



## SEPTEMBER NEWS

# WEEK OF *Prayer*

SEPTEMBER 18-24, 2016

***"Prayer does not fit us for the greater work; prayer is the greater work." Oswald Chambers.***

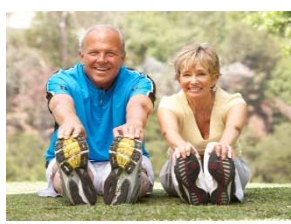
Prayer has not always come easy for me. I have had to work at the great work of prayer. That is one of the reasons I am asking you to join us this month for a great work of prayer.

We are setting aside the week of September 18-24<sup>th</sup> as a focused time of prayer and fasting. Each day will have a specific prayer request. You can use this as your prayer guide, but these requests will also be posted daily on our Facebook page. Our staff, board of directors and networking leaders have all committed to petition the Lord for an outpouring of His Spirit in several different areas of need for our ministry. Many of you will be launching your fall session and this will be the perfect way to focus on what is needful through the power of prayer. This is the specific prayer guide that will prompt our prayers for the week:

**Day One – September 18. Pray for lives to be transformed by the power of Christ.** Many of our FP4H leaders have seen marriages healed, friendships restored, fears conquered, medicine declared no longer necessary, parents forgiven and daily joy restored—just to name a few of the life changes that can come about through this ministry. The spiritual disciplines encouraged in FP4H will lead to transformed lives. Daily Bible reading has changed my life. Eating well and exercising my body has given me energy to do the work God has called me to do. We need to pray that weight goals will be reached. We believe that external change comes from internal transformation. As weight loss occurs, so does so much more. Pray for life change in each person participating in FP4H. This change has the potential to change the world. *Change the believer, change the church, change the world!*

**Day Two – September 19. Pray for people to come to Christ.** I gave my heart to Christ at age 18. Our mission statement declares that we are on mission to bring people into a relationship with Jesus Christ. He is the key to health and wellness in our lives. Sharing the good news of the gospel of Jesus Christ is the greatest gift we can give to anyone. FP4H is not so much a program you go on, rather a relationship you enter into – a relationship

*Continued on page two*



Continued from page one

with Jesus. In our classes, in our materials and in our daily walk, He must be lifted up. As we pray for salvations, we must have the courage to share the plan of salvation to those with whom we come into contact. Today we are still free to share our faith. There may be a day coming that this will not be so. The time is now, the need is tremendous and God has equipped us for the task of sharing the Gospel.

**Day Three – September 20. Pray that people will be set free from strongholds.** Jesus said in Luke 4:18, “The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free.” Please pray for God to use the new Bible study *Training for Success*. This is a wonderful study introducing Jesus as the best personal trainer available. We are at an all-time high of people being overweight. We need to pray people will find true liberty in Christ though FP4H. We do not treat obesity as a disease and until we find true freedom in Christ, we will never be free. Freedom is the final result of discipline.

**Day Four – September 21. Pray for our staff, board of directors and networking leaders.** I am asking you to specifically pray for protection from the enemy, our health and for our families. I have been dealing with health issues for several years now and there are some days the pain is prohibitive to my job. I have severe arthritis in my hands which keeps me from writing or typing. Please pray for God to continue to sustain me in His strength. Our staff consists of Lisa Lewis, Helen Baratta, Lois LeBert, Monica Clark and myself. Barbara Amy and Dee Matthews are our volunteer staff. We have a huge task in leading this ministry. We are all working beyond our capabilities. You know that FP4H is not the only thing we have going on in our lives. We are moms, grandmas, wives, speakers, accountants, cooks, writers, web managers, etc. Pray for our health, our families and the tasks in which we engage every day for the work of this ministry. We need these same prayers for our Board of Directors: Karen Porter, Becky Turner, Gari Meacham, Mary Ward and Wendy Lawton. These are amazing women of God who give their time and talents freely to FP4H. Our Regional Team Leaders are Delilah Dirksen and Lisa Rigoni, both working hard to support and train our 23 networking leaders.

**Day Five – September 22. Pray for the leaders of our classes, including our virtual groups.** Please pray that God will bless each of our leaders with protection from the enemy, wisdom, perseverance, good health and boldness to share the gospel. Please pray against burnout and fatigue. I know it is hard work leading groups year after year. I have been leading for over twenty years. We cannot quit because this is where the real work of the ministry happens—individual classes in churches and committees.

**Day Six – September 23. Pray for growth and expansion of the ministry.** We need more product sales, more leaders and more new groups. We are asking God to grow this ministry in a supernatural way. He is the Lord of the Harvest and He will bring the growth. We are asking God to open doors of opportunity in communities without FP4H. We are seriously committed to doing our part. We want to help you start that group the Lord has laid on your heart. Please contact us. We have tools, people and resources to meet your needs.

