



February 2002

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

FIRST PLACE

Phone:
(800) 727-5223
(713) 688-6788

Fax:
(713) 688-7282

To Place Orders:
(800) 446-7735
Fax: (800) 860-3109

www.firstplace.org

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Telephone (800) 727-5223
or (713) 688-6788

Fax (713) 688-7282

Web site www.firstplace.org

National Director Carole Lewis

Associate Director Kay Smith

Leadership Training Director
. Nancy Taylor

Newsletter Sheila Robbins



Dear Friends,

Ware excited that our First Place E-Newsletter subscriptions are at almost 6,000 subscribers after only three months. Although we realize that some of our First Place men and women don't have access to a computer, it has become necessary to discontinue printing and mailing the hard copy of the newsletter. The January issue was the last hard copy newsletter you will receive.



Let me share the exciting potential available to us by making this change. We are no longer limited to an eight-page newsletter. We can share current First Place events, the latest available health and fitness information, new recipes and testimonies.

The E-Newsletter will continue to look just like the printed one of the past and can be printed and distributed to friends or First Place class members. For those of you who don't have a computer, there are several options. You could have a friend who has a computer print one for you. Also, computers are available at most public libraries for your use.

Visit the First Place website at firstplace.org and register to receive your free copy of the E-Newsletter that will be e-mailed to you on the first of each month.

We're sorry to see the close of this era, but excited for the opportunity to reach more people than ever before.

For our current subscribers, you may want to donate the remainder of your newsletter subscription to the First Place ministry. You may also request a refund by e-mailing newsletter@firstplace.org, or by writing to First Place at 7401 Katy Freeway, Houston, TX 77024.

Carole Lewis

First Place National Director
clewis@firstplace.org

Talkin' With Kay

It's OK To Go Bananas Over Bananas!



Kay Smith
Associate Director
kays@bigcountry.net

Well...we can go bananas as long as we properly measure that banana! I have heard and been involved in some pretty hilarious First Place discussions over the appropriate serving size of a banana. For example, if you choose a very small banana it is usually smaller around, so shouldn't it be a little longer than 1/2 of a medium banana,

which is obviously bigger around? The fact is most of us did not get overweight by eating too much fruit, so if you do go over a little on exchanges, fruit is a good choice.

Nutritionally, the banana is best known for its potassium content (about 450 milligrams) in a serving. It also provides a bonanza of B6 (more than 30 percent of daily value) and more than 2 grams of fiber, plus vitamin C. Bananas qualify for eight of the 11 government health claims that link foods to benefits like protection against high blood pressure, stroke, heart disease and cancer. Bananas have been shown to be a key along with other healthy dietary changes, in actually lowering blood pressure.

A favorite quick breakfast or filling afternoon snack for me is to spread a serving of peanut butter on a warm slice of toast and top with banana slices. A great lunch is a peanut butter and banana sandwich. I find that I never waste money when I buy bananas. If they begin to turn brown, I use them in First Place Banana Nut Bread or add them to pancake batter. If I don't have time for baking, I peel the banana and place it in a freezer bag and save it

for a great First Place milkshake or smoothie. I have also learned that placing a banana in the refrigerator turns the skin brown, but the banana stays fine for days.

Another favorite snack or quick breakfast is a First Place milkshake. Here is the recipe.

FIRST PLACE MILKSHAKE

Serves 1

1 cup	Skim milk
7	Milk cubes (recipe below)
1/2	Frozen 9-inch banana
3/4 cup	Frozen peaches
1/2 teaspoon	Vanilla
1 teaspoon	Malt
2 package	Splenda

Place all ingredients in a blender and blend. This milkshake is more like soft serve ice cream with all the frozen ingredients. It is delicious. NOTE: Any of your favorite fruits can be used in place of the bananas and peaches.

Exchanges: 2 milks, 2 fruits

Milk cubes: Fill an ice tray with skim milk and freeze.

