

The CrossRoads Connection



A Youth and Young Adult Ministry of
St. Andrew United Methodist Church

Heart Guarding—by Monica Arrowsmith

A friend of mine recently included in an email to me a “line” (as I like to call them) from scripture. It goes like this, “Above all else, guard your heart, for it is the wellspring of life.” (*Proverbs 4:23*)

I loved it instantly and could feel the many layers, both physical and spiritual, within it. The efficiency of the line alone is beautiful – a killing of two birds with one stone kind of thing. And who doesn’t love that?(Efficiency, that is, NOT killing birds!) It’s a double whammy, like riding your bike to work (good for your health and for the planet) or attending a conference in Hawaii (professional development and cheap(er) vacation).

Guarding your heart means to protect it, to defend it, to keep it safe from harm. And, of course, your heart can be

harmed physically from all kinds of bad habits – smoking, unhealthy diet, lack of exercise, etc. It can also be harmed spiritually from all kinds of bad habits – trashy media, gossip, negativity, anger, greed, etc.

So, I was thinking . . . what are some ways we can guard our hearts physically AND spiritually with the same stone? Especially during this season of Lent? Well, we could . . .

- Take a prayer walk
(or a run or ride).
- Shovel a neighbor’s sidewalk.
- Share a heart healthy meal with somebody / anybody.
- Wrestle with your grandbabies
- Wash your friend’s car (or truck).
- Teach a kid to play your favorite sport.

-Plant a family garden.

-Build a Habitat for Humanity house.

Anything, really, that mixes a healthy action with a loving act. Although this list could go on and on, there is one more that everyone at St. Andrew could do. It is a great idea and the heart-guarding layers of it are many.

Dance at Soul Train.

Dancing is great exercise. It is good for your heart, gets your blood flowing, and definitely makes you laugh (even if it’s at your friends) – all very good for your physical health. Plus, regardless of whether you are participating in the Walk to Jerusalem, we will count 24



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Our VISION: The CrossRoads Youth Ministry of St. Andrew United Methodist Church embraces and supports the youth and young adults of our community and their families, seeks to inspire and guide their spiritual growth as Disciples of Jesus Christ, and then, empowers/challenges them to serve each other, the church and the whole world.

SOUL TRAIN

**Come and support the
Senior High Mission Trip!!**

Who: Anyone

Where: St. Andrew UMC

When: March 6th, 6-10 p.m.

**Cost: \$5 minimum donation per
person, \$20 min. donation for family**

Hear Ye, Hear Ye!



To All St. Andrew Members,

It is with great pleasure and honor that I ask everyone to please attend the first all Church Dance at St. Andrew. When we were thinking about building a new facility, one of the things many people liked about our current building was the idea that we could do more things as an entire church.

We, the members of the 2010 Senior High Mission Team, have decided to test the idea of “Build It, and They Will Come.” It has been built; now we need you to come out and enjoy it in a fun social setting.

The dance is from 6-10:00 p.m. on March 6. We envision small kids to our eldest members all partaking of this opportunity. How wonderful it will be watching grandparents dance with their children and grandchildren. Also, who wants to miss a good ol’ mother/son or father/daughter dance? There will be lots of feet dancing to all types of music.

Have you ever wanted to learn the electric slide, the chicken dance, the hokey pokey or how to line dance? Or, if ballroom dancing is more your thing, we will have a couple here to teach the Argentinean Tango. Would you and your significant other like to participate in a Spotlight Dance? We can arrange that.

This dance is in conjunction with the Walk to Jerusalem. Get triple miles while having a great time with your church family.

All money raised will go toward the mission trip this July to Georgia!!

Tickets will be sold after services this Sunday and at the door.

Thanks & God Bless!

Katie, Emily, Maclaine, Leah, Brittany, Markie, Gabby,
Karissa, Rosalie, Lauren, Marina, Laney & Jenny

Nathan, Nick, Taylor, Ethan, Ian, Matt, Ben, Andrew,
Adam, Alex, Cole, Chris, Garrett, Evan, Zach & Jacob

Also,

Debbie, Dana, Kim, Monica, Jeff & Tom



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miles for everyone who attends the event! And, because it is an all congregation event, it will be a great opportunity to meet and get to know those you don't. Also, and maybe most importantly, by attending the all congregation dance we're (not so originally) calling "Soul Train," you will be supporting our Senior High Mission Team. The mission of CrossRoads, the youth and young adult ministry of St. Andrew, is to encourage our youth and young adults to develop a genuine faith in Jesus Christ and to grow as lifelong disciples, and to equip them to minister to others for the sake of the world. Encouraging our youth to be in mission is one way we further this mission. The experience is often life-changing. Even if not immediate, the experience always ignites a spark that lasts forever; that, someday, will draw the youth in for a closer look—at Him.

So, as you consider which heart guarding activities you want to do today, tomorrow, this Lent or all year long, please consider putting **DANCING AT SOUL TRAIN** on the top of your list!

See you at the dance . . .
-Monica

**Remember,
you can always
access the CR
calendar on the
Web at
thecrossroads-
umc.org**



Helping others...

simply people puppet troupe

Did you hear that the Simply People Puppet Troupe and a fair number of volunteers from St. Andrew participated in the Greater Lafayette Religious Arts Festival on February 13? You didn't? Well, we did! The puppet troupe has been working hard for months planning and practicing and planning and practicing some more and their efforts were fantastic. Randy Kraft and Jeni Leaird joined our group as director and emcee, and our puppeteers that day included Zach Burchill, Andrew Burchill, Abby Burchill, Laney Arrowsmith, Maclaine Leaird, Aiden Leaird, and Eric Wei. It was a big success and time will tell what connections might have been made that day.

Special thanks also go to Tom Arrowsmith for handling our refreshments; Matt Harding for being our spot on sound engineer; Tonya Bess, Wes White and Marilyn Foster for giving us the gift of their voice talents; Dan Leaird for being our recording engineer; Ben Tally, Steven Borders and Tonya Bess for their puppeteering help, and a host of other people who provided support, encouragement, and time. You know who you are, and we are truly grateful!

Check back with us again soon to see what we are up to for the remainder of the year!

Ted Foster

CrossRoads in Action...



SEE YOU AT THE CROSSROADS