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March 2009



Dear Ones,

This is the first of a three-part series on *How Do I Deal With Temptation?*

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. 1 Corinthians 10:13

We all know the progression; it begins with a thought, which when entertained, proceeds to an action. It really doesn't matter what the temptation is, the end result is always the same. Once we give in to the temptation, we find ourselves in a mess--one more time.

Temptation is not limited to overeating, even though this area leads to the kind of mess that shows on the outside of our bodies. Temptation can come in the form of angry words spoken in retaliation to something unkind said to us. Or it can come when we become aggravated with someone over a situation done again and again, such as not taking out the trash, or leaving clothes lying all over the house. We begin to build up a head of steam and before we know it, we have said much more than the incident deserves.

God uses every circumstance in our lives to show us that we are not strong enough to resist temptation in our own strength. Without God's strength, we are all doomed to failure. So what is the "way out" when we are tempted? I believe that our way out of temptation comes from the Holy Spirit, Who lives inside every believer. He is the one who will help me to not overeat, retaliate with unkind words, or explode over the daily aggravations of life.

The secret, I have found, is in understanding how temptation works. Our enemy, the devil, can't read our minds, but he definitely knows how we have responded in the past. He sets up the same scenarios and waits for us to fall back into our old patterns of behavior.

On August 24, 2008, when I decided to give God a year, I knew it would not be easy. I knew how weak I am and that I would probably have to write about my own failings as they came along so that you, the reader, might see that there is absolutely no temptation that is not common to man (or woman).

Matthew 6:33:

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

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I had three great weeks with the Lord before Hurricane Ike landed and destroyed our home and all our possessions. Even the week after Ike was good, because I continued to lean on God for strength. Week five was when the trouble began. We were staying at Round Top Retreat in the Texas hill country and surrounded by people who loved us. Our daughter, Lisa, and her husband, Kent, were there with us, because they had no electricity at home. Lisa cooked nutritious, healthy meals the entire time she was there.

So where did the trouble begin and how did the temptation come?

A long-time friend came to the retreat center with a group from her church. They expected eight couples, but only three were able to come because of the hurricane. My friend had cooked for weeks to have enough food for the weekend and since she had a mountain of left-over food, she brought all the food over to the house where we were staying and gave it to us. You might be thinking, “What a nice thing for them to do.” When I saw the food brought in, I knew it might be a problem for me, because along with the lunch meat and bread were cookies and all kinds of desserts.

What was my way out? Get it out of the house! Did I do that? Of course not! I remember vividly how my decline began. There were little gift bags left over that contained bite-sized candy bars. I began by eating just one candy bar out of one sack and continued until all the sacks were empty and I had eaten my first frozen cookie! This took several days and I had not shared with one living soul what I was doing. When I ate the frozen cookie, I finally came to my senses and threw all the cookies away, along with the rest of the desserts.

I seem to keep “white knuckling” this thing called temptation and failing every time.

When weigh day came and I had gained weight, I confessed what had been going on to my FP4H Leader and started over again. I struggled for the next three months to maintain the balance I had found that first month; however, it became harder and harder to resist temptation. Could it be that I still refuse to believe I can’t do this on my own. Instead of telling God that I am powerless and must have His help, I seem to keep “white knuckling” this thing called temptation and failing every time.

If God is for us, who can be against us? (Romans 8:31b).

It saddens me to say that most of the time the answer to that question is ME. To blame our enemy, the devil, is pointless. The enemy brings the temptation, but he doesn’t have the power to make us do anything. We have been given the power of choice and when we do wrong, it is because we choose to do wrong.

Our enemy, the devil, will never tempt us to do good. 1 Peter 5:8 tells us to, *Be self controlled and alert for your enemy, the devil, prowls around like a roaring lion, looking for someone to devour.* The devil wants to keep us defeated so that we are powerless to resist his evil schemes. We must learn that without the power of Jesus Christ and the Word of God, we will never be able to resist temptation when it comes.

No in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:37-39.

Blessings,

Carole Lewis



Leadership

Two Months Out – Goals Revisited



Vicki Heath
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Okay, it’s now March and I have to ask the hard question: How are you doing on those goals you set in January? As First Place 4 Health Leaders, how can we encourage others toward a goal when we ourselves are not reaching our own? George Barna in his book, **Leaders on Leadership* quotes Gary Willis – “Leadership is mobilizing others toward a goal shared by the leader and followers.” In order to be the best leaders, we need to set the example in goal tending. To achieve these goals, they need to be revisited daily, if not weekly. If you have discovered that your goals now have become a thing of the past and are not alive and well, here are some helpful suggestions to getting them going again:

Forgive yourself.

