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**Caring for the  
Body, Soul & Spirit**



I cooked a meal of savory chicken with broccoli, Cauliflower, onions, garlic sauteed in olive oil with a dessert of nuts, berries and bakers chocolate (no added sugar) for a group of mothers on a Saturday morning. Since many of our Mexican congregants struggle with weight and health issues, I decided to share how to burn calories by making a few adjustments and dietary changes. These changes are similar to the Mediterranean diet. We invited the mothers into both the Mezcales center and the Cartonlandia center kitchens for a little demonstration. Carolina, one of our Pastor's daughters who is a nutritionist joined me to help the mothers understand how they can eat and feed their families in a healthy way.

The mothers all enjoyed our wonderfully flavored dishes. Some said that their husbands might divorce them if they cooked that way, while others were convinced that lifestyle changes of exercise, and healthy eating was some-thing they needed in their life. They all thanked me for sharing with them.

We all know that Jesus is the good Shepherd. He cares for his people (flock) and cares for all of their needs, that includes their Body, Their Soul, and their Spirit. Our bodies are the earthly temple of the Holy Spirit, and we need to be physically fit for the Lord's service. It isn't easy, but it's doable. My wife and I have ventured into a lifestyle of eating healthy. It's not a diet, but a lifestyle with some fasting thrown in for good measure. We want to be ready to serve Him as He calls us to do His Kingdom work.

The Gospel (Good News) brings practical changes in our lives so that we can better serve our Lord and one another. If we can teach families how to





plan and eat nourishing, healthy meals we've achieved part of our goal which is "Feeding Children Body, Soul and Spirit!

We are grateful for those of you that make it possible through your prayers and contributions to reach out and be the hands and feet of Jesus, serving the communities where God has placed us.

We love and bless you.

*Ju & Carol*

**All contributions are tax deductible.**

Donations for specific projects shall be applied to those projects. If the need has been met for a designated project, the funds will be used where needed most.

**Make checks payable to L.S.M.I.**  
(Lee Short Ministries International)

**GIVE ONLINE:**

**[www.lsmi.org/donate](http://www.lsmi.org/donate)**

# Caring for the *Body, Soul & Spirit*

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