

CHRISTIAN MOTOCROSS CLUB

Journal

Since 1991

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QUOTE for the MOMENT

Early to bed and early to rise makes a man healthy, wealthy, and wise. Benjamin Franklin

MEMORY VERSE

Jesus took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." Luke 22:19

PRAYER REQUEST

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.
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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.

I will be praying for everyone on the emailing list.



The greatest tragedy in human history occurred when human beings crucified their Creator. Yet, that dark moment also produced both remembrance and celebration. The night before He would go to the cross, Jesus took the elements of Israel's Passover and created His own memorial celebration. Luke's record describes the scene this way: "And he took bread, gave thanks and broke it, and gave it to them, saying, 'This is my body given for you; do this in remembrance of me' " (Luke 22:19).

Still today, whenever we take communion, we honor His great, unflinching love for us-remembering the cost of our rescue and celebrating the gift of life His sacrifice produced. As Charles Wesley said in his great hymn, "Amazing love! How can it be that Thou, my God, shouldst die for me?"



REPENT RACING



Buckwheat, despite its name, is actually not a type of wheat-it's a pseudo-grain. But it's often put into the whole-grain category because it has a similar nutritional profile. Buckwheat is loaded with fiber and minerals and also contains quercetin. This plant compound has been linked to a reduction of systolic blood pressure among hypertensive patients.¹¹

Plus, buckwheat is a good source of rutin, a bioflavonoid that strengthens capillaries and may improve circulation. Rutin consumption may improve type 2 diabetes, as well.¹² Try starting your day with our Buckwheat Pancakes. If you have high blood pressure and are taking steps to bring it down to a healthy level, including whole grains in your diet can be an important step-especially if you include them as part of an overall balanced, hypertension-supporting diet, like DASH. Since all whole grains will provide important nutrients that support heart health, your best bet is to enjoy a variety. While we're spotlighting these five, you can't go wrong with any of them! From a hearty Quinoa-Black Bean Salad to a Mango Sticky Brown Rice, the recipes that welcome whole grains are endless. Have fun experimenting and take heart knowing that when you eat whole grains, you're fueling your body with a host of nutrients that can support your blood pressure goals.

SPEND SOME TIME WITH THE FAMILY THIS WEEK...



In 1631, a publishing company published a Bible with the typo "Thou Shalt Commit Adultery." Only 9 of these Bibles, known as the "Sinners' Bible" exist today.

Steam-Powered Beginnings: Before gasoline engines, the Roper Steam Velocipede, created by Sylvester Roper in the 1860s, was one of the earliest known motorcycles, powered by steam.

Keep praying for those that are persecuted in other countries, hundreds of them are being hunted like animals.



Decal sheets are \$25.00
JERSEYS are \$40.00 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 chmxclub@comcast.net or follow us on Facebook. www.christianmotocrossclub.com