



# TRANSFORM YOUR LIFE WITH THE BIBLE'S WAY TO WEIGHT LOSS



## May 2004

**Matthew 6:33:**  
But seek first his kingdom and his righteousness, and all these things will be given to you as well.

### FIRST PLACE

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The *First Place E-Newsletter* is published monthly by First Place. Address all correspondence to First Place, 7401 Katy Freeway, Houston, TX 77024-2199.

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

Fax . . . . . (713) 688-7282

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National Director Carole Lewis

Associate Director Kay Smith

Leadership Training Director . . . . . Nancy Taylor

### Dear Friends,

Our theme for this month's E-Newsletter is success. I believe that one of the key indicators of a successful person is how quickly they have learned to begin again. Balance in every area of life is achieved through learning that mistakes and slip-ups do not make us failures unless we give up and refuse to start over.

Beginning again is a very real part of life that most of us resist with every fiber in our being. This past Christmas my husband, Johnny, was ill with a virus and unable to attend any of our family celebrations. I stayed home with him on Christmas Eve while the rest of our family opened gifts together at our daughter, Lisa's home. On Christmas day Johnny was better so I drove into Houston to have Christmas dinner with our family.

On the drive home, I stopped at a pharmacy to purchase some Gatorade for Johnny to keep him from dehydrating. This was the only store open in our area and was doing a brisk business on Christmas night. I purchased three different flavors of Gatorade and decided to push my cart to the car and unload the bottles there. I opened the car doors with my automatic door opener, placed the heavy bottles on the floor of the back seat, shut the door, got in my car and drove away. Upon arriving home and unloading my car, I realized that my purse had been left in the front section of the cart on the busy parking lot. We immediately called the store and asked them to check the parking lot for my purse, but it was gone.

Most women carry their lives in their purse and I am no different. The next week of vacation consisted of canceling credit cards, having my picture taken for a new driver's license, ordering new checks and purchasing a new electronic address book. Today, four months later, I am still missing items that were in that purse.

I believe this story clearly illustrates what beginning again feels like to most of us. We're going through life, when all of a sudden we are brought up short by an event that necessitates our starting over. Maybe our spouse leaves us for another person or we have lost our mate through death. We might have lost a great job after years with the same company. It could be a visit to our doctor reveals that our excess weight and sedentary lifestyle are going to lead to early death, or worse yet, a life lived in a wheelchair. We find ourselves facing a future full of health problems, knowing that we must begin again.

Beginning again is a very real part of life. It is my belief that the only difference between success and failure is that successful people learn some very important truths about how to begin again. They not only learn the truth, but their lives are set free by learning how to practice the truth and to incorporate these truths into their lifestyle. Those who succeed in life have simply learned how to begin again quicker than those



**Carole Lewis**  
National Director  
[Carole@firstplace.org](mailto:Carole@firstplace.org)

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# Carole Lewis

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who fail.

What is your greatest need today? Could the problem be helped by starting over?

Fresh starts are God's gift to His children. The First Place class I lead just completed our first week of a new session and all of us who started fresh had success. After just one week of doing the commitments of the First Place program we were back on track again. We lost

weight and had a wonderful week. Success is not found in any program. Success is found in the process of learning how to believe, trust and obey God. In the beginning we may need to begin again many times each day but remember, practice makes perfect. If you don't quit, you will succeed!

## Blessings to you, Carole Lewis

[Carole@firstplace.org](mailto:Carole@firstplace.org)

# Coming Events

## Area Leader Meetings

### May 8, 2004

9:00 a.m. - 12:00 noon  
Gospel Light Headquarters | Ventura, CA  
Contact: Lynne Foster at (310) 328-5030, x7112  
Email: [tfbce@pacbell.net](mailto:tfbce@pacbell.net)

### May 11, 2004

10AM- 12:00 PM  
First Baptist Church | Leavenworth, KS  
Contact: Joe Ann Winkler at (913)262-6173  
Email: [mjaw15@everestkc.net](mailto:mjaw15@everestkc.net)

## First Place Workshops

### May 1, 2004

Oakdale Emory United Methodist Church | Olney, Maryland  
Contact: Kathy Geehreg at (301)253-6437  
Email: [kegeehreg@aol.com](mailto:kegeehreg@aol.com)  
Guest Speaker: Beverly Henson

### May 15, 2004

**First Place Day of Wellness/Body & Soul Workshop**  
9:00 a.m. - 3:00 p.m.  
New Hope Baptist Church | Loveland, Ohio  
Cost: \$25 (includes a First Place lunch)  
Contact: Janet Kirkhart at (513)697-1863 or (937)444-1199  
Email: [Janet1stplace@hotmail.com](mailto:Janet1stplace@hotmail.com)  
Keynote Speaker: Vicki Heath

