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with the pastor!**
(And he's in love with me)

Praying in the New Year with
Pastor Freddy Clark

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Where's the Love?

The growth of multi-cultural churches

Join us for the pastors' 30-day
fitness challenge

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article: Andrea Riggs
photos: David L. Holmon

In an era marked by the rise in obesity, inactivity and preventable illnesses, *Today in Church* is sponsoring the 30-Day Pastors' Fitness Challenge to encourage area pastors and their congregations to adopt a plan to improve their health and physical fitness. It's not merely about a New Year and a desire for a new you, but to create and achieve a life-long goal of improved health.

The 30-day fitness challenge, which we plan to make an annual event, is a lifestyle, nutrition and fitness plan designed by our fitness partner Body Beautiful to jumpstart each pastor's potential for fat loss, strength and cardio gains. The pastors will begin working out at Body Beautiful's state of the art training studio, attend a weekly community fitness activity, and incorporate individual training assignments. The 2007 challenge runs from February 7 to March 9.

To get started, pastors will perform a series of physical fitness tests that will include cardio, strength, core and flexibility assessments to determine their current fitness level. Throughout the fitness challenge, two days a week Body Beautiful trainers will vary hour-long cardio and strength training sessions to prevent plateaus and to get the pastors used to moving different muscles.



PASTORS' FITNESS CHALLENGE

What's at stake?

The Challenge: Which pastor will lose the most weight in 30 days and achieve the greatest fitness progress? **Grand Prize: AIECHÉ CHRONOMATIC SERIES WATCH, 132 DIAMONDS WITH CROCODILE STRAP.** 2nd Place Prize: Teré Vaughn 100% wool made-to-measure suit with tailor-made shirt and 100% silk tie. 3rd Place Prize: \$100 Gift Certificate to My Father's Business Bookstore.

Sponsored by Pepsi, Body Beautiful, Demetrius the Jeweler, Goji Juice, My Father's Business Bookstore and Teré Vaughn Custom Clothier. Personal training staff: Maurice Lewis, Bethany Dockett and Andrea Riggs.

Above: Pastors gear up for the 30-day challenge with trainers Maurice Lewis, Bethany Dockett and Andrea Riggs.

Adopt a plan to improve your own health and fitness today, and join our pastors in the *Today in Church* magazine 30-Day Pastors' Fitness Challenge. Support the pastors by cheering and praying them on!

The grand prize-winner will be announced in the April/May issue of *Today in Church*.



Now, let's meet the pastors!



PASTOR RAMONE COLLINS
Calvary Missionary Baptist Church

Pastor Ramone L. Collins took over the reins as pastor of Calvary Missionary Baptist Church (CMBC) in October 2003 with the mission to alter the lives of men that they may mirror the life of Christ. Since 2003, CMBC has delivered an outpouring of love and has increased its focus of helping others beyond the doors of the church. The congregation provides school supplies, clothing, health awareness materials and other outreach activities in the community. CMBC empowers youth by connecting them back to God's plan for their lives, strengthens men through the Iron Men of Calvary Men's Ministry (meetings are held every third Saturday at 9 a.m. at Ryan's Steakhouse in Swansea, Ill.) and creates harmony and unity in the family through the Women's Ministry. The CMBC family believes that the strength of our relationship with God and each other results in stable families for Christ.

Calvary Missionary Baptist Church, 801 Mousette Lane, Centreville, IL 62267
618.332.1256



PASTOR CEDRIC PORTIS SR.
Third Presbyterian Church

Pastor Cedric A. Portis has been the pastor of Third Presbyterian Church for three years. The membership of Third Presbyterian Church has grown exponentially during this time as a result of the concentrated focus on Bible-based teaching and preaching. Portis explains that this ministry also has become a "refuge for the church abused." According to Portis, many have come to this ministry with horror stories of church life. He is elated that the ministry has become a safe haven, giving people a chance to exercise their gifts and talents in kingdom building. In the early summer of 2006, the ministry relocated from the city of St. Louis to North County. Rev. Portis testifies that the Lord has blessed Third Presbyterian Church with a new facility, giving them the resources to meet the congregation and surrounding community's physical and spiritual needs. Many are pleasantly surprised by the spirited worship service at Third Presbyterian Church, Rev. Portis says. Traditional and contemporary gospel songs, praise dancers along with convicting sermons create an inspiring worship service for all who attend.

Third Presbyterian Church, 9990 Highway 367 (at Chambers), St. Louis, MO 63136
314.868.9600



PASTOR ROBERT GRIFFIN
Christian Embassy Church

Pastor Griffin founded Christian Embassy Church (CEC) on November 24, 1991 with the God-given vision to teach biblical principles for practical living. His first sermon was entitled "Ambassadors for Christ." Since its beginning, CEC has grown steadily both spiritually and in membership. Its new church facility houses a sanctuary with seating for more than 500, administrative offices, classrooms, a conference room and various multipurpose rooms, located on 36 acres of breathtakingly beautiful natural habitat overlooking two lakes. This is the first phase of many planned for the site. Plans for the second phase include a 1,500 seat sanctuary and a 1,000 seat fellowship hall. CEC has Sunday morning service starting at 9:30 a.m. and plans to add a second Sunday service soon. The church also holds a Tuesday night intercessory prayer service and Friday night Bible study plus many other classes to aid in spiritual growth – leadership, spiritual growth, evangelistic, and parenting classes as well as ministers training to enrich members' walk with Christ.

Christian Embassy Church, 13775 Old Jamestown Road, Blackjack, MO 63033
314.741.4GOD (4463) www.christianembassychurch.org