**Day Seven – September 24. Pray for financial blessing.** I am not ashamed to ask God for money. He has even more than “a cattle on a thousand hills” (Psalm 50:10). Our materials need to be updated and we are working hard to keep the process on task. Additional funds are needed to pay new writers, develop new concepts for reaching the lost, updating our website, for marketing and to manage and operate this ministry. God has resources for us and we need to boldly ask Him for the monies, opportunities and talent. Please pray that God will open the door to us in discovering foundations and donors that care about “kingdom wellness.” There are those of you who have the spiritual gift of giving and we pray you will consider partnering with us to bring hope for the hopeless. Additionally, we want to hear from you. Please feel free to post any personal prayer request you or your group may have on our FP4H Facebook page. We are committed to pray. Please join us!

**Vicki Heath**



## Ideas for Prayer Week ~ *Barbara Amy*

Prayer is a privilege we have as Christians. I can go before the King of Kings and present my *personal* request to Him. We also have the ability to *corporately* come before God in prayer. I love the fact that I can join together with other believers presenting the same request to the Lord.

As we observe the Week of Prayer for First Place 4 Health, here are some ideas that you can use in your FP4H class:

- When your class meets, set aside 5-10 minutes in which you will walk the property of your meeting place. For each lap around the property, pray for a specific need of First Place 4 Health or of your members.
- Design a prayer chain call for each day of the Week of Prayer. Have a list of participating members who will be placed on the chain. Each day, the chain will pray for the specific need that is listed on the prayer guide.
- Set aside a specific time that your group will pray each day.

At First Place 4 Health, we are committed in praying for the needs of others. We will be developing different ways that we can pray for you on a more personal basis. One of the ways is by partnering with registered participants before an event to pray for specific requests. Each registered person will be contacted by a prayer partner. The prayer partner will ask them their goal for the event—how they hope God will move in their life as a result. The prayer partner will pray for those requests and then contact the person after the event to see how God answered the prayer.

Other prayer strategies will be coordinated throughout the year. Please know that we are dedicated to the overall wellness of an individual. Contact Barbara Amy, Volunteer Prayer Coordinator, at [barbara.amy@fp4h.com](mailto:barbara.amy@fp4h.com) with any personal prayer requests or for more information.



Lots of new items in the First Place 4 Health online store!

Over-sized Magnet for Your Car or Fridge  
V-Neck “Power-Full” Performance T-shirts  
Soft and Comfortable Tank Tops

New Studies – *Training for Success & A Joy-Full Season*

Go to [www.FirstPlace4Health.com](http://www.FirstPlace4Health.com) and click Store.



## A Change in Attitude Begins with Prayer ~ Helen Baratta

Author Dick Eastman suggests in his book *The Hour that Changes the World*<sup>1</sup> to divide an hour into twelve, five minute periods. During each period, one prays a different type of prayer presented graphically in a Prayer Wheel. At first I could not comprehend praying for an hour. I started with twelve minutes—one minute for each section.

**PRAISE:** Acknowledge God for who He is. Exalt Him with your words. I name God using the ABCs: Almighty, Beautiful, Counselor, and so on until “Z”.

**WAITING:** God is always with us; surrender your time and wait with hope. I quiet myself, ready with expectation.

**CONFESSION:** Ask for forgiveness of sins. Time flies in this section. I ask, “Reveal my offensive ways, oh Lord.”

**PRAYING SCRIPTURE:** Remind the Lord of the promise His word provides. I recite my memory verses as a prayer. “Lord, I believe I will receive whatever I ask for in prayer.”

**WATCHING:** Tell God where you find Him: at work in your life, in your family, in the world. I share my awe. “You amaze me.” “You transformed this couch potato into someone who enjoys exercise.”

**INTERCESSION:** Share with Him about the needs and concerns of others. I start with my husband, my sons, their future wives, extended family, and friends. Then I focus on my leaders, the people I lead and those I serve beside in ministry.

**PETITION:** Identify the needs for yourself. Once I exhaust my laundry list, I lapse into silence and ask the Lord for His perspective on my needs.

**THANKSGIVING:** Express appreciation for the blessings in your life. I thank Him for my salvation, marriage, family, health, church, friends and our freedoms.

**SINGING:** Worship the Lord with song. I wonder what my neighbors thinks of “Hallelujah Helen” when they see me running and singing at the top of my lungs.

**MEDITATION:** Reflect on a matter more closely. By now a theme has emerged. In the past, I’ve meditated on obedience, discipline, joy, an action step, or even a chapter for a book I’m writing.

