



September 2001

Matthew 6:33:
Seek ye first the kingdom of God and His righteousness; and all these things shall be added unto you.

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FIRST PLACE

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FIRST PLACE™

1981 — Celebrating 20 Years of Giving Christ First Place —

Dear Friends,

First Place Material Launch

After a three-year pregnancy and a long, hard, delivery, our 18 new babies are here! Praising God for His faithfulness through it all, we are humbled by His provision every step of the way. He guided our minds, hearts and hands as we wrote the revisions. He led us to Bruce Barbour, our literary agent, and to Gospel Light, the perfect publisher and perfect fit for our program. He provided each of you, our precious First Place members, leaders and friends, who never gave up hope and prayed us through the tough times.

Your constant encouragement has meant more than you could ever imagine. The launch of the materials has been beyond our fondest hopes or wildest dreams. I am reminded of Ephesians 3:20-21: *"Now to Him who is able to do immeasurably more than all we ask or imagine,*

according to his power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever amen!" NIV



We are praying for each of you as you begin your Fall session of First Place. I will be leading a regular class on Tuesday at noon. Kay and Nancy will also be leading classes this fall. We can hardly wait to try out all the new information and see how God uses it in the lives of our people.

Please E-mail us at plewis@firstplace.org with any corrections needed on the new

materials. Corrections will be made on the next printing.

Carole Lewis

First Place National Director



Report on Johnny

Since I asked for your prayers in the August Newsletter, I want to share with you where we are in my husband, Johnny's, treatment. We went to Los Angeles on August 8 to see our doctor there. Johnny's PSA was 37, which necessitated immediate action to bring it back to zero. Johnny has begun a five month, three weeks on, one week off regimen of Chemotherapy, along with 12 months of hormone therapy.

The doctor believes that this will bring Johnny's PSA down to where it should be so that it can be managed once again. We have accepted that Johnny has a chronic disease which is not curable, but we are so thankful that we have doctors who are intent upon extending his life and his quality of life as long as possible. Please pray for us whenever we come to mind. God is good all the time. All the time, God is good.

It will be four years in October since Johnny was first diagnosed with Prostate Cancer which had metastasized to his bones.

These four years have been an incredibly sweet time for both of us. We have learned so many things through this experience: **(1) not taking one day for granted,** and **(2) not getting angry with each other for over a minute or two.** Many couples spend their lives together grumbling about all the shortcomings of their mate and miss the awesome opportunity God has given us in having a helpmate to share our lives. We feel blessed that we have had each other for 42 years and know that God has our lives in His hands each day.

Much love to you,

Carole Lewis

Cheese . . .

Should I Count It As Milk or Meat?



Kay Smith
Associate Director
kays@bigcountry.net

Many members have received their new materials and are very excited! We are overjoyed with the “great reviews!”

Some have already found exciting news in the Live-It Section of the new Member’s Guide. On page 59, you will find that cheese is now an optional milk exchange. Cheese also remains a choice for a meat exchange. In the past, First Place had chosen not to include cheese as an option for a milk exchange because it was very

difficult to find a cheese that had as much nutrition as a glass of skim milk or a cup of non-fat dairy yogurt. The milk exchange should provide us with Calcium, Vitamin A, Vitamin C and Vitamin D, along with at least 8 grams of protein. It was also very difficult to find cheese that was not loaded with fat - saturated fat! We do have better cheese choices today, but it will still take a little label reading to insure that you choose a cheese that meets the nutritional standards of the milk exchange.

While researching this option, I compared the nutritional label of cheese and skim milk. Just comparing one nutrient, calcium, I made some very interesting discoveries. One cup of skim milk (90 calories) provides 30% of the daily requirement for calcium of a person on 2,000 calories per day. One ounce (90 calories) of Velveeta Cheese provided only 15% of the daily requirement for calcium, while cottage cheese had a mere 10% for the same 90 calories. I found that 2% cheese slices had a whopping 20% for one slice (45 calories). That made it a real winner in the calcium department because two slices (90 calories) would provide 40%. This cheese also had 3.5 grams of fat in each slice so two slices would count one fat on the CR.

