



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



April 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

Phone:

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

Fax:

(713) 688-7282

To Place Orders:

(800) 446-7735
Fax: (800) 860-3109

www.firstplace.org

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

Web site... www.firstplace.org

National Director Carole Lewis

Associate Director . Kay Smith

Leadership Training
Director Nancy Taylor

Newsletter . . . Sheila Robbins

Dear Friends,

Several years ago, I was given a form to fill out about my job performance. This form was several pages long, included every possible area of my work and was different from other personnel reviews in which I had formerly participated. You see, I was to evaluate myself in every area, and then meet with my supervisor to go over my answers.

As I began filling out the PDR (Personnel Development Review), I gave myself a ten in absolutely every area. I had worked really hard that year, so I scored myself as the best I could possibly be. Not until I was sitting with my supervisor reviewing the PDR did I see how my evaluation of myself must have looked to my supervisor.

The following year I asked the Lord to show me areas of my work that needed improvement, and then listed those areas honestly as I completed my PDR. I came away from the second review feeling much better than after the first one.

Today's society has most of us conditioned to believe that we must be the best at everything we do. This thinking keeps most of us feeling defeated, because it is impossible to be the best at anything in life.

Even though it is impossible for most of us to be the best, none of us want to be the worst at anything either. Best to worst lists abound from the best to worst restaurants, school and legal systems, etc. In January 2005, Houston, TX, where I live, was named the fattest city in America again for the second time in the last three years.

The Bible has a lot to say about the kind of attitude we should have about ourselves. In *Philippians 5:6-9*, it says, *Your attitude should be the same as that of Christ Jesus, Who being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness, and being found in appearance as a man, he humbled himself and became obedient to death - even death on a cross! Therefore, God exalted him to the highest place and gave him the name that is above every name.*

Jesus said in *Mark 9:35*, *If anyone wants to be first, he must be the very last, and the servant of all.* Paul said in *1 Timothy 1:15*, *Christ Jesus came into the world to save sinners - of whom I am the worst.*

(Continued on next page)



Carole Lewis
National Director
Carole@firstplace.org





Carole Lewis

(Continued from previous page)

So it looks like God's system is quite the opposite of the world's system. Instead of needing to be the best, God wants us to realize that we, in our flesh, are indeed the worst at most everything and that anything good produced through us is indeed Christ, not us, doing the work.

Most of us joined First Place because we found ourselves on the bottom of the "worst" list. We felt like failures in one or more areas of our lives. It stands to reason that if we go from worst to best in First Place, then it is Christ who has effected the change. If we lose the most weight this session, it is only because God helped us. If we exercise every day, it is only because God gives us the strength. If we encourage more people in our group than anyone else, it is because God has given us the gift of encouragement.

There are worse places to be than at the bottom of the "Worst" list. Christ's power is made perfect in weakness, so may we learn to say with the apostle Paul, *Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*

2 Corinthians 12: 9-10.

**Blessings to you,
Carole Lewis**

Carole@firstplace.org

Coming Events

Area Leaders' Meetings

April 9, 2005

10:00 AM
First Southern Baptist Church
Overland Park, KS
Contact: Joe Ann Winkler
Phone: (816) 695-6929
Email: lufvp@kc.rr.com
Please RSVP

April 30, 2005

9:00 a.m. - 12:00 Noon
Inland Community Church
Chino, CA
Contact: Mark Gutierrez
Email: mark@firstplaceca.org
Cost: \$5

Leader's Retreat

April 22-24, 2005

"The Tops" Conference Center
Stanwell Tops, NSW AUSTRALIA
Pre-registration is essential. Space is limited, so book your spot by March 15th.
Weekend includes: Accommodations, all First Place meals, leadership training, fun and fellowship.
Contact: Barbara Lukies
Email: firstplaceaustralia@yahoo.com

April 30, 2005

New Hope Baptist Church
Loveland, Ohio
Leader Meeting: 10:00 A.M. - 2:00 P.M.
Training: 2:30 P.M. - 4:00 P.M.
(New and prospective leaders)
Lunch \$3.00 (optional)
Contact: Janet Kirkhart
Phone: (513) 677-5377
Email: janetfirstplace@fuse.net

Conferences

September 16-17, 2005

"Dare to Dream"
New Hope Baptist Church
1401 Loveland-Madeira Road
Loveland, Ohio 45140
Contact Janet Kirkhart by phone at (513) 677-5377 or by email at janetfirstplace@fuse.net

Leadership Summit

July 28-30, 2005

"THRIVE in 2005"
Houston, Texas
Cost is \$75 per person and includes materials, seminars, 2 lunches, and 1 dinner.