### May 29, 2004

**Australia-Wide Leaders Workshop**  
9:30 AM - 12:00 Noon  
Wollongong Church of Christ | Obriens Rd Figtree NSW2525  
Contact: Barbara Lukies at 0242718800  
Email: [barblukies@firsstplaceaustralia.com](mailto:barblukies@firsstplaceaustralia.com)

## Leadership Summit 2004

### July 29-31, 2004

Houston, Texas  
Keynote Speaker: Waylon Moore | Worship Leader: Eulalia King  
Plus Bible Conference w/Beth Moore  
Cost: \$75  
Contact: Nancy Taylor at 800-727-5223, Ext. 403  
Email: [ntaylor@firstplace.org](mailto:ntaylor@firstplace.org)  
To download a registration form, go to:  
[http://www.firstplace.org/image/Leadership\\_Summit.pdf](http://www.firstplace.org/image/Leadership_Summit.pdf)

## First Place Conference

### September 17-18, 2004

New Hope Baptist Church  
1041 Loveland-Maderia Road | Loveland, Ohio  
Contact: Janet Kirkhart at 513-697-1863  
Email: [janet1stplace@zoomtown.com](mailto:janet1stplace@zoomtown.com)

### REGISTRATION FEE:

\$50.00 Postmarked by August 20, 2004  
\$60.00 After August 20, 2004

### MAKE CHECKS PAYABLE TO:

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### SEND CHECK AND REGISTRATION FORM TO:

Janet Kirkhart  
C/O New Hope Baptist Church  
1041 Loveland-Maderia Road  
Loveland, OH 45140

## F.O.C.U.S Week 2004

*Focusing On Christ's Unlimited Strength*

### October 7-14, 2004

Round Top, Texas  
**\$625.00** (includes \$100 non-refundable deposit with registration)  
**\$675.00** w/airport shuttle  
(includes \$100 non-refundable deposit with registration)

Registration deadline and full payment is due September 10.  
Contact Lisa Lewis at 800-727-5223,  
ext. 407 or [llewis@firstplace.org](mailto:llewis@firstplace.org).



# Talkin' With Kay

*Dear First Place Friends,*



**Kay Smith**  
Associate Director  
*kays@bigcountry.net*

**Y**ears ago, I heard a well-known speaker in the field of alcohol and drug addiction explain his formula for success when dealing with any addiction. In his list of addictions he even mentioned food. This formula has become my theme for success in my First Place journey. I believe that if each First Place member will apply this formula to their personal First Place journey, success is guaranteed. Here is the 3-part plan for success in First Place:

**My part . . . . . The work  
God's part . . . . . The strength  
The part of others . . . . . Support**

This month we are going to take a look at "Our Part." The work I may need to do is purge my pantry of food that is not a good choice. Our first step in "Our part"—the work—is to make good decisions at the supermarket. We need to go with a plan and that plan needs to be titled "shopping for health."

Satan will try to tell us that First Place is all about denying ourselves. I beg to disagree. Just stand in the produce department of your supermarket and look around. You will not find any department with prettier colors and better tasting bargains than by what you are surrounded. Satan will say, "You can't buy a red bell pepper that costs \$1.50." Yet, in the past we thought nothing of grabbing a bag of candy that cost as much or more. We look at the personal size watermelon available year round that cost \$3.99 and pass it by, but we would have formerly grabbed a bag of chips that cost even more. Indulge yourself and your family in this department. Go ahead and throw in a couple of avocados. Not on sale? Who cares! They are still less expensive than the "butter," and you have just purchased a fat exchange that is good for your body. Plan to spend the majority of your time right here in the produce department.

The next step is finding whole grain products. I pointed out some good resources last month to help educate all First Place members on the importance of a "high fiber plan." I pray that you have taken the time to research and read more on this subject.

Many of you emailed assuring me that you are on the right track. One email was from Pat Smeallie of Cary, NC. She wrote that her family's favorite is the new Kellogg's All Bran, Bran Buds containing psyllium, which is helpful in reducing cholesterol. This cereal has only 70 calories per serving and a whopping 13 grams of fiber. She writes, "We sometimes combine it with another whole grain cereal if we tire of the taste of All Bran. It then counts two bread exchanges. It is a good energy start for the day, and keeps you satisfied." This is a great choice for those who have limited time in the morning.

