



## Bringing the Good News to Climbers

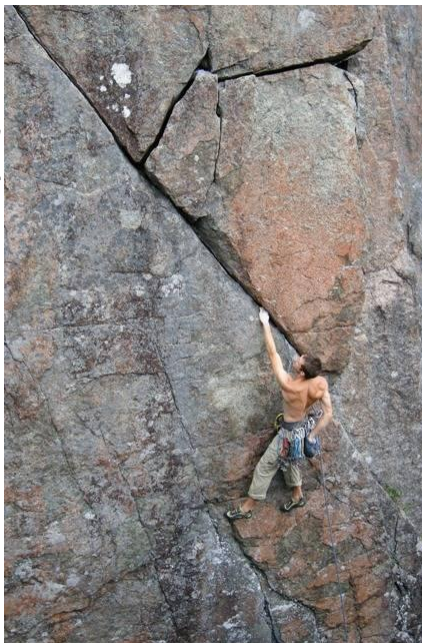
SRCFC Email Update - Volume 10, Number 12 (Issue #183)

September 3, 2009

### Christian Climbers Converge on the 'Dacks

By Jay Harrison

**Editor's Introduction:** Below is the start of a review of our East Coast National Conference 2009 by SRCFC Member, Jay Harrison. He is a long-time climber and Gunks/Daks guide with Eastern Mountain Sports. You can read the whole thing & see more pictures at [mtnsideview.com](http://mtnsideview.com). Also, he is the main force behind the Southern Adirondack Rock CLIMBERS' Fest, September 11 - 13, 2009. You can learn more about the event at [sadkrock](http://sadkrock) or reach him at [jayclimbs@yahoo.com](mailto:jayclimbs@yahoo.com). Nate Moore is pictured here on a spectacular route on Spider's Web cliff! (photo - Travis Weil)



Despite uncooperative weather, this year's conference attendees managed to explore a fine selection of Adirondack crags. It was also a wonderful time to make new friendships, learn from each other, and corporately examine our shared interest in a spiritual context.

Todd Paris, Adirondack SRCFC Representative, organized the conference, and Magic Pines Campground hosted us. Situated just a few minutes south of Poko Moonshine Mountain on Route 9, the campground was a perfect location for the event. We convoyed to that crag several times, both for long stretches of roped climbing and short bouldering sessions. It was also easy to head for other regional destination favorites, and various contingents visited the Spider's Web, Chapel Pond Slab, Pitchoff Cliff, and McKenzie Pond Boulders during the four days of the event.

I was unable to attend the conference on Wednesday; having prior duties involving preparation for this year's Southern AdkRF, but talking with the folks who made it, the afternoon's weather was good enough for a visit to Poko. Parties hopped on several high-quality lines before darkness pushed them down and off, back to camp.

#### In This Issue

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#### Upcoming Events

September 10-13

West Coast NC

North Cascades, WA

**Reg. Deadline 9/5**

September 11-12

Gathering at God's Lake, WI

September 11-13

The Pine Mountain Pulldown Ventura County, CA

*(participating as a sponsor)*

September 19-20

Climb Up The World

September 19-20

Smith Rock Detour, OR *(participating as a sponsor)*

September 25-27

Horseshoe Canyon Ranch Climbing Marathon, AR *(participating as a sponsor)*

October 9-11

9th Annual Rocktoberfest at Red River Gorge, Kentucky

*(participating as the Sunday Breakfast Sponsor)*

Dec. 29-Jan 3, 2010

4th Annual SRCFC Mexico Conference at El Potrero Chico

I arrived Thursday morning, under questionable skies and an ambivalent forecast. Rain looked to be inevitable at some point during the day, but regardless, after breakfast and morning devotion we headed for Chapel Pond Pass as two groups, one going to the challenging face of the Spider's Web, the other to the wide-open spaces of Chapel Pond Slab.

