

# Connections

LINKING RHEMA GRADUATES AROUND THE WORLD

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spring/summer 2010

Live Longer, Live Stronger  
Commonsense ideas for  
a healthier life & ministry



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# The Bottom Line

## Health and Fitness—Does It Matter?

KAREN JENSEN | RMAI/RAA Staff Minister



Okay, tell the truth—have you tried to “do better” when it comes to eating and exercising, but you’ve come up short? Do you feel guilty or frustrated when people talk about losing weight, eating healthy, or getting fit? Or are you just interested in more information about eating right and staying in shape?

Then this issue of *Connections* is for you!

The truth is, our health is important every day of our lives. When we’re healthy and fit, we have energy for our loved ones and for the things we’re called to do. We look good. We feel good. We can spend more time thinking of others than of ourselves. We can save time (being sick in bed or waiting in a doctor’s office) and money (paying for medications or hospital stays). We can live longer and stronger.

Most of us would *prefer* to be healthy and fit, wouldn’t we? Who really *wants* to be overweight, stressed, tired, sluggish, or sick? But it takes effort and, perhaps most importantly, *change*. It doesn’t take one or two diets—it takes a lifestyle adjustment.

But it’s worth it!

This issue of *Connections* takes a look at some commonsense ideas that can put us on the road to a healthy lifestyle. It’s about

changing our mindset. As with our past issue about finances (Spring/Summer 2008—“Financial Freedom: Getting Your House in Order”), the first step to getting on track is *wanting to*. And that means giving it some attention.

Too many times, if we’ve tried and failed in an area of our lives (finances, weight loss, etc.), we don’t like looking at it. But for change to take place, we’ve *got* to look at it. We’ve got to spend some time reading about it, studying it, and getting better at it—even if it’s just a little every week. We’ve got to be willing to make changes and keep at it.

Here’s some help to get started. I trust that the information in this issue will give you the “want-to” to get on the road to health and fitness so you can live longer and stronger—and look and feel great while you’re doing it!

A fellow laborer,

Karen Jensen  
RMAI/RAA Staff Minister

“Any change, even a change for the better, is always accompanied by drawbacks and discomforts.”

—Arnold Bennett

### How’s It Going?

Speaking of making changes in your finances, how’s that going? Did you put any principles into place after reading the Spring/Summer 2008 issue of *Connections*? (Do you maybe need a little refresher? Remember, things change when we give attention to them!)

*Have you seen some improvements in your personal finances as a result of the ideas from Connections? We’d like to hear about it!* E-mail us your story at [RAA@rhema.org](mailto:RAA@rhema.org).



### Alumni Office

**Front Row (left to right):** Karen Jensen, Ann Graves, Christina King  
**Back Row:** Doug Jones, Laura McKown, Joe Duinick



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# Live Longer, Live Stronger

Commonsense ideas for a healthier life & ministry



"I preach three services [every weekend] . . . and I feel like I owe it to my people to be just as fresh in the third service as I am in the first."

Physical training is good.  
—1 Tim. 4:8 (NLT)

## Getting Older—and Healthier!

### Glen ('80, '81) & Theresa Johnson

*Glen and Theresa Johnson pioneered Faith Center Church in Vancouver, Washington, in 1983 and have pastored there ever since. [www.faith-center.org](http://www.faith-center.org)*



A couple of years ago, Glen and Theresa Johnson decided they wanted to get in shape. Over six months, they lost a combined total of 70 pounds, and they've kept it off.

"For us, it was about getting healthier," says Glen. "I saw a lot of my friends getting older, and I decided I could live to be 90 taking a handful of pills every day, or I could live that long being in shape. Also, I preach three services—one Saturday night and two on Sunday morning—and I feel like I owe it to my people to be just as fresh in the third service as I am in the first." Theresa chimes in, "I just got tired of being out of breath tying my shoes! It feels so much better being in shape."

### Eating

The Johnsons didn't follow a specific diet—they just started using common sense.

"We're not fanatics," says Glen. "We don't always pass up cake or pie—we just don't eat a lot of them."

Theresa says they pay attention to what they eat and make healthier choices. "If we go out to dinner, we split a meal. If we have dessert, we split it," she says. "We don't keep junk food in the house. We cook stir-fry with veggies and chicken. We cut out a lot of beef. We don't drink pop or eat a lot of bread."

"It's a mindset," says Glen. "It took some time to retrain our brains to eat smaller portions and look for healthier choices. I probably eat one-third of what I used to."

### Exercise

The Johnsons aren't fanatics about exercise either. "Exercise is important," says Glen, "but 75 percent of your health is diet. You need both, but if you think you can run five miles and then eat anything you want, you'll always be overweight or unhealthy."

When they first started out, they did a lot of walking, and Glen did the Crossfit program for a while ([www.crossfit.com](http://www.crossfit.com)). "Too many people think you have to go to the gym for two hours a day to get in shape, so they don't do it," says Glen. "But there were days I did Crossfit for five minutes! Now I mostly just exercise three times a week."

Is there scriptural support for exercise? "I don't want to put too much emphasis on the body," says Glen, "but Paul said, 'I pray God your whole spirit and soul AND BODY be preserved blameless . . .' (1 Thess. 5:23). We put a lot of emphasis on exercising our spirit, but we can't ignore the body. Maybe we should be spending a third of our time exercising each one."

The Johnsons found benefits to being in shape. "I had back problems for 20 years," says Glen, "but now I don't. I found out I didn't have back problems—I had weak back muscles! I think a lot of our ailments might be like that. We're just weak people from a bad diet and a lack of exercise."

## Tips for Weight Control

**Weigh every day.** “I heard Oral Roberts say he used to get on the scale daily,” says Glen. “It’s a daily recognition of what you have to do that day to maintain.”

**Eat your big meal early.** “I saw a show about how sumo wrestlers get so fat,” says Glen. “They don’t eat all day, and then they gorge themselves at night. It slows their metabolism way down. So eat your big meal early. Past 4 p.m. I just snack. I enjoy the discipline of going to bed hungry, knowing my body doesn’t have the best of me.”

“I *am* going to have a snack—so if I don’t plan a good one, then I’ll end up eating a bad one!”

**Plan ahead.** “I have to plan meals and snacks ahead of time,” says Theresa. “If I don’t plan, I’m going to fail. I *am* going to have a snack—so if I don’t plan a good one, then I’ll end up eating a bad one!”

**Use the buddy system.** “To exercise effectively, get a partner,” says Glen. “It adds accountability. My friend and I never told each other if we weren’t coming to work out—because we knew the other guy wouldn’t come! That made us show up every time, regardless.”

**Keep at it.** “Don’t give up,” Glen says. “We went through three or four attempts at this. But finally it just clicks if you don’t give up. You don’t have to spend two hours a day to get in shape. Just do something.”



## Don’t Wear Yourself Out

**Ken Taylor (’86, ’87)**

*Ken Taylor and his wife, Tonja, traveled in ministry for five years, then moved to France in 1992. In 1994 they moved to Québec, Canada, where they assumed a pastorate and started RHEMA Québec in 2007.*

[www.rhemaquebec.org](http://www.rhemaquebec.org)

If he could do some things over again in ministry, Ken Taylor says he would have concentrated more on being healthy.

“At first I allowed the passion of the call to push me beyond the limits of wisdom,” he says. **“We believe in divine healing, but maintaining divine health should be a high priority.”**

The Taylors moved to France in 1992, and on top of everything else, Ken taught 12 hours a week in a second language.

“For two years I went to bed at 3:00 a.m. and got up at 6:00 a.m.,” he says. “It had very negative effects on my body. One doctor thought I had a brain tumor, but it was really just exhaustion and stress. I’d stopped taking care of myself.”

## Making Changes

As Ken recovered, he decided to make health a priority. “A lot of it is just common sense,” he says. “I started by working out five times a week, but now it’s usually three times. Just 20 minutes of cardiovascular exercise three times a week can change your metabolism to where you can burn calories sitting at a desk.”

He also changed the way he ate. “I try to eat the right balance of protein, carbs, and good monounsaturated fats,” says Ken. “I still eat desserts and drink coffee, but it’s about moderation. Brother Hagin taught us the fasted lifestyle—you don’t have to have dessert every day. Push the plate away before you’re full.”

## Rest

Ken says rest is still a struggle. “It comes down to training myself to get to bed on time,” he says. “Robert E. Lee said an hour of sleep before midnight is worth two hours after. Sometimes you just have to call it quits and go to bed.”

Taking a day off is also vital. “It seems to be an ongoing struggle for a lot of us in ministry,” says Ken, “but it’s the principle of the Sabbath. We pastors teach our people the principle of tithing, and if they say they can’t afford to tithe, we say they can’t afford *not* to. It’s the same with the Sabbath. We say, ‘I can’t afford to take a day off,’ but we can’t afford *not* to! God created the earth and rested on the seventh day. That’s the Sabbath principle. Our bodies need rest to recover and recuperate.”



