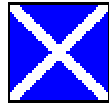
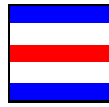


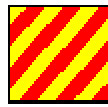
# Multnomah Channel Yacht Club



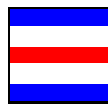
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## Chaplain's Log

March 2009

Greetings Club Members, Family & Friends

A Cherokee Native American Parable about life

### Two Wolves

Author Unknown

An Elder Cherokee Native American was teaching his Grandchildren about life. He said to them, "A fight is going on inside me... it is a terrible fight and it is between two wolves".

"One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego".

"The other represents love, joy, peace, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith".

"This same fight is going on inside you and inside every other person in this world".

They thought about it for a minute and then one child asked their Grandfather, "Which wolf will win"?

The old Cherokee simply replied,  
"The one you feed."

One of the aspect's of God's nature is, He allows us all free will to make our own decisions... decisions such as whether or not we believe in Him and whether or not we choose to nourish ourselves in a healthy manner. Our decisions, whether good or bad, all have consequences. As Easter approaches, I challenge us all to spend some time reflecting on who we really are and what's really important in our lives.

Blessings Everyone!      Chaplain Randy