See the rest at [www.mtnsideview.com/articles/articles.php?id=clim\\_srcfc09](http://www.mtnsideview.com/articles/articles.php?id=clim_srcfc09).

## We Can Trust the Rock

by Kristen Feola

**Introduction:** Justin & Kristen Feola are members of SRCFC from Springfield, MO. On Wednesday, August 19, 2009 at 5:41am, Kristen posted the following on Facebook. Justin has returned safely from his climb.



In just a few days, my husband will travel to the place he considers to be heaven on earth - Yosemite. His body will be pushed to the limit as he scales Half Dome, a granite peak that ascends nearly a mile into the sky. He'll come home with all kinds of cuts, scrapes, and bruises. His fingertips will be shredded and calloused. He will have lost about 10 pounds. He will be sore from climbing 12 hours a day for five days straight. But, he will be relaxed, refreshed, and ready to go again as soon as he gets home.

Even though those days of climbing will be difficult and full of mental and physical challenges, he loves every minute of it. Climbing is his passion. He will tell you that he feels most at home on the rock and he believes God created him to climb.

So you can imagine why Psalm 18 is a chapter he can relate to. In fact, we call it the "climbing chapter" because there are so many references to the sport he loves. It starts off with "I love you, O LORD, my strength. The Lord is my rock...."

Rock (figurative): someone who is strong and stable and dependable.

Before Justin gets on a route, he assesses the condition of the rock. He makes sure that it is solid and good for climbing. If he sees that the rock is flaky or brittle, he won't get on it. After all, he is literally putting his life on the line, so he must be able to trust that the rock will not fail him.

[Read more about events!](#)

### Announcements

#### New Outreach Shirt



Thanks to Salt Lake City Area Contact, Julia Streich, we have a limited number of new Outreach Shirts. She designed them after "winning" an order of custom shirts in missionary auction. The shirts are brown and have our carabineer logo in white on the front. The creative message is on the back near the bottom (see picture for location).



We have 10 in ladies version (v-neck in front) and 12 as standard t-shirts. Order yours today by replying to this email with size/style and sending in \$20 (includes shipping) via one of the options at end of Update.

#### Become a Short-Term Missionary

On-the-Road or in the National Office, you can be on the cutting edge of outreach to climbers. Now is the time to act if you are interested in being an On-the-Road Missionary during the fall climbing season. If you want to challenge yourself, grow and be a missionary, request an informational packet and application by emailing National Office.

#### Hueco Tanks Connection

If anyone from SRCFC needs a host site at Hueco Tanks this winter, member, Rob Rohrbaugh ([rob\\_ror@hotmail.com](mailto:rob_ror@hotmail.com)) is be happy to oblige. He has 9 acres located a mile west of Hueco (300 yards from the Hueco Rock Ranch campground where all the climbers

Climbing is a sport that requires a lot of strength, particularly in the upper body. But it takes more than bulging forearms and well-defined lats to be a great climber. Climbing is just as much, if not more, mental than physical.

Fear is a part of climbing. You should have a certain amount of healthy fear in the back of your mind to keep you cautious and safe. A reckless climber is a foolish climber, yet too much fear will paralyze you.

When trying to figure out a dicey move on a route, you must remain calm. If you start to panic and lose it in your head, your body responds to those anxious thoughts with erratic breathing, sweaty hands, and shaky legs. You feel your fingers start to slip, and in desperation you attempt to tighten your grip, but it's too late. You peel off the face of the rock and freefall until your rope becomes taut again. Suspended in the air, you're frustrated that the route got the best of you, but completely relieved that your belayer was paying attention.

In order to climb a route successfully and to make it to the top, you have to reject the voice of fear. Instead you must listen to the rock. It doesn't audibly whisper things like "There's a good hold to your left." But, in essence it does speak an unspoken language to the climber. The rock tells you where to go, but you must be patient and look around you because the holds are there.

And, when you pull that last move at the end of a route, you experience the surge of adrenaline that comes with reaching the anchors. There's no greater feeling for a climber than to make it to the top.

