



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



May 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

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

Fax... (713) 688-7282

Web site... www.firstplace.org

National Director Carole Lewis

Associate Director . Kay Smith

Leadership Training
Director Nancy Taylor

Newsletter . . . Sheila Robbins

Dear Friends,

As we look at *maintenance* as the theme of this month's e-newsletter, one of the definitions in Webster's Dictionary for the word *maintain* is, "to keep in an existing state; preserve from failure or decline."



Carole Lewis
National Director
Carole@firstplace.org

I smiled when I read this definition, because I thought of Beverly Henson's story about her start in the First Place program. Bev went through an entire six months of First Place and never lost one pound. Each week when Bev stepped on the scale to weigh, the scale registered 276-1/2 pounds. Bev's highest weight was 310 so she was pleased that she was maintaining and not gaining weight each week. Bev says, "I was on maintenance on the other end!"

As you read these words today, think about your own situation. Maybe you have lost 30 lbs., but you still need to lose another 75. You may have lost the first 30 pounds in your first and second sessions of First Place, but now it's been two years and you have not lost another pound. If this is your situation today, then the word maintenance is a passive not active word in your life.

I am in the middle of writing a new book and the working title is, *Stop the Talk, Start the Walk*. In December 2004, God showed me through a Bob Newhart sketch on T.V. that I have the power to say "stop it" if I truly want to stop doing something. On Christmas Eve I started eating sweets at my daughter's home and that one day escalated into a week. I needed to get back on track before I began leading my First Place class in January.

I have been using those two words, STOP IT, for the last three months and they have rejuvenated my life and my ministry. God has shown me that I must stop some things before He is able to give me the power to add things that are going to help me spring forward into victory.

With God's strength helping me I have the power to:

- ✓ **stop** eating sweets and **start** losing weight.
- ✓ **stop** wasting time on my job and **start** accomplishing all God plans for this ministry.

(Continued on next page)





Carole Lewis

(Continued from previous page)

✓ **stop** resisting flexibility and strength training and **start** working with a personal trainer.

✓ **stop** cluttering at home and **start** having a neat house.

The amazing part of this story is that I only picked one thing that I needed to stop and that one thing was eating sweets. Sweets, like a piece of candy, cake or pie were keeping me from reaching my lifetime goal weight. Until I reach my lifetime goal, I cannot even think about maintaining that goal.

As I gained victory over the sweets through obedience, God began to give me strength in other areas where I needed help. Instead of maintaining my bad habits, I was now moving forward. What an exciting thought.

Maintenance is a positive, exciting word **IF** we are on the right side of the word. If you find yourself “maintaining on the wrong end,” say, **STOP IT** to the devil and start allowing God to change you through your obedience to Him.

Let me close with a great Bible verse. Proverbs 14:23, *“In all labor there is profit but mere talk leads only to poverty.”*

Blessings to you, Carole Lewis

Carole@firstplace.org

Coming Events

Area Leaders' Meetings

May 3, 2004

6:30 PM - 8:30 PM

The Gospel House Church

Walton Hills, OH

Contact: Holly Kutil

Phone: (440)439-6555 ext. 21

Email: htkutil@wowway.com

This meeting will be held on the first Tuesday of every month. Please join us!

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





Talkin' With Kay

Dear First Place Friends,



Maintaining a healthy bone structure is a serious issue in our country. The Surgeon General recently announced:

- ✦ Ten million Americans over the age of 50 have osteoporosis
- ✦ Another 34 million have osteopenia-bone density that is lower than normal, thought not quite low enough to be called osteoporosis.
- ✦ Four out of 10 women age 50 or older will break a hip, spine, or wrist during their lifetime.
- ✦ Nearly one in five hip fracture patients ends up in a nursing home within a year.
- ✦ By 2020, half of all Americans over the age of 50 will be at risk for fractures from weak bones.

