

NOVEMBER ISSUE

Rejoice!

A FaySDA Church Publication



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**Editing by the Fayetteville
Seventh-day Adventist Church
Newsletter Team**

Front cover image | Roosevelt & Carol Marsden

**Published by the Fayetteville
Seventh-day Adventist Church**

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FAYSDA NEWSLETTER TEAM



Giving Thanks

FAYSDA NEWSLETTER TEAM

R!

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

- 1 Thessalonians 5:16-18

OFTEN IN TIMES OF PANIC AND UNCERTAINTY, it becomes difficult to find something—anything—to be thankful for.

At the time of writing, for example, nearly 45 million people worldwide have contracted the novel COVID-19 disease, and over 1 million have died.¹ Hospitals are bursting at the seams, frequently unable to cope with the influx of new patients. Governments are scrambling to ensure their citizens' safety while preserving their individual rights. Societies are being forced to adapt to new ways of living at unprecedented speeds. And the clash of ideologies continues to drive people groups into polarized camps in an age when we are already more separated from each other than we have ever been. The world as we know it now seems dismal. What could we possibly be thankful for?

As it turns out, quite a lot! We can be thankful for our own lives and the lives of over 30 million individuals¹ who recovered from the throes of this deadly virus. We can be thankful for the resilience of frontline healthcare workers, and even for the dutiful efforts of policy-makers and everyday people attempting to make a difference in spite of this pandemic. Above all, we can be thankful for the way God is using this, a moment of tragedy and loss, to bring us to lean on each other and on Him to find refuge, to receive comfort, and to experience growth.

¹Based on data from Wikipedia, The New York Times, JHU CSSE, and the European Centre for Disease Prevention and Control



R!

In this issue, we will be considering the practical benefits of gratitude and paying special attention to those glimmers of goodness that are worth giving thanks for.

We'll realize how being genuinely and routinely grateful for even the little things can have a huge impact on how we view the world and the future, how we interact with others, and how we walk with the Lord.

And, last of all, we will gain the skills to find those little things—the little cracks of light—even when they seem obfuscated by the darkness all around us.

There really are so many reasons to be thankful. Every day, every hour, every moment is an excuse for gratitude. And that alone should make us want to

Rejoice!

FaySDA Newsletter Team



The Pastor's Pen

PASTOR ROOSEVELT MARSDEN

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

- 1 Thessalonians 5:16-18



IT IS SAID THAT LIFE IS BEST for those who are enjoying it, *difficult* for those who are comparing it, and *worst* for those who are criticizing it. Your attitude defines your life. So, enjoy each moment of your life. The best way to do so is through thankfulness—by having an attitude of gratitude!

The Apostle Paul tells us in 1 Thessalonians 5:16-18:

**"REJOICE ALWAYS, PRAY WITHOUT CEASING,
GIVE THANKS IN ALL CIRCUMSTANCES;
FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU."**

R!



The Bible has much to say about thankfulness. In fact, giving thanks to God is of fundamental importance—so much so that the Bible mentions the failure to do so as part of the basis for God's Judgement against mankind (Romans 1:21). Temporal blessings are grounds for gratitude to both God and others. We should thank God for the earthly things He provides to us. He is responsible for the fact we are even alive, and blesses us with much more and beyond (Matthew 6:25-34). We can also thank other people for their acts of kindness, gifts, and love towards us. It is good to acknowledge the efforts of others and to demonstrate our gratitude.

"FOR ALTHOUGH THEY KNEW GOD, THEY NEITHER GLORIFIED HIM AS GOD NOR GAVE THANKS TO HIM, BUT THEIR THINKING BECAME FUTILE AND THEIR FOOLISH HEARTS WERE DARKENED." – ROMANS 1:21

Yes, we have many reasons to thank God, and yet it is a far too rare practice for many. Complaining and grumbling come all too easily for us. Rather than looking at what is lacking in our lives, we should instead learn to thank God in everything realizing that God owes us nothing and yet has graciously given us all things in Jesus Christ. (Romans 8:31, 32) Jesus pointed out both the importance and rarity of thanksgiving when only one of the ten lepers that He healed returned to thank Him.



We would do well to imitate that one former leper (Luke 17:11-19), for in a spiritual sense, we are all born lepers with the disfiguring and alienating disease called sin. Yet, Christ voluntarily took on the punishment due our ingratitude, the bruises due our iniquities, and the stripes due our sins.