Remember that the guidelines for the fat content are not the same for a milk exchange and meat exchange. If I choose to count the 2% cheese slices as a meat exchange, it will count two meats. I will not count a fat, because each ounce of meat can have up to 3 grams of fat and still be considered a lean meat exchange. If I choose to count the 2% cheese slices as a milk exchange, each 5 grams of fat will be one fat exchange. The 2 % cheese slices will be counted in the milk exchange and the fat exchange. Members should compare a variety of cheeses

available in their supermarket, choosing one high in nutrients and low in fat.

Cheese consumption has tripled in America in the past 30 years. The average American today eats nearly 30 pounds of cheese per year. In 1970 the average was 11 pounds per year. Health officials are warning Americans that a major cut back in saturated fat is recommended to fight obesity and heart disease. At the same time, restaurants have caught on to the marketing push and the public popularity of cheese, and they are “piling it on.” When you eat out, the cheese you find on pizza, a sandwich, or in a casserole will not be a good choice for a milk exchange. This cheese will usually be high in fat, and low in nutrients. When eating out, each ounce of cheese should be considered a high-fat meat exchange. Skim milk and non-fat dairy yogurt remain the best choice for a milk exchange. Cheese will be a good alternative for those members who cannot, or choose not to consume milk or dairy yogurt.

❖ 20Years

First Place Leader Tip

Joe Ann Winkler is the networking leader in Kansas. She is the leader at First Southern Baptist Church of Overland Park, Kansas. She has started a First Place group or led a group everywhere she has lived: Kansas, South Carolina, and New York. She recently shared with me a great idea that I would like to pass on to other leaders across the country:

Our First Place group in Overland Park, Kansas and Beaufort, South Carolina decided to be “sister” groups. I was in the Beaufort group in 1999, and I have kept up with the members. The Beaufort group prays for our group when they meet on Sunday evening and our group prays for them when we meet on Tuesday evening. We each have a member of the other group to pray for daily, and send notes of encouragement by e-mail or regular mail. It has been fun to do this and we are genuinely interested in how our sister group is doing.

Communication

Key Ways to Be In The Know and to Be Known



Nancy Taylor

Leadership Training Director
ntaylor@firstplace.org

I spend most of my days here at the First Place office communicating with a wide assortment of folks about a variety of topics. I communicate most often over the telephone and through email. I answer a menagerie of questions and I am often calling on others seeking to find answers to my own questions. Communication is essential for a leader to be informed concerning the new materials, how to set up a group, and how to lead

effectively from week to week. Communication is also essential for leaders if they want others to know their group exists or if they want to know about other groups that are active in their area.

TO BE "IN THE KNOW" CONCERNING FIRST PLACE:

- **FIRST PLACE E-MAIL NEWSLETTER**

Every newsletter includes new recipes, helpful articles, inspiring testimonies, coming events and much more. To subscribe to the free e-mail newsletter, simply access our website at www.firstplace.org and follow the instructions to sign up for the monthly newsletter.

- **FIRST PLACE WEBSITE**

Stay informed about coming events through the website and through the newsletter. Leaders should look for First Place Workshops that may be coming to their area. These are informative, inspirational and encouraging to new and experienced leaders. Also, check out the First Place Community page to find out what others are saying about leading classes and creative ideas they may be sharing.

- **FIRST PLACE STAFF**

Please call the First Place Office - (800) 727-5223 when you need information regarding:

STARTING AND FACILITATING A GROUP

Kay Smith - (800) 846-1179

Nancy Taylor - (800) 727-5223, ext. 403

QUESTIONS REGARDING THE LIVE-IT /NEW MATERIALS

Kay Smith - (800) 846-1179

QUESTIONS REGARDING LEADERSHIP TRAINING/ WORKSHOPS/NEW MATERIALS

Nancy Taylor - (800) 727-5223, ext. 403

NEWSLETTER QUESTIONS OR LOCATION OF A GROUP

Lisa Lewis (800) 727-5223, ext. 407

- **FIRST PLACE NETWORKING LEADERS**

These are leaders who communicate with leaders in their area. The list of networking leaders is found on our website. Call them to find other groups in the area and for support regarding the leadership of your group.

