

## ch. 10-11

Thursday, February 18, 2021 11:43 AM

### Chapter 10

What is the recommended weight gain for a pregnant woman? \_\_\_\_  
depends on pre-pregnancy weight  
with healthy weight before, 25-30 pounds \_\_\_\_\_

Is there a minimum amount of weight that a woman who is obese should gain, or is it alright if she gains none since she has ample fat stores? 11 pounds, she must gain weight

What is the danger of following a low carbohydrate diet during pregnancy?  
You need carbs to prevent ketosis : 175 g  
you need fiber to avoid constipation  
ketosis can affect brain development

What are two nutrition recommendations you could give to a pregnant woman with nausea (morning sickness)?  
dry carbs before getting up  
short small meals throughout the day

What nutrient need increases by 50% for pregnant women, and therefore must be supplemented during pregnancy?  
iron  
Since energy needs increase less than nutrient needs during pregnancy, give three suggestions to use in selecting foods:  
more nutrient dense foods, low fat dairy options, avoiding soft drinks, (empty calories), portion control

Breast milk provides all the nutrients a healthy infant needs for the first 4-6 months, except \_vitamin D\_, which must be given as a supplement. iron \_ and fluoride \_ must also be supplemented in breastfed babies at around 6 months, because their stores run out.

Babies under one year of age should drink \_\_\_\_\_ or \_\_\_\_\_. Children one to two years of age should drink \_water\_ from a cup. ( a total of 3 cups per day)

During lactation, the need for \_calories, water, vitamin A and C and \_\_\_\_\_ is higher than during pregnancy.

What will happen to her milk's quality, if a lactating woman's diet is poor?  
milk quality is maintained at expense of maternal stores  
undernourished may need supplements

What is a good age range for introducing solid foods to an infant?  
4-6 months \_

Two nutrients supplied by first foods whose stores are running out iron, \_vitamin C \_

Name at least three indications that an individual infant is ready to start solids:  
double birthweight  
opening mouth in response to foods  
decreased extrusion reflex

# Chapter 10 Study Guide Nutrition Guidelines

**Ted Wilson, Norman J. Temple, George  
A. Bray**



## **Chapter 10 Study Guide Nutrition Guidelines:**

Study Guide for Maternal Child Nursing Care - E-Book Shannon E. Perry, Marilyn J. Hockenberry, Deitra Leonard Lowdermilk, David Wilson, 2017-09-01 NEW Updated content throughout corresponds to new features and chapters of the text

**Study Guide for Maternal Child Nursing Care** Shannon E. Perry, RN, PhD, FAAN, Marilyn J. Hockenberry, Deitra Leonard Lowdermilk, RNC, PhD, FAAN, David Wilson, MS, RN, C(INC), 2013-10-01 Master content from the textbook with this helpful study tool Designed to accompany Perry's Maternal Child Nursing Care 4th Edition this workbook will assist students in understanding and applying material from each chapter in the text

**Nutrition Across Life Stages** Melissa Bernstein, Kimberley McMahon, 2022-02-02 Life cycle nutrition texts generally lack specificity when it comes to breaking down each portion of the lifespan Nutrition Across Life Stages carefully differentiates different segments of the pediatric and geriatric populations providing a comprehensive rundown of normal and clinical nutrition for lactation infancy early childhood older adult and geriatric populations

*Study Guide to Accompany Maternal and Child Health Nursing* Adele Pillitteri, Designed to be used by the student together with the sixth edition of Maternal and child health nursing by Adele Pillitteri

*Study Guide for Jones & Bartlett Learning's Clinical Medical Assisting* Judy Kronenberger, 2020-04-20 Master your course with the practice and hands on activities that will help you get ready for the medical office In this new edition of Clinical Medical Assisting the exercises and activities align with the American Association of Medical Assistants AAMA curriculum standards The Study Guide aligns to the textbook and includes exercises that reinforce the knowledge and skills required of all Medical Assistants

*Study Guide for Jones & Bartlett Learning's Comprehensive Medical Assisting* Judy Kronenberger, Julie Ledbetter, 2020-04-21 Master your course with the practice and hands on activities that will help you get ready for the medical office In this new edition of Study Guide for Jones Bartlett Learning's Comprehensive Medical Assisting the exercises and activities align with the most current Medical Assisting Education Review Board MAERB of the American Association of Medical Assistants AAMA curriculum standards The Study Guide is divided into sections that coincide with the textbook and includes exercises that reinforce the knowledge and skills required of all Medical Assistants

