

August Epistle

Enjoying the world...

With the faith of a child

This past weekend I was blessed with the opportunity of volunteering at a children's triathlon in Louisville. Sweaty Sheep has been an active part in the racing community for the past three years; however this was my first time being part of race that was all kids... and it was great! With Ironman once again sneaking up on us (August 26th!), the nightmares have started. Every August my mind is plagued with dreams that reveal hidden doubts and fears leading up to the 140.6 mile race. It said often in the running world that "at the starting line, the person who will finish first and the person that will finish last are both equally petrified." We spend our lives often in doubt of our own abilities; in critique of our lives, our looks, our activities; and in fear of upcoming opportunities instead of excitement.

I didn't show up to the children's race as a minister, I showed up to the event because I needed to be ministered to! As the clock ticked down, kids were not doubting, but instead laughing, bouncing, dancing, and singing (as their parents were sweating, worrying, and double checking EVERYTHING!) Most kids didn't

Luke 18:15-17- People were bringing children to Jesus for him to touch, bless, and heal. When the disciples saw this they rebuked the people, but Jesus called the children to him saying, "Let the little children come to me and do not hinder them, for the kingdom of God belongs to such as these. I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it."

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Christianity on the Move

TM

2012

"It's never too late to have a happy childhood."

~Tim Robbins

**I don't mind other guys dancing with my girl
That's fine, I know them all pretty well
But I know sometimes I must get out in the light
Better leave her behind with the kids, they're alright
The kids are alright**

**Sometimes, I feel I gotta get away
Bells chime, I know I gotta get away
And I know if I don't, I'll go out of my mind
Better leave her behind with the kids, they're alright
The kids are alright**

~The Who

even know the course! What they knew was that someone would be there to tell them when to turn- that someone would be sending their love from the sidelines. They jumped into the pool at the start not with anxiety, but with the joy of a new kind of baptism. They hoped on their bikes not thinking if it was tuned correctly and tires pumped properly, but instead pretending that they were driving motorcycles in a drag race; they started their run without thinking about electrolytes, but instead embracing the boundless stride that God had gifted them. Every day children wake up with excitement over what new and fun events they will be blessed with; however, every day as we grow older, anxiety slowly overpowers our dreams and plays havoc on our once simple and excited morning smiles.

It's not about triathlons or racing in general for that matter; its about life, faith, and fulfillment. The children our blessed in God's eyes because they enter the day not in competition (they enter the race not to win,) but instead they have the primary goal of having a blast at everything they do knowing either consciously or subconsciously that life is a gift.

We challenge ourselves constantly through races, testing, etc... It isn't until we

get a hug after a miserable race, a perceived failure, that we realize those who love us and God who created us simply love watching us at play! A smile is the best of all medals, laughter is the sound of victory, and at the end of the day, the one who finished first and the one who finished last are able to dine together in satisfaction and fellowship.

What do you have coming up in your life that is causing you anxiety, overrunning your dreams with nightmares? Is it a deadline, a race, a presentation? Is your job too hectic? Your day too busy? and you life too complicated? In reflection we realize that the things most burdening us are often things that we have created. I signed up for the Ironman, no one forced me to do it; I love to run, bike, and swim! We take jobs because we yearn to make a difference and seek the accomplishment of knowing we did. Yes, when we go into the day knowing that there will always be support, love, and guidance; when we can focus and enjoy the present without worrying about what is to come, then we will start to capture again that inner child that loves to have fun in everything that they do! Play hard, Pray harder, and love often!

Weds. 630pm group run and bible study at Fleet Feet
Aug. 26th: IRONMAN (contact us to volunteer)
Aug. 31-Sept. 2nd Worldfest (we have a booth)
Sept. 15: Sweaty Sheep UofL pj run
Oct. 6: Highland community cup 5k
Oct. 13th: Angels in disguise zoo 5k
Oct. 14th: Louisville half/full marathon

Mondays 7pm-830pm Exercise and eating concern education and discussion group: Highland Presbyterian Church Sept. 10-Nov. 5th