F.O.C.U.S. Week 2005

October 6-13, 2005

Round Top, Texas
Contact: Nancy Taylor,
ntaylor@firstplace.org

Rallies

First Place Fitness Rally

April 30, 2005

Christ the Rock Community Church
Menasha, WI
Contact: Jenn Krogh
Phone: (920) 388-3531
Email: wifirstplace@hotmail.com

Workshops

Rally and Workshop

April 8-9, 2005

Grace Community Church
Washingtonville, NY
Contact: Mary Anderson
Phone: 845-497-3890
Email: manderson9396@hotmail.com

April 23, 2005

First Baptist Church
Terre Haute, Indiana
Cost: \$15
Contact: Lynn Vollmer, 800-238-5152
Email: disnvollmer@earthlink.net

Wellness Workshop

April 30, 2005

9:30 AM - 3:00 PM
Oakdale Emory United Methodist
Olney, MD
Cost will be \$10.00 per person.
Bring your own bag lunch.
Directions to church on website:
www.oemmc.org
Contact: Kathy Geehreg
Phone: (301)253-6437
Email: kegeehreg@aol.com





Talkin' With Kay

Dear First Place Friends,

Most people know that calcium is good for bones, fiber is good for constipation, and iron is good for blood, but this is only the beginning of the wonders good food choices make in building healthy cells and fighting disease.

Below is a quiz to help you know which foods or nutrients can prevent or promote disease. Feel free to cheat on this test. Now, that is an attitude we did not experience in school, but with this quiz the questions are really a sneaky way to get you to read the answers, which contain a wealth of information on how your diet affects your health. The questions ask which food is least likely to prevent a health problem; therefore, instead of finding just one thing that works, you learn at least three food choices that work.

Most of us joined First Place because we needed to lose weight; however, I was completely unaware that following the Live-It Plan would also help me fight disease. My attitude has changed. I now realize that losing weight is great, but building healthy cells that can fight disease may be the greatest blessing.

1.) Which is least likely to lower your blood pressure?

- a. low-fat yogurt
- b. cantaloupe
- c. whole-grain bread
- d. spinach
- e. broccoli

2.) Vitamin D may reduce the risk of all but one of these. Which one?

- a. bone loss
- b. colon cancer
- c. gum disease
- d. stroke
- e. multiple sclerosis

3.) Which is the least likely to reduce your risk of diabetes?

- a. whole-grain cereal
- b. nuts
- c. salad dressing
- d. alcoholic beverages
- e. orange juice

4.) Which is least likely to lower your risk of colon cancer?

- a. lean meat
- b. whole-grain bread
- c. low-fat milk
- d. a multivitamin
- e. exercise

5.) Which is least likely to lower your risk of brittle bones (osteoporosis)?

- a. low-fat yogurt
- b. collard greens
- c. olive oil
- d. a multivitamin
- e. sunshine

6.) Which is least likely to lower your risk of breast cancer?

- a. exercise
- b. green leafy vegetables
- c. staying lean
- d. limiting red meat
- e. avoiding alcohol

7.) Exercise is least likely to prevent or ease?

- a. enlarged prostate
- b. gallstones
- c. arthritis
- d. cataracts
- e. insomnia

8.) Which is least likely to reduce your risk of a stroke?

- a. treating high blood pressure
- b. eating fish
- c. taking antioxidants
- d. staying lean and active
- e. eating fruits and vegetables

9.) The evidence is weakest that a high-fiber diet can prevent?

- a. stomach cancer
- b. constipation
- c. heart disease
- d. diverticular disease
- e. diabetes

10.) Which is least likely to lower your risk of dementia?

- a. taking vitamin E
- b. treating high blood pressure
- c. staying lean
- d. eating fish

(Continued on next page)





Kay Smith

(Continued from previous page)

ANSWERS

1. c (whole-grain bread). A diet rich in fruits, vegetables, and low-fat dairy foods can lower blood pressure.

2. d (stroke). Studies suggest that vitamin D may reduce the risk of bone loss, gum disease, multiple sclerosis, and colon cancer.

3. e (orange juice). To dodge diabetes, stay lean and exercise. Nuts whole grains, and unsaturated fats lower the risks. Processed red meats (like bacon and hot dogs), trans fat-laden foods (like French fries, fried chicken, and pie crust), and sweets raise the diabetes risk.

