



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



**September 2007**

*Dear Friends,*

## Back on Track



**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](http://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](http://www.firstplace.org)

Carole Lewis National Director

*You were running a good race. Who cut in on you and kept you from obeying the truth? That kind of persuasion does not come from the one who calls you.*  
Galatians 5:7-8

Are you hearing yourself saying, "I need to get back on track?" It might be that your summer was so much fun that routines and schedules were the last thing on your mind. Or it could be that your summer was so stressful that you got off track. No matter what the last three months have looked like for you and me, we all are aware that the holidays are only three months away and we are feeling the need to get back on track.

September is a wonderful month for getting back on track. School has started back and if you have children in school, you have nine months of routine ahead. Nine months to gain the balance we so desperately need.

How do we get back on track? I think there are three things we all must do. Let's look at them together.

### Accept Where You Are

This sounds simple, but it is a pre-requisite to beginning again. In our First Place office Pat likes to say, "Wherever you go, there you are." Well, here you are. What needs to get back on track in your life? Have your eating habits gone haywire? Maybe you've gained weight. This is not the time to beat up on yourself. This is where you are, but it's not going to be where you stay. Is the spiritual balance you gain from a daily Bible study, prayer or Scripture memory just not happening? Stop and thank God right now that your First Place is starting again and you can quickly get the spiritual balance back that you might have lost during the summer.

### Be Willing To Change

I don't know about you; I am not only willing, but I long to get back where I was when summer began. So how do we change from where we are to where we want to be?

*(Continued on Page 2)*





(Continued from page 1)

There are five little words that have the power to revolutionize our lives. DO THE NEXT RIGHT THING. These five words help me more than anything else to get back on track. What is the next right thing for you right now? Is it to get all the junk out of your pantry so you can concentrate on healthy eating again? Is it to straighten up the place where you have your quiet time so you are prepared to meet with God? All change begins when we become willing to DO THE NEXT RIGHT THING.

### Call On God

God wants to help us get back on track and His phone number is Jeremiah 33:3, *Call to me and I will answer you and tell you great and unsearchable things you do not know.* Stop what you are doing and ask God to help you. I promise you that He will do it. How do I know? I have gotten off track more times than I care to mention and every single time I asked for God's help, He heard me and came through for me in might and power.

Praise God that when we get off track, we don't have to stay that way. We can get back on track this very minute.

### Carole Lewis

First Place National Director

## First Place Local Events

### Area Leaders Meeting

September 22, 2007  
First Christian Church  
Canyon Country, CA  
Contact: Kathlee Coleman  
Phone: 805-279-7403  
Email: [kcolema@hartdistrict.org](mailto:kcolema@hartdistrict.org)  
Cost: \$5 (includes brunch and giveaways)  
Please RSVP

### First Place Workshops

October 6, 2007  
Heritage Hills Baptist Church  
Conyers, GA  
Featured Speaker: Vicki Heath, First Place Networking Coordinator  
Cost: \$15 if registered before 9/1 (\$25 after 9/1)  
Contact: Christie Cady  
Phone: 770-788-2612  
Email: [christiecady@bellsouth.net](mailto:christiecady@bellsouth.net)

November 2-3, 2007  
Grace Baptist Church  
Murray, KY  
Contact: Martha Norsworthy  
Phone: 270-753-5400  
Guest Speaker: Dawn Hall

November 9-10, 2007  
Trinity Baptist Church  
Searcy, AR  
Featured Speaker: Vicki Heath, First Place Networking Coordinator  
Contact: Charlotte Davis  
Phone: 501-268-8219  
[cdavis@ssmail.k12.ar.us](mailto:cdavis@ssmail.k12.ar.us)





## Leadership Training

# What does it take to get a leader back on track?



**Vicki Heath**  
vicki.heath@firstplace.org

Nothing gets me back on track quicker than God’s Word. This summer I have been reading through the Epistles, which I think were written just for us who seem to have a hard time staying on track. If you have experienced a “derailment” this summer as a FP leader, here are some personal tips that have worked for me and for some of the best leaders I know.

