Dear Wendy,

It’s Friday, September 13. Rough week? This is NYC, and it’s supposed to be a rough week, and with all that is going on in our city, and around the world, you might need a break. Remember, God is with you. He loves you. He wants a relationship with you.

There are a few gatherings sponsored by REACH-NYC that I think you will enjoy. One gathering will be taking place tonight, at 7:00 p.m. at Cafe Reach. Another is taking place on Sunday, September 29 that I know you will enjoy.
Before I tell you about tonight’s get together at Cafe Reach, let me share a short Bible verse, to get you through the rest of your day, as this week comes to a close.

"Be agreeable, be sympathetic, be loving, be compassionate, be humble. That goes for all of you, no exceptions. No retaliation. No sharp-tongued sarcasm. Instead, bless—that's your job, to bless. You’ll be a blessing and also get a blessing. Whoever wants to embrace life and see the day fill up with good, here’s what you do: Say nothing evil or hurtful; Snub evil and cultivate good; run after peace for all you’re worth. God looks on all this with approval, listening and responding well to what he’s asked; But he turns his back on those who do evil things. 1 Peter 3:8 (MSG)

They don’t teach this kind of logic or sound advice at the Harvard Business School, but it comes from a very intelligent source, it would do us all well to listen to when things get rough.

Here's what is happening TONIGHT, Friday, September 13 at 7:00 p.m. Join us at Cafe Reach, where young professionals talk, freely, about important and stimulating issues that are on our minds, being held in an intimate and relaxed setting at Historic Manhattan Seventh-day Adventist Church, 232 West 11th Street, NYC, just 1.5 blocks West of Seventh Ave. South, in the heart of the West Village.

Enjoy the relaxed atmosphere and simple food. We are having some great discussions every Friday night at Cafe Reach, and tonight will be no exception. We need you there to share your thoughts.

Tonight, to start things off, we will look at the story of "The Healing of The Paralytic" as found in Mark 2:1-12, Matthew 9:1-8, and Luke 5:17-26. Do you have four friends like the one in the story? The discussion is open to any questions or comments that may come up. If the discussion takes on a different twist from the one planned, that’s okay also, since this is not a canned gathering, it is a live event and we want to let the Spirit of God move us in any direction that the discussion may take.

Have a question, a problem you want to share, need some advice, or just want to rant and get something off your chest, need a prayer, or simply want to have a great time in deep discussion? It all happens tonight at Cafe Reach. Feel free to bring your friends.

Another great gathering is taking place in a few weeks at a REACH-NYC sponsored event, Vegetarian Healthy Living and Eating Seminars, that will be held on Sunday, September 29, 2013 starting at 3:00 P.M. - 5 P.M. In this new series, we will be sharing some healthy living concepts, along with some great recipes that you will love to make for yourself and your family.

A New York City doctor from one of the finest hospitals in our area will be making a special presentation, and take your questions on the vital subject that will be presented. As usual, there will be great food to sample, and some wonderful new recipes to try.

The plan is to have these seminars, as we have in the past, each month, so you can invite your friends to come with you, and enjoy the fun and learning experience that each seminar brings. You can register for this next Seminar by sending an email to: reachnyc.contact@gmail.com

Registering helps us plan how much food to prepare and how many guests we can expect. Chef Marlene Romeo has become a real lover of Kale for over a year now, and has prepared some amazing meals in the past, and will share some other great recipes at this seminar, so be sure to reserve your place today.
Join us for these gatherings at Cafe Reach held each Friday night, and the Vegetarian Healthy Living and Eating seminar that is planned for September 29. Scroll down to the invitations below and share this email by forwarding it to a friend.

I look forward to seeing you soon.

Cafe Reach being held every Friday night at 7:00 p.m. and the New Series of Vegetarian Seminars that begin, Sunday, September 29, 2013, are sponsored by REACH-NYC and are being held at Historic Manhattan Seventh-day Adventist Church, 232 West 11th Street, NYC, in the heart of the beautiful West Village. Located 1.5 blocks west of Seventh Avenue South.

May God bless you with peace and a calm spirit.

Best regards -- Tony Romeo
FREE

VEGETARIAN PLANT BASED
HEALTHY LIVING SEMINAR AND
COOKING DEMONSTRATION.

Sunday, Sept. 29, 2013 | 3 - 5 PM
In the Healthy Cooking Kitchen of
Historic Manhattan Seventh-day
Enjoy great samples of food like this at the next seminar.

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.*

Contributions can also be made by check payable to:
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Thank you for helping the REACH-NYC ministry!

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