4. a (lean meat). Eating too much meat seems to have a higher risk of colon cancer, even if the meat is lean. Foods that are high in magnesium (like beans, whole grains, and leafy greens) or calcium (milk, yogurt and cheese) seem to protect the colon. So do multivitamins and exercise.

5. c (olive oil). Food high in calcium, vitamin K (collards, spinach, and broccoli) potassium (fruits and vegetables), and vitamin D help strengthen your bones. Weight bearing exercise also protects bones and may help prevent falls by boosting balance, coordination, and strength.

6. b (green leafy vegetables). Researchers have found no link between vegetables and breast cancer. Eating less red meat and more low-fat dairy seems to protect premenopausal breast cancer. The best postmenopausal prevention is no weight gain and to exercise.

7. d (cataracts). People who exercise have a lower risk of enlarged prostate, gallstones, heart disease, stroke, high blood pressure, diabetes, bone fractures, osteoporosis, colon cancer, breast cancer, and diverticular disease. Staying active also curbs anxiety, depression, arthritis and sleep disorders.

8. c (taking antioxidants). It's crucial to keep your blood pressure under control. A diet low in salt and rich in fruits, vegetables, and low-fat dairy plus exercise help to do that. People who eat more fish, fruits and vegetables have a lower risk of stroke-regardless of their blood pressure.

9. a (stomach cancer). Studies suggest that fiber-especially from breads and cereals-can lower the risk of constipation, diverticular disease, heart disease, and diabetes.

10. a (taking vitamin E). So far, vitamin E has failed to live up to predictions that the antioxidant would slow cognitive decline in older people. However, staying lean and active may protect your brain by warding off diabetes. Keeping a lid on blood pressure and eating more fruits, vegetables, and low-fat dairy foods will lower your risk. A new study suggests eating fish three times a week aids in preventing dementia.

May God bless each of you!
Kay Smith





Leadership Training

Got Attitude? Winning or Whining?

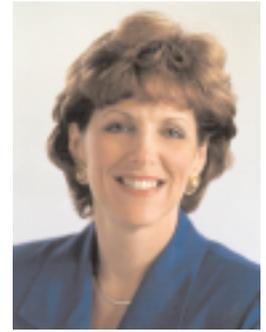
1 Corinthians 9:24

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

Everyone has seen the billboards and magazine advertisements with sports figures, movie stars, and other famous people promoting milk. "Got Milk?" is printed across the page and the person has a milk mustache across their upper lip. The picture answers the question. You can look at them and tell they have just taken a sip of milk.

Every First Place member who walks through the door of your classroom has an attitude. Every First Place leader has an attitude. You can look at their face and tell which attitude they possess - a winning one or a whining one! I would love to have a commercial each week in my classroom. I would stand in front of the class and pose this question, "Got Attitude?" and then proceed to write "winning" or "whining" across their forehead. Of course, you don't need anything written on the forehead of a person with an attitude. You just know by observing them what type of attitude they possess. It has often been said that everything rises and falls on leadership. When the leader has a winning attitude, the members reflect a similar "can-do" attitude. However, the converse is also true-whiners breed whiners!

Leaders often call me when they are midway through a session and share how some of the members have dropped out and those left are discouraged. I can tell by the tone in their voices that they, too, are discouraged. This is the crucial point of any First Place session. Each session is like a basketball or football game. The players need the coach to convey a winning attitude, especially at half-time. Can you imagine a coach coming into the locker room during half-time and saying, "Well, we are 10 points behind; we will never catch up, and we will most definitely never win?" I don't think so! A leader must be that coach who calls time outs and gathers the team around for a word of encouragement.



Nancy Taylor

Leadership Training Director
ntaylor@firstplace.org

When my daughter began playing basketball, I shared with her 1 Corinthians 9:24, which became her theme verse. Paul states in the verse that everyone who competes in a race must run to win. I encouraged her all through her basketball career to always play to win and to never give up. A winning attitude is what "comebacks" are all about. I have watched basketball teams come from 20 points behind to win a game. How did they do that? They had the attitude that said, "We can win!"

This session my class has not done all that well at losing weight. They will lose one week, only to gain the next. This past week, the member who has lost the most weight and has lost consistently each week, did not lose weight for the first time this session. She was really discouraged. I looked at her and saw a whining attitude about to expose itself when I said, "You didn't lose for the first time this session? Well, that is good!" She looked at me like I was crazy. I then went on to explain to her that set-backs keep us humble and remind us that it takes consistent discipline and hard work to reach our goals. She thought a moment and said, "You are right! I am not going to quit, but I am going to try that much harder this week."