**Take time for an honest assessment of your situation.** How did you get here? I love what the Bible says in Galatians 5:7, *You were running a good race. Who cut in on you and kept you from obeying the truth?* Many of us in leadership positions are our own worst enemy! I can honestly say that most of my personal derailments have been my own fault! Strong leaders make honest self-evaluation and own it. Take personal responsibility for where you are.

**Lead yourself back.** “Nothing so conclusively proves a man’s ability to lead others as what he does day to day to lead himself.” (Thomas J. Watson) I am the only one who can make me do anything. God is at work in me and around me but ultimately it’s up to us to participate in the process. II Peter 1: 3-4 says, *His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them we may participate in the divine nature ...* (emphasis added). It is God’s will for us to be conformed to the very image of His son Jesus, but God is relying on our wholehearted cooperation and participation! It is our Christian responsibility to realize our mistakes and repent.

**Confess to someone, but not everyone.** We all need someone with whom we can be gut-level

honest. We all need people around us that can lift us up, carry us over, and walk us through hard times in our lives. Gal. 6:2 says it this way, *Carry each others burdens, and in this way you fulfill the law of Christ.* We must create a personal support and accountability system around us. One word of caution: As leaders we must be aware of our power of influence and be a good steward of that influence. There are those that cannot handle your confession. There are those who are not mature enough to keep a confidence. We must be cautious as to whom we choose to share our confession; nonetheless, it is a critical part of the back on track process.

**Do the next right thing...without hesitation!** Whatever that might be for you as a leader, do it now. Don’t waste another valuable Kingdom minute just *thinking* about what you need to do next. It could be to get back to the basics of balanced living ASAP. Pick up that Commitment Record **right now** and fill it out for the meal you just ate. Go **right now** and drink 8 ounces of life-giving water. I Corinthians 4:20 says, *For the Kingdom of God is not a matter of talk, but of power.* Moving beyond *thinking* about the right thing and *doing* the right thing is a sure fire way to get back on track.

Derailment does not disqualify us from leadership. God has called us and equipped us for every good work. We are all broken vessels in some way or another and He continues to work in us and through us. Back on Track...the best place to be in First Place.

For the Kingdom,

**Vicki Heath**





## Balanced Living - Physical

### Back on Track

**Jeannie Blocher**  
jeannie@bodyandsoul.org



With regards to exercise, *back on track* means to get back out there **on** the track, walking, jogging, or doing whatever it takes to get back in the habit of exercise! Summer is paved with good intentions of exercising, doing all sorts of warm weather activities, but reality is that summer schedules are different every week and it is a challenge to stay focused on our fitness plan of action.

So what should we do in September? Start over again! Get back on track! Consider getting out of your comfort zone to try a new sport activity, or just decide to do what you know you like to do best. And here's a tip--choose an exercise accountability partner and make the commitment to get back on track together! That's always a bonus, because you can pray for each other and also encourage each other.

Another important tip—get out your calendar and actually block off time slots when you are going to exercise, and don't let anything else rob you of that precious time of health-producing movement! Make fitness a priority—the first thought, not a second thought, as you get back on track this fall! You can even multitask and do your Scripture memory while you are walking, swimming or rollerblading! And don't forget to enjoy God's creation as the fall weather comes. It never ceases to amaze me at how creative our God is when I see the beauty of autumn leaves. So, get out your fitness gear, and your *track shoes* in particular, and place them where you will see them when you first get up. Then when you wake up, get dressed to work out so there are no distractions! Do it first thing, and you will be smiling all day because you are really getting back on the **exercise track!**

#### Extra Steps do Count

- ? Do a lap around the grocery store aisles or the mall before you start shopping (A great time to look for sales.)
- ? Store nonperishables, such as paper products, canned food, and cleansers, in the basement. No basement? Put them in the attic
- ? Get your wastebasket out from under your desk. Put it in a far corner of your office or better yet, use one down the hall. Just don't save all your trash for one trip.
- ? Soccer (or any other sit-on-the-bleachers-sport) moms: Get off the bench. Walk around-or up and down-the field during the game. Chances are you'll get a better view.