Thankfulness is the only proper response to lavish grace. We are forever debtors to God and to His grace, which reached its zenith in His suffering His only Son for our salvation (John 3:16,17). The eternal life that we have received through faith in Jesus deserves an eternity of gratitude.

In His service,

PASTOR ROOSEVELT MARSDEN



Let Us Rejoice With

**OUR ANNIVERSARY
CELEBRANTS**

Sharon & Joe Williams

AND OVER ALL THESE VIRTUES
PUT ON LOVE,
WHICH BINDS THEM
ALL TOGETHER
IN PERFECT UNITY.

- COLOSSIANS 3:14

R!



Important Dates & Events

R!

FRI

06

**WOMEN'S
MINISTRY
VIRTUAL
RETREAT**

SUN

08

SAT

07

GFAA VIRTUAL AUCTION

Participate on Facebook Live at 7 PM. Items to be auctioned include home décor, bicycles, handbags, tech, and more. For more info, contact Joan Daniels.

SUN

15

COMMUNITY SERVICE BLOOD DRIVE

Stop by the church parking lot at 1:00 PM if you're 17 and up (or 16 with parental consent) and in good health. Please come and help our community.

MON

16

**PASTOR
MARSDEN
VACAY**

DEC

16



R!

Greater Fayetteville Adventist Academy

Virtual Auction Fundraiser

Saturday, November 7, 2020 @ 7PM

FaceBook Live Greater Adventist

<https://www.facebook.com/greater.adventist>



ITEMS TO BE AUCTIONED:
Home Decor, Bicycles, Handbags,
Technology Items, and More...

Cashapp - \$GFAA2601

PayPal - secretary.gfaa@outlook.com

For More Information

Contact: Joan Daniels * 910-624-9515





**THE BLOOD
CONNECTION**
Your Community Blood Center

Blood Drive

Combined Unified Community Service

2601 Lone Pine Dr
Fayetteville, NC 28306

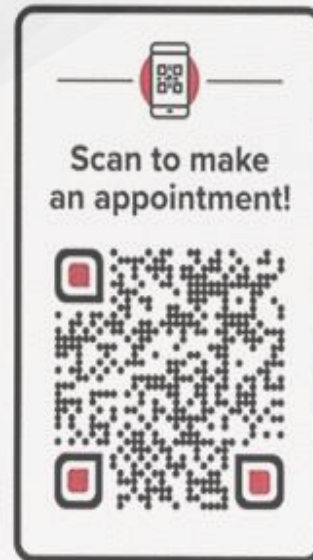
11/15/2020 | 01:00 PM–06:00 PM

To make an appointment, please scan the QR Code
and search for the Sponsor Code 77CU.

A \$20 charitable donation will be made for every blood donor!

Face coverings are required while donating. All donors will be screened for COVID-19 Antibodies after every completed donation.*

*This is not COVID-19 diagnostic testing. Positive test results do not confirm infection or immunity.



“ I need 8 people to donate . . .
in order to live my life. I think about
the people who donated,
and I'm eternally grateful. ”

Shontrell, recipient

The Blood Connection is a non-profit organization. Blood can be donated every 56 days. Donors must be 16 years or older and over 110 lbs. to donate. Sixteen year olds are required to have written consent to donate blood. Before you donate, please drink water and eat a healthy meal. TBC Donor ID Card (preferred) or photo ID required to donate. Gift cards a



thebloodconnection.org



Adventist News

Article obtained from the Adventist News Network, an official channel of the Seventh-day Adventist Church. Copyright © 2020, General Conference of Seventh-day Adventists 12501 Old Columbia Pike, 20904 Silver Spring, MD USA 301-680-6000



ADVENTIST HOSPITAL IN NORTH MEXICO OPENS NEW GERIATRIC CENTER

Original story by Laura Marrero
Published on the Inter-America Division site

In North Mexico right across the border, a new Adventist hospital will serve elderly persons looking to restore their health away from home.

Hospital and university leaders inaugurated the center during a special ceremony held on Oct. 15, 2020. It becomes the second center to care for older adults near the hospital adjacent to the university campus.

This hospital will work to serve the needy and those who need assistance and that cannot care for themselves as part of an Adventist stewardship program.

"We opened thinking in part of the vulnerable population that needs care, love, and our attention," said Nancy Castillo, development coordinator and customer service coordinator at La Carlota Hospital.



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CAN BACK PAIN SUFFERERS BENEFIT FROM A BIKING ROUTINE?