Part of "Your work" is to plan for a good start. Please do not wait until you are getting dressed for work to plan your breakfast. You might even want to take time at your First Place meeting this week to write on your CR what you plan to eat for breakfast. Success begins with a "good start."

Speaking of a good start, I recently heard from Gail Ramesh about a problem she was having with breakfast in her home. Her husband, a First Place member goes to work early at a very active job, and the only thing he found that really held him over until lunch was a fast food steak, egg and cheese sandwich. She was concerned because the exchanges were way too expensive for this sandwich. She mentioned that mornings at their home was getting pretty ugly. I suggested she make a sandwich at home as close as possible to his choice. She came up with this plan: on Sunday night she makes a big frittata out of egg beaters with green and red peppers, onion, jalapenos, and any other tasty and hot spices she can find for him. "Once this is nice and fluffy and well done, I cut it in 4 quarters, put it on an English muffin and he reheats it at 4:30 each morning for breakfast. He writes them on his CR as "Gail McMuffins." This loving wife is also his First Place leader and adds in her email.... he's so cute!! I call that success!

Our next step is to choose some good lean meat choices beginning with fish. Try to plan several fish

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## Kay Smith

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meals this next week. Think about salmon or tuna, along with fresh fish. Again you may consider the cost of fish a little high, but when you consider the cost of one doctor visit healthy food choices might eliminate, you have just found a bargain. Consider, the expensive junk food choices that are not in your cart, and I believe you will understand you are not spending more money. You are now "shopping for success."

Your next stop might be in the dairy department. Check out the color of the skim milk. I found that some brands are not as "blue." The company added just a little more milk solids, which does not change how we count the milk, but it can sure result in a better taste. Check out the dairy yogurts. I usually go for the store brand that is less than 100 calories and tastes great. Talk about adding some power to your journey of success, you are standing in the midst of it. If you are having trouble consuming two milk servings a day because you do not like to drink milk or eat yogurt, try one of my favorite milkshakes. If Joe is home, I double this recipe because he is certainly going to want half of my shake.

Freeze 2 cups of skim milk in an ice tray and store in the freezer (my tray makes 14 milk cubes). Combine 1/2 cup skim milk, seven frozen milk cubes, a carton of peach dairy yogurt, 3/4 cup frozen peaches, or one peeled, sliced peach, and a packet of sweetener

(optional). You have a delicious milkshake that provides you with 2 milk exchanges.

Apply this type of thinking to each one of your nine commitments. If you focus on exercise, your first step might be to join an exercise class or buy a new pair of good walking shoes. Again, you may think this is too expensive, but consider the cost of medication and doctor visits. I pray you will choose to spend the money now as a means of preventive medicine.

Maybe you are not having a daily personal quiet time. "Your part - The work" may be to choose the time, designate a particular spot in your home and show up. Place your Bible, a pen, a prayer journal and Bible Study near that spot ahead of time.

As you think of the "work" that you need to begin, obstacles will appear, some that are beyond your power to overcome, and this is God's part. Tell Him about these challenges and expect a miracle. God's power has no limit. He wants to be involved in your success. So do the people who support you. Be honest about your challenges. Sharing the mountains that you plan to climb and have already climbed may be the very encouragement a fellow First Place member needs. The support you give other members may be even more important than the support you receive.

Claim the success that is guaranteed in First Place.

**May God Bless Each of You!**

**Kay Smith**

## First Place Mailbag

I have tried every diet available to no avail. When I stepped on the scales at the doctor's office in December 2003, I about flipped. I weighed 326 pounds, more than I ever weighed in my life. I started watching what I ate, and by the first of January I had lost 14 pounds, but was really struggling. I learned about Basic Training 101, a First Place online group for women who have a 100 pounds or more to lose, so I decided to give it a try. I also decided I needed to exercise, which I hate, so I joined Curves for Women. I really thought I could do that and asked a friend of mine to join as well.

I have always eaten when I am stressed and the first session proved to be extremely stressful. My mom's cancer returned and I went to spend a week with her. I did not do any food planning and just tried to watch what I ate, but did not lose any weight that week. I also did not exercise. Two weeks later, I was back at my mom's to help her after surgery, only this time I

planned. I went to the store and bought yogurt, cottage cheese, bran and fruit so I would have healthy choices. I also bought Weight Watchers meals for lunch. I planned to exercise at Curves and went 4 of the days I was there. It paid off as I lost two pounds that week.

In addition to this, Curves was running a contest to see who could lose the most pounds and inches combined in the month of March. The winner would receive \$100. I started a week late as I had been at my mom's the first week of March. I couldn't believe it at the end of the month when I was announced the winner. I had lost 10 pounds and 9.75 inches the month of March. To date I have lost 47 pounds. I still have a long way to go but I believe with God's help and the encouragement of my First Place online group, I will be victorious. I am learning that it is what I do most of the time that counts and that just because I make poor choices one day, I have not undone all my previous work. I thank God for First Place.

