



April News



JOY Springs Up!

Every season reveals God's majesty, but spring is pure joy. I see flowers starting to raise their little heads up out of the Edisto dirt; I see a new baby fawn among the "herd" of deer that visit my garden and I hear birdsongs again after months of cold winter silence. I am joyously in love with spring. I have put away my boots and not going back! All of spring brings me great joy. Spring is about Jesus and the new life He promises through the power of His resurrection. It's interesting the role joy plays in our lives. Joy can get us moving way beyond our capabilities. Joy can be our strength when there is no strength. It is part of the fruit of the Spirit and is indispensable in my life. Joy should be cherished. There are many forces fighting to steal our joy. We need to recognize the destructive things, which take up residence in our hearts and can be detrimental to our wellness. I call these nasty Joy Snatchers.

Joy Snatcher - Anxiety and Fear. Many of us are worried sick about our health, our finances and our futures. "An anxious heart weighs a man down" (Proverbs 12:25). When the weight of anxiety and fear shackles our minds, we cannot dance with joy as the Lord commanded us to do. Philippians 4:4 says, "Rejoice in the Lord always. I will say it again: Rejoice!" How do we rejoice always and have no anxiety about anything, as Paul exhorts? We can ask God to reveal the anxious thoughts that weigh us down. When they are revealed, we cast our burdens on Him and trust that He will sustain us. Psalm 55:22 says, "Cast your cares on the LORD and he will sustain you; he will never let the righteous fall."

Joy Snatcher - Comparing and Coveting. The writer of Hebrews admonishes us to "Be content with what you have" (Hebrews 13:5). God abundantly blesses us with blessing upon blessing. But when we covet or resent the blessings of others, our joy quickly goes down the drain! Discontentment and ungratefulness are like two greedy hands pulling the stopper in our bathtub of joy. When we focus on what others have, be it a larger home, better looks, better husband, better kids or stronger health, we are silently questioning God's goodness, faithfulness and love for us. Being thankful is the secret of joyful living. Acknowledging this truth David exclaims, "You have filled my heart with greater joy than when their grain and new wine abound" (Psalm 4:7). When we choose contentment over coveting, we have more. Paul said to Timothy in I Timothy 6:6, "Godliness with contentment is great gain." Charles H. Spurgeon said, "Many a Christian has a thousand reasons for joy, which he knows nothing of."



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Joy Snatcher – Sin. Anything that pulls us away from God will also pull us away from joy. Psalm 16:11 says, “In his presence is the fullness of joy,” and “strength and joy are in his dwelling place” (I Chronicle 16:27). Once we take a bite of sin it hooks and enslaves us, but God's laws “give joy to the heart” (Psalm 19:8). When we obey God, we experience supernatural and untarnished joy that no sin can offer. When we choose to walk by the Spirit rather than our flesh, the fruit of joy blooms in our lives as expressed in Galatians 5:22-23.

Joy Snatcher - Busyness and Over Commitment. When we overcommit our lives, we leave no space for joy in our hearts. When we live life at warp speed, we miss the quiet, green pastures where God wants to restore our souls. Do you often find yourself saying: “I am the only one doing anything around here ... If I don't do it, it won't get done ...” Psalm 127:1-2 says “Unless the Lord builds the house, they labor in vain who build it ... It is vain for you to rise up early, to retire late ... for he gives to His beloved even in his sleep.” So what if it doesn't get done. Overachieving is not worth losing my joy.

Why is it important to us to be able to recognize these Joy Snatchers? Because joy is a gift from God. Psalm 126:3 says, “The LORD has done great things for us, and we are filled with joy.” It is our possession, our birthright and a sign of the Spirit of God (Galatians 5:22-23). Mother Teresa said it this way “Joy is prayer - Joy is strength - Joy is love - Joy is a net of love by which you can catch souls.”

Stay strong and jump for joy!

Vicki Heath.....vicki.heath@fp4h.com
FP4H National Director



Add Recipes to Website: Are you comfortable navigating the web and computer? Please join our volunteer data entry team. Contact [Lisa Lewis](#) for details.

Networking Leaders: Do you enjoy encouraging leaders and helping new leaders start groups? If you are within twenty pounds of your healthy weight, please consider joining our team of Networking Leaders. [Click here](#) for information or contact [Helen Baratta](#) for details.

Virtual Group Leaders: If you are within twenty pounds of your healthy weight and enjoy leading a First Place 4 Health group, consider joining our Virtual Group Leader team. Contact [Helen Baratta](#) for details.



Test Your Nutrition IQ

1. Which of the following are true statements regarding sea salt, kosher salt and table salt?

- A. Because of its fine grain, a single teaspoon of table salt contains more salt than a tablespoon of kosher or sea salt.
- B. Sea salt is harvested from evaporated seawater and receives little or no processing, leaving intact the minerals from the water it came from.
- C. Kosher salt contains no preservatives and can be derived from either seawater or underground sources.
- D. All of the above.