## Nutrition Notes

# Jumping Back on the Healthy Nutrition Bandwagon

**Erin DuBroc**  
Erin.dubroc@firstplace.org



### Do You Need a Jumpstart?

Though we don't always like to face reality, it serves us well to take an honest look at what progress we're making (or not making) on our weight loss journey. Ignorance really isn't all that blissful if we think about it. The truth, in all its illuminating glory, is much better for us in the long run. Besides, we can't map out our future until we know where we've been. So, grab a sheet of paper and a pen and let's do a quick assessment of where you are with regards to your eating habits.

### *How often do you purchase fruits and vegetables at the grocery store?*

Yikes...never!                      Once a month                      Every Week

### *How often do you actually eat the fruits and vegetables you purchased?*

Oops! I forgot                      One serving before they spoil                      I eat all of them.

### *How many servings of whole grains do you typically consume each day?*

What is a whole grain?    2-3                      All of my grains are whole.

### *Are you getting your calcium-rich foods like low-fat dairy products or calcium-fortified foods?*

I have no idea                      I think so                      Yes, definitely!

### *How many meals do you actually remember eating this past week?*

I'm too busy to remember                      Maybe half                      I sat down and savored them all.

### *What does your pantry/refrigerator look like?*

A barren wasteland                      Willie Wonka's stockroom                      Nutritious and delicious!

Based on your answers to these questions, how do you feel you're doing with regards to your weight loss and health goals? If most of your answers are on the left side of the page, it's time to get motivated and rededicate yourself to First Place. Let's start by drafting a map of where you want to go and the best route for getting there!

### Map out your Route

First, where is it you want to go? Write down your goals on your sheet of paper (long-term and short-term) and recommit to them today.

Next, there are quite a few things that affect the process of changing your behavior and maintaining those changes. First, your environment matters – both your physical and social environments. Your physical environment includes things like your pantry, refrigerator, desk drawer, and car. Are these places conducive to a healthy lifestyle or more of a hindrance? Make the conscious decision to clear anything that is weighing you down out of your physical environment. Your social environment includes typical social activities like what you usually do for entertainment or on the weekends. Frequent visits to a local buffet may not be the smartest activity for you right now. Just like weekly trips to the ice cream parlor with

*(Continued on page 6)*





Continued from page 5

friends may be cause for more grief than enjoyment. Take a look around you and do your best to remove any roadblocks keeping you separated from your goals. Sometimes it's painful to do this, but like the quick rip of a band-aid, the pain is short-lived compared to the benefits of some fresh air and freedom!

### Keeping the Spark Alive

I realize that some people thrive in monotony and others need change to keep them going. Whatever your personality, be sure to find what keeps the spark alive for you. This past month I printed out a monthly workout calendar and taped it to my bathroom mirror. It helps to remind me of my goals to build muscle tone and feel energized throughout the day. It had to be creative, though, for me to even notice it. So, I used an artsy font and printed it on hot pink paper – that's what made it spark for me! What makes you spark?

I also changed my breakfast routine. I thrive on change. Now, I'm enjoying homemade strawberry-banana smoothies made with about 8 strawberries, half a banana, a few splashes of 1% milk, 6 ounces of fat-free vanilla yogurt and some ice cubes – yum! I found it's a great way to get my fruit and milk in on the go – I often blend it up and take it in the car. Besides, these hot summer mornings in Houston almost require something cool to eat!

Here are some ideas that may *spark* your interest:

- ? **Form** a healthy dinner club with some like-minded friends and trade healthy recipes
- ? **Take** your favorite dessert recipe and think about what you can do to make it healthier (use less sugar, use whole wheat flour, substitute butter for trans-fat free margarine or vegetable oil)

**Now, I'm enjoying homemade strawberry-banana smoothies made with about 8 strawberries, half a banana, a few splashes of 1% milk, 6 ounces of fat-free vanilla yogurt and some ice cubes – yum!**

- ? **Think** of a vegetable you don't know how to prepare in a tasty way, and search a healthy recipe website for tasty recipes using that vegetable. (I did this with eggplant and my husband was very pleasantly surprised!)
- ? **Make** a list of social activities that aren't triggers for unhealthy eating

Once you figure out what motivates you and keeps your eyes on the prize, surround yourself with those helpful reminders and embrace the beauty of your goals! They are personal to you, specific to where God is leading you, and crucial for success. By being honest with where you are, mapping out where you want to go and how, and making the journey personal to you, you can successfully jump back on the healthy nutrition bandwagon!