TO BE KNOWN BY OTHERS OR TO LOCATE OTHER GROUPS IN YOUR AREA:

- **REGISTER YOUR GROUP ONLINE**

This is a "must" for every leader! Access our website and click on "Register Your Group." This will guide you through the procedure to register your group so that others will know you are active. Remember: You will need to update it each session with new orientation dates, new leaders, and the starting date of your current or next session.

- **SEARCH FOR FIRST PLACE GROUPS ONLINE**

You may access the website to also find other groups in your area by simply typing in your zip code. You could also use this information to contact these other leaders and let them know you are there for support.

- **REGISTER YOUR GROUP BY MAIL**

If you do not have Internet access, you will find a group registration form in the new Leader Guide. Simply fill it out and mail it in to the First Place Office in Houston. Remember: You will also need to update this information each session, so that others can be informed about your First Place group.

- **HOST A FIRST PLACE EVENT**

A great way to spread the news about First Place and to make others aware that you have an active First Place group is by hosting a First Place Rally or Workshop. Workshops will equip other churches in your area with the tools to begin a First Place group of their own. Rallies will ignite interest in your community for First Place and inspire those in your church to be a part of this life-changing ministry. Contact Nancy Taylor at

(800) 727-5223, ext. 403 if you are interested in hosting an event.



Ultimate Strength



the center
of nature's treatment

Shery Boyles
Fitness Instructor, NSCA CPT
SheryAB@aol.com

Isaiah 40:28

My youngest daughter left for college today. I was not expecting the reaction that occurred. Maybe I just hadn't considered the situation and anticipated the way in which her departure might affect me. After all, we had been discussing this day for quite some time. We went through all of the high school graduation events, purchased all of the things she would need for her dorm room, and made a visit to the school for orientation and enrollment. I guess I thought I was ready. Surprise! Mid afternoon found me a bit sad and tearful. . .slightly depressed you might say.

You may be asking yourselves, "What does a daughter going away to college have to do with exercise?" Well, I'm glad you asked.

There are situations in all of our lives that cause stress or mood changes. How we handle these depressed states is important. Recently, I was amazed at an advertisement on television for a drug that helps with depression. The commercial depicted the effects of depression by showing a round object with human-like qualities slowly making its way past flowers and bugs for which it had at one time, a fondness. However, this day, the skip was gone from the step and there was no happy whistling. An explanation for the neurological cause for depression is presented and the drug is given as a simplistic solution. The depressed human-like object takes the drug and instantly likes flowers and bugs again and all is well.

Please understand, I am not saying that taking antidepressants for depression is bad. I believe there are circumstances when medication is required to aid those who suffer from depression. However, I also believe that in our society if there is a pill that will fix whatever is wrong, drug companies are eager to sell it and we are eager to take it. Medication may help with depression but research has shown there are also some good alternatives. Exercise is one of those alternatives.

Many studies have shown that regular physical activity lifts moods. However, a recent study has shown the extent to which exercise may specifically reduce the symptoms of depression. Research subjects were divided into three groups. One group was put on an aerobic exercise program, one was given antidepressants, and one was placed on a combination exercise/medication program.

At the end of the study, all groups had improved. While the antidepressants worked more quickly than the exercise program, both proved equally effective. After 16 weeks of treatment, exercise was equally as effective as drugs.

So, when you find the skip no longer in your step and a happy whistle far from you, remember that exercise is a great way to return to normal states of being. Try sweat therapy rather than drug therapy and enjoy **20 Years** of physical and psychological benefits that exercise produces.

Enrich Your First Place Experience

Begin your life-changing journey today! For more information on new First Place program materials, or to purchase any of the products listed below, call (800) 4-GOSPEL, or visit our website at www.firstplace.org.

