

Back To Health and Living SDC News Letter



DATE: April 21, 2005, L49

Clarksburg WV

WEEKLY MEETING BHLC:
ST MARK'S LUTHERAN CHURCH
The Church is located at the corner of
Route 19 South & Route 98 (Davisson
Run Road) Next to the United Hospital
Center.

AGENDA – THURSDAY April 21, 2005

1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
5. 7:30 Dinner Runway Grill

EDITORIAL: On the last page is an email that touched my heart, and made me appreciate how much I have in life, “family, friends and health.” It is a little long but worth reading.

SDC:

Newsletter: This is newsletter number 49 we are near the mark of 52 weeks of newsletters. I would like to ask anyone to send me any articles or comments they would like published in the upcoming newsletters. I would also like to receive testimonials from anyone so I can post these in the newsletters for others to read. I will put your name with the article if you desire. We need to spread the good news of our success.

New SDC Location: We had our 2nd meeting at the ST Mark's Lutheran Church, below United Hospital Center. We had an excellent meeting and a great dinner afterwards, please join us next Thursday, April 28, at 5:00 pm for exercise, stress management, group and dinner at Minards.

Time: Time is still flying, please add to your calendar the date of May 5, 2005. The United Hospital Center Cohort 11 will be having

their **transition meeting and dinner** at the ST MARK'S LUTHERAN CHURCH below the Hospital. Plan to join us at 3:30 for a great afternoon and dinner at the Church.

Modality Adherence results for the week of 4-04-2005, from the Clarksburg Electronic Adherence form are shown below. Thank you for your weekly participation. Excellent commitment to Stress Management. The 90.2% is the best weekly average we have done as a Self Directed Community.

MOLADITY	RESULTS %
Exercise	91.7
Diet	90.3
Stress Management	90.2
Group Support	92.4
Out Side Group Support	89.6
Not Attending Group	1
Number of Inputs	12

RECIPES: Blueberry Coffee Cake *From The Kitchen of Vicki D'Amico*

1 package Betty Crocker Low Fat Blueberry Muffin Mix
1/3 cup nonfat plain yogurt
1/3 cup unsweetened applesauce
2 egg whites
1/2 cup of fresh or frozen blueberries
Cinnamon

Preheat oven to 425 degrees. Stir together yogurt and egg whites. Stir in 1/2 cup of water and applesauce. Stir in muffin mix until well moistened. Stir in blueberries. Pour into 8x8x2 inch pan. Bake 25 minutes. Sprinkle with cinnamon. **Low fat Blue berry muffin mix has added fats, so this recipe would count as one of the added fat foods.**

EMAIL:

A young man had been to Wednesday night Bible Study. The Pastor had shared about listening to God and obeying the Lord's voice. The young man couldn't help but wonder, "Does God still speak to people?" After service he went out with some friends for coffee and pie and they discussed the message. Several different ones talked about how God had led them in different ways. It was about ten o'clock when the young man started driving home.

Sitting in his car, he just began to pray, "God...If you still speak to people speak to me. I will listen. I will do my best to obey." As he drove down the main street of his town, he had the strangest thought to stop and buy a gallon of milk. He shook his head and said out loud, "God is that you?" He didn't get a reply and started on toward home. But again, the thought, buy a gallon of milk.

The young man thought about Samuel and how he didn't recognize the voice of God, and how little Samuel ran to Eli. "Okay, God, in case that is you, I will buy the milk." It didn't seem like too hard a test of obedience. He could always use the milk. He stopped and purchased the gallon of milk and started off toward home.

As he passed Seventh Street, he again felt the urge, "Turn Down that street." This is crazy he thought and drove on past the intersection. Again, he felt that he should turn down Seventh Street. At the next intersection, he turned back and headed down Seventh. Half jokingly, he said out loud, "Okay, God, I will". He drove several blocks, when suddenly, he felt like he should stop. He pulled over to the curb and looked around. He was in a semi commercial area of town. It wasn't the best but it wasn't the worst of neighborhoods either. The businesses were closed and most of the houses looked dark like the people were already in bed. Again, he sensed something,

"Go and give the milk to the people in the house across the street." The young man looked at the house. It was dark and it looked like the people were either gone or they were

already asleep. He started to open the door and then sat back in the car seat. "Lord, this is insane. Those people are asleep and if I wake them up, they are going to be mad and I will look stupid." Again, he felt like he should go and give the milk. Finally, he opened the door, "Okay God, if this is you, I will go to the door and I will give them the milk. If you want me to look like a crazy person, okay. I want to be obedient. I guess that will count for something but if they don't answer right away, I am out of here.

"He walked across the street and rang the bell. He could hear some noise inside. A man's voice yelled out, "Who is it? What do you want?" Then the door opened before the young man could get away. The man was standing there in his jeans and T-shirt. He looked like he just got out of bed. He had a strange look on his face and he didn't seem too happy to have some stranger standing on his doorstep. "What is it?"

The young man thrust out the gallon of milk, "Here, I brought this to you." The man took the milk and rushed down a hallway. Then from down the hall came a woman carrying the milk toward the kitchen. The man was following her holding a baby. The baby was crying. The man had tears streaming down his face. The man began speaking and half crying, "We were just praying. We had some big bills this month and we ran out of money. We didn't have any milk for our baby. I was just praying and asking God to show me how to get some milk." His wife in the kitchen yelled out, "I ask him to send an Angel with some. Are you an Angel?" The young man reached into his wallet and pulled out all the money he had on him and put in the man's hand.

He turned and walked back toward his car and the tears were streaming down his face.

He knew that God still answers prayers.