**LISTENING:** Notice and pay attention with a God-centered focus. Finally, I am quiet in my heart, in my mind and in my soul. I expect His presence when I listen. I am excited. I am ready.

**PRAISE:** You spent time in the presence of the Lord, King of Kings. Praise Him.

My attitude changed about exercise when I added the Prayer Wheel. When I walked, I changed prompts at two-minute increments. When I started running, I changed at a tenth and now quarter mile. I printed the wheel and carried it with me in a baggie. Now etched in my memory, I pray when I swim, changing prompts at each lap.

When we spend time in prayer while exercising, we enjoy a bonus: physical and spiritual strength at the same time. Change your attitude; begin with prayer.

*This excerpt is from Helen Baratta’s current book project, *Restored: Forever Free from Obesity*, due out in early 2017. Helen is our Director of Development and oversees our Virtual Groups. [Click here](#) to read her Blessed Big Loser success story.*



<sup>1</sup> Eastman, Dick. *The Hour That Changes the World: A Practical Plan for Personal Prayer*. Grand Rapids: Baker Book House, 1978. N. pag. Print.



## Build a Salad Like a Boss! ~ Lisa Lewis

When you think salad, your first thought may not be “mmmmm—yummy!” Salad gets a bad rap for being plain or boring. Many associate it with “dieting” or as something you *should* eat. Well, I’m here to tell you that a salad can be delicious, filling and downright yummy. Did you roll your eyes? I’m serious! So, are you ready to build a salad like a boss! It’s easy if you stock up with a few of your favorite ingredients from five different categories. You can even make these at the beginning of the week for an easy grab and go lunch (details below).

### BUILD YOUR SALAD

**First – Choose Your Greens.** Your greens are your base. Mix it up and try different greens. You might choose Romaine, Spinach, Red Leaf Lettuce or even Kale. Kale is very chewy and I recommend chopping it well.

**Layer One – Fruits & Veggies.** It’s all about color! Choose from red peppers, purple cabbage (shredded), tomatoes, broccoli, celery, cucumbers, red onion (mince or even roast for better flavor), strawberries, kiwi, apple, pineapple (If using canned, make sure it is packed in juice. Try it grilled for even more flavor), red grapes (sliced), Jicama.

**Layer Two – Protein.** You can choose from meats like chicken (use rotisserie to save time), tuna (canned in water), salmon (canned is okay), or even ground turkey (lean, browned with a little water, minced garlic and cilantro for a southwest flair). You don’t have to stick with meat; you can get the protein you need from cooked lentils, hard-boiled eggs, canned beans—black beans, black-eyed peas or cannellini beans (tastes like tuna!). Be sure and drain and rinse beans.

**Layer Three – Whole Grains & Starchy Veggies.** Choose from quinoa or wild rice (try the 90-second microwavable packs), carrots, beets, bulgur (sprinkle), yams or corn (oven roast for more flavor).

**Layer Four – Flavor Boosters.** Kimchi, salsa (look for ingredient list that reads like a recipe – no additives), hummus, guacamole, BBQ sauce (check ingredient list for things you know), pistachios, walnuts, almonds, sesame seeds

**Layer Five – Healthy Extras** – You might like minced garlic, lime juice, fresh basil, Italian herb seasoning, crushed red pepper, fresh cilantro or ground pepper



### PACKING FOR A HEALTHY WEEK

One of my favorite ways to use quart-sized canning jars is to pack them with salads. I can make them on Sunday night and just grab and go all week. If you’re packing your salad in a jar, you might want to switch up your layers. Here are a few tips:

- **Dressing first!** – This keeps everything from getting soggy.
- **Hardier ingredients next** – onions, carrots, beans, peas, bell pepper, olives, etc. These will get great flavor from sitting in the dressing, too! Apples will also work in this layer. Be sure to give them a little lemon juice/water bath before adding to keep them from browning.
- **Keep layering** – Pack your layers tightly. The less air between layers, the longer it will stay fresh.
- **Last layer** – Your healthy extras and/or cheeses.
- **One more thing** – If you are using less hardy options, like guacamole, avocado or hard boiled eggs, you might pack them separately and add right before you serve.

Now you have packed a salad like a boss – to go! Shake your salad out on a plate and enjoy!



## Success Story ~ Kim Waters



A sudden career change and, all the emotions that came with it, sent me into a downward spiral health wise. I kept up with my exercise, but my spiritual and health walk deteriorated. I gained weight—I didn't care about anything health wise, or why in the couldn't the hurt.

