



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



## January 2005

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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..... Kay Smith

Leadership Training  
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Newsletter Sheila Robbins

### A New Creation

**Ephesians 2:10:** *“For we are God’s workmanship,  
created in Christ Jesus to do good works, which God  
prepared in advance for us to do.”*



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

*Dear Friends,*

Just love being around creative people. My Mom and my daughter, Shari, were extremely creative, but somehow the creative gene skipped right over me. Mom was forever sewing a new creation for me to wear during my school years. If I had a party to attend on Friday night, I would get home from school to find that she had made a new dress for me to wear. My Mom used a pattern as a suggestion, not a guide. She might use several different patterns to create one dress.

Shari was also creative when it came to sewing, but her creative talents stretched way beyond the sewing machine. Shari created beautiful centerpieces for all of our First Place events held in Houston and we all marveled that she did it with such ease. Shari and Jeff moved often to different homes, and we always suspected that each move was because Shari needed a new decorating challenge. Creative people make life special for those of us who are not gifted with creativity.

A person, no matter how creative, can never measure up to the creativity of our God. When God created you and me, He knew before we ever took our first breath who and what we would become. He knew when we would walk, talk, and when we would invite Jesus into our heart. He knew every sin we would ever commit and how He would use our faults and failings to make us into the creation He had in mind from the beginning of time.

When men and women lose weight in First Place, their physical bodies take on the look of a brand new creation, because the weight loss is usually accompanied by new clothes and a new look. The tragedy of weight loss programs that don’t deal with the total person is that the new look on the outside will never last unless some new patterns are created on the inside, as well.

The spiritual components of First Place, such as Scripture reading,





Bible study, Scripture memory, and prayer are the tools God uses to do a total makeover on His children. When these spiritual disciplines become an ingrained part of our lives, then God begins the work of permanent change on the outside. Many who join a First Place class want the outside changes before the inside changes have had time to take root and grow.

As we begin this New Year, my prayer for each of us is that we will:

- 1 Believe God is able to make us into a new creation.**  
Matthew 21:22 *"If you believe you will receive whatever you ask for in prayer."*
- 2 Trust God to do the necessary work in His way, not our way.**  
Psalm 9:10 *"Those who know your name will trust in you for you Lord have never forsaken those who seek you."*
- 3 Obey God each day as He shows us His will.**  
John 14:21 *"Whoever has my commands and obeys them, He is the one who loves me and He who loves me will be loved by my Father and I too will love him and show myself to Him."*

As we believe, trust, and obey God we will begin to see what His new creation will look like, and we will be thrilled with what we see.

**Blessings to you,  
Carole Lewis**

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

*Note:*

First Place Bible study #12, A New Creation, is now available. You can purchase all your First Place materials from us at a 20% discount by calling Kay Smith at 1-800-846-1179, or emailing [kays@bigcountry.net](mailto:kays@bigcountry.net). Information and order form are included in this newsletter.



*Don't Quit First Place!*

When dieting gets hard, as it sometimes will,  
When the calorie counting is all up hill,  
When the heart hopes low—but the scales read high,  
And you want to smile, but can't help but cry,  
When doubt is getting you down a bit,  
Eat, if you must—but don't you quit!

Life is tough counting breads and fat,  
Eat a little of this—but NONE of that!  
And many a person turns about  
When they would have won if they'd stuck it out;  
Don't give up, though weight loss seems slow—  
Try ONE more week—just give it a go!

Often the goal is nearer than  
It seems to a faint and hungry man (or woman),  
Often the dieters just give up  
When they might have captured the victor's cup.  
And they learn too late, when their hopes are down,  
How close they were to that weight-loss crown.

Success is failure turned inside out—  
Hope and pray; don't give in to doubt—  
You're really much closer than you think you are,  
The goal is near, though it seems so far;  
So exercise when you want to sit—  
Stick to FIRST PLACE and don't ever quit!