**ESC Handbook of Cardiovascular Rehabilitation** Ana Abreu, Jean-Paul Schmid, Massimo Piepoli, 2020-09-02 This guide is directed at the multi disciplinary team dealing with cardiac rehabilitation It is a practical handbook for everyday professionals on what they should do following cardiac events and return to work It is adapted to the needs of cardiac rehabilitation centers Key publication from the European Association of Preventive Cardiology EAPC Companion handbook to The ESC Handbook of Preventive Cardiology Putting Prevention into Practice This handbook is directed at cardiologists in training and practice specialist cardiac nurses technicians exercise physiologists and other healthcare professionals involved in the multidisciplinary process of cardiac rehabilitation Practical user friendly handbook style presentation Covers the complete spectrum of rehabilitation care Key team members address key issues smoking diet and physical activity Focus on

high risk patients family approach      Study Guide forSizer and Whitney's Nutrition Concepts and Controversies Frances Sizer, Ellie Whitney, Jana R. Kicklighter, 2005-05 The study guide provides students with a detailed review of chapter material reiterating chapter objectives and key concepts The guide challenges students with crossword puzzles and matching exercises reviewing glossary terms from the chapter and probing short answer and essay questions to test the students overall grasp of the material Included is a sample test for each chapter as well as helpful study tips      *Nutrition for Sport, Exercise, and Health* Marie Spano, Laura Kruskall, D. Travis Thomas, 2023-11-09 Nutrition for Sport Exercise and Health Second Edition With HKPropel Access blends applied content with updated research based guidelines to help students distinguish between nutrition recommendations backed by science and the plethora of misinformation available Covering all the basics of nutrition students will walk away with a clear understanding of how nutrition affects sport exercise and overall health Organized to facilitate knowledge retention the text logically progresses with each chapter building upon the information previously presented Students first get an overview of the role nutrition plays in overall well being throughout a person s life They will learn the functions of carbohydrates fat and protein as well as the role each of these macronutrients plays in health and disease And they will learn the dietary recommendations that support health and an active lifestyle Next the function of micronutrients in health and performance is covered The text concludes with the application of nutrition principles with guidance to properly fuel for sport exercise and health Updated based on Dietary Guidelines for Americans 2020 2025 the second edition incorporates new content on the following The effect of ketogenic diets on health and muscle Vitamin D and its role in performance and inflammation The effect of progressive training programs on metabolism Sample nutrition plans including a daily fluid plan a plan to meet mineral needs a food plan for resistance training and more Omega 3 supplementation to support concussion prevention and recovery The latest research on why people regain weight after weight loss To assist students using the text the second edition of Nutrition for Sport Exercise and Health has related online learning tools delivered through HKPropel to help students understand and apply concepts and research findings These learning tools include flash cards to review key terms presented in the book and supplemental chapter activities to assess student learning and facilitate critical thinking The chapter activities may be assigned and tracked by instructors through HKPropel and chapter quizzes that are automatically graded can be used to test comprehension of critical concepts Pedagogical aids within the text also enhance student understanding these include chapter objectives key terms and review questions Numerous sidebars provide key insights real world tips relatable scenarios and easy takeaways Students and professionals alike will benefit from the broad coverage found in Nutrition for Sport Exercise and Health They will have the science based knowledge and tools they need to improve athletic performance exercise outcomes and general well being Note A code for accessing HKPropel is included with this ebook      *A Clinical Guide to Nutrition Care in Kidney Disease* Laura Byham-Gray, Karen Wiesen, 2004 A complement to Guidelines for Nutrition Care of Renal Patients 3e and Renal Care

Resources and Practical Applications Features practical and authoritative guidelines for all stages and treatments of renal disease Addresses the National Kidney Foundation's Disease Outcome Quality Initiative NKF KDOQI Guidelines Provides practical nutrition intervention sections Examines useful case studies Offers helpful hints to treat common patient problems Includes the latest information on Medical Nutrition Therapy Represents a consensus formed by clinical practitioners on the basis of current scientific literature and experience A Clinical Guide to Nutrition Care in Kidney Disease can also be used as a study tool for the CSR exam *Essentials of Strength Training and Conditioning* Thomas R. Baechle, Roger W.