We all have learned how important calcium and proper exercise is for building and maintaining healthy bones. Research continues to support those facts. However, researchers now believe you can do more. Bess Dawson-Hughes of the USDA Jean Mayer Human Nutrition Research Center on Aging at Tufts University in Boston states that bone loss can't be completely obliterated as we age, but we can mitigate it. She states, "people can cut bone loss by a third with calcium, vitamin D, and exercise. It is now known that a whole spectrum of other nutrients such as vitamin K, potassium, Vitamin A, and even protein (when proper amounts of calcium are consumed) can be very beneficial to maintain strong bones." Eating a variety of foods as you follow the First Place Live-It will insure that you get proper nutrition.



Kay Smith
Associate Director
kays@bigcountry.net

According to Lynda Frassetto from the University of California we need to eat more fruits and vegetables. She explains that Americans eat more food that produces acid than alkali (which buffers the acid). Too much acid is bad for the system, so the body spends a lot of time and effort to get rid of it. Fruits and vegetables which produce alkali save the body from having to go to the largest reservoir of stored alkali in the bones. Dawson-Hughes supports this theory stating "Eat more fruits and vegetables and you don't have the acid-load problem."

One change that has been recommended by the panel of experts to the USDA for the new Pyramid is "5 vegetable servings" a day. I think it would be great if First Place members begin to aim at five vegetable servings each day. The dietician at our local community hospital spoke to my First Place group a couple of weeks ago. She challenged us to eat five servings of vegetables each day and even promised a weight loss for each person who completed that challenge if they were on a healthy eating plan. It works!

I challenge you to make May your "5 a Day" vegetable challenge! Let me know if this works for you.

May God bless each of you!
Kay Smith



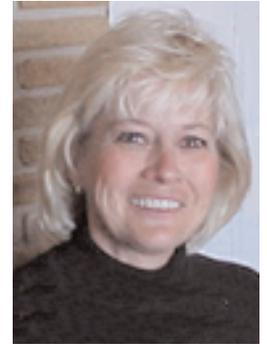


Bev's Footnotes

The Key to Maintaining

Titus 3:8 (KJV)

This is a faithful saying and these things I will that thou affirm constantly, that thou which have believed in God, might be CAREFUL to MAINTAIN good works. These things are good and profitable unto men.



Beverly Henson

Certified Personal Trainer
Bevh1952@comcast.net

When I began First Place, I was so “diet program” minded, all I could think about was getting finished with this diet. Through the First Place Bible studies and Scripture memory, the Lord revealed to me how important each pound lost and each mile walked was to the big picture. More importantly, I learned that there was no end to this; there would come a point where I would have to become a good steward over the good work the Lord had done with my health. I would have to learn to maintain the work the Lord and I had labored to obtain in my life.

I would hear my First Place friends at the scales, when they had only lost a half pound, complaining about their weight loss. Zechariah 4:10 would come to mind, “*Who despises the day of small things.*” I came to realize through this verse that even when I had a small weight loss, not to despise the small numbers. I learned to be a good steward over that half pound, and then the next week I would add to that half pound. Luke 19:17 (KJV) says. “*Well done thy good and faithful servant. You have been faithful over a little; I will make you ruler over much.*” I learned to be faithful and take good care of a few pounds; they added up and then He made me ruler over 160 lbs.

Now you may ask how I taught myself to be a good steward and maintain the small things. 1Corinthians 3:9 “*For we are laborers together with God.*” I realized that God was keeping His part of the commitment, and I had to work to do my part. It is quite an honor to work with God on this restoration project. Each step I take He takes with me. I have walked 11,717 miles since the Lord and I started First Place on February 8, 1998. I must be a good steward and maintain the work He and I

have done through the years, not because of me and my abilities, but because I love Him. Today after my workout, I gave Him the honor, praise, and glory for the miles that He and I walked together. I do it as unto the Lord because I love Him.