—Sylvia Johnson  
(Based on DON'T QUIT, author unknown)





# Talkin' With Kay

## A New Creation!

*Dear First Place Friends,*



Dr. Couey, a professor at Baylor University, has spoken at First Place Conferences for many years. He has spent his life studying the human cells that make up the human body. He often says, "If you want to see God, look in my microscope." He loves to refer to the human body as "God's Greatest Creation." The Bible tells us that after each creation God stood back and said, "It is good," but after he created man he said, "It is very good." Dr. Couey loves to remind us that God doesn't make "junk," but that many of us have made junk out of God's greatest creation. First Place is the tool that taught me to respect this body as a temple. I had formerly done a really poor job of maintaining the temple God had given me. First Place gave me back the "hope" that each day is an opportunity to rebuild and maintain God's temple.

January is a great time of the year to recommit to doing our part. I love learning new information about weight loss reinforcing that the hard work we do in First Place is essential to our total health.

Researchers have learned that fat cells are more than an extra layer of padding or insulation. A fat cell is an endocrine organ-just like the thyroid, pancreas, or adrenal gland-that sends signals to influence how the body works. Dr. Cris Slentz of Duke University explains that when we eat more calories than we burn, the body converts most of the excess to fat. For example, leptin is produced by fat cells, which signals the brain to boost or curb appetite. Adiponectin, a good hormone, is secreted by fat cells, but the more fat you have, the less of this hormone is secreted. Fat cells release proteins that can cause low levels of inflammation throughout the body. Inflammation can rupture the plaques that clog arteries, leading to a heart attack or stroke.

If we continue to consume more calories than

**Kay Smith**  
Associate Director  
[kays@bigcountry.net](mailto:kays@bigcountry.net)



we burn after all of our fat cells are stuffed to the brim, then the body (even as an adult) can make more fat cells. For some, even the new fat cells aren't enough to store the excess fat. So, it starts going places that it should not go, like the liver, muscles, and sometimes even the pancreas. Obesity expert, Samuel Klein of Washington University, warns that for most people, the more fat we store in muscles, the liver, and the heart, the more abnormalities we see in those organs.

Researchers agree that overweight Americans need to lose weight, but they emphasize that how you lose the weight is important. Klein did research using liposuction, and discovered that if you lose fat by liposuction, its only benefit is cosmetic. Restricting calories was not as important as building your diet around vegetables, seafood, poultry, low-fat dairy foods, beans, and whole grains, plus some oils, nuts, and other unsaturated fats. Following the First Place Live-It will not only help you meet weight loss goals, but it is also going to improve overall health.

Some really good news to remember is that recent research has proven that even a ten-pound weight loss can have important health benefits. These facts about fat cells are just one example of the health benefits that our efforts to choose healthy food and exercise produce. Ten pounds is achievable for each First Place member this January.

I join the psalmist this new year (Psalm 139:13-14) praising God for his greatest creation. I ask God for his strength, enabling me to do my part this January to reap the benefits of a new creation.

**May God Bless Each of You in a Special Way this Month!**

**Kay Smith**



# Coming Events

## First Place Area Leaders Meetings

### January 8, 2005

First Southern Baptist of Overland Park  
8600 W. 91 Terrace | Overland Park KS 66212  
9:30 AM - NOON (Lunch will be served)  
Contact: Joe Ann Winkler, Email: [luvfp@kc.rr.com](mailto:luvfp@kc.rr.com)  
Phone: 816-695-6929. Please RSVP

### January 22, 2005

9:30 a.m. - 3:00 p.m.  
Oakdale Emory United Methodist Church | Olney, MD  
We will be having a meeting with a First Place "potluck foods" luncheon and Body and Soul Session featuring the new strength training video. Everyone is asked to bring a casserole or salad. Dessert will be provided.  
Contact: Kathy Geehrehng, Phone: (301)253-6437 or Email: [kegeehrehng@aol.com](mailto:kegeehrehng@aol.com)  
Directions on the church website [www.oeumc.org](http://www.oeumc.org).

