



Spiritual Exercise

On a recent TV talk show, the host was interviewing a body builder. During the interview, the host asked, "Why do you develop those particular muscles?" The athlete stepped forward and flexed the series of muscles indicated. Of course the crowd responded with applause. "Well, what are these muscles used for?" the host again asked. True to form the man began to go through the motions of flexing biceps and triceps. From chest to calf, the man exploded to impressive proportions.

The host pressed again the guestion. "But what are those muscles for?" Bewildered, the body builder relaxed his stance and in soft tones replied, "Well, I'm really not sure what they are for."

When we talk about spiritual exercises—Bible study, prayer, reading, training—we know they have a purpose. They are meant to strengthen our ability to walk upright before God. Yet I wonder in this day of the celebrity Christian leader, if these exercises could gradually become nothing more than a way of standing in a pose before an applauding audience.

DS Church Schedule

Jan 14 AM Follansbee Jan 14 PM Congo Jan 21 AM **Grafton Parkview** Jan 28 AM Ravenswood Jan 28 PM Pt. Pleasant Feb 11 AM Sistersville Crossroads Comm. Feb 11 PM Feb 18 General Church Event Feb 25 AM Paden City

Feb 25 PM St. Marys Mar 4 AM Buchannon Mar 4 PM Mt. View Mar 11 AM Kingwood Mar 25 AM Glendale Fairmont Central Mar 25 PM Apr 1 AM Broadway

Apr 1 PM Elizabeth

Birthdays

2/2 Raynard Martin 2/3 Beverly Tulowitzky 2/5 Sharyl McGee 2/8

Elizabeth Fetty 2/10 Ruby Hughes

2/27 Brad Reynolds

Anniversaries

2/6 Ron & JoEllen DiCiolla 2/25 Jim & Cheryl Ellis

If you have been missed, please contact the office to help us update our records.

DISTRICT WATCH

MINISTERS & MATES

RETREAT at Stonewall Jackson Resort will take place February 6-8. Registration will be held in front of our meeting room during the late afternoon. Our activities begin with Dinner on Tuesday.

Please remember that Breakfast is not included in the retreat package. Also, all snacks are provided! You will not need to bring additional food / snack items for the break times.

Rev. Craig Rench from Anaheim First Church of the Nazarene will be our guest speaker. We are planning for a great week of fellowship and inspiration.

Quarterly Reports:

Please return all quarterly reports if you have not done so. The General Superintendents require a mid year reporting. Rev. Dennis will be required to submit the mid year statistical report by February.

MVNU LEAP Seminar:

There is still time to register for the MVNU Church Finance Workshop.

Dr. Dan Busby, expert in tax and financial issues related to churches and clergy will be the guest speaker.

This is an opportunity to train and develop pastors and local church treasurers. Registration deadline is January 19th for this event to be held on January 26th and 27th.

Register at 1-877-640-7400 or online www.mvnu.edu/churchrelations/clear.asp



NYI Mid Winter Event:

Friday January 26 - Christian Concert with "Building 429". See NYI posters and website for additional information!