Answer: D -- Taste and texture are the main culinary differences between these three. Table salt is mined from underground salt deposits, and includes a small portion of calcium silicate, an anti-caking agent added to prevent clumping. It possesses very fine crystals and a sharp taste. The minerals in sea salt flavor and color the salt slightly. Sea salts are usually expensive, it is worth keeping in mind that they lose their unique flavor when cooked or dissolved. Aside from being a great salt to keep within arm's reach when you are cooking, kosher salt is particularly useful in preserving, because its large crystals draw moisture out of meats and other foods more effectively than other salts.

Answer: False. Vegetables of every color offer nutritional benefits, even white ones. White cruciferous vegetables, such as cauliflower, contain many of the same compounds that have been linked to cancer prevention found in other, more colorful cruciferous vegetables like broccoli or Brussels sprouts. The compounds that give onions and garlic their pungency have been linked to prevention of certain cancers in laboratory tests. Don't discount white-fleshed potatoes, either. They are a good source of potassium, vitamin C, and, fiber, when eaten *with* the skin.

2. True or False: White vegetables offer little nutritional value; only brightly colored vegetables are nutrient powerhouses.

3. Which of the following foods contains the most fiber?

- A. ¼ cup of black beans
- B. A turkey sandwich made with 2 slices of whole-grain bread
- C. 1 prepared packet of instant oatmeal
- D. 1 small pear

Answer: D. Just one small pear provides you with 5 grams of fiber – not bad! You need approximately 14 grams of fiber for every 1000 calories you consume – for most adults that's anywhere from 21 to 38 grams per day. A half-cup of black beans would provide you with 7.5 grams, **so** be sure to add some to your next salad, soup, or casserole. Whole grains like whole-wheat bread and oatmeal are, of course, another source of fiber – just not as much as the pear.

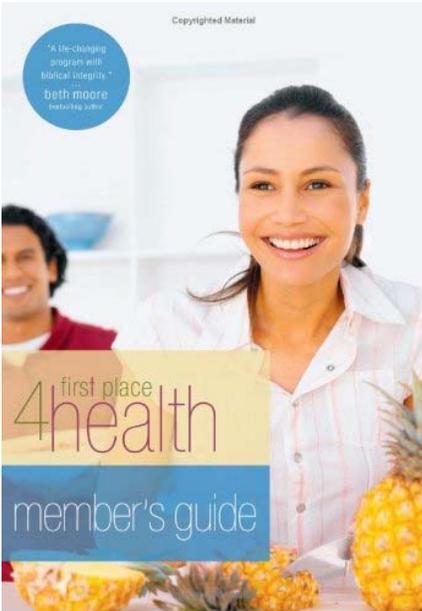
Answer:
 Closed fist = A serving of fruits or vegetables
 4 dice = 1.5 ounces of natural cheese
 Cupped hand = A serving of whole grains
 Open palm = 3-4 ounces of meat
 Tip of thumb = 1 teaspoon of fat

5. Match the proper serving size to the correct visual reference:

- | | |
|--------------|-----------------------------------|
| Closed fist | 3-4 ounces of meat |
| 4 dice | 1 teaspoon of fat |
| Cupped hand | A serving of fruits or vegetables |
| Open palm | A serving of whole grains |
| Tip of thumb | 1.5 ounces of natural cheese |



Getting the Most Out of Your Member's Guide



The Member's Guide is designed to provide information that will transform your life. Yet some may have missed valuable insights – things the *Leader's Guide* does not necessarily identify for homework or wellness topics. Check out this helpful guide to some important resources in the Member's Guide.

1. *God's Word for your life*—MG pages 46-48. We need to rewrite the script running in our mind. Memorizing Scripture is a valuable resource for overcoming temptation, providing guidance and transforming our mind.
2. *A New Way of Thinking*—MG pages 49-53. We are unable to think of a positive thought and a negative thought at the same time. Reorder your disordered thinking.
3. *A Healthy Self-Image*—MG pages 54-55. Body and soul, God marvels at our make-up. Ask God to revolutionize your thoughts about your body.
4. *Winning over Worry*—MG pages 56-57. Worries—real or imaginary—sap us of our strength. Follow God's prescription for overcoming worry.
5. *How to handle temptation*—MG pages 62-64. Temptation, a natural part of being human, is not in itself a sin.
6. *Overcoming Stronghold*—MG pages 65-66. Whether we are overweight or underweight, our disordered eating shows the world our struggle. Strongholds ruin our life, the habitual weakness controlling our thoughts, behaviors and relationships.
7. *What your First Place 4 Health Group Needs from You*—MG pages 72-73. Do you realize the importance of your role as a member? Understanding your role will lead to your success and the success of the group.
8. *Emotionally Healthy Relationship*—MG pages 77-80. Thriving in relationship with others flows from our relationship with God. Exploring our relationships helps us zero in on the healthy and unhealthy people in our life.
9. *Handling your Emotions so that they don't Handle You*—MG pages 83-85. When our emotions dictate our life, we allow an opportunity for Satan to move in and take up residence. Learn to be self-controlled.
10. *Stress-related Eating and Are you an Emotional Eater?*—MG pages 86-89 God did not design food as a coping mechanism for our lives.
11. *Past Failures-and Past Success*—MG pages 95-96. The little voice may say, "You failed at this before. There is no hope." Putting our past behind provides the opportunity for success in our future.