Maintaining a winning attitude in the last few weeks is crucial. Many members tend to have that "all or nothing" attitude. They tell themselves that they haven't lost weight at a pace that will get them to their goal by the last week, so why keep trying. My daughter recently played in her very last basketball game. It was the state championship game and her team was down by almost 20 points most of the game. I saw a winning attitude rise up in her and she decided to finish well. She made a career high, 7 three-point shots and was the high scorer of her team. They did not win the game, but she finished a winner! Your entire class may not meet their weight loss goals, but that doesn't mean they can't all finish winners! My husband often says, "Many people

(Continued on next page)



Nancy Taylor

(Continued from previous page)

start well, but few finish well." Only those with a winning attitude will finish well.

Help your members have a come-back session by first possessing a winning attitude yourself. Develop such an attitude by spending quality time in prayer, Bible reading, Bible study and by faithfully memorizing scripture. When the leader is wholeheartedly committed to the First Place program, then they will influence their members in a positive way. A winning leader, combined with the Word will transform the minds and attitudes of members who were once whiners into members who are now winners.

Got Attitude? Which one? A leader must start a session with a winning attitude and maintain that attitude throughout the session. As Zig Ziglar often says, "You don't feel your way into a new way of behaving, but you behave your way into a new way of feeling." If you don't have a winning attitude - act like it anyway! Guess what? You will eventually have it! I learned a song at cheerleading camp some 30 years ago and it has stuck with me ever since.

"Let the sun shine in, face it with a grin. "Smilers" never lose and "frowners" never win, so let the sun shine in, face it with a grin, open up your heart and let the sun shine in!"

Let that winning attitude shine through and you will see a room full of First Place winners!

Lead On!
Nancy Taylor

Leadership Tip

Each month we will spotlight leadership tips and ideas from leaders all across the country. Send your ideas to ntaylor@firstplace.org and they will be published in this spot each month.

Living healthier is serious business and putting Christ first in all things is even more serious. But knowing Christ had a wonderful sense of humor and that it's healthy to laugh and even, at times, healthy to laugh at ourselves, I've made it a point to include a "lifestyle" joke at the beginning of each meeting. Some of them have been one-liners, others longer, and some of them are certainly silly, but no matter what they are, I always get a laugh (and occasionally groans). I can't "tell" a joke to save my life, but I can read them. These jokes have become so much a part of our meetings that when I've gotten distracted and forgotten, there's always someone to remind me. They also seem to set the tone for the rest of the meeting. After a long day at work, it's hard to drag yourself to yet another meeting, and the joke seems to help relieve stress from the daily grind. Where do I get my material, you ask? Some of them come from clean joke books I pick up here and there, even at Christian bookstores. Most come from a "free diet jokes" or "free exercise jokes" search using Google or some other search engine.

And now for your enjoyment here are a couple of short samples.

- I drive way too fast to worry about cholesterol.
- Every time I get the urge to exercise, I lie down till the feeling passes.
- The only exercise I get is jumping to conclusions.
- What runs but never gets tired?
WATER

And one of my favorites...

- After starting a demanding diet, I changed my drive to work so I could avoid passing the donut bakery. By accident, I drove by the bakery this morning and there in the window were a host of scrumptious goodies. I felt this was no accident, so I

prayed, "Lord, it's up to you -- if you want me to have any of those delicious goodies, create a parking place for me directly in front of the store." Sure enough, He answered my prayer. On the eighth time around the block, there it was!!!

I also have a small bulletin board for posting cartoons I've laminated. I'm sending you my favorite as an attachment to another email (couldn't figure out how to include it here). Hope you enjoy it as much as my groups did.

I'm guessing you can tell by now that I'm really enjoying leading First Place and plan on continuing for a long time. Thank you to you and the rest of the First Place staff for the great job you've done and are doing.

*In Christ,
Lee Reichenbach, Leader
New London Presbyterian
New London, PA*

How to weigh yourself and get the most accurate result.

I can't believe I have been doing it wrong all these years.





Bev's Footnotes

Attitude is Everything

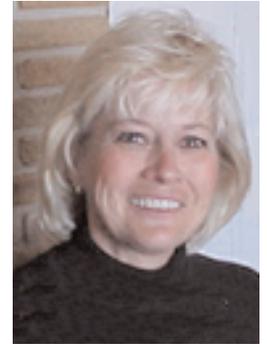
Psalms 100:1

Make a joyful noise unto the Lord all ye lands...