## Tips for a Healthy Balance

- **Change the way you think about food.** “Eating to live instead of living to eat was big for me. Food is fuel for the temple God’s given us, and you only get one temple. Once it’s gone, you can no longer be of service to Him on the earth—so you might as well take care of it now.”
- **Go to bed on time.** “They say going to bed after 1:00 a.m. compromises your immune system by 50 percent the next few days. It’s amazing what sleep does to rebuild your body. Disciplining myself to go to bed at a decent hour makes all the difference.”
- **Take a day off.** “You’re not being irresponsible if you take time off,” says Ken. “In the long run, taking a day off is best for us *and* for our people. We’ll be able to serve them longer and more effectively when we’re rested and operating at our optimum capacity.”

I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

—1 Cor. 9:27 (NKJV)

## Four Simple Steps for Beginners

### Kendra Turner ('06, '07)

Kendra works full time as a certified personal trainer. A former healing technician at the RHEMA Prayer & Healing Center, she and her husband, Danny ('05, '06), currently run a prayer and healing center at Community Church in Bowden, Georgia.



Most fitness experts agree that the way to live healthy is not dieting; it's adopting a *lifestyle* of exercise and eating right.

As a personal trainer, Kendra Turner has helped many people who have either tried and failed with fitness or aren't sure where to start. Here are some of her steps for beginners:

- 1) Exercise.** "My advice for beginners is, *go slow*," says Kendra. "When you're starting out, you don't need to exercise until you're worn out. Always leave a workout knowing you could do more."

She says to start with 20 minutes of circuit training two or three times a week [see Kendra's Tips]. "Follow that schedule for six to eight weeks, then move up to 30 minutes two or three times a week. Studies show that circuit training—a work/rest ratio—burns more fat than other types of exercise."

- 2) Make one change at a time.** "Changing your eating and starting to exercise all at once can be overwhelming," says Kendra. "So start off with one thing—something simple you know you can do [see Kendra's Tips]. Make choices that create the change you want."

- 3) Get a new mind-set.** "Decide, 'I'm going to stick to this and I'm not turning back,'" says Kendra. "You're making a *lifestyle* change. Don't do it just to fit into an outfit or look good for a big event, but to be healthy."

- 4) Write it down.** To make a change, you have to give attention to what you're eating. "I ask anyone starting a new fitness program to keep a food journal," says Kendra. "Write down every single thing you eat for a week or two, along with the day, time, and portion size." A food journal helps you to spot trouble areas and make better choices.

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

—1 Cor. 6:19–20 (NLT)

### Kendra's Tips

**Circuit training (work/rest).** Do five basic exercises, with rest in between, for 20 minutes. Alternate squats, crunches, lunges, and push-ups with a cardio activity like walking, marching in place, or jumping jacks. "If thirty 15-second intervals are too hard, do twenty 10-second intervals and work your way up," says Kendra.

#### Example:

##### March in place: 30 seconds

Rest (or move to next station): 15 seconds

##### Squats: 30 seconds

Rest: 15 seconds

##### Jumping jacks: 30 seconds

Rest: 15 seconds, etc.



Get help and examples on these circuit training websites:

<http://www.sport-fitness-advisor.com/circuit-training-exercises.html>

<http://exercise.about.com/cs/exerciseworkouts/1/blbegcircuit.htm>

**Do something you like.** "If you like playing basketball, walk fast down a court and shoot some hoops for 30 seconds, then have a 15-second rest, and so on, for 20 minutes," says Kendra. "If you like being outside, walk up and down your street. Do a 30-second fast walk, then rest 15 seconds, do 10 or 15 squats, rest, then walk again, and so on."

**Make small adjustments.** "If you drink a six-pack of Coke a day, cut down to three or four at first," says Kendra. "When you go to the mall, park farther away so you have to walk." More examples:

- Add two or three days of exercise to your schedule. Do it at a time that works for you.
- Substitute one healthy food. Instead of fried food, choose steamed vegetables.
- Start eating a healthy breakfast (see page 10). It's worth getting up 10 minutes earlier.
- Instead of three cups of coffee or pop, drink two and have a glass of water in place of the third.
- Drink 8 ounces of water before each meal.
- Bring along a healthy snack to eat midmorning and midafternoon (see page 11).

See page 20 for some of Kendra's favorite recommendations for supplements and health advice.



## Start When You're Young

### Matt Shirley ('07, '08)

Matt Shirley and his wife, Casey ('07, '08), live in Tulsa. In addition to traveling and ministering, Matt works in marketing for Outreach Films, a faith-based film company, and Casey is a project manager at Kenneth Hagin Ministries. [www.outreach.com](http://www.outreach.com)



Matt Shirley, 28, was always active as a kid. From ages 6 through 22 he played soccer, earning a soccer scholarship to college. He ate anything he wanted to and never thought about weight.

Then he graduated, got married, and stopped his rigorous training schedule. He was surprised by what happened. "I started gaining weight and not feeling good," he recalls. "I said to my wife, 'What's going on here?'"

Matt found out that **as you get older, staying in shape takes more effort**. Instead of eating whatever you want to (as you did when you were younger), you have to start paying attention or you'll fall into an unhealthy lifestyle.

So Matt went back to the things he'd enjoyed before. "I played basketball and soccer and started running again," he says. "I looked for things to do where I could spend time with friends but at the same time stay healthy." He also started watching what he ate and making healthier food choices (see tips on page 10).

Matt says it's easier to start a healthy lifestyle when you're younger. "Putting your flesh under and setting up spiritual disciplines by exercising and eating right is good stewardship of the body that God gave you," says Matt. "When you're not in shape, it limits what you can do for the Kingdom of God."

Matt has traveled and ministered in many areas of the United States. "Anyone who travels in ministry knows that being in shape is a vital part of maintaining momentum and excellence," he says. "And that starts here at home."

### Tips for Your 20s and 30s

- **Start!** "Stop *thinking* about exercising and *start* somewhere. Do something you'll enjoy so that you'll stick with it. Set an achievable goal."
- **Know what to choose when eating out.** "Pay attention to what you eat. Read books like *Eat This, Not That* (see page 20) because it tells you how to substitute healthy foods for the ones you're eating now, and what to eat when you're at fast-food restaurants."
- **Smaller is better.** "Cut back on your portion sizes."
- **Watch when you eat.** "I loved to eat a bowl of cereal before bed, but I had to stop! Eating late at night messes up your metabolism. I found that drinking a glass of water instead will help fend off hunger."
- **Change your drink of choice.** "Drink more water! Period!"



"When you're not in shape, it limits what you can do for the Kingdom of God."

I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No sloppy living for me! I'm staying alert and in top condition.

—1 Cor. 9:26–27 (Message)

## Making a Lifestyle Change

**Linda Svensson ('81, '82)**

*Linda (Cheek) Svensson worked in the RHEMA Prayer & Healing Center for many years. After her marriage to Mårten ('86, '87), they moved to his native country of Sweden in 2004.*



After seven years of happy marriage in “the land of potatoes” (Sweden), Linda found that she had gained 30 pounds.

“I knew it was time for a change!” she says. “Exercise and diet had always been one of Mårten’s and my top priorities, but we found that ‘moderation’ was not working—we just continued to gain weight!”

So the Svenssons both started the South Beach Diet and began to change their lifestyle.

“We cut out all white sugar, white bread and rice, and white potatoes,” says Linda. “It was hard at first, but once you learn the principles, you can use it as a guideline. It’s not a diet—it’s a lifestyle.”

They also began to exercise, no matter what. “My walk or bike ride is *not* optional,” says Linda. “It’s just one of the things on my list that I always do.”

What motivates her to stick with it? “I love the way I look and feel,” says Linda. “I feel so much more confident. The choice to eat healthier is worth it to me!”



I discipline my body like an athlete, training it to do what it should.

—1 Cor. 9:27 (NLT)

### Tips for Couples

- \* **Be patient.** “Change did not come overnight, and Mårten lost weight a lot faster than I did. But I just was not going to quit. Once I saw some weight come off, I kept at it.”
- \* **Have a goal.** “I had three pieces of smaller clothing that I kept close by. One was a dress that I wore on my honeymoon. This photo was taken on my 50th birthday wearing it again. Not bad for 50!”
- \* **Dessert is legal.** “Yes, we cheat! On special occasions like birthdays, we eat whatever we want, and then get back to healthy eating the next day.”
- \* **Keep track.** “Mårten made up a chart on which we record our weight—with starting weight, goal weight, and a time frame in which to realistically reach that goal. I have a calendar on which I write down how long I walked or rode. It’s encouraging to look back and see that calendar filled up!”



