



January 2002

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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*Dear Friends,*

**Y**ou have honored our family with your outpouring of love, prayers and cards after the home going of our daughter, Shari on Thanksgiving night. We ask you to continue to pray for all of us in the days ahead.

Shari's husband, Jeff, has moved into the same subdivision as our oldest daughter, Lisa, so that she can help him with the busy schedules indicative to teenage girls.

Cara, the oldest daughter, who is 19, will begin classes at Texas A & M University in January. Christen, 15, will go to Jersey Village High School with her cousin, Katherine, Lisa's daughter. They are both in ninth grade. Amanda, who is 13 and in 7th grade, will begin classes at Cypress Community Christian School. Your prayers will be so appreciated with all the changes and adjustments in all their lives.



The photograph of Carole's family was taken in 1999 in celebration of Frances' 85th birthday. Back row: Cara, Jeff, Shari, John (holding Harper), Johnny, Carole, Kent, Lisa, Katherine (in front of Lisa), and Carl. Second row, left to right: Amanda, Christen, Lisa (seated), Tal, Hunter, and Frances (seated). Standing by Frances is David, Josh and Julie (seated)—Carole's niece and children.

Our daughter, Lisa, has lost her best friend. Shari cooked with Lisa and my husband, Johnny, at all our Fitness Weeks. Lisa and Shari did everything together, so this tragedy leaves a big hole in Lisa's family. As you pray, please remember Lisa, Kent and their children, Carl and Katherine.

Our son, John, will also miss Shari very much. Our families were extremely close and celebrated all birthdays and holidays as a group. Please pray for John, Lisa and their children, Tal, Hunter & Harper.

Johnny and I so appreciate your prayers for us and for my Mom, Frances Harper. We will be going to California on January 3, for Johnny's doctor appointment. Please pray for wisdom for the doctors as to whether to continue or stop his chemo treatments.

*(Continued on Page 2)*

## Talkin' With Kay



**Kay Smith**  
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**H**appy New Year! January brings “new beginnings,” a fresh start for many First Place members. It is also a time to reflect. You may not have met all your goals for the year 2001, but I pray you made progress on your First Place journey. Even the lapses in our First Place journey can be beneficial.

I have learned facts about myself during times of lapse that can help me get back on track in a shorter length of time. I have gone through periods when I am exercising faithfully and even enjoying it, slightly. Then, something out of my control happens and I find myself not exercising. In the beginning I would wait, falsely thinking that someday I would want to exercise; that I would suddenly “feel like exercising” again. What I learned about myself was that I better put the tennis shoes on and get started when I still don’t “feel like it” because the “slightly enjoying exercise feeling” does not return for me until after I get back into a consistent routine.

*(Continued from Page 1)*

Some of the Scriptures that have ministered to all of us during this time of grief and loss are:

- Psalms 18: 1-2, “I love you, O Lord, my strength. The Lord is my rock, my fortress and my deliverer: my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.”
- Psalms 71:19-20, “Your righteousness reaches to the skies, O God, you who have done great things. Who O God is like you? Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.”
- Psalm 139: 11-12, “If I say, “surely the darkness will hide me and the light become night around me” even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.”

Let me close by saying that we know God is good and that He is the one who will see us through. We love all of you so much. Surely, no one is as blessed as we are to have First Place friends who love us and continually pray for us.

*Carole Lewis*

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For you, the lapse might have been in the area of quiet time, Bible study or healthy food choices, but take time to evaluate and learn from it. Learn from your lapses, and even your relapses, but at all cost, avoid a col-lapse! Take advantage of this time of “new beginnings” with your First Place challenge and get started!

You have made the right “health choice” when you choose First Place to help you lose weight. As we review the nutritional “hot topics” in the news this past year, we see the major news stories support exactly what you are doing in First Place. This only affirms that as you lose weight, you are developing a healthy lifestyle that benefits your overall health.

This past year’s focus was on phytonutrients; plant substances scientists are finding have powerful benefits in combating chronic diseases and perhaps, boosting immunity, as well. Health officials have worked very hard to get the word out that what you eat does make a difference! The twist in the year 2001 has been - look for color!

The news about antioxidants has been very important and intriguing. Reports have stated that foods contain literally thousands of antioxidant compounds that combat cancer, heart disease, eye disease and even diabetes. To get plenty, strive for five to nine fruits and vegetables a day. Tops in total antioxidants power (in descending order): prunes, blueberries, blackberries, kale, strawberries, raisins, raspberries, oranges, plums, red grapes, and beets. Nuts, and whole grains contain antioxidants too.

Maybe if you would like to add one superstar vegetable, kale would be your top contender. It’s bursting with carotenoids like beta-carotene, zeaxanthin and lutein, which may help prevent colon cancer and eye diseases. It’s also rich in vitamin C, vitamin K and folate—a nutrient often in short supply—and it provides calcium and fiber to boot. It’s even a source of essential alpha-linolenic acid (a member of the “omega-6” family of fats) and is in the cancer fighting cruciferous family.