The important thing here is not to be distracted by a few unreached goals. If you have not followed through on your goals because of disobedience or laziness, then repent. Repentance means moving away from the sin and towards God. He is there waiting to renew your hope and your strength.

Start new.

His mercies really are new every morning. That is totally the reason for a new day.

Be more specific and have a plan.

If you do not have good goal-setting skills, get some help. Remember, achievable goals need to be SMART goals---Specific, Measureable, Achievable, Realistic and Timed. Here is an example of one of my personal SMART goals for 2009:

Lose 20 pounds by August 1, 2009. How will I accomplish this?

1. Stay within my caloric boundaries of 1600-1800 calories a day and keep a record of my intake.
2. Do not overfeed my body on candy and high fat foods, such as ice cream.
3. Teach FP4H and Body & Soul at Church of Praise
4. Exercise seven times a week.

Remind yourself of the benefits of reaching your goal.

1. My clothes will fit better and I can wear the clothes in my closet.
2. I will have more leadership integrity.
3. It will ease the pain in my knees.

Review your goals every day. We need to keep those goals in front of us. Can you imagine a football player running down the field without a goal post? His eyes are focused only on getting across that well-defined line. I keep my list of values and goals on the desktop of my computer so I can have easy access to them. I review them several times a week. If I don’t, they will likely become meaningless. They will have no impact on my life and the changes I know God wants to bring about in my life and in my world.

Celebrate the small victories. Most of us set too many goals. Suppose I set 10 this year, but I have only made progress on seven. That is really quite remarkable. So many times we focus on what we have not accomplished. Even the small wins can be significant in moving us toward our larger goals. *Thomas Gilmore calls “small wins and large gains” the best way to pace our achievements.

As you move toward your goals for 2009, remember to give God the whole year one day at a time. He does not require perfection from us -- only progress and cooperation in the transformation process of becoming the likeness of His Son, even Christ Jesus.

Blessings,

Vicki Heath

*Barna, George, *Leaders on Leadership*, Ventura, CA: Regal Books, 1997.

*Gilmore, Thomas, *Making a Leadership Change: How Organizations and Leaders Can Handle Leadership Transitions Successfully*, Bloomington, IN: IUniverse, 2003



Balanced Living - Physical

New FP4H Fitness Kit Available



Jeannie Blocher
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What do you do when you just can't get out of the house and you know you need to exercise? Pull a fitness DVD out of the cabinet, clear a small space and get moving! Fitness DVDs can be great fitness tools that are practical, inexpensive and convenient. You can use them when the weather is bad, when your child is sick or taking a nap, or when you just don't feel like being seen by anyone! You can work out hard or you can take it easy. The main thing is to "just do it."

Encourage your soul as you work your body.

Have you checked out the latest First Place 4 Health Fitness DVD? It's a thirty minute DVD that works you from head to toe doing strength training with either hand-held weights or resistance bands. If you get the new First Place 4 Health Fitness Kit, the DVD comes with a resistance band enclosed, along with other practical fitness gear. The workout includes strength training for all major muscle groups, Pilates and core training and some great stretching and flexibility exercises. The music is First Place 4 Health Scripture memory music that will encourage your soul as you work your body! And here's the best part—several different fitness levels are shown on the DVD for each exercise. This will meet your needs whether you are a beginner who would like to do exercises while seated, or whether you are a fitness buff who wants to blow it out with full-out pushups and powerful core exercises.

The key thing is to do something consistently.

At Body & Soul we have choreographed all the exercises on this DVD with you in mind, so that you will be able to grow stronger both spiritually and physically as you exercise. We've even included a brief introduction to Body & Soul on the menu of the DVD so you can learn more about how to bring the Body & Soul Fitness program to your church or facility—for those days when you feel like exercising with friends. Whether you exercise alone or in a group, with a DVD or in a gym, inside or outside, the key thing is to do something consistently that will improve your strength, your cardiovascular system and your flexibility! Make a decision to prioritize this every day—for the health of your body and your soul!

