

Plant Based Cooking Seminar



September 18, 2018

Plant Based Cooking incorporating the 12 step program and CREATION Health!



Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Scripture Text: "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother, then come and offer your gift."

(MATTHEW 5:23-24)



CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





Trust in God –

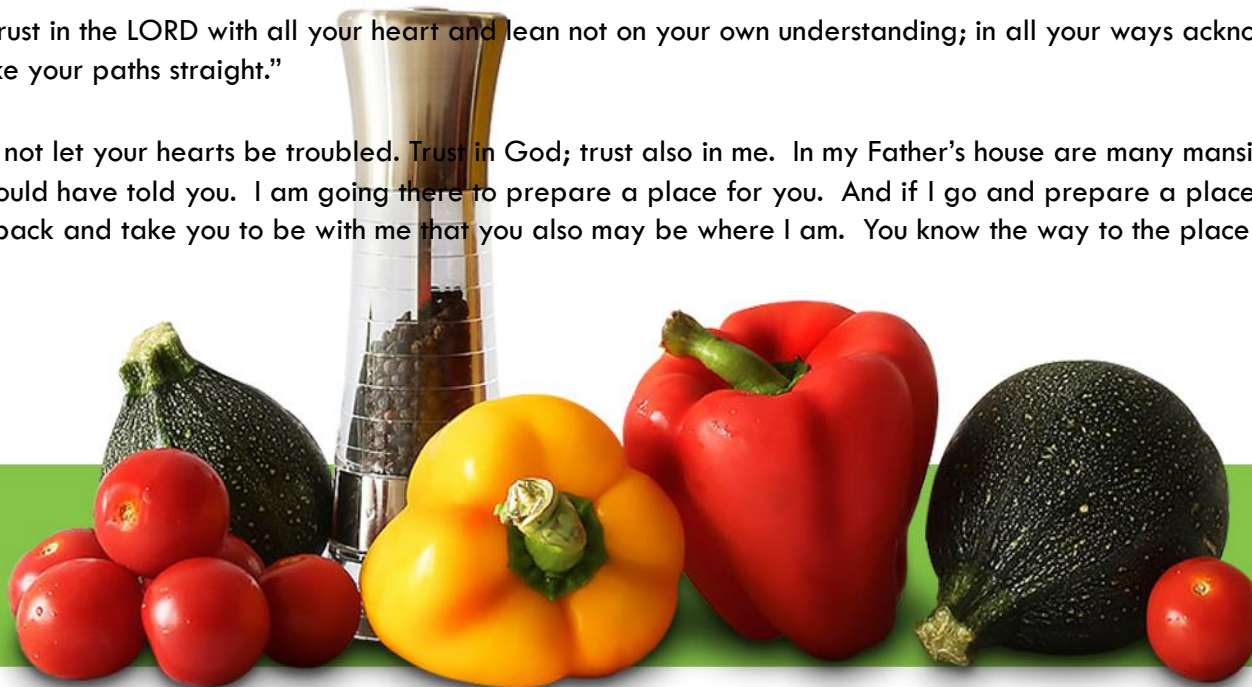
Psalm 20:7 “Some trust in chariots and some in horses, but we trust in the name of the LORD our God.”

Psalm 37:3-6 “Trust in the LORD and do good; dwell in the land and enjoy safe pasture. Delight yourself in the LORD and he will give you the desires of your heart. Commit your way to the LORD; trust in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.”

Psalm 56:3,4 “When I am afraid I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?”

Proverbs 3:5,6 “Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.”

John 14: 1-4 “Do not let your hearts be troubled. Trust in God; trust also in me. In my Father’s house are many mansions; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.”



2018 SERIES OVERVIEW

JANUARY – DESSERTS

FEBRUARY – SOUPS

MARCH – SAUCES, GRAVIES, DRESSINGS

APRIL – SNACKS

MAY – SALADS

JUNE – SANDWICHES

JULY – PICNIC FARE

AUGUST – ENTREES

SEPTEMBER – INTERNATIONAL FARE

OCTOBER – BREAKFAST ITEMS

NOVEMBER – HOLIDAYS

DECEMBER – DRINKS, SMOOTHIES

