

VOX CIVITAS

THE NEWSLETTER FOR EUKARYA FAMILY CENTER

SUMMER 2024

NOURISHING THE COMMUNITY

SPOTLIGHT

Agricultural program creates resources for students and the community

ALUMNI

Alumnus inspires vision for school arboretum

MARRIAGE INSTITUTE

Cultivating your marriage begins with "I Do" and continues with "I Do"

DIRECTOR'S LETTER

Nourishing the Community

I am delighted to welcome you to this edition of Vox Civitas, where we explore the theme “nourish.” At Eukarya Family Center, we believe that nourishment extends beyond the physical: It encompasses the soul (our mind, will, and emotions), as well as spiritual growth that sustains us as individuals and as a community.

To nourish means to foster growth and support well-being. As I've transitioned into the role of Executive Director, I see nourishment happening within each department of this ministry every day. Our dedicated staff and volunteers work tirelessly to create an environment where each person we serve feels valued and supported. Whether it is through our faith-based educational programs, our family support services, or our community outreach, Eukarya Family Center seeks to provide holistic nourishment that touches every aspect of the lives of those in our sphere of influence.

In this issue, you will find stories and insights about how we can all bring nourishment into our daily lives. From healthy meal ideas that feed the body (see p. 19) to inspirational articles that uplift the soul (p. 16), we aim to offer practical and heartfelt ways to enrich your life and the lives of those around you.

We also highlight the incredible work being done at the Eukarya Family Center to nurture our community. From our partnership with Powder Keg Farms (pp. 10-13) to our Spring Seminars led by The Learning Center (pp. 4-5), every initiative is designed to provide individuals and families with the tools and support they need for personal and communal growth.

As we delve into this theme, I encourage you to reflect on what nourishment means to you and how you can contribute to nurturing those around you. Together, we can build a stronger, more vibrant community.

Thank you for being a part of Eukarya Family Center. Your support and involvement are what make our work possible.

Sincerely,



Joanie Hughes
Eukarya Family Center Director

Vox
Civitas

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EXECUTIVE EDITOR
Sarah Hyland

EDITORS
Melanie Hildreth
Joanie Hughes

DESIGNER
Sarah Hyland

CONTRIBUTORS
Cheryl Beasley
Laine Everhart
Melanie Hildreth
Sarah Hyland
Ellana McNutt
Crystal Means
Lorri VanDerLinden

PHOTOGRAPHERS
Steven Dillard
Hilary Hyland
Crystal Means
Aiden Truman

**CONTACT THE
VOX CIVITAS STAFF:**

communications@
eukaryafamilycenter.com

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NEWS & NOTES

Movin' On Up: NEukarya Becomes a Home

BY MELANIE HILDRETH

After sitting shuttered for more than two years, this past January the halls and classrooms of 901 Aylor Road in Stephens City once again rang with the voices of students and teachers, as Eukarya officially moved into the building. Eukarya Christian Academy, Eukarya Homeschool Academy, and The Learning Center at Eukarya Christian Academy all welcomed the thousands of square feet of new space to serve young people from across the Shenandoah Valley.

To make the building habitable again after being vacant for so long, volunteers spent weeks on cleaning and repairs. And upgrades continued throughout the second half of the school year, with updates and improvements happening around student activities and school functions. From signage throughout the



building and a re-designed library to a full suite of audio-visual equipment and a fully renovated stage, visitors to Eukarya will notice something new each time they walk the halls.

For students, staff, and parents alike, it's a great day to be a lion in our new home!

As a friend and supporter of Eukarya, you are invited to visit! Please contact the office at (540) 868-0081 to schedule a time for a tour.

The Learning Center Branches Out

BY LAINE EVERHART

It was a busy school year at The Learning Center at Eukarya Christian Academy (TLC)! We added two new components to our work with students and families in our community: play centers and Saturday Seminars.

PLAY CENTERS

Beginning this past fall, kindergarten through second grade classrooms began to add more play centers into their daily schedules. Play centers are intentional, themed spaces in the classroom through which students rotate. They offer students an opportunity to engage in more independent play and learning and to make choices about how to use their time. Learning through play increases socialization, independence, problem-solving,



turn-taking, and movement. Teachers also shared sensory bins between classrooms for use during centers.