To good health,

**Erin DuBroc, MPH, RD, LD**

## National Events Coming Soon!

### First Place National Conference

**September 21-22, 2007**

Grace Community Church  
Washingtonville, New York

Contact: Mary Anderson

Phone: 845-496-4372

Email: [mary@gcbc.org](mailto:mary@gcbc.org)

Pre-conference excursion to  
New York City available!

### First Place Christian Health Spa

**October 11-18, 2007**

Round Top Retreat

Round Top, Texas

Contact: Lisa Lewis

Phone: 800-727-5223, x403

Email: [llewis@firstplace.org](mailto:llewis@firstplace.org)



## Balanced Living – Emotional

### The Ticket is Still Good

**Bill Heston**

bheston@fpchouston.org



There is only one mass transit rail line in Houston. It runs just a block from the front door of the church where I work. The line goes from the heart of the business district, downtown to the medical center. Along the way are many stops, some not so interesting unless you have business there; however, others have a broader appeal. There is always the green and manicured Herman Park with its Zoo, walking paths, pools and outdoor theater. There are also stops for the museum district with some world-class collections. Occasionally, I meet with someone downtown for a lunch meeting, but I usually go to the hospital to visit a member. The ticket I purchase is good for either direction. I have to know on which pavilion to stand so that the train is going the correct way to get me to my destination. The course does not waver. The train follows the track always, but I am the one who has to let the train take me to my destination by getting on board, not getting “sidetracked” at a museum. The train will take me there.

Some have started the First Place journey, but for a variety of reasons have gotten off track. Some say they can't stay with it. Others say it just doesn't work for them, but the truth is that the program is like a train on a track that will lead to the desired destination – one of wholeness and health in all areas of life. The commitments will bring accountability that when they are kept, will bring improvement. It is easy to get back to doing the familiar things and this will produce the familiar pains. It takes turning back to the plan God has designed to produce godly living. This is not just for our own good, but for all who are placed in our sphere of influence – family, friends, non-believers, co-workers and others. This is not about how we look, but how we are.

This is an ancient struggle to keep on the right track. *Therefore, this is what the Lord says: If you repent, I will restore you that you may serve me...* (Jeremiah 15:19)

Repent means to recognize we are going the wrong way and to get back on the right track.

#### Back On Board

- ? Remember why you got started. What was the goal? Why was that important at the time and is it still?
- ? Where did you get off? That is a good place to get back. Was it gaining instead of losing weight? Missed too many meetings or did not stay with the Bible study? Get back in a group and keep an eye on those tempting stops that may get you off track.
- ? Build on past success. See how far you got the last trip and use that as a marker of progress. Did you do well when you started the day with prayer, or was it encouraging phone calls to others that helped you stay focused?
- ? Don't let a little detour keep you from your destination. The train is still on track.

If you feel sidetracked, get back on board.

The *First Place* train will get you there.

No matter what stop you took when you got off,  
the ticket is still good.

#### Dr. Bill Heston

Dr Bill Heston is Associate Pastor at First Presbyterian Church of Houston and is Licensed in Marriage and Family Therapy.



(Continued from Page 7)

---

## Devotional

### Don't Just Stand There

*Do not merely listen to the word, and so deceive yourselves. Do what it says.*

J A M E S 1 : 2 2

First Place has developed some wonderful, practical, and godly principles to follow, as well as some incredible tools for us to use. The handy-dandy food journal is one such tool. When I am discussing filling in those blanks, checking off the little water squares, and sharing the practicality of this tool with others it seems so much simpler than getting down to the nitty-gritty of recording my own eating choices. Okay, so I'm being a bit dramatic, or am I? How can something so simple suddenly become so difficult when it is time for me to pull out my pen and scribble those extra French-fries on the lines across my card?

Sometimes we tend to enjoy the actual talking about accountability, reading about it and planning for it better than actually following through doing it. When I step backward into a mode of procrastination and even denial; somehow, convincing myself that recording the minor details of what I just ate isn't that important, I need to acknowledge the big red flag waving the message that it's time to stop the deceit. Just knowing the truth isn't enough. We must learn to act on the truth. Is it time for you to actually do what your program tells you to do?

