

# News from the Brick

Nettle Creek Church of the Brethren  
5352 N. Brick Church Road  
Hagerstown, IN 47346

Established 1820



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Eloise Beeson, Secretary  
Sunday School: 9:00 a.m.  
Worship: 10:00 a.m.

November  
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*Continuing the Work of Jesus.  
Peacefully. Simply. Together.*

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## Carol's Comments

**"Shape up!"**

**Hebrews 12:1** *Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us.*

Curves. We use that term in regard to someone throwing us off guard i.e., "She threw me a curve. I wasn't expecting that comment." Or the road is windy or twists a lot. Also, it is used to describe an object or even a person. In other words, the word describes a rounded line, something shaped in a curve, a way to plot student scores (a way to grade them), the way to describe a ball bending in being thrown, and etc.

Curves has another meaning in today's culture. *Curves* is a fitness and weight loss franchise which is *dedicated to providing affordable, one-stop nutritional guidance for women. Curves allows you to get a complete aerobic and strength training workout in just 30 minutes* ([www.Curvesinternational.com](http://www.Curvesinternational.com)). And yes, I go to *Curves*. I just joined *Curves*. It is a way to get or keep in shape and (hopefully for me) to lose weight. It is a lot of fun. Women of all ages and shapes go to *Curves*. It feels like a safe environment to get in shape. There is conversation and laughter as you move around the circle-placed equipment. You change machines every 30 seconds. The business hours make it possible to go before or after work. You make new acquaintances. You share your struggles with fitness or weight loss.



Ok, so what does *Curves* have to do with faith? I see an analogy with fitness clubs and faith. We want to take care of our bodies, so we either join some club or fitness center, or we discipline ourselves enough to walk, jog, or lift weights at home. If you look around you or listen to conversation, most likely you will hear about someone going to the spa or club or speaking about their walking every day. People are serious about their physical bodies. But are we that serious in shaping up in our faith or spiritual life? How many people have you heard speak about going to a workshop or conference on faith or attending a Bible study or Christian study group? Or for that matter how many have you heard speak of attending church regularly. *Curves* ladies are highly encouraged to come use the equipment three times a week as a minimum requirement. You will get a call if you do not come three times a week to help keep you on track.

Just as we need to keep our physical bodies in shape, we need to keep our faith and spiritual lives in shape. That is what church offers...a place for fun and fellowship...a place for encouraging one another...a place to share our successes or insights in the Christian life...a place to learn about faith by sharing our joys and doubts, and most importantly, a place to grow in Christ. Church welcomes all kinds of people—all sizes and shapes too.

What would happen if you were called and asked why you had not been at church...you had missed your quota for the week? And, that we want you to stay in shape, so your attendance is important? Some of us would welcome that call. Some of us would be irritated. But doesn't it make sense that if we can find time to go to the gym or fitness center to keep our bodies in shape that we can find the time to keep our spiritual lives in shape?