CONTINUED ON PAGE 5 >>>

“Learning through play increases socialization, independence, problem-solving, turn-taking, and movement.”

>>> FROM PAGE 4

Kindergarten teacher Mary Lou Nagel shared that her students looked forward to center time each day and enjoyed their interactions with peers. Kathy Capps, who also teaches kindergarten, explained that she created expectations about how many kindergarten students could participate in a center at a time and offered different play and learning activities each day.

Overall, the centers have added an important dimension to the students’ days and to teachers’ repertoires.

SATURDAY SEMINARS

TLC was thrilled to present its first “Saturday Seminars” this past April. Our new building provided ample space to gather as a whole group, as well as having spacious rooms for our breakout sessions.

Knowledgeable and experienced presenters generously donated their time to share their expertise with others. Participants enjoyed topics related to students, including handling anxiety and test-anxiety, developing motivation and resilience, and improving children’s nutrition. TLC also offered presentations on marriage and an introduction to the “Parenting with Love and

Logic” approach to building healthy relationships with kids. The day ended with a raffle giveaway of books related to session topics.

TLC plans to make Spring Saturday Seminars an annual event. All registration and raffle proceeds went to The Learning Center’s scholarship fund, which will launch for the 2024-2025 school year.

To find out about more offerings from TLC, connect with us on social media:

 @eukaraacademy

 Eukarya Christian Academy



A Day in the Life of a King’s Cub

BY CRYSTAL MEANS

Spring at King’s Cubs provides much opportunity for exploring God’s gift of new life and growth all around us. Our preschool Cubs prepared for their spring gardens by planting both flowering and edible seedlings to tend to in the greenhouse until planting season. Teachers and parents alike confirm that, overall, our preschoolers are more excited about seeing the beautiful, colorful blooms than they are about trying the ripened, equally colorful vegetables!

With spring now here, the preschoolers have been learning all about WORMS and how they impact new life and growth, within the garden and beyond. From the basics of the sizes and textures of worms, to the details of what worms should and should not eat, how that food is

digested, and what environment they thrive in, our Cubs have become incredibly knowledgeable on a squirmy topic.

In fact, each class has even created their very own worm farm! Worm farms consist of a dark box filled with dirt and worms, which is kept in a larger airtight container (to ensure no escaping). The preschoolers check in on their worms daily and provide food, such as bell peppers, coffee grounds, and shredded paper. These daily inspections also provide fresh air for the worms.

Soon, the Cubs will be transplanting their worm farm to the gardens outside, where they’ll continue to see and learn just how much even the smallest of life impacts the world around us!

ATHLETICS



Spring is a time of Green—and Blue!

BY LORRI VANDERLINDEN

Spring 2024 was the inaugural season on Eukarya's new soccer field at our new home on Aylor Road. Coach Chris Osmond returned to lead our High School Lady Lions through their fifth season. The young women built on their legacy of athletic excellence, team spirit, and team traditions. We were also excited to add a new Middle School Girls Soccer team to the rosters, and we welcomed Mitchell Wojcik, assisted by Lisha Detwiler, to the coaching staff.

Coach Chris and Lisha led a group of middle school and high school girls to the National Association of Christian Athletes tournament in Dayton, Tennessee, in May. Thanks to some enthusiastic fundraising, the team raised enough support from generous donors to completely cover the cost to send 10 girls! And despite facing injuries and a lack of substitute players, the girls fought their way to fourth place in the tournament.

Meanwhile, athletic growth flourished across all the ages with our Spring Basketball Intramural program, where students from kindergarten to eleventh grade had the opportunity to build skills and enjoy weekly scrimmages. Eukarya Athletics endeavors to cultivate the athleticism and sportsmanship of our students starting early—and we look forward to reaping the harvest of that training on the basketball court in the future!

The 2023–2024 school year ended with our annual Sports Banquet, where the Athletics Department recognized all 13 teams (11 competitive teams and two developmental teams), as well as the self-sacrificing coaches who made our program a reality. We also celebrated our first year of comp-

etition in the Shenandoah Christian Conference, which opened up opportunities for Conference Championship Playoffs for six of our teams.

