



Shepherd Care®

To Care for People Where They Live and Work

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COMMUNITY Care TOPIC

Hobby Tips, part 2

Hobbies are outlets and activities that can refresh, entertain, educate, profit, and refresh our lives.

Mountain Biking - By LeAnne Hardy

I started mountain biking a little over a year ago and if someone had told me ten years before that it would become my addiction, I would have thought they were crazy! But it has! I started out riding the paved trails at Dan Daniel Park in Danville. It was a great release after a long, stressful day at the office. The trails curved around the banks of the Mighty Dan and peddling along just seemed to drain the stress of the day out of my body. Then one day I decided to be "adventurous" and try out one of the single-track mountain bike trails. It was a little intimidating at first, but I realized very quickly that it wasn't anything I couldn't handle. Immediately upon hitting the trail, all my worries, cares, fears and concerns seemed to disappear because my mind was focused on the task at hand...making it to the end of the trail without crashing! Since then, I have tried several other local trails. If someone is interested in this hobby, please keep in mind the cost of the equipment and remember the importance of safety to minimize any injuries. I am not the strongest rider on the trail nor am I the fastest, but I am very determined and on the mountain bike trail, my determination equals my success! *Try riding today!*

Music! - By Josiah & Abigail Kieselbach

What I enjoy about music most is its effect on people like me. If I could make someone feel better because I made something that was quality, then my work has paid off. The challenge is the cost of equipment and the time to learn the instruments. There are so many styles and types, so anyone can relate to a particular genre. Music is awesome! *Josiah K.*

To me, music can be entertainment, an expression, or a mood changer. I can choose to not be affected by it and just enjoy it, which is entertainment; I can choose to write what is on my heart in a song which can provide some emotional release, or I can choose to be affected by the music and let it enhance my mood, whether it be up or down, encouraging whatever I want to feed. Music is powerful. *Abigail K.*

Each of us has unique interests, but hobbies can benefit each of us by providing stress relief and even enjoyment to others. How about practicing a hobby today?!

Your Community Chaplain
Eric Kieselbach
(pronounced "key-sill-baa")

Email:
eric@shepherdcare.us

"Today is life-the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto."
Dale Carnegie

"Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest."
Ecclesiastes 9:10

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