**Faye Sallee**





# Leadership Training

## Success: It's all about God!

**Nancy Taylor**

Leadership Training Director  
ntaylor@firstplace.org

**F**irst Place began over 20 years ago here at Houston's First Baptist Church and is still a thriving ministry that continues to help hundreds of people develop successful lifestyles that honor Christ. God has honored and prospered this ministry for His glory. Max Lucado's book, *It Is Not about Me*, explores how our success is not about our abilities, but about using what God gave us to bring attention and honor to His name, not ours! First Place is not successful so that Carole Lewis will be honored or that First Baptist Church will become famous, but so that God's name and power will be made known.

When God is trying to get my attention, He often brings a thought or truth to my mind over and over again through different sources. For example, on Wednesday when I was reading and studying my Bible, I came across the verse, "*For nothing will be impossible with God.*" Luke 1:37

I had read that verse before and heard it quoted many times, but for some reason that morning it really pierced my heart. Later that day, I received an email newsletter with the feature article entitled, "*Conquer Impossibility Syndrome*" with Luke 1:37 as the reference verse. If this wasn't enough to get my attention, the Lord had more to say! At lunch I received a gift and it was a bookmark with Matthew 19:26 engraved on it, "*With man this is impossible, but with God all things are possible.*"

I had to announce to God in an audible voice, "Okay, I get it! You are the God of the impossible!" It is God who does the impossible in the lives of our First Place members. It has nothing to do with their strength, or the leader's skills, but everything to do with His power and His name.

As I look over the spreadsheet that contains all the statistics of weight loss and attendance of our First Place classes this past session, I am amazed at God's power! Our classes lost a total of 536 pounds over the past 13 weeks, with an average weekly attendance of 83. Those numbers represent lives that have been influenced by God's Word and God's servants.

Numbers are not too exciting, but when you begin to explore the lives behind the numbers, you can't help but give praise and glory to God. *With God all things*

*are possible!*

As I sat at our First Place registration desk the first day of class, I was reminded once again that God does the impossible. Doug stepped up to the desk and wanted to make certain that he was signed up for the next session; as he talked to me, my mind flashed back to our first encounter. It was orientation and Doug came in quietly, head lowered with no sign of excitement and my heart immediately went out to him. Today, he seemed so different, so full of hope and life! He was determined to stay in First Place because of the success he had experienced last session. He went on to share with me that he had lost 58 pounds and was ready to press on to his goal, especially since his parents would be visiting him in a month. They had not seen him since he began losing weight. I spoke with his leader and she told me that Doug thrived on the encouragement and support of the group and was an inspiration to them all. *With God all things are possible!*

Yesterday, I received an email from one of our First Place leaders that she had sent to her class. It was such a testimony of God's power that I must share an excerpt with you.

**O**ver the past few weeks, the Lord has revealed to me that my house is in need of some serious cleaning - spiritual cleaning. There have been things that came into my house with one of my children that should not be here. My husband and I committed to cleaning the house this week. We removed the items we knew about. Then we read scripture in each room and prayed that anything in that room that should be removed would be revealed to us. Keep in mind that we thought that the problem lay solely with one of our children. It turned out that my husband threw out some CD's. And guess what turned up in the kitchen? The love of my rebellious heart, my Dr. Pepper. Even before my husband finished reading the scripture, I

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# Nancy Taylor *(Continued from Page 5)*

carried the case out to the car for my husband to take away.

God showed me my rebellious heart and ladies, it was not pretty. But He also showed me how free I could be if I would trust in Him. Since I took the Dr. Pepper out of my house, I've been free to follow all of the commitments, to enjoy pure water, fruits, vegetables and the good things God provides me. I've kept more commitments in the past two days than I've kept in months - and really with no more effort. Praise God! My heart rejoices to be free of its rebellion.

*Lea*

---

*With God all things are possible!*

Do you find yourself in an impossible situation? Do you feel you cannot lead because you cannot seem to lose the weight you have gained? Are there members in your class who are without hope and find themselves in hopeless situations? Guess what? *"What is impossible with men is possible with God."* Luke 18:27 Success is a God thing! Success is all about God, not about you or your member. He is the God of the impossible. Keep seeking Christ first and lead others to do the same and you will be leading them to success!

