

QUOTE for the MOMENT

Whenever you find yourself on the side of the majority, it is time to pause and reflect. Mark Twain



MEMORY VERSE

1 Corinthians 12:14
14. For the body is not one member, but many.



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.

Happy NEW YEAR 2026!

In 2013, seventy-year-old James McConnell, a British Royal Marine veteran, died. McConnell had no family, and staff from his nursing home feared no one would attend his funeral. A man tapped to officiate McConnell's memorial service posted a Facebook message: "In this day and age it is tragic enough that anyone has to leave this world with no one to mourn their passing, but this man was family. . . . If you can make it to the graveside . . . to pay your respects to a former brother in arms, then please try to be there." Two hundred Royal Marines packed the pews!

These British compatriots exhibited a biblical truth: we're tied to one another. "The body is not made up of one part, but of many," Paul says (1 Corinthians 12:14). We're not isolated. Just the opposite: we're bound in Jesus. Scripture reveals organic interconnection: "If one member suffers, all the members suffer" (v. 26 nasb). As believers in Jesus, members of God's new family, we move toward one another into the pain, into the sorrow, into those murky places where we would fear to go alone. But thankfully we do not go alone. Perhaps the worst part of suffering is when we feel we're drowning in the dark all by ourselves. God, however, creates a new community that suffers together. A new community where no one should be left in the dark.



Healthy Eating Tips for 2026

In 2026, the focus will be on whole food nutrition, hydration, sustainable lifestyles, and balanced eating habits. Here are some key tips to help you achieve your health and wellness goals:

- Focus on Whole, Nutrient-Dense Foods: Choose whole and natural foods that contain the best nutrients, including vitamins, minerals, fiber, and antioxidants. These foods promote a better digestive system, immunity, and stable energy levels.
- Include a Variety of Food Groups Daily: A balanced diet results from consuming various food groups on a daily basis, ensuring your body receives a range of nutrients needed for immunity, body growth, brain, and metabolism.
- Incorporate Fiber: As 2026 focuses on gut health, expect a rise in fiber consumption. Foods rich in fiber can naturally increase the GLP-1 hormone in the body, which is linked to gut health.
- Stay Hydrated: Proper hydration is essential for overall health and can be achieved through water intake and other beverages.
- Sustainable Lifestyle Choices: Embrace sustainable lifestyle choices that align with your health goals, such as reducing processed foods and choosing organic options. By following these tips, you can create a sustainable path to health and wellness in 2026. Remember to make informed, consistent choices to create your personal, balanced, and sustainable path to health.

SPEND SOME TIME WITH THE FAMILY THIS WEEK...

2026 SUPERCROSS RACE SCHEDULE

<p>Anaheim 1 (A1) 250SX West KTM Junior SX Saturday, January 10</p> <p>San Diego 250SX West KTM Junior SX Saturday, January 17</p> <p>Anaheim 2 (A2) 250SX West SMX Next Saturday, January 24</p> <p>Houston 250SX West Triple Crown, SMX Next, and KTM Junior SX Saturday, January 31</p> <p>Glendale 250SX West KTM Junior SX Saturday, February 7</p> <p>Seattle 250SX West Saturday, February 14</p> <p>Arlington 250SX East KTM Junior SX Saturday, February 21</p> <p>Daytona 250SX East SMX Next Saturday, February 28</p> <p>Indianapolis 250SX East Triple Crown and KTM Junior SX Saturday, March 7</p>	<p>Birmingham 250SX East/West Showdown SMX Next Saturday, March 21</p> <p>Detroit 250SX East KTM Junior SX Saturday, March 28</p> <p>St. Louis 250SX East/West Showdown KTM Junior SX Saturday, April 4</p> <p>Nashville 250SX East KTM Junior SX Saturday, April 11</p> <p>Cleveland 250SX East Triple Crown Saturday, April 18</p> <p>Philadelphia 250SX East SMX Next - Supercross AMA National Championship Saturday, April 25</p> <p>Denver 250SX West KTM Junior SX Saturday, May 2</p> <p>Salt Lake City 250SX East/West Showdown KTM Junior SX Saturday, May 9</p>
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First official race: The first official motocross race took place in Camberley, Surrey, in 1924.



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.

