

CHRISTIAN MOTOCROSS CLUB

Journal

Since 1991

August 2025

QUOTE for the MOMENT

A great man is always willing to be little.
Ralph Waldo Emerson

MOTOCROSS
ACTION magazine

RENEN



PRAYER REQUEST

Pray about everything; School, work, Family, Country, Church, Money, Thoughts, Temptations, Bills, Traveling, Relationships, Reactions, Actions, Motives, Not being a Gossip, Protection for your family and home, Bosses, Co-Workers.

Remember to pray for your church leaders and administration team.



Keep in mind if you have a prayer request or a praise report please let me know.
chmxclub@comcast.net

Do you have a designated place where you can go to pray and read the word? You might try this, it has worked for me.

Please keep the Club in your prayers as we head to Ironman in Crawfordsville August 9th.



2025 MOTOCROSS TV & STREAMING SCHEDULE

Fox Raceway WMX Round Saturday, May 24
Hangtown Saturday, May 31
Thunder Valley Saturday, June 7
High Point Saturday, June 14
Southwick Saturday, June 28
RedBud Saturday, July 5
Spring Creek Saturday, July 12
Washougal Saturday, July 19
Ironman Saturday, August 9
Unadilla Saturday, August 16
Budds Creek Saturday, August 23

WE
WENT
FAST

MW
MECHANIX WEAR

Quinoa
Quinoa is a gluten-free seed that has gained a lot of popularity thanks to its stellar nutritional composition. It is a source of important nutrients like fiber, magnesium and protein. In fact, quinoa has more protein than other whole grains, with a whopping 8 grams per cup.⁷ For reference, the same amount of brown rice contains 5 grams of protein.⁸ Quinoa also has a low glycemic index, making it a great addition to a blood pressure management diet. Research on lab animals suggests that quinoa protein intake was associated with a reduction in blood pressure and positively impacted the diversity of the gut microbiota.⁹ Another distinctive feature of quinoa is that it's gluten-free, making it a suitable choice for individuals with celiac disease or those following a gluten-free diet. Making dishes like a Chicken & Quinoa Casserole can help you enjoy more quinoa in your diet.

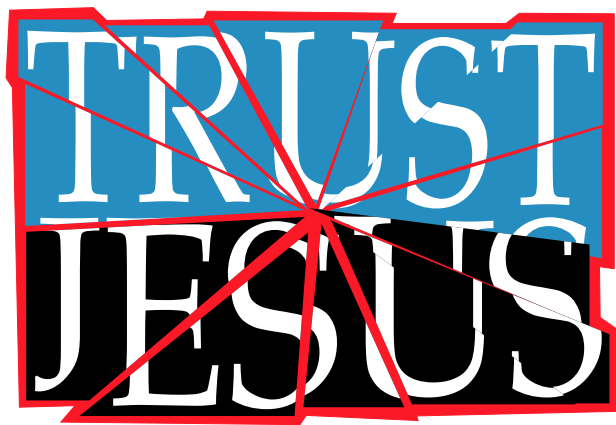


SPEND SOME TIME WITH THE FAMILY THIS WEEK



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MEMORY VERSE

Isaiah 63:7

7 I will tell of the kindnesses of the LORD, the deeds for which he is to be praised, according to all the LORD has done for us-yes, the many good things he has done for Israel, according to his compassion and many kindnesses.

REPENT RACING



With a booming \$115 billion valuation, over 87 million bikes sold annually

The shortest book in the Bible is Psalm 117, with just 2 verses

When our congregation built our first building, people wrote thankful reminders on the wall studs and concrete floors before the interior of the building was finished. Pull back the drywall from the studs and you'll find them there. Verse after verse from Scripture, written beside prayers of praise like "You are so good!" We left them there as a witness to future generations that regardless of our challenges, God had been kind and taken care of us.

We need to remember what God has done for us and tell others about it. Isaiah exemplified this when he wrote, "I will tell of the kindnesses of the Lord, the deeds for which he is to be praised, according to all the Lord has done for us" (Isaiah 63:7). Later, the prophet also recounts God's compassion for His people throughout history, even telling how "in all their distress he too was distressed" (v. 9). But if you keep reading the chapter, you'll notice Israel is again in a time of trouble, and the prophet longs for God's intervention.

Remembering God's past kindnesses helps when times are hard. Challenging seasons come and go, but His faithful character never changes. As we turn to Him with grateful hearts in remembrance of all He's done, we discover afresh that He's always worthy of our praise.



Decal sheets are \$25.00
JERSEYS are \$50.00
and that price will get them to your door here in the USA.
Email us at
chmxclub@comcast.net
to order.



If you are interested in more information about the Christian Motocross Club we can be reached at
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