Becoming a good steward and maintaining your health is a gift to the Lord. I want to take care of this body He gave me to use while I am on this earth. Every workout adds to my level of fitness that I must maintain for the Kingdom of God. I have a love and a passion to honor God with my body, developing that passion one pound and one mile at a time.

To maintain this level of fitness, I must work daily and let nothing get in the way or chip away at the good work the Lord and I have worked to achieve. If you really want to do something, you will find a way. If you don't want to do something, you will find an excuse. That is why my daily motto is PRESS ON! The enemy can supply you with plenty of excuses. When the enemy supplies you with an excuse, apply spiritual intestinal fortitude, granting no mercy to any enemy that gets in the way. PRESS ON! The key to being good at maintaining is to PRESS ON! God and I are laborers together at PRESSING 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.



Leadership Training

Ministry Maintenance

2 Corinthians 4:1

“Therefore, since through God's mercy we have this ministry, we do not lose heart.”

Nancy Taylor

Leadership Training Director
ntaylor@firstplace.org

The Lord has led me to memorize the fourth chapter of Second Corinthians. This chapter is all about ministry and it relates beautifully to First Place leadership. This week as I memorized and meditated on 2 Corinthians 4:1, I was reminded, once again that it is only through God's mercy I am able to minister as a leader of First Place. It was God's mercy that saved me and gave me assurance of eternal life, and it is His mercy that allows me to be a messenger of God's grace and mercy. There is no way that I can lead without God's mercy. It is also His mercy that maintains First Place ministries. There is no way that I can continue to lead with God's mercy. Let's take a look at the effect mercy has on ministry and your leadership in First Place.

Mercy=Ministry

Because of mercy, we have a ministry. God's Word tells us that we are allowed to minister because of God's mercy. Nothing you have done on your own qualifies you to lead a First Place class. When God called me to work in First Place as the Leadership Training Director, I had never led a First Place class. I had led Weight Watchers, taught school and led Bible studies, but never led a First Place class. I had worked in a leadership training program for 10 years, but it wasn't First Place. In the world's view, was probably not qualified for the job, but God sees not as man sees! (1 Samuel 16:7) If you are feeling that you are too under-qualified to lead your First Place class, you are probably right! God does not call the prepared, He prepares the called. 2 Corinthians 4:7 says, *“But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.”* Grab hold of the truth that you are leading as a direct result of God's mercy and it has nothing to do with you or your credentials. It is all about God!

Mercy=Ministry Maintenance

Because of mercy, we must continue ministry. God's mercy not only gives us a ministry, but it sustains the ministry He calls us to lead. 2 Corinthians 4:7 ends with the positive confession, *“. . . we do not lose heart.”* When you feel like throwing in the towel on your First Place leadership, may you be reminded of God's mercy and not lose heart. No matter the mistakes that you may make as a leader, God's mercy is always available in an abundant supply. *“Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”* Hebrews 4:16.

At our first meeting of this session I asked my First Place members to introduce themselves and tell how many years or sessions they had been in First Place. I was amazed at how many had been in First Place well over five years. What was it that maintained their membership in First Place? I can tell you that it was God's mercy. One member said, *“We just keep coming back to First Place because it has become our family.”* The matriarch of a family possesses a common quality: mercy. Moms are famous for loving us no matter what we do. God loves us the way a mom loves us, but even more perfectly! Her description of a First Place class as a family reminded me once again that it was the mercy shown by some First Place leader and/or member that kept those members coming back. The way you maintain your First Place ministry and leadership is through receiving God's mercy daily and passing that same mercy on to your members.

I pray that you will receive God's mercy as you lead your members with that same mercy. May this mercy lead you to not lose heart, but to maintain an effective First Place ministry that will keep members coming back session after session.

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.

Beverly Henson, Networking Leader and Personal trainer from Meridian, Mississippi sent in a great idea for a victory celebration award.