Original story by Janelle Ringer
Published on the Loma Linda University Health site

Biking promotes endurance and the overall performance of the heart and lungs, and the musculoskeletal system — especially the spine.

In contrast to other forms of exercise such as jogging or aerobics, biking is less jarring to the body; the spine in particular. Olumide A. Danisa, MD, the chief of the adult spine division at Loma Linda University Health, an Adventist institution she says that those who suffer from back pains or aching can be greatly helped by biking regularly it is a healthy way to exercise and connect with nature and studies have shown that bike riding can even reduce pain in the back or spine.

“Regardless of the exercise, it’s important to have a training plan to ensure sustainability and minimize injury. Start with an achievable distance or time goal and then build upon that as you become more fit,” she says. Regular exercise keeps us in good shape by strengthening our physical self. Exercise also has helped maintain good mental health.

Adventist News

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EAT WELL & LIVE WELL

Original story by the Sanitarium Health Food Company
Published on Adventist Record site

“One of the most common challenges families face is trying to get children to enjoy a variety of healthy food.”

According to a 2018 YouGovGalaxy study, parents list “eating more vegetables” as the healthy food behavior they would most like to see their children adopt. And for good reason. In Australia, for example, 95 percent of children don’t eat the recommended five servings of veggies a day.”

Our body is God’s temple, and we should treat it as such; a healthy diet full of greens and nutrients is essential to good Christian diet. It is important to teach children and even ourselves the importance of a healthy diet.

If you’re in need of some ideas for healthy, nutritious (yet still very delicious) meals this Thanksgiving, check out the *Bon Appétit* article in this month’s issue. Here, the Newsletter Team highlights our top 10 dishes that will be sure to be a showstopper on this year’s Thanksgiving menu.

R!



Special Moments



▲ **ADVENTURERS' VESPERS PROGRAM OCT 3**

R!



Special Moments

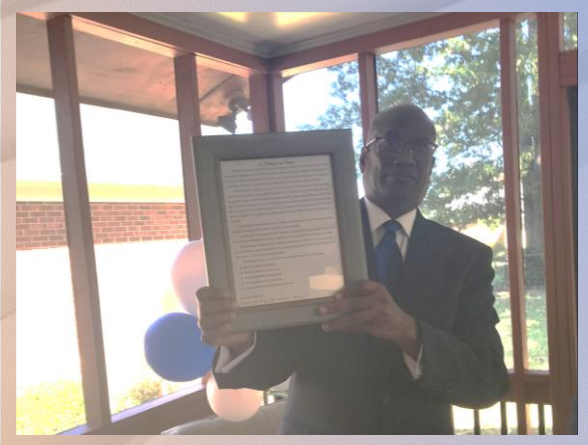
R!



▲ **PASTOR MARSDEN'S SURPRISE BIRTHDAY PARTY**
OCT 18



R!



A woman with curly hair, hands clasped, with a blue overlay.

R!

FEATURED ARTICLE | DR KEILA SANTOS

Gratitude— A Blessing In Disguise

R!

IS PEACE OF MIND POSSIBLE?

The apostle Paul in Philippians 4:6-7 tells us the following: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Could this be true? Is it possible to have peace of mind that surpasses all understanding just through prayer and thanksgiving?



THE PHYSIOLOGY OF GRATITUDE

Some researchers suggest that gratitude is a complex emotional feeling associated with **universal positive effects** in different areas of life (Henning et. Al, 2017). To this day it is still unclear how gratitude is able to achieve such powerful outcomes in the individual. In order to better understand the physiological aspects of having a grateful attitude, researchers Henning et. Al, (2017) exposed research participants to gratitude-inducing stimuli and rated brain activity according to how much gratitude was provoked. It was found that regions in the medial pre-frontal cortex associated with **social reward** and **moral cognition** are mostly correlated with this process.

R!

RESEARCH ON GRATITUDE

A study performed by Crouch, Verdi & Erickson (2020) studied the correlation of gratitude and quality of life on patients suffering from multiple sclerosis. Multiple sclerosis is a rare autoimmune disease which can cause severe pain and at the same time be disabling to the individual experiencing it. This study found that **gratitude predicted higher quality of life** beyond other predictors. It can even be seen as a source of resilience for individuals with this medical condition. This is one of many examples of how God in his infinite wisdom knew how us as human beings would benefit from having grateful hearts.