### January 22, 2005

10:00 A.M. - 2:00 P.M. - Leader Meeting  
2:30 -4:00 P.M. - Training  
New Hope Baptist Church | Loveland, OH  
Brunch will be provided.  
Contact: Janet Kirkhart, Phone: (513)697-1863  
Email: [janet1stplace@hotmail.com](mailto:janet1stplace@hotmail.com)

### January 29, 2005

9:30 a.m. - 11:30 a.m.  
Fairview Loop Baptist Church | Wasilla, Alaska  
Contact: Judy Reeder, Phone: (907)376-9759 or  
Email: [r8grand@gci.net](mailto:r8grand@gci.net)

## First Place Workshops

### January 15, 2005

8:30 - Noon  
Houston's First Baptist Church | Houston, TX  
Contact: Nancy Taylor, Email: [ntaylor@firstplace.org](mailto:ntaylor@firstplace.org)  
Phone: (800)727-5223  
Download the registration form online.

### January 15, 2005

8:00 AM -3:00 PM  
First Baptist Church | Family Life Center | Jennings, LA  
Contact: Phyllis Prejean, Phone: (337)824-3271  
Contact: Ann Bailey, Email: [vabailey@charter.net](mailto:vabailey@charter.net)  
\$10 registration (includes meal and t-shirt for those registered before December 30, 2004). Pre-registration requested.  
Speaker: Beverly Henson and Fitness Team

### February 19, 2005

8:30 AM - 2:00 PM  
Southeast Baptist Church | San Antonio, TX  
\$25 registration fee (Includes lunch)

Contact: June Chapko, Email: [chapkoJ@aol.com](mailto:chapkoJ@aol.com) or  
Phone: (210)359-8493  
Special Speaker: Carole Lewis, Director of First Place

### February 25-26, 2005

Christian Life Fellowship | Baton Rouge, LA  
Contact: Beth Serpas, Email: [Ekserpas@aol.com](mailto:Ekserpas@aol.com)  
Phone: (225)767-5554  
Special Speakers: Beverly Henson and Kay Smith  
Download the registration form online.

### March 19, 2005

8:30 AM - 12:00 Noon  
Faith Community Bible Church | Bremerton, WA.  
Contact: Jean Wall, Phone: (360)782-2284  
Email: [jean.wall@comcast.net](mailto:jean.wall@comcast.net)

## First Place Rally

### January 15, 2005

8:00 AM -3:00 PM  
First Baptist Church | Family Life Center | Jennings, LA  
Contact: Phyllis Prejean, Phone: (337)824-3271  
Contact: Ann Bailey, Email: [vabailey@charter.net](mailto:vabailey@charter.net)  
\$10 registration (includes meal and t-shirt for those registered before December 30, 2004). Pre-registration requested.  
Special Guests: Beverly Henson and Fitness Team

### January 29, 2005

6:00 PM  
Liberty Harbor | Munford, Tennessee  
Contact: Stephanie Rhodes, Phone: (901)840-4609  
Email: [FreedomFirst4609@aol.com](mailto:FreedomFirst4609@aol.com)  
Special Guest Speaker: Beverly Henson

### February 25-26

Christian Life Fellowship | Baton Rouge, LA  
Contact: Beth Serpas, Email: [Ekserpas@aol.com](mailto:Ekserpas@aol.com)  
Phone: (225)767-5554  
Special Guest Speakers: Beverly Henson and Kay Smith

## First Place Conference

### April 1-2, 2005

Franklin Avenue Baptist Church  
2515 Franklin Avenue | New Orleans, LA 70117  
Go to the First Place website for registration form and additional information: <http://www.firstplace.org/conferences.html>

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

*Focusing on Christ's Unlimited Strength*

### October 6-13, 2005

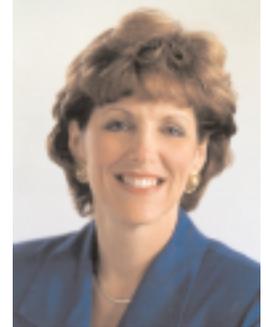
Round Top Retreat | Round Top, Texas  
Mark your calendars. More information to come later.





