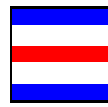
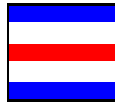
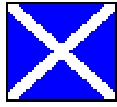


Multnomah Channel Yacht Club



Chaplain's Log - July 2009

Greetings Club Members, Family & Friends

Anti-Aging Power

Those who wait on the Lord shall renew their strength. (Isaiah 40:31)

Americans spend more than \$20 billion annually on various anti-aging products that claim to cure baldness, remove wrinkles, build muscle, and renew the powers of youth. Can those products deliver what they promise? Dr. Thomas Perls of Boston University School of Medicine says, "there is absolutely no scientific proof that any commercially available product will stop or reverse aging."

But there is a promise of spiritual vitality that defies the ravages of time. "Even the youth shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint" (Isaiah 40:30-31).

Isaiah used the eagle as a symbol of freedom and endurance, held aloft by a source of power outside itself. As we put our hope and trust in the Lord, we are carried along by His strength and not our own. The psalmist said, it is the Lord who nourishes us so that our "youth is renewed like the eagle's" (Psalm 103:5).

Are you taking advantage of God's Anti-Aging Power? It's promised to all who put their trust in Him for strength of heart, vigor of spirit, and energy of soul.

Reprinted from "Our Daily Bread" May 6th, 2008 by David C. McCasland

The ravages of time cannot be stopped;
Yes, outwardly we perish every day;
But inner strength of heart can be renewed
By trusting in the Lord to light our way.

Growing old is a blessing when you're growing closer to God!

Blessings Everyone! Chaplain Randy

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