RESEARCH ON GRATITUDE

Another study by Caputo (2015) showed a negative correlation between gratitude and loneliness, meaning **that the more gratitude the less feelings of loneliness** the individual experienced and vice versa. The researchers pointed out that gratitude is demonstrated to be associated with an **increase in happiness, life satisfaction, and social desirability**. Therefore, one can say that having an attitude of thanksgiving allows us to experience higher life satisfaction despite our daily struggles and feelings of loneliness in the world. By God's inspiration we see how Paul, once again, shared this same perspective in Philippians 4:11 "I am not saying this because I am in need, for I have learned to be content whatever the circumstances".



GRATITUDE & MENTAL HEALTH

In the book *The Ministry of Healing* p. 251, Ellen G. White says that a spirit of gratitude and praise promotes healthy bodies and souls more than anything else in the world. In order for us to have healthy bodies we need mental health wellbeing. According to the National Institute of Mental Health, nearly one in five U.S. adults live with a mental health illness, totaling an estimate of 46.6 million individuals.

One can wonder how is it possible to obtain a healthy mental health living in the chaos of this world. Within the past year we have witnessed and experienced unimaginable levels of stress, anxiety, depression, and overall emotional maladjustment. I don't blame you for thinking "What can I possibly be thankful for in this year of a global pandemic, financial decay, and social withdrawal?" It is very normal to have these thoughts and conflicting feelings. However, after we validate our emotions it is important to not stay in that phase but move on to the next step towards psychological wellness.

R!

HOW TO ACHIEVE A GRATEFUL MINDSET

According to the psychotherapeutic model Cognitive Behavioral Therapy (CBT) our emotions and actions are triggered by our thoughts. Therefore, if we are constantly experiencing negative cognitions, this will lead to having uncomfortable feelings and negative behaviors. God created us as rational individuals with the freedom to choose. **We have control over our thoughts, emotions, and actions.**

One way you can start practicing gratefulness is by becoming aware of negative automatic thoughts that you have towards different areas of life such as: family, work, friends, and church. After developing awareness, it is important to identify the cognitive distortions that make you think that way. Are you seeing your life in only 'black and white'? Are you disqualifying the positive aspects of your job? Is it possible you are making assumptions about your spouse and therefore have a misconception of how they feel about you? Whatever the situation may be, **ask God for wisdom and guidance** in order to restructure those thoughts into positive ones and help you develop a constant mental state of being grateful.

R!

HOW TO ACHIEVE A GRATEFUL MINDSET

Whether it is getting a new gratitude journal; making mental notes of events you are grateful for; or, making it a personal goal to show appreciation to your loved ones on a daily basis, today I challenge you to practice God's counsel and wait to see the amazing results.

"You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God." Corinthians 9:11

R!

ABOUT DR. KEILA SANTOS

Born and raised in the Caribbean, Keila Santos moved to Massachusetts to complete her doctoral internship and post doctoral practicum. Within the field of clinical psychology, Dr. Santos is passionate to work with survivors of trauma, especially sexual abuse and domestic violence. God has given her the opportunity to help others experiencing emotional pain and provide a sunshine of hope in their lives. Within the Seventh Day Adventist Church, Dr. Santos has worked with Family Ministry and Women's departments. Part of her work has included preaching and providing mental health workshops to the church community. She enjoys spending time with her husband and toddler, as well as having brunch with friends, traveling, and trying new recipes.



Keila Santos, Psy.D.

Associate Professor
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keilasantos@swau.edu

R!

THE FAYSDA NEWSLETTER TEAM

Bon Appétit!

Our top picks of healthy, vegetarian recipes for your family this Thanksgiving season

NUTRITION FACTS ARE ESTIMATES BASED ON THE TYPE AND QUANTITY OF INGREDIENTS
RECIPES 1 – 9 FROM LOMA LINDA UNIVERSITY | RECIPE 10 FROM JACKIE GORDON

R!

VEGGIE CHILI

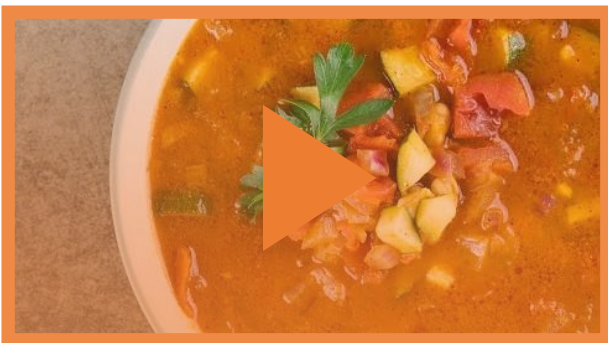


SERVING SIZE 1 CUP



SERVINGS PER RECIPE 9

1 tbsp high heat oil **1** red onion, small and chopped **2 cloves** of garlic **1 tbsp** chili powder **½ tbsp** salt **¼ tbsp** paprika **1** 15 oz can of chopped tomatoes **26 oz** veggie broth **½ cup** red pepper, pureed (use 1 large red pepper) **½ cup** carrot, pureed (use 2 medium carrots) **4 tbsp** flaxseed meal **1** 15 oz can of beans of your choice