I was were loving me. At the end of 2007, the senior bosses) decided to retire. I held down the fort, so hear who Pastor had hired as my new boss. Then me in his office and asked me to consider taking Director of Mature Adults. I have to say that I can look back and see why God worked it out the probably would never have left the recreation

I was still overweight, with elevated cholesterol lowering medicine, which I hated because it made emotional wreck with out-of-sorts eating habits, in complete denial. I thought that my "bloating" since by now I had entered my 50's and that's Wrong! It was a lie that I told myself as I bought lotion to get my rings on! When I look back over where I wore sweat pants with nice tops to be fat! And you know pictures don't lie!



excelling at my new position. I loving the senior adults and they adult minister (one of my two to speak, for a month waiting to in January 2008, Pastor Ted called over the position re-labeled as was groomed for this position. I way He did. If he had not, I ministry

again! I was even on cholesterol-my legs feel so badly. I was an but I didn't see it at the time. I was was being caused by menopause, just what naturally occurs. Right? larger-sized clothing and used those years in pictures, I can see "comfortable," not because I was

In the fall of 2012, God came up with another change for my good AGAIN. He gave me back the leadership responsibilities of First Place 4 Health. The day after my birthday, which was 11/12/12, I drew a line in the sand with the Lord and said, "Let the training begin." I told Him that I was ready to get serious and not play that game that I had played the first time He brought First Place 4 Health into my life. My focus then was on just eating my allotted 1400 calories a day and getting the weight off. I tracked it on My Fitness Pal and watched the number on the scale slowly decline. By the following summer I had lost 30 pounds. I tried not to buy any new clothes, but the ones I had were getting so big I couldn't even cinch them up to keep them on. In fact, I went in search of clothing in my husband's stuff and got some jeans and shorts outfits that he couldn't fit into anymore! Plus my rings now fit again and my cholesterol is really correct without medication.

First Place 4 Health isn't just a journey about weight loss. It is a journey about getting healthy in all four areas of our life. I have now moved off the focus of just losing weight and am allowing God to teach me where I need His control—mentally, emotionally, spiritually and physically. God is allowing me to grow in Him and stay a healthy weight. I don't see myself as being at goal weight *yet*, but I'm still working on it.

Now my mantra is "every food group every meal" and get your groove on with God daily! I still struggle with strongholds but am learning that if I put on the full armor of God, I can take my stand against the devil's schemes (Ephesians 6:11). I never want to go back to what I was and I want to always learn more and grow more in the Lord



## Devotional

# check your clothing

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Colossians 3:12*

When I think of people who are compassionate, my friend Amy comes to mind. Amy is the youngest member in our First Place 4 Health group and she has been such a blessing to the rest of us. Amy has not been able to have any biological children, but she and her husband adopted a dear little boy for whom they provide a loving home. She has such genuine love and compassion for children and orphans that she went to China last summer to volunteer her time in an orphanage to just love on those children. Recently, God opened the door for her to adopt a child with special needs, and it has been very exciting to watch this process unfold. We group members feel like we are going through the adoption process with her, and each week we wait with eager anticipation to hear the latest developments. When she goes back to China to bring her next child home, we know that child will have the opportunity to grow up in a home where compassion, kindness, humility, gentleness and patience are lived out daily.

Our heavenly Father is the ultimate example of compassion, and we are His children who are so dearly loved. The more that we are aware of and understand God's compassion toward us, the more compassionate we will become. When we clothe ourselves with these qualities, others will see Jesus in us. Every week in our group, I hear of someone showing compassion to another by encouraging words, prayers or actions as we all serve God and one another. I am amazed at the compassion shown to me by my heavenly Father and also by the members of my group. I pray that I will always remember the comfort and compassion I have been shown and that I will show the same to others.

**Action Item:** Using Jesus as your example, go out of your way to show someone an act of compassion today.

**Prayer:** *Father, I pray that You will help me to be mindful of Your compassion and show me ways that I can show compassion to others I meet today.*

Mary Chin  
St. Charles, Illinois

*This devotional is taken from Better Together, available at [www.firstplace4health.com](http://www.firstplace4health.com).*



## WE HAVE MOVED!

### Our new address is:

2510 Church St.  
Galveston, Texas 77550



## Upcoming Events

### Virtual FP4H Groups

Classes beginning in August

Contact: [helen.baratta@fp4.com](mailto:helen.baratta@fp4.com)

### Southeast Wellness Workshop

September 10, 2016

South Carolina Baptist Building  
Columbia, SC

Contact: [vicki.heath@fp4h.com](mailto:vicki.heath@fp4h.com)

### Southern California Wellness Workshop

September 17, 2016

St. John's Lutheran Church  
Bakersfield, CA

Contact: [jldono9866@gmail.com](mailto:jldono9866@gmail.com)

