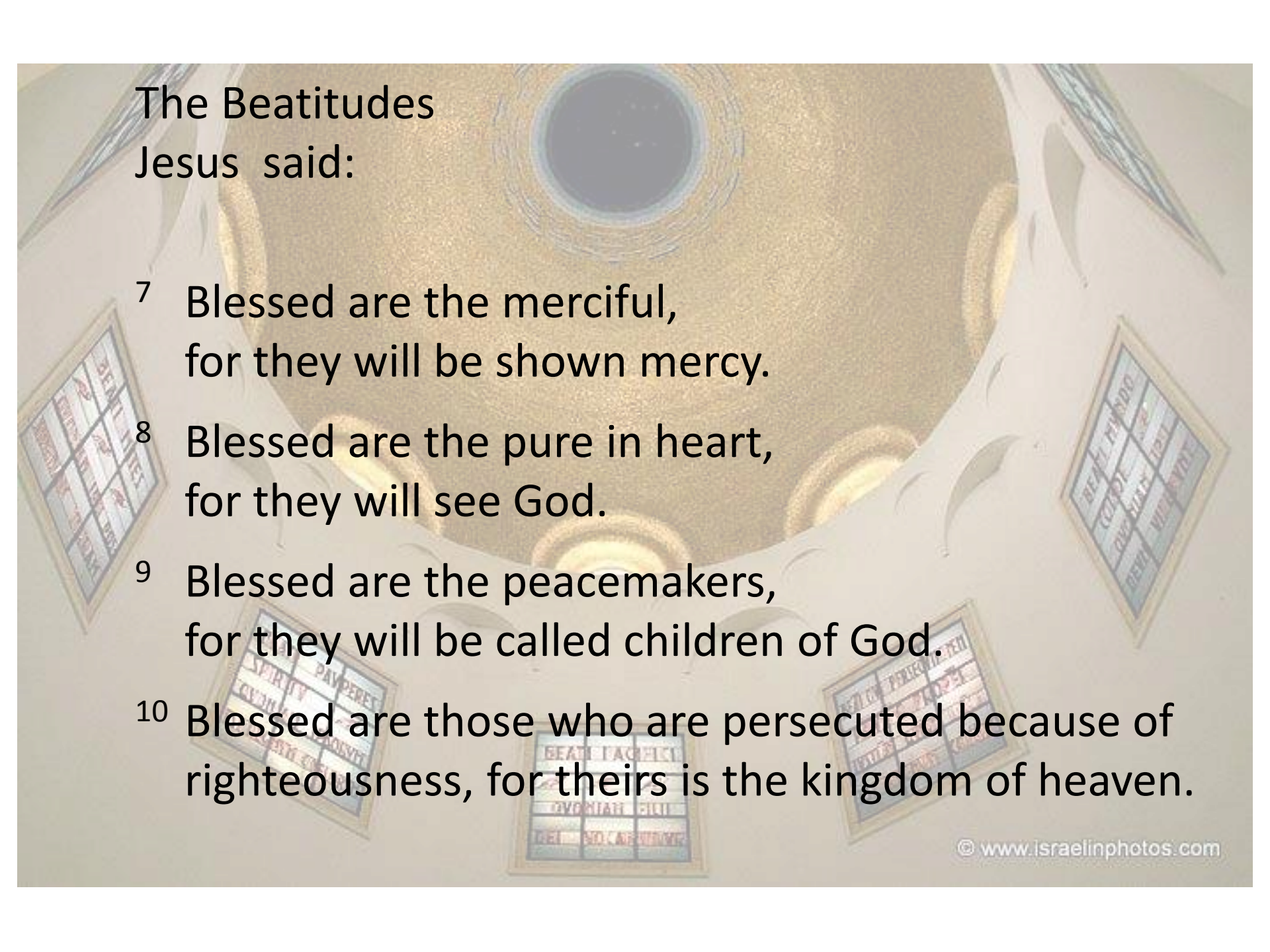
<sup>3</sup> 'Blessed are the poor in spirit, for theirs is the kingdom of heaven.

<sup>4</sup> Blessed are those who mourn, for they will be comforted.

<sup>5</sup> Blessed are the meek, for they will inherit the earth.

<sup>6</sup> Blessed are those who hunger and thirst for righteousness, for they will be filled.





# The Beatitudes

Jesus said:

<sup>7</sup> Blessed are the merciful,  
for they will be shown mercy.

<sup>8</sup> Blessed are the pure in heart,  
for they will see God.

<sup>9</sup> Blessed are the peacemakers,  
for they will be called children of God.

<sup>10</sup> Blessed are those who are persecuted because of  
righteousness, for theirs is the kingdom of heaven.

They are words of hope, each of them is a promise. We need to learn again to speak of the life of the Church in the language of joy and hope and confidence as Jesus does.





## Revelation 22v1-2

Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations.

v17 The Spirit and the bride say, "Come!" And let the one who hears say, "Come!" Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life.