

# Sports News

November 2008 – Newsletter of the **Utah Salt Lake City Area Sports**

## THOUGHTS FROM A PROPHET

“And the spirit and the body are the soul of man.”  
(D&C 88:15)

“And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones.

And shall find wisdom and great treasures of knowledge, even hidden treasures;

And shall run and not be weary, and shall walk and not faint.” (D&C 89:18-20)

In announcing the doctrine that both the body and the spirit form the soul of man, Joseph Smith was breaking with the general religious tradition of his day, which tended to view the body as corruptible, and therefore contemptible.

In contrast, Latter-Day Saints celebrate their bodies as an integral element of our eternal souls to be nurtured and cared for, not just for the physical benefits healthy living affords, but as a means to increase our spiritual sensitivity as well. The promise of “wisdom and great treasures of knowledge” should prompt all of us to eat well, to exercise, to find time for adequate sleep, as well as to actively seek inspiration through personal study and prayer.

It’s telling that modern science has validated the advice of the Word of Wisdom in that we now know that exercise and healthy diet contribute to a sense of personal well-being that can drive off feelings of depression, anxiety, and despair.

To live happy and fulfilled lives we need to pay attention to both our spirit and to our body. Only then can we be fully prepared to receive all the blessings our Heavenly Father has to offer.

## THE NEED FOR WOMEN’S SPORTS...

After years of dedicated service Sister Tricia McDonald, outgoing Wasatch Division Women’s Director has accepted a new assignment outside of sports. Knowing how much she will be missed, we thought this a good occasion to discuss Women’s Sports with Tricia and with Lori Zundel, Salt Lake City Area Assistant Sports Director responsible for Women’s Sports to get their thoughts on the role Church Sports can play in the lives of adult women. Consider their responses to the following questions to see if your ward and stake are doing everything possible to bless the lives of the mother’s and sisters in your area.

What is the main benefit women receive by participating in Church Sports?

Lori Zundel

“Church Sports is a great way to find new friends as neighborhood women get together in the positive environment of Church Sports. There is so much pressure on women today to care for their families and employment that it’s hard to find free time to relax and have fun. Yet a few hours away from work and the pressures of life can clear your mind of troubles and worries. It’s energizing to have a physical outlet. Mostly, it is just plain fun, and we need that in our lives.”

Tricia McDonald

“You can get to know each other as team members in a way that is different from, but supportive of the way you get to know each other on Sundays. For example, I remember a very poignant time in the life of one of my Church Basketball teammates who learned that she had to have breast cancer surgery. She was very frightened of both the surgery and how she would feel about herself after going thru this trauma. I was so impressed by how the women on the team came together to support her, particularly in how they helped her maintain her self-esteem and

to recover emotionally after the surgery. Had our only contact with her been at Relief Society on Sunday, I don't think we would have known her well enough to provide that kind of crucial support.

What would you say to women who don't participate in Church Sports?

Lori Zundel

"Sports and recreation is just a good part of life, and I feel like we've pulled away from these basics. Perhaps we've become too structured in our lives—so much so that we miss out on the associations that are built through recreational activities. Take time to pause and enjoy life, including sports.

Tricia McDonald

"I wish I could persuade women of all ages to set some time aside for themselves to participate in sports. Participation in team sports is so satisfying on so many levels—spiritual, physical, and emotional. This, as well as some great female bonding and personal development, is part of Church Sports."

Why don't more women participate?

Lori Zundel

We have a few stakes that offer a wonderful variety of sports programs for the women and they are well supported and are experiencing great success. But many stakes simply don't offer Women's Sports. Some in leadership do not realize that the sisters have a need for the fellowship and physical activity of Church Sports. For example, I know from talking to hundreds of women in the Salt Lake City area that while Church Sports appeals to most women, it is particularly important to sisters who aren't employed outside the home because they crave wholesome association with other adult women. But there are not a lot of places to go. While their husbands have social interaction at work, these sisters need an opportunity to participate in adult activities, which may include team sports, to enrich their lives. It is difficult since women can't issue callings and the program may languish unless and until the Priesthood leaders take an interest.

What can men do to support Women's Sports?

Tricia McDonald

"Husbands can help clear their wife's schedule to allow time to participate in women's sports. Help with dinner and especially be willing to care for the

children while your wife is at church playing sports. It is simply impossible for a woman to put her time and attention into the sport and developing friendships when she has unattended children at the church or has to try to get everything done before she feels she can come and participate."

What's the best way to get Women's Sports started where it is not currently a priority?

Lori Zundel

- "When I was first called as a Stake Women's Sports Director I went to our High Councilman over sports. Fortunately, he was a wonderful person who was dedicated to magnifying his calling. He worked hand-in-hand to help me get our equipment up-to-date, to call officials and to see that schedules were created for stake play. To be honest it's almost impossible to get a program going if you don't have that kind of priesthood support, because sister's can't make the calls. We are dependent on our priesthood leaders to play a role.
- Yet, most of the work should and will fall to the sisters. Every sister in the Salt Lake Area has a contact in each ward. If there isn't one who is specifically called as the Sports Specialist, then there is a counselor in the Ward Relief Society presidency who is responsible for sports.
- One technique that has really helped is for the Relief Society to send out a survey to find out the level of sister's interest in both the three prominent sports, (Volleyball, Basketball, and Softball) as well as in non-traditional sports.
- Finally, find the sisters who are naturally interested in a sport who can act as leavening in the ward sports program to keep it going. It will bless the lives of so many women if you do.

A final thought?

Tricia McDonald

The thing I miss most when I'm not playing on a team is the camaraderie with other team members. In other words, it isn't the sport as much as it is the friendships and relationships that you build that make Church Sports a rewarding activity."

Good luck to Tricia in her new assignment and thanks to all the women in our Area who work in Church Sports. For comments on the newsletter please write to [jerryborrowman@hotmail.com](mailto:jerryborrowman@hotmail.com)