Wishing you God's richest blessings as you seek His wisdom in improving your physical and spiritual health,

Jeannie Blocher
www.bodyandsoul.org

To order the new First Place 4 Health Strength & Flexibility DVD (ISBN#607135.014829), call 1-800-446-7735.



Nutrition Notes

Eating Well During Pregnancy

Erin DuBroc

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I receive several calls a month from FP4H members asking about prenatal nutrition, so I felt it was time to include a comprehensive overview in a newsletter. Healthy maternal nutrition during pregnancy is essential for developing babies and the moms themselves. Here are some common questions and answers surrounding this important topic.

How many calories do I need?

Surprising to most, pregnant women only need an additional 300 calories per day beginning around the second trimester (13 weeks). That's a 15% increase in total calories – hardly “eating for two”! It is a common misconception that women need to or should feel justified in eating double portions, and one that leads many women to gaining more weight than they should. Three hundred (300) calories equals about 3 cups of skim milk or a piece of whole wheat toast, 1 tablespoon of peanut butter and a small banana. It is important to note that pregnancy is not the time for weight loss; however, it is a great time to prevent unnecessary weight gain.

- Women who are underweight (BMI < 19.8) should gain anywhere from 28-40 pounds
- Women at normal weight (BMI 10.8 – 25) should gain 25-35 pounds
- Overweight women (BMI 26 – 29) should aim for a weight gain of 15-25 pounds
- Obese women (BMI > 29) should work to gain no more than 15 pounds.

Women having multiples obviously need to gain more and this can be tailored specifically with the input of their physician.

What does a healthy diet during pregnancy look like?

It's actually very similar to a typical healthy eating plan – just with a few adjustments. Overall, pregnant women should work to choose nutrient-dense foods and beverages most of the time in order to get as many nutrients for the fewest calories. Maintaining a varied diet that includes foods from all groups and choosing the most “quality” choices from each group will help make this possible. Specifically, pregnant women need 10 grams more of protein per day than non-pregnant women (for a total of 60 grams per day). Most Americans consume more protein than they need, so there is no reason to consume high-protein beverages, supplements or powders during this time. Vegetarians can meet their protein needs by choosing mostly milk, eggs, and legumes, but vegans will need to rely heavily on soy – the only complete protein source for vegans.

This is definitely not a time for a low-carb stint – pregnant women require an additional 45 grams of carbohydrates per day. Remember, these come from very nutrient-dense foods like whole grains, fruits, vegetables, and low-fat dairy products.

Lastly, fats are important during pregnancy – specifically the type of fat consumed. Current research is showing that maternal diets high in the omega-3 fatty acid DHA may improve baby's brain and eye development in the womb. Other important nutrients for fetal development include calcium (pregnant women need ~1000mg/day), iron (27mg/day), and folate/folic acid (400mcg/day). Pregnant women can meet these increased levels by eating foods rich in these nutrients as well as taking a prenatal supplement. This leads me to the next question!

What about prenatal supplements?

Regardless of how healthfully a pregnant woman thinks she eats, she should take a prenatal vitamin every day beginning as early as possible in her pregnancy. In fact, women who are trying to get pregnant should go ahead and begin a supplementation regimen now. Supplementation is especially important for those who may be at



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nutritional risk, including strict vegetarians and vegans, those who are breastfeeding, or those carrying multiples. The first few weeks of prenatal development are crucial and in order to reduce the risk of neural tube defects and other birth defects of the brain and spinal cord, supplementation is extremely important. Most prenatal vitamins provide the iron needed during pregnancy, and some supplements are even being fortified with DHA. Personally, during my pregnancy, I have taken a basic prenatal supplement plus 1g of omega-3 fatty acids (DHA and the other, EPA). I was already taking fish oil for the omega-3's, and I figured I would get more this way, which is completely safe during pregnancy.

What foods should I avoid during pregnancy?

There is no data to support how much alcohol is safe to drink during pregnancy, thus most health care providers recommend that it is avoided completely. Alcohol consumption, especially during the first trimester, can cause a number of birth defects, mild and severe.

Regarding caffeine, most research finds that it is safe for both pregnant and non-pregnant women to consume moderate amounts of caffeine (300 mg/day), which is typically the same amount found in two to three 8-ounce cups of coffee or six cups of tea. Caffeine is also found in soft drinks, chocolate and some over-the-counter medications. Although the topic remains controversial, the Organization of Teratology Information Specialists (OTIS) concludes that moderate caffeine consumption does not increase risk of miscarriage or birth defects. The March of Dimes takes a more conservative approach and recommends pregnant women limit consumption to 200 mg/day. Furthermore, doctors vary on their level of concern regarding caffeine. Some encourage pregnant women to go cold-turkey, and some even encourage them to treat themselves every now and then and not worry a thing about it. Personally, I think this is a personal choice, but women should always stay at or below the “moderate” level of 300 mg/day.

