Adventist Heritage

From: Tony Romeo / REACH-NYC <anthony@reach-nyc.ccsend.com> on behalf of Tony Romeo / REACH-NYC <romeo.anthonyj@gmail.com>

Sent: Tuesday, October 22, 2013 12:40 PM

To: Adventist Heritage

Subject: Special Saturday Night Live Vegetarian Cooking Class_Nov. 2 @ 6:00 p.m.

Wendy
Special Saturday Night Live
Vegetarian Healthy Eating Seminar
and Cooking Class.
Nov. 2, 2013 / 6:00 p.m.

REACH-NYC is sponsoring a special "Saturday Night Live" Vegetarian Seminar and Healthy Eating Cooking Class, on Saturday evening, November 2, 2013 at 6:00 p.m.

After this vegetarian seminar is over, there will still be many turkey's that will be alive and happy you came. In fact, this special vegetarian seminar is highly recommended by The Turkey Association Of Vegetarian Turkey's Worldwide. (Not really, but if there was "The Turkey Association Of Vegetarian Turkey's Worldwide" we are sure they would recommend this seminar!

Learn how to prepare a delicious Vegetarian Plant Based meal for your family and friends, and do it with mouth watering recipes including a vegetarian main dish, great soups, and a delicious all vegan pie.

The event will take place at the Healthy Eating Kitchen of Historic Manhattan Seventh-day Adventist Church, located at 232 West 11th Street, NYC, just 1.5 blocks west of Seventh Ave. South, in the beautiful West Village area of New York City.
This is the first Saturday night Vegetarian Healthy Eating Seminar REACH-NYC has ever sponsored, and will allow you to get a jump start on making a delicious meal for Thanksgiving. Try out the recipes at home, and then on Thanksgiving Day, you will have an alternative meal ready for your guests to enjoy that is healthy, delicious and amazing.

This evening seminar will begin with a short explanation of a way to calm your life with a proven and Biblically based understanding of rest. If you live in New York City, this concept, which is thousands of years old, could add years to your life and a proven way to bring health to your mind and soul. With all the great aroma coming from the kitchen, we won’t keep you waiting for the vegetarian seminar that will begin right away. There will be a food tasting at this seminar and it will be a great Saturday night out for you and your friends. So plan on coming to this seminar.

Register NOW at: reachnyc.contact@gmail.com and let us know you are coming. Our last seminar, held on Sunday, Sept. 29 had over 45 people in attendance who had a wonderful time learning how to live and eat healthier. The photo below is just part of the group that attended.

Looking forward to seeing you on Saturday Night, November 2, 2013 at 6:00 p.m. The event will run from 6:00 p.m. sharp, and end at 8 p.m.

May God give you peace and a calm spirit.

Best regards - Tony Romeo / Coordinator

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**The Saturday Morning Worship Seminar Continues this Saturday morning,**

**October 26, 2013 at 11:30 A.M.**

**Great music and the important subject:**

"Employing your emotions"
For the past several Saturday mornings, Pastor Tony Romeo has been sharing thoughts on surviving the six most common obstacles to spiritual growth, and what it means to become a true disciple of Jesus Christ.

To avoid the pitfalls in our daily lives that are so rushed and full of activity, our emotions need to be brought under control. We need to rest, pray, meditate and seek a calm spirit no matter what is happening around us. Emotions are real, and a part of our daily lives, but we need stop filling our lives with "stuff." When was the last time you planned a day of actual rest? Did you know that God planned a day of rest for each of us? Do we all realize that God wants to free us from "captivity"?

Stress and emotional turmoil can also be viewed in a very real sense as "captivity." Our emotions can literally shackle us in a helpless place of despair. Here is a portion of the Biblical passage that assures us that God is on our side when our emotions get the best of us, and it will be the scripture thought for this seminar:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your
heart. I will be found by you, "declares the Lord, "and will bring you back from captivity." - Jeremiah 29:11-14 (NIV)

Join us Saturday morning, October 26 at 11:30 a.m. There will be music to enjoy and some refreshing insights into the Word. Historic Manhattan Seventh-day Adventist Church, 232 West 11th Street, NYC, just 1.5 blocks West of Seventh Ave. South in beautiful West Village area of New York City.

A simple and healthy vegetarian meal will be served right after the seminar. Invite your friends and bring your family.

This Friday evening at Cafe Reach:
"The Kingdom Within - The Inner Meanings of Jesus' Sayings."

A thoughtful discussion for young professionals and thinkers or all ages, who want to think out of the box and out of the pew. Join us at 7:00 p.m. this Friday, October 25, 2013.
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: "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 for tax purposes.
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