

In 1967, psychiatrists Thomas Holmes and Richard Rahe examined the medical records of over 5,000 medical patients as a way to determine whether stressful events might cause illnesses. Their results were published as the Social Readjustment Rating Scale (SRRS), known more commonly as the **Holmes and Rahe Stress Scale**.

To measure stress the number of "Life Change Units" that apply to events in the past year of an individual's life are added and the final score will give a rough estimate of how stress affects health.

Life event	Life change units	Life event	Life change units
Death of a spouse	100	Child leaving home	29
Divorce	73	Trouble with in-laws	29
Marital separation	65	Outstanding personal achievement	28
Imprisonment	63	Spouse starts or stops work	26
Death of a close family member	63	Begin or end school	26
Personal injury or illness	53	Change in living conditions	25
Marriage	50	Revision of personal habits	24
Dismissal from work	47	Trouble with boss	23
Marital reconciliation	45	Change in working hours or conditions	20
Retirement	45	Change in residence	20
Change in health of family member	44	Change in schools	20
Pregnancy	40	Change in recreation	19
Sexual difficulties	39	Change in church activities	19
Gain a new family member	39	Change in social activities	18
Business readjustment	39	Minor mortgage or loan	17
Change in financial state	38	Change in sleeping habits	16
Death of a close friend	37	Change in number of family reunions	15
Change to different line of work	36	Change in eating habits	15
Change in frequency of arguments	35	Vacation	13
Major mortgage	32	Christmas	12
Foreclosure of mortgage or loan	30	Minor violation of law	11
Change in responsibilities at work	29		

**Score of 300+:** At risk of illness.

**Score of 150-299+:** Risk of illness is moderate (reduced by 30% from the above risk).

**Score 150-:** Only have a slight risk of illness.

## COMMENTS, PRAYERS AND PRAISES

We have a team of people who are praying for our church body regularly. If you have a praise item or prayer request that you would like to share with our prayer warriors or a comment for church leaders, please complete the form below.

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Name

Mobile Number

Email

Please pass along my prayer/praise but without my name

June 3, 2012

## In Transit: Joshua

<sup>1</sup> After the death of Moses the servant of the LORD, the LORD said to Joshua son of Nun, Moses' aide:

<sup>2</sup> "Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites.

<sup>3</sup> I will give you every place where you set your foot, as I promised Moses.

<sup>4</sup> Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west.

<sup>5</sup> No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.

<sup>6</sup> **Be strong and courageous**, because you will lead these people to inherit the land I swore to their ancestors to give them.

<sup>7</sup> **Be strong and very courageous**. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go.

<sup>8</sup> Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

<sup>9</sup> **Have I not commanded you? Be strong and courageous**. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:1-9

## WELCOME TO ISLAND ECC

Thank you for worshipping with us today! If you are new to Island ECC or want to get connected to our community, please complete this short form and drop it in the offering bag, or at a designated box on the 1st or 2nd floor. Also be sure to check us out at [www.islandecc.hk](http://www.islandecc.hk)

Name

Mobile Number

Email

Today I attended the service at:

9.30am  11.30am  5pm

On the:

1st Floor  2nd Floor