



Good Housekeepers and Hosts

As we anticipate the arrival of special guests or company, we tend to do various things to prepare. Most of us probably do some cleaning, cooking, straightening, washing, etc. Now, imagine we find out that Jesus Christ is coming to visit! How might we prepare for that visit? We know He would forgive us for dust on the shelves, shoes out of place, a little mildew in the shower, no special food prepared... but I imagine we would still want our homes to be immaculate and full of delectable food for His visit! This is not because we think He would judge us sinful, desert us or scorn us; but because we want to offer our best to our amazing Savior and Lord. It's a loving gesture to be a guest at a home where great preparations were made and we would want no less...in fact, far more, for Jesus, the Christ! As I was considering this recently, I thought of our Winstead Wellness

Ministry key scripture: "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies" 1 Corinthians 6:19-20.

Our bodies are a temple of the Holy Spirit. Our bodies are the house, the dwelling place, of God! Do we live as if we find truth in that passage? Are we being good housekeepers and hosts? If we would make honorable preparations for Jesus as a guest in our homes...what are we doing to maintain this temple, our bodies, that He lives in?!?! That might be a convicting question! Are we treating our bodies as a place where God dwells? I think if we are all honest with ourselves the answer is...NO! But, this passage is very clear, that God paid a high price for the Holy

Spirit to dwell in us, the sacrifice of His Perfect Son, so we should honor it! In fact, this passage doesn't say we "should" honor God with our bodies, it boldly declares to do it!

Make a loving commitment to the one that dwells within you, that you will be more mindful of His presence and the necessity in taking care of your body. Answer the call to "honor God with your bodies"!

There are so many ways in which we can honor or defile our temples. The Winstead Wellness Ministry seeks to educate people on these ways and equip them to put this passage into action. If you would like to be part of the ministry team that develops plans for this, please let me know!

In Christ,
Lindsey Winborne



Power Enchiladas



Recipe by:
Yolanda Bergman
<http://www.muscleandfitnesshers.com/recipes/power-enchiladas>

Serves 8
Prep time: 5-7 minutes
Cook time: 12 minutes

Ingredients:
1 cup frozen chopped onion
1/2 cup frozen chopped green bell peppers
1 Tbsp. canola oil
4 oz. fat-free chicken broth
1 cup grated zucchini (about 1 small zucchini)

2 cups shredded, cooked skinless chicken breast
2 Tbsp. chopped cilantro
3-oz. can chopped green chili peppers
1 tsp. garlic powder
1 1/2 cups grated reduced-fat Monterey Jack cheese, divided
15-oz. can red enchilada sauce, divided
8 small corn tortillas
2 tsp. sliced black olives (optional)
1/2 cup light sour cream (optional)
Nonstick cooking spray

Directions:
1. Preheat oven to 350 degrees F. Over medium-high heat, sauté onion and bell peppers in canola oil and chicken broth for about five minutes. Add zucchini and sauté for about three minutes or until just cooked. Remove from heat and pour off any excess liquid.
2. In a large bowl, combine chicken and vegetable mixture. Add cilantro, green chili peppers and garlic powder. Mix thoroughly. Stir in 1 cup of grated

cheese.
3. Layer about 1/2 cup of enchilada sauce on the bottom of an 11x17-inch shallow baking dish coated with non-stick cooking spray. Pour remaining enchilada sauce into a large bowl.
4. Dip a tortilla into the bowl of enchilada sauce until it's completely coated on one side. Then fill with two large spoonfuls of the chicken-vegetable-cheese mixture. Roll tortilla into a tube and place in baking dish, seam side down. Continue dipping and filling tortillas, and place each tortilla in baking dish so they touch.
5. Top enchiladas with remaining sauce and cheese. Cover baking dish loosely with foil and bake 12-15 minutes. Remove foil and bake 10 minutes more. To serve, garnish with olives and light sour cream if desired.

NUTRITION FACTS (per enchilada):
254 calories, 21.7 g protein, 19.7 g carbs, 9.8 g fat

September 2011

Can't find a class that works with your schedule? Start your own or suggest a new time to Lindsey! Or, have another class idea? Let Lindsey know about that too! We are open to new ideas and creating numerous opportunities!

SUN	MON	TUE	WED	THU	FRI	SAT
				1 5:15 PM Beg/Int Fit Class 6:00 PM Boot Camp	2	3
		 <p><i>Willing to lead a walking or jogging group? Let Lindsey know if you are interested!</i></p>				
4	5	6 5:15 PM Beg/Int Fit Class 6:00 PM Boot Camp	7 12:00 PM Beg/Int Toning and Stretching	8 5:15 PM Beg/Int Fit Class 6:00 PM Boot Camp	9	10
11 	12	13 5:15 PM Beg/Int Fit Class 6:00 PM Boot Camp	14 12:00 PM Beg/Int Toning and Stretching	15 5:15 PM Beg/Int Fit Class 6:00 PM Boot Camp 7:30 PM Wellness Committee Meeting	16	17
18	19	20 5:15 PM Beg/Int Fit Class 6:00 PM Boot Camp	21 12:00 PM Beg/Int Toning and Stretching	22 5:15 PM Beg/Int Fit Class 6:00 PM Boot Camp	23	24
25	26	27 5:15 PM Beg/Int Fit Class 6:00 PM Boot Camp	28 12:00 PM Beg/Int Toning and Stretching	29 5:15 PM Beg/Int Fit Class 6:00 PM Boot Camp	30	

Class Information:

Type	Beginning Toning	Beg/Intermediate Fit Class	Advanced Boot Camp
Age	Any	Any	11-55 (depending on fitness level)
Fitness Level	Beginning to intermediate level	Beginning to intermediate level	Intermediate and Up with healthy joints. Some experience with exercise is ideal. Participants can go at pace that accommodates fitness level
Equipment	Good shoes, comfortable attire, yoga mat, 2-hand weights (3 to 5 lbs)	Good shoes, comfortable attire, yoga mat, 2-hand weights (3 to 15 lbs, males may use heavier weights)	Good shoes, comfortable attire, yoga mat, 2-hand weights (3 to 15 lbs, males may use heavier weights)
Location	Hood Hall	Hood Hall	Hood Hall
Description	A low impact, low intensity resistance training and stretching class targeted towards those with little to moderate experience with that type of exercise	A low impact, low intensity resistance and aerobic interval class that incorporates high repetitions, good form, and easy aerobic exercises to elevate the heart rate. Targeted towards those from no experience to any level of experience with exercise.	A moderate to high impact class targeted towards youth, young adults with little to no resistance training experience and adults with resistance training experience and healthy joints. Class will incorporate both cardiovascular and resistance training elements and some stretching. This class is intense but participants can modify exercises to lower intensity.

For more information contact Lindsey Winborne: 919-270-5576 or youth@winsteadumc.org