Dear Wendy,

55 Attend Vegetarian Seminar in Greenwich Village, sponsored by REACH-NYC.

It was a jam-packed full house, as over 55 people attended the first Vegetarian Seminar and Cooking Demonstration to be held by REACH-NYC in Greenwich Village, New York City.

Last year, REACH-NYC sponsored ten Vegetarian Seminars and Cooking Demonstrations in the lobby of a bookstore across the street from the famous New York Public Library, but with major difficulties in trying to have these seminars without a kitchen or running water, it was decided to have the next series at a venue with a bit more room and a lot more facilities. The choice was a fantastic location in the lecture room of historic Manhattan Church at 232 West 11th Street, in New York City's West Village.

The event began on time at 2:30 p.m. with most of the 45 seats already filled.
Within a few minutes, as people kept joining the seminar, additional seating had to be brought in. No one was complaining.

Excited and enthusiastic attendees came from across the metropolitan New York City area, including one gentleman who heard about the seminar at our sister location at 12 West 40th Street, the bookstore where the event usually takes place. He was a visitor from Greece. Although his son lives here in New York City, he came to see what was going on and was so impressed that he wanted to know, "Is there a church like this in Greece?" I assured him there was.

We also invited him to join us this coming Saturday at our healthy breakfast, which we call "Bible with a Bagel," at 9:30, followed by a formal worship service, this week featuring a choir from Virginia. He said, "I'll be there." We have heard the same thing from many other guests at our Vegetarian Seminars. They were so impressed with what they heard at the presentations that they plan to join us for the many other opportunities offered at historic Manhattan Church.

Below are a few photographs of the event.

*Tina McGeough, MPH and Certified Diabetes Educator, speaks to part of the group that attended the Vegetarian Seminar and Cooking Class. There were more than 55 people who attended the entire lecture and enjoyed the samples that were provided.*
Rennis Garner, specialist in healthy food preparation, explains how to purchase and prepare healthy meals that are delicious and worth your investment in good eating and healthy living.

Marlene Romeo introduces the group to the preparation of salads, fresh kale, and other aspects of a natural plant-based diet. Food is prepared right in front of the guests using professional equipment at each seminar. All equipment is purchased with the support of our REACH-NYC donors.
“REACH-NYC Veggie-Balls with Fresh Mushroom Sauce.” Everyone wanted more!
Kateryna Panasiuk is a young professional who has spent a lifetime learning and sharing good nutrition and is a member of our REACH-NYC team. Here she explains how to make fresh, healthy breakfast cereal. Some people call it "granola." The group called it "delicious."
Samples of fresh black-kale salad were shared with our guests. Even the men in attendance loved this healthy salad. When a man asks for "More salad please," you know you have a winner!

Another fresh salad you first eat with your eyes. So good for you: fresh tomatoes, greens, and sprouted wheatberries. This one is called "Quinoa and Spring Vegetable Tabouli Salad." It was scrumptious!
Someone once said, "It's all in the presentation." Here is how the samples of soup were served to our guests. They were beautiful to look at and a joy to eat!

Kateryna explains all the ingredients that go into making a good, healthy, homemade breakfast cereal. "With this cereal," she says, "you know what is going into it. With a store-bought cereal, you really never know."
Tina McGeough, MPH and Certified Diabetes Educator, explains portion control. That morning Tina had already taken part in a marathon and was lecturing on healthy eating habits later that afternoon at the REACH-NYC-sponsored event. Tony Romeo, Coordinator, explained to the group that putting some of Tina’s simple concepts into his daily lifestyle has resulted in the loss of over 23 lbs. in the last four months. Romeo said good-bye to pizza, cheese, and soft drinks and has replaced these with whole grains and healthy food choices; he is drinking water instead of soft drinks and juice. It was pointed out that eating fresh fruit is always better than drinking bottled juice, and it is wise to say "no" to soft drinks.
The REACH-NYC team from left to right: chefs Marlene Romeo, Rennis Garner, Kateryna Panasiuk, and former Italian-food eater, Tony Romeo. Not pictured is Tina McGeough, who had to run (literally) to her next event. Behind the scenes, there were helpers in the kitchen.

We praise God for a wonderful and informative seminar and for each person who attended. People from all walks of life are coming to these seminars and all learn the benefits of eating well and the blessings of a God who has provided good food for all to enjoy.

Holding a seminar like this takes lots of work and the efforts of many, many hands. We also thank the many people who distributed fliers all around New York City and invited their friends to this event.

It is our hope to have monthly vegetarian seminars.

Here’s to your good health!

Please note: Our featured event this Saturday, March 31, 2012, at 11:30 a.m., will be a wonderful choral group, including talented bellringers, from Virginia. The Fletcher Academy Choir and Bell Ringers will be at historic Manhattan Church, 232 West 11th Street. Come and relax--you will be inspired by this group!

You will love being at historic Manhattan Church, and you will be loved here.

Oh, and come early for our Bible-with-a-Bagel breakfast, which is served each Saturday morning starting at 9:15 a.m., followed by an inspirational study of Biblical themes along with important issues in the news.

We serve fresh hot oatmeal, whole-grain New York City bagels, fresh fruit, and lots of other good, healthy things each and every Saturday morning.
Breakfast with us and wake up your mind at historic Manhattan Church.

Here is a little map to help you find historic Manhattan Church, 232 West 11th Street, NYC. Just 1.5 blocks west of Seventh Ave. South, in the heart of beautiful Greenwich Village.

Best regards,

Tony Romeo / REACH-NYC
REACH-NYC / Reach out to God / Reach out to each other / Reach out to NYC

Saturday Morning, March 31, 2012
9:15 a.m.
FREE Breakfast with the Word
Study begins at 9:50 a.m.

Join us for a nice, warm breakfast of a
healthy whole-grain NYC bagel, oatmeal, fresh fruit, and a hot drink, and wake up your mind with the study of God's Word.

This is a relaxed setting where all are invited to join in, no matter what your faith tradition.

We meet on Saturday mornings at historic Manhattan Church in the West Village, at Cafe Reach:
232 West 11th Street, NYC just a block-and-a-half west of Seventh Avenue. Breakfast is served at 9:15 a.m. Study begins at 9:50 a.m.

See you for "Bible with a Bagel."
Invite your friends.

This free breakfast is sponsored by supporters of REACH-NYC and we thank them.

Click here for map of location of Manhattan Church

Donations to REACH-NYC help us in our efforts to reach out to the people of New York City. REACH-NYC is recognized by the IRS as a tax-exempt corporation, and all contributions are fully tax-deductible.*

Contribution can also be made by check payable to: "REACH-NYC" and mailed to:
REACH-NYC, P.O. Box 651, North Salem, NY 10560

Thank you for helping the REACH-NYC ministry!
*A receipt will be sent recognizing all contributions at the end of the year for tax purposes.*