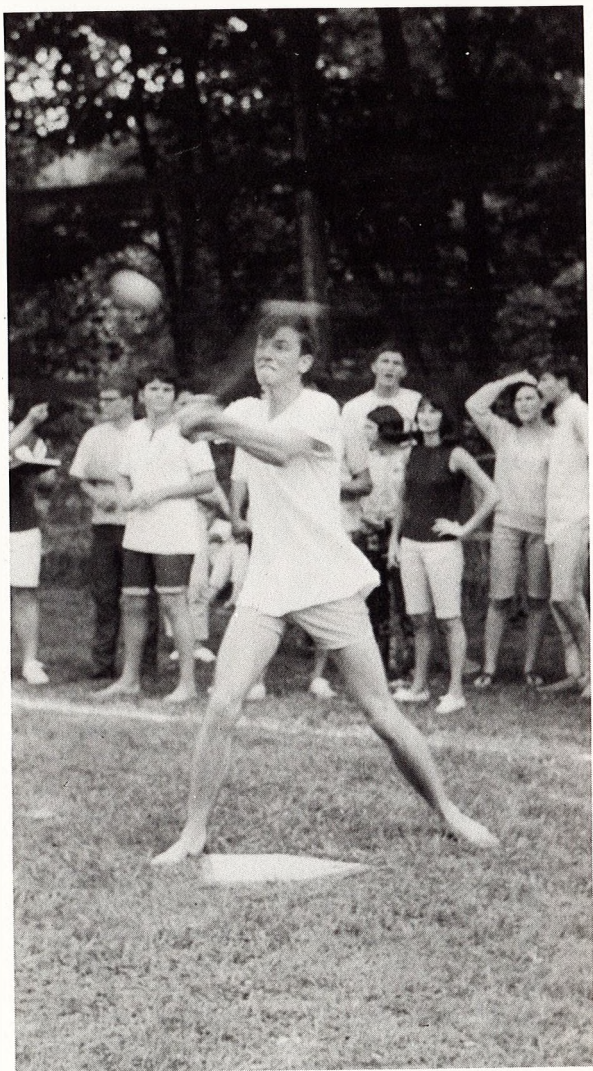




The dedication of one's self must be all inclusive-mind, body, and soul. We are to present our bodies "a living sacrifice." Unlike the Old Testament sacrifice, which was a slain offering, the Christian today presents himself "living" on the altar of service.

The body is "holy" because it belongs to God. It is the temple of the Holy Ghost and cannot be devoted to sin, but must be kept clean, strong, self-disciplined, and well-trained. We can accomplish this only through a good program of personal hygiene, exercise, and recreation.

The recreation program offered for the staffer at Ridgecrest provides a very good opportunity for him to keep his body fit. Out on the softball diamond, on the volleyball court, or in the gymnasium playing basketball, he learns not only how to keep his body physically fit, but how to cooperate in team spirit as well.

One-man recreation activities are also offered for the staffer to be on his own, dependent upon whatever facilities with which he has been endowed - a time when he can test and train his physical endurance - a time when he can think. A hike into the woods or rowing over the lake in a canoe gives him a chance to become a part of all that was created for him.



A prayer said before each game helps the boys remember the spirit in which all sports should be played. Through co-operation, team spirit can be strengthened, victories can be won, and fun can be had by all.