YOUTH EDITION

1090 Youth-Portion Wallet and Meal Planner	\$13.00
1091 Youth-Life Of Jesus Bible Study	\$10.00
1093 Youth-Encounters with God Bible Study	\$10.00
1092 Youth-Leader's Guide	\$13.00

COOKBOOKS

2001 First Place Favorites Recipe Book	\$15.00
2002 First Place Recipe Book	\$15.00

ACCESSORIES/SPORTSWEAR

3001 34 Oz. Water Mug (Vintage Blue w/black top) . . .	\$ 5.00
3078 12 Oz. Cargo Cup w/closeable lid	\$ 5.00
3078 28 Oz. Sports Travel White Mug	\$ 7.00
5035 Gray Oxford T-Shirt (Medium)	\$10.00
5036 Gray Oxford T-Shirt (Large)	\$10.00
5037 Gray Oxford T-Shirt (X-Large)	\$10.00
5038 Gray Oxford T-Shirt (XX-Large)	\$13.00
5039 Gray Oxford T-Shirt (XXX-Large)	\$13.00
5245 Khaki T-Shirt--Under Construction (Medium) . . .	\$14.00
5246 Khaki T-Shirt--Under Construction (Large)	\$14.00
5247 Khaki T-Shirt--Under Construction (X-Large). . . .	\$14.00
5248 Khaki T-Shirt--Under Construction (XX-Large) . .	\$14.00

DISCONTINUED ITEMS*

3004 Tote Bag (Teal)	\$ 9.60
3023 Workout Bag (Teal)	\$12.00
5215 Navy Cardigan	\$24.00
5260 Oxford Gray Sweatshirt (Medium)	\$15.20
5261 Oxford Gray Sweatshirt (Large)	\$15.20
5262 Oxford Gray Sweatshirt (X-Large).	\$15.20
5263 Oxford Gray Sweatshirt (XX-Large).	\$16.80
5264 Oxford Gray Sweatshirt (XXX-Large)	\$16.80

Call 1-800-4-GOSPEL to order

Hints & Pinches

Pots and Pans. . .

They Can Improve Your Cooking



Scott Wilson is a certified executive chef with the American Culinary Federation. If you have any questions regarding food preparation, you may write him at 7075 Red Fox Lane,

Scott Wilson
First Place, Food Consultant
firstplacechef@hotmail.com


A few well-chosen pieces -- starting with a good stockpot and a heavy sauté pan -- can make a big difference. Rather than having a rack filled with pots and pans of all shapes and sizes, owning a few well-chosen pieces will give you the flexibility to cook whatever you want and the performance you need to cook it better.

Look for heavy-gauge materials. Thinner-gauge materials spread and hold heat unevenly, and their bottoms are more likely to dent and warp. This means that food can scorch. Absolutely flat bottoms are particularly important if your stovetop element is electric. Heavy-gauge pans deliver heat more evenly. To decide if a pan is heavy enough, lift it, look at the thickness of the walls and base, and rap it with your knuckles--do you hear a light ping or a dull thud? A thud is good in this case. Good pans are worth their price because they manage heat better.

“Good conductor” and “heavy gauge” are both key features of good cookware. (More on this next month!)

You'll want handles and a lid that are sturdy, heat-proof, and secure. Handles come welded, riveted, or screwed. Some cooks advise against welded handles because they can break off. As long as handles are welded in several spots, they can be preferable to riveted ones because residue is apt to collect around a rivet. Many pans have metal handles that stay relatively cool when the pan is on the stove because the handle is made of a metal that's a poor heat conductor and retainer, such as stainless steel. Plastic and wooden handles stay cool, too, but they're not ovenproof. Heat- or ovenproof handles mean that dishes started on the stovetop can be finished in the oven. All lids should fit tightly to keep in moisture. The lid, too, should have a heat-proof handle. Glass lids, which you'll find on certain brands, are usually oven-safe only up to 350°F.

For me, a pan should feel comfortable. When you're at the store, pantomime the way you'd use a pot or pan to find out if it's right for you. If you find a pan you love but you aren't completely comfortable with the handle, you can buy a rubber gripper to slip over the handle. Just remember that grippers aren't ovenproof.

