

LIGHTEN UP NEWS, December 2003

Mission: To inspire, teach, and encourage all people to improve health through nutrition, exercise, and spiritual growth! Programs are Biblically based and incorporate medical recommendations. **Funding:** Donations and Grants. **Lighten Up**, PO Box 250219, 210 Clinical Science Building, MUSC, Charleston, SC 29425. ph(843)792-3047
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WILMINGTON DISTRICT UNITED METHODIST MINISTERS, through the leadership of Tina and Rev. Timothy Reaves, met in Wilmington, NC on October 11 to



Wilmington United Methodist Ministers

begin to minister to ministers. Clergy have a high stress job and tend to be sedentary. The health check clearly showed me that ministers really do need to *Lighten Up*! They need to eat sensibly and exercise, just like all of us. My question is “How can members of the congregation encourage their ministers to be healthy?” Are you planning to give your minister “food” for Christmas? Consider a gift of fruit, a membership to a gym, or a pedometer. You and your children could write a poem. Be part of the solution!

TINA & Rev. TIM REAVES have followed the discipleship model by taking *Lighten Up* to their congregation at Live Oak United Methodist Church in White Oak, NC. Tina shares, “The Bible study has been great as we put God first. We feel empowered for the holidays as we choose to stop having fried chicken. Folks have lost a lot of weight. It has been a life changing experience for everyone involved. The group increases our motivation and accountability.” *May your new year be healthy and bright! To God goes the glory!*



*Erica Shipkoski Rev. Tim Reaves
Rev. Lancaster Tina & Elena Reaves*

HOLIDAY EATING is always a challenge. So much good tasting food is available. Do you just want to eat it and deal with the consequences next year? Well, consider your motivation. As humans, it is not unusual to be motivated by **guilt** that you might offend someone if you don't indulge, **fear** that you will miss out, or **anger** at all those people who seem to eat unlimited amounts of food. If you change your motivation to health and pleasing God, you will discover that self-control is a gift for the asking. *Lighten Up!*

LIGHTEN UP AND THE WORD will be offered weekly to new & former *Lighten Up* participants. The goal is to provide motivation & accountability on a long-term basis. Sessions combine prayer, Bible study, and frequently asked questions about health and nutrition.

When: Wednesdays at 6:30 pm, beginning January 14th.

Where: St. James Episcopal Church, 1872 Camp Road, James Island (across from Bishop Gadsden).

Program length: Based on your needs, come to one session or attend throughout the spring.

Leader: Mary Joan Oexmann, *Lighten Up* Program Director

Cost: Optional health check is \$20. Book is \$25. Donations.



St. James Episcopal Church

SUZANNE BOLGER, a faithful friend and supporter of *Lighten Up*, died on November 12th. She was only 63 years old. She was in the first *Lighten Up* group at Folly



Beach United Methodist Church. She loved writing, her family, her church, her friends and strangers. She truly believed that “The only lasting things in this life of ours are love of our fellow man.” She struggled with her health for many years. The last year was particularly hard as she fought diabetes, dialysis, 11 surgeries, mini strokes, and depression. She asked me to let the whole world know, “What you eat can kill you! Perhaps through my death, I can encourage just one person to take lifestyle change seriously. There are consequences.” My friend is dead and I will miss her. A lifetime of sensible eating, exercise, and caring for one another leads to a sense of hope and well being.

IT’S IMPORTANT! Do you have a Power of Attorney for Health Care? It’s important to let your wishes be known and identify the person you trust to represent you in the event of an accident or you become too sick to make decisions for yourself. What level of “life support” would you want? Call me at 792-3047 if I can help you prepare these important papers. It’s never too early; but it can be too late to let your wishes be known!

SILENCE is a golden opportunity to grow spiritually. I like to think of it as “fasting from noise”. Saint Benedict lived in the 6th century in Italy and wrote “The Rule” primarily for monks. “Speaking and teaching are the master’s task; the disciple is to be silent and listen.” Today, we are addicted to noise. Our homes are filled with the sound of television sets, stuff that beeps, and people who concentrate more on “being heard” rather than “listening”. This holiday season, I encourage you and your families to share 10 minutes of silence each day. You may discover tremendous rewards to this simple discipline.

CHRISTMAS MENU. Combine variety, moderation, & good cheer! Preheat oven 425F

**Honey Mustarded Pork
Carrots & Potatoes**

- Combine ¼ cup honey, 2 Tbls Dijon mustard, ½ tsp garlic powder & salt. Toss 8 oz baby carrots & 2½ cups tiny potatoes w. ½ mixture. Microwave 2 mins. Coat 1-1½ lbs pork loin with remaining mixture & place in a glass-baking dish. Add vegetables and bake uncovered 30 mins.

**Broccoli or Snow Peas
Pumpkin Custard**

- Steam 10 minutes or microwave 5 minutes.
- Follow recipe and serve with gingersnaps!



PUMPKIN CUSTARD can be easy, delicious, nutritious, and fun to fix. 8 Servings

Whisk together 12 oz can fat free evaporated milk, 15 oz can pumpkin, ½ cup egg substitute, ¾ cup sugar, 1 tsp cinnamon, ½ tsp ginger, and ¼ tsp cloves. Pour into 8 glass-baking dishes. Bake 15 minutes at 425 F. Reduce temp to 350 F and bake 20 more minutes. Hot from the oven, top with French Vanilla Cool Whip and serve with gingersnaps.

1 serving = 140 Calories, 5 g Protein, 30 g Carbohydrate, ½ g Fat, 80 mg Sodium, 2 g Fiber
French Vanilla Cool Whip & Gingersnaps add 100 Calories. Delicious!

BROCCOLI IN A POT. This fall I had the pleasure of watching broccoli grow in a pot. It was very important to water a couple of times each week.

Consider growing vegetables in pots throughout the winter months. Your children and grandchildren will watch with excitement. You will be encouraging all of your family to make vegetables an important part of your total nutrition!

Vegetables are low in calories, sodium, and fat, while high in fiber and potassium.



“If you get a second chance at good health: Exercise it!” Dillard Marshall

MUSC

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OF SOUTH CAROLINA

Lighten Up

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*Elaine & Maria from Volunteer Services
wish you a Merry Christmas!*

WITHOUT YOUR SUPPORT LIGHTEN UP WILL END IN 2004!

This spring, *Lighten Up* will be reduced to my volunteer time. The cost of newsletters, books, office supplies, telephone, website, and health checks must come from you. Keep the Light Bright!

To inspire, teach, and encourage all people to improve health through nutrition, exercise, and spiritual growth is important. We rely on program fees, grants, & donations. Please donate \$25 today to keep this newsletter coming!

Thank You & Merry Christmas from Mary Joan!

**..... detach & send to Lighten Up at MUSC, P.O. Box 250327, Charleston, SC 29425....
Keep the Light Bright with Your Tax-Deductible Donation**

Name _____ Address _____

Gift Amount _____

**Write checks payable to "Lighten Up"*