Didn’t you realize that your body is a sacred place, the place of the Holy Spirit? Don’t you see that you can’t live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.

—1 Cor. 6:19–20 (Message)

# Lifestyle Changes Bring Healing



**A lifestyle of fitness has many benefits, not the least of which can be healing in our bodies.**

“A lot of people come to God for supernatural healing, and He’s so good, He’ll do it. . . . But He may also tell them to start exercising, or stop eating certain things, to *maintain* their health. It comes down to *what is God telling you to do?*”

—Kendra Turner ('06, '07)  
Personal Trainer, Healing School Technician  
(see page 6)



Before

## Cliff Paden ('82, '03)

**Health issues:** High blood pressure, high cholesterol, type 2 diabetes

**Action taken:** “I went to the doctor because my left arm started going numb. The EKG showed my heart was fine, but blood tests showed I had high blood pressure, high cholesterol, and the onset of diabetes. I started to pray, but the Holy Spirit said He’d been dealing with me for three years to lose weight. So my wife and I took a class on how to eat right and basically changed our whole lifestyle. We joined a gym and I work out just about every day, then jog home.”

**Weight lost:** about 60 pounds (still going)

**Results:** Blood pressure is down, cholesterol is down, blood sugar is at normal levels. Much more energy, better sleep, less exhaustion at work.



After



Before

## Kris Taylor ('98, '99)

**Health issue:** Severe back pain (doctor said it could be a slipped disc)

**Action taken:** “I started by stretching in the mornings, then found a free on-demand exercise channel on cable. I started with a 10-minute workout. I also found a weight-loss calculator at [www.exercise4weightloss.com](http://www.exercise4weightloss.com) and when I put in my info, it showed that I was “obese.” That made me *mad*, so I put in a goal and it gave me a daily calorie goal for eating. I put the mobile site “calorie count” as a shortcut on my phone and looked up the calories in everything I ate. I also started writing down the calories as I took food out of the fridge, and I got the book *The CalorieKing Calorie, Fat & Carbohydrate Counter*.”

**Weight lost:** about 35 pounds (still going)

**Results:** More energy, no more back pain, enjoying life, and what God is teaching through this.



After

*“In my teens and 20s, I was on the thin side and active enough to keep my weight steady. Then I changed jobs from being on my feet all day to sitting at a desk, plus I hit my 30s. My everyday life changed but I didn’t change my eating or exercise routine to match it! Now I’m being retrained on how to eat and live.”*



Before

## Lyle Becnel

**Health issues:** High blood pressure, type 2 diabetes

**Action taken:** “The first thing the doctor had me do was talk to a dietitian. I began to eat more whole foods, get off enriched flour, and cut back on sugar. When I eat out, I look for the healthiest thing on the menu. I started exercising—just 30 minutes a day, 5 days a week; nothing strenuous. I started off walking a little bit, then went a little farther, then a little faster, then from walking to jogging 20 to 30 seconds. I do it at lunchtime instead of going out to eat fast food. You have to find what works for you with the amount of time you have.”

**Weight lost:** about 50 pounds (still going)

**Results:** Blood pressure is down, diabetes under control with no medication. Look better, feel better.



After

# TIPS for Healthy Eating

## What Should I Eat?

**BEST**—foods that are wholesome and nutritious:

- Fresh Fruits (apples, apricots, avocados, blackberries, blueberries, cherries, grapefruit, kiwi, mangoes, oranges, purple grapes, prunes, raspberries, and strawberries)
- Fresh Vegetables (broccoli, spinach, sweet potatoes, squash, tomatoes, carrots, eggplant, bell peppers, onions, and brussels sprouts)
- Lean protein (skinless chicken or turkey breast; egg whites; fish—flounder, sole, scrod, cod, tuna canned in water; lean beef; nonfat cottage cheese; beans—black, kidney, garbanzo)

- Whole grains (barley, brown rice, buckwheat, oatmeal, popcorn—plus whole-wheat bread, pasta, or crackers)

**WORST**—foods that are empty calories with little nutritional value:

- Chips
- Donuts
- Fried foods (French fries, fried chicken, fried seafood, anything deep-fried)
- Soda pop
- The “whites”—bread (buns), pasta, sugar, flour, potatoes
- Processed or imitation foods



## Why Drink Water?

Experts say that drinking at least **64 ounces of water per day** can:

1. Facilitate weight loss
2. Improve your overall health and immunity
3. Reduce headaches and fatigue
4. Eliminate constipation
5. Curb hunger
6. Help you look younger



**You might be dehydrated if . . .**

- You have a dry mouth
- You urinate infrequently
- You have very dark urine
- You feel dizzy or faint
- You have frequent headaches
- You get sleepy in the afternoon
- You have dry skin or chapped lips

## BREAKFAST: *The Most Important Meal of the Day*

### Four key reasons not to skip breakfast:

1. It speeds up your metabolism, which helps you maintain a healthy weight.
2. It provides better nutrition.
3. It prevents binge eating.
4. It improves your memory, concentration, and mood. Makes you more efficient.

### 13 simple breakfast ideas

1. **Whole-grain bread** with almond butter, sliced banana, or raisins on top; or topped with smoked salmon and tomatoes. Serve with two apricots and low-fat milk.
2. **High-fiber cereal** topped with mixed nuts or fruit and served with a glass of soy milk.
3. **Natural yogurt** mixed with chopped apple and whole-grain cereal or topped with mixed berries and a teaspoon of ground flaxseed; a slice of whole-grain toast; and green tea or orange juice.
4. **Healthy granola bar**, one orange, and low-fat milk.
5. **Whole wheat English muffin**, toasted, topped with reduced-fat cottage cheese and pineapple; or with peanut butter and sliced apples; or with melted reduced-fat cheese, a sliced tomato, and a sliced hard-boiled egg; served with 100% fruit juice or skim milk.
6. **Scrambled egg** sprinkled with a teaspoon of ground flaxseed; served with mixed-grain bread, fresh fruit salad, and low-fat milk.

7. **Cooked oats** topped with raisins, dried cranberries, or sliced bananas; with low-fat milk.
8. **Whole wheat pita** stuffed with grilled Canadian bacon, reduced-fat cottage cheese, tomatoes, and mushrooms; served with 100 percent fruit juice.
9. **Fruit smoothie.** Add strawberries, kiwi, and a banana to the blender, with a cup of yogurt, one teaspoon of ground flaxseed, and ice.
10. **Breakfast burrito.** Scrambled eggs, chopped tomatoes, and reduced-fat cheese wrapped in a whole wheat tortilla and served with green tea.
11. **Sandwich** made with lean ham or turkey and tomatoes on whole-grain bread, served with reduced-fat milk.
12. **Mini whole-grain bagel** topped with almond butter and sliced apples or reduced-fat cottage cheese and sprinkled with flaxseed. Serve with mixed berries and a cup of herbal tea or a glass of orange juice.
13. **Sliced melon** in a bowl with the pulp of one passion fruit, topped with natural yogurt and a handful of muesli.



## Shop 'Til You Drop (the Weight)



Successful health and weight loss begin at the grocery store. Here are some hints:

1. **Shop with a list.** Write out a weekly menu plan (including snacks). Then make a grocery list, and *stick to it*. Keep empty-calorie food out of your cart. You'll have everything you need when preparing meals and snacks.
2. **Buy fresh food.** Avoid prepared and prepackaged foods. Buy more fresh vegetables, fruits, meats, and dairy.
3. **Shop the perimeter of the store.** That's where all the fresh foods are. The less you find yourself in the central aisles (where the processed foods are), the healthier your shopping will be.
4. **Don't shop hungry.** A full stomach will keep you from buying things you don't want or need!

# EATING *on the Run*



Hints for making healthy choices away from home:

- Stop by a sandwich shop instead of a fast-food restaurant.
- Always order water. Stay hydrated!
- Take along your own snacks.
- Instead of using the drive-through, go to a grocery or convenience store. (Get an apple and string cheese, yogurt and a banana, or jerky and a fruit roll-up.)
- Choose healthy airport food (i.e., chicken salad, turkey wrap, stir-fry veggies with rice, or a protein shake from a juice bar).

## At a restaurant . . .

- Check their website for calorie information before you go.
- Split a meal or order your to-go box with dinner and put half away before you start.
- Order an appetizer instead of an entrée.
- Ask for sauces and dressings to be served on the side.
- Avoid fried foods—go for grilled.
- Skip the pre-meal bread basket or chips and dip.
- Drink a full glass of water before your meal arrives.
- Start the meal with salad or clear soup to curb your appetite.
- Order steamed veggies or fruit as a side dish, instead of potatoes or bread.
- Read *Eat This, Not That* to help you make the healthy choice.