Pregnant women should avoid fish high in mercury (swordfish, shark, king mackerel, tilefish) and limit their consumption of seafood low in mercury (shrimp, canned white tuna, salmon, pollock and catfish) to up to 12 ounces per week.

Other foods women should avoid are *unpasteurized* soft cheeses (Brie, feta, Camembert), meat-based pate, smoked or raw seafood, hot dogs and deli meat unless they are reheated until steaming hot, and raw milk. Luckily, I have found pasteurized feta and goat cheese to be very available at most grocery stores, so there is no reason to deprive yourself unless you do *not* see “pasteurized” on the label!

Should I weigh each week at my class during pregnancy?

Pregnant women weigh at each doctor's appointment (every four weeks for most of their pregnancy), so their physician should be able to keep a good eye on their weight gain. However, some women find it helpful to keep track of their weekly weight to ensure they are gaining weight appropriately. Beginning the second trimester, pregnant women should gain around 0.5 – 1 pound per week; however fluctuations are perfectly normal – even babies in the womb go through growth spurts! Focus more on the overall weight gain versus week to week.

Can I exercise while I'm pregnant?

Moderate exercise during pregnancy is completely safe and recommended. Below is a link to an excellent article at WebMD that summarizes this topic well. Find it here:

<http://www.webmd.com/baby/features/exercise-during-pregnancy-myth-vs-fact>

To good health,

Erin DuBroc, MPH, RD, LD



Balanced Living - Emotional



Why don't we do what we know to do?

If we don't give up.

Bill Heston

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I heard a children's sermon recently that taught great truths. The speaker held up a packet with a picture of a watermelon. He asked them if he planted these seeds, would he get corn. The children looked at him like he was really goofy and said, "Of course not!" "You will get corn."

1. Corn seeds will grow a corn plant.

Next, he asked that if he planted the seeds right now, could he have corn to eat for lunch today. And again they wondered what was wrong with their teacher. They replied, "Of course not!" "He would have to wait for it to grow."

2. They take time and the right conditions to grow.

...and then he made his point:

1. **If we plant a seed from a weed, we will not get a vegetable, and if we treat other people in a mean way, they probably will treat us in a not-so-nice way.**
2. **Sometimes it takes awhile for us treating someone nice before they will act nice themselves.**
3. **But don't give up – what is planted will be what we reap!**

Galatians is a letter from the Apostle Paul to the churches in Galatia. There were problems. Various ideas were being added to the basic teaching of Grace and Paul was addressing those attacks. It was getting easier for the church that was so new and so isolated from others to compromise and just give up. They were getting worn out by the struggle.

So let's not allow ourselves to be fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith." Galatians 6:9 (The Message Bible)

There are two key words in this verse:

- Fatigued – exhaust, collapse, weaken
- Give up/Quit – lose courage

Two enemies of experiencing wholeness and healing are:

1. **Not taking care of ourselves in meaningful ways in all aspects of our being – mind, body, emotions and spirit.**
2. **Getting discouraged and not having the confidence we need to stand for those things that are important.**

When we get weary and worn out, it is easy to give up even on the things that are very important to us.

A marriage gets difficult – it is easy to get give up.

A friendship gets complicated – it is easy to give up.

Finances can get so desperate – it is easy to give up.

Grief can be so heavy – it is easy to give up.

Resentment can be so hurtful – it is easy to give up.

Temptation can be so crippling – it is easy to give up.

Past hurts can be so shame producing – it is easy to give up.

Failure of keeping commitments can be so discouraging – it is easy to give up.

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My wife Angie and I attended the Star of Hope Ministry to the Homeless dinner. It was a grand evening featuring the co-authors of *Same Kind of Different as Me*, but the testimonials by three of the adults who were helped by the *Star of Hope* were worth the night out.

“Have you ever felt so hopeless that you couldn’t find a reason for living...”