# Leadership Training

## New Creation: Some Assembly Required!



**Nancy Taylor**  
Leadership Training Director  
[ntaylor@firstplace.org](mailto:ntaylor@firstplace.org)

**H**ave you ever had “one of those days?” You know the kind I am talking about- nothing seems to come easy and you are faced with one challenge after another. This past Saturday was “one of those days” for me. It had been two weeks since I had cleaned my house, and I scheduled the entire day for dusting, vacuuming, and cleaning bathrooms, and getting some holiday decorating done. An hour into my “schedule,” I began the task of vacuuming, in hopes of removing all the black dog hair that had accumulated. As I was vacuuming, I noticed that the hair was only being redistributed throughout the living room. Soon, it became evident that the vacuum cleaner had seen its last day of work! I made a quick phone call to my husband, who was running some errands for me, and let him know the bad news. He said he would buy a new vacuum cleaner and be home as soon as he could. About an hour later, my husband appeared with a new vacuum cleaner, unassembled, of course!

I waded through the ambiguous assembly instructions with anxious anticipation of my new creation! In my rush to put the machine together, I found myself pushing when I was supposed to be pulling, and shoving instead of sliding. Then I realized that if I not only looked at the pictures, but read the instructions, the assembly actually went rather smoothly! Finally, I was able to vacuum my carpet with great efficiency, even though I was now about two hours behind schedule!

January marks the beginning of a new First Place session with new members. Leaders make their plans and schedule their activities for the session in anticipation that everything will go smoothly! Wait a minute! Hold the phone! Things do not go smoothly; you can count on

that! Each member is a new creation that is delivered to your First Place class, with some assembly required! In other words, each member requires special care and attention throughout the session. When you make your plans, take into consideration the new member and their needs. Here are some assembly instructions that will help your new session go a little smoother:

- Take advantage of all the resources in your Group Starter Kit. Carefully read through the Leader Guide, noting the weekly lesson plans and the leadership principles. If you have been unable to attend a workshop or conference, make full use of the Leadership Training DVD, which will offer you creative ideas and problem solving tips.
- Subscribe to the email newsletter and the leader email newsletter. These will be a lifeline for you as the leader of a classroom of new creations! Encourage your class to subscribe to the email newsletter, as well.
- Make copies of the Member Survey and have the members fill this out on the first day of the session. This will give you a snapshot into the life of your members and enable you to minister to their individual needs.
- Pray for each member, specifically, using scripture. Pray for wisdom and understanding into their needs. The Word tells us in James that if we lack wisdom, we are to ask God and He will give it to us in abundance.
- Major on the basics. New members must have a good foundation if they are to continue in





# Nancy Taylor

*(Continued from previous page)*

the program. Communicating the importance and practicality of following the Nine Commitments is essential to laying that firm foundation. Review some aspect of the food plan weekly. Give them tips on how to effectively memorize scripture. While evaluating their CR, encourage them in the areas that need improvement, while praising them for any progress they have made.

- Make contact with area leaders through an area leader meeting, workshop, or through the community page of the First Place website. This will give you encouragement, support and the resources needed to maintain an effective First Place ministry.

Something I learned Saturday, or shall I say re-learned, is that I must stop and get full instruction before assembling something, instead of rushing through the process in an attempt to meet a time schedule. This lesson can be applied to new First Place members. Take the time to get to know your members and seek to learn more about First Place leadership, so that you can lead these new creations to a more complete life. This lesson is summed up in the First Place leadership verse, Colossians 1:28, *“And we proclaim Him, admonishing every man and teaching every man with all wisdom, that we may present every man complete in Christ.”* As you greet the new members in this new First Place session, remember that some assembly is required!

## Lead On! Nancy Taylor

# Leadership Tip

This year I am inviting leaders to send in leadership tips to me at [ntaylor@firstplace.org](mailto:ntaylor@firstplace.org) and I will post them in this spot each month. When you send in your leadership tip, include your name, the church where you lead and the city and state where you are located. Here are some leadership tip suggestions:

- Games or Activities
- Encouragement ideas
- Organizational tips
- How to teach “Reading Food Labels.”
- Publicity ideas
- Holiday and Special Day activities
- Victory Celebration themes
- Share a link to your group’s First Place website

Also, if you have pictures of your group participating in an activity, I would love to include them, as well. I look forward to receiving your tips, ideas, and pictures over the coming year! You can do things that I cannot do. I can do some things that you cannot. Together, with God, we can do some pretty amazing things! Here’s to amazing things in 2005!