Next month I will give you the types of pans you need  brands and examples to

Sautéed Green Beans with Dijon Mustard

SERVES 6

- 1-1/4 pounds green beans, trimmed
- Butter-flavored cooking spray
- 1 teaspoon butter
- 1 teaspoon Dijon mustard

In a large pot of salted boiling water, cook the green beans for 4 minutes or until barely tender. Drain them and run under cold water to stop cooking. When ready to serve, heat a non-stick skillet that you have coated with cooking spray. Add the butter and mustard and stir to combine. Add the beans and stir to reheat and coat. Serve immediately.

Exchanges: 1 vegetable

Spicy Chicken with Pasta

SERVES 4

- 6 ounces linguine
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 pound boneless, skinless chicken breast, diced
- 1/2 cup julienne onion
- 1/2 medium red bell pepper, seeded and cut into fine julienne strips
- 1 teaspoon crushed red pepper flakes
- 1/2 cup shredded cabbage
- 2 tablespoons sliced green onions, white part and 1 inch green stem
- 1 tablespoon chopped cilantro

Cook linguine according to package directions for al dente. Drain and keep warm. In a large nonstick skillet, heat oil over medium-high heat. Add garlic and cook for 1 minute, stirring. Add chicken and stir-fry until chicken is lightly browned, about 2 minutes. Add onion and bell pepper. Continue to stir-fry until vegetables are crisp-tender. Sprinkle with chile flakes and hot sauce. Add cabbage and pasta. Continue to cook, tossing pasta for another minute, until chicken is cooked through. Divide between 4 pasta dishes and sprinkle with scallions and cilantro. Serve at once.

Exchanges: 3-1/2 meats, 2 breads, 1/2 vegetable, 1/2 fat

Roasted Squash with Potatoes and Shallots

SERVES 8

- 1 unpeeled acorn squash, seeded and cut into 12 pieces
- 2 pounds unpeeled whole small red potatoes, washed
- 12 large shallots, peeled or 1 large onion, peeled and cut into 8 wedges
- 2 tablespoons olive oil
- salt and pepper to taste
- 1 large sprig rosemary

Preheat oven to 425 degrees. Combine squash, potatoes and shallots in large shallow baking pan. Drizzle with oil. Salt and pepper to taste. Top with rosemary sprig. Bake 45-50 minutes, turning once after vegetables are browned on one side.

Exchanges: 2 breads, 1fat

First Place Mailbag

I received my First Place Group Starter Kit yesterday. Today I have spent a lot of time watching all 3 videos and reviewing the other materials. I am very pleased and excited about all the new materials. They are just great! I have been involved in First Place for three years and it has changed my life.

The nine commitments have become a way of life for me. The first six months after joining First Place I lost 35 pounds. Almost 30 years ago my weight had reached 214 pounds. At that time I lost 80 pounds. Even though I never gained all that back, every two to three years I needed to lose about 20 pounds! Since losing the weight through First Place, I have maintained my weight at 135-138 pounds for the last 2-1/2 years.

I have led the First Place group in my church, New Hope Baptist Church in Versailles, Kentucky. It is a small church and we have around 160-180 in Sunday School. Our last session of First Place had only 5 members, but it was a very close group and we saw much success. Our next First Place session begins on September 9. I ask for your prayers for class success and that more people become interested and excited about the class. I also ask for prayer as I lead the class.

I have not had the videos before and I think they are going to be a very big help to make the class more effective. Thank you for all the work and planning that has gone into all the new revisions. I appreciated all the testimonials of the other members who shared and helped with all sections of the video. They certainly touched me and got me excited to do more!

I also have enjoyed the First Place Newsletter during the last year. (I will be praying for Carole's husband as he is going through the treatment for prostate cancer.)

June Wright
Versailles, Kentucky

We are overjoyed to show you our new First Place website, www.firstplace.org. Steven Nofziger at Gospel Light designed the new site with the help of Sheila Robbins, our First Place graphics designer. Gospel Light will now have the capability of taking the orders from the internet, thus streamlining and speeding up the order process.