We are already preparing for the 2024–2025 seasons and looking forward to reaching for new heights in each sport as we develop competitive athletes who are also known for their strength of character and integrity. Go, Lions!



ABOVE: Boys Varsity Basketball team at Conference Playoffs with Coach Cody
RIGHT: Middle School Girls Soccer team with Coach Mitchell Wojcik



Taste and See that the Lord is Good

Eukarya Christian Academy Celebrates and Raises Funds for Its New Building
BY MELANIE HILDRETH

On February 10, 2024, more than 200 friends of Eukarya Christian Academy gathered at Fox Meadows event space to feast on the best the Shenandoah Valley has to offer at the inaugural Eukarya Benefit Dinner.

The Farm to Table theme also brought together dozens of local farms, bakeries, and other nearby businesses, which generously donated food, goods, and services for the evening. Chef Loren Sloan, formerly of The Inn at Little Washington, oversaw a collection of expertly prepared dishes, from chicken marsala, beef lasagna, and roasted garlic penne pasta to smashed red potatoes and roasted root vegetables, along with an assortment of donated fresh bread, desserts, and mocktails.

Lively bluegrass and country from the Phelps Family and Six Strings and Bourbon set the musical

tone for the evening. Joanie Hughes, Principal of the Academy and Executive Director of Eukarya Family Center, offered remarks reminding everyone how far the school has come and setting the stage for the future. She noted that training and equipping students to be truth-seekers has never been more important.

Through ticket sales, a raffle, and a silent auction, the event netted more than \$20,000 for the Eukarya Building Fund.

Event chair Stacie Haaga summed the evening up: "It was a great opportunity for friends of the Academy to come together and celebrate a truly special year. God has been so good to our community, and this evening was just one more example of that."



PHOTOS BY AIDEN TRUMAN



DRAMA

One Day More

DRAMA

Eukarya Senior reflects on her high school journey

BY ELLANA MCNUTT ('24)



As I look back on my six-year journey through the drama program at Eukarya Christian Academy, I am filled with a range of emotions from sadness to satisfaction. Each year has brought its own set of challenges and triumphs, including this year's production of *Les Misérables*, in which I played the character Fantine.

Les Misérables is a very challenging production for amateurs to produce because of the sophisticated vocal demands that are involved throughout the show. But as we commenced rehearsals and preparations, I also found myself more appreciative of the timeless truths of Christ interwoven within each character and overarching storyline. Jean Valjean's journey of redemption and selfless love portrays a moving reminder of the grace and mercy given to us in Christ. Being a part of this drama program has exemplified that very truth and encouraged me to have peace.

Putting on such a production was far from easy. It tested our patience, exhausted our spirits, and demanded firm commitment. This experience showed me all sides of humility, dedication, peace, stress, satisfaction, and worry. But through it all, we held fast to the belief that every trial and tribulation was a stepping stone towards a greater purpose. For example, when my character Fantine is selling her hair for money, I am given approximately sixteen seconds to magically change my hair length entirely. With the attentive help of my mom, we brainstormed, crafted, and practiced for roughly six hours. Finally, we successfully constructed a plan that accomplished our goal in the proper time constraint. The greater purpose of this scenario was to communicate to the audience the sacrifices Fantine was willing to make to financially provide for her daughter. The taxing work and time spent perfecting this scene was necessary because of the message it would convey emotionally.

Through it all, I have come to firmly believe that God works in mysterious ways, using even the most exhausting tasks for His glory. As my senior year draws to a close, I am incredibly proud and grateful. I am proud of the pure talent and capability of our drama community, and I am grateful for the countless memories and friendships made along the way. I am confident in and excited about the future of our drama program, thanks to the talented individuals who will carry on our program in the years to come.

PHOTOS BY STEVEN DILLARD



Farming God's Way

Partnership with Powder Keg Farm provides nourishment for the community

BY SARAH HYLAND

Every Wednesday at 10:30 a.m., agricultural students from Eukarya Christian Academy (ECA) board a van to make a 45 minute trek from Stephens City, Virginia, to High Point, West Virginia. The drive shifts from sparse housing and fields to towering forests and gravel roads, eventually becoming a winding, bumpy, two-mile long driveway. It's a hike, but the destination is picturesque—a beautiful, historic home surrounded by green pastures, three hoop houses, a state-of-the-art wash station, wandering chickens, a propagation house, goat shack and lush surrounding gardens. They have made it to Powder Keg Farms.

