

The Rec-Connection

January 2005



"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

HEROES

The world needs more heroes. Not the kind you see in movies or hanging on my office wall (I'm a big Superman fan). But the kind that are willing to lay it on the line for what they believe. People who will stand up for their convictions even when it's not popular or perceived right. It doesn't take x-Ray vision or the ability to leap tall buildings with a single bound; just a realization that even though the world is a very large place, one person can make a difference.

When I was in high school, an adult friend of mine asked me what I wanted to do when I grew up. I replied, "Save the World." Pretty lofty goals at the ripe old age of 17. But don't all 17 year olds feel that way? Invincible and ready to take on the world. No job is too large, too tough, or too far. At least starting out, following through is a whole other matter. What happens to that conviction? I know you're thinking they're just dumb kids who don't know the real world. I don't agree. I don't think we ever lose that desire - we just get distracted. There are bills to be paid, deadlines to meet, and dinner to cook. The fire never dies, it just gets put on LO while the green beans cook.

So what is it about athletes, rock stars, and celebrities that we idolize so much? I believe it is the fact they have managed to crawl out of the monotony of the daily routine, move past their own apathy, and realize the potential inside themselves. And we want a piece of it! Everyone of us has greatness inside, but who actually taps into it? I believe that we all want to be heroes in one form or fashion. We all want to be the biggest, fastest, smartest, best person the world has ever seen. I have never met anyone whose goal was to be mired in mediocrity. Everyone wants more. More of what - it depends, but everyone wants it.

So this begs the question - "How do we become a hero?" As I mentioned earlier, it starts with the realization that you alone CAN make a difference. Last Christmas, during the inaugural Breakfast with Santa, the Methodist Men gave away a car to a woman on the verge of poverty. It changed her life. Christ Church built a house and gave it away to a family in need. What about the parent whose child expected nothing for Christmas, but awoke to gifts supplied by complete strangers. In those peoples lives real heroes exist. Not fictional characters, but REAL people who did REAL things, who made a REAL difference. Being a hero starts with one person. Not a stadium full of admiring fans...one person. To use Don Underwood's line, "Christ Church is changing the world one life at a time." So start there. This year be a hero. Spend a Saturday at a soup kitchen, volunteer at the Salvation army, be a Stephen Minister, whatever! Just do something for someone else who is in need. I guarantee you will be a hero in that person's life and you will be a better person for it.

In closing, I'd like to say that we can all reach our goals no matter what they are. Mine was to change to world and I am working on it one person at a time. Won't you join me?

Chris Jones

Director of Recreational Ministries

Featured Programs

Dump Your Plump: Lose It For Life

The CLC is beginning an exciting new program designed to create a healthy lifestyle using a balance of nutrition and exercise. If you are ready to make a real commitment to your weight loss goals, then don't miss the information session on January 15th at 3pm in the CLC. Registration is limited so don't miss this important day.

Upcoming Events

Dance Classes

The CLC will be offering a Jazz and Ballet dance class for children age 3-7 years. This class begins January 15th and runs every Saturday for 6 weeks. Cost is \$35 and the class will end with a performance for the parents.

Age 3 & 4: 1:30 - 2:30 *almost full
Age 5-7: 3:00 - 4:00

Announcing Full Court Basketball on Wednesday Nights!

**During January and February from
8pm - 9pm the CLC will offer open full
court basketball to all CLC members
and their guests.**

**Beginning this month, the CLC will be
hosting Upward Basketball Games on
Friday nights and all day Saturday.
During this time no Open Court time
will be available; however the weight
room will be open from 10am - 3pm.**

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