Earle, National Strength & Conditioning Association (U.S.), 2008 Now in its third edition *Essentials of Strength Training and Conditioning* is the most comprehensive reference available for strength and conditioning professionals In this text 30 expert contributors explore the scientific principles concepts and theories of strength training and conditioning as well as their applications to athletic performance *Essentials of Strength Training and Conditioning* is the most preferred preparation text for the Certified Strength and Conditioning Specialist CSCS exam The research based approach extensive exercise technique section and unbeatable accuracy of *Essentials of Strength Training and Conditioning* make it the text readers have come to rely on for CSCS exam preparation The third edition presents the most current strength training and conditioning research and applications in a logical format designed for increased retention of key concepts The text is organized into five sections The first three sections provide a theoretical framework for application in section 4 the program design portion of the book The final section offers practical strategies for administration and management of strength and conditioning facilities Section 1 chapters 1 through 10 presents key topics and current research in exercise physiology biochemistry anatomy biomechanics endocrinology sport nutrition and sport psychology and discusses applications for the design of safe and effective strength and conditioning programs Section 2 chapters 11 and 12 discusses testing and evaluation including the principles of test selection and administration as well as the scoring and interpretation of results Section 3 chapters 13 and 14 provides techniques for warm up stretching and resistance training exercises For each exercise accompanying photos and instructions guide readers in the correct execution and teaching of stretching and resistance training exercises This section also includes a set of eight new dynamic stretching exercises Section 4 examines the design of strength training and conditioning programs The information is divided into three parts anaerobic exercise prescription chapters 15 through 17 aerobic endurance exercise prescription chapter 18 and periodization and rehabilitation chapters 19 and 20 Step by step guidelines for designing resistance plyometric speed agility and aerobic endurance training programs are shared Section 4 also includes detailed descriptions of how principles of program design and periodization can be applied to athletes of various sports and experience levels Within the text special sidebars illustrate how program design variables can be applied to help athletes attain specific training goals Section 5 chapters 21 and 22 addresses organization and administration concerns of the strength training and conditioning facility manager including facility design scheduling policies and procedures maintenance

and risk management Chapter objectives key points key terms and self study questions provide a structure to help readers organize and conceptualize the information Unique application sidebars demonstrate how scientific facts can be translated into principles that assist athletes in their strength training and conditioning goals Essentials of Strength Training and Conditioning also offers new lecture preparation materials A product specific Web site includes new student lab activities that instructors can assign to students Students can visit this Web site to print the forms and charts for completing lab activities or they can complete the activities electronically and email their results to the instructor The instructor guide provides a course description and schedule chapter objectives and outlines chapter specific Web sites and additional resources definitions of primary key terms application questions with recommended answers and links to the lab activities The presentation package and image bank delivered in Microsoft PowerPoint offers instructors a presentation package containing over 1 000 slides to help augment lectures and class discussions In addition to outlines and key points the resource also contains over 450 figures tables and photos from the textbook which can be used as an image bank by instructors who need to customize their own presentations Easy to follow instructions help guide instructors on how to reuse the images within their own PowerPoint templates These tools can be downloaded online and are free to instructors who adopt the text for use in their courses Essentials of Strength Training and Conditioning Third Edition provides the latest and most comprehensive information on the structure and function of body systems training adaptations testing and evaluation exercise techniques program design and organization and administration of facilities Its accuracy and reliability make it not only the leading preparation resource for the CSCS exam but also the definitive reference that strength and conditioning professionals and sports medicine specialists depend on to fine tune their practice

*Nutrition For Dummies* Carol Ann Rinzler, 2011-07-26 Get the facts on good nutrition slim down and feel great You've been hearing it since you were a little kid You are what you eat But unlike most adages you've long since debunked this wise saying is true Good nutrition is the key to achieving and maintaining a healthy weight and lifelong good health no matter how you slice it Nutrition For Dummies is a one size fits all guide to nutrition for anyone who may have fallen asleep in health class wants to brush up on what they already know or is looking to keep up to speed on the latest guidelines and research It shows you how to manage your diet so you get the most bang nutrients for your buck calories and gives you the skinny on how to put together a healthy shopping list how to prepare foods that are good for the body and soul and ten easy ways to cut calories More than 20% new and updated information for this edition including the truth about feeding your brain vitamin D supplements and energy drinks Coverage of the new 2010 Dietary Guidelines For Americans report Other titles by Rinzler Controlling Cholesterol For Dummies An apple a day may not necessarily keep the doctor away but with the simple guidance of Nutrition For Dummies you can be on your way to living a happier healthier ever after

