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DATE: June 3, 2004 L6

Clarksburg WV

WEEKLY MEETING:

BHLC SDC

FIRST BAPTIST CHURCH NUTTER
FORT

219 Maryland Avenue

AGENDA – THURSDAY June 3, 2004

- I. 5:00 Exercise
- II. 6:00 Stress Management
- III. 7:00 Group
- IV. 7:30 Dinner Runway Grill

EDITORIAL: Stress Management.

As I was setting at my desk I found a saying that to me describes stress management and one of the goals of the Self Directed Community. *Happiness lies within the reach of those who reach beyond themselves.* Stress Management is one of the most important parts of our every day life to relieve the tension on our mind, our body and our heart.



SDC:

The Clarksburg SDC has seen a drop in attendance during the Spring Months, with end of year school projects, vacations, and increased work loads. Let's plan to attend as many Summer meetings as possible.

UNITED HOSPITAL NEWS:

Cohort 8 has started at the Hospital and anyone in the SDC is welcome to attend a Tuesday meeting to discuss the SDC with the new cohort. Please contact Frank Taylor for details.

RECIPES: Fluffy Sweet Potato Souffle

From The Kitchen of Wes Miller

3 cups mashed, peeled, cooked sweet potatoes (about 2 large)

¼ cup brown sugar (or tbs. brown sugar and ½ tsp. Sweet 'N Low Brown)

4 Egg Beaters, beaten

¼ cup light rum (or 1 tsp. rum extract)

½ to 1 tsp. cinnamon

Preheat oven to 350 degrees. Combine mashed sweet potatoes with the rest of the ingredients. Beat well with a hand mixer. Fold into a 2-quart baking dish that has been sprayed with a non-fat cooking spray. Bake for 45-50 minutes or until a knife inserted into the center comes out clean and top is firm and golden brown.

JOKES: How to weigh yourself and get the most accurate results.



I can't believe I have been doing it wrong all these years.

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