



Local Church Directory

Saving Grace Lutheran Church
 SavingGraceLC.org 480-888-9673
Calvary Chapel of Queen Creek
 480-988-2984 www.calvaryqueenecreek.com
Life Outreach Ministries 480-677-2729
 www.lifeoutreachministries.com
Saint Mary Magdalene Catholic Church
 480-279-6737 www.smarmag.org
Solid Foundation Bible Church 480 464-6047
 www.foundationssolidbc.com
ONE Community Church 480-383-9393
 www.discoverONE.net
San Tan Heights Church 480-888-9506
 www.santanheightschurch.org
Grace Bible Reformed Church 520-723-8319
Victory Chapel Christian Fellowship Church
 520-723-3609
Mountain View Family Church
 480-677-2100 www.mountainviewaz.com
7th Day Adventist Church 520-316-0658
LifePoint Church 480-888-1560
 www.lifepeople.com
St. Michael's and Christ Episcopal Church 520 723-3845
Berean Baptist Church 480-239-7331 www.bbcqc.org
Central Community Church of God 520-723-7200
 480-323-8393
The Gathering at Queen Creek 480-882-1986
Desert Mountain Bible Fellowship 480-988-1198
 desertmountainbible.org
Spirit of Joy United Methodist Church 520 723 3296
 www.spiritofjoyumcaz.org
The Church at Queen Creek 480-570-8414
 www.thechurchqc.com
Rock Point Church 480-988-5391
 www.rockpointchurch.org
Catholic Mass For information, contact Virginia 480-888-7914, also the church in Florence: Assumption of the Blessed Virgin Mary Parish, at 520-868-5940 (Fr. Cloud).
Gospel Light Baptist Church & Christian School
 480-988-5412
Light & Life Gatherings Worship (480) 276-1743
 www.lightandlifegatherings.com
Desert Wells Church of Christ 480-988-4871
 www.desertwellschurchofchrist.org
Christ's Church Free Will Baptist 520-723-7020
 www.christschurchfwb.org
Wings of Love Church 480-882-3281
 wingsoflovechurch.org
New Life Church of the Nazarene 480-888-9886
 www.newlifeqc.org
New Day Church 480-766-8331
 www.newdaychurchaz.com
Freedom Life Fellowship 480-987-5488



“ONE is One” ONE Community Church Celebrates First Anniversary in Queen Creek

submitted by Mark S. Krenz, D.Min.

Last month ONE turned one. ONE Community Church threw a big party to celebrate one year of serving the Queen Creek and San Tan Area. Following the special worship celebration where six people were baptized was a party where kids played on bounce houses and climbed a rock wall, and people enjoyed good food, cake, and music.

When asked about ONE's first year in the San Tan Area and their future plans, Dr. Mark Krenz, founder and lead pastor said, "It's awesome to be part of this community. So many families and children have been impacted by ONE and have become a part of something great in the making. Faith in God is being sparked in new and fresh ways. I can't wait to see what happens with ONE in '08 as we continue to grow, expand our ministries and programs, do even more to connect with people, and make the San Tan area the valley's best community to live in."

One year ago, on January 21, 2007, ONE, who says they are "a church for people who don't like church," opened its doors to 200 people outdoors at the San Tan Flat Restaurant and Saloon [ONE now meets at Mountain Vista K-8 in San Tan Heights]. Dr. Krenz said, "What an amazing venue that was to launch a new church! I think it's the place Jesus would hang out if he came through San Tan."

In April with hot summer temperatures approaching, ONE moved indoors to Mountain Vista School in San Tan Heights. Shannon Krenz, a children's volunteer said, "Besides enjoying the air-conditioning, the move indoors really helped us expand our fun ONEkids ministry to children through 5th grade." Over 200 people attended ONE's first Easter service at the new school.

Throughout the year ONE continued to connect with the San Tan Area community by hosting Vacation Bible School for kids in June, sponsoring the Johnson Ranch Soccer Club, being active in the San Tan Area Chamber of Commerce, sponsoring booths at events at the YMCA and pony rides at Winterfest, and raising money for local charities like Pan De Vida.