The Nurse Practitioner's Guide to Nutrition Lisa Hark, Kathleen Ashton, Darwin Deen, 2012-09-17 The Nurse Practitioner's Guide to Nutrition is a comprehensive clinical resource for nurse practitioners

working in a variety of clinical care settings Emphasizing practical nutrition information this accessible guide provides guidance on incorporating nutrition history questions and counselling techniques into routine care across all clinical settings The book begins by discussing fundamental concepts in nutrition assessment giving readers a solid framework from which to approach subsequent chapters Section Two focuses on nutrition from a lifespan perspective organizing information by the issues most pertinent to patients at different stages of life Section Three presents nutrition counselling across clinical care settings ranging from cardiology endocrinology oncology and gastroenterology to caring for the obese patient Each chapter includes essential information distilled in quick access tabular format and clinical scenarios that apply key concepts discussed to real world examples Ideal for both in training and qualified advanced practice nurses The Nurse Practitioner s Guide to Nutrition is an essential tool for assessing managing and treating nutrition related conditions as well as promoting nutritional health for all patients This activity has been approved for 35 nursing continuing education contact hours through the Temple University College of Health Professions and Social Work Department of Nursing Provider Unit an approved provider of continuing nursing education by the Pennsylvania State Nurses Association itself an accredited approver by the American Nurses Credentialing Center s Commission on Accreditation For e book users CNE materials are available for download after purchase This title is also available as a mobile App from MedHand Mobile Libraries Buy it now from Google Play or the MedHand Store

**Nutrition Guide for Physicians and Related Healthcare Professions** Ted

Wilson, Norman J. Temple, George A. Bray, 2022-01-03 This fully updated and expanded third edition is a reference guide on nutrition and its clinical implications for health and disease through the life cycle The book endeavors to address the needs of those who would most benefit from up to date information on recent advances in the field of nutrition Written by experts in the field chapters cover a diverse range of nutritional areas that present a succinct overview of recent thinking and discoveries that have the greatest capacity to aid physicians and other healthcare professionals in improving the nutritional health of their clients The text is divided into eight parts Part one and two address the nutrient requirements and special nutrition related issues for people across all stages of the lifespan from pregnancy and infancy through the adolescent years to the older adult years Part three summarizes the role of nutrition in the prevention and management of chronic conditions frequently seen in clinical practice including obesity diabetes bone disorders coronary heart disease hypertension and cancer Part four describes different dietary patterns the Mediterranean diet the DASH diet the vegetarian diet and the ketogenic diet Part five describes nutrition challenges specific to surgery and several different acute diseases and disorders gastrointestinal disorders food allergy and intolerance diseases of the liver and pancreas kidney disease eating disorders bariatric surgery sarcopenia and drug interactions with food Part six looks at different aspects of the diet coffee tea dietary fat dietary sugars energy drinks alcohol dietary fiber vitamins minerals and the gut microbiome Part seven examines a range of factors that influence dietary health decisions creating nutritional behavior change methods for assessing nutritional

status Dietary Reference Intakes an overview of the diet and food guides food labels and sources of nutrients Finally part eight looks at dietary supplements including the problem of dishonest marketing and false and misleading information in the area of nutrition The growing nutritional impact of COVID 19 is discussed throughout the book where appropriate Nutrition Guide for Physicians and Related Healthcare Professions Third Edition serves as a comprehensive guide that is organized by age lifespan nutrition therapy in relation to chronic disease and COVID diet and its role in prevention dietary requirements and recommendations and influencing health decisions for the patient It is a valuable resource of practical and easy to access information on nutrition for physicians nurses pharmacists and others in their daily practice **Nutrition and Metabolism**