## The scoop on fast food . . .

*They all have nutritional information on their websites. Go check out your favorites!*



### McDonald's—[www.mcdonalds.com](http://www.mcdonalds.com)

*Poor choice:* Quarter Pounder with cheese—510 calories

Sausage Biscuit w/egg—510 calories

*Better choice:* Fruit and yogurt parfait—160 calories

### Taco Bell—[www.tacobell.com](http://www.tacobell.com)

*Poor choice:* Volcano nachos—1,000 calories

*Better choice:* Fresco grilled steak soft taco—160 calories

### Chick-Fil-A—[www.chick-fil-a.com](http://www.chick-fil-a.com)

*Poor choice:* Chick-n-strips—500 calories

*Better choice:* Chargrilled chicken garden salad—180 calories

### Arby's—[www.arbys.com](http://www.arbys.com)

*Poor choice:* Ultimate BLT sandwich—850 calories

*Better choice:* Junior Roast Beef sandwich—200 calories

### Starbucks—[www.starbucks.com](http://www.starbucks.com)

*Poor choice:* Grande peppermint white chocolate mocha—540 calories

*Poor choice:* Classic coffee cake—440 calories

*Better choice:* Tall nonfat no-whip mocha—170 calories

# 15 Healthy Snack Ideas

Eating healthy snacks keeps your metabolism running strong so you can lose weight. Eat two healthy snacks each day—one between breakfast and lunch, and another between lunch and dinner. Mix a protein with a fruit or veggie. *One key is planning ahead.* Here are some examples. Mix and match!

**Prepackaged snacks for on-the-go eating** (read labels for calories, sugar, and fat content!):

- Kashi snack bars
- Applesauce or mixed fruit cups
- Raw nuts, raisins, dried fruit (trail mix)
- Pretzels or sunflower seeds with string cheese
- Beef jerky or meat sticks

**Bring to work or eat at home:**

- One small apple, sliced; one tablespoon peanut butter; and 20 raisins
- A stalk of celery with peanut butter, or with tuna and herbs
- A small bowl of frozen berries and yogurt, topped with flaxseed.
- One oatcake with cottage cheese and fresh coriander
- Eight cashew nuts, three carrot sticks, and two thick slices of cucumber
- Two rice cakes spread with hummus and topped with cherry tomatoes
- Three handfuls of unbuttered, unsweetened popcorn seasoned with herbs

- Two crispbread slices spread with mashed avocado and a squeeze of lemon juice
- Two small kiwis sliced, and six almonds
- One rice cake topped with a hard-boiled egg or cottage cheese; add grapes

## Need Ideas?

Get sample menus, examples of what to eat for breakfast, snacks, or dinner; programs to follow . . .

### Good Books:

*The Best Life Diet* by Bob Greene

*The South Beach Diet* by Arthur Agatston

### Web Helps:

[www.MealsMatter.org](http://www.MealsMatter.org) (click meal planning)

[www.WeightLossForAll.com](http://www.WeightLossForAll.com) (click diet/sample diets)

[www.ThatsFit.com](http://www.ThatsFit.com) (click diet)

“If we put mostly garbage into our body, then that’s what we’ll feel like. If we put as many fresh, living foods into our body as possible, we will feel much better.”

—Sherwood Page ('85, '99)

# Are You STRESSED?!



**Everybody has stress—even** Christians. It is a natural part of life. We can't always make the cause go away immediately, but we *can* learn to deal with it so it doesn't overwhelm us.

"People tend to think that if they were more spiritual, they wouldn't have stress," says Dr. Mitch Duinick, "but that's not true. The Bible tells us that in this world we're going to have tribulation (John 16:33). Even Jesus had stress, but He dealt with it in a healthy way."

## Causes of Stress

According to Dr. Duinick, any transition in a person's life causes stress. Changes in job status, financial security, or health, along with births, deaths, and other family issues—whether good or bad—all result in pressure and strain that affect our well-being.

"These outer stresses are often compounded by a person's internal stresses—like the fear of man, chronic disappointment, and the need to control," says Dr. Duinick.

Pressure from people, job demands, and financial trouble can all cause stress. One of the biggest stress inducers is a perfectionist mentality.

"Instead of reaching for excellence, many Christians expect perfection from themselves and other people," says Dr. Duinick. "Sometimes we have such high expectations for ourselves and the people we live with that those expectations are unattainable. So we go through life stressed and disappointed, because life is always less than we expect."

## Pros and Cons of Stress

A certain amount of stress can actually be helpful. Stress causes a state of hyperalertness—the brain goes into high gear and the senses become clear and focused. Dr. Duinick says that stress in situations like public speaking and sports competition "can actually improve your performance."

Chronic stress, however, can lead to a host of problems, both emotional and physical. Depression, withdrawal from people, general lethargy, paranoia, heart palpitations, restlessness, insomnia, change in appetite, weight gain, muscle and joint pain, stomach aches, rashes, and lack of sexual drive are just some of the effects.

"Chronic stress is like turning up the idle screw on a car," he says, "so the car is always running at high rpm's. You can go fast and get a lot done, but eventually it becomes hard on the car. When we live at that heightened level of stress, it's just not healthy for our bodies."

Dr. Duinick says it's imperative that Christians, and especially ministers, find healthy ways to handle stress. "God has made provision to deal with those challenges of life," Duinick says, "The prescription is there, but we have to take advantage of it."



**Mitchell W. Duinick, M.D.**, practices at Family Medical Care of Tulsa in Oklahoma. He is the program director of In His Image, a Tulsa-based organization offering a family medicine residency program and international and mobile medical missions, and he has led several disaster relief trips overseas. Dr. Duinick graduated from the ORU School of Medicine. He is a brother of Joe Duinick, RHEMA Missions Director.

# Tips for Minimizing Stress

## Relax

Take periodic times away. “When people, especially ministers, don’t give themselves a break physically, emotionally, and spiritually, they burn out,” says Dr. Duinick. “If all of life is push, push, push, you’re going to get into trouble. Some ministers think, *‘The need is so great, how can I slow down?’* But I’ve treated many ministers who have severe heart disease because they are trying to do everything.” He advises building regular times of relaxation, enjoyment, and getting away into your schedule.

## Keep Your Expectations Realistic

“If your goal is to save the entire world, then you’re going to be chronically disappointed and chronically stressed,” says Dr. Duinick. “That will rob you of your joy, and when you lose your joy, you lose your strength (Neh. 8:10). Then you’re trying to operate in your own ability and power instead of God’s.” Under those circumstances, he says, it’s only a matter of time until you run into some serious physical and emotional problems. “While it’s true that God will call us to do challenging things,” Dr. Duinick says, “He will always provide what we need to accomplish them.” He advises that we examine our goals and ask ourselves, “Is this what God wants, or are there other motives involved that cause me to push myself too hard?”

## Have Patience

“The Bible says that the trying of our faith produces patience,” says Dr. Duinick, “but as Christians, we hate that! If we’d just realize, in the midst of trials, that God is still in charge, we could let that patience have its perfect work in our lives (James 1:4). We need to be patient and take time to wait on God, and He will renew our strength (Isa. 40:31).”

## Exercise!

Stress releases adrenaline and other chemicals into the body. Daily activity reduces those chemical levels. “Even a brisk, 20-minute walk four times a week will help your body burn off those chemicals,” says Dr. Duinick. “Even though you may not think you have enough time, you have to make time, just as you do for eating or devotions. God made your body to move, and when you do, you’ll think more clearly, you’ll be more relaxed, and you’ll sleep better.”

## Work on Relationships

So many people don’t have close personal relationships with other Christians. It’s just them and God. “God didn’t intend for it to be that way for the majority of people,” Duinick says. “People need to have close friends they can open up to and talk to about the problems they’re dealing with. You don’t open up to just anybody, but to close friends who can help by praying and ministering to you.”

## Cut Back

Minimize your caffeine and sugar intake, says Dr. Duinick. “Because they are stimulants, they add to anxiety levels and the physical problems caused by stress.”

## 20 Practical Ways to De-Stress Your Life

1. Pray.
2. Go to bed on time.
3. Get up on time to start your day unrushed.
4. Learn to delegate to capable people.
5. Simplify, organize, and unclutter your life.
6. Tackle things that hang over you. Don’t procrastinate.
7. Allow extra time to get to places.
8. Live within your budget.
9. Do something you love every day.
10. Breathe. (Take more deep breaths, especially when under pressure.)
11. Get enough exercise and eat right. (Yes, you can!)
12. Every day, schedule in some “downtime” to relax.
13. Laugh more.
14. Keep the switch of faith turned on.
15. Forgive (if you have *anything* against *anyone*—Mark 11:25 Amplified).
16. At the end of every day, write three things in a thankfulness journal.
17. Talk less; listen more.
18. Say no to some things. Keep first things first. (God, family, health)
19. Remind yourself that you are not the general manager of the universe.
20. Be a praiser.