I have not found a bad fruit combination for the First Place Milkshake. When I want to share with a friend, I often add some dairy yogurt. First Place members who have chosen a vegetarian lifestyle, may want to add soy protein powder to equal a meat exchange.

Happy Valentines Day!

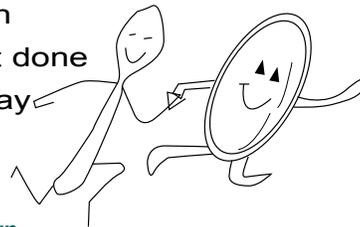
Love,

Kay Smith

HEY DIDDLE DIDDLE!



Hey diddle diddle
I've a bulge in my middle
and hope to whittle it soon,
But eating's such fun
That I won't get it done
'Til my dish runs away
with my spoon!



Author Unknown

Leadership Training

Do It Now!



Nancy Taylor
Leadership Training Director
ntaylor@firstplace.org

Deuteronomy 30:11

Now what I am commanding you today is not too difficult for you or beyond your reach.

In January, many of us made New Year's resolutions that unfortunately have already been broken! Many times people make resolutions that are unrealistic or overwhelming and, therefore, unattainable.

We often set ourselves up for failure because the goals we set may be vague, unrealistic, or they may have been made without any thought given to how the goal would actually be attained. We usually end up saying with Paul, "for I am not practicing what I would like to do, but I am doing the very thing I hate." Romans 7:15 No matter what the reason for a broken resolution or commitment may be, there is hope for us today. The hope is found in the Word - God's Word!

In Deuteronomy 30:11, God assures us that today we can accomplish whatever He has set before us. The two key words in this verse are **NOW** and **TODAY**. God is **NOW** directing each of us to accomplish a task or a goal that is in His perfect plan and He assures us that it will not be too difficult for us. Wow, what a promise! God assures us that we can do whatever it is He has asked us to do, **TODAY**. I like those short-term goals, don't you? His goals for us are always within reach. God's goals are specific, realistic and practical. He gives us His commands in His Word, which are not vague, unrealistic or without plan. In fact Jeremiah 29:11 says He knows the plans He has for us and they are always for us to succeed - be victorious- in His plan. **TODAY**, do not be discouraged that you have not met your goals, instead believe that you can do it **NOW!**

I often hear new First Place leaders say, "I am overwhelmed! I do not know where to start or how to accomplish all that is required of me as a First Place Leader." First Place leadership can be overwhelming and intimidating. However, if God has called you to lead or begin a First Place ministry, then He has promised that this task will not be too difficult for you. To help leaders be successful, First Place offers workshops. First Place Workshops provide training for new and seasoned leaders and equips them to implement and lead a First

Place class. There have been many requests for workshops in California, Colorado, Ohio, and Illinois just to name a few. First Place has trained Workshop Leaders who are ready and available to lead workshops. Great! We have the requests for workshops and those who can lead the workshops and now all we need are churches willing to host a workshop. If you think your church would be willing to host a workshop for your area, I would love to hear from you. Please read more about workshops in Leadership Tips. Your church will be instrumental in multiplying the ministry of First Place by training leaders. The task may seem overwhelming, but remember that what God has called you to do **NOW** is not too difficult, nor out of your reach - **TODAY!**

Seeking Christ First - Today!

Love,

Nancy Taylor

FIRST PLACE LEADERSHIP TIP

What is a First Place Workshop?

- Usually a six-hour event, which includes a First Place lunch.
- Includes First Place testimonies, music and instruction.
- Instructional sessions include topics such as: the history of First Place, First Place material essentials and First Place leadership guidelines and principles.

What does it take to Host a Workshop?

- Provide facilities to accommodate a group of 50 - 100 people.
- Volunteers to help plan and prepare for workshop.
- Publicize the workshop and send out invitations to area churches.
- Volunteers to prepare a First Place meal for workshop participants.
- Contact people to field calls and collect registration forms and fees.
- Funds to cover the workshop leader expenses, (i.e. transportation and lodging) which will be generated through registration fees.

