

The Rec-Connection

August 2005



Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next. 1Timothy 4:8

Created to Worship

Why do you go to church?.....think about it..... The answer, like all things, can be very complicated or simple depending how deep you want to get. You can go to church for the fellowship, the uplifting music, the insightful message, or a much needed nap! Those are all fine answers (except maybe the nap) but let's go deeper and break it down a bit. The church is a way for believers and non-believers to hear to the message of God. The church offers educational opportunities to expand your knowledge of the Bible and lessons on how its 2000 year old message is still relevant today. It is a chance for the Body of Christ (that's you and I) to come together in a spirit of fellowship and offer support in a life full of more questions than answers. And finally, the church is an organized way to help our neighbor. By pooling our resources together we can do more than we could alone. So the church's purposes are: 1. Share the message of God, 2. Christian Education (Growing in our spiritual journey), 3. Caring for one another, and 4. Worship. In my personal opinion 1, 2, & 3 are really just forms of worship. Bringing people to Christ, growing in our faith, & caring for one another are direct results of a healthy, worship-filled faith.

So why is it so important that we worship God? That's a loaded question if I have ever heard one! But to put it simply, we worship God because that is all we have to give. God doesn't want a diamond necklace, fancy dinner, or new putter; only our love and worship. God created us to glorify and honor him. Now, how we do that is a whole other matter. Let me first say that I think it's important to go to church and worship with other believers. I think it's good for our soul and spiritual growth to be around other Christians and be "fed." However, if your faith ends on Sunday then you are missing a vital element of your spiritual journey. Worship is "Faith in Action!" James 2:26 reads "As the body without the spirit is dead, so faith without deeds is dead." Take your faith beyond the doors of the church and spread the good news! Believe it or not, God has blessed you with specific spiritual gifts and using those gifts can honor God. They were given to you for a reason and God expects you to use them to glorify him. In closing, the foundation of worship is being in church on Sunday mornings. After that, use the gifts God has given you to glorify him each day of the week and keep your Faith in Action!

Chris Jones

Director of Recreational Ministries

Featured Programs

Dump Your Plump

Each class will be taught by Personal Trainer Jeff Hays, Certification from the Cooper Institute. You will learn how to develop a "healthy lifestyle" for fitness, rather than using fad diets and starvation. Dump Your Plump will work the mind, body and soul - weight room training for the body, classroom information for the mind, and a devotion time for the soul. You will also learn how to prepare healthy meals and have the chance to prepare and sample some of the recommendations! In addition, each participant will receive one free fitness class at the CLC to further promote good health.

**Tuesday and Thursday 7pm - 8pm
& Saturday 2:30 - 4:00**

Cost: \$120

**Class runs from Sept. 6th - Dec. 10th
Participant evaluations must be
completed before the first class.**

Upcoming Events

Fall Fitness Schedule

The format for Pilates and Yoga classes has changed this year to better accommodate both our Beginner and Intermediate participants. At your request, the Intermediate classes will be held twice a week. Beginner classes will be held once a week. If you have never taken a Yoga or Pilates class, as a courtesy to the rest of the class, please take the Beginners class first.

Begins the week of August 22 - November 14th.

Pilates: (Interm.)	Mon. & Wed: 10-11 am
Pilates:(Interm.)	Tues. & Thurs.: 6-7pm
Pilates: (Beginner)	Tues.: 7:30-8:30 pm
Pilates: (Beginner)	Thurs.: 10:30-11:30 am
Yoga: (Interm.)	Mon. & Wed.: 6-7 pm
Yoga:(Interm.)	Tues. & Thurs.: 9-10am
Yoga: (Beginner)	Mon.: 7:30-8:30pm
Yoga: (Beginner)	Tues.: 10-30-11:30 am
Cardio Kickboxing:	Fri.: 9-10 am
Body Focus: (15weeks)	Fri.: 8:30-9:30am
Tai Chi (FREE!)	Wed. 7pm - 8pm

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

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