BACKGROUND

Although officially established in 2018, the farm began as the dream of Gini and Brian LaMaster when they moved to the property in 2002 with their young family. Leaving the hustle and bustle of downtown Winchester, they renovated the original homestead and began cultivating the land.

Over the years, Gini's work experience has included managing garden rentals and special events

at the Glen Burnie Museum and outfitting teams in Montana's Bob Marshall Wilderness as a back country cook, wrangler, packer, and guide. In 2013, a serious livestock accident changed everything, sending her back to their homestead to recover and beginning her new life as a gardener. For the next seven years, Gini grew and harvested bountiful crops, providing fresh produce for restaurants like Bonnie Blue, One Block West, and Taqueira Guadajajara, as well as county schools and their own Community Supported Agriculture (CSA) program. Partnering with farming neighbors, their small CSA team of five joyfully supplied beef, lamb, chicken, flowers, chocolate, baked goods, puzzles, games, condiments—even eggplant parmesan!—straight to people's doorsteps.

Amidst this busyness, Gini battled the legacy of her accident: migraines, sensitivity to light, crashes, and confusion. Then a friend invited Gini and Brian to a full day healing workshop at their church.

"The Lord had been nudging me to get closer to him, so we went. We were both healed that day," she recalled. Gini and Brian began looking for what God

POWDER KEG FARMS

was doing around them and praying for ways they could join Him. In the fall of 2023, their prayers were answered when Gini connected with Joanie Hughes through a mutual friend, and talks about collaborating for a new agricultural program at ECA began.

The proposal was to implement the “Farming God’s Way” (FGW) curriculum and teach students its methodology to provide nourishment for the community.

METHOD

FGW is a holistic model of agriculture aimed at ameliorating food scarcity and poverty in agricultural communities throughout the world. The curriculum is built around three spheres of influence: Biblical, Management, and Technology. Originating in South Africa, the approach is designed to work with the land and nature as God intended, with little interference. Overall, FGW teaches students how to maximize healthy crop yield without

tilling or chemicals and how to encourage biodiversity, permanence, and canopy cover. For example, eliminating plowing decreases erosion and helps preserve the microbiome and organic matter of the soil.

“Farming God’s Way is a holistic model of agriculture aimed at ameliorating food scarcity and poverty in agricultural communities.”

More organic matter and less erosion means more fertility, less fertilizer, and higher yields. Organic matter including hay, leaves, and grass clippings—what the method calls God’s Blanket—is used to cover the growing plants and suppress weeds. Like mulch, this Blanket holds in moisture, thus stopping the ground from drying out faster and

preventing runoff. This process occurs in nature when leaves and other organic matter cover a dark, rich topsoil on forest floors.

Implementing a completely new way of growing the farm hasn’t been easy, and the LaMasters have been doing it one bed at a time. “The way we grow food has changed and it feels so good,” Gini said. “We are adjusting to a farming method that can easily be taught and reproduced worldwide. That means in trailer parks, sub-divisions, in deserts, or in the northern or southern hemisphere.”

ECA students have been alongside Gini and her team since classes began in January, helping make these alterations and learning as they go. At the time of this publication, Powder Keg Farms is the first and only FGW model demonstration farm in the United States. ECA’s vision is ultimately that each student learning FGW will be able to travel throughout the globe through op-



Each week, students conduct experiments comparing conventional farming methods to FGW methods. The photos above show the difference when God’s Blanket is used to prevent runoff and erosion versus conventional farming.

Three Spheres of Influence

The 6 Biblical Keys

1. Acknowledge God and God alone
2. Consider your ways
3. Understand God's all-sufficiency
4. What you sow, you will reap
5. Bring tithes and offerings back to God
6. Stake your claim

The 4 Management Keys

1. On time
2. To high standards
3. With minimal wastage
4. With the fruit of the Spirit

The 6 Technology Keys

1. No ploughing
2. 100% coverage with God's Blanket
3. Practice biodiversity
4. Feed plants from the top
5. Ensure canopy cover
6. Permanence

