

Simply Put

The Newsletter for Seventh Day Baptist Women

June 2010

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Evangel University, Springfield, MO

July 25-31, 2010

“Servants Together in God’s Ministry”

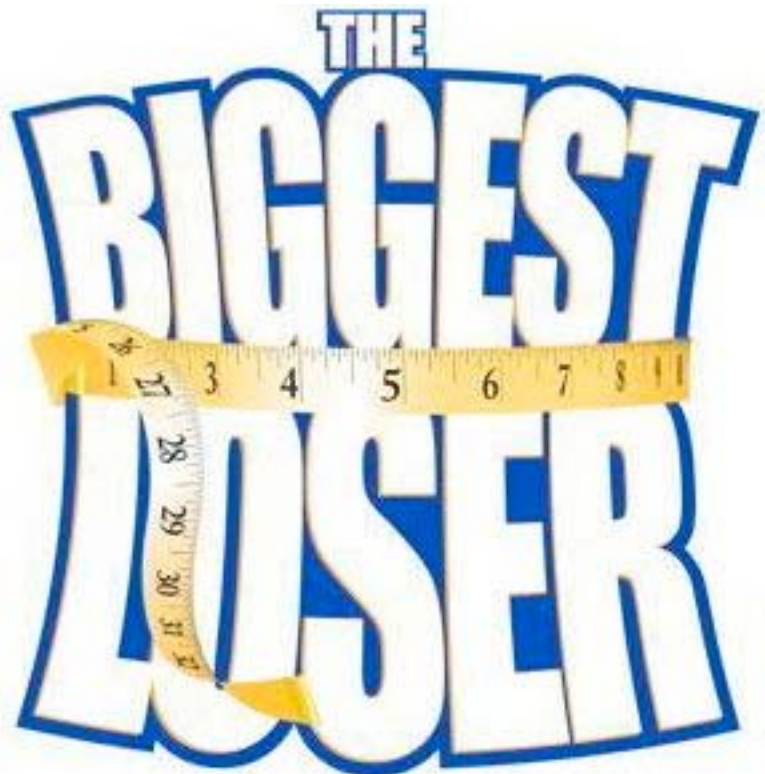
[On-line Registration](#) Through June

Be sure to reserve a place at
the Women’s Banquet:

\$8 with meal ticket

\$15 without meal ticket

Many Seventh Day Baptists have accepted the challenge to lose weight by the time the 2010 General Conference meets. Individuals have challenged themselves and their friends; churches have been competing with other churches. What happens after the contest is over? Do all participants return to their former ways of over-eating and unhealthy living? *Simply Put* asked Parish Nurse Barb Green to suggest ways to keep off the weight and to live in healthy ways long after our denominational gathering. {See next page for her response!}



Tips for Keeping the Weight Off – Barbara Green (Milton SDB Church)

I know that many of you have been involved with the denominational biggest loser contest and that others have been losing weight on their own. Assuming that your weight loss has occurred because you have adopted a healthier way of eating rather than a fad diet, here are some tips for keeping that weight off for good:

1. Watch portion sizes. Eating too much of any food can result in weight gain.
2. Read labels so you know what a serving size for that particular food is. Labels will also keep you informed of calorie, protein, carbohydrate and fat content.
3. Eat nutrient dense foods rather than foods that have little or no nutrition in them. Eating lots of fruits and vegetables help do this.
4. Eat more slowly. This allows you to chew your food more completely and keeps you from eating more than you should. It takes about 15 minutes for the brain to register that you are full. Don't take second helpings until after that time has elapsed.
5. When you fill your plate, one quarter of it should be a protein source (meat, fish, eggs, etc.), one quarter carbohydrate (pasta, rice, bread) and one half vegetables and/or fruit.
6. Drink water, rather than soda, fruit juice or energy drinks.
7. Exercise, exercise, exercise! You need at least 30 minutes of aerobic exercise daily to help you maintain your weight. This can be walking, jogging, swimming, walking on a treadmill, etc. If you don't exercise, you will have trouble maintaining weight loss.
8. Remember to be nice to yourself. Never use the word diet, but think healthy lifestyle choices. Splurges are okay occasionally, but plan for them so you don't go off the deep end.
9. The buffet/cafeteria line at Conference can be a downfall. Try to look things over or at least see the menu before you get in line. Decide what you are going to have and stick to that plan. Remember you do not get any prizes for being the person with the most food on your plate. Save dessert for Sabbath.



A Recipe? In *Simply Put*?

Was it even possible to go an entire year without including at least one recipe in our women's newsletter? Of course not! In addition to these helpful hints, Barb included a healthy recipe, giving credit to her daughter Ellen, that is perfect for sharing with our readers. See the next page!