Christos S. Mantzoros,2009-04-20 Nutrition and Metabolism Underlying Mechanisms and Clinical Consequences brings together internationally recognized experts to comprehensively review our current understanding of how nutrition interacts with the genetic substrate as well as environmental exogenous factors including physical activity or the lack thereof to result in insulin resistance and the metabolic syndrome After presenting the scope of the problem the first major part of the book is devoted to genetics and pathophysiology the second part of the book presents the public health perspective of the most prevalent problems associated with nutrition and the metabolic syndrome whereas the third major part of the book focuses on clinical assessment and management of the main disease states associated with inappropriate nutrition and the metabolic syndrome Finally general information useful for both clinicians and researchers alike is presented in the Appendix Nutrition and Metabolism Underlying Mechanisms and Clinical Consequences offers the reader an up to date and authoritative review of the major scientific and clinical aspects of the overlapping areas between nutrition and metabolism Nutrient Requirements of Nonhuman Primates National Research Council,Division on Earth and Life Studies,Board on Agriculture and Natural Resources,Ad Hoc Committee on Nonhuman Primate Nutrition,Committee on Animal Nutrition,2003-03-01 This new release presents the wealth of information gleaned about nonhuman primates nutrition since the previous edition was published in 1978 With expanded coverage of natural dietary habits gastrointestinal anatomy and physiology and the nutrient needs of species that have been difficult to maintain in captivity it explores the impact on nutrition of physiological and life stage considerations infancy weaning immune function obesity aging and more The committee also discusses issues of environmental enrichment such as opportunities for foraging Based on the world s scientific literature and input from authoritative sources the book provides best estimates of nutrient requirements The volume covers requirements for energy carbohydrates including the role of dietary fiber proteins and amino acids fats and fatty acids minerals fat soluble and water soluble vitamins and water The book also analyzes the composition of important foods and feed ingredients and offers guidelines on feed processing and diet formulation **Fundamentals of Nursing** Carol Taylor,Pamela Lynn,Jennifer Bartlett,2018-10-05 Publisher s Note Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality authenticity or access to any online entitlements included with the product Proven approachable and part of a



complete course solution Fundamentals of Nursing 9th Edition makes essential concepts accessible and help students develop the knowledge and clinical skills to succeed throughout their nursing education This comprehensively enhanced edition equips students for today s clinical environment with coverage of emerging practices and technology new multimedia learning tools and case studies that reflect the clinical application of chapter concepts and prepare students to excel throughout their nursing careers Features New Reflective Practice Leading to Personal Learning callouts cultivate a person centered approach to nursing care New Clinical vignettes personalize the clinical application of concepts and integrate with vSim for Nursing for patient specific reinforcement of commonly encountered scenarios and conditions New Technology Alerts familiarize students with emerging devices and software they ll likely encounter in the clinical setting New Informatics chapter reflects the increasingly important role of data and information technology in patient care New QSEN boxes in every chapter help students ensure compliance with Quality and Safety Education for Nurses competencies NEW Legal Alerts help students ensure compliance with important laws and considerations related to clinical practice New Watch Learn Videos clarify key concepts and procedures in engaging detail Revised Illustrated Concept Maps engage visual learners simplify complex topics and strengthen students clinical reasoning skills Case scenarios in each chapter encourage holistic patient care and reflection on critical thinking questions

Study Guide for Perry's Maternal Child Nursing Care in Canada,E-Book Lisa Keenan-Lindsay,Cheryl A Sams,Constance L. O'Connor,Shannon E. Perry,Marilyn J. Hockenberry,Deitra Leonard Lowdermilk,David Wilson,2021-10-21 The new Study Guide for Perry s Maternal Child Nursing Care in Canada is designed to help you review and master content from the core text and learn how to think critically in applying your knowledge Chapters parallel those in the text and provide review critical thinking applications engaging activities and more with an answer key at the back of the book This comprehensive study guide also contains case studies to help you integrate information and develop the critical thinking clinical reasoning and clinical judgement skills required to pass your licensure examination and excel in clinical practice Thinking Critically case based activities require students to apply the concepts found in the chapters to solve problems make clinical judgement decisions concerning care management and provide responses to patient questions and concerns Reviewing Key Concepts questions in various formats give students ample opportunities to assess their knowledge and comprehension of information covered in the text Matching fill in the blank true false short answer and multiple choice activities help students identify the core content of each chapter and test their understanding Learning Key Terms matching and fill in the blank questions let students test their ability to define all key terms highlighted in the corresponding textbook chapter Perforated pages allow you to use activities for graded assignments Answer key at the end of the book includes answers to all questions

