

Superfoods Continued

Broccoli – Cancer fighting giant and nutritional superstar – enough said! Get it in!!

Kiwifruit – A kiwi has twice the vitamin C that an orange does. They are high in potassium, fiber, magnesium, and healthy enzymes. They protect against cellular damage and cancer. Not pretty until you peel them. Then they are beautiful added to a fruit salad or served with some yogurt, topped with granola.

Green or Black Tea – Great antioxidant power. Anything that is high in antioxidants is a good cancer fighter. Also great for lowering cholesterol, preventing heart disease, and improving mood.



Yogurt – Promotes digestion, increases immunity, fights against Candida overgrowth. Yogurt puts “good bacteria” into our bodies. These are called probiotics. Beware of sugary yogurts that don’t really help. The label should read “Live and Active Cultures (LAC).” Kefir is great too – kind of like a drinkable yogurt. Toss in those blueberries, don’t forget!

Honorable Mentions: eggs, dark chocolate, pumpkin, turkey breast, beans, and red bell peppers.

These are my favorite food superstars. Make sure you get at least one of them at each meal. Surf the internet for other people’s lists of favorites. Instead of reaching for your favorite processed snack, reach for a superfood instead!!

Cup of Joy has a new home!

We’re pleased to inform you that Cup of Joy now has an office of its very own.



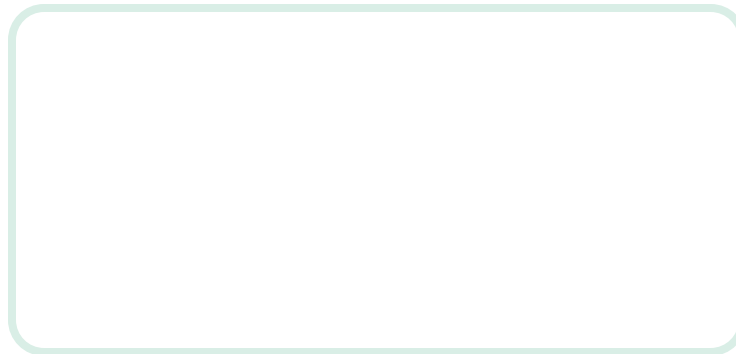
**1080 Holcomb Bridge Road
Bldg 200 Suite 140
Roswell GA 30076
Phone: 770-558-8174**

Come by and visit us some time!



Cup of Joy

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Cup of Joy

Women's Ministry



A Sip from the cup...

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” Psalm 46:10

Cup of Joy Newsletter

Spring 2008

A Note from the Head Teapot

Dot's Note...

Dear friends,

It seems like it’s been years since our retreat when in reality it’s only been a few months. How time seems to go by faster and faster with each year. To everyone who was able to be at our retreat, I pray that you are reminded daily of His love for you and as you look at your diamond it is a reminder of the cost He was willing to pay for a relationship with you. Remember, love does not count the cost. You are certainly His Beloved! If you were not at the retreat, we missed you and pray that a day does not go by that you are reminded of the sacrifice and price He paid for you to know Him and know that you are His Bride.

Cup of Joy has some new exciting news to share with you. First, our bible studies are underway. We are studying the book of Mark and calling it “On Location”. We are using our imaginations as we follow the footprints of Jesus as He traveled from place to place. Watching how He dealt with people as they begged for healing, whether physically or spiritually, seeing demons crying out to Him not to destroy them and Him telling them to shut up while the disciples are still unsure who He is. We are wondering what it would have been like to be a person in the crowd as He fed the thousands with bread and fish. And we are asking God to give us a little insight as we see Him as the Servant Messiah. Wow, can you imagine being there? We are trying!

The owners of the restaurants Relish and Fickle Pickle of Roswell have been so kind to allow us to use their facilities. We are thanking God for them! Their food is amazing also!

Second, Cup of Joy has a new office off of Holcomb Bridge Road. We are so excited about our office space. We began praying about our need to have an office and within days, we were able to move in! I cannot begin to express my gratitude to our Lord for all He has done! Please check our website for our new address and phone number. This is nothing short of a miracle and Robin and I are in awe of what God has done in this one area of need!

Last but not the least for sure, several of you have asked about the results from my test concerning spots on my lung. I have had a sweet gift from our Savior—the spots are gone. I thank everyone who has prayed for me and for the sweet church in Auburn that prayed for me during their retreat. I know that God does not always answer prayers in this way, but for me, He has, and I will forever praise Him for the results I received. Also, my husband, Howard will be undergoing surgery for prostate cancer in May. We know that God has directed us to the right doctor, and we feel His precious hand guiding us through this process. Once again, we cannot do anything short of Praising Him!

You are our sweet Cup of Joy family, and our prayer for you is that you, with David in the Psalms, can say that you have tasted of the Lord and you know that He is good. How happy you will be as you take refuge in Him! (Psalm 34:8) He is the only thing that can satisfy for eternity. Enjoy!
Dot



Superfoods to the Rescue!

Something from Sandra...

Superfoods... What does that mean? And, which ones are super? Superfoods are the foods that pack the biggest nutritional punch per serving. They are the things we should be eating as often as possible. As far as the foods that make the list... well, that depends on whom you ask! Every nutritional guru has his or her own list. I think that's because there are so many great food options that vie for the title of "Superfood." My only solution is to give you MY preferences of the healthiest foods you can eat. Try as I may, I couldn't scale it down to only 10! I had to go with 12 and add some honorable mentions.

Blueberries – the ultimate memory food, great for vision, high in antioxidants, natural anti-inflammatory, cancer fighting giant. You can eat them fresh or frozen. They are rarely sprayed with pesticides, so going with conventional, rather than organic, is fine. Blueberries are so versatile. Throw them on a salad, toss them in the blender for a smoothie, add them to oatmeal or cereal, stir them into yogurt, or just eat them by the handfuls. Add ½ cup of blueberries a day to your diet, and see what happens!



