



Introduction to the 2018 CrossFit series: Utrecht Chaplaincy's Men's Evening

In 2018 the 'Men's Evening' will be held five times at the home of Peter & Petra Gillies.

What is **CrossFit**? It is a play on the CrossFit fitness craze: a high-intensity fitness programme incorporating elements from several sports and types of exercise. We will not be doing anything but mental and spiritual exercises, although you are invited to come to the sessions on your bicycle!

The "red threads" of our particular brand of CrossFit will be three-fold:

- 1) To have fellowship between Christian men of all ages
- 2) To build our evenings around explore the subjects in the acronym: S.H.A.P.E.
- 3) To become "fit" for the world we live in and to fulfill the Lord's expectations

The five sessions will be as follows:

"S" Evening (Spiritual Gifts) – Which gifts of the Spirit do you have? How do we discern gifts? – **17 March 2018**

- Where: Scheg 1, Nijkerk - RSVP
- Time: 18:00 – BBQ; ending around 22:30
- Subject: The awareness of Spiritual Gifts in your life.

"H" Evening (Heart) – What do I have a passion for and love to do? – **June 23rd**

- Where: Scheg 1, Nijkerk - RSVP
- Time: 18:00 – BBQ; ending around 22:30
- Subject: Exploring what gets you going, what drives you, what attracts you, & where your passion is.

"A" Evening (Abilities) – What natural talents and skills do I have? – **August 25th**

- Where: Scheg 1, Nijkerk - RSVP
- Time: 18:00 – BBQ; ending around 22:30
- Subject: Thinking more deeply about what your talents are and how you might use them to serve God.

"P" Evening (Personality) – Where does your personality best suit you to serve? – **October 13th**

- Where: Scheg 1, Nijkerk - RSVP
- Time: 18:00 – BBQ; ending around 22:30
- Subject: What is your personal "software" and how does that affect your behavior?

"E" Evening (Experiences) – What spiritual, educational, or other experiences have you had? – **December 8th**

- Where: Scheg 1, Nijkerk - RSVP
- Time: 18:00 – BBQ; ending around 22:30
- Subject: Thinking about how your experiences have affected your life and how to leverage that for the Lord.

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