



## October Newsletter

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### The Weigh Station

#### Rejoice! Look How Far You've Come

One of the many things I enjoy doing at the Weigh Station is encouraging patients. However, over the years I have found that many patients do not receive encouragement very well. It seems as if they always want to lose one more pound or one more inch than they do while at their accountability visit; they never seem to be happy throughout their journey.

We have recently helped a school teacher lose 87 pounds and he is so happy he does not know how to contain his joy and tells everyone how successful he has been. However, this past month was the slowest month for him since he had only lost 5 pounds. Nevertheless, he was still happy with losing 5 pounds. We have also helped patients who are not happy with any amount of weight they lose. I don't quite understand as to why they are not happy, but I try to encourage them to continue their journey.

Charles Wesley, a famed hymn writer, found inspiration in Paul's letter to the church: "rejoice in the Lord always; again I say rejoice" (Philippians 4:4). Paul was an improbable person to be rejoicing because his life as a Christian was extremely difficult. While trying to spread the gospel, Paul was robbed, mugged, beaten,

whipped, and stoned. Yet Paul called these light afflictions. In my opinion, I don't see how those could be light.

There are going to be times when we are also unlikely candidates for rejoicing. Everyone experiences hardships, however, it is what you make of the situation. You can decide to either be cranky or joyful; it is ultimately your choice. I choose to be joyful in whatever curveball life throws at me, I find joy to be a blessing within itself. Joy spreads like wildfire; if you become joyful so will others around you.

Recently, I have received a story about a police officer I know very well who resides in Tampa, Florida. He has been a friend of mine for about 40 years and I had to reprint his story about joy because it meant so much to me. I hope you enjoy it as much as I do.

God just doesn't want us a part of the time, some of the time, most of the time, He wants us ALL of the time, EVERY time!

"When I was a younger teenager, I was flying in an airplane with my dad. He had just bought the plane and it was a beautiful Saturday afternoon and we decided to go do a little flying. As we came in for our landing the plane landed flat, bounced, and began wheel barreling towards the woods. My dad told me to get my head down and pray. I just remember crying out to Jesus as the plane began to spin around thrash about in the trees. Once we came to a stop my dad checked on me and we climbed out of the totaled airplane and walked away. This is the part I will never forget! Dad and I walked down the runway together hand-in-hand, plane behind us, left in carnage! I hear my dad praying and then through his tears and pain say that was one of the toughest moments in his life! He cries out to God rejoicing and kept repeating the phrase "Rejoice in all things and again I say rejoice!" He began singing a song of praise! In my young teenage mind I thought 'you better be giving God praise I wasn't hurt, because if I was, you were going to have to deal with mom on a whole different level!'

You might be asking why I would tell you that story. The plane crash taught me a life lesson that I've never used until now, but one that will stick with me until my dying day: REJOICE IN ALL THINGS, CONTINUALLY PRAY AND GIVE THANKS IN EVERY CIRCUMSTANCE!

Yesterday, I received paperwork with my name on it that I never thought in a million years I'd receive! Honestly, I was a little prideful about that part in my life

because I knew it would never happen to me. I looked at the paperwork and I was at peace and could hear God whisper in my ear 'don't believe the lies! Don't quit believing in me! Don't quit praying! Trust Me! Rejoice in ALL things and give thanks in EVERY circumstance!'"

No matter what you are going through be sure to give Him all the praise and glory. Have faith that He will see you through it and rejoice in all things! Additionally, don't quit believing in yourself and it is always possible to achieve the goal you set for yourself.

Blessings,

Chuck Shaffer MD

# The Recipe of the Month

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## ROASTED RED PEPPER SOUP

*Makes 6 servings*



### Ingredients

2 tbsp olive oil

2 medium size onions, finely chopped

2 large green bell peppers, finely diced

6 large garlic cloves, minced

4 containers of prepared roasted red peppers (use liquid)

4 C vegetable broth

½ tsp pepper

½ tsp chili powder

Tbsp fresh cilantro (optional)

### Directions

1. Heat olive oil in a large pot over medium heat. Cook onions and green pepper until lightly browned and tender, adding in garlic when nearly done to keep it from burning.
2. Stir in roasted red peppers, vegetable broth, pepper and chili powder. Blend with hand blender. Stir in cilantro as desired.