

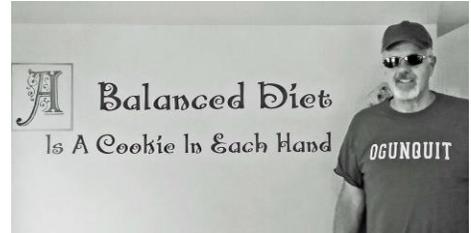


Life Saver Ministries
83 Middlesex Street
N. Chelmsford, MA 01863
(978) 251-8191

January 2017

Dear Life Savers,

This is a picture of me and what many would say is my philosophy on nutrition. They would be wrong. I understand that a balanced diet is one that includes all the major food groups in the proper proportions. A pepperoni pizza is a perfect example.



Yesterday, Michelle, our House Manager, knowing my proclivity for cookies, asked me if I would like a “healthy cookie.” My first thought was, “Um, no.” Then she said, “They’re vegan.” My next thought was, “Do cookies usually contain meat?” Then I realized that would be vegetarian, not vegan. I sometimes get the two confused.

Michelle went on to say there were all kinds of unhealthy things that were not in these cookies, like eggs and milk. I asked her if they were gluten free, not that I really cared. She said she didn’t think so. A thorough search of the label confirmed they were not.

“But what about all the vegans who are gluten intolerant?” I asked. It just seemed to me that if you went to all the trouble to bake cookies that were vegan, it only makes sense to make them gluten free. I really think the cookie company dropped the ball here.

I pictured a couple of vegan stoners (not that I think all vegans are stoners, you understand) walking into Whole Foods while stoned (which is perfectly legal as far as the state of Massachusetts is concerned, and not that I think all Whole Foods shoppers are stoners) and spotting these vegan cookies. Vegan Stoner 1: *Whoa! Vegan cookies. Far out.* Vegan Stoner 2: *Dude, let me see. Oh, bummer, they’re not gluten free.* Vegan Stoner 1: *What? Who would do that, man? That’s bogus.* Vegan Stoner 2: *I know, right? We need to boycott this place.* Vegan Stoner 1: *We can’t do that, man. Where would we get our Organic Twinkies?* Vegan Stoner 2: *Wow. You’re right, bro. What aisle are they in? I forget.* I’m undoubtedly dating myself with my idea of stoner verbiage, but you get the concept.

Before you report me to the PC police or sign me up for sensitivity training, because you think I am demeaning people with any type of food intolerance, vegans, individuals who partake of perfectly legal mind altering drugs, or Whole Foods stores or their customers, just let me say that I have friends, whom I love and respect, in all of those categories. Well, I don’t have friends who are Whole Foods stores, but you know what I mean.

It’s true. I have friends of many persuasions. “But, vegans,” you ask? Yes, I know one-and-a-half vegans. I have a friend who is a dyed-in-the-wool vegan. Wait, can a vegan be-dyed-in-the-wool? Wouldn’t that constitute exploitation of sheep? Can someone look that up and get back to me? For now, I’ll say I have a friend who is a dyed-in-the-organic-cotton vegan. But that brings up another question. Can vegans eat food or use products grown using animal bodily waste as fertilizer? It all gets very confusing.

The half vegan is my niece who is either a part-time vegan, meaning she reverts to non-vegan ways from time to time, or she is semi-vegan, because she wears leather. I don’t remember which. She’s also a proponent of the free the nipple movement and dyes her brown hair gray, but I guess that’s not relevant to the current topic.

Anyway, after discussing the merits, or lack thereof, of vegan but non gluten free cookies, Michelle said, “I just wanted to know if you wanted a cookie.”

It's probably a good thing that I'm not in charge of the nutrition program at My Father's House. The moms here not only learn about proper nutrition for themselves and their children in the weekly life-skills classes, they live it every day as they shop for and prepare meals according to our nutrition guidelines.

For example, each young mom shops for, prepares, serves, and cleans up at least one dinner meal for all the moms, and their children every week. This meal must contain: a main dish of chicken, beef, pork, or fish; a side dish of rice, potato, pasta, etc.; 2 fresh vegetables, one green and one non-green; and fruit.

Water, milk, and 100% fruit juice are the only beverages served at any meal and the only beverages offered to children at any time. Appropriate snacks for children include low sugar cereal, cheese, yogurt, cut fruit and vegetables, granola bars, and other healthy choices. Junk food may not be offered to children or consumed in their presence.

Great care is taken to be aware of food allergies and to prevent anyone from being exposed to anything they may be allergic to.

The nutrition program at My Father's House is just one part of our parenting and life preparedness education, where we try to equip our young moms with the tools they will need to become the capable, loving parents and self-sufficient members of our community they want to be.

Your support makes My Father's House and the success of our young families possible. Thank you so much for your generosity.

In 2016, our total financial support from individuals, families, churches, foundation grants, and fund-raising events totaled \$323,138. Unfortunately, our expenses were \$336,843. That left us with a deficit of \$13,705. This is the second year in a row, where we have had a significant deficit. Please pray that we can raise the funds to meet our expenses this year and make up for the deficits we have experienced. Also, please help in any way you can.



Comedy Show
BIG LAUGHS
FOR
LITTLE LIVES

To benefit
MY FATHER'S HOUSE

Join us for a
Laugh Filled Night
featuring
Some of the Funniest Comics
in the Area.

Friday, March 10

Our 3rd Annual **Big Laughs for Little Lives Comedy Show** will be held on Friday, March 10th, at 8 P.M. (doors open at 7), at the Chelmsford Elks, 300 Littleton Rd. (Route 110), Chelmsford, MA 01824.

If you've been to our previous shows, you know what a great time it is. You won't want to miss it.

For Tickets – www.mfhouse.bpt.me.

There are still a few people who haven't sent in their pledge payments from the One Man Walk-a-thon. If you forgot to send yours, here is a gentle reminder. Thank you.



Board of Directors

We recently lost two of our board members. Stephen Jones, a long time and very faithful member, passed away. Our board secretary had to resign due to health issues. We are currently seeking new board members. If you feel you could help this ministry by serving on our board, please email me at kcoffey@mfhouse.net.

Thank you and God bless.

In His service,
Kevin
Kevin Coffey