In August ONE created a buzz in the community by mass mailing invitations to a message series called "San Tan Ink." According to Dr. Krenz, "While many people discarded the mailer thinking it was a new tattoo shop in town, many people - especially those with tats - took notice and came to see a church that wasn't going to turn them away because of their ink."

Just last month ONE's band performed their second annual "A San Tan Family Christmas" outdoors at San Tan Flat Restaurant. Kids sang songs and were given participation bags while adults enjoyed the Christmas rock and roasted marshmallows over open fires. Chris Gwaltney, band leader and lead vocalist said, "We're creating a fun, uniquely San Tan, Christmas tradition for families out here. It's our gift to the community." A couple days later, ONE's first Christmas Eve worship services drew in 225 people and \$2300 was given to local and foreign charities. ONE is making great strides at truly becoming a church for the community.

Says Dr. Krenz, "We begin year two as a church with great expectations. As we continue to grow, so many great things are happening: people are discovering community, a fresh faith, hope, new inspiration, and freedom. We get to be a part of making that happen right here in the San Tan Area."

ONE meets 9:30am on Sundays at Mountain Vista K-8 in San Tan Heights (1/4 mi South on Mtn Vista Blvd at Hunt Hwy, by the Sonic). For more information about ONE go to www.discoverONE.net where you can listen to message and enter to win a new iPod Nano.

WANT YOUR WEEKENDS?



New Day Church meets Fridays @ 7:30 pm at Freedom Christian Academy 39731 N. Kennedy Dr. Queen Creek

We are a REAL church, with REAL people, serving a REAL God.

www.newdaychurchaz.com
 email: info@newdaychurchaz.com
 Phone: 480-766-8331



Shawna Pierce

SHAWNA'S WORKOUT CORNER *GYM TIPS*

- EVERYONE should strength train at least 2-3x/week
- Train to fit your goals. Unless you want to train like a professional body-builder, keep your weight-training sessions under 1 hour. If you are training right, you won't last longer than that!
- If you are serious about your training and your goals - save the chat for afterword. If you are there just for fun

and socializing, by all means - laugh! (unless you are looking at someone and laughing - you may get in trouble). But please respect those who don't want to be disturbed (in case you don't know, they are the ones with headphones on or do not make eye contact).

- Always train with the right intensity. When you are trying to lose fat, you want to keep your heart rate up - so choose lesser rest periods and a moderate rep range (up to 25) depending on the exercise performed. When you are training for growth, you want to go to "failure" on heavy sets, with more rest and lower reps.
- Keep your bases covered. Plan your workouts for the week ahead. Being prepared keeps you on track, and provides you with a more efficient workout.
- Stretch between sets. Research shows that a 10 second stretch between sets on the muscle group you are working on actually increases strength, and elongates the muscle allowing for more growth to occur.
- Stretching after your workout can help decrease soreness in the muscles, and will loosen up your tense muscles - allowing more comfortable sleep or a better day at work!
- Do no more than 20 minutes cardio before your strength training workout. You don't want to deplete your muscles of energy before you push them, now do ya! So save the cardio for afterword, or at a different time or day.
- Eat some protein and a complex carbohydrate about 60-90 minutes before your workout. You want to make sure that your muscles have some energy stored to fuel a good session.
- Eat within 45 minutes following your workout. Preferably protein that can easily be broken down and used (like a protein shake), and a carbohydrate (like fruit, and/or rice cakes).
- You have to work hard to make your body change. As you get more in shape, it gets tougher to bust through plateaus and keep making progress. So you have to change your workouts and sometimes "shock" your body with different foods to get it to cooperate!
- If you have a hard time figuring all this out on your own, or you think you can but are not getting results, get some help. Yep, spend some money on yourself and get the mystery solved once and for all!

Shawna is the owner and operator of BodySculpt Fitness. If you would like to contact her, you can reach her at (520) 723-1444 or 623-363-9241. Look for her ad here in the Hot Spot Journal! See Shawna's ad on page 20.

Consult with your physician before you begin any exercise routine.

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