### Midwest Wellness Workshop

October 1, 2016

Blue Valley Baptist Church  
Overland Park, KS 66221

Contact: [rebeccareid@prodigy.net](mailto:rebeccareid@prodigy.net)

### Wellness Week @ Round Top

October 6-13, 2016

Round Top Retreat  
Round Top, Texas

Contact: [lisa.lewis@fp4h.com](mailto:lisa.lewis@fp4h.com)

### New England Area Wellness Workshop

November 5, 2015

St. Albans Union Church  
St. Albans, Maine

Contact: [pattygallison@gmail.com](mailto:pattygallison@gmail.com)

### Fun & Fitness 4 Life Weekend

January 20-22, 2017

Sandy Cove  
North East, MD

Contact: [helen.baratta@fp4h.com](mailto:helen.baratta@fp4h.com)

*For more information about  
any of these events, please visit [www.FirstPlace4Health.com](http://www.FirstPlace4Health.com)*



# NEW RELEASE

Stay on track during  
the holidays with  
this new holiday  
devotional study.

**ON SALE NOW!**





Try these superfood salads on a plate or packed to go!

## Kale Salad

- 2 tbsp. Tahini
- 1/2 tsp. Minced Garlic
- 2 tsp. Lemon Juice
- 2 cups Kale, finely chopped
- 1/2 cup Purple Cabbage, shredded
- 1/4 cup Red Onion, minced
- 1 cup Apple, chopped
- 3 oz. canned Salmon
- 1/2 cup cooked Quinoa

Whisk garlic, lemon juice into the tahini. Place finely chopped kale in your bowl, top with purple cabbage, red onion and apple. Add the salmon and quinoa and drizzle with the seasoned tahini.

## Southwest Salad

- 3 ounce lean ground turkey
- 1 tsp. minced garlic
- 2 tablespoons chopped cilantro
- 2 cups Red leaf lettuce, chopped
- 1/2 cup Red bell pepper, chopped
- 1/2 cup canned corn, drained
- 1/2 cup canned black beans, drained and rinsed
- 1/4 cup salsa (or to taste)

Brown turkey on stovetop with garlic, cilantro and a couple tablespoons of water. Toss the chopped lettuce, corn, beans, bell pepper and salsa; top with the seasoned turkey. If you're vegetarian or you don't eat turkey for any reason, omit it and up the portion of black beans for more protein.

## BBQ Chicken Salad

- 3 cups Romaine lettuce
- 1/2 cup shredded cabbage
- 1/4 cup red onion, minced
- 1/2 cup canned, chunk pineapple packed in juice, drained
- 1/2 cup cooked yam
- 3 ounces cooked chicken breast, cubed (leftover rotisserie works great!)
- 1/2 cup canned black-eyed peas, drained
- 1/4 cup BBQ sauce (or to tasted)
- 1/2 tbsp. Italian seasoning

Place chopped romaine in a bowl. Top with cabbage, red onion and pineapple chunks. Top with the sliced yam, cubed chicken breast and black-eyed peas. Drizzle with barbecue sauce and sprinkle with Italian seasoning.



## Apple Crunch Bar

- 2 cups all-purpose flour
- 1/2 cup brown sugar substitute (can substitute 1/4 cup additional brown sugar)
- 1/2 cup firmly packed brown sugar
- 1/4 cup butter, softened
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1 teaspoon vanilla extract
- 8 ounces plain low-fat yogurt
- 1 medium egg
- 2 cups Granny Smith apples, chopped
- 1/2 cup raisins, seedless
- vegetable cooking spray
- 1/4 cup chopped walnuts

Combine flour, sugars and butter in a bowl, beating well at medium speed of electric mixer. Reserve 2 cups flour mixture, and set aside. Add baking soda and next three ingredients to remaining flour mixture; beat well. Add vanilla and next two ingredients; beat well. Stir in apple and raisins. Press reserved two cups flour mixture into the bottom of a 9x13x2-inch baking pan well coated with cooking spray. Sprinkle walnuts over flour mixture. Spread apple mixture over prepared crust. Bake at 350 degrees for 35-40 minutes or until browned. Cool completely in a pan on a wire rack. Sprinkle with remaining tablespoon of sugar before cutting. Serves 16.

Nutrition Information: 233 Calories; 6g Fat (23.8% calories from fat); 5g Protein; 41g Carbohydrate; 1g Dietary Fiber; 29mg Cholesterol; 193mg Sodium.

# Wellness Week in Round Top, Texas

October 6-13, 2016



Space is limited. Sign up today! >>