## Inquiring Minds Want to Know ...

**Need some ideas to get started exercising?** Doug Jones polled RHEMA alumni on Facebook (he got a whopping 189 comments!) and asked, "What type of exercise do you do on a regular basis?" Here's what some of your fellow grads are doing:

### In their 30s

**Regina Roberts ('94, '95)**—Gym three or four times a week, plus chasing four little kids all day!

**Paul Ricketts ('95, '96)**—Basketball

**Dana Dow Buhs ('96, '98)**—Pilates, Step/Toning Class, yoga, bicycling

**Jon ('92, '93, '07) and Kim ('05, '06, '07) Slusser**—Jon: racquetball, squash; Kim: running, Tae Bo



### In their 40s

**Matthew Parks ('99, '00)**—I ride the exercise bike while checking Facebook.

**Elizabeth J. Murray ('08, '09)**—I get *outside* to exercise, no matter what. I run 20 to 30 minutes, then do 10 minutes of sit-ups/push-ups and stretching.

**Brad Allen ('91, '92)**—Gym three times a week, Stairmaster, and weights

**Gary Warlick ('81, '82)**—Lift weights one day, run two miles the next

**Lesa Edens Jones ('89, '90)**—Three times a week at the gym: weights, rowing machine, treadmill, and so forth

### In their 50s

**Darlene Willborn ('09, '10)**—Circuit weighted machines, elliptical, treadmill, bike, walk. I do NordicTrack and sit-up machine at home.

**Mark Money ('88, '89)**—Wii Fit plus the accompanying 30-day challenge on <http://easportsactive.com>

**Larry Hutton ('82, '83)**—Work out five days a week. Lift weights three days and cardio two days.

**Cherie Brant ('82, '83)**—15 minutes of stretching every morning

**Guy Evans ('80, '81)**—My regular exercise is boxing. I attend a local boxing gym.



### In their 60s and older

**Larry Phalen ('82)**—I play golf (without a cart) and occasionally go for a walk.

**Jay Dodd ('03, '04)**—I exercise on the treadmill and swim regularly at the local YMCA.

**Sam and Sherlyn Smucker ('77)**—Sam: treadmill and strength training.  
Sherlyn: two days of strength training with some cardio.



## 10 BENEFITS OF EXERCISE

1. Gives you more energy—to accomplish more with less fatigue
2. Helps you lose weight
3. Keeps you young by strengthening muscles, skin, organs, and bones
4. Decreases your blood pressure; makes your heart more efficient
5. Helps relieve stress
6. Decreases the likelihood of blood clots; less chance of heart attack or stroke
7. Controls blood sugar
8. Helps you sleep better
9. Helps your digestion
10. Saves time and money (sick in bed, at the doctor, cost of drugs and medical care, and so forth)



## LIFESTYLE MAKEOVER

### 4 Steps to Getting a Grip on Health and Fitness

- **Step #1—Give yourself a break.** So you're not in the shape you want to be in. Feeling bad about it doesn't help. It's not how many times you fall down—it's how many times you get up again! Today is a new day! Don't be afraid—you *can* do it!
- **Step #2—Start embracing that which helps you.** Hang around healthy people and glean from them (stop secretly hating them!). Be willing to admit you probably need to change some old ways of thinking, even if it's uncomfortable at first.
- **Step #3—Just do it.** We're all busy. But when you're fit and healthy, every area of your life and ministry improves. You *can* find 20 to 30 minutes twice a week to exercise.
- **Step #4—Be patient.** Everything good takes time. Be committed. You're changing your lifestyle here. Determine to be fit for the rest of your life. Stay with it!

## Get Up and Move!

### Don't have time to work out today?

Even 10 minutes of walking is better than nothing! Do it three times a day and there's 30 minutes. If you work at a desk, get up every hour and walk briskly down the hall. Stand up while talking on the phone. While watching TV, get up and do some stretches. Do housework or mow the lawn yourself. Park farther away so you have to walk a bit. Plan family outings that require movement.

## Keys to a Long & Healthy Life



- 1) Get enough sleep.
- 2) Do some form of regular exercise.
- 3) Drink at least 64 ounces of water each day.
- 4) Eat healthy foods that fuel your body.
- 5) Refuse worry and doubt.

## Change Your Mind . . .

If you want to see a change in your fitness, start giving it some attention. Get some “want to” by learning about exercise, right foods, vitamins, and so forth. Some of us have a lifetime of bad habits to undo. The way to get inspired and stick with it is to take in information about exercise and right foods that encourages you (see Resources on page 20. Check out every website!). Keep a book or magazine by your bed. Vow to pick up a new nugget every day that will get you on track to health (even if it's just reading a page or a paragraph). Change your mind to change your life—one step at a time.



## GETTING FIT AT CHURCH

Here are some RHEMA grads offering exercise programs in their churches . . .

- ❖ **Real Life Church, Columbus, MS**, (Pastor **Martin Andrews '91, '92**) offers a Monday night Pilates class. It operates as a small group and meets in the children's facilities. [www.RealLifeMS.com](http://www.RealLifeMS.com)
- ❖ **Lighthouse Christian Center, Pittsburg, CA**, (Pastor **Jason Younger '92, '93**) holds a martial arts class on Tuesdays and Thursdays in the church gym.
- ❖ **Living Word Worship Center, Minden, LA**, (Pastor **David Divelbiss '95, '96**) holds Zumba classes for women on Tuesdays and Thursdays led by a certified Zumba instructor from their church. [www.lwvcMinden.org](http://www.lwvcMinden.org)
- ❖ **Destiny World Outreach Center, Killeen, TX**, (Pastor **Chad Rowe '90, '91**) offers “Fit for the King,” a 6- to 8-week cardio and strength training course based on biblical principles. [www.destinywoc.com](http://www.destinywoc.com)
- ❖ **Abundant Life Fellowship, Roseville, CA**, (Pastor **Doug Bird '84, '85**) has The Lord's Gym, a sports outreach center with exercise, basketball, karate, etc. You have to see it to believe it. [www.lordsgym.org](http://www.lordsgym.org)





# FAITH LIBRARY PUBLICATIONS

## Music:

### RHEMA Worship: Here in Your Presence

RHEMA Worship Team (Music CD).....\$12.00  
KIT10CN07A

## DVDs:

### The Spirit-Filled Life—Part 1

Kenneth E. Hagin (2 DVDs).....\$26.95  
KIT10CN07B

### Turning Hopeless Situations Around

Kenneth E. Hagin (1 DVD).....\$14.95  
KIT10CN07C

## CDs:

### Answered Prayer: An Obtainable Goal Series

Kenneth E. Hagin (4 CDs).....\$28.00  
KIT10CN07D

### Holy Spirit Series

Kenneth E. Hagin (6 CDs).....\$42.00  
KIT10CN07E

### Miracles of Healing Series—Volume 2

Kenneth E. Hagin (6 CDs).....\$42.00  
KIT10CN07F

### Principles for Building Strong Faith

Kenneth W. Hagin (3 CDs).....\$21.00  
KIT10CN07G

### Spiritual Life and Scriptural Healing Series

Kenneth W. Hagin (6 CDs).....\$42.00  
KIT10CN07H

### Thanksgiving! A Continuous Flow

Kenneth W. Hagin (3 CDs).....\$21.00  
KIT10CN07I

### What to Do When Faith Seems Weak and Victory Lost

Kenneth E. Hagin (4 CDs).....\$28.00  
KIT10CN07J

### Winning in the Time of Trouble

Kenneth W. Hagin (4 CDs).....\$28.00  
KIT10CN07K



## Three ways to order:

Call **1-888-28-FAITH** (1-888-283-2484),  
mail the enclosed envelope, or visit our online store at

**[www.rhema.org/store](http://www.rhema.org/store)**.

*Listed prices do not include shipping and handling.*



**blog** (bläg/):  
a journal written by one or more contributors, often about a particular topic with the latest news and ideas.

“If your Gospel  
isn’t touching  
others,  
it hasn’t  
touched you.”

—Curry R. Blake

## ▶ Alumni, Let’s Exchange Ideas!

*The Alumni Blog* . . . RHEMA Alumni sharing what works, reaching the world with the message of faith! Send us your great ideas (along with your name, phone number, and photos) to [rmai@rhema.org](mailto:rmai@rhema.org).

### ideas and outreaches

#### ▶ Mark Rasey ('86, '87) says . . .

**Utilize your members’ resources.** Every spring, to raise funds for the children’s ministry, we have a “Veggie Stand” before and after services in the church parking lot. We ask church members with gardens to plant a little extra. People bring in their extra produce before service, and we clean it up and basket it for presentation. We don’t charge anything; we just take donations. Every season, we make \$1,200–2,000 in profit.



