

# Crossgates Baptist Church

## Fall 2020 Session of First Place For Health

*Thursday Mornings 9am to 11am*

**.....**  
**It Is Time to Change Your Mind~ Change Your Body~ Change Your Life!**  
**.....**

**This session we will be studying** Beyond Free, a First Place 4 Health Bible study. In this study, we'll study the power of obedience and what holds us in the chains of defeat. Galatians 5:1 offers a past-tense promise with a present tense punch. Jesus set us free, so we could live in freedom...now. It says we must stand our ground and not be burdened again by any form of slavery.

We'll study and pray, binding ourselves to two staunch beliefs. First, freedom is real because Jesus offered it. He wouldn't have teased us with it if it weren't true. Second, freedom is neither perfection nor permission.

Each First Place for Health Bible study contains 12 weeks of daily study to help you put Christ in first place, as well as weekly Live It Trackers to document your progress. Also included are Scripture memory cards, a coordinating inspirational audio CD, and two complete weeks of menu plans with grocery lists, recipes and detailed nutrition information.

The cost for alumni is \$25. **Registration deadline is Aug. 31st.**

**New members cost is \$80. This will cover the cost of the FP4H My Place Basic Members Kit with the Bible study included.**

***Thursday Morning Classes \*Ladies only\****

Session Begins: Thursday, Sept. 3rd - Nov. 19th

Time: 9 AM to 11 AM

***No childcare!!!***

**.....**  
**"Additional information or questions"**

Crossgates website [www.crossgates.org/firstplace](http://www.crossgates.org/firstplace)

First Place 4 Health website [www.firstplaceforhealth.com](http://www.firstplaceforhealth.com)

**Martha McCullough 601-506-5482 or [martha\\_mccullough@yahoo.com](mailto:martha_mccullough@yahoo.com)  
423 Pecan Circle  
Brandon, MS 39042**



FIRSTplace  
FOR HEALTH

## Fall 2020 Registration Form

Name (Please Print) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_  
Phone \_\_\_\_\_ Cell \_\_\_\_\_  
Birthday \_\_\_\_\_

Member of Crossgates \_\_\_\_\_ ☐ Member of \_\_\_\_\_ church ☐ Not attending a church at this time ☐

**Please circle one:** ☐ New Member ☐ Alumni ☐ Leader

**Thurs. Mornings for Ladies only (Crossgates Church - class will start at 9:00 Am and end 11:00AM) Classes start Sept. 3rd and will meet every Thursday through Nov. 19.**

**If you do not have a new First Place For Health Kit (2018). The cost of the kit which will include the Bible Study is \$80.**

**Returning members will need to pay a registration fee of \$25 which includes the cost of the Bible study book, Beyond Free.**

**Please make check out to Crossgates Baptist Church or you can pay in cash.**

**Registration fee must be included with this form. Please mail to:**

**Martha McCullough  
423 Pecan Circle  
Brandon, MS 39042**

\*\*\*\*\*Please do not Mark below this line for Office use only\*\*\*\*\*

.....  
Registration Fee Paid? ☐ Yes ☐ No Method of Payment \_\_\_\_\_ Amount \_\_\_\_\_

**For more information or other questions please contact:  
Martha McCullough at 601-506-5482 or martha\_mccullough@yahoo.com**