Money Saving Tips

SWAP magazines with a friend or share a subscription.

DON'T window shop if you can't afford to buy, don't look at catalogs.

WASH full loads of laundry, run your appliances early in the morning or when you go to bed at night.

Use pricetrader.com or the Entertainment book to save money when going out.

Don't use a credit card. Use cash whenever possible.

Wash your own car.

Buy store brand products at the grocery store. (But first compare the labels to make sure it's a good healthy choice).

Share children's clothes between friends or shop goodwill or the Junk-a –tique.

Several ideas provided by Sue Sabaloni

Scale Down

- Rinse cooked, ground meat with water, when draining off the fat-this helps wash away even more fat.
- Use a smaller plate and resist the temptation to go back for seconds.
- Drink a full glass of water before each meal. This will help you feel more full and you will be less likely to overeat. Often people eat because they are dehydrated. Try to drink eight 8oz. glasses of water a day (4 water bottles).
- Look for ways to build physical activity into your everyday life. Do your chores while talking on the phone. Roll your grocery cart back into the store after you shop instead of leaving it in the parking lot. Walk your child to the park or to school. Work in the yard.
- Don't skip breakfast, eating right away jumpstarts your metabolism.
- Find an exercise partner. Set realistic goals together. How often can we meet to exercise? How often will we exercise on our own? What steps are we going to take to try to eat less and make better choices with the food we do eat? What are our weight loss goals? Set up a few days a week to walk, run, or work out together. When you know your friend is waiting for you, it makes it a lot easier to get out the door. You'll be able to encourage each other and celebrate your successes together.

Praying for your husband

by Stormie Omartian

God, I proclaim You Lord over my life. Help me to seek You first every day and set my priorities in perfect order. Reveal to me how to properly put my husband before children, work, family, friends, activities, and interests. Show me what I can do right now to demonstrate to him that he has this position in my heart. Mend the times I have caused him to doubt that. Tell me how to prioritize everything so that whatever steals life away, or has no lasting purpose, will not occupy my time. I pray for my husband's priorities to be in perfect order as well. Be Lord and Ruler over his heart. Help him to choose a simplicity of life that will allow him to have time alone with You, Lord , a place to be quiet in Your presence every day. Speak to him about making Your Word, prayer, and praise a priority. Enable him to place me and our children in greater prominence in his heart than career, friends, and activities. I pray he will seek You first and submit his all to You, for when he does I know the other pieces of his life will fit together perfectly. Amen.

Creative ways to say...

I love you

*Sit in a chair near him while he is working on one of his hobbies.

*Write a love note on the mirror with a dry erase marker.

*Make him his favorite dinner.

*Upgrade your lingerie.

*Sneak a love note into his car or briefcase.

*Scratch his back.

*Let him pick the movie that he would like to watch.

*Put the kids to bed early and spend a special evening together. Let him know you want to spend time with just him. Then surprise him. Flirt with him.

Do something unexpected and be the initiator.