**About . . .** Mark Rasey is children’s pastor at Leavittsburg Church of God in Leavittsburg, Ohio. [www.LeavittsburgChurchofGod.com](http://www.LeavittsburgChurchofGod.com)

#### ▶ Erich Engler ('96, '97) says . . .

**Utilize the Internet.** We believe we heard from the Lord to start an Internet church, so we started one in German-speaking Europe. Our physical church has only 150 adults, but counting the Internet church, we are the biggest church in Europe. People know us as the “Family and Internet Church.” We send out CDs at no charge, and we have free messages available for download. For over three years, we’ve averaged between 30,000 and 40,000 monthly downloads of our messages. Our offerings have greatly increased with people giving online, and most importantly, we receive testimonies and salvation reports daily.

**About . . .** Erich and his wife, Susanne, pastor Family Church in Rapperswil, Switzerland. [www.InternetKirche.com](http://www.InternetKirche.com)

#### ▶ Tim Kutz ('85, '86) says . . .

**Minister to marriages.** We wanted to strengthen the marriages in our church, so we invested in some videos by Mark Gungor called *Laugh Your Way to a Better Marriage* (a great series!). We met four weeks in a row and made it a fellowship time, too, by having a potluck each night. It was a great time to build relationships between married couples within the church, as well as to help marriages.

**About . . .** Tim and his wife, **Peggy ('96, '97)**, pastor Victory Church in Bartlesville, Oklahoma. E-mail: [Revkutz@sbcglobal.net](mailto:Revkutz@sbcglobal.net)

ALUMNI BLOG

▶ **David Ellis ('80, '81) says . . .**

**Be a blessing to parents.** We watch kids for free one Saturday night a month so parents can have a “date night.” Parents must attend our Saturday evening church service (from 5:30 to 6:45), and then they can leave and come back for their children at 10:00 p.m. Some of our children’s volunteers work just for the church service, and others stay the whole evening. We pay the workers that stay through the “date night.” We send out mailers to area neighborhoods to advertise the event, and our church’s video sign is seen by thousands of people. We’ve seen more people coming to our church as a result.



**About . . .** David is the executive pastor at East Coast Christian Center, Merritt Island, Florida. [www.eccc.us](http://www.eccc.us)

▶ **Marcus Avalos ('91, '92) says . . .**

**Try a makeover.** We gave a complete bedroom makeover to a boy we didn’t know! We went to a school and asked several teachers who was doing well but had some needs, and one fifth-grader’s name was mentioned several times. We decided to give him a fresh, new environment by redecorating his room. It took a couple thousand dollars and a lot of effort from the community, but with our team of volunteers we got it finished in a weekend. We didn’t plan for it to be publicized, but it went all over our local news. We hope to do about six more of these this year. We want to invest in our future generations and tell our community’s youth that we believe in them!



**About . . .** Marcus and his wife, **Natalie ('91, '92)**, pastor Crossroads Church in Seguin, Texas. [www.crossroadsc.com](http://www.crossroadsc.com)

▶ **Richard Fitzgerald ('86, '87) says . . .**



**Draw kids to church.** We hold periodic movie nights for kids, showing an old or new family movie. We decorate the church with the theme of the movie and give the kids a themed snack. Halfway through, we take a bathroom break and do an activity that uses the movie to share an aspect of the Gospel. We also end with something that ties the movie into the Gospel. In our town of 1,600 we will often have 40 elementary children, most of whom do not attend any church. They get a taste of the love of God and the news of Jesus on their level, and they find out that church is a good place to be. One child said, “My parents don’t like church much, but Jesus found a way for me to come anyway.”

**About . . .** Richard pastors Wellsville United Methodist Church in Wellsville, Kansas. [www.umc.org](http://www.umc.org)

▶ **David & Brenda Daw (both '88, '89) say . . .**

**Get seniors saved.** One of our outreaches that has really taken off is to senior citizens. We visit residential care homes, going in and talking with the residents—especially those who don’t have regular visitors. We ask if there is anything they would like prayer for, and if they have received Jesus before. In the last five years we have seen 600 decisions for Christ, many just before they go into eternity. It is rewarding beyond belief, and it meets a vital need in our community.



**About . . .** David and Brenda pastor Living Faith Fellowship in Southport, England. [www.livingfaith.co.uk](http://www.livingfaith.co.uk)

**What’s working in your church or ministry? Tell us about it!**

Send your name, phone number, details, and photos to [rmai@rhema.org](mailto:rmai@rhema.org).

▶ **Tommy FiGart ('87, '88) says . . .**

**Motivate your members to invite others.** We implemented an outreach program called "5 for 3 to 1" (5-4-3-2-1). We aim for at least *five* unchurched (or searching) families in each age group to attend our Sunday morning service for *three* consecutive weeks during each calendar quarter. This is how it works: each family prays for one unchurched family per quarter. They get to know the family a little (possibly over dinner or coffee) and then invite that family to attend our church for three consecutive weeks. The church provides a \$5 Subway gift card to members to help pay for their lunch so they can take the family out for lunch. (We've typically been able to secure the cards for a discount.) We saw our congregation triple in size in six months with this program (from 50 to 150 members)!

**About . . .** Tommy pastors Grace Family Church in Vinton, Virginia. [www.GraceintheValley.com](http://www.GraceintheValley.com)

 Technology

▶ **Joseph Lai ('03, '04) says . . .**

**Edit audio files.** *Audacity* can improve your sound quality (like your sermon recorded in an open area with lots of background noise.) And it is a free download! Go to this link to download this great software: <http://audacity.sourceforge.net>

**About . . .** Joseph is a member of RMAI and serves as a chaplain in Pasadena, California.

▶ **Doug Mitchell ('95, '96) says . . .**

**Stop website attacks.** One item we have found really useful for our church, especially if you have a robust website, is *Securelive*. It has stopped 234 attacks on our website since September. You can check them out at [www.securelive.net](http://www.securelive.net).

**About . . .** Doug is pastor of Westchester Family Church in Mt. Kisco, New York. [www.WestchesterFamilyChurch.org](http://www.WestchesterFamilyChurch.org)

▶ **Luke Hirschman ('94, '95) says . . .**

**Use worship software.** I have used many software options over the years to enhance and sometimes replace our Worship Team on Sunday mornings and Wednesday evenings. This is particularly helpful when one or more team members are absent, or when a small church has a limited number of people to draw from or has no worship team. Currently I am using Ableton Live software. [www.ableton.com](http://www.ableton.com)

**About . . .** Luke is worship director at Victory Christian Center in Farmer City, Illinois.



## Great Websites:

**Fitness for dummies.** Easy-to-follow instructions for all types of exercise to find what's right for you. Check out Dummies books about all kinds of fitness and nutrition topics. [www.dummies.com](http://www.dummies.com) (health and fitness)

**About exercise.** Part of the [about.com](http://www.about.com) site. Contains all the basics about exercise, weight loss, strength and cardio workouts, how to stay with it, how to evaluate your success, etc. A must-see. [www.exercise.about.com](http://www.exercise.about.com)

**CrossFit.** A strength and conditioning program that delivers broad, general, and inclusive fitness. The program is online. [www.crossfit.com](http://www.crossfit.com)

**Eating Well.** Includes recipes, menu planners, healthy cooking, nutritional information, food news and origins, blogs, videos, cookbooks, resources, plus much more. [www.eatingwell.com](http://www.eatingwell.com)

**Lifestyle makeover.** Reliable advice on what it takes to live a healthy lifestyle. Healthy eating tips, exercise advice, healthy recipes, and weight loss tips, along with free e-mail updates. [www.dietriffin.com](http://www.dietriffin.com)

### For supplements:

Not getting enough fruits and vegetables? Overwhelmed by information about which vitamins and "miracle supplements" are best (or even necessary?). Here are two of Kendra's favorites (our personal trainer from page 6), because they use all-natural ingredients:

*Garden of Life* vitamins and supplements. [www.GardenofLife.com](http://www.GardenofLife.com)

*Ultimate Living* featuring Green Miracle (in powder or pill form). [www.UltimateLiving.com](http://www.UltimateLiving.com)

### Programs:

**Walk at Home.** Leslie Sansone's indoor walking program for groups or individuals using DVDs. Puts all muscles into motion. [www.WalkatHome.com](http://www.WalkatHome.com)

**First Place 4 Health.** A Christ-centered weight-loss and healthy living program which includes Bible study and workouts. Meets in small-group settings—you can start one up or join an existing group in your town. [www.FirstPlace4Health.com](http://www.FirstPlace4Health.com)

**Faith and Fat Loss.** Combines biblical principles with current scientific information. Creator Ron Williams is a pastor, professor, and bodybuilder. [www.FaithandFatLoss.com](http://www.FaithandFatLoss.com)

## Great Reads:

(Hint: Check these books out at your local bookstore or library before buying to see which fits you best!)