#### P R A Y E R

*Dear Lord, please help me stay on track with my program by applying the principles and utilizing the tools You have so generously provided. Thank you Jesus for giving me the strength to move forward and accomplish the good works you have prepared for me to complete this day. In Jesus' Name, Amen.*

**Journal:** In what ways do you get so busy researching how to live a more balanced life that you fail to actually put into practice what you're learning?

Carol Van Atta, First Place Leader  
Troutdale, AZ

Taken from *Living Well*, new First Place devotional book. To order, call 1-800-4GOSPEL.





## Success Story



God says He is able to do immeasurably more than all we ask or imagine. (Ephesians 3:20) I knew God, but I didn't think His promises were for me. I never took God at His word, until He made His Word a reality in my life. I had let Satan's lies hold me captive for too many years. I was so ashamed of my weight and how I looked that I hid away from the world, spending 10 years of my life in my bedroom. I really wasn't living, just existing.

By July 2005, my weight had reached 435 pounds. I knew my life was slipping away from me, but I felt hopeless and helpless to change. Then God gave me the opportunity to join First Place. I know

without a doubt my life will never be the same again. I have started on a journey with God to reclaim my life. God has used and is using the First Place program to teach me to live as the new creation He has called me to be.

Nearly two years into my journey, I have lost 235 pounds. I am still in shock at times on how all the weight has come off. Obviously, the weight loss has been great, but I have gained so much more besides the weight loss. I am a different person today than I was two years ago. I am not just physically different, but I have changed spiritually, mentally and emotionally as well.

I have met some great friends over the past two years. Their support and encouragement means everything to me. Most importantly, my relationship with God has strengthened and grown me. I know God never wanted me to be overweight, but I also know God loved me at 435 pounds just as He loves me today. I know I am unique and precious in God's eyes.

I am about 44 to 54 pounds away from my goal weight. I don't know when I will reach my goal, but I know as long as I remain in God's love and will, He will give me the power and strength to reach my goal.

**Heather Adams**  
Hanford, CA





## Power Breakfast Smoothie

Serves 4.

3/4 c. nonfat plain yogurt  
1 c. orange juice  
3/4 c. peeled, diced apple  
1 medium banana, frozen  
1 tsp. vanilla extract  
3 tbsp. smooth peanut butter  
2 tbsp. wheat germ

Combine all ingredients in a blender and purée until smooth.

**Exchanges:** 1/2 meat, 1/2 bread, 1 fruit, 1 fat

## Yogurt Smoothie

Serves 4

1 1/2 c. artificially sweetened vanilla-flavored nonfat yogurt  
1 medium banana, peeled and sliced  
3/4 c. frozen peaches  
1 10-oz. container whole frozen strawberries (no sugar added)  
1 tbsp. orange juice concentrate

Combine all ingredients in a blender. Add enough ice to fill container; then purée until smooth.

**Exchanges:** 1 1/2 fruits, 1/2 milk

**Healthy Ways to Start Your Day!**

## Brunch Casserole

Serves 4

4 slices wheat bread, crusts removed  
2 oz. low-fat turkey sausage  
1/4 c. chopped mushrooms  
1 tsp. chopped onion  
3 eggs, beaten  
1 c. nonfat milk  
1/4 tsp. salt  
1/8 tsp. black pepper  
1/8 tsp. granulated garlic  
2 oz. low-fat cheddar cheese, shredded

Line bottom of 9x9-inch casserole dish with bread. Sauté sausage in nonstick skillet until done. Remove sausage and sauté mushrooms and onions until tender. Crumble sausage and combine with mushrooms and onion; sprinkle mixture on top of bread. Combine eggs, milk, salt, pepper and garlic; mix well and pour over sausage. Sprinkle with cheese; cover and refrigerate overnight. Set out for 15 minutes prior to baking. Bake at 350° F for 40 to 45 minutes.