CALORIES 90 **FAT** 2.5g
CHOLESTEROL 0mg
SODIUM 670mg
CARBOHYDRATE 15g

Contains proteins, calcium, iron,
and potassium

DIRECTIONS

In a small pot, add chopped bell pepper and carrots. Steam until soft.

Add steamed veggies to a blender with just enough water to blend into a puree. Set aside.

In a large soup pot, sauté onion in high heat oil until soft.

Add garlic, chili powder, salt and paprika and toast together for about one minute. Stir in the tomatoes, broth, purees, and flax seed. Stir well and bring to a boil; add beans and reduce to a simmer for 15 to 20 minutes until the flavors marinate together.

Serve immediately.

R!

"MEATBALLS" + THAI CURRY



SERVING SIZE

1 CUP



SERVINGS PER RECIPE 5

"MEATBALLS" ¼ **cup** walnuts, raw **1** 15 oz can of chickpeas, drained and rinsed **1** **tbbsp** green onions, thinly sliced ½ **cup** carrot, grated ½ **cup** zucchini, grated **2** **cloves** garlic, minced **2** **tbbsp** chickpea flour ¼ **tsp** red pepper flakes **CURRY SAUCE** **2** **tbbsp** peanut oil (or other high heat oil) **1** red onion, small and thinly sliced **2** **cloves** garlic, minced **2** **tsp** red curry paste **2** **tsp** curry powder, yellow **1** **tsp** turmeric **1** **tsp** paprika **1** **tsp** onion powder **1** 15 oz can of coconut milk **2** **tsp** lime juice, fresh 1/8 **tsp** salt



CALORIES 370 **FAT** 29g

CHOLESTEROL 0mg

SODIUM 450mg

CARBOHYDRATE 21g

Contains proteins, calcium, iron,
and potassium

DIRECTIONS

"Meatballs"

Preheat oven to 350 degrees and line baking sheet with parchment paper (unless the sheet is lightly greased). Set aside. In a food processor, pulse walnuts until very fine, but not a paste. Add to large mixing bowl. Next, in the food processor, pulse the drained and rinsed chickpeas until half are pureed and the rest have some texture. Add to same large bowl as the walnuts. To the same bowl, add green onion, carrot, zucchini, garlic, chickpea flour, salt and pepper flakes. Mix together well. Form mixture into balls and place on prepared baking sheet. Bake for 25-30 minutes until golden brown.

R!

"MEATBALLS" + THAI CURRY



SERVING SIZE

1 CUP



SERVINGS PER RECIPE

5

"MEATBALLS" ¼ **cup** walnuts, raw **1** 15 oz can of chickpeas, drained and rinsed **1** **tbsp** green onions, thinly sliced ½ **cup** carrot, grated ½ **cup** zucchini, grated **2** **cloves** garlic, minced **2** **tbsp** chickpea flour ¼ **tsp** red pepper flakes **CURRY SAUCE** **2** **tbsp** peanut oil (or other high heat oil) **1** red onion, small and thinly sliced **2** **cloves** garlic, minced **2** **tsp** red curry paste **2** **tsp** curry powder, yellow **1** **tsp** turmeric **1** **tsp** paprika **1** **tsp** onion powder **1** 15 oz can of coconut milk **2** **tsp** lime juice, fresh 1/8 **tsp** salt



CALORIES 370 **FAT** 29g

CHOLESTEROL 0mg

SODIUM 450mg

CARBOHYDRATE 21g

Contains proteins, calcium, iron,
and potassium

DIRECTIONS, CONTD.

Curry Sauce

Add high heat oil to a large skillet. When hot, add in sliced onions and cook till tender (about two minutes). Add in garlic, curry paste, curry powder, turmeric, paprika, and onion powder. Toast together for about one minute, then slowly stir in the coconut milk. Bring to a simmer and let simmer for 15 minutes, stirring occasionally. Remove from heat and add in lime juice and salt to taste. Spoon sauce over "meatballs" alone or over rice.