What does your workout attitude sound like? Is it a joyful noise to the Lord, thanking Him that you can move? Do you have a can do attitude? Do you look as forward to your workout time as you do your meals each day? Do you take your exercise seriously? Do you need an attitude adjustment to motivate you to exercise?

Make a joyful noise to the Lord, even though you don't care for exercise. *The joy of the Lord is your strength.* (Nehemiah 8:10) Rely on His strength, not your own, to keep you going in your workout. Make a joyful noise unto the Lord before, during, and after your workout, thus your attitude will adjust itself. The following are ten workout/exercise tips that will help you change that attitude from a have to attitude to a can do attitude.

- 1 Get fit and healthy mentally about your workout.** You are not just doing this to lose weight, you are doing it to become fit and healthier.
- 2 The only good exercise is regular exercise - not sporadic bursts.**
- 3 Don't be tempted to exercise twice in one day and none the next.**
- 4 It's necessary to exercise to lose weight, and to do so in a healthy way.** Aerobic exercise burns up calories. Exercise, such as weightlifting, increases the amount of muscle and muscle burns up more calories than non-muscle. Also, exercise really increases our metabolic rate, which is the rate of burning calories.
- 5 Keep an exercise journal.** Update your exercise diary. Keep a note of your progress and any failures.



Beverly Henson

Certified Personal Trainer
Bevh1952@comcast.net

- 6 Aim to JOYFULLY work out 30 to 45 minutes per day for 4 days a week.**
- 7 If we exercise and eat properly, we become slim.** Even our thighs get slim.
- 8 Exercise is by far the easiest way to improve our health.** Exercise helps us live longer; it makes us feel better, and it makes us happier.
- 9 Exercise is fun! It really is.** Keep in mind that the days you feel least energetic and eager to exercise are exactly when you need it the most.
- 10 When done with others, exercise is a great way to be with friends, family and to do something constructive together.**

With these ten joyful tips in mind, get up, get out, and get going. Exercise thinking positive words, "You can if you think you can!" Be Joyful unto the Lord where your exercise is concerned. You will be blessed by HIS strength as you **PRESS ON!**

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. Beverly joined First Place in July 1997 and has lost 160 pounds. First Place has given Beverly a powerful testimony. She is the First Place Director and the Director of Wellness Ministries at Northcrest Baptist Church in Meridian, MS.. She is also an area Networking Leader for First Place in Mississippi. Beverly has a genuine love of proclaiming the word of God to His people.



Hints & Pinches

A Healthy Attitude About Cooking

7he framework for a healthy body is formed by your attitude about eating and exercise. How you approach making those changes, your ideas about losing weight, and how you manage special eating occasions all combine to help in your attitude about food and cooking.

Lasting changes are truly important. Switching back and forth between old and new habits may not only prevent you from ever reaching your goals, but can even cause harm. For instance, constantly losing and regaining weight may add to health problems, rather than help to alleviate them. Experts today support improving eating and exercise habits based on individual needs. The First Place Live-It program helps meet those individual needs by helping you make specific lifestyle changes. It is not a diet; it is a blueprint, an instruction guide, if you will, on how to make healthy choices within each of the major food groups. The commitment to exercise also fits in with what the experts say is needed.

Finally, altering our attitude on cooking and eating is one of the easiest ways to improve our health and increase our vitality. Making choices based upon nutritional content is the best guide. Choose to eat foods that have bright colors and are high in fiber, vitamins, minerals, and complex carbohydrates; moderate in protein, and low in saturated fat, hydrogenated (trans) fat and cholesterol. Adopting this way of eating will promote good health and offer you protection against heart disease, stroke, cancer, osteoporosis, diabetes, kidney disease and obesity. In other words, a healthy body!

Scott Wilson



Scott Wilson

First Place Food Consultant
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.

Frozen Fruit Treat

Serves 6

- 3 large ripe bananas
- 4-ounces fat-free no sugar added strawberry yogurt
- 1/2 cup Grape Nuts® cereal

Peel bananas and cut in half crosswise. Insert a wooden stick into the flat end of each banana half. Using a small spatula, spread some of the yogurt onto the sides of each banana half and immediately roll in the Grape Nuts. Place on a waxed-paper lined baking sheet and freeze firm. Once frozen, wrap each banana in plastic wrap or insert into a self-sealing plastic bag. Eat frozen. Serves 6.