Michele came to the podium dressed in a bright yellow tailored suit. Her speech was quiet, but confident. She began her delivery with: “Have you ever felt so hopeless that you couldn’t find a reason for living, so you lie on the floor in a tight fetal position, waiting for death to swallow you? I have.” The room of over 1,000 people sat in total silence. Michele paused. Many of us had a hard time reconciling what we heard her say with the image of the lady standing in front of us.

Michele was one of God’s children lost to drugs. Her life was crippled and she lost everything special to her, the support of her family, her faith, and the joy of her only child. She was homeless and had no hope. “But God was not through with me. He saw the terrible condition I was in and had compassion for me.” She was alone and feeling very sorry for herself, but with no way out. Then God sent an Angel – her daughter – the last person she wanted to see her like this. “What do you want to do?” All she could say was, “I need help.”

Through the Star of Hope she found tools for recovery from addiction, restoration of her dignity, reunited with her family, new job skills and most of all she renewed her relationship with Jesus Christ. Today Michele has a good job in the Texas Medical Center in Houston. She has a three bedroom home – maybe not impressive to some, that is - if you don’t know that her previous address was downtown under a highway overpass.

But everyone who moves beyond their painful past experiences has to hit a bottom.

One woman, who threw everything away, who was sought by God, when others would not give up, her life was changed for good. Perhaps not everyone will hit the low that Michele hit. But everyone who moves beyond their painful past experiences has to hit a bottom.

- **A place where they recognize that what they are doing is not working.**
- **A place so desperate they are willing to be helped**
- **A place where total abandonment to the will of God takes on transforming implications.**

Most who come to First Place 4 Health do not come because they want another group to join. They come for help. But only those with teachable spirits will find the full scope of help – to mind, body, emotion and spirit. The full range of healing elements are available in First Place 4 Health for those desiring to move beyond the belief that “key blessings” were missed from their past. The full healing may take other resources as well. But our role is to find the courage to do what brings healing to our lives and to be an encourager to others so they will not give up.

*We are a community of spiritual encouragers –
we do not entertain “give up” attitudes.*

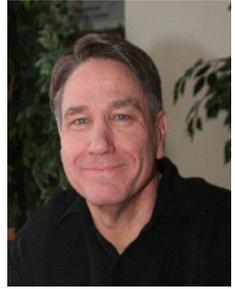
Dr. Bill Heston

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



Inspiration: Motivating Yourself for Change

Steve Reynolds
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The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

John 10:10

I want to live! I want to live! How often have you faced a medical diagnosis and cried out expressing your desire to live? As I faced my negative health situation because of obesity, I was reminded of the promise of Jesus, *I am come that they might have life and that they might have it more abundantly.*

I wanted a better quality of life and a better quantity of life. I wanted to lose myself so I could live. Each of us is inspired or motivated in different ways and by different things. You have to determine what will be your motivation. I desire to live a longer life here on earth---yep, that's my motivation. Oh! I desire heaven; I just don't want to rush it. I want to experience my wife and family on this earth for as long as I can. I want to experience grandchildren and great-grandchildren. I want to live! That's my motivation; what's yours?

Four steps to staying motivated.

Once you determine what works for you, there are four steps to staying motivated. First, **rely on God**. As I shared with an agnostic caller, "I couldn't do it by myself. I needed God to help me." I needed to experience Philippians 4:13 where Paul said, *I can do all things through Christ who strengthens me*. That said to me I can get healthy through Christ who strengthens me.

Second, **refine your attitude**. The Bible says, *As a man thinks in his heart, so is he*. (Prov. 23:7) A lot of us have unhealthy attitudes toward our bodies. We must accept that God made us for His pleasure. We need to take care of what God has given us. Remember, not one of us is perfect, but we do need to have a healthy respect for our bodies. Psalm 139:14 says, *...I am fearfully and wonderfully made....* God has given us incredible bodies.

Third, **renew your mind**. Ephesians 4:23 says, *Be renewed in the spirit of your mind*. You must feed your mind healthy thoughts if you're going to be healthy. Read your Bible every day and read health related books or materials each day.

And fourth, **remember the benefits**. It takes time to change. It's not an easy task. Daily proclaim, "God I'm going to deny myself and follow you." To stay motivated to pursue a *Bod4God* you have to remember the benefits. You will feel better, look better, live longer and gain spiritual strength. Your body is the temple of God. If you're saved, God lives in you. Offer God a healthy body.