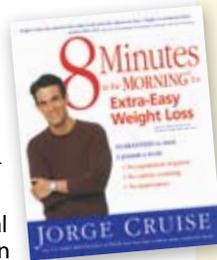
### For exercise:

**Fitness for Dummies** by Suzanne Schlosberg and Liz Neporent. Covers fitness in a practical, fun, and friendly way. There's a whole series of Dummies books for fitness. [www.dummies.com](http://www.dummies.com)

**8 Minutes in the Morning** by Jorge Cruise. Strength-training moves to reshape your life. Includes an eating plan and other great motivation. [www.jorgecruise.com](http://www.jorgecruise.com)

**ACSM Fitness Book** by the American College of Sports Medicine. For beginner and more advanced alike. Easy-to-understand instructions on setting up and customizing a program.

**Faithfully Fit** by Claire Cloninger and Laura Barr. A 40-day devotional plan to end the yo-yo lifestyle of chronic eating. Spiritual motivation and incentives to help you stick with it daily.



### For eating right:

**The Complete Idiot's Guide to Total Nutrition** by Joy Bauer. An excellent, easy-to-use guide that helps you make the right food choices. Facts about nutrition and how to eat healthy, read labels, take vitamins, and more.

**Eat This, Not That** by David Zinczenko. A whole series of books that helps you learn which foods are good for you, which ones aren't, and how to make good choices—at restaurants, in grocery stores, etc. [www.eatthis.com](http://www.eatthis.com)

**Eat and Stay Thin** by Joyce Meyer. How to stop thinking about food and get on with your life. Joyce combines her experiences with biblical revelations on how to enjoy food but keep it in its proper place. [www.joycemeyer.org](http://www.joycemeyer.org)

**Dr. Colbert's "I Can Do This" Diet** by Dr. Don Colbert. New medical breakthroughs that use the power of your brain and body chemistry to help you lose weight and keep it off for life. Includes an interactive online survey to target hidden roadblocks. [www.drcolbert.com](http://www.drcolbert.com)

**The Best Life Diet** by Bob Greene. This is a lifetime plan for losing weight and keeping it off. Contains inspiration, sample menus, and recipes. Also check out his *Total Body Makeover* book and DVD. [www.TheBestLife.com](http://www.TheBestLife.com)

### For cooking right:

**Fit Food: Eating Well for Life** by Ellen Haas. This cookbook features simple-to-make recipes with an emphasis on 21 "fit foods." Discover the joy of healthy eating. [www.foodfit.com](http://www.foodfit.com)

**The New Holly Clegg Trim and Terrific Cookbook** by Holly Clegg. Healthy, user-friendly recipes you can prepare in 30 minutes. Includes FAQs, menus, quick tips, food facts, and diabetic exchanges. (See Trim and Terrific series—and check out her blog!) [www.hollyclegg.com](http://www.hollyclegg.com)

**Fix-It and Forget-It Lightly** by Phyllis Pellman Good. Delicious slow-cooker recipes that are easy to prepare and low-fat! Lists calories, fats, carbs and other nutrients. Also see Phyllis' *Fix-It and Forget-It Diabetic Cookbook*. [www.FixItandForgetIt.com](http://www.FixItandForgetIt.com)

### Magazine Ideas:

*Bottom Line/Health*

*Cooking Light*

*Health*

*Men's Health*

*Nutrition Today*

*Prevention*

*Weight Watchers*

*Women's Health*



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# Where Are They Now?

## 1979

**Dan ('78, '79) and Joan ('79) Olson** pioneered Living Word Church in West Branson, Missouri, in 1999 and they currently have seven other RHEMA graduates working with them on their staff. [www.lwcbbranson.org](http://www.lwcbbranson.org)



*Left to right—Pete Bass, Nathan Olson, Paul Popowich, Jennifer Popowich, Chris Patrick, Denise Patrick, Pastor Jessica Olson Gibson, Pastor Joan Olson, Pastor Daniel Olson*

## 1981

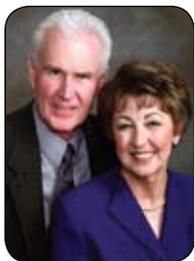
**Earl Rutledge ('81)** and his wife, Beverly, moved to Jinotega, Nicaragua, in October of 2008 to start a ministry. Since then, Earl has been teaching English and holding services and Bible studies for interested students.

## 1982

**Glenn ('81, '82) and Midge ('80, '81) Salley** were itinerant ministers after graduation, then pastored in Leadville, Colorado, for five years before moving to Sapulpa, Oklahoma. There, Glen had a secular job and Midge helped start a women's Aglow group. After retiring in 2001, they moved to Mountain Home, Arkansas, where they are building a ministers retreat center. [www.ZoeMountainRetreat.com](http://www.ZoeMountainRetreat.com)



## 1984



**Don Whitney ('83, '84)** and his wife, Maria, are missionaries in Guyana, South America, living near Better Hope village. Because the roads end near where they live, they often travel by river to nearby communities where they minister the Gospel. [www.WhitneyMinistries.blogspot.com](http://www.WhitneyMinistries.blogspot.com)

## 1987

**Greg ('86, '87) and Sara ('82) Ford** worked in helps ministry for many years, helping **Tom Cromwell ('85, '86)** in Dixon, Missouri, then **Denny Beavers ('89, '90)** in Jonesboro, Arkansas, before assuming the pastorate of Word of Life Church in Mountain Home, Arkansas, about six years ago. They have a son, Cole, who is 14. [www.wolcmh.org](http://www.wolcmh.org)



**Andrew Hemstrought ('87)** pastors The Metropolitan Holy Ghost Society Church in Portland, Maine—a church he and his wife, Sharon, founded in January of 2006. Their daughter, Olivia, works with them in the ministry, running video and sound for the church.



**Dan ('86, '87) and Melinda ('84, '85) Koehler** have been missionaries in Africa for more than 20 years. They are now located in Dar es Salaam, Tanzania, where they have a church, a Bible school, and Kids Clubs which minister to more than two thousand children a week. [www.slmint.org](http://www.slmint.org)



## 1989



**Susie (Coffman) Schrader ('88, '89)** lives in Springfield, Illinois. After the death of her husband in 2008, she wrote a children's book titled *Where Did My Friend Go?* which answers questions children have about the death of a loved one and the promise of eternal life. [www.WhereDidMyFriendGo.com](http://www.WhereDidMyFriendGo.com)

## 1991

**Connie Sherrill Fauth ('90, '91)** worked with Pastors Bill and Marla Stuart until 1996 when she started a storefront church and married. After her husband died in 2005, she closed the church and began attending classes at Bradley University in Illinois. She remarried in 2008 and she and her husband, Curt, plan to begin in ministry after Connie completes her bachelor's degree studies.



**Roger and Lise Nilssen ('91)** live in Sarpsborg, Norway. They have three children: Markus, Natalie, and Kristen.

## 1993

**Keith Green ('93)** and his wife, Monica, help ministries all over the world with their online media needs, including websites and digital broadcasting. Keith also produces a live program that airs daily in Shreveport, Louisiana, where they live. They are pictured here with their daughter, Hannah. [www.TheArtistKeith.com](http://www.TheArtistKeith.com)



## 1995



**Jeff Erlemeier ('94, '95)** and his wife, Rebecca, have been pastors at Abundant Life Church in Harlan, Iowa, for seven years. They have four children: Gloryana, Michael, Jason, and Joshua. [www.alcHarlan.org](http://www.alcHarlan.org)

**Rick ('94, '95) and Annica (Westphal '03, '04) Thomas** married on July 18, 2009, at Faith Community Church in Great Bend, Kansas. They both work as realtors with Chinowth & Cohen Realtors in Broken Arrow, Oklahoma. They are currently seeking a ministry position.



## 1996



**Darren Wray ('95, '96)** and his wife, Edma, oversee a RHEMA extension school in Aracaju, Brazil, where they both teach and Edma is the dean. They have two children: Brandon, who is 7, and Emily, who is 5.

## 1997

Brian and **Annie (Paul-Hus '96, '97) Darmafall** are serving as assistant pastors of Eglise Sur Le Roc, a French church in Quebec, Canada, for Pastors **Réal and Chantale Paul-Hus ('91)**. They oversee the children's, youth, and music ministries. They have two sons, Nathan and Joshua. [www.eslr.org](http://www.eslr.org)



## 1998

**Bob ('97, '98) Scott** and his wife, Debbie, live in Bangkok, Thailand, where they raise up national leaders, plant churches, and coordinate team trips from the United States. To date, they have planted six churches and have seen over 60,000 salvations. [bobscott@loxinfo.co.th](mailto:bobscott@loxinfo.co.th)



**T.G. Desta ('97, '98)** travels internationally 10 to 11 months out of the year to preach and teach in Bible schools. In the past 12 years she has traveled 56 times to 26 nations, including Ecuador and the Philippines.