INSIDE-OUT ENCHILADAS

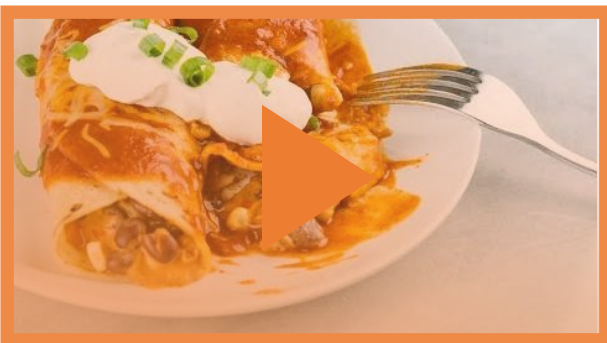


SERVING SIZE 2



SERVINGS PER RECIPE 4

1 package corn tortillas **16 oz** can of red enchilada sauce (divided) **¼ cup** sour cream, light **1** 14 oz can of black beans, rinsed and drained **1 cup** corn kernels **1 can** green chilies, drained **½ cup** red bell pepper, chopped **¼ cup** red onion, chopped **4 oz** cheese, grated **¼ cup** green onions (about 2 stalks), chopped



DIRECTIONS

Preheat oven to 350 degrees Fahrenheit. Coat the interior of a 9" x 13" pan with non-stick spray; and a thin coat of enchilada sauce and set aside.

Start by preparing the tortillas. Heat one tortilla up at a time with a little oil in a shallow pan. This will help them to be more pliable during the filling process to prevent tearing. In a medium pot, stir together one cup of enchilada sauce and sour cream in a pot until completely incorporated. Add the beans, corn, chilies, peppers and red onions. Allow to heat for a few minutes. Place one tortilla in the prepared sauce-lined pan.

CALORIES 582 **FAT** 15.8g

CHOLESTEROL 36mg

SODIUM 337mg

CARBOHYDRATE 83g

Contains proteins, vitamin D, calcium, iron, and potassium

GLUTEN-FREE

QUINOA BURGERS



SERVING SIZE

123 G



SERVINGS PER RECIPE

7

2 cups red quinoa, cooked and unrinsed **1 tbsp** coconut oil **3** cloves garlic, minced **1** sweet onion, diced **1** sweet potato, grated

- herb of your choice
- butter or oil for sautéing



CALORIES 98 **FAT** 4g

CHOLESTEROL 3mg

SODIUM 46mg

CARBOHYDRATE 15g

Contains proteins, calcium, iron, and potassium

DIRECTIONS

Preheat oven to 350°. Heat 1.5 cups of water. Add 1 C raw quinoa. Bring to a simmer and allow to cook for 5 min, turn off heat, leave lid on and let sit for 15-20 minutes until all the water is absorbed. Sauté the onion, garlic, and potato with a little oil or butter. Add all the ingredients into a bowl. Add in 1 whole egg and 1 egg white. Mix well and form into patties. Bake on a non-stick mat or oiled baking sheet for 25-30 minutes.

Freezer friendly To freeze: Place parchment paper between the patties so they don't stick together.

R!

CREAMY CARROT SOUP



SERVING SIZE

8 OZ



SERVINGS PER RECIPE

6

3 tbsp high heat oil **2 lbs** carrots, peeled and chopped **1** large onion, chopped roughly **2 tbsp** garlic, minced **1 sprig** fresh thyme **1 sprig** fresh rosemary **32 oz** low-sodium veggie broth $\frac{1}{2}$ **tsp** hot sauce
- season to taste



DIRECTIONS

Heat oil in medium pan on medium heat. Add carrots, onions, garlic, thyme and rosemary. Cook until carrots are tender (about 15 minutes). Remove herb sprigs before transferring vegetables to blender. Add broth to blender then puree until smooth. Transfer back to pan, and bring soup to a simmer before serving.

Season to taste.

CALORIES 140 **FAT** 7g

FIBER 4g

SUGAR 8g

CARBOHYDRATE 17g

Contains proteins, vitamins, and minerals

R!