The sad truth is, if the above paragraph had been describing a new “pill” just out on the market that had all the same health benefits, we would all rush out to buy it, at a cost many times more than what kale costs. It is a convenience issue, and maybe some of us aren’t familiar with how to cook kale and other greens. Check out Scott Wilson’s article this month. He has given us some great help with kale and other greens.

Love,  
*Kay Smith*



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### Dear God...

It is a New Year and with each New Year I begin a new prayer journal. I have kept a prayer journal for over 20 years now and can say it is the one discipline that has brought me the most joy! Each journal reveals the various ways God has worked in my life through scriptures read and prayers answered. When one journal is finished, I am a little sad that it is over, but at the same time I am excited to see God do something new in my life. *“Do not call to mind the former things, or ponder things of the past. Behold, I will do something new, now*

*it will spring forth; will you not be aware of it? I will even make a roadway in the wilderness, rivers in the desert.”* Isaiah 43:18 & 19

Prayer is one of the nine commitments of First Place and the prayer journal is a tool to help you build a life of prayer. Simply write God a letter each day, expressing adoration and thanksgiving to Him for who He is and what He has done. Then write out your confessions of sin, accepting His forgiveness and laying your requests before him. Remember, this is a journal for **YOUR** eyes only. However, if you feel that someone may read it without your permission, write in code or with abbreviations. I know a First Place leader who writes all her prayer journals in shorthand! I want to begin this year by encouraging you to put pen to paper and write to God, telling Him what is on your heart. As you journal your prayers, you will be more apt to share what the Lord is doing in your life with your First Place members. Then in turn, your members will want to experience the joy of journaling their prayers. Encourage your members each week to share with the class, using their prayer journals, ways they have been blessed, ways God has answered prayer or truths they have learned through the Word. All of these things can be gleaned from one’s prayer journal.

The First Place Bible studies now have two days of reflection each week that include many scriptures to use in prayer. This is especially helpful if you or your members are not comfortable with writing out your prayers. Personalizing the scriptures is a powerful way to pray. It is agreeing with God that His Word is truth and that it is still active today, able to accomplish His ways. *“Let us bold fast the confession of our hope without wavering, for He who promised is faithful.”* (Hebrews 10:23) One scripture that I pray often is Psalm 51:12, *“Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.”* When I feel I have lost my joy and I can’t seem to accomplish the task before me, I pray that the Lord would restore joy and give me a willingness to press on. Maybe this is the prayer you and your members need to pray as you contemplate a new year and the commitments of First Place.

Pray that the Lord would give you that willingness to begin using the prayer journal and I can promise the joy will return! ♦

### FIRST PLACE LEADERSHIP TIP

Creative Journaling Ideas:

- 1 Write to your children in the journal, sharing with them what the Lord is teaching you. This will become your very own memoirs.
- 2 Create a blessing journal, by filling the prayer journal with a list each day of things for which you are thankful.
- 3 Write out the memory verse each day in your prayer journal and pray the verse. This will help with memorization and it will make the scriptures more meaningful.
- 4 Have one member volunteer each week to share at least one entry from their prayer journal.

### Are You Running A Marathon?

Her face mirrored the aching she felt in every joint in her body. She shuffled her feet, knowing she couldn’t take another step, but also knowing just one more would put her closer to the finish line. Her lungs seemed to scream for more air, but she just didn’t have the energy to take another deep breath. She had almost completed running 26 miles; her first marathon. Months of hard training, and she wasn’t sure she could even walk across the line. Every ounce of her strength was spent in this one race.



Joanne Parker  
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The Apostle Paul compares our Christian life to running a race. The question is, what kind of race do we run? Is it a one-mile jog that takes little time or effort? Is it a sprint that takes a lot of energy, but is soon forgotten? Or is it a marathon that takes every bit of our strength and that we train for extensively?

One day an expert in the Mosaic Law asked Jesus a direct question, “Teacher,” he asked, “What must I do to inherit eternal life?” Jesus responded, “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind.”

We first need to learn how to become strong. Weight lifters know that in order to strengthen a muscle, you must work it to exhaustion, then allow it time to rest. Just working hard won’t do the job. The same goes for us when we are trying to build strength in our Christian walk. Setting aside a brief time for a morning devotion isn’t enough to be a strength-builder. Look for classes that challenge you as you study and grow. But also allow yourself time to rest, to think things over, and to really absorb what you have learned before going on to your next challenge.

You will find more tips on building strength in this month’s *Missions Mosaic*. To read the rest of this article and more inspiring features, call 1-800-968-7301 for a single copy or a subscription. ♦

## Hints & Pinches

### Winter Greens. . .

# More Bang for the “Buck”!



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, Cumming, GA 30040.

**Scott Wilson**  
First Place, Food Consultant  
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Collards and kale, and to a slightly lesser degree, chard, escarole and chicory, are very high in beta-carotene. Kale, mustard greens and collards are “crucifers”, a family of vegetables that include broccoli, Brussels sprouts and cauliflower.

