

HEALTH AND WELLNESS

“Create in me a clean heart, O Lord; And renew a right spirit within me.” – (Psalms 51:10)

Recreation

Summer is often promoted as a prime time for recreation. We are fortunate that in Colorado we have opportunities for outdoor recreation year round (golf in February!). For promoting both physical and mental health recreation is wonderful, although if you had asked me if I felt this way during the last quarter mile of our recent hike through the mostly vertical Shadow Canyon route up Boulder Peak I might have equivocated on this.

As we have explored in this column over the past months, health and wellness is about striving to become a whole person, with wellness not only in body and mind, but also in spirit. So how does recreation play into spirituality?

The core of our being, given to us by God, is His creation – but it is also our creation. We are challenged by the world to define ourselves, and even in our most intimate personal reflections we may sometimes wonder about this definition we give to others and ourselves. Because of the challenges inherent in social living, we may even come into conflict with others around this understanding of ourselves.

Spiritually, re-creation is using activity to bring us closer to our own essence and/or to God’s inspirational wonders of mountain, lake, and plain. It can help us put our lives in perspective, so in one sense it is our opportunity to “straighten things out” spiritually while improving physical and mental function. What a great combination of benefits! Luke, referring to our preparation for the way of the Lord, wrote, “... and the crooked shall be made straight, and the rough ways shall be made smooth; and all flesh shall see the salvation of God.” (Luke 3:5,6)

After all, any real understanding of ourselves involves communion between us and our Creator. And God has provided so many ways for us to recreate. Finding an activity that allows us the opportunity to straighten things out a bit and remember that the Lord loves us is re-creation in its best form, a shared experience of creation. Enjoy your recreation! - JL

If you have ideas to share with us or are interested in the work of the Health and Wellness Cabinet, please contact Anne Gatzke: littlezookie@yahoo.com.