**Lead On!**  
**Nancy Taylor**

## Leadership Tip

### Spicing up your Spring/Summer Session

Recently, I realized that I needed to spice things up in my First Place class; do things a little different to energize my class members, and to get myself out of a leader rut. Sometimes we get so comfortable in doing the same things session after session that we lose our enthusiasm. This spring I decided to do a few things differently. Here are some of my plans:

**Class Syllabus:** I handed out a syllabus of the entire session on the first day of class. I used the session overview as my model and provided them with the class dates, topics of discussion, and assignments for the entire session. I printed it on bright pink paper to help them locate it easily and asked them to display it in a prominent spot, so that they would be aware of what was happening in First Place.

**Themes for Each Month:** May is exercise month or it could be called May Muscle Month. We will take a tour of our recreation facility, have a personal trainer instruct on how proper stretching and strength training exercises and have a time for fitness assessments. June will be June Jewel Month. The members will have an opportunity to share their gifts, talents, or interests with the class during our wellness spotlights all during the month of June. I have a sign up sheet and they list their

name and what they will be sharing. They may share their interest in gourmet cooking, meal planning, exercise, computers or any area that would relate in some way to finding balance in life. I want my members to realize that they are precious and have jewels or gifts to share with others.

**Picnic Celebration:** Our victory celebration will be a picnic theme. If we didn't live in Houston, the most humid place ever, we would have a picnic outdoors for our celebration. However, since we meet at noon each Tuesday, we will probably have an indoor picnic. Each person will bring a picnic type food, such as sandwich items, salads, and summer time desserts (First Place recipes, of course!). I thought of planning some activities that you would do at a picnic, such as tossing a Frisbee, wiffle ball (baseball with a plastic ball and bat), and hopscotch.

I hope these ideas have spurred your thinking on to even more creative ideas. If you have some ideas to share with other leaders please send them to me and I will share them in this newsletter or in the leader newsletter. Send them to [ntaylor@firstplace.org](mailto:ntaylor@firstplace.org) or mail them to First Place, Attn: Nancy Taylor, 7401 Katy Freeway, Houston, Texas 77024. I look forward to hearing from you!





## Bev's Footnotes

# If God Builds It, They Will Come

**F**or many years I have had a desire to plan an event dedicated totally to fitness. In December 2003, the Lord told me to bite the bullet and Press On! The wheels went into motion, and the weekend of April 17th in Meridian, Mississippi, the First Place program at Northcrest Baptist Church held its first Fitness Rally. It was a day orchestrated by God. The weather was picture perfect. The entire event was held outside at Bonita Lakes and 120 women and men from five states participated in this daylong event. God built it and they came.

Vicki Heath with Body and Soul Ministries was our special guest for the day. Vicki taught a First Place/ Body and Soul aerobics class lakeside. It was a sight to behold. There were those who had never done aerobics before the Rally and many people developed a new "can do" attitude about aerobics.

I taught a class called "Walking and Exercising With Much to Lose." I worked with them and we then went for a half-mile walk. There was a lady walking with us that began to cry. She was about my same weight when I started walking. She said she couldn't believe that she was really walking. She had been trying to make herself get up and walk and just couldn't do it. She came to our Rally so I would get her up and walk. She told me she thought she couldn't do it, but she now knew that she could. She was one of the new "can do" attitudes God put into hearts at the Rally.

One of the highlights of the day was kayaking. I brought ten brand new kayaks to the lake for the people to give paddling a try. I heard people saying, "I'm not going to do that; I will flip over. There is no way." The next thing I knew, all 10 boats were out on the lake.

People found out while paddling that you could get a great workout and have fun at the same time. From 9:00 a.m. until 3:00 p.m. my kayaks were constantly in use. Everyone that wanted to paddle got an opportunity to try it.

Vicki Heath taught a class on making the transition from walking to running. I heard many comments from those in the class who couldn't believe they really could run or jog.

We had a Personal Trainer from the local fitness center to come and work an hour on strength training and how to use weights properly. Aimee Skipper and Holly Johnston took a willing group for a three-mile walk on Cardiac Hill. Teresa Mackey and Patricia Gamblin took a group up into the woods for a walk on the trails.

We had many fabulous door prizes to give away. Darla

**Beverly Henson**  
Certified Personal Trainer  
*Bevh1952@bellsouth.net*



Guy won the treadmill that was generously donated. The Grand Prize was an all-expense paid trip to First Place F.O.C.U.S. WEEK at Round Top, TX. Teresa Mackey, who had been praying without ceasing that she would win that prize, won it.

To sum the day up, our God is an AWESOME God. His people were truly blessed. The Rally met their needs and motivated God's people to move not only for weight loss but also for Him, and to get into Kingdom condition. I would like to share an email I received from a sweet lady in Louisiana. This pretty well sums up the day.