#### BUYING AND STORAGE TIPS

- ❖ 1 pound of untrimmed greens will typically serve 2 to 3 people. A pound of greens may look like an enormous amount, but will cook down considerably.
- ❖ Wash with cold water before cooking.
- ❖ Greens should be used within a few days of purchase. Wrap collards or kale in a damp towel and place in an open plastic bag in the crisper drawer (or coldest section) of your refrigerator. Store chard, escarole, chicory, rabe and mustard greens in a perforated plastic bag. All cooking greens will lose their “bounce” quickly in the refrigerator.
- ❖ If stems are small and tender, simply chop them along with the leaves. If stems are large, strip them and chop very finely and cook longer.
- ❖ Kale, collards, broccoli rabe and mustard greens possess a strong, spicy, or appealing bitter flavor, while chard and beet greens are mellow. To create a balanced dish of wider appeal, a mixture of these greens is recommended.

#### COOKING TIPS

- ❖ Steam: the low fat method. (kale, collards, chard)
- ❖ Kale and collards can be steamed for 8 to 10 minutes. Steam chard for 5 to 7 minutes, placing stems in before leaves.
- ❖ For every pound of trimmed greens, bring 1/2 to 3/4 cup of water or chicken stock to a high simmer. Add chopped greens and simmer, covered, until tender. Remove cover and increase the heat for the last couple of minutes to cook off any extra liquid.
- ❖ Sauté (collards, kale, chard, escarole, chicory, mustard greens, rabe)
- ❖ Collards and kale can be steamed prior to sautéing or just sautéed longer, to desired tenderness. The other greens should be sautéed in the water that clings to their leaves after washing. If they are not cooked by the time this moisture has evaporated, add a bit of water to finish cooking.

#### SERVING TIPS

- ❖ Greens are great as an addition to calzones, pizzas or pasta.
- ❖ Well-cooked kale (including puréed kale) is excellent in potato dishes of all sorts.
- ❖ Sprinkle greens with lemon juice or vinegar before serving to heighten their flavor.
- ❖ Sauté chard in olive oil with garlic and ginger. Serve with lightly roasted pine nuts or Parmesan cheese. Or sauté in plain olive oil and serve in omelettes or quiches.
- ❖ Sprinkle broccoli rabe with grated Italian cheese. Serve as a side dish, over pasta, brown rice or as a pizza topping.

### KALE WITH MARINATED ONIONS

Serves 4

2 bunches Kale  
1 cup Diced red onion  
5 teaspoons Fresh lemon juice  
2 teaspoons Balsamic vinegar  
1 teaspoon Sugar  
Dash of salt

Combine lemon juice, vinegar, sugar and salt. Toss with onions, set aside. Wash kale. Cut leaves across the stem in 1½ -inch strips. Place the kale in a steamer basket over 1 inch of water. Cover pot, place over high heat. Cook 10 minutes or until tender. Place kale in a serving bowl, toss with onions and marinade, serve.

Exchanges per serving: 1 vegetable

### BRUSSELS SPROUTS

Serves 4

4 cups Fresh young Brussels sprouts, all similar in size for even cooking  
4 teaspoons Reduced fat butter  
2 teaspoons Coarse-grain mustard  
1 teaspoon Brown sugar  
Juice of 1 lemon

Trim the bottoms of the sprouts and wash them in cold water. If they're large, either cut a cross in the bottom (stem end) of each sprout, or cut the sprouts in half. Steam the sprouts over boiling water, stirring them occasionally so they cook evenly. Cook them until they are just tender but still bright green - overcooking will give them a bitter, unpleasant flavor. The cooking time will vary with the size of the sprouts, so the only reliable way to test for doneness is to taste. While the sprouts are cooking, make the sauce: combine the butter, mustard and lemon juice in a heavy saucepan and melt over low heat, stirring. Don't allow the sauce to boil. As soon as the butter has melted, remove the pot from the heat. When the sprouts are done, drain them and add them to the pan with the sauce. Toss and serve immediately.

Exchanges per serving: 1-1/2 vegetables, 1/2 fat



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## Coming Events

January 12: *First Place Workshop*  
Holiday Inn, 85 & Augusta Road  
Greenville, South Carolina  
*Hosted by Brookwood Community Church*  
**Contact: Kathy Runion** (864) 877-3114  
[kappyrun@aol.com](mailto:kappyrun@aol.com)

January 12: *Area Leaders Meeting*  
Calvary Baptist Church  
Lenexa, Kansas  
Contact: Joe Ann Winkler (913) 262-6173  
[Mjaw14@kc.rr.com](mailto:Mjaw14@kc.rr.com)

September 20-21: *First Place Conference*  
Hattiesburg, Mississippi  
*Details to come later!*

October 10-17: *First Place Fitness Week*  
Roundtop Retreat, Roundtop, Texas  
*Details to come later!*

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