



the  
**Bishop's**  
FIT  
Challenge

## 2009-2011 Challenge Goals

- \$2 Million dollars to be raised over the next two years for disaster recovery and new ministry initiatives.
- 20,000 new contacts with residents in Iowa via communication locally and annual conference.
- Encouragement for self-care (body, mind, spirit). **Walk with the Bishop. Worship with the Bishop.** Conference leadership, lay and clergy paid and volunteer leading the way in physical and spiritual self-care.
- Continuation of healthy lifestyles and wellness emphasis.



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**Iowa Annual Conference**  
**The United Methodist Church**

Bishop Julius Calvin Trimble

# FIT Challenge 2009:

## Casting a Vision for Our Work Together

**“So let us not grow weary in doing good, for we will reap at harvest time if we do not give up” - Galatians 6:9**

### The Bishop's Vision

After a time of prayerful discernment, I am convinced that God is calling Iowa United Methodists to respond to tough and challenging times with an exuberant collective witness. Our God is an awesome God and our Church is a means of Grace and community transformation. To fully live up to our Kingdom potential, I am inviting all lay and clergy to accept the fit challenge as we fully live with our mission statement in the United Methodist Church.

**“To make Disciples of Jesus for the Transformation of the World.”**

### What is the FIT Challenge?

A challenge from Bishop Trimble for Iowa United Methodist to lean forward together in this particular season of recovery and renewal. Faithfully work toward alignment and full engagement as we make disciples for the transformation of the world.

**FOCUS**, rebuild, restore and rejoice as we commit to the hard work of long-term disaster recovery. This is a time for our Church to be strong and focused throughout Iowa.

**INVEST** in new ministries, new churches and new ways of collaboration and innovation. New ministries reaching new people with radical hospitality and strategic witness in every district. Personally invest in a core value of self-care.

**TELL** the stories of Jesus and his transformational love. Renew our membership vows as we give voice and vision to living the United Methodist way. Extending Radical hospitality and receiving God's grace requires a commitment to both scriptural and social holiness.

## FIT Challenge 2009

**In Support of the Bishop's FIT Challenge  
I commit myself to do the following:**

Pray regularly for persons impacted by the 2008 disasters and for the transformation of the world.

Volunteer to help in the recovery from the 2008 storm disasters.

I pledge to participate in a program of regular self-care by:  
 walking  running  biking

I would like to make a pledge to FIT Challenge with a donation of \$ \_\_\_\_\_

**Please make check payable to:**

Iowa Annual Conference  
attn: FIT Challenge  
2301 Rittenhouse Street  
Des Moines, IA 50321



NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/TOWN: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_