

## PROGRAM HELPS

# PACE for the Race

by Dana Copeland

### Publicity:

For invitations, hand out number cards (as in a race). Tell women to bring these with them to the meeting. Use for door prize drawing (must be present to win) and have extra cards for those who do not remember to bring them back. Or hand out bottles of water, with labels that spell PACE.

For display, cut out tennis shoe shapes, and make a trail down a hallway. On each shoe, write a letter: P, A, C, or E. Spell out the word PACE multiple times as you make a trail down a hallway, either on the floor or on a wall in your church.

This program could preface a paced activity or event in which your group annually participates—Race for the Cure, missions walk-a-thon, Walk for Life, etc. If so, use publicity pieces for that event.

### Openers:

*Ice-breakers/opening activities*—If someone in your group has a Wii (Wii Fit) program, let one or more women demonstrate the running activity, noting that runners have to stay behind the dog or the guide in order to pace themselves. The more even the pace, the better the score.

Everyone has her own gait or pace. From a distance, video tape women walking. (This could be done as an opening activity—a jog or walk around the block or a track). Let the group guess the identity of the walkers or joggers by their pace.

Or have a PACE race. Divide into four teams: P's A's C's and E's. Each group finds and/or collects things that begin with their letter. Set a race time limit. Team with the most objects wins.

### Presentation:

If weather permits, meet outdoors at a local park, community center, school track field or another place where women could walk or jog.

Use large poster-size letters to spell out PACE. Have one to four women share the program content and Scriptures. If you meet outside, position presenters for each letter at different stations. Women walk to each station, pacing themselves, to listen to the presenter share teaching points.

Or invite a marathon runner to share his or her experience, and highlight how pacing this race is similar to pacing life through prayer, acceptance of God's will, confession (examining our heart motives) and enablement (finding strength in Christ).

### Projects:

Service: Sponsor someone in a walk or run event.

Missions: Highlight marathon runners who recently ran the Country Music Marathon in Nashville, TN, to benefit the WMO. See <http://www.fwbgo.com/news/2012/05-03/wmo-benefits-from-country-music-marathon>.

### Refreshments:

Serve water or sport drink and energy bars. Or if you meet outside, plan a picnic or cookout.

(Use the printed sheet on next page for invitations, prayer requests or taking notes.)

***PACE for the Race***

