

# The Rec-Connection

August 2004



“No one hates their own body, but lovingly cares for it, just as Christ cares for his. As we are his body.” Ephesians 5: 29 & 30

## Clarity, Control, and Choice

I'm reading a book right now that talks a lot about *clarity* and how so often in our lives we have absolutely no idea what is going on or where God is trying to take us. At this moment do you know exactly who you are, where you are going, how you are going to get there, and what is waiting for you at the end? Most people feel like they have a firm grasp on a couple of these ideas but certainly not all of them. The lack of clarity often leads to the sense that we have no control over our lives. A ship lost at sea being tossed about wherever the ocean takes us. The truth is we don't really have a choice in the circumstances of our lives. Few people have the luxury of choosing the exact job they want, and most people don't choose to be laid off, for their children to become sick, spouses to die, or the countless other trials we face each day. Isn't the ideal person one "who has got it all together" and has a "firm grasp on things?"

I believe that we do have control of our lives...with one twist. I believe God is steering the ship and I must go where the Lord takes me. My choice is to embrace this journey with a happy heart or rebel against it and be miserable. This is the control I have over my life. I can be happy if I want but I must decide to...everyday.

I pray you make the choice to embrace your life and trust that God has a plan for you. There may be rough seas ahead, but the Captain is seasoned, the boat is sturdy, and you are not alone.

*Chris Jones*

**Director of Recreational Ministries**

### Featured Programs

#### Exercise Classes

**Aug. 23 - Nov. 8** **12 weeks!**

**Registration begins August 8th**

**Monday: Pilates** **6-7pm**

**Tuesday: Cardio Kickboxing** **6-7pm**

**Wednesday: Yoga** **6-7pm**

**MWF: Active Older Adults\* 10:30-11:30**

**1 class: \$45**

**2 classes: \$75**

**3 classes: \$100**

**Childcare will be available for each class, but must be purchased upon registration.**

**No drop offs please.**

**\*AOA is a free class**

### Upcoming Events

**Registration for all listed programs begins August 8th**

#### Men's Basketball League

**Season: Sept. 13 - Nov. 8**

**Coaches Meeting: Sept. 8, 7:00pm**

**Registration Deadline: Sept. 8**

**Cost: \$35 per person**

**Pre-formed teams or Free Agents**

**Games on Monday or Tuesday**

#### COED Volleyball League

**Season: Sept. 14 - Nov. 2**

**Coaches Meeting: Sept. 8, 6:00pm**

**Registration Deadline: Sept. 8**

**Cost: \$35 per person**

**Pre-formed teams or Free Agents**

**Games on Tuesday**

#### Fitness Series

**\$40 each**

**Every Monday for 4 weeks**

**9:00am - 10:00am**

**Intro to Weight Lifting**

**Aug. 23 - Sept. 20**

**Intro to Cardio**

**Oct. 25 - Nov. 15**

**Christ United Methodist Church**  
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