The pre-orders of the FP materials are more than any of us hoped or dreamed for. . . just like God, isn't it? Please continue your prayers for the precious people at Gospel Light who have worked so hard making the launch of the new materials a reality. Also, we thank you for your prayers for us during these months of transition.



To view pictures of the FP Leader party at Carole's house, please go to <http://christianity.com/msfirstplace> and scroll to bottom of page.

Carole Lewis
First Place National Director
clewis@firstplace.org

On June 9th, my home flooded from the 36 inches of rain that Houston experienced in a 24-hour period. This tragedy has been named "The Flood of A Lifetime" for Houston, Texas. I was only one of over 30,000 families who lost their homes, personal property, and automobiles.

During these trying times my First Place friends have cried with me, encouraged me, loved me and prayed for me. I want to take this opportunity to thank all of you for your cards, letters and e-mails that you have sent these past months. I am reminded of the verse from Ecclesiastes 4:10: "If one falls down, his friend can help him up." Even though I don't know you personally, I am truly reminded of the love of friends.

Sheila Robbins
First Place Newsletter Editor, Webmaster
srobbins@houston.rr.com

Jump-Start The New Year For The Women in Your Church!

LIVE VIA SATELLITE!

SATURDAY, FEBRUARY 2, 2002

FEATURING:

Carole Lewis, National Director of First Place

Ed Silviso, author of Women: God's Secret Weapon

Valerie Bell, author of A Well-Tended Soul

During this four-hour event, women will be challenged to set godly priorities, make positive life changes, go deeper with God and keep Christ first in 2002. To find out how you can bring this life-changing program to your church, call CCN at 800-321-6781 and ask for offer #GLFP901.

Call immediately and get a 20% dis-

Testimonies, photographs and letters are all welcomed for consideration. Address all correspondence to:

FIRST PLACE, Attention: Editor,
7401 Katy Freeway, Houston, Texas 77024

STOCK UP FOR FALL CLASSES!

There is a limited amount of these discontinued items in stock at the First Place office in Houston that will be offered at the discounted price until stock is depleted.

NO TELEPHONE ORDERS PLEASE.

RECOMMENDED READING

6003	Becoming A Person of Influence.....	\$16.00	_____
6031	Boundaries.....	14.40	_____
6060	Everyday Victory for Everyday People (Boyles).....	7.20	_____
6151	Fit To Serve Him Longer and Better.....	18.40	_____
6161	The Reason For My Hope (Stanley).....	7.20	_____
6315	Seasons of A Woman's Life.....	8.80	_____
6322	ACSM Fitness Book.....	11.16	_____
6325	ADA Complete Food & Nutrition Guide.....	19.96	_____
6326	Reclaiming Surrendered Ground.....	4.80	_____
6327	Winning In The Land Of Giants.....	8.80	_____
6334	Sharing God's Greatest Gifts.....	4.00	_____
6337	The Carpenter's Cloth.....	10.40	_____
6638	The Bondage Breaker.....	6.40	_____
6639	In God's Presence.....	6.36	_____

SPORTSWEAR

5040	Shorts (Navy, Medium).....	\$ 8.00	_____
5041	Shorts (Navy, Large).....	8.00	_____
5042	Shorts (Navy, X-Large).....	8.00	_____
5217	Baseball Cap (Low Profile).....	8.00	_____
5218	Baseball Cap (High Profile).....	8.00	_____
5219	Visor--Twill (Navy w/Gray).....	8.00	_____
5220	T-Shirt (Green w/Khaki embroidery-Med).....	20.00	_____
5221	T-Shirt (Green w/Khaki embroidery-Lg).....	20.00	_____
5222	T-Shirt (Green w/Khaki embroidery-X-L).....	20.00	_____
5223	T-Shirt (Green w/Khaki embroidery-XX-L).....	20.00	_____

WHILE SUPPLIES LASTS!

- There is a limited supply of all items in stock.
- All discontinued stock is located at the First Place office in Houston, Texas and will be offered at the discounted price UNTIL STOCK IS DEPLETED!
- Please DO NOT send your order for these items to Gospel Light.