**Krause and Mahan's Food and the Nutrition Care Process E-Book** Janice L Raymond,Kelly Morrow,2020-05-03 NEW Food Nutrient Delivery Planning the Diet with Cultural Competency chapter provides international nutrition guidelines and resources to assist you with multicultural meal planning NEW Clinical

Nutritional Genomics chapter features an author from the NIH's Human Genome Project and introduces you to the latest research about CRISPR and epigenetics NEW MNT for Neurologic Disorders chapter features two new authors including a speech therapist and displays IDDSI guidelines and an appendix for dysphagia diets to help you carefully and consistently address the nutritional needs of these patients NEW Clinical Water Electrolytes and Acid Base Balance and Clinical Biochemical Physical and Functional Assessment chapters are updated with the most relevant and evidence based complementary and integrative approaches to expand your expertise in these clinical nutritional areas NEW MNT for Adverse Reactions to Food Food Allergies and Intolerance chapter features completely revised guidelines and a new pathophysiology algorithm to ensure you are confident in your knowledge of how to prevent emergencies and what to do when emergencies do happen NEW Coverage of intermittent fasting health at every size and health disparities focuses on the latest nutrition trends to ensure you are well versed in these topics NEW The Mediterranean Diet Choline and Biotin appendices display at a glance information to help you find quickly supplemental information NEW Directions boxes and Focus On boxes as well as useful websites resources and key terms at the end of each chapter help you find information quickly and easily

**Krause and Mahan's Food and the Nutrition Care Process, 16e, E-Book** Janice L Raymond, Kelly Morrow, 2022-07-30 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Nutrition Provide optimal nutritional care with the latest guidelines to evidence based practice Krause and Mahan's Food the Nutrition Care Process 16th Edition provides an all in one resource for the dietetics information you need to care for patients throughout the entire life cycle With insight from clinical specialists the book guides you through the steps of assessment diagnosis and intervention monitoring and evaluation It also covers nutrition in each stage of life weight management medical nutrition therapies for conditions and disorders and the use of nutrition therapies in childhood From a team of nutrition experts led by Janice L Raymond and Kelly Morrow this classic text has been trusted by nurses nutritionists and dieticians for since 1952 UNIQUE Pathophysiology algorithms and flow charts present the cause pathophysiology and medical nutrition management for a variety of disorders and conditions to help you understand illness and provide optimal nutritional care Clinical case studies help you translate academic knowledge into practical patient care using a framework of the nutrition care process Sample Nutrition Diagnosis boxes present a problem its etiology and its signs and symptoms then conclude with a nutrition diagnosis providing scenarios you may encounter in practice Clinical Insight boxes expand on information in the text highlight new areas of focus and contain information on studies and clinical resources New Directions boxes suggest areas for further research by spotlighting emerging areas of interest in nutrition care Focus On boxes provide thought provoking information on key nutrition concepts Summary boxes highlight CRISPR the Indigenous food movement hearing assessment health disparities and the Health At Every Size movement and include a tribute to Dr George Blackburn a respected specialist in obesity and nutrition Key terms are listed at the beginning of each chapter and bolded within the text NEW

Infectious Diseases chapter is written by a new author with specific expertise in infectious disease NEW Transgender Nutrition chapter is added from two new authors NEW COVID 19 updates are provided in multiple chapters each relating to epidemiology and patient care NEW Information on the FODMAP diet is included in the appendix covering the sugars that may cause intestinal distress NEW Emphasis on diversity equity and inclusion is included in all chapters NEW Updated International Dysphagia Diet Standardisation Initiative IDDSI information is included in the appendix NEW Updated pregnancy growth charts are added to this edition NEW Updated Healthy People 2030 information is added throughout the book

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web a thank you letter is always special in that it lets the recipient know that what he she did was greatly valued and appreciated the letter should be sent promptly and when the events are still fresh so that it can be more meaningful thank you letters should be warm personal and sincere begin with the two magical words thank you and

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web aug 31 2020 9 the work of a pastor is without end i know that there is a great deal you miss out on because you re following the leading of the lord to be our shepherd i wanted you to know how much i appreciate your sacrifice and how much i appreciate you god bless you pastor

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you with us as the retreat participants we are happy to get the opportunity to pray before our lord with

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