**Great make-ahead meal!**

**Exchanges:** 1 1/2 meats, 1 bread, 1/2 fat

## Breakfast Delight

Serves 1

1 square (1 1/2-in.) graham cracker, crumbled  
8 oz. artificially sweetened vanillaflavored nonfat yogurt,  
2 tsp. chopped walnuts  
1/2 c. sliced strawberries (or 1/2 c. blueberries)  
3 tbsp. wheat germ (or 2 tbsp. bran cereal)

Alternate ingredients in order by layering in parfait dish.

**Exchanges:** 2 breads, 1 fruit, 1 milk, 1 fat



# First Place National Conference

September 21-22, 2007

The First Place staff would like to invite you to our First Place National Conference. This two-day conference is held annually to benefit those who are new to First Place, have been in the program for any length of time, or are simply seeking a more balanced life.



## Speaker

David Meinz, Nutritionist and Fellow of the American Dietetic Association

National speaker and nutritionist David Meinz presents FUN programs on personal health improvement and longevity. Exciting information on how to add years to your life and life to your years! You'll laugh while you learn from "America's Personal Health Humorist!"

David claims it's not what you eat between Christmas and New Year's that matters but what you eat between New Year's and Christmas! He is a dynamic international speaker and a frequent guest on TV and radio, including *Focus on the Family* and *The 700 club*. As a Christian and a dietitian, he was pleased to discover that many of the current scientific recommendations on health and nutrition closely follow the Old Testament dietary laws. You can learn more about David by going to his website: [www.christianhealth.com](http://www.christianhealth.com)

## Sample Workshops

- ✍ Leadership Accountability
- ✍ Building Your Ministry
- ✍ Exercise Accountability
- ✍ Beginning Leader Training
- ✍ Leading the Live-it

- ✍ Creative Leadership
- ✍ Community Connections
- ✍ Nutrition and Fitness
- ✍ Plus more!

We are planning a NYC trip for those who would like to come in early and do some sightseeing and have some fun before the conference. You will be able to choose from several different tours that include sightseeing, shopping and museums. This cost is separate from the conference.

For more information, please visit the Events section of our website, [www.firstplace.org](http://www.firstplace.org).

**MARK YOUR CALENDARS!**



## New York City Excursion Thursday Sept. 20, 2007



### Details:

7:30 a.m. taking train from Salisbury Mills, NY

9:15 a.m. arrive at Penn Station

7:00 p.m. arrive back at Salisbury Mills, NY                      Cost \$24

There will be 3 tours to choose from:

#### 1 - **City Sights NY** – Hop on Hop off Double Decker Bus tours - Cost \$37

View the most famous neighborhoods, attractions and places of interest: Times Square, Madison Square Garden, Macy's, Empire State Building, SoHo, Chinatown, Little Italy, Site of the World Trade Center, Wall Street, Financial District, Battery Park South Street Seaport, Lower East Side, United Nations, Rockefeller Center, Carnegie Hall, Broadway Theatre District and much more.

#### 2 - **Fifth Avenue Tour** – Visit attractions like Rockefeller Center, NBC Studio, Top of The Rock, St. Patricks Cathedral and all the fifth avenue shops.

**Top of the Rock™** is an experience in history and scenery that culminates with the best views of NYC from the newly renovated, 3-tiered observation deck on the 67<sup>th</sup>, 69<sup>th</sup> and 70<sup>th</sup> floors of 30 Rockefeller Plaza. Visit during the day to see the splendor of the city unfold beneath you or visit at night and see the city sparkle. Admission \$20.00\*

**NBC Studio Tour** - Since 1933, NBC has offered this historic tour that takes you through the halls and into the studios of NBC's New York operations. You will have the opportunity to enter and visit some of our most famous studios. Each guest will have their photo taken at our news desk and two volunteers will be chosen to read the news and give a weather demonstration in front of our Weather Plus green screen. Admission \$18.50\*

\*If you would like to do the above 2 tours, please request on your registration form for the conference. Getting tickets in advance is highly recommended to avoid long lines.

#### 3 - **New York Central Park Bike Tour (bicycle)**

Tour Central Park on a cool pair of wheels. Informative guides love to educate you about its history, charm & various must-see sights. You can't miss the beauty and majesty of this oasis in the middle of the biggest U.S. city. Admission \$44.99

**See these locations & more:** Strawberry Fields, Belvedere Castle, Jacqueline Kennedy Onassis Reservoir, and Shakespeare Garden's.

