

**Sink or Swim**  
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The weather has turned warmer and it feels like summertime outside. In fact, a couple of days ago, my wife and I were commenting that it seemed like a good day to sit out beside the pool, read the paper and get some sun. Unfortunately, since we live on base, we don't have a pool in the back yard, so that plan wasn't really feasible.

A few years ago, we had a pool, but I didn't swim in it much. I'm not a very good swimmer, so if I got in the pool, it was either to cool off or just to relax in the water as I drifted around on a pool float.

I suppose the reason I'm not a good swimmer is because I was never around the water too much as I was growing up. My wife, however, grew up on a lake and is an excellent swimmer. It is something you have to spend a great deal of time at if you want to learn to do it well.

I have always been fascinated by people who swim competitively. They all seem to have the same shape to them. They have large, muscular thighs and broad shoulders. They are generally slim around the waist and have very little fat on their bodies.

One thing about them that is interesting is that they all wear the same type swimming suits when they compete. The men wear tiny little trunks while the women wear tight fitting one piece suits. They don't wear the big baggy ones like I wear. The suits they choose are especially designed so that they will reduce drag in the water. They work to slim the body down to allow the water to pass around the body easily. This enables them to go faster.

Have you ever been swimming with all of your clothes on? You know how difficult it is with the water pulling at your pants. Your shirt gets an air pocket in it and begins to float up, getting in your way. If we are going to swim easily, especially if we are going to compete, we need to remove everything that is cumbersome and gets in our way.

The apostle Peter was writing to new Christians who had been scattered throughout the world. He said to "gird up your minds for action." (1 Peter 1:13, RSV) He is trying to encourage them to remove all things from their attention that would tend to slow them down in their work for Christ. We should not let worries and cares slow us down or drag us under. Christ has assured us that he will carry the burden of our problems for us, so we can be released from them.

No longer do we have to worry about being drug under by the problems that weigh us down. Let Christ enable you to swim freely.

Semper Fi in the Lord and I hope to see you in Church on Sunday.