

Physical Fitness & Sports

THE UNIVERSITY CHURCH

A Community With A Conscience



At The University Church we see ministry to the whole person as integral to our task as a church. We don't see a boundary between an individual's spiritual life and their physical life, or that ministry to one excludes ministry to the other. Team sports, especially, help build community.



The concept of health and wholeness embodied in the Biblical term "shalom" calls for us to pay attention to all areas of our lives.

Walking, running, softball and volleyball are all aspects of our community life and you are invited to join in!



Runners



Softball



Peas & Carrots



Volleyball



Softball



Children's run



Proclaim FM field



Starting young

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JOIN US IN MAKING A DIFFERENCE



Team spirit



In 2016, The University Church formed its first softball team and played in the Proclaim FM league throughout the spring and summer - from May to August – with some 30 individuals involved as players, base coaches, substitutes, and childcare providers. Games were played in Holland at Proclaim FM field and supporters were welcome to come and cheer on our team! We are grateful to the Grape Leaf Diner for their sponsorship of our team and encourage you to thank the management next time you eat at the restaurant.

In 2017, The University Church formed its first coed, in-door, volleyball team to play in a sanctioned church league. The season lasts for eight weeks, followed by play offs. Childcare is provided for children of the players. You are invited to bring your friends to play or to watch. There is no limit to the number of players on a team so this is a wonderful opportunity to bring new people as well as to meet people from other churches in the area.

Neighborhood Walking Group Forming
Take Steps Now to Better Health

At Swan Creek Metropark

**INTERESTED? DON'T DELAY!
LET'S START WALKING!**

For More Information
Contact Victoria Webb C.CHW @ 419.917.0836 OR
Email: webvj3@hotmail.com
(subject line: Walking Group)




Co-sponsored by University Church and Metroparks Toledo

Each year, The University Church Community Garden sponsors a 5k (3.1 mile) walk/run to raise awareness of and funds for our work in the community. Veggie Trails is held at Swan Creek MetroPark with a children's fun run (about three quarters of a mile) held before the race. Every child wins a prize for entering! Refreshments are provided after the race and prizes awarded for the male and female overall and masters winners with unique, garden-themed awards for each age category. We are grateful to Second Sole of Perrysburg, Toledo Public Schools, Promedica and The University of Toledo's Healthcare Access Initiative for their support of the Veggie Trails run/walk.

In collaboration with MetroParks Toledo, The University Church also coordinates Neighborhood Walking Groups to encourage and facilitate fitness activities for those in the community. Taking steps to better health is a great way to start a program of physical fitness!

Bradly Mathias is the driving force behind much of our physical fitness and sports ministry. Bradly can be contacted at:

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