Do you need new ideas for your group? Each session, have your member's complete the Member Survey in the back of each Bible study. Look for opportunities for them to contribute in class. Assign them a wellness topic to teach and share with the group.

Helen Baratta.....helen.baratta@fp4h.com

Helen Baratta started her wellness journey as a First Place 4 Health Leader in 2006, and is now on staff as Director of Development. She is a Certified Fitness Instructor by American Council on Exercise. Helen is a speaker, author, leader and coach. She passionately encourages others to follow God, and lead for Him.



Live Loved

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 1 Corinthians 13:4

“I want you to live loved today,” God whispered in my ear during quiet time. His words echoed in my heart until I asked Him to show me what He meant. The Lord told me to write down what would be different in my life if I lived as though I was loved today.

I reluctantly obeyed, not wanting to face the lesson I knew He was setting before me. “I would be more joyful,” I wrote, “and feel somehow lighter. I would have more peace, more to give, and I wouldn’t have to be so in control.” The Lord revealed to me that I wasn’t living loved because I had a hard time trusting love. I desperately needed to know about His kind of love. My childhood years had left me believing the lie that I was not lovable and that I was incapable of loving anyone—to admit that I needed love was to admit weakness. I had this lie buried so deeply in me that only the truth of God’s Word could free me to live the way He desired.

Love is patient and longsuffering. God would not quit on me. He was in it with me for the long haul. Love is kind, gentle and understanding. God wouldn’t push or force me. He was not harsh or hard with me. Love does not envy, does not boast and is not proud. God would meet me right where I was; I didn’t have to be something I was not. And this is the best part for me: I didn’t have to do it on my own. I was never meant to do anything without Him! We would do it together!

God has brought me so many precious people in First Place 4 Health to be able to live loved more easily. First Place 4 Health has been a safe place to grow and experience God’s unconditional, patient, kind and selfless love. This year’s Wellness Retreat was the culmination of living loved for me.

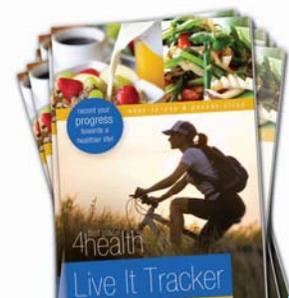
Prayer: *God, thank You for people who show me Your kind of love. Thank You for living and loving me through First Place 4 Health. Help me to live loved today, so that I may be someone who can help others to live loved.*

Donna Roberts
Houston, Texas

Live It Tracker Pack

This package of 12 Live It Trackers provides First Place 4 Health members with an easy-to-carry set of forms for recording their activities that lead to a healthy, balanced lifestyle. These Live It Trackers have space for entering each day’s food choices, exercise and spiritual activities.

Printed on card stock folded to fit easily into your purse or pocket.



Upcoming Events

Pennsylvania & New
York Wellness

Restore ~ An Emotional Health & Wellness Weekend

April 1-3, 2016
Kearns Spirituality Center
Pittsburgh, PA 15101
Contact: helen.baratta@fp4h.com

Delaware Wellness Rally

April 9, 2016
Crossroad Community Church
Georgetown, DE
Contact: mandn4him@wildblue.net

Minnesota Area Leader Workshop and Training

April 16, 2016
Five Oaks Church
Woodbury, MN
Contact: arla.frigstad.fp4h@gmail.com

Nacogdoches Texas Area Training Meeting

April 23, 2016
Calvary Baptist Church
Nacogdoches, TX
Contact: mandn4him@gmail.com

Virtual FP4H Groups

Classes beginning in April
Contact: barbara.amy@fp4h.com

Workshop

May 28, 2016
Ceres United Methodist Church
Shinglehouse, PA
Contact: helen.barata@fp4h.com

Summit 2016 - San Antonio

July 14-16, 2016
Wayside Chapel
San Antonio, TX
Contact: barbara.amy@fp4h.com

Virginia Area Training & Wellness Workshop

August 13, 2016
Great Bridge Baptist Church
Chesapeake, VA
Contact: smaassel@comcast.net

South Carolina Area Training Meeting

September 10, 2016
South Carolina Baptist Building
Columbia, SC
Contact: vicki.heath@fp4h.com

Wellness Week @ Round Top

October 6-13, 2016
Round Top Retreat
Round Top, Texas
Contact: barbara.amy@fp4h.com

For more information about any of
these events, please visit
www.FirstPlace4Health.com

Quick Tip!

