

The Rec-Connection

May 2004



Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6:19-20

Let It Down

A professor was giving a lecture to his students on stress management. He raised a glass of water and asked the audience, "How heavy do you think this glass of water is?" The students' answers ranged from 20g to 500gm. "It does not matter on the absolute weight. It depends on how long you hold it. If I hold it for a minute, it is OK. If I hold it for an hour, I will have an ache in my right arm. If I hold it for a day, you will have to call an ambulance. It is the exact same weight, but the longer I hold it, the heavier it becomes." "If we carry our burdens all the time, sooner or later, we will not be able to carry on - the burden becomes increasingly heavy."

"What you have to do is to put the glass down, and rest for a while before holding it up again." We have to put down the burden periodically so that we can be refreshed and are able to carry on. So before you return home from work tonight, put the burden of work down. Don't carry it back home. You can pick it up tomorrow. Whatever burdens you are having now on your shoulders, let them down for a moment if you can. ...Rest and relax.
(From Pastor Timothy Satryan and his First Impressions newsletter)

Jesus said this: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." - Matthew 11:28-30

The Message translation puts the above verse this way: "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me, watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Isn't it time that you Let Go, and Let God?

Chris Jones

Director of Recreational Ministries



The summer is fast approaching and our summer camps are almost full. If you would like for your child to participate in any CLC programs stop by soon. and reserve you spot.

Featured Programs

www.cumc.com/clc

Have you checked out the CLC website? It is full of great information. Including schedules, league standings & scores, calendars, program descriptions, fees, and downloadable forms. We also have a photo album full of CLC action shots! The Christian Life Center website should be your first stop for CLC info.

Fishing Derby

The second annual CUMC Fishing Derby is upon us. On May 29th we will be taking over Russell Creek Park for fishing, grilled hot dogs, and a Methodist Men Fish Fry! Tickets will be available in the narthex May 16th and the 23rd

Upcoming Events

Summer Camps

Tumble Fun	June 7-11	8:30-10:30am
Gymnastics	June 7-11	11 - Noon
Martial Arts	June 21 - 25	9-10am
Cheerleading	June 21-25	11 - Noon
Drama	July 12-16	9 - Noon

Boot Camp

\$50

The first CLC boot camp went so well we thought we would do it again!
May 24 - 28th: 6:30am - 7:30am
Sign up today

Summer Exercise Classes **\$28**

June 7th - July 29th

Jazzercise: Mondays 6:30 - 7:30pm

Yoga: Wednesdays 6:30 - 7:30pm

Pilates: Thursdays 6:30 - 7:30pm

Active Older Adults: MWF Noon -1pm

Active Older Adults is a free class!

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