THAI CURRY SOUP



SERVING SIZE

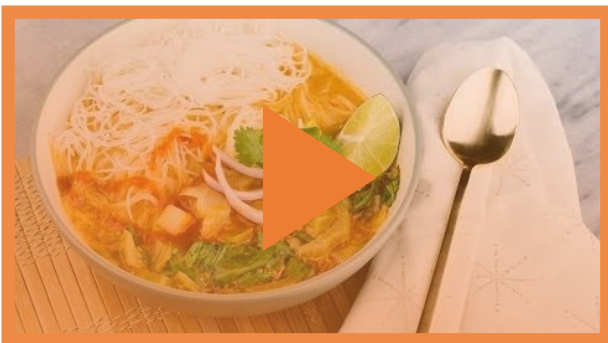
8 OZ



SERVINGS PER RECIPE

4

1 bunch bok choy, stalk and leafy greens separated **1** small sweet potato, diced **3½ oz** rice vermicelli noodles **1 tbsp** ginger, grated **2 cloves** garlic, minced **2 tbsp** red curry paste **4 cups** low-sodium veggie broth **13 oz** coconut milk, unsweetened **½ tbsp** brown sugar **2 tbsp** vegetable oil



DIRECTIONS

Add the oil to a large soup pot over medium heat. Sauté the minced garlic, grated ginger, and red curry paste 1-2 minutes. Add diced sweet potato and chopped bok choy stalks to the pot (save the green leafy ends for later) with veggie broth. Bring the pot to a boil, then reduce the heat to low and simmer for 5-7 minutes, or until the sweet potatoes are tender. While the soup is simmering, bring a small pot of water to a boil for the vermicelli. Once boiling, add the vermicelli and boil for 2-3 minutes, or just until tender.

CALORIES 402 **FAT** 27g

FIBER 5g

SUGAR 8g

CARBOHYDRATE 37g

Contains proteins, vitamins, and minerals

THAI CURRY SOUP

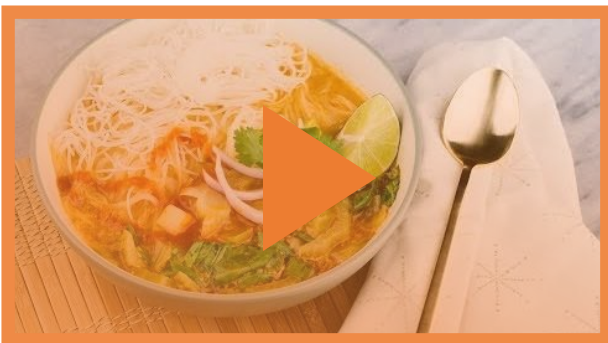
**SERVING SIZE**

8 OZ

**SERVINGS PER RECIPE**

4

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**CALORIES** 402 **FAT** 27g**FIBER** 5g**SUGAR** 8g**CARBOHYDRATE** 37g

Contains proteins, vitamins, and minerals

DIRECTIONS, CONTD.

Drain the rice noodles in a colander and set aside. Once the sweet potatoes are tender, add the coconut milk, and brown sugar to the soup. Stir, taste, and adjust if needed. Finally, add the bok choy greens and let them wilt in the hot soup. To serve, divide the rice vermicelli among four bowls. Ladle the soup and vegetables over the noodles, and top with desired garnishes.

Suggested Garnishes: Red onion slices, Lime juice, Cilantro, Drizzled hot sauce

NO BAKE ENERGY BITES



SERVING SIZE 2 BITES



SERVINGS PER RECIPE 15

1 cup oatmeal, dry **2/3 cup** coconut flakes, toasted **1/2 cup** peanut butter (or other nut butter) **1/2 cup** flax seed, ground **1/2 cup** dark chocolate chips (85% cacao or more) **1/3 cup** honey or agave nectar **1 tbsp** chia seeds **1 tsp** vanilla extract



CALORIES 147 **FAT** 9g

FIBER 3g

SODIUM 30mg

CARBOHYDRATE 15g

Contains proteins and sugar

DIRECTIONS

In a medium bowl, mix peanut butter, honey, and vanilla until well combined. Mix dry ingredients separately. Add dry mixture to the peanut butter mixture and mix until thoroughly incorporated. Let chill in the refrigerator or freezer for 15-20 minutes. Once chilled, roll 2 tablespoons of dough for each ball. Store in an airtight container and keep refrigerated for up to 1 week or freezer for up to three weeks.

Good luck keeping them a few days!

R!