Rock climber or not, we all face mountains in our lives. Often they are physical - from dealing with a nagging injury to suffering from a devastating disease. Many times our obstacles are financial, such as losing a job or feeling burdened by thousands of dollars in credit card debt. Sometimes we fight emotional battles from years of abuse, neglect, or abandonment. All the time we wage war spiritually, whether we realize it or not.

No matter what we're going through, we make a choice. We can trust in ourselves - our determination, strength and wisdom, or we can look to our Rock.

"With your help I can advance against a troop, with my God I can scale a wall."  
Psalm 18: 29

The Lord is strong, stable, and dependable. He is faithful to help us when we put our trust in Him.

"It is God who arms me with strength and makes my way perfect." Psalm 18:32

Fear in life, like fear on the rock, will paralyze us spiritually. It will cause us to worry instead of resting in God's peace. And, God doesn't want us to fear.

"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." 2 Timothy 1:7, NLT

The only type of fear we are to have is the fear of the Lord. This reverence helps us to remember who God is and who we are not.

stay) He has some rooms and plenty of tent space. He was raised in El Paso, and his wife, daughter and he returned a year ago from San Francisco to provide a consistent presence of faith amongst the climbing, mountain biking communities, and beyond. He says, "We live on the fringe to reach those on the fringe." Contact him directly if you are interested in a visit.

#### [Community Announcements](#)

Follow the link above to read extra announcements listed below that are of a personal nature and/or not directly related to our mission.

#### **1. Opening For Deputy Team Leaders In Challenging Christian Ministry**

The Missions Hotline (founded by longtime SRCFC member, Pete Pollock) is a dynamic Christian ministry that takes on big challenges for God.

#### **2. Mentor Requested for Young Climber in Missouri**

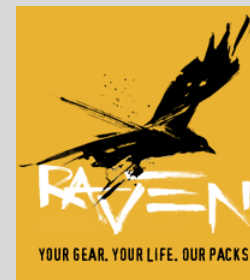
The situation has been confirmed by a third party.

#### **3. SRCFC Member, Gabriel Holliday, to do Backpacker DTS with YWAM**

Commencing at the beginning of this October and held in Oxford, New Zealand.

[Read More](#)

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"The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding." Proverbs 9:10

"The LORD delights in those who fear him, who put their hope in his unfailing love." Psalm 147:11

We can trust the Rock. He is our Strength, providing the power we need to live according to His Word. He is our Guide, showing us the way to go. He is our Rescuer and will never let us fall. He is our Salvation, and His victory sets us free.

Rest assured, your Belayer is paying close attention. His eyes are on you, and He cares about every single detail of your life. He longs for relationship with you. He wants to spend time with you every day. Put your faith in the One who loves you enough to die for you. He will never let you go.

"Your love, O LORD, reaches to the heavens, your faithfulness to the skies." - Psalm 36:5

"The LORD lives! Praise be to my Rock!" - Psalm 18:46a

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### **Donation Information**

If you would like to support the mission of Solid Rock with your financial resources, please send your donation to: SRCFC National Office, PO BOX 9831, Bend, OR 97708-9831. Visit [www.srcfc.org/transactions](http://www.srcfc.org/transactions) for a response form to mail or email, and info on how to pay with check, credit card or PayPal. Solid Rock - Climbers for Christ is a California tax exempt, religious, non-profit corporation organized in accordance with IRS Sec. 501(c) (3). All donations in excess of the fair market of the goods and services you received (if any) are deductible.

### **WARNING!!!!**

Activities described and depicted within this Email Update carry a significant risk of personal injury or death. Rock climbing, ice climbing, mountaineering, and all other outdoor activities are dangerous. Solid Rock - Climbers for Christ does not recommend that anyone participate in these activities unless they understand the risks involved, are experts, have qualified professional instruction, and are willing to personally assume all responsibility associated with those risks.