

The *Rec-Connection*

January 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

Well here we are, the start of the new year. 2004. Time to take inventory of what I did with my life in 2003. Maybe you do it too, look back at the previous year and think about that weight you never lost or the debt you failed to pay down. In fact, maybe your waistline is a little larger and your debt a little heavier. Well, the New Year is exactly that...NEW. In Ephesians 4:22 & 23, Jesus instructs us to “throw off your old self and become new!” That is my charge to you this 2004. Throw off your old self and do something new! What did you do last year to lose weight? If you were like me you probably thought the monthly Men’s Health you read and the occasional salad for lunch was good enough. “Maybe I can lose weight through osmosis” I thought. “Just reading information on a healthy lifestyle has to pay off in some way doesn’t it?” Or maybe you were the person that thought “If I hang out in a gym once a week, all that work around me has to rub off, right?” Maybe you would do some curls and 5 minutes on the treadmill. “That’s good enough,” you thought.

In many ways that’s how we approach our lives.. With a “that’s good enough” attitude, or “I can deal with that tomorrow.” The problem is that tomorrow becomes next week, then next month, and finally its December 31st and you’ve overspent on the Christmas gifts and ate too many cookies. So how will 2004 be different for you? I have an idea. If you are reading this then you have in some way been affiliated with Christ United Methodist in Plano, Texas. As you know, CUMC has recently built a fabulous new facility called the Christian Life Center, or CLC. This building has 6 basketball goals, indoor jogging track, full weight room, lounge area, and industrial kitchen. A truly marvelous building that I have the dubious honor of running. The CLC opened in June and has been getting its feet wet for the past 6 months. I came on the job in September and have been told to get this place busy! 2004 will be our first full year and we want to kick things off right. I have put together a calendar of events that includes cooking classes, fitness classes, sports leagues, and many more. So how will 2004 be different for you? You can start by picking up a CLC calendar and planning on participating in one of our events. Want to lose weight, but think running on a treadmill is for hamsters? Then join our Basketball League. Do you want to spend more time with your family? Come to a Family Fellowship night. Whatever your interests are, we have something for you at the CLC.

Check out the calendar, get involved, stop wishing and start DOING!

Chris Jones

Director of Recreational Ministries

Featured Programs

Super Bowl Party

February 1st at 5pm, join us for fun, food, and football! Tickets are \$1 per person. The nursery is available for children K and under. Supervised game room for children 1st -5th grade at \$5 per child. Purchase your tickets and make your childcare reservations at the CLC desk.

Get Fit

Developing healthy habits

Starts February 2nd and runs every Monday, Wednesday and Friday from Noon - 1pm for 12 weeks. This is an inclusive fitness class that combines proper nutrition and exercise while being grounded in Biblical principals. This class is not about fad diets, but rather developing healthy habits for a better lifestyle & growing strong in body, mind, and soul.

Upcoming Events

Kids in Motion

This program starts January 15th and runs every Thursday from 1pm - 1:40pm for 12 weeks. Teaches tumbling to children ages 18 months - 2 years and beginning gymnastics for children ages 2-6.

Mom & Me Scrapbooking

January 18th from 3:30pm - 5pm
A scrapbooking class open to all ages and abilities. Bring your daughter, friend, or just yourself and work on a mini holiday memory book.

Super Bowl Party

February 1st at 5pm
See above for a complete description.

Get Fit Health Class

Starts February 2nd and runs every Monday, Wednesday, and Friday for 12 weeks.
See above for a complete description.

Tornado Hockey Trip

Bring the family February 7th as we travel to watch a Tornado Hockey Game. Details to come.

Family Fellowship Night

February 20th from 6pm - 9pm. \$5 per family provides you dinner and all the games you can stand. Bring the family and play pool, foosball, air hockey, ping pong or basketball.

Christ United Methodist Church
3101 Coit Road Plano, Texas 75075
www.cumc.com

Christian Life Center
972-596-6073
recreation@cumc.com