Please prayerfully consider hosting a First Place Workshop. The ministry of First Place changes lives, but only to the extent that churches are equipped to implement First Place classes. First Place invites you to be a part of a ministry team whose single purpose is leading others to seek Christ first in all of life!

Hints & Pinches

Dining Out and First Place



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
firstplacechef@botmail.com

You've just started First Place and are planning to try a new restaurant, call ahead to see whether it offers suitable menu choices or if substitutions can readily be made. With the exception of fast-food restaurants, where everything is already prepared when you get there, most restaurants are happy to modify their dishes by changing the cooking method, leaving out an ingredient or serving part of the dish, such as the gravy or dressing, on the side so you can control the amount you eat.

For the average health-conscious person, there's something for everyone on almost every restaurant menu. Keep these eating-out tips in mind to avoid the major pitfalls of restaurant food:

- Learn menu language. Look for entrees on the menu that are broiled, grilled, poached, steamed, roasted or baked, and avoid foods described as fried, crisp, sautéed, creamy, creamed, au gratin, escaloped or breaded.
- Share with a friend. You won't tend to overeat if you split your appetizer and dessert.
- Watch portion size. If you know you'll be tempted to eat more than you should, ask to have your "doggy bag" prepared in advance, so you'll only get a half order at the table. Some restaurants will even let you order a half order or children's portion of pasta as an entree.
- Eat low-calorie foods first. Order a salad as your first course and when dinner arrives, start with the lowest calorie foods on your plate.
- Go for balance. If you really want a high-fat or high-calorie entree, balance it with lean choices for the rest of the meal.

Here are some healthy choices you can make at different types of restaurants:

- At a pizzeria, choose plain cheese pizza or pizza with vegetable toppings instead of meat toppings. Plain cheese pizza (181 calories) and vegetable pizza (188 calories) both weigh in with about seven grams of fat. By contrast, meat pizza (234 calories) has 12 grams of fat.
- In an Italian restaurant, ask for breadsticks instead of bread, and ask for oil and vinegar on the side to dress your own salad. Order pasta with red sauce such as marinara instead of such creamy white or butter sauces as Alfredo. Choose chicken dishes instead of meat and sausage dishes. Have a cappuccino for dessert.

- In a Chinese restaurant, choose steamed rice instead of fried rice, steamed dumplings instead of fried and vegetarian entrees that include a number of different vegetables.
- In a Japanese restaurant, pass up tempura in any form because fried food should be avoided.
- In a Mexican restaurant, choose salsa instead of sour cream or cheese dips. Choose dishes made with plain, soft tortillas that aren't fried, such as burritos, soft tacos and enchiladas. Have black bean soup as a first course.
- In a cafeteria or food-buffet restaurant, fill your plate with plain vegetable side dishes before you go for the meat. Look for grilled, broiled or flame-cooked chicken, fish and lean meats and avoid anything breaded, batter-dipped or fried. If there's a salad bar, concentrate on crisp, crunchy vegetable and bean mixtures; leave the potato, macaroni and tuna salads behind, and watch out for those calorie laden salad dressings.

Crème Fraîche

Makes 4-1/4 Cups

1 cup	cultured buttermilk
4 cups	plain low fat yogurt

In a large saucepan combine the buttermilk and yogurt. Heat until lukewarm, about 1 minute. Do not over heat. Remove from the stove and let stand at room temperature loosely covered for 24 hours. Refrigerate and use within one week.

