

InTent High School



InTent Youth Ministries Vision Statement: *Youths transformed by the Word of God and filled with the Holy Spirit, intentionally impacting and changing the culture around them through ministry for the Kingdom of the Lord Jesus Christ.*

We are fired up about starting the new year with a new name for our High School group; **InTent Youth Ministries**. It plays not only on the fact that we worship in a tent of course, but that our focus is **InTently** on becoming like Jesus in His character. We are intent on learning about Him, worshipping Him, following Him, and intent on sharing His gospel throughout the world. The word God has commanded regarding

these **InTent Youth** is found in **I Timothy 4:12 and Hebrews 12:1-2a**. The new name will frame and fuel the BCC High School vision for 2010 and beyond!

We are looking forward to our **Snow Day** on **January 30, 2010**. It's a one day, all day in the snow fun time of skiing, snowboarding, etc. at Bear Valley Ski Resort. More details are forthcoming. The registration is \$95 per person. A \$25 deposit is required to reserve your spot. Act quickly..... space is limited to 30 attendees.

We have been enjoying the ministry of **Tama and Aaron Brisbane** as they present artists from both near and far at **Bless the Mic**. Last month, we

were treated to an original reading delivered by one of our own Youth Leaders **Skip Hastings**. If you like drama, music, singing and interpretive poetry, join us **January 8, 2010, 7:30 pm** for the next **Bless the Mic** event in the Tent.

Save the Date – Acquire the Fire is scheduled for **April 16-17, 2010**. This is a powerful outreach event for teens that you'll want to invite your friends to attend. Tickets will soon be available. Keep reading Bear Pause for more details as they become available.

For more information about **InTent Youth Ministry**, please contact **Pastor Bobby Spencer** at **951-9229**, or by email **pastorbobby@bearcreekchurch.com**

Change YOUR Habits Change Your Life!

Cont. from pg. 3

STEP 4. Supplement for Your Ideal Weight.

Though consuming the right foods is the foundation for overall wellness, you could be missing out on nutrients essential to good health due to a myriad of reasons ranging from avoiding foods you don't like, to having a lack of knowledge, motivation or time to prepare healthy meals. Taking whole-food nutritional supplements can fill the nutritional gaps in your diet.

Vitamins produced from isolated and synthetic materials are not as good or as potent as those from natural sources, and your body will not receive as great a benefit from them.

STEP 5. Cleanse for Your Ideal Weight.

What goes into the body must come out. But all too often, everything *doesn't* come out....and therein is a problem!

Under ideal conditions – and the consumption of whole foods – only 12 to 24 hours should pass between the moment a meal is finished and the moment waste is eliminated. However, a poor diet often causes undigested carbs to camp in the gut longer than 24 hours and impair digestion. Instead of everything being eliminated on time, the substances linger inside the intestines, causing an overgrowth of harmful bacteria and yeasts.

Habitual intake of a diet high in refined and highly processed foods leads to an accumulation of toxins (poisons) and damage to the lining of the intestines. If the digestive system isn't given a chance to restore itself.....through body therapies known as *cleansing and fasting*....then digestive-related disorders and diseases can / will occur. This will definitely impact how the body grows, repairs itself, gains energy and reaches its ideal weight.

Listen, I'll have to finish this up next time with the last two steps – **exercise and how the mind affects our health and ideal weight**. So be sure to pick up and read next months' issue!

Always PrayN 4-U, Pastor Bobby

Pastor Bobby is a certified fitness trainer and fitness nutritionist. If you'd like to see more articles on the topic of fitness, health and wellness or just have a question, please let him know! Contact him at 951-9229, or by email pastorbobby@bearcreekchurch.com.