

SPIRIT MIND & BODY

December, 1991

Newsletter of the YMCA of Black Hawk County

A Conversation With God

You know God, I was sitting here thinking back to those many years ago, you know on that night of nights when your Son entered this world in such a humble way. Wow! It must have been something for those shepherds and wise men, seeing a real King and all. I mean, they'd been watching those stars for years and then all of a sudden, there it was — just like that — the BIGGIE!

And you know, Joseph must have been frantic running up and down those streets trying to find a place to sleep and knowing the baby was soon due, wanting it to be as comfortable as possible. I mean, he didn't want a Hilton or even a Holiday Inn. You know, we're talking a Motel 6 or a Days Inn. There didn't need to be a birthing pool or a fancy city doctor — just a couple of clean sheets and maybe a warm glass of milk or eggnog.

I can imagine how exciting everything must have been. There were probably parties going on all night. People were trading stories about how they were avoiding paying Caesar Augustus everything they owed him. They were probably sharing secrets about tax shelters and all kinds of similar things. Then too, I'll bet they were pretty excited about the census being taken. After all, it'd been a while and surely their numbers had increased substantially.

Old friends were hugging each other and relatives were catching up on marriages and births and deaths and who'd

been promoted recently and how was business down at the docks — Fine thank you.

Well God, you see, it sounds really kind of invigorating. I mean, it was a "happening" kind of place, right? But see Lord, there's still this Joseph guy wandering the streets looking for a place to stay and no one would help him. Not even a laundry room was available — I mean, Lord, how could they? How could they turn them away? Didn't Joseph have enough money go give someone under the table, so they'd be forced to find room?

But Lord, who did they think they were refusing, a helpless woman with child and her husband. Boy, I bet if they'd known who they were they'd have bent over backwards to try and give them the Kingly Suite.

So they ended up in a barn, a stall where animals bedded and ate and generally just existed. And the baby was brought into the world with an audience of mooing cows, lowing sheep and neighing asses. See, it all went off without a hitch. Then the shepherds listened to the heavenly choir and the Wise Men saw the star and the prophecy was fulfilled — just like you said it would.

But Lord, there's something bothering me, I mean it's that manger thing. You see Lord, well Lord, I think maybe I've put Him in a manger too.



From the Executive's Chair

With Thanksgiving '91 recently behind us, it's the time of year where we tend to pause and reflect on the kinds of blessings that have come our way since we last sat down to turkey and the trimmings. I am one that continues to need both hands and feet to count the pluses in my life that allow me to grow in faith. I thank all of you for allowing me the opportunity to be a part of this great organization called the YMCA. And to my family, who mean so very much to me — "you're the best!"

During this reflection, however, I came to realize that there were really two parts to this holiday. The "Thanks" part came easy for us because there are so many people in our lives that help us along life's journey, but what about the "Giving" part of the holiday?

I really believe that we need to "give back" to others what has been given to us for four distinct reasons.

*First, there are so many people out there that are **lost**. Whether it be physically, mentally or spiritually, our society has people that need us to help.*

*Second, God has given us the **opportunity** to give back. Matthew 28:19-20 in the Bible tells us to go and make disciples in all the nations and teach these new disciples to obey all the commands God has given to us.*

*Third, giving back is really **vital** to our own spiritual growth, and isn't that what it's all about?*

*And last, God has given us the necessary **equipment** to achieve our giving goal. Our Bible, our minister, and each other to name just a few.*

***Lost, Opportunity, Vital, and Equipment.** If we focus in on these four elements, it's amazing what it will allow you to give to others (and spell) — LOVE!*

On behalf of everyone here on staff, I hope it was a great Thanks--Giving. And, remembering that Jesus is the reason for the season, from my family to yours, have a most blessed Christmas holiday.

*In the 'Spirit' of the 'Y',
Jim Weaton
YMCA Executive Director*



Gift Certificates Available

We've got it all, from large to small!

You can purchase a gift certificate (one size fits all) or any of the YMCA sports attire or equipment for even the hardest-to-please person on your list this year.

We've got gift certificates (any dollar denomination) that can be used for memberships, classes or merchandise. Maybe Grandma will finally get in and try Water Exercise. Or maybe Susie will finally get the chance to take swimming lessons. Would someone at your office like a certificate that is equal to the first month free?

Whatever your needs are, stop at the YMCA Welcome Center and pick up a Y Gift Certificate today!



Mom and Pop Shop Returns

Mom and Pop Shop is designed to be a fun-filled evening for your youngster while Mom and Dad have a chance to catch up on their Christmas shopping.

Parents can pre-register for the Friday, December 13 event, which is for children ages 3-6 years. Mom and Pop Shop will be held from 5:30 p.m. to 8:30 p.m.

Those attending will have the opportunity to enjoy swimming, crafts, and a snack while Mom and Pop shop.

Children need to bring a swimsuit, towel, and lots of energy!

Fees for Mom and Pop Shop are \$6 for members and \$12 for the general public, with a discount being given to families registering more than one child.

Call the YMCA to register, 233-3531.



Christmas Fun Days

If your child, grades K-6, is looking for activities during Christmas break, then the Christmas Fun Days program is for you.

Back by popular demand, the YMCA will again be offering Fun Days on December 23, 24, 26, 27, 30 and 31. A wide variety of activities are planned daily for the children who participate.

Each day begins at 8:00 a.m. and concludes at 5:00 p.m. Activities will be held at the YMCA and also at several locations throughout Waterloo and Cedar Falls.

Fees are \$8 for Y members and \$12 for the general public per day.

Children should bring a sack lunch, swimsuit and towel. You may register for any or all of these days by calling YMCA, 233-3531.

Saturday Fun Days

Here's your chance. This program is designed to give Mom and Dad a chance to shop for Christmas without the kids.