Exchanges for 1/2-cup Crème Fraîche: 1/2 milk, 1/2 fat

Chicken Etouffée

Serves 6

1/2 cup	flour
1 tablespoon	light butter
1	onion, chopped
1/2 cup	chopped celery
1	green bell pepper, chopped
4 cloves	garlic, minced
1 can	(28 oz.) tomatoes, diced
1 can	(14-1/2 oz) chicken stock
	salt and pepper to taste
1/2 teaspoon	dried thyme
1 tablespoons	Worcestershire sauce
1 pound	boneless, skinless chicken breast cubed
1/4 cup	minced parsley
1 bunch	green onions, chopped
2 cups	cooked rice

Place flour on baking sheet and bake at 400°F for 20 minutes or until flour is dark brown in color. Check and stir flour occasionally while baking. In a large pot coated with cooking spray, melt butter and sauté onion, garlic, celery, and green pepper until tender. Add browned flour and mix well. Stir in tomatoes, chicken stock and seasonings. Add cubed chicken. Heat to boiling, then reduce heat and simmer uncovered for about 15 minutes, stirring occasionally. Add parsley and green onions, cooking another 5 minutes. Best when made one day in advance. Serve warmed Etouffée over 1/3-cup cooked rice.

Exchanges: 2 meats, 1-1/2 breads, 1 fats

-Author Unknown-

Twass The Month After Christmas

'Twas the month after Christmas, and all through the house,
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste,
At the holiday parties, had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store, less a walk than a lumber.

I'd remember the marvelous meals I'd prepared,
The gravies and sauces and beef nicely rared.

The wine and the rum balls, the bread and the cheese,
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt,
And prepared once again to do battle with dirt.

I said to myself, as I only can,
"You can't spend a winter disguised as a man!"

So-away with the last of the sour cream dip,
Get rid of the fruitcake, every cracker and chip.

Every last bit of food that I like must be banished,
'Till all the additional ounces have vanished.

I won't have a cookie--not even a lick,
I'll want only to chew on a long celery stick.

I won't have hot biscuits or cornbread or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore,
But isn't that what January is for?

Unable to giggle, no longer a riot,
Happy New Year to all and to all a good diet!

Baked Squash Rockefeller

Serves 6

- 3 medium yellow squash
- 1 package (10 oz.) frozen low-fat creamed spinach
- 1/2 bunch green onions
- 1/4 cup finely chopped parsley
- 2 stalks celery, chopped
- 1 clove garlic, minced
- 1/4 cup light butter
- 1/4 cup Italian breadcrumbs
- hot pepper sauce to taste
- salt and pepper to taste

Preheat oven to 350°F. Cut squash in half lengthwise. Steam in 1/2-inch water, covered on stove or in microwave, until almost tender. Cool and scoop out the pulp, being careful not to break the shell. Cook spinach according to directions on package. In pan, sauté green onion, parsley, celery and garlic in butter until tender. Combine with spinach and remaining ingredients, mixing well. Stuff squash shells with the mixture. Bake for 20 minutes.

Exchanges: 1 vegetable, 1 fat

Mission Moments

Dropping Tracts in Their Tracts



Joanne Parker
Editor, *Missions Mosaic*
JParker@wmu.org

Susan rolled her eyes upward as she signaled her friend that the soup was absolutely wonderful! What a perfect lunch! The food was great, and so was the service. The server was deserving of a good tip, and Susan left an especially good one. Along with the extra money, Susan left a tract explaining how to have eternal life.

Exactly what is a tract? It is a small booklet or a card. It briefly explains the need for salvation and the plan God provided for our salvation. Usually, there is also a prayer provided on the tract for the person to pray who wants to become a Christian. Tracts can be a great way to leave the gospel with someone.

Let's take a look one more time at Susan in the restaurant. If she were like many Christians, she would have walked away and been pleased with her efforts. After all, hadn't her pastor reminded the people in her church that they weren't responsible for the decisions of others? They were only responsible for telling people about salvation. This tract did a perfect job, and she placed it right where the server would get it. Drop tracts in the tracks of everyone you see. It works, right? Not really.

