



The Edgehill Churches

Parish Link

*Loving
God,
Serving
People,
Growing
Community*

The Happiness U-Curve

Sept 2025

I've recently started listening to a series of podcasts called 'Uncharted' by Hannah Fry. The series explores patterns in human behaviour, and episode 6 is titled 'The Happiness Curve'. Research has shown that people's happiness and well-being follow a U-shaped curve, declining steadily through midlife and reaching a low point in the late 40s before trending upward from their 50s and into their 70s, eventually reaching similar heights to when people were in their 20s.

The late 40s are a time when acute distress seems to be at its worst, the age when diagnoses of depression and death from drug overdoses are most common. From a middle-aged vantage point, the spectre of ageing can fill us with dread as we imagine physical and mental decline. But it turns out that midlife is usually the most stressful period in life, with career challenges, caregiving stressors, and anxious comparisons to peers and ideals. As the podcast says, 'The midlife crisis is real, and it matters.'

An added frustration is that we know many of the things we could do that would improve our well-being and happiness, but we just don't do them:

- We know that regular exercise and healthy eating make us feel good, but then the temptation of cheese/chocolate/ice-cream and that latest binge-worthy series on Netflix becomes irresistible.
- We know that we feel better and sleep more soundly when we cut down on alcohol... but maybe we'll try that next week.
- We know we should try to fix that difficult relationship with someone at work or in the community... but it's easier just to sit with the resentment.
- And so it goes on

Over the last few years, I've gained several stone because I've stopped exercising and eaten too much of the wrong food. I know what I need to do, but I

have regularly failed to do it. People sabotaging themselves is nothing new... 2000 years ago, St Paul wrote, 'I do not understand what I do. For what I want to do I do not do, but what I hate I do.' (Romans 7:15)

However, whilst we might sometimes struggle with self-discipline, it's possible to embed the good habits that lead to greater happiness and wellbeing in midlife (and at all life stages).

A question that can help us get a clear focus on why we are adopting habits for better self-care is, 'Who do I want

to become in this next season of my life?'

* Having a clear focus on why we are doing anything can help us keep going when we're tempted to stray.

Wherever you are on the Happiness U-curve, I pray you'd find and focus on the 'why' to help embed the habits that will lead to a greater sense of wellbeing.

Rev Barry Jackson



*On the Living Well course (details overleaf), we explore questions like this, and ways to help embed the habits we need to improve our physical, mental, emotional, relational & spiritual wellbeing.

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SEPTEMBER SERVICES IN THE EDGEHILL PARISHES

	Kineton	Combroke	Radway	Ratley	Warmington	Shotteswell
7th	Joint Service of Baptism and Confirmation 10.30am at Burton Dassett Church with Bishop Sophie					
14th		10.30am Communion	9.00am Communion		10.30am Communion	
21st	8.30am BCP Comm	10.30am Morning Worship		10.30am Communion		8.30am Communion
28th		10.30am Communion	4.00pm Harvest		6.00pm Harvest	10.30am Harvest

SIMPLY CELEBRATE

Sunday 31st August 10am
St Peter's Kineton



Come for **breakfast** to begin the service. A time with God for everyone. Our young people help lead the service

**A JOINT SERVICE WITH
ADULT BAPTISM AND CONFIRMATION
WITH BISHOP SOPHIE
7th Sept at 10.30am in
Burton Dassett Church.**



We hope you can join us for this special service and as we celebrate baptisms and confirmations and welcome our new Bishop

RADWAY VILLAGE FETE

Sunday 14th September, 2.00-4.30pm, Ivy Lodge in Radway

Pimms, Tombola, Stalls, Teas, Cakes, Side Shows, Games, Children's activities, Music, Dance, a Fun Dog Show & more- **top champions from Crufts** won't be there, but your dog could be!



Build imagination with Lego!



Sat 20th Sept from 10:00am in Warmington Village Hall

Children must bring an adult (**BUT** adults don't need to be accompanied by a child!) for more details contact: Rev.AlisonAbbott@gmail.com or phone 07923 442970



THE BEREAVEMENT CAFÉ

A weekly drop-in group

Mondays 2.30-3.30pm Scout Hut, Kineton from 8th September

Grief and loss of any type is painful and isolating. Come and join us in a safe, gentle environment for tea/coffee and a chat. More info from Rev Matthew Arnold on mtr.arnold@googlemail.com



PINTS OF VIEW

The White Swan, Kineton
Every Sunday at 7.30pm

Each month we explore a theme or story from the news.



RADWAY'S TEA, CHAT & PLAY

Every Wednesday 3pm -5pm in the Village Hall
All ages are welcome from babies to grandpas!



HARVEST SERVICES

Shotteswell and Warmington harvest services are at 10:30am on 28th September.

Ratley harvest service is at 6.00pm on 28th Sept Harvest supper will be on Saturday 27th at 7pm in the village hall

Radway harvest service is at 3pm on 29th Sept followed by a supper at 7pm on Monday 30th Sept in the village hall.



St Peter's invite you to join us for

SUNDAY SCHOOL WITH LEGO CHURCH

at Kineton Primary School
on **SUNDAY 21ST SEPTEMBER** from
10:15-11:30

For children and adults of any age
(Children coming without an adult need to be registered beforehand)

Details from Liz at spkfamilies@gmail.com

Improving Wellbeing, Managing Stress and Building Resilience

In person & online from 23rd Sept in Kineton Primary School



Over 5 weeks the Living Well course explores
5 dimensions of wellbeing
(Physical, Mental, Emotional, Relational and Spiritual)
that together impact on our resilience;
our capacity to deal with stress.

There will be a talks, videos and discussions, and the course content will also be available in a series of short videos For more info use the QR code or <https://LivingWell2025.eventbrite.co.uk>



SIMPLY PLAY

Wednesdays 9.00am-11am
St Peter's Kineton in term time.
Come and catch up with friends over coffee and cake whilst your toddlers enjoy our new soft play area. More details Liz SPKFamilies@gmail.com



TEA & CHAT

Friday 27th Sept 3pm-4.30pm
in Ratley Village Hall

Come and meet up with neighbours and friends for a chat and catch up. Cost £1.00

