

“I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.” John 6:35

A Healthy Journey

“When we saw a change...it made us want to do more!”



Events

Food Pantry

Wednesday & Friday
11:30 am - 1:00 pm
Groceries, inspirational
teaching and new friends.

Broken Bread Lunch

Last Friday of each month
11:30 am - 1:00 pm
EOV Community Center
FREE community meal
offering food for the body,
soul and spirit.

Passport-To-Health

1st & 3rd Tues. (monthly)
Kickoff: Feb 17 @ 6:00 pm
NLCC
FREE 6 month course for
families on healthy living.

Kenaniah and Laura Rush are young parents of an exuberant one year old boy named Xavier. Like so many people today, the Rush's started to see that their eating habits and inactive lifestyles were adversely affecting them.

It came to a breaking point when both parents realized these trends were setting a poor example for their son.

Last Spring, Kenaniah and Laura signed up for the **Passport to Health Program**, sponsored by the Storehouse and Bon-Secours Health Systems: “We wanted to learn how to eat healthier and not so much processed junk,” said Laura.

Passport to Health is a six month instructional course that focuses on the health of the entire family. The program emphasizes the importance of diet and exercise, as well as equipping families with

the knowledge and skills necessary to make long term life changes. Each session includes cooking demonstrations, physical fitness techniques, samples of new foods and even a bag of fresh fruits and vegetables to take home.

“All of the different facts we learned really made the difference. We don't even drink soda anymore, just a lot more water,” said Kenaniah.

‘What facts,’ you might ask? According to the American Heart Association, 1 in 3 kids and teens in the U.S. is overweight or obese (*Overweight in Children; Aug 2014*).

The program begins with a team of health professionals from Bon-Secours who conduct medical screenings such as weight, blood pressure and body mass index. The team continues to monitor each individual throughout the process.

“When we saw a change in our blood pressure, it made us want to do more,” said Laura.

Kenaniah and Laura currently have lost a combined total of 35 pounds and are motivated to continue their journey. “We have learned to eat new things, we even introduced turnips to our extended family and they love it,” said Laura.

Kenaniah summed it up best when he stated:

“Our son is learning how to eat healthy, so when he gets older, he will not be part of the childhood obesity statistic.”

On February 17th a new session of Passport to Health begins with over 50 families enrolled. Thanks to Bon-Secours and your partnership, over 100 people will have healthy journeys of their own in 2015.

Written by Glenn Connors, Sr.



“Restoring Community and Changing Lives”

The Storehouse is known in our community as a resource for food and assistance, and most importantly as a place of love and healing. We have seen countless salvations and physical and emotional healings. Our staff and dedicated volunteers believe in the power of prayer to restore lives, families and neighborhoods.

Thanks to our community and partners our outreach has grown to support 80-100 families with weekly groceries, distributing 5,000 lbs. of food each month.

What do you have in your house?

By Ken Gerry



A certain woman of the wives of the sons of the prophets cried out to Elisha, saying, "Your servant my husband is dead, and you know that your servant feared the Lord. And the creditor is coming to take my two sons to be his slaves."

2 So Elisha said to her, "What shall I do for you? Tell me, what do you have in the house?" And she said, "Your maidservant has nothing in the house but a jar of oil."

3 Then he said, "Go, borrow vessels from everywhere, from all your neighbors — empty vessels; do not gather just a few.

4 And when you have come in, you shall shut the door behind you and your sons; then pour it into all those vessels, and set aside the full ones."

5 So she went from him and shut the door behind her and her sons, who brought the vessels to her; and she poured it out. 6 Now it came to pass, when the vessels were full, that she said to her son, "Bring me another vessel."

And he said to her, "There is not another vessel." So the oil ceased. 7 Then she came and told the man of God. And he said, "Go, sell the oil and pay your debt; and you and your sons live on the rest."

2 Kings 4:1-7 NKJV

This is a great Story of a widowed woman who was left with a debt she couldn't pay, and was about to lose her sons. To say she was desperate is an understatement.

The man of God asked "Tell me what do you have in the house?"

This godly woman obeyed the word of wisdom and borrowed vessels and poured out her precious jar of olive oil into the empty vessels.

Her obedience linked her to the miracle of provision where she was able to pay off the debt and save her family from bondage! What do you have in your house? Who are you ministering to? What are you pouring in to the lives of others in need? Are you holding on to something that if used properly would link you to a needed miracle to save your family?

The volunteers at the Storehouse pour into empty vessels regularly by providing prayer and ministry to those who are in need.

Will you help the Storehouse pour into these empty vessels by sending us your prayer requests and financial support on a monthly basis?

Thank you to all of our volunteers and monthly partners who have been pouring out on a regular basis. As you pour out, your jar of oil will not cease until there are no more empty vessels to be filled. May you and your family be forever free of bondage in Jesus name.



"Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives."

Dr. Martin Luther King, Jr.

Take Part: **GIVE** a Healthy Start!

Did you know that as little as \$25 per month can help us provide healthy meals for an entire family? That's less than \$1 per day. If you haven't already, consider partnering with us today!

Give by mail or in-person:

The Storehouse
3921 Pleasant Avenue
Norfolk, VA 23518

Give online:

storehouseusa.com/donate

Because You Cared in 2014, The Storehouse...

Fed over
3,100
families



9,500
people



Distributed
50,000
lbs. of food

3,419
bags of
groceries

20,000
loaves of
bread

500
Thanksgiving Day
hot-meals

134
holiday food
baskets

Gave
90
children school
supplies

Provided
45
families with
Christmas gifts



\$150,000
worth of resources given
to the hungry & hurting!