Recipe for *Chicken Primavera* – Ellen Olson (Berlin SDB Church)

Main Ingredients:

chicken breasts

fresh vegetables, such as snap peas, broccoli, mushrooms, carrots, cauliflower, onions, celery, cherry tomatoes, etc.

pasta, such as spaghetti, rotini, or penne – whole wheat is good

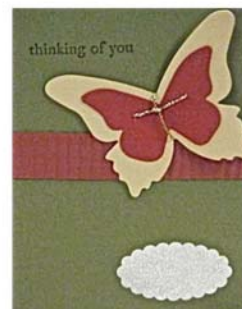
Directions:

Cook the pasta while you are cooking the meat and the vegetables. Chop the chicken breasts and the vegetables into bite-size pieces. Place 1-2 T olive oil or canola oil in a frying pan, wok, or electric fry pan. Cook the chicken first, then the vegetables. Cook until the vegetables are crisp, tender, or however your family likes them. When both the pasta and the chicken/veggie mix are done, drain the pasta and mix everything together. Serve as is or toss with lo-cal Italian dressing or sprinkle grated Parmesan cheese on the top.

This is a quick, lo-cal dish that you can adapt to your family's tastes: i.e. serve with only vegetables or substitute shrimp or light kielbasa for the meat. Serve with whole grain rolls and a fruit salad for a filling, balanced meal. Enjoy!

Homemade at a Retreat

Keep reading to see where and when!



Sweet Life Café – Michelle Crandall (Milton SDB Church)
The Story Of A Women's Retreat



April 30 – May 1, 2010, thirty-eight ladies from the SDB churches in Wisconsin and Minnesota met to savor time with each other and God. We met at the Cranberry Lodge and Suites in Tomah, WI. This was a great hotel and a great halfway point from all the churches represented. “I am the bread of life” from John 6:35 was our key verse for the retreat. We started out with pizza and a terrific homemade salad bar. Each woman picked out a mug to keep; we later used these mugs to determine small groups. Each session began with a giveaway and worship led by Milton's Cheyane Blevins. We played a fun game and watched a great skit about Ahab, Jezebel and Elijah. Following our evening session, led by Deirdre Camenga, many women went to the hot tub, played games, or just sat and chatted.

Sabbath morning began with a session on bread. Now, aren't you full? What if we listed the ingredients of bread? Are you full yet? Those are the questions Kelly Bascom challenged us with. After breakfast, we had small group time. Linda Bentz led us in a challenging time of thinking about women around the world. We even tasted porridge! We each received a bag with some physical items and Bible verses to jumpstart our quiet time with God. My favorite was the rock. It's small and common, yet God took the time to create detail on it. It has crevices and swirls of color. How much more God cares for us! Next we had small group time where we had a time of affirmation of each woman in our group. That was a very special time together!

We ate lunch at a local restaurant. It was a great buffet and fun to have a change of scenery. Following this we had a craft time. Some of us knit, crocheted or did other needlework. Others stamped cards. {Yes, the cards pictured on the previous page. ☺} These will be given with prayer shawls or donated to the craft table at Conference.

We had one last time of worship and then we were on our way home. It was a blessing to be away from the pull of everyday life. I always enjoy seeing my friends from other churches and catching up with them. One of the best parts was that we didn't have to cook, clean, or do dishes! But the absolute best part was savoring time with God and each other!

Some of the women's retreat participants:



From Left To Right---

Top Row: Cheyane Blevins; Micayla Neher, Jaci Robinson, and Karen Payne; Kelly Bascom

Bottom Row: Angie Mullen and Linda Gilmore (daughter and mother); Kris North and Nancy Parrish; Marian Anderson and Maria Bonser {How many others can you identify in the background?}



Tomah, Wisconsin, was the perfect location, not only for this delightful retreat for women from the North Central Association but also for the latest meeting of the SDB Women's Board. {See next page with pictures taken in the same town, but at the Perkins Restaurant. }

Our Women's Board Meets Again (Evening of May 1, 2010)



It's said that a picture is worth a thousand words. What do these pictures say to you?

Editor's Reply: *These gals enjoy getting together, even to conduct business!* ☺



WOMEN'S BOARD  **OF THE SEVENTH DAY BAPTIST
GENERAL CONFERENCE**

Please bookmark our web site { <http://sdbwomen.org/> } and visit there often!

See it all live at the Women's Banquet!

Be sure to buy your ticket when you register for General Conference. ☺

Simply Put is published electronically each quarter.

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