Children in grades K-6 are invited to participate in activities on each of the Saturdays from now until December 21. Saturday Fun Days start at 11:00 a.m. and conclude at 8:00 p.m.

Children should bring 2 sack lunches, swimsuit and towel. Fees are \$8 for Y members and \$12 for the general public per day.

You may register for any or all of these days by calling the YMCA, 233-3531.

New Year's Eve Overnight

This popular overnight program is back and better than ever. The New Year's Eve Overnight will begin at 8 p.m. on Tuesday, December 31 and will conclude at 8:30 a.m. on Wednesday, January 1, 1992.

Kids in grades K-6 will enjoy games, swimming, snacks, wallyball, a celebration of the New Year and breakfast.

Those attending should bring a swimsuit, towel, pillow, sleeping bag, gym shoes and comfortable clothes.

Fees are \$9 for YMCA members and \$13 for the general public.

Pre-registration is required. Call the YMCA, 233-3531.

YMCA/Heritage National Program Link

The YMCA is proud to announce our affiliation with the Heritage National Healthplan. Heritage National Healthplan is an HMO (Health Maintenance Organization) that stresses the importance of Health Education and Wellness. Heritage has developed a program that includes their company making partial payment for those services and courses designed to promote the maintenance and good health of the HMO members.

In cooperation with the YMCA, Heritage is able to offer a Health and Wellness Program menu to its enrollees. These programs are offered on a co-payment basis with Heritage reimbursing those who participate. Heritage will co-sponsor one program per enrollee per calendar year.

A list of YMCA programs that are eligible for Heritage reimbursement will be available soon. For more information contact Tom Sekeres at the YMCA.

Milers Club

If you are sports/fitness minded and are looking for the opportunity to measure your progress, consider joining one of our Milers Clubs starting in January.

Throughout the course of the calendar year, each participant keeps track of their own progress on the charts provided by the YMCA in the lower level hallway.

Milers Club includes your choice of swimming, running, walking, or bicycling. The fee is \$6 for one club. Active individuals may join three clubs for \$15.

Club members qualify for a T-shirt if the following goals are met:

- Swimming, 75 miles
- Running, 750 miles
- Bicycling, 1500 miles
- Walking, 200 miles

The Fitness Club is the only club offered to members and non-members. Attend 100 YMCA fitness classes in a year to receive your T-shirt. Members \$6, general public \$12.

Child Care Bake Sale

The YMCA Child Care staff will be holding a bake sale to help raise money for Child Care supplies.

The sale will take place on December 10, and 11, 1991.

Anyone interested in helping with the sale (making goodies or volunteering to sell items) may contact Tom Sekeres or Thelma Aneweer at the YMCA.



Corporate Memberships

When the people you work with start talking about their new year's resolutions, you might want to consider getting together with your company's management and mention the idea of obtaining corporate memberships at the YMCA.

Two options exist for corporate memberships.

Companies who are interested in their employees' well-being may sign up for a program that makes it possible for their employees to receive an automatic 20% reduction in membership fees.

A minimum of five employees from the company must join the Y. The employer must pay at least 10% of each member's fees and the YMCA will kick in an additional 10%. The individual employees are responsible for paying the rest of the membership fees (80% of the membership amount or less, depending on the company's contribution).

If the employer does not wish to participate, there must be at least ten company employees who join the Y. Those employees receive 10% off their membership from the YMCA.

For more information or to arrange for a presentation on YMCA Corporate Memberships, contact Tom Sekeres or Julie Mitchell at the YMCA, 233-3531.



The entire YMCA staff would like to wish our members a Merry Christmas and Happy New Year.

Thanks to everyone who has participated in our programs. We look forward to seeing you during the holiday season!



34th Annual Y's Men's/Women's Christmas Tree Sales to Begin

That's right! For 34 years a group of dedicated volunteers from our YMCA adult service club has been spending from the day after Thanksgiving until Christmas selling thousands of trees to benefit the youth of our community. This year will certainly be no different.

Scotch Pines (5½' to 8') at \$4 per foot and White Pines (5½' to 8') at \$4.75 per foot will again be offered, along with decorated and undecorated wreaths at \$15 and \$10. Tree stands are available for \$16, tree food at \$1 per pack, tree removal bags at \$2, and roping for .75 per foot.

The tree lot opens Friday, November 29, with regular hours from noon - 9 p.m. Monday through Friday and 9 a.m. - 9 p.m. Saturday and Sunday.

All proceeds from these sales have been donated back to the YMCA to support youth activities. The club has purchased vans, a bus, tents, youth sports equipment and canoes to name a few of the items.

Please consider buying your tree this year from a Y's Man or Woman Volunteer. You not only will be doing something "real" for yourself, but you will be helping someone else too. And there's nothing "artificial" about that!



Holiday Hours

The YMCA will be open regular hours during the Christmas/New Year's season except on the following days:

Tuesday, December 24, Christmas Eve	closed at 5 p.m.
Wednesday, December 25, Christmas Day	closed all day
Tuesday, December 31, New Year's Eve	closed at 5 p.m.
Wednesday, January 1, New Year's Day	closed all day

The YMCA is dedicated to helping you get a good workout, during the holiday season.

Happy holidays!



After the Holidays . . .

The next session of YMCA aquatics, gymnastics, dance and health enhancement classes is set to begin on Monday, January 13.

Class registration begins for —

Members enrolled in Winter 1:	Monday, January 6
Other YMCA members:	Tuesday, January 7
General Public:	Wednesday, January 8

Registrations are taken by phone and in person at the YMCA, 233-3531.

Consult your program booklet for class days and time or stop in at the YMCA to receive a leaflet with the information you need.

Black Hawk County Family YMCA

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