## 2002

**Trent ('01, '02) and Devon (Wenger '00, '01, '02) Grimes** became the proud parents of Jonathan Uriah on September 18, 2009. Uriah weighed 6 pounds, 13 ounces, and measured 19 1/2 inches long. Trent and Devon are the pastors of Oasis Church in St. Francis, Arkansas (see their Facebook fan page).



## 2005

**Jim ('04, '05, '06) and Shelly (Stewart '94, '95) Preston** opened Andover Christian Center in Andover, Maine, on September 16, 2007. They have four children: Brianna, Andrew, Christina, and Julia. [www.AndoverChristianCenter.org](http://www.AndoverChristianCenter.org)



## 2006

**Grace Vokey ('05, '06)** is an itinerant minister in Newfoundland, Canada. She is also the founder and president of Tidings of Grace Ministries Inc., which supports Canadian Bible school students as well as missionaries in Peru, Israel, and Asia. [www.TidingsofGrace.org](http://www.TidingsofGrace.org)



## 2007

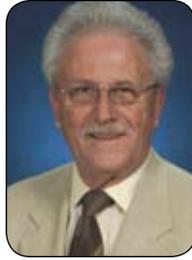


**Mark Carnegie ('06, '07)** and his wife, Tamara, pioneered New Leaf Faith Christian Church in Mississauga, Ontario, Canada. They held their first service on September 13, 2009.

# 2009



**Allen and Linda Campbell ('08, '09)** began ministering regularly at Eddy Warrior Correctional Center (a minimum-security women's prison) in Haskell, Oklahoma, after graduating from RHEMA. The Campbells live in Bixby, Oklahoma.



**Paul ('08, '09) and Linda ('97, '98) Nix** are in itinerant ministry and also host pastors conferences in the Philippines, Israel, and Southeast Asia. They live and work in Tulsa and attend RHEMA Bible Church in Broken Arrow.



**Justin and Jessica (Gunn) Shelton ('08, '09)** were married on September 26, 2009, at Wedding Valley Chapel in Strafford, Missouri. They currently live and work in St. Louis, Missouri.

**Joshua ('09, '10) and Christei (Bartolazzi '08, '09, '10) Adams** were married May 17, 2009. They live and work in Broken Arrow and attend RHEMA Bible Church. On May 21, 2010, Josh graduated from RBTC and Christei graduated from the third-year RHEMA School of Worship program.



**Dutch RHEMA Day 2010**—RHEMA grads from all over Europe met in Amersfoort, Netherlands, on March 20 for a time of food, fun, and fellowship.



**Back Row:** Wisdom Ogboko, Werner Pugehl, Oebele Malawer, Rob Bakker, Cees v/d hout, Peter Paauwe, Malthe Westhuis, Ruben Adriaanse, Rien Adriaanse, André Wolthuis, Hans Oudhoff, Martin Klugel, Karen Klugel, Linda Meijer, David Scholing, Pierre Meijer, Alexander Harten, Dawn Baptist, Robert Dresel. **Middle Row:** Ella Pugehl, Daniël Kwaku, Daisy Kwaku, Sella Bakker, Wouta v/d hout, Asien Kurniadi, Ilona Paauwe, Henri Hüpscher, Bertine Hüpscher, Martina Griem, Wil Kleinmeulman, Ank Kleinmeulman, Rob DuRandt, Jolanda DuRandt, Hein Hüpscher, Sharlene Hüpscher, Rene Grevers, Ben van Mierlo. **Front row:** Chrétien Lagravière, Greta Lagravière, Bernard Jansen, Claudia Jansen, Yvonne Westheide, Michelle Grunewald, John Grunewald, Esther Grit, Vincent Grit, Liliane Rood, Jim Rogahn, Ernest Sarpong, Renata Koning, Ruth Grevers, Ruth van Mierlo, Paul Hendriks, Esther Hendriks (daughter) van Mierlo, (son) van Mierlo, Lucas Hendriks, Marcus Hendriks.

## HOMEGOINGS

'75.....	Jan Hamilton .....	December 30, 2009
'76.....	Wanda Smith .....	February 8, 2010
'79.....	Thomas Tryber .....	November 16, 2009
'80, '81 .....	Mary Ann England* .....	August 27, 2009
'80, '81 .....	Ben Vermeulen.....	January 2009
'81.....	Gregg Wear* .....	December 27, 2009
'81, '82.....	April Lupien* .....	May 17, 2010
'84, '85.....	Christine Russ.....	March 15, 2010
'86, '87 .....	Bob Thomas .....	April 20, 2010
'89, '90.....	Bob Aikman.....	December 12, 2009
'90, '91 .....	Rodney Albaugh* .....	December 1, 2009
'94, '96.....	Mike Harper.....	March 31, 2010
'96, '97 .....	Susan Dixon.....	January 2009
'97, '98 .....	Robert Ashley .....	March 2010
'98, '99.....	Greg Chase .....	March 19, 2010
'00,'01 .....	Diane Underwood.....	January 2010
'07.....	Jay Taylor .....	January 13, 2010

\* Member of RHEMA Ministerial Association International (RMAI)

## WE'RE HERE TO SERVE YOU!

Take advantage of our online resources today at [www.rhema.org/alumni](http://www.rhema.org/alumni) or call the alumni office at (918) 258-1588, ext. 2256.

*Stay connected!*



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## LIVING FAITH crusades

For more *Living Faith Crusades* information visit: [www.rhema.org/crusades](http://www.rhema.org/crusades)

### Ottawa, Ontario

**July 9-10**

#### Capital City Church

1123 Old Montreal Road | Ottawa, Ontario K4A 3N6  
Pastors Mike & Lynda Welch  
(613) 833-1700  
Service Times: Fri.-Sat. 10:30 a.m. & 7:00 p.m.

### Toronto, Ontario

**July 11-12**

#### Destiny & Dominion Word Ministries

40 Colville Road | Toronto, Ontario M6M 2Y4  
Pastor Marcus Martinez  
(416) 782-4673 / 1-888-682-4673  
Service Times: Sun. 10:30 a.m. & 7:00 p.m.  
Mon. 10:30 a.m. & 7:30 p.m.

### Edmonton, Alberta

**July 13-14**

#### Victory Christian Center

11520 Ellerslie Road | Edmonton, Alberta T6W 1A2  
Pastors Cal & Jan Switzer  
(780) 988-5433  
Service Times: Tue. 7:00 p.m.  
Wed. 10:30 a.m. & 7:00 p.m.

### Langley, British Columbia

**July 15-16**

#### Loft Ministries

2640 248th Street | Langley, British Columbia V4W 2R2  
Pastors Trent & Sherry Sulz  
1-877-607-1387  
Service Times: Thu.-Fri. 10:30 a.m. & 7:30 p.m.

### Cranberry Township, Pennsylvania

**August 22-25**

#### Victory Family Church

21150 Route 19 | Cranberry Township, PA 16066  
Pastor John & Michelle Nuzzo  
(724) 453-6200  
Service Times: Sun. 7:00 p.m.  
Mon.-Wed. 10:30 a.m. & 7:00 p.m.

### Nashville, Tennessee

**September 12-15**

#### Faith Is The Victory Church

3344 Walton Lane | Nashville, TN 37216  
Pastor Charles & Sue Cowan  
(615) 226-2145  
Service Times: Sun. 6:00 p.m.  
Mon.-Wed. 10:30 a.m. & 7:00 p.m.

### College Park, Georgia

**October 17-20**

#### The Body of Christ Church International, USA

3650 Flat Shoals Road | College Park, GA 30349  
Drs. Joseph & Marjanita Ripley  
(770) 472-4800  
Service Times: Sun. 7:00 p.m.  
Mon.-Wed. 10:30 a.m. & 7:00 p.m.

## UPCOMING EVENTS

on the RHEMA campus  
in Broken Arrow, Oklahoma

For more information or to register for any of these events, visit [www.rhema.org/events](http://www.rhema.org/events) or call **1-866-312-0972**.



### Campmeeting

July 25-31, 2010



### Kindle the Flame®

#### Women's Conference

September 23-25, 2010



### RHEMA College Weekend Fall

October 22-24, 2010



### A Call to Arms®

#### Men's Conference

November 4-6, 2010



### Winter Bible Seminar &

#### Homecoming

February 20-25, 2011