

March Epistle

2011



Christianity on the Move™

Charlie Chaplin

Birds are calling.
Skunks are crawling.
Wagging their tails for love!
Spring is here.
Whales are churning.
Worms are squirming.
Wagging their tails for love!
What is this thing
Of which I sing
That makes us all bewitched?
What is this thing
That comes in Spring
That gives us all the itch?

from our nature. There is a scene in *The Lion King*, as Simba is raised into the air and all the animals come together with roars of praise for their leader. God has given us a Lion in Christ (though sometimes called the lamb of God), now it is time to stand up and roar. God has also given us the Spring again, praise on. With the Spring comes rain, thunder, etc, we praise on still. The beauty the wild is the purity of nature's praise. Some think animal's sounds are meaningless? Explain to me then why the "nonsense" of a 7 ton humpback whale causes it to dash to the surface and lift its massive body up to the heavens, that is Praise. Nature can teach us something else. How to except diversity. It's amazing that there are so many religious denominations, and even more stunning, each thinks its "the right one." There is a right answer; however, it is not for us to know here in this life. Praise in your way, for God is big and loves the sounds of diversity.

The flower praises with its colors, the bird soars with the spirit, the whale breaches the ocean in excitement for its creator.

Church is a wonderful opportunity for fellowship and worship, but remember that God is bigger than a four walled building... God wants your praise throughout your week (not just Sunday Mornings.) God is praised through dancing as well as sitting in a pew. God wants you to bloom as does that first daffodil, and God has once again given us springtime to do just that. In this season of life and love, "churning" and "squirming" as Charlie Chaplin sings, praise God in the most unique, most passionate, most euphoric ways that you know how... because God knows how to have fun and shines with each ray of the sun. Praise God by living life the best you know how! Go smell a flower, dance in the rain, soak up some sunshine, and PRAISE on my friends, happy trails and Godspeed!

"Forget not that the earth delights in your bare feet and the wind loves to play with your hair."

-Kahlil Gibran

Upcoming Events:

Sweaty Sheep "cross" country 5k May 28
Bible Study: Cycling Cafe Weds, 6pm; Lexington rd
Sat. 8am Runs/walks Ongoing
Church kickball Signup Ongoing

Info on Website:

sweatysheep.com

Bring on Spring!

...a season for Praise!

Earlier this week I was out running on the trails and was blessed to pass the first daffodils of the season. Talk about a religious experience, there is nothing that says "God loves you" more than the gift of a spring flower. All God's creatures seem to sing in praise at the onset of the spring and all in unique and beautiful ways. Its interesting how much easier it is to praise God on the "pretty" days, I wonder if we forget that the Sun still shines behind the clouds, hope not because clouds will come. Psalm 148 serves as an invitation to praise, and to do so in all sorts of ways. On the trails I love to praise by running; how are you going to praise God today?

Its interesting that we have to think about that, shouldn't Praise be a natural thing. I love this Psalm because it calls for the whole Earth to Praise. The animals have no problem with Praise, for we are the ones that have strayed

PSALM 148: Praise the Lord! Praise the Lord from the heavens; praise God in the heights! Praise God, all his angels; praise God! Praise God, sun and moon; praise God, all you shining stars!

Praise God, you highest heavens, and you waters above the heavens! Let them praise the name of the Lord, for God commanded and they were created, established them forever and ever; fixed their bounds, which cannot be passed. Praise the Lord from the earth, you sea monsters and all deeps, fire and hail, snow and frost, stormy wind fulfilling God's command! Mountains and all hills, fruit trees and all cedars! Wild animals and all cattle, creeping things and flying birds! Kings of the earth and all peoples, princes and all rulers of the earth! Young men and women alike, old and young together! Let them praise the name of the Lord, for his name alone is exalted; his glory is above earth and heaven.

He has raised up a horn for his people, praise for all his faithful, for the people of Israel who are close to him. Praise the Lord!

Contact at runningmango@msn.com; Check out the website www.sweatysheep.com; or friend "Sweaty sheep" on facebook!