Love,  
Nancy





# Bev's Footnotes

## A New Day and A New Way!



**Beverly Henson**  
Certified Personal Trainer  
[Bevh1952@comcast.net](mailto:Bevh1952@comcast.net)

*Zechariah 4:10 Who hath despised the day of small things? For they will rejoice when they see.*

**A**s I was working out yesterday, I saw three Canadian Geese lying under a bush. I thought to myself that in only a couple of months, I will begin seeing new baby geese in the lake. Each year, as I daily watch the process of the new little yellow down geese babies being hatched, those cute little down creations begin to grow and transform into the beautiful Canadian Geese they were born to be. The odd thing I observed: there is a point in their growing process that they are actually very gangly and ugly, not very "goose looking" at all. Then shortly thereafter, they actually begin to look like the geese God intended them to be.

The smoothest tactic the enemy uses on us, as we go through the process of becoming a new creation in Him, is to try and rush the process by skipping necessary steps. We begin to despise the small steps it takes to get to our goals. As we press on, there even comes a time in the process that we may appear to ourselves gangly and ugly like those baby geese. Alas, we emerge, and begin to look and feel like the person God intended all along for us to be. Becoming a new creation in the Lord is just the starting point of our journey to transformation. We have just hatched and are ready to grow in a new environment

The very best personal trainer any of us could have is our Creator and Father in Heaven. He knows our body right down to the smallest atom. He is very interested in our progress and our exercise program as we are transformed into a new creation.

2005 is here and we are all in the "start over" mode. Most of us have good intentions of starting over with the same exercise and food thoughts we had this time last year. God would like to start

you over with new thoughts and motives. It is time to come to terms with the fact that in Christ Jesus, you are for sure a new creation. You are a new creature with new thoughts of reaching and exceeding your goals and expectations for health and fitness this year. It is now time to walk through the process one small step at a time.

Despise not the day of small things. Get your mind in gear for thinking like one of God's new creations. Think New! Act New! Do New! The old things are passed away!

God is doing a new thing with you this year! Time to come alive in 2005! A prayer for you to begin the 2005 New Year as a new creation:

Father, Here I am back at "square one" again!  
Oh Father! Help to know where YOU want me to begin.  
Hold my hand tightly, as YOU teach me to enjoy playing in the shallow water before I graduate to the deep.  
Teach me, Father, to enjoy the entire re-creating process, as You and I walk step by step through my problems together.  
And Father, keep me from trying to slay my giants first, before I learn to kill the bears, and then the lions in my life.  
Father, hold my hand tightly and don't let me run ahead of you and try to speed up my new creation process.  
Thank you, Father, that my problems are important to you, and that I am your special child.  
So, here I am once again, God. Will you teach me how to walk again? Teach me to walk through the process as one of your special new creations.

### Press On! Bev Henson

Acts 17:28  
*"In Him we live and move and have our being."*

*Beverly Henson is a conference and rally speaker for the First Place ministry. She is also a Bible teacher and certified personal trainer.*





## ...And A Happy “Re-New Year!”



recently read a suggestion for losing weight – every morning take a long look at yourself from head to toe in the mirror. I found that it works – I lost my appetite.

Memberships rise after the holidays in First Place groups across the country. We have let our appetites control our eating and activities, and take the place of responsible living. Now it is time to get back at it, and we all need a lot of HELP! For most of us, the reflection in the mirror and the reaching new heights on the scales is what motivates us. But is that the motivation that brings lasting and satisfying results?

Most of the furnishings in our house have had better days. That doesn't mean that they are shabby or that we want to get rid of them. Many pieces were from our families and have great sentimental value. Some are older pieces we purchased, because we love the charm, quality and character of old handmade furniture. Some needed some fresh love and reworking like repairing loose hinges, peeling paint, scratched finishes and damaged wood. It was important that these pieces were functional for our home, but we wanted them to retain their original beauty. We didn't want them to look like new, we wanted them to be “re-newed.”