For your fitness award, or in my case I am using them for all of my awards, purchase free weights. They also make great paper weights for your desk and a good conversation piece to get a First Place conversation going at work.

You can find them at Wal-Mart for about \$2.00 in the sporting goods department. You can get 5 pound Athletic Works HEX weights. They are just gray generic weights. Go to the paint department and get either krylon or rustoleum metallic paint. It comes in gold, chrome for silver and brass or bronze. Spray paint your weights: Gold for first place, silver for second place and bronze or brass for third place. Tie a little bow or something decorative on the weight and BAM you have a neat fitness award!

Beverly Henson
Meridian, Mississippi



May Recipes

Summer Strawberry Salad

Serves 1

- 1/4 cup light raspberry vinaigrette dressing
- 1 teaspoon honey
- 1 dash salt
- Freshly ground black pepper
- 3 cups quartered strawberries
- 1 (10-ounce) bag Italian-blend salad greens (about 6 cups)
- 4 teaspoons toasted chopped walnuts

Combine dressing with honey, salt and pepper in a large bowl. Add the strawberries and greens to the bowl and toss to coat. Sprinkle with nuts.

Serving Size: 2 cups salad and 1 teaspoon nuts.

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

Beef Meatballs

Serves 4

Because the meatballs are baked and not fried, they won't fall apart as easily, and baking on the wire rack will allow the excess fat to drip off.

- 3/4 pound ground round
- 2 1/2 tablespoons finely shredded fresh Parmesan cheese (1 ounce)
- 1/3 cup dry breadcrumbs
- 3 1/2 tablespoons chopped fresh parsley
- 2 1/2 tablespoons tomato sauce
- 1/2 teaspoon dried Italian seasoning
- 1 dash salt
- 1 pinch crushed red pepper
- 1 garlic clove, crushed

Cooking spray

Preheat oven to 400°. Combine all ingredients except cooking spray in a bowl; stir well. Shape mixture into 20 (1 1/2-inch) meatballs. Place on wire rack that is placed on a broiler pan coated with cooking spray. Bake at 400° for 15-18 minutes or until done. Coat with your favorite sauce and serve with pasta or rice.

Serving Size: 5 meatballs

Exchanges: 3 meats, 1/2 bread, 1/2 fat.





Hints & Pinches

Weight Maintenance with Your Favorite Recipes



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.

Uou still have a little weight to lose, or you have finally reached your goal and are on the First Place maintenance plan. While you might want to maintain your current calorie level, you also may want to move up to the next calorie level. If after a week or two you are still maintaining your weight, feel free to stay at that level. First Place is not a diet; it is a lifestyle change. Below are a few ideas to help you get started. Just remember to keep your commitments and continue to enjoy your favorite recipes the healthy way!

Σ Soups: allow the soup to cool, and then skim

off all fat that collects at the top of the pot or bowl. I have been told that by placing a slice of bread on the top, it will also soak up the extra fat, but do discard the bread slice.

Σ Go for baked, broiled, roasted over pan-fried any day of the week! Fried foods add extra unwanted calories and should only be eaten on rare occasions.

Σ Choose chicken, turkey, fish and pork tenderloin over red meats. When choosing red meats, anything with loin in the name is the better choice.

Σ Always strip away the fatty skins on meat after it is cooked. Cooking chicken with the skin will keep it moist, and seasoning the meat under the skin before cooking will keep the flavor.

Σ Keep in mind that white meat contains less fat and calories than dark meat and requires less cooking time.

Σ Incorporate an assortment of vegetables, fruits, grains, legumes (beans), reduced-fat dairy products, and leaner cuts of meat into your diet.

Σ If you must use oil, opt for olive oil and canola oil. If your cooking fat is solid at room temperature, it contains saturated fats and possible trans-fats.

Σ Whenever possible, opt for lite, sugar-free, no sugar added, or reduced-fat items. Most fat free items have little flavor and usually added salt or sugar to compensate for the loss of flavor from the fat.