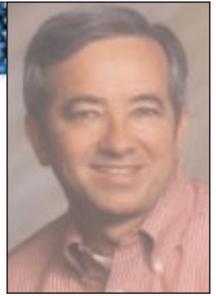
Bev,

No words could adequately describe the wonderful blessings I received today at the Fitness Rally. It was more than I could have ever hoped or believed for. But then again, God's word tells us that He will do abundantly more than all we ask or imagine, so I guess I shouldn't be surprised.

Thank you so much for following the leading of the Holy Spirit and stepping out on faith and organizing the rally. God will bless you abundantly for your faithfulness. You are such a blessing to everyone who's life you touch.

I know that if someone would have told me that I would have "loved" kayaking (can't even spell it, but love it...lol), and then I would have probably told them they were out of their mind. But I tell you, I loved it. It is all my sister and I could talk about all the way home. So much that I've told my kids we need to save up and invest in some, and every lake we passed on the way home we'd look at and say...hmmm, i bet you could kayak there.

**God Bless & Keep You!**  
**Bev Henson**



## Choosing The Path to Success

**W**hen I lived in Houston for several years, as part of my job I traveled the same roads on a weekly schedule to the world's largest medical center. There were times when I would be talking on the telephone, listening to a radio program, battling the legendary traffic or thinking about an upcoming appointment, that I would unthinkingly be driving on the "hospital roads" when I had a meeting in a very different part of town. As I would 'awaken' to my driving, it would be clear that I was on the wrong highway and would wonder how I could have ended up so far from my destination. They were good roads that led to good destinations, but just not where I needed to be at the time.

At the university where I work, students often wonder what their 'life plan' is to be.

- **Major?**
- **Career?**
- **Relationships?**
- **Location?**

Never has there been a time when a student has made decisions that will impact the rest of their lives like those while in college. What if the wrong path is taken? What if they end up in the wrong city, state or even country? What if it is the wrong relationship, job, or.....?

These are some of the same questions and fears that many of God's people have at any age or station in life.

God has a plan but that does not mean we will always know specifically what every detail will look like. This is a walk of faith but for people of faith we have a great guide. Even with God as our guide, that does not mean that we will know what the end looks like; but we know that the One who leads us does know.

*"Let your eyes look directly ahead, and let your gaze be fixed straight in front of you. Watch the path of your feet, and all your ways will be established."*

Proverbs 4:25-26 NAS

How is it possible to have "established feet"?

To be certain, the choices being made now are going to lead where you want to be in 20 years?

- Remember, the destination has less to do with a place than a "being." The person "we become" is of far more importance than "what we do." Making choices that increase our character will keep more doors of opportunity open than any other choice we make.
- Key choices can move us in directions that will impact success. Things that can help make those choices to be wise:

**1** Seek wise counsel. There are people in our lives who have insights that could give us direction is dealing

### Dr. Bill Heston

University Chaplain,  
Howard Payne University  
Brownwood, Texas  
[Bheston@hputx.edu](mailto:Bheston@hputx.edu)

Dr. William Heston was minister of pastoral care at Houston's First Baptist Church; clinical member of the American Association for Marriage and Family Therapy, and a marriage therapist licensed by the state of TX. He has also led seminars at First Place Conferences."

with specific choices. They may have career expertise, spiritual insights, and relational perspectives from life experience or professional training.

**2** Examine the choice potential. What are your gifts and aptitudes? Is this something that excites you and that you think about frequently? Is this choice one that has long term potential to add to your life goals?

**3** Most key life choices do not have to be made overnight. Take time to reflect, pray for guidance and if the decision seems strong and right in one moment, it will be strong and right after a period of confirmation.

**4** What would it take for you to succeed if you made this choice? A change of lifestyle [moral/spiritual/physical changes], additional training, a focused commitment or an added discipline?

**5** When the above steps have been taken, then follow the light that has been shed by this process as far as it will take you. The door to this opportunity may close and you would have no choice to make. You may no longer have the confidence you once had and the process may need to be reworked for new insights, OR it may lead to a life-changing possibility.

We do not have the privilege to know the future or that every turn we make will lead us to the desired destination, but we do know that God will honor our heart and our faithfulness.

Sometimes we end in places we did not want to be, but we may have:

- **Made bad choices**
- **Been too distracted to realize where we were headed was the wrong way**
- **Or we just didn't know where we were going in the first place.**

There are orderly steps that we can take that will help us look directly ahead and establish our ways! Success is finding God's path and staying on track.