Exchanges: 1/2 Bread, 1 Fruit

Vegetable Dip with Attitude

Makes 2 Cups

- 1 cup low fat cottage cheese
- 1/2 cup plain nonfat yogurt
- 2 small carrots, shredded
- 4 small radishes, shredded
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped green onion, white & green parts
- 2 tablespoons chopped pimento
- 1 teaspoon prepared horseradish
- salt and pepper taste

Using a potato masher or fork, mash cottage cheese to break up curds. Blend in yogurt and remaining ingredients. Mix well. Chill for 1 hour before serving with raw vegetables or baked chips. Makes 2 cups.

Exchange for 1/4 cup dip:
1/2 meat, 1/2 vegetable





First Place Success Story

In January 2003, I was physically unfit, emotionally apathetic, and spiritually starved. Beyond my family, my relationships were non-existent - I didn't need anyone and didn't want to be bothered with anyone. Life was good; I was handling things just fine by myself and had let God slip to a distant priority. I was self-centered and complacent, happy to be on this plateau in my comfort zone. Perhaps the worst of all - I consciously chose to be this way.

I saw an ad in the paper for First Place. Normally, I would not have noticed. I didn't need to lose weight – wasn't I fine the way I was? Looking deep inside, I knew I was not where I wanted to be at all, but I had no "desire" to change. Nor did I have any idea how or what to "change into." So I committed just to make myself available and try. God would have to do the rest.

Ever faithful, God met me right where I was. He placed people and circumstances in my life where I couldn't miss them, and He used them to redirect my heart on a daily basis. Over the next 6 months I lost 35 lbs, 3 dress sizes, and 14 inches and have kept it off for almost 2 years. I feel great, find I actually have cheekbones, realize the double chin I had has

disappeared, and have re-discovered the joy of shopping as I try on clothes that are still too big.

But the physical changes were nothing compared to the transformation God made in my heart and life. My self-centeredness was replaced with an empathy and compassion for others that I hadn't had for a long time. With practice and His guidance, relationships and encouragement are replacing my fierce independence. I learned to put God first as my friend, companion, encourager and supporter, reaping the wonderful blessings of a relationship with Him. We began to speak to each other again on a daily basis and my spirit was renewed with His life and vitality. My eyes were opened to His vision, my mind challenged with His potential, my heart blossomed with His faithfulness and steadfast love. I became less stressed as I traded structure and control for a more relaxed approach to life. I now replace personal planning and expectations with faith in God, trusting Him to take me where He wants me to go. Thankfully, He has led me to become a First Place Leader myself, and I am continually blessed to watch other lives transformed by his grace and love. I attribute all of my success to an ever faithful, loving God who again reminds me that He always exceeds my expectations.

Putting God back in first place has been a struggle for my independent, prideful nature. Putting nutrition and my health first is a daily sacrifice of "immediate gratification" and "temporary satisfaction." Relinquishing areas of my life that I once held firmly in my grasp is intimidating – even scary. Venturing into human relationships is time-consuming and a sacrifice of energy and emotion. But making choices for God is rewarding, fulfilling and inspiring. The joy and peace that comes from deciding to put God First is indescribable. I am just beginning to understand the depths of God's love and discover the heights of His purpose. As my journey continues, I gladly and expectantly follow.....

Jo Burkholder
Cranberry Twp., PA



Baked Fish Oriental-Style

Serves 4

- 1 teaspoon olive oil
- 1 small red onion, julienned
- 1/2 pound sliced mushrooms
- 1 small zucchini, diced
- 1 small yellow squash, diced
- 1 red bell pepper, seeded and cut into thin strips
- 1 carrot, thinly sliced
- 1-2 tablespoons ginger flavored stir-fry sauce
- 4 5-ounce tilapia filets (or other mild white fish)

Preheat oven to 400° F. In large non-stick skillet, heat the oil. Add onion and cook stirring until onions are soft. Add mushrooms, squashes, bell pepper and carrot and continue to cook until vegetables are just tender, about 6-7 minutes. Toss with stir-fry sauce and set aside. Line a baking dish with aluminum foil and coat with cooking spray. Place fish in the dish and sprinkle with vinegar and pepper. Top with coated vegetables and bake for about 20 minutes or until done. To serve, place a fillet on each plate. Divide the vegetables into four, spooning on top of the fish. Salt and pepper to taste. Serves 4.

Exchanges: 3 meats, 2 vegetables

