

The Rec-Connection

January 2006



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

What do we do now?

When I was a child I could not wait until Halloween. Not that it was my favorite holiday, but because it was the start of the holiday season. From Halloween it was only a short jump to Thanksgiving and then a quick downhill skid to Christmas, and finally capped off by New Years. Which is so appropriately positioned on the calendar, because we need a fresh start! From the end of October to January 1st it's nothing but go, go, go. Now maybe your holiday rush doesn't start in October, but I'm sure you're feeling a little frazzled right now no matter when you started. I always felt a little blue after Christmas. Not because of the gifts I got or didn't get, but because it was over. My whole year revolved around this one event, and now it was finished.

Without getting into the evolution of the modern calendar and a debate on what time of year Christ was actually born, celebrating his birth at the end of the year is quite fitting. The idea of a New Years resolution is one of renewal - another chance at what didn't go right in the previous year. Who truly remembers what they resolved last year, and what does it matter now? The message of Christmas is one of second chances. We all have another chance. God made the first move and sent his Son to live among us. God reached out and said HERE, try and get it right this time! We are forgiven, you are forgiven. No matter what you did last year or even last night, you are forgiven. Christmas has come and The Child of Christ is now among us. No longer are we separated from God, but He lives among us. Here to save and forgive.

Are you feeling the post-holiday-Christmas hangover? Wondering what to do now? Look no further than the true meaning of Christmas. As the Grinch said, "it's not about boxes, packages, or bags!" It is about the Christ Child and the forgiveness He brings.

Which leads me into New Years and New Years resolutions. Your verbal confession of what you are going to do better this year. Losing weight and managing your finances are very good ones. Goals are important and if that is what you have chosen, then good luck! I, on the other hand...well, I'm going to put a different spin on things this year. For me, a resolution is only my attempt at control. To control my life and the direction of it. This year, I resolve nothing! I resolve to be totally out of control...and let God be in control. I'm letting go of the reins and giving it to God. You heard it here first folks, I'm letting go. I'm not going to force my life to be what I want it to be. God has a plan for my life and I'm going to follow that plan. Now let me put a disclaimer on this if you choose to follow this idea. Letting go and letting God doesn't mean I can be lazy and let life come at me. No, it means hard work and dedication, but only for the choices God has given me. Difficult to put on paper, but easy to feel.

So to finally answer the question, What do we do now? I take comfort that the Christ Child is now among us. I have a second chance at this life and I'm not going to waste it with my own plans and agendas. God is far wiser than me and probably makes better choices. Put simply, I am out of control.

For I resolved to know nothing while I was with you except Jesus Christ and him crucified. 1st Corinthians 2:2 NIV

Chris Jones

Director of Recreational Ministries

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

Featured Programs

CHILDCARE

We are excited to announce that the CLC will now offer a drop-off childcare service for infants through 5th grade.

Monday - Thursday 9:00 AM to Noon &
6:00 PM - 9:00 PM

This service is available to all Recreational Ministries participants. Including all fitness classes, weight room usage, track usage, and all leagues. A small fee is required and each parent or guardian must remain on the CUMC campus & provide the location of their activity. Limited to 5 drop-offs per hour. First-come-first serve. Guarantee your spot by pre-paying the full amount in advance!

This program will begin January 9th.

Now is the perfect time to start using the weight room or track!

Upcoming Events

It's not too late to join the fitness classes. If the New Year means a New You then check out some of our fitness classes. Most are in mid session but you can still join any class that is not full.

Cardio Kickboxing

Fridays 9:00 am - 10:00 am

Active Older Adults FREE

Mon., Wed., & Fri. 10:30 am - 11:30 am

Tai Chi FREE

Wednesdays 8:00 pm - 9:00 pm

Beginning Yoga

Mondays 7:30 pm - 8:30 pm

Intermediate Yoga

Tuesdays & Thursdays 9:00 am - 10:00 am OR
Mondays & Wednesday 6:00 pm - 7:00 pm

Pilates

Thursdays 10:30 am - 11:30 am OR
Tuesdays 6:30 pm - 7:30 pm

Body Focus

Fridays 8:30 am - 9:30 am

Dump Your Plump II

Tuesdays & Thursday 7:30 pm - 8:30 pm

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