



Note from Joy

It is good to know someone is reading your newsletter. Every time I press “send”, I wonder if there is any one out there. Thank you for telling me that you very much enjoyed last month’s letter and can’t wait for the next one to come. What is next? What is next? To tell you the truth, I don’t know. The whole thing about human trafficking and a distorted tribe is too big for me to carry. Many times I say to myself, this mission is too big and who am I to do this?

But the other side of me knows I should. This experience reminded me of a person. His parents called him “dog”, yes, this was his name, but something happened that changed him. He and all of his people were stuck in the desert for 40 years. And in that situation, you know people complained to their leader and cried day and night, bitterness written on everyone’s face. Under crazy sunlight plus blazing wind, I don’t know who could still believe and keep their dream at heart--- The dream of their land, which is full of milk and honey. But, amazingly this guy did. Do you know how he did it? Every time his neighbors whined, he quietly went to his back yard and did push ups, 300 times. If someone complained, he jogged into the desert storm for 2 hours. If there was a big argument, he just kept doing his Pilates for 40 minutes. When riots occurred, he closed his tent and picked up a book to meditate. This is how he built himself up--mind, body and soul no matter what people said, he knew there was a victory in front of him and all this

was just for preparation. Every time I think about this story, I always get encouraged.

What can I do at this moment in my life, you ask? For me, I get up every morning, prepare breakfast for my family. I walk 3-4 times a week. I care about what I eat. I drink enough water. I watch the news, especially international affairs. I read books and set goals for gaining new skills. I make new connections for community work. I enjoy the colorful leaves all over the mountain. I cherish our tea time together. Just like that man, I believe and run for my own milk and honey---for a woman can truly become who they are. At the end of that man’s story, he was one of only two out of millions of people to walk into that promise land. And God changed his name from “dog” to “followed God fully”. Yes, his name was--Caleb. A man followed God without doubt and God’s promise not only gave him all the land he walked, but his descendants shall also inherit it.

Do you have your dreams? Or have they been covered with dust? It is time to polish them again.

I would like to invite you to go on this journey with me --ordinary woman doing extraordinary work,
You Are Beautiful--

My dear friends, time goes by so fast. It is good to meet you here. We have added one new column to You Are Beautiful this month, which is very useful for new families and students who live under a tight budget but also want to eat healthy foods. Hope you enjoy it.

Healthy Grocery Shopping on a Budget -



Part 1-

It seems very difficult these days to shop for healthy foods while on a tight grocery budget. It can be done with some planning ahead. I recently graduated from 6 years of college. The last two years I was married to another college student, putting us on a very tight budget. Nonetheless, we were able to eat nutritious, balanced meals. My main philosophy for grocery shopping is to make the most of foods you buy. Empty calories are calories from food providing no nutrients such as candy or chips. When grocery shopping, select foods that contain the most nutrients: vitamins, minerals, fiber and antioxidants. This month I would like to give you some tips to get you started.

TIP 1: Never go to the grocery store hungry! You will end up choosing foods that you crave at the moment, which for me are typically in the candy/cookie aisle. Eat a snack before you go to prevent buying empty calorie foods.

TIP 2: Know how much money you have to work with. My husband and I recently sat down with an accountant to set up our budget. He and his wife use the “cash in envelope technique” to budget their money. If you have a hard time staying within your budget, take a certain amount of cash to the store and leave the credit card at home. You won’t be able to spend more than you have with you.

TIP 3: Make a list and stick to it. Having a list will prevent you from choosing foods you don’t need.

TIP 4: Clip coupons. If you have the time, it is a great way to save and many stores double the coupons. But beware! It is very easy to buy things you don’t need just because you have a coupon. Remember TIP 3, stick to your list.

TIP 5: Have fun! Grocery shopping doesn’t just have to be a chore. Go with a friend or make it a game to see how much good, nutritious food you can get on your budget.

Next time I will take you through the grocery store and help you make the best selections for your buck. Happy shopping!

-Nicole Kauffman, kauffman.nicole@gmail.com

YAB News

- Joy met with school teachers (K to 12) for an enrichment program on Oct. 27. It went very well. Now it is time to pray for a door to open and to train and teach our volunteers to reach into schools through YAB's kids finance program.

- On Oct.31, Joy will meet with our Centre county sheriff again who is doing the DARE program for elementary school kids. Please pray for our relationship to be built.

- In Nov. we will have a thanksgiving dinner. This year we will add lots of new people. Pray for a fun time together.

Thanks ... Joy