In many ways, I am envious of the young adults that I work with here at the University. They are at their prime mentally and physically. With the slightest effort they can demonstrate great improvement in all areas of their lives. But, I don't want to go back. It is not that I have no regrets, or that there aren't many decisions and choices that I would not like to do better, but I don't want to start the journey over again. I don't want to go back to my prime [I am not sure when that was but surely I had one]. Instead, I want to be at my best for now to do what I am called to do now!



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

The power of First Place is not just that it has a recognized healthy eating plan. It is much more. The evidence of a healthy life is more apparent on what is NOT seen in the mirror. The mirror may reflect some inner issues, but will never get to the heart.

II Corinthians 4:16,18 [NAS] *“Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day... while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.”*

Perhaps abandoning the eating plan through the holidays motivated the return to First Place meetings. God can use a faulty motive to do a new thing that is of great value, like refocusing on the things that last:

### **Loving God....Loving Others!**

It isn't that hard, but is easily lost in the temporal. As the new year begins, look long at yourself in the mirror – where do you want to be January 2006? Take a deeper look in your soul – where do you want to be January 2006 and beyond? **Don't just wish it – do it!**

**...and have a Happy “Re-New” Year!**

## **Bill Heston**

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.”





# Hints & Pinches

## How to Create a Family Cookbook!

**M**any of us have memories of our favorite family recipes and you may even have the actual recipe laying around. Why not put all of those recipes together into A New Creation and start a family cookbook?



**Scott Wilson**

First Place Food Consultant  
[firstplacechef@hotmail.com](mailto:firstplacechef@hotmail.com)

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.

- 1 Establish an editor** – The editor is the person who is responsible for getting things started and making sure they keep moving ahead. This person is also responsible for deciding which recipes to include and when to publish the book. Every project needs a go getter to get things done.
- 2 Determine who is going to contribute recipes** – Family members, friends, work-mates, etc.
- 3 Determine the size of the project and set a deadline** – If you are interested in a printed cookbook, you need to set how many recipes to ask for from each person and the date you want them submitted. We are all busy and tend to put off what we can. By asking for a specific number of recipes by a specific date – say a month or so in the future, you can get people to act on your request.
- 4 Get started** – Lead by example. Enter your own favorite recipes and use the special request tool to ask for favorites that you don't have – yet!
- 5 Start using the recipes** –Have someone, other than the contributor, to test the recipes before going to print to ensure ease of preparation.
- 6 Prepare to publish** – Before you can publish your family cookbook, you need to begin the publishing process: you can write a

dedication, select a cover, choose printing specifications and determine if you want an ISBN number to allow your cookbook to be sold on places like Amazon.com and various bookstores.

- 7 Order your copies** – As editor, you can choose to order all of the books yourself, or to use an order form tool to send an email to each contributor and have them place an order and pay for their copies of your new family cookbook online. Most cookbook publishers will require you to purchase at least 100 copies of your cookbook; some publishers will require as few as 25 copies to be purchased.
- 8 Enjoy your new personalized family cookbook** – Give them as gifts, share them with friends, try new family recipes, keep adding to your online collection and be proud of your accomplishment for your family.

Below are just a few websites to get started:

- [www.friendsandfamilycookbooks.com](http://www.friendsandfamilycookbooks.com)
- [www.familycookbookproject.com](http://www.familycookbookproject.com)
- [www.galaxymall.com/foods/cookbookmaker/cbm2000](http://www.galaxymall.com/foods/cookbookmaker/cbm2000)

## Scott Wilson

[firstplacechef@hotmail.com](mailto:firstplacechef@hotmail.com)





# Start The New Year with Great Recipes!

## CREOLE SAUCE

*Makes 10 1/2-Cup Servings*

- 1/2 cup chopped green pepper
- 1 cup chopped onion
- 4 stalks celery, chopped
- 2 cloves garlic, minced
- 2 tablespoons reduced calorie butter
- 2 28 ounce canned diced tomatoes
- 2 teaspoons chili powder
- 1 teaspoon brown sugar
- 2 bay leaves
- 1/2 teaspoon leaf thyme
- Salt and pepper taste

Sauté green peppers, onions, celery and garlic in butter. Add tomatoes and seasonings. Simmer 40 minutes, stirring often. Remove bay leaves. Yields: 5 cups. Serving size 1/2 cup.