First Place offers support, light and resources for the journey.

## Bill Heston



# Hints & Pinches

## Weight Loss Success and Health Benefits of Soy



**Scott Wilson**

First Place Food Consultant  
firstplacechef@hotmail.com

**T**he month of April was National Soy Month and it was hard to open a newspaper or magazine and not read about the numerous studies shouting the benefits of soy.

Over the past 10 years, research on soy has led a shift in focus from just lowering cholesterol to success in weight loss, and added benefits in both bone health and menopausal health. This is a trifecta for women looking for success in their "Live-it" program on First Place.

How does soy work? Based on what we know today, the soy isoflavone genistein has been shown to inhibit fatty acid synthesis and enhance fat breakdown in the fat cells of obese rats. Studies dealing with obesity using these rats show that diets containing soy protein isolate may decrease body fat. Be advised that the data for soy protein's role in weight loss is limited, but that the known health benefits of this popular bean make it a good source of lean protein, especially when you are watching your weight.

**Success** in another benefit that continues to grow is the role that soy isoflavones play in bone health due to the estrogen-like effects of these phytoestrogens. A recent double blind randomized trial was conducted on over 200 postmenopausal women ages 48-62. They were each given a placebo, 40 mg dose of isoflavones or an 80 mg dose of isoflavone (the amount found in about 3 cups of soymilk). All of the women also received calcium and vitamin D. The study found that the women that consumed the higher dose of isoflavones experienced a statistically significant increase in hipbone mineral content.

**Success** has also been the case for women looking for alternatives to hormone replacement therapy—particularly in relieving hot flashes associated in menopause. The available data justify the recommendations that women with frequent hot flashes should consider foods that contain isoflavone supplements for the alleviation of their symptoms.

A great deal of research is still being conducted, but over the past decade research has shown that there is potential for the role of soy in reducing the risk of certain chronic diseases. Healthy adults should strive to consume 15-20 grams of soy protein per day. This will provide the recommended 60-80 mg of isoflavones for optimal health and well-being.

First Place has recently teamed up with Revival Soy,

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.

[www.revivalsoy.com](http://www.revivalsoy.com). Check out their website for more information about soy and their wonderful products. I particularly liked some of the meal replacement bars and the pastas.

**Sources:** *Soy and Weight Management* by J.W. Anderson and *Provisional Recommended Soy Protein and Isoflavone Intakes for Healthy Adults* by Mark Messina, PhD.

## Scott Wilson

### A Week's Worth of Soy for the Whole Family

**SUNDAY:** Substitute plain or vanilla soy milk in pancakes or waffles.

**MONDAY:** Bake a quick bread for dinner, substituting 1/4 cup of soy flour for 1/4 cup of all purpose flour. Try it tonight with cornbread.

**TUESDAY:** Substitute roasted soy butter for peanut butter in sandwiches. According to kids, it tastes just as good.

**WEDNESDAY:** Create an after-school or post-workout fruit shake using silken tofu instead of yogurt or milk, or the sugar free Revival Soy smoothie packs). For 3 or 4 servings, whirl 10 ounces tofu, 1 medium banana, 1 cup orange juice, 1 cup pineapple juice and 1 pint of fresh strawberries in the food processor.

**THURSDAY:** Substitute pureed tofu or soy milk for milk in mashed potatoes and pudding mixes, and for oil in salad dressings.

**FRIDAY:** Planning on company? Use pureed tofu instead of sour cream for the pre-dinner dip. Serve with fresh vegetables and fat-free chips for dipping.

**SATURDAY:** Make a trail mix to take along on the all-day outing. Mix equal amounts of raisins, chocolate chips, roasted soy nuts, ready-to-eat cereal, and sunflower seeds, and store in zip-lock baggies for waterproof storage.





# Soy Recipes

## Delicious Deli Veggie Sandwich

Serves 1

- 1 piece Wheat pita pocket bread
- 4 slices Veggie deli slices (Lightlife or Yves) flavors are ham, bologna, turkey, and pepperoni
- 1/4 cup Peeled, sliced cucumbers
- 1/4 cup Diced tomatoes
- Lettuce (and/or any other veggies you want)
- 1 tsp Reduced fat mayonnaise

Spread mayo on bread. Add sliced veggies and deli slices. Close bread and eat.