Oven Roasted or Grilled Vegetables

Serves 4-6

I like this recipe because you can use any vegetables you like and any combination of herbs and spices.

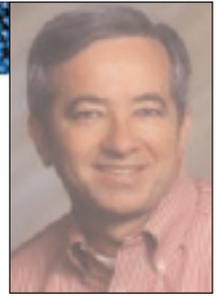
- 2 cups purple onion, peeled and quartered
- 1 cup (1/2-inch-thick) sliced zucchini
- 1 cup (1-inch-square) cut red bell pepper
- 1 cup (1/2-inch-thick) sliced yellow squash
- 1/2 cup (1-inch) cut green beans (about 1/4 pound)
- 1/2 cup (1/2-inch-thick) sliced carrot
- 2 tablespoons light balsamic vinaigrette dressing
- 1 dash dried basil
- 1 dash dried oregano
- 1 dash dried thyme
- 1 dash dried rosemary
- 1 dash salt
- 1 dash pepper
- 1 garlic clove, thinly sliced

Preheat oven to 425° or heat grill to med-high heat. Place all ingredients in a 13x9-inch baking dish; stir well to coat. (If grilling, place all ingredients in a large bowl; toss to coat and place in a grill basket.) Cover and bake at 425 degrees for 30 minutes or until vegetables are tender, or grill about 18-20 minutes. Serving Size: approximately 1 cup

Exchanges: 1 1/2 vegetables

Scott Wilson





Good Bye to Getting By

Some may think that maintenance means just barely holding on or just getting by. However it can be part of a very meaningful plan of being prepared for future success. All new vehicles have a prescribed maintenance program that is designed to ensure a lengthy, smooth running and reliable transportation machine. It is a way to be a happy car owner. God has a manual for successful living that requires a check up and fine-tuning once in a while. Some times it is standard adjustment but other times requires a complete overhaul.

“My mother raised me, my five sisters, and my three brothers on these basic rules for living:

- ✦ Go to church
- ✦ Love others
- ✦ Work hard
- ✦ Stay clean
- ✦ Give generously to others of you time, talent and encouragement.”

From Mama’s Rules For Livin’,
by: Dr. Mamie McCullough

Biblical Reflection:

“...applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge; and in your knowledge, self-control, perseverance, and in your perseverance, godliness; and in your godliness, brotherly kindness, and in your brotherly kindness, Christian love.” I Peter 1:5-7

Spiritual Maintenance Check-up

Rate yourself on the following qualities.
Are these qualities...

Always True	Often True	Sometimes True
	Seldom True	Never True

- ✦ Diligence – stay on task, focus on the goal, discipline my time
- ✦ Moral Excellence – personal integrity, do the right thing even if others will not know

Dr. Bill Heston
University Chaplain,
Howard Payne University
Brownwood, Texas
Bheston@hputx.edu

- ✦ Knowledge – desire to know more, seek understanding, apply what I know
- ✦ Self-Control – weigh the consequences of my actions, not act in haste
- ✦ Perseverance – keep on doing what needs to be done even when I’m discouraged or not appreciated
- ✦ Godliness – not act by doing what comes naturally but seek to do what comes ‘supernaturally’
- ✦ Brotherly Kindness – do acts of encouragement for others without being asked
- ✦ Christian Love – ‘turn the other cheek’, ‘go the extra mile’, forgive when it is difficult, give expecting nothing in return

These qualities will measure the caliber of adult you are and awaken the areas where personal enrichment can continue.

Select one of the above qualities that you would like to see improved in the coming year.

1. Why is it important to you that it is improved?
2. What practical and measurable things can you do to improve through your First Place Group?

- ✦ Bible Study
 - ✦ Group Accountability
 - ✦ Prayers and Support for Others
 - ✦ Discipline With the ‘Live-It Plan’
3. What would be some signs that you have improved?

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.”