Eat your cereal out of a coffee mug. Instant portion control!



Lemony Cucumber Salad

- 1 cup thinly sliced radishes
- 1/2 cup finely chopped orange bell pepper
- 1/4 cup chopped fresh flat-leaf parsley
- 2 English cucumbers, thinly sliced (about 6 cups)
- 1 teaspoon finely grated lemon rind
- 2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 1/2 teaspoons white wine vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Combine first 4 ingredients in a large bowl. Combine lemon rind and remaining ingredients in a small bowl, stirring with a whisk. Pour over cucumber mixture; toss well to coat. Serve at room temperature or chilled. Serves 8

Nutritional Information: 33 Calories, 1.8g Fat, .8g Protein, 4.3g Carbohydrate, .9g Fiber, 0.0g Cholesterol, .4mg Iron, 156mg Sodium

Asparagus Ribbons with Lemon and Goat Cheese

- 1 pound large asparagus spears, trimmed
- 1 1/2 cups cherry tomatoes, halved
- 2 tablespoons finely chopped fresh chives
- 2 tablespoons fresh lemon juice
- 2 teaspoons extravirgin olive oil
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon sugar
- 1/4 teaspoon salt
- 1/2 cup (2 ounces) crumbled goat cheese

Hold each asparagus spear by the tip end. Shave asparagus into ribbons with a vegetable peeler to measure 3 cups. Reserve asparagus tips for another use. Combine asparagus and tomatoes in a medium bowl. Combine chives and next 6 ingredients (through 1/4 teaspoon salt), stirring with a whisk. Drizzle over the asparagus mixture, tossing gently to coat. Top with goat cheese.

Nutritional Information: 47 Calories, 2.8g Fat, 2.7g Protein, 3.7g Carbohydrate, 1.4g Fiber, 3mg Cholesterol, 1.3mg Iron, 105mg Sodium

Lemon Drop Cookies

½ cup granulated sugar	1 tsp. baking powder
7 tbsp. butter or stick margarine, softened	½ tsp. salt
2 tsp. grated lemon rind	¼ cup plain fat-free yogurt
1/3 cup honey	1 cup powdered sugar
½ tsp. lemon extract	2 tbsp. fresh lemon juice
1 large egg	2 tsp. grated lemon rind
1¾ cups all-purpose flour	nonstick cooking spray

Preheat oven to 350° F. Beat first 3 ingredients with a mixer at medium speed until light and fluffy. Add honey, extract and egg and beat until well blended. Lightly spoon flour into dry measuring cups and level with a knife. Combine flour, baking powder and salt, stirring well with a whisk. Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with the flour mixture. Drop the mixture by level tablespoons 2 inches apart onto baking sheets coated with nonstick cooking spray. Bake at 350° F for 12 minutes or until lightly browned. Combine powdered sugar and juice in a small bowl and stir with a whisk. Brush powdered sugar mixture evenly over the hot cookies and sprinkle evenly with 2 teaspoons rind. Remove the cookies from the pan and cool on wire racks. Serves 32

Nutrition Information: 89 calories; 2.8g fat (29% calories from fat); 1.1g protein; 15.3g carbohydrate; .2g fiber; 14mg cholesterol; 81mg sodium

Fresh Fruit Salsa with Sweet Tortilla Chips

2 pints strawberries (Remove stems and dice.)
4 kiwis, peeled & diced
1 Granny Smith apple, diced
3 tablespoon orange all-fruit spread 1 orange rind, grated
1 pint fresh blackberries, diced
1 pint fresh raspberries, diced
1 tablespoon fresh finely chopped mint
1/4 cup sugar
6 6-inch reduced fat, flour tortillas
1 teaspoon sugar
1/2 cup hot water

Preheat oven to 225-degrees F. In a large bowl, mix strawberries, kiwis, Granny Smith apple, orange fruit spread, orange rind, blackberries, raspberries, and mint. Sprinkle on the sugar and toss lightly to blend. In a small bowl, mix sugar and water. Brush the tortillas with the sugar water. Cut flour tortillas in half and each half into 6 pieces. Place on an un-greased cookie sheet and bake 10-15 minutes. Cool for 5 minutes. (This recipe is ideal to prepare a day or two ahead and refrigerate. Store in a plastic container and place in ice chest for the trip. Store the chips in a closeable plastic storage bag.) Serving Size: 6 chips, 1/2 cup fruit mixture. Serves 12

Nutrition Information: 126 Calories; 1g Fat (8.8% calories from fat); 1g Protein; 28g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 167mg Sodium