**Exchanges: 2 meats, 2 breads, 1/2 vegetable**

## Shepherd's Pie

Serves 6

- 1 tsp Olive oil
- 1 pkg (12-oz) Yves Ground Round or Boca Crumbles
- 2 Large carrots, grated (1-1/2 cup)
- 1 Medium onion, chopped (1 fi -cup)
- 1/2 tsp Rosemary, crumbled
- 1/2 tsp salt
- 1 Tbl Worcestershire sauce
- 1 cup Cream-style corn
- 6 Small potatoes boiled and mashed with 1/2 teaspoon salt (about 3 cups)

Sauté onion and grated carrot about 5 min over medium heat, add veggie ground round and heat an additional 2 minutes. Add rosemary and Worcestershire and mix well. Put mixture in casserole dish and top with corn and then potatoes. Bake at 350 about 30 min. Variations: Add garlic to mashed potatoes and sprinkle extra rosemary on top.

**Exchanges: 2 meats, 1-1/2 breads, 1/2 vegetable**

## "Beefy" Veggie Stir-fry

Serves 4

- 4 (3-ounce) Vegetarian "Burgers" cut into strips
- 4 cups Frozen, Chinese vegetables, thawed
- 2 tsp Olive oil
- 2 tbl Teriyaki baste and glaze mixed with 2 teaspoons water
- 2 cups Prepared brown rice

Heat oil in a large skillet over medium heat. Sauté vegetables until crisp tender. Add "burger" strips and sauté an additional 2 minutes. Coat with teriyaki mixture until heated throughout. Divide mixture evenly onto 4 plates with 1/2 cup rice each.

**Exchanges: 2 meats, 2 breads, 1+vegetable, 1/2 fat**





# F.O.C.U.S. Week

*... Focusing on Christ's Unlimited Strength*

## October 7-14, 2004

### Round Top Retreat ❖ Round Top, Texas



**Round Top Retreat.** . .in beautiful Round Top, Texas, is a beautiful Victorian-style retreat center located "Deep in the Heart of Texas." It is operated by the Goad family, who began this ministry on a full-time basis in 1984, to provide a home environment with all the charm of a country setting, where people can share God's Word.



**LIMITED TO FIRST 60 REGISTRATIONS!**

### \$625<sup>00</sup>

*(includes \$100 non-refundable deposit with registration)*

**(Registration Form on next page)**

### \$675<sup>00</sup> Includes Airport Shuttle

*(includes \$100 non-refundable deposit with registration)*

**Registration Deadline and Full Payment  
Due September 10, 2004**

**Refund Policy** -- If First Place cancels F.O.C.U.S. Week, a full refund will be given. All other requests for refunds must be received in writing by September 10, 2004. Upon receipt of request, the refund will be granted, minus the \$100 non-refundable deposit.

**No refund given after September 10, 2004.**

### F.O.C.U.S. WEEK INCLUDES:

- ❖ Nutrition Information
- ❖ Complete Fitness Testing
- ❖ Inspirational speakers
- ❖ Rest and Relaxation
- ❖ Daily Exercise
- ❖ First Place Meals

Contact Lisa Lewis at  
800-727-5223, Ext. 407  
or [llewis@firstplace.org](mailto:llewis@firstplace.org)

**MARK YOUR CALENDARS AND MAKE YOUR RESERVATIONS TODAY!**





# F.O.C.U.S. WEEK

Limited to First 60 Registrations

## October 7-14, 2004

### Round Top Retreat ❖ Round Top, Texas

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_

Country: \_\_\_\_\_

Zip/Postal Code: \_\_\_\_\_

Day Phone Number: \_\_\_\_\_

Fax Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Church: \_\_\_\_\_

Number in Your Group \_\_\_\_\_

Please list the names of the people with whom you would like to room (minimum of two people to a room):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### ADDITIONAL INFORMATION:

Airport Shuttle from Bush Intercontinental Airport:

No  Yes Please book your flight to arrive at Bush Intercontinental Airport by 1:00 p.m.

Name of Airline: \_\_\_\_\_

Flight #: \_\_\_\_\_

Time of Arrival: \_\_\_\_\_

### TOTAL COST:

# \$625<sup>00</sup>

*(includes \$100 non-refundable deposit with registration)*

# \$675<sup>00</sup>

Includes Airport Shuttle

*(includes \$100 non-refundable deposit with registration)*

### TYPE OF CARD:

- Master Card
- Visa
- Discover
- American

Express

Card #: \_\_\_\_\_

Expires: \_\_\_\_\_

Name as appears on card: \_\_\_\_\_

Make checks payable to:

**First Place**

Return completed registration form with \$100 non-refundable deposit to:

### FIRST PLACE

7401 Katy Freeway, Suite 337

Houston, Texas 77024-2199

or Fax: 713-688-7282

**Registration Deadline: September 10, 2004**

**Full Payment Due: September 10, 2004**

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