We will meet for lunch at Josephina's by 1:00p– 1900 Broadway between 63<sup>rd</sup> & 64<sup>th</sup> Streets visit [www.josiesnyc.com](http://www.josiesnyc.com). \*\*When registering for the First Place conference, please remember to check the box that you will be attending the NYC trip.

Contact information: Mary Anderson \* [maryl9396@hotmail.com](mailto:maryl9396@hotmail.com) \* 845-497-3890

# First Place National Conference

## Grace Community Church

2839 Route 94, Washingtonville, NY 10992

September 21-22, 2007

Cost \$75 if postmarked before August 20, 2007; \$99 if postmarked after August 20, 2007

Groups of 8 or more before August 20<sup>th</sup> - \$69

### REGISTRATION FORM PLEASE PRINT PLAINLY IN BLACK INK

<b>Name (to be used on nametag):</b>	
<b>Address:</b>	
<b>City:</b>	
<b>State/Province:</b>	
<b>Zip Code:</b>	
<b>Day Phone Number:</b>	
<b>Fax Number:</b>	
<b>E-Mail Address:</b>	
<b>Church:</b>	

How many will be attending with you? \_\_\_\_

Do you plan to attend the NYC trip Sept. 20 at an additional cost? \_\_\_Yes\_\_\_No

Please use separate Registration Form for each attendee and include check or money order.

#### ADDITIONAL INFORMATION:

Is this your first time to attend a First Place Conference? \_\_\_ Yes \_\_\_ No

Are you a Member of First Place? \_\_\_ Are you a Leader? \_\_\_ Are you new to First Place? \_\_\_

How did you hear about First Place?

\_\_\_ Church                      \_\_\_ TV, Radio, Newspaper, Magazine                      \_\_\_ On the Internet  
\_\_\_ E-Newsletter                      \_\_\_ Friend or Colleague                      \_\_\_ Other \_\_\_\_\_

SPECIAL T-SHIRT AVAILABLE FOR \$10 EACH:

SMALL \_\_\_ MEDIUM \_\_\_ LARGE \_\_\_ 1X \_\_\_ 2X \_\_\_ 3X \_\_\_

MAKE CHECKS PAYABLE TO: Grace Community Church - First Place

SEND REGISTRATION & PAYMENT TO: Mary Anderson  
c/o Grace Community Church  
2839 Route 94  
Washingtonville, NY10992

FOR ADDITIONAL INFORMATION/QUESTIONS, CALL MARY ANDERSON AT (845) 497-3890  
OR E-MAIL AT [mary19396@hotmail.com](mailto:mary19396@hotmail.com)



# First Place Christian Health Spa October 11-18, 2007

Round Top Retreat \* Round Top, Texas

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

## What people are saying about last year:

- ✍ As always, Round Top was a mountaintop experience. The food was excellent!...
- ✍ Retreat facility was wonderful. Food was delicious. I was very satisfied with the portions and loved every single choice of meal. Speakers were great. Don't ever lose Eulalia! Talent show is so much fun. Exercise was very adequate, even fun. I am grateful to God every day for First Place. Thank you so much for this program and the retreat.
- ✍ What a wonderful week – I made a new best friend I know God is going to use...

Limited to First 60 Registrations

**\$650<sup>00</sup>**

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

**\$695<sup>00</sup>**

*Cost with airport shuttle*

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

**Registration Deadline and Full Payment  
Due September 14, 2007**

**Refund Policy** - If First Place cancels Spa Week, a full refund will be given. All other requests for refunds must be received in writing by September 14, 2007. Upon receipt of request, the refund will be granted, minus the \$100 nonrefundable deposit.

**No refunds will be given after September 14.**

## SPA WEEK INCLUDES:

- ✍ Nutrition Information
- ✍ Complete Fitness Testing
- ✍ Inspirational Speakers
- ✍ Rest and Relaxation
- ✍ Daily Exercise
- ✍ First Place Meals

Contact Lisa Lewis at  
800-727-5223, x403  
or [llewis@firstplace.org](mailto:llewis@firstplace.org)  
or visit [www.firstplace.org](http://www.firstplace.org) for more information.