TOASTED QUINOA PECAN



SERVING SIZE

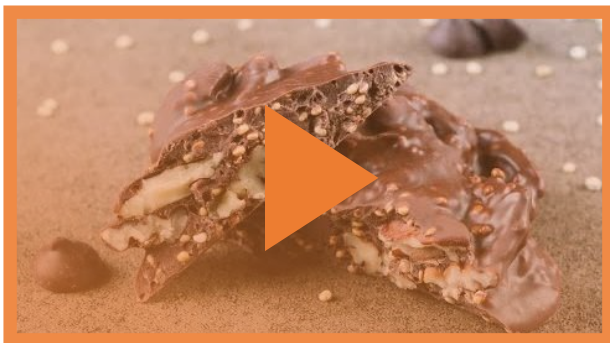
48 G



SERVINGS PER RECIPE

8

1 tbsp coconut oil **½ cups** quinoa, rinsed **1 cup** salted nuts, chopped (walnuts, hazelnut, pecans, cashews, or other favorite nut) **1 tsp** sea salt **1/8 tsp** cayenne pepper (optional) **6 oz** dark chocolate (65% cacao or higher)



DIRECTIONS

Line a baking sheet with parchment paper (or use a non-stick mat) and set aside. Heat skillet to medium heat. Add coconut oil and allow to melt. Add quinoa and toast, stirring often, for five to eight minutes or until the seeds are a toasted golden brown. Transfer to a medium bowl and add in favorite nut, sea salt and cayenne pepper (optional). Melt dark chocolate in a glass bowl that fits in a pot over simmering water. Heat until melted, stirring often to prevent burning. When the chocolate is melted through, add in quinoa and cashew mixture and stir well until combined. Drop one to two tablespoons each onto prepared parchment paper, or a non-stick mat. Let sit at room temperature until set.

CALORIES 260 **FAT** 18g

CHOLESTEROL 0mg

SODIUM 310mg

CARBOHYDRATE 21g

Contains proteins, calcium, iron, and potassium

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THE PERFECT PORRIDGE



SERVING SIZE

1 CUP



SERVINGS PER RECIPE

3

1/3 cup amaranth **1/3 cup** quinoa **1/3 cup** polenta **3½ cup** water



CALORIES 147 **FAT** 2g

FIBER 3g

SODIUM 23mg

CARBOHYDRATE 29g

Contains proteins and sugar

DIRECTIONS

Add all the grains, (amaranth, quinoa, and polenta) to a medium saucepan along with all of the water. Bring to a boil, then reduce heat to low. Simmer, uncovered, for 16-18 minutes, or until most of the water has been absorbed and the grains are tender. Stir occasionally while cooking, scraping the bottom of the pot to keep the grains from sticking. Remove from heat, and serve immediately. Top with a little milk or non-dairy substitute along with any other toppings you desire. Topping Options: Milk or non-dairy substitute, cinnamon, maple syrup, fruit/berries, nuts, seeds, or other toppings, as desired

ITALIAN ZUCCHINI CASSEROLE



SERVING SIZE 3/4 CUP



SERVINGS PER RECIPE 8

3 medium zucchini, sliced (about 6½ cups) **3 tbsp** olive oil, divided **1** medium onion, sliced **1** garlic clove, minced **1 can (28 oz)** diced tomatoes, undrained **1 tbsp** minced fresh basil (or **1 tsp** dried basil) **1½ tsp** minced fresh oregano (or **½ tsp** dried oregano) **½ tsp** garlic salt **¼ tsp** pepper **1½ cups** stuffing mix **½ cup** grated Parmesan cheese **¾ cup** shredded part-skim mozzarella cheese



DIRECTIONS

In a large skillet, cook zucchini in 1 tablespoon oil 5-6 minutes or until tender; drain and set aside. In the same skillet, sauté the onion and garlic in remaining oil for 1 minute. Add the tomatoes, basil, oregano, garlic salt and pepper; simmer, uncovered, for 10 minutes. Remove from the heat; gently stir in zucchini.

Place in a greased 13-in. x 9-in. baking dish. Top with stuffing mix; sprinkle with Parmesan cheese. Cover and bake at 350° for 20 minutes. Sprinkle with mozzarella cheese. Bake, uncovered 10 minutes longer or until cheese is melted.

CALORIES 174 **FAT** 9g

CHOLESTEROL 10mg

SODIUM 576mg

CARBOHYDRATE 17g

Contains proteins, sugar, and fiber

VERSE OF THE MONTH

**"REJOICE ALWAYS, PRAY CONTINUALLY,
GIVE THANKS
IN ALL CIRCUMSTANCES;
FOR THIS IS GOD'S WILL FOR YOU IN CHRIST JESUS."
- 1 THESSALONIANS 5:16-18**

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future articles, contact the Newsletter Team at
faysdanewsletter@gmail.com

Rejoice!