

St. Nicholas Antiochian Orthodox Church

Dear Friends,

As parents we are responsible for the healthy development and growth of our children. We invest in their education, provide them with food and shelter, insist that they eat well, and do our utmost to keep them healthy, physically active and happy. As good parents, we should continually be looking to provide the best for them and we should always ask ourselves, "what can we do to better enrich our children's lives" ?

Study, after study, after study, have shown that children who **actively participate** within the church community on a regular basis are rewarded with a SIGNIFICANTLY reduced likelihood of problems and risks, and significantly improved odds of a happier, healthier, longer life.

Research studies carried out at Duke University, The University of Michigan, The Center for Disease Control, and the National Institute for Healthcare Research have shown that active church participation results in:

- increasing the average life expectancy of your children by 8 years
- significantly reducing their use and risk from Alcohol, Tobacco and Drugs
- dramatically lowering their risk of suicide
- helping them rebound from depression 70% faster
- dramatically reducing their risk for committing a crime
- improving their attitude at school and increase their school participation
- reducing their risk for rebelliousness
- improving their odds for a "very happy" life
- providing them with a life-long moral compass

These studies show the same results for adults as well.

A group of well intentioned parents from our Church are re-convening the St. Nicholas Church School PTA and you are invited to join us for a wine and cheese information session on Wednesday August 20, in the church fellowship hall at 7:30 PM. We look forward to your active participation. If you would like further information, please feel free to contact the church office.

Yours in Christ,



Eric Zakaib



Fr. Mark Arsenios Wyatt