My inspiration, my motivation became all about living. I choose to focus on my desire for a better quality and quantity of life. What will keep you motivated?

Steve Reynolds

Steve Reynolds is the Senior Pastor of Capital Baptist Church in Annandale, VA. He is also the author of the book *Bod4God* and the creator of the *Losing to Live* Weight Loss Competition. Steve has lost over 100 pounds and has led his church to lose over 2 tons of weight.

**Scripture is taken from the King James Version*



Success Story



I have been married to a wonderful man for 29 years. We have three grown children, two boys and our youngest, our daughter, is in college. My two grandchildren are the light of my life. All of my children were home schooled right up through high school. I have always been active in children's ministries and in leadership in our home school association. After my daughter left for college I felt led to minister to other women. One season in my life has ended and another has begun.

For years I suffered from clinical depression. Because I was depressed, I felt like a failure to God. Then I gained a lot of weight and felt even worse. I developed a lot of health problems. I didn't know that my life was not about me trying and striving to be a Christian. I learned through FP that it was about surrender and trusting Him, seeking Him each time I had a choice.

After joining First Place 4 Health, I learned to have a quiet time each day to renew my mind on the Word. I really didn't begin to lose weight that first year but the Lord was healing me on the inside. My prayer that year was for focus. Gradually my depression began to lift and I started to lose weight. I was able to get my diabetes under control and the four shots on insulin a day stopped. The high blood pressure and anti-depressant medication I took were no longer needed.



The Lord has renewed my mind with His truth and is showing me how much He loves me and has grace for me each day. I am now able to memorize scripture. I no longer go to church Sunday to Sunday looking to be fed on the Word of God but am drawn by Him daily to spend time with Him. He has healed me of childhood abuse, mental illness (terrible debilitating depression) and many physical ailments.

The Lord has been with me all along my life I just needed to learn to listen to the Holy Spirit about the goodness, grace and mercy my heavenly Father has for me. Through FP4H and the encouragement of other members, I developed a healthy rhythm in my life filled with the Word of God and prayer. I began to see in my heart how God really sees me. As blessed, redeemed, adopted, forgiven, chosen and loved. This brought me to a better understanding of how much He cares for us.



The by-product of my renewed relationship with God is a weight loss of 80lbs. I now weigh about 140 lbs. I once could barely walk and now I can walk miles every day. FP4H friends have accepted me and encouraged me all along the way. Because of their comfort and the healing I received from the Lord, I am leading a First Place 4 Health

group at my church and I'm a networking leader for the state of New Jersey. Only my life could be changed by our God. He has given me the privilege of serving Him and comforting others with the comfort He gives me.

Sherry Mazza, Bayville, NJ



Devotional

Seeking the Holy Spirit

But the Counselor, the Holy spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

JOHN 14:26

Several years ago, I had a personal revelation about the role the Holy Spirit plays in our daily lives. I came to realize that He truly is our counselor, teacher, comforter and friend.

I had just begun my 160-pound weight-loss journey in 1998 as a First Place 4 Health member. I was afraid to meet people I didn't know. I didn't want to go outdoors where people would see me working out. During this part of my journey, the Holy spirit became my comforter and encourager.

I remember asking Him to help me with my food plan. I was so afraid that I wouldn't do it correctly. Knowing that advance preparation was essential to my First Place 4 Health success, the Holy Spirit prompted me to prepare my breakfast and lunch the night before so that I wouldn't be tempted to eat at fast-food restaurants. Meal planning was an important part of my success!

I vividly recall one particular morning when the Holy Spirit and I were having an excellent quiet time together before I left for work. I felt as though he was enjoying being with me as much as I was enjoying being with Him. Just as I picked up my purse and opened the door to leave, I heard Him say to me, "You forgot your lunch." That's when I knew that God and I were truly in this thing together. My success in First Place 4 Health was as important to Him as it was to me—maybe even more so!

PRAYER

*Thank You, Holy spirit, for being my comforter and for reminding me of all things.
Thank You for helping me plan my menus.*

Journal: What are some areas of your diet, health and exercise in which you need to give the Holy spirit permission to be your personal assistant?