**Exchanges: 1-1/2 vegetables**  
(Great served over grilled chicken or baked fish.)

## FRESH SALSA

*Makes 1 Cup*

- 1 large tomato (8 ounces), seeded and chopped
- 3 green onions with green tops, chopped
- 1/3 cup packed chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 tablespoon seeded and chopped jalapeno
- 2 cloves garlic, minced
- 1/2 teaspoon salt

Combine all the ingredients in a bowl; mix well. Leave at room temperature for 30 to 60 minutes for flavors to mingle. Refrigerate for up to one week. Makes about 1 cup. Serving size 1/2 cup.

**Exchanges: FREE**

## PASTA E FAGIOLI SOUP

*Makes 8 1-1/2 Cup Servings*

- 1 pound extra lean ground beef
- 1 small onion, diced (1 cup)
- 1 large carrot, julienned (1 cup)
- 3 stalks celery, chopped (1 cup)
- 2 cloves garlic, minced
- 2 14.5-ounce cans diced tomatoes
- 1 15-ounce can red kidney beans (with liquid)
- 1 15-ounce can great northern beans (with liquid)
- 1 15-ounce can tomato sauce
- 1 12-ounce can V-8 juice
- 1 tablespoon white vinegar
- 1 1/2 teaspoons salt
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon pepper
- 1/2 teaspoon thyme
- 1/3 pound ditali pasta or small macaroni

Brown the ground beef in a large saucepan or pot over medium heat. Drain off most of the fat. Add onion, carrot, celery, and garlic and sauté for 10 minutes. Add remaining ingredients, except pasta, and simmer for 1 hour. About 50 minutes into simmer time, cook the pasta in 1-1/2 to 2 quarts of boiling water over high heat. Cook for 10 minutes or just until pasta is al dente, or slightly tough. Drain. Add the pasta to the large pot of soup. Simmer for 5-10 minutes and serve. Makes about 8 1-1/2 cup servings.

**Exchanges:**  
**2 meats, 2 breads, 2 vegetables, 1 fat**





## **First Place Wants To Give You A Gift That Benefits You And The First Place Ministry**

Many of you are aware that the last few years have been financially challenging for First Place. Changing publishers was expensive and we have struggled to get a solid footing since 2001.

We will begin taking orders immediately for the First Place core products, Member & Group Starter Kits, Bible studies, and all First Place Resources (Cookbooks, DVD's etc.). By doing this, you will be able to receive a 20% discount, and First Place will drop ship your order from Gospel Light in Cincinnati, Ohio. This will only apply to those items found on the order form. We know there are many churches that do not have a Christian bookstore in your town or city, so we are thrilled to be able to partner with you.

On the next page, you will find the order form and how to begin placing your orders with First Place.