Apples – Cancer fighter, antioxidant giant, reduces oxidative stress – which inhibits lots of health issues, prevents the growth of prostate cancer cells, helps regulate blood sugar, high in boron which builds healthy bones and prevents osteoporosis...whew! By the way, commercial apple juice doesn't do the trick. Eat the real thing or juice it yourself. Don't forget to eat the peel – lots of the antioxidants are there.

Oats – High in fiber, lowers cholesterol and the risk of cardiovascular disease, great source of protein, natural anti-inflammatory, careful if you have gluten issues though. Have a hot bowl of oatmeal in the mornings – add chopped walnuts, blueberries (or any of your favorite fruits..) Or, let them soak in low fat milk for a few minutes (cold), then just toss in nuts, dried fruit, fresh chopped fruit... Eat it like that - it's great!

Avocado - Okay, they have some fat. But, don't discount their great qualities! Avocados actually reduce the bad cholesterol (LDL), and increase the good cholesterol (HDL). They've been found to reduce the risk of cancer and diabetes. Great for eyes, heart, and skin. Also high in fiber. Add an avocado to your next salad. Stir some avocado chunks into salsa. One of our favorites meals is a turkey burger with a little cheese, sliced avocado, and salsa on top.

Salmon – Big difference between farm raised salmon and wild salmon. Avoid the former like the plague; eat all you can of the latter! Salmon is one of the best sources of Omega 3s. These are fatty acids that are helpful for your heart, brain, circulation, and more.

Nuts – Almonds, Walnuts, Pecans – Eaten in moderation, nuts can actually AID in weight loss. Not what your grandmother told you, right? They reduce heart disease risk. One ounce will give you 6 grams of protein and 3 grams of fiber. Walnuts, in particular, are brain food. They can improve your mood. Nuts are GREAT snacks for kids. In fact, when our kids were younger and didn't like our main course at dinner, I would require them to eat a few bites of what I was serving, then a little pile of nuts.

Spinach – This may very well be the most healthful food you can eat. Eat it everyday somehow! High in just about every vitamin and mineral you can think of. Eat salads, layer it on sandwiches, make a dip... whatever you have to do, just get it in!



Tomatoes – So great for everyone, but especially men. Harvard did a study that found the men who ate ten or more servings of tomatoes per week had 45 percent reduction in prostate cancer risk. The lycopene in tomatoes (especially cooked ones – tomato sauce, tomato juice, pizza sauce...) is the hero. It is also credited for protecting against many other cancers.

continued on back

Things to look for on our website:

Resource Highlight

Dot's Blog—Doris now has a blog that she is updating. You can go on this portion of the site to read about the latest and greatest cup of Joy news and highlights. Feel free to post your own comments and sign up to receive email notifications when new entries are added.

Click on the "**RESOURCES**" link to find a great list of our favorite books and music. For your convenience you can click on the link provided for each book and connect to amazon where you can actually purchase the book. (A small portion of the cost of your book will go to Cup of Joy!)

Christy Pierce

Cup of Joy Team Highlight

Christy Pierce has been a member of our Operations Team since the founding of Cup of Joy. She lives in Alpharetta with her wonderful husband, Jim and their four daughters Kayla (11), Ashley (8), McKensie (7), and Rylee (3). She graduated from the University of Georgia with a degree in Child and Family Development and is a stay at home mom who puts her degree to practice everyday! Christy was born in Chattanooga, TN but moved to Atlanta when she was 9 months old and therefore considers herself an Atlanta native. She loves working with Cup of Joy not only because she fully believes in its mission but because she has the opportunity to serve along side of her mom, sister and sister-in-laws. "I love that I have a weekend a year to set aside and focus on my relationship with God without the busyness. Throughout the year, I love the excitement Cup of Joy brings as I learn truth through scripture."

Fun Facts:

Favorite food: Chocolate

Favorite movie: "It's a Wonderful Life"

Favorite song: "Wonderful Maker" and "Indescribable"

Favorite artist: Jeremy Camp

Favorite sport: Watching football or basketball; playing tennis

Hobbies: being outside and hanging out with family

Favorite vacation: the beach with my family

You can now support Cup of Joy online by clicking the "**Donations, Prayer, and Volunteer**" button located on each page of the site. You can sign up to volunteer at an event, be on the prayer team, or even donate to Cup of Joy through Paypal. Another great feature of Paypal—you can make automatic monthly and monthly donations to Cup of Joy with the simple click of a button! Check out this new feature!

By clicking on "**Happenings**" you will find a calendar with upcoming events so you can stay up to date with Cup of Joy activities!

Donate, Volunteer, Pray

Cup of Joy loves your help! Please contact us online or give us a call if you are interested in helping Cup of Joy spread God's Word.

Bible Study

Our Spring study of Mark has been amazing! "On Location" has allowed us to follow in the footsteps of Christ and His disciples. We have been digging into scripture and learning together. For the first time in Cup of Joy history we had a group of ladies meeting on Tuesday evening and another group of ladies meeting on Wednesday morning. We were blessed to meet at two wonderful locations - Relish in Roswell and Fickle Pickle in Roswell. Thanks to Andy and Lauren for their amazing hospitality. Our Spring study will end on May 21. We plan to restart another study this summer. Watch your email and our website www.cupofjoy.org for updated information!

Upcoming Retreat

The next Cup of Joy Winter Retreat is scheduled over MLK Jr weekend, 2009. The details are listed below, don't forget to mark your calendars. Also, worship during the retreat will be lead by Candi Pearson-Shelton, you won't want to miss it!

● **January 16-18 2009**

Winshape, Rome GA