Remember Philip and the way the Lord put him on the road to Gaza right at the time the Ethiopian eunuch was riding in his chariot. Remember that the man was reading Scripture, and Philip ran up to the chariot asking, "Do you understand what you are reading?" The man answered, "How can I, unless someone explains it to me?" After Philip explained the Scripture, the man became a believer and was baptized.

How many people has God put in your path who can't understand the tract you give them unless you explain it? Remember this the next time you want to drop tracts in their tracks.

Edna Ellison gives tips on how to use tracts in this month's issue of *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.

Broiled Bananas with Crème Fraîche

Serves 6

- Butter-flavored cooking spray
- 3 large ripe bananas, peeled, cut in half, then sliced in half lengthwise
- 1 tablespoon brown sugar
- 1 teaspoon rum extract mixed with 1 tablespoon water
- 1/4 teaspoon ground nutmeg

Preheat broiler. Coat a nonstick pan with cooking spray and place banana quarters flat side down. Sprinkle the bananas with the sugar, then drizzle the rum extract and water and then sprinkle with nutmeg. Broil until bananas begin to brown and are warm. Serve 2 quarters on a small plate and top with 1/2-cup of the Crème Fraîche (recipe below).

Exchanges: 1 fruit, 1/2 milk, 1/2 fat

Ultimate Strength

**To those who have not might,
He increases strength.**

Isaiah 40:28



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

This is the time of the year in which we traditionally assess the level of success we may or may not have experienced within the past year. As you reflect over the past year of your life, it is my prayer that you number among your successes, family, friends, and health. If one, two, or perhaps all three of these entities exist in your life, recognize that you are extremely blessed. While our nation and our families have suffered much within the last year, we remain both individually and collectively an extremely fortunate and blessed society.

As you consider your family and friends, I encourage you to continue devising ways for involving those you love into your healthy living regimen. Creating an environment for your family, in which healthy lifestyles are demonstrated, may make the difference between healthy children and unhealthy children. Involving friends in healthy activity can help build strong relationships, as well as strong healthy bodies.

To help you get started or continue with your healthy lifestyle plans, here are six ideas to consider. I hope you will incorporate them all.

Make health a priority.

The people you love and the things you love to do are important. Your level of health underlies your ability to

continue your work and to take care of those you love. Research reveals that regular physical activity helps prevent and/or postpone many debilitating chronic diseases, including heart disease, cancer, and depression.

Make time for physical activity.

Once your health is a priority, schedule in physical activity just as you schedule in other important tasks. As little as thirty minutes a day- even two fifteen-minute sessions can make all the difference. If you are new to exercise, consult your healthcare provider or a certified personal trainer.

Look for excuses to exercise.

Use a portion of your lunch hour for exercise. The truth is — a brisk walk is a better refresher than caffeine. Do things the hard way when possible, take the stairs or park as far away as possible from your destination as you can. Do your own household and yard chores instead of hiring them done! Learn a new sport. Invite friends to join you in your favorite activities.

Plan ahead for changes.

Use travel, holidays, work and school vacations to vary your routine and try something different. Most hotels provide fitness facilities and most relatives live in houses that have streets and sidewalks for walking! Use them and take your relatives along!

Try exercise “multitasking”.

Accomplish other goals while exercising. Have that talk with your teenager or catch up on each other's lives while taking a walk. Read a book or listen to tapes while walking or lifting weights. Add physical activity to company picnics or family outings.

Trade exercise duration for intensity.

If you are already very active, you can exercise more intensely for shorter duration when time is short. Research shows that short, intense workouts provide enough overload to improve, or at least maintain fitness. If you don't have the regular one-hour workout time, try 15 minutes of cardiovascular work and 10 minutes of resistance training and some stretching.

It's a great time to recreate - New goals that blend regular physical exercise with routine activities of daily living offer us and those we love new opportunities for healthy lifestyles.

Coming Events

September 20-21: First Place Conference

Hattiesburg, Mississippi

Details to come later!

October 10-17: First Place Fitness Week

Round Top Retreat, Round Top, Texas

Details to come later!