*Carole Lewis*





## FIRST PLACE DISCOUNT ORDER FORM

GL ACCT #152071

**CALL KAY SMITH @ 1-800-846-1179 OR EMAIL [kays@bigcountry.net](mailto:kays@bigcountry.net)**

Quantity	Item	Product #	Discount Price	Total
	<b>Kits:</b>			
	Group Starter Kit	08307.33698	144.00	-
	FP Member Kit	08307.33701	63.00	-
	<b>Bible Studies:</b>			
	Giving Christ First Place	08307.28643	16.00	-
	Everyday Victory for Everyday People	08307.28651	16.00	-
	Life Under Control	08307.29305	16.00	-
	Life that Wins	08307.29240	16.00	-
	Seeking God's Best	08307.29259	16.00	-
	Pressing On to the Prize	08307.29267	16.00	-
	Pathway to Success	08307.29275	16.00	-
	Living the Legacy	08307.29283	16.00	-
	Begin Again	08307.32330	16.00	-
	Living in Grace	08307.32349	16.00	-
	Making Wise Choices	08307.30818	16.00	-
	A New Creation	08307.33566	16.00	-
	<b>DVD's:</b>			
	Leadership Training DVD	607135.008798	24.00	-
	Moving to the Word: Strength and Flexibility	607135.008903	16.00	-
	Moving to the Word: Aerobics	607135.005964	16.00	-
	Nine Commitments & Introduction	607135.009207	32.00	-
	Food Exchange Plan and Orientation	607135.009191	40.00	-
	<b>Books and Other Items:</b>			
	New First Place Favorites Cookbook	08307.32314	15.00	-
	Eating Healthy Eating Right	08307.30222	15.00	-
	Food Exchange Pocket Guide	08307.32322	5.00	-
	Health 4 Life	08307.30516	12.00	-
	Walking in the Word Scripture Memory	08307.33728	8.00	-
	First Place Brochures (25/pkg)	08307.33078	6.00	-
	Commitment Records (13/pkg)	08307.29011	6.00	-
			Order Subtotal	-
			TX Sales Tax * <input type="checkbox"/> 8.25%	-
			Shipping (Min \$5 or 10%)	-
			<b>Total Order</b>	<b>\$ -</b>

*\* TX Sales Tax is applicable to all orders purchased or shipped in Texas. Churches are exempt with Tax ID below.*

Ship to Information				Credit Card Payment Information			
Name:				Card #:			
Church:				Card Type:		Exp. Date:	
Tax ID:				Name on Card:			
Street Address:				Card Billing Address:			
Street Address:				Card Billing Address:			
City:		ST:		ZIP:			
Phone Number:				Person Placing Order:			
Email Address:							

<b>For Office Use Only</b>	<b>Date Received:</b>	<b>Order Tracking No:</b>
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**DIRECTIONS -- FIRST PLACE DISCOUNT ORDER FORM**

- Quantity**            Enter the quantity of each item ordered.
- Total**                For each item ordered, calculate the item total by multiplying the *Quantity* by the *Discount Price* . This will be calculated automatically if the order is completed online.
- Order Subtotal**    If the order is handwritten, add the item totals above to identify the *Order Subtotal* .
- TX Sales Tax**        If the order is being purchased or shipped to an address in Texas, click on the *TX Sales Tax* check box to calculate the correct amount of sales tax owed. If the order is handwritten, multiple the *Order Subtotal* by 0.0825 and enter the sales tax amount.
- Shipping**            For orders of \$50 or less, the shipping cost is \$5.00. For orders over \$50, the shipping cost is 10% of the *Order Subtotal* . Enter the amount of shipping if the order is handwritten.
- Total Order**        If the order is handwritten, add the *Order Subtotal* , *TX Sales Tax* , and *Shipping* to identify the *Total Order* . This is the amount that will be charged to the credit card provided below.

**Ship to Information**

- Name**                 Enter the name of the person to whom the order is to be shipped.
- Church**              If this order is being placed for a church, enter the name of the church.
- Tax ID**                Enter the Tax ID number of the church if this order should be tax exempt.
- Street Address 1 & 2**    Enter the address to which this order is to be shipped.
- City, ST, ZIP**        Enter the city, state abbreviation, and ZIP Code in each field.
- Phone Number**      Enter the phone number of the person placing the order.
- Email Address**        Enter the email address of the person placing the order.

**Credit Card Payment Information**

- Card #**                Enter the card number to which this order is to be charged.
- Card Type**            Indicate the card type as follows:
 

AMEX	American Express
DISC	Discover
MC	MasterCard
VISA	Visa
- Exp. Date**            Enter the expiration date of the card to which this order is to be charged.
- Name on Card**        Enter the name printed on the front of the credit card being used.
- Card Billing Address 1 & 2**    Enter the address to which this order is to be billed.
- City, ST, ZIP**        Enter the city, state abbreviation, and ZIP Code in each field of the card's billing address.
- Person Placing Order**    Enter the name of the person placing this order.

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