Beverly Henson
Meridian, MS

**This devotional was taken from the First Place 4 Health Devotional, *Living Well*.
To order, call 1-800-4GOSPEL.**

~ Recipes ~

Chicken Salad Sandwiches

Serves 4

1 cup chopped cooked chicken breast
1/3 cup chopped cored apple
1/3 cup chopped seeded cucumber, or finely chopped celery
1 hard-cooked egg, peeled and chopped
2 tablespoons plain low-fat yogurt
2 tablespoons light mayonnaise or salad dressing
Salt and black pepper
8 slices whole wheat bread
4 lettuce leaves

In a medium bowl stir together chicken, apple, and egg. Add yogurt and mayonnaise; stir to combine. Season to taste with salt and pepper. Serve immediately or cover and chill up to 4 hours. Spread chicken mixture on half of the bread slices. Top with lettuce leaves and remaining bread slices. Cut away crusts if desired. Cut each sandwich into four triangles or squares.

Nutrition facts per serving: 237 calories, 7g fat, 2g saturated fat, 2g monounsaturated fat, 1g polyunsaturated, 86mg cholesterol, 416mg sodium, 24g carbohydrate, 4g fiber, 19g protein

Death by Chocolate

Serves 24

1 box reduced fat brownie mix
2 lg. boxes instant sugar-free chocolate pudding
4 cup skim milk
1 cup fat free Half & Half
12 oz. Cool Whip Light
1 Tbsp. miniature semi-sweet chocolate chips

Make and bake brownies according to package. Cool. If desired drizzle 2-3 Tbsp. strong coffee over top. Break or cut into bite size pieces. Mix puddings with skim milk and half & half. Layer three times in order in a trifle dish: brownies, pudding, Cool Whip, ending with 1 Tbsp. chocolate chips on top.

***Note:** This makes a huge dessert for company. You can halve the brownies (freeze the remaining to use later) and use 1 large box of pudding for a smaller get-together.

Nutritional Information: 152 Calories; 4g Fat (21.9% calories from fat); 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 157mg Sodium.

Easy Veggie Pasta

Serves 8

1 (16 ounce) package uncooked whole wheat spaghetti
3 tablespoons olive oil
2 tablespoons garlic, minced
3 large tomatoes, diced
1 red onion, chopped
1 yellow bell pepper, chopped
1 red bell pepper, chopped
1 cup chopped zucchini
1/2 cup sliced fresh mushrooms
2 tablespoons balsamic vinegar
2 tablespoons crumbled feta cheese

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Heat the oil in a skillet over medium heat, and sauté the garlic until lightly browned. Mix in the tomatoes, onion, yellow bell pepper, red bell pepper, zucchini, and mushrooms. Cook and stir until tender. Mix the balsamic vinegar into the skillet. Toss with the cooked spaghetti, and sprinkle with feta cheese to serve.

Nutritional Information: 281 Calories; 7g Fat; 10g Protein; 50g Carbohydrate; 6g Dietary Fiber; 2mg Cholesterol; 37mg Sodium.

Apricots with Yogurt and Honey

Serves 6

1 cup low-fat plain Greek-style yogurt
2 tablespoon honey
1/2 tsp vanilla extract
9 fresh apricots, halved lengthwise

Whisk together yogurt, honey, and vanilla extract in small bowl. Spoon over apricots and serve.

Nutritional Information: 74 calories, 1g fat, .5g saturated fat, 2mg cholesterol, .5g fiber, 11mg sodium, 3g protein, 13g carbohydrate

Save the Date!

FP4H Leadership Summit

July 24-25, 2009

Houston, Texas

The First Place 4 Health staff would like to invite you to our annual First Place 4 Health Leadership Summit. The first Leadership Summit in 2003 marked the beginning of what has now become the yearly trek to Houston, Texas for many leaders from across the continent! All the seminars, brainstorming sessions, and special teaching times will center around instruction, inspiration, and motivation. An incredible two days of celebrating, networking, brainstorming, idea sharing, praying, training and worship are planned for leaders. All First Place 4 Health networking leaders, workshop leaders, active, former and potential leaders are invited to attend.

Wellness Week

October 8-15, 2009

Round Top, Texas



Join us for a week of activities for every fitness level, delicious meals, praise and worship, motivating speakers and lots of porch time in beautiful Round Top, Texas! You will also get complete fitness testing, including body composition, cholesterol, glucose, blood pressure, aerobic capacity, flexibility and more. Trinity Medical Center will have nursing staff at the retreat center who will administer the testing. You will be given a health report with complete directions for understanding your results and tips for improving your health.

Visit www.firstplace4health.com and click events for information about these and other First Place 4 Health events.