

The Rec-Connection

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

Rhythm vs. Noise

September 2007

I have heard this time of year called "the new January." The end of summer and back-to-school signals a return to routine and schedule. Our vacations have ended and we begin the process of finding some kind of rhythm for our life. This month I want to explore the idea of rhythm and if we ever really find it, or if we mistake the underlying beauty and balance of rhythm with superficial noise.

When I look around at God's creation I can't help but be amazed at the natural and often understated rhythm. We find a holy rhythm in the day and night, the changing of the seasons, the circle of life, and so much more. God has intended for us to live in balance with him and nature. The Bible often models a 6:1 ratio. Six days of work to one day of rest.

Last year I had the opportunity to attend the annual Sports and Recreation conference in Colorado Springs. It changes locations each year, but being in Colorado I could not find an excuse to turn it down! So I went, and like most conferences it was not the information which provided the most value but the freedom and opportunity to think. Being surrounded by people with common issues and questions stimulates creativity and group problem solving. It was renewing and overwhelming all at once. Each day I left the conference full of ideas and thoughts regarding everything from facility management to program development. One day after the festivities I decided to hit one of the many "open spaces" (we call them parks) and go for a run. Colorado "parks" are much different than ours. This one was at the foot of the Rocky Mountains, in the middle of town, and over 1000 acres. I strapped on my iPod and headed down the trail. For one reason or another, I spent the first couple hundred yards messing with my iPod and quickly decided that its refusal to cooperate and the "noise" coming from the headphones was only preventing me from enjoying the scenery. So I turned it off. What happened next was one of the neatest things that has ever happened to me. Within a mile I noticed something on the trail and stopped short. I stood still, waiting to see what was coming. Slowly three deer appeared from the brush, and I stood motionless as they grazed on the grass just off the trail. When it became obvious they were not in a hurry I slowly walked toward them. Being a "city park" I can only assume they were comfortable with people and had become accustomed to visitors in their habitat. As I walked toward them, three deer turned into four and finally five. They hardly recognized my presence and moved only when I got within 10 feet or so. At one point I was within arms reach to one, separated only by a thin strip of tall grass. I stood in their presence for several minutes and enjoyed the close encounter with nature. When they finally moved on, I did to... left to ponder what just happened, and wonder if I would have noticed them if I had my headphones on. I like to think that I would have run right through that wide spot in the trail, and either not noticed them, or scared them off long before I arrived.

I spent the rest of my run thinking about the distractions and the "noise" in our life. Too often the noise in my life gets turned way up and I'm doing good to make sense of anything. Routine is fine, but what if our routine is just noise masking the real rhythm? Have you noticed that when you turn your stereo up really loud it becomes distorted and retains nothing of its original beauty? A life that is too loud is a life out of tune, out of balance, and out of rhythm.

News & Events

Children's Dance

- September 8 - November 10
- Saturdays
- 3 - 4 Years: 10:30 - 11:30 Jazz and Ballet
- 5 - 7 Years: 11:45 - 12:45 Jazz and Hip Hop

Karate

- Beginner Karate classes
- September 11 - November 1
- 8 weeks
- Beginner level, all ages welcome
- Tuesdays and Thursdays 6:00 - 7:00 PM

See additional class details at
<http://cumckarate.blogspot.com/>

The Church softball team needs your help!

Additional players are needed for the current team.
"A Open" at Heritage Yards in Plano.
Tuesday Nights

The 2007/2008 Upward Basketball &
Cheerleading schedule is now available at
www.cumcsports.com

So the questions become: What in my life inhibits a Holy rhythm? When that happens, how do we find it again? What does it look like to live in a rhythm with God and creation? Unfortunately I can't answer those questions for you, but I believe that when we seek God first in all things, our priorities straighten out and finding rhythm becomes easy. When I state "all things," I mean "all things," including our personal time, what we spend time on as a family, our finances, and even our health.

School has started and most of us have hit the ground sprinting. As you work towards finding your new-school-year routine, I pray that it is more rhythm than routine, and more music than noise.

Chris Jones
Director of Sports and Recreation
Playing with a Purpose

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

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