Orders may be placed by:

Mail: First Place, 7401 Katy Freeway, Houston, TX 77024

Fax: 713-688-7282

Web: www.firstplace.org **NO TELEPHONE ORDERS**

COOKBOOKS

2010	I Can't Believe This Has No Sugar Cookbook.....	\$10.40	_____
2011	Month of Meals #1 <i>Classic Cooking</i>	12.00	_____
2012	Month of Meals #2 <i>Ethnic Delights</i>	12.00	_____
2013	Month of Meals #3 <i>Meals in Minutes</i>	12.00	_____
2015	Month of Meals #5 <i>Vegetarian Pleasures</i>	12.00	_____
6332	Southern Style Diabetic Cooking.....	9.60	_____
6335	Brown Bag Success.....	8.00	_____

ACCESSORIES

3005	Skinny Scales.....	\$ 8.80	_____
3010	Exercise Log.....	6.40	_____
3020	Tab Divider Set.....	2.00	_____
3028	Dark Blue Coffee Mug w/Silver Imprint.....	2.40	_____
3031	Measuring Spoon.....	.80	_____
3063	Wrist Watches w/Brown Band (needs battery).....	10.00	_____
4001	Logo Lapel Pin.....	1.20	_____
4002	Ball Point Pen.....	.80	_____
4003	Mechanical Pencil.....	.80	_____
4006	Key Chain.....	.80	_____
4007	Memo Pad.....	.80	_____
4011	Refrigerator Magnet w/kitchen measurements.....	.40	_____
4017	Lunch Pack w/First Place Logo.....	4.80	_____
4019	Highlighter Pen.....	.80	_____
4021	Magnetic Book Mark / "Elroy".....	1.60	_____
4024	Backpack Mountaineer (Black w/Brown).....	17.60	_____

FOOD EXCHANGE BOOKS

2008	The Fat Book (Expanded Book).....	4.80	_____
2009	The Fat Book (Pocket Size).....	2.00	_____



7401 Katy Freeway
Houston, Texas 77024-2199

SHIPPING & HANDLING CHARGES

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Product	Product Number	Quantity	Price Each	Total Price
(Sample) Shorts (Navy, Medium)	5 0 4 0	2	12.00	24.00

METHOD OF PAYMENT:

- Check or Money Order Enclosed
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VISA MasterCard DISCOVER American Express

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Signature _____

Print Name _____

Daytime Phone # (____) _____

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Texas residents add 8.25%	
ORDER TOTAL	

SHIPPING ADDRESS:

Name _____

Address _____

City _____ State ____ Zip _____

Home Phone: (____) _____

Coming Events

September 22 First Place Workshop

Calvary Baptist Church
Florence, South Carolina
Contact: Sharon King
(843) 667-1705 or Wee4kings@aol.com

September 8, 2001 Area Leaders' Meeting

First Southern Baptist Church
Overland Park, KS
Contact: Joe Ann Winkler
(913) 262-6173
mjaw14@earthlink.net

October 13, 2001 Area Leaders' Meeting

First Southern Baptist Church
Overland Park, KS
Contact: Joe Ann Winkler
(913) 262-6173
mjaw14@earthlink.net

October 22, 2001 Victory Dinner/Rally

First Baptist Church
Hendersonville, NC
Contact: Jan Jarratt
(828) 685-3595
lowell1@ioa.com
Special Guest: Carole Lewis

October 27, 2001 First Place Workshop

Ramada Inn
Hosted by First Baptist Church
Paintsville, Kentucky
Contact: Sherrie Moore
(606) 789-7247
sherriemoore@yahoo.com
Special Guest: Nancy Taylor

November 10, 2001 Area Leaders' Meeting

First Southern Baptist Church
Overland Park, KS
Contact: Joe Ann Winkler

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When you begin living for Christ, you will experience a total transformation—one that enriches you spiritually, mentally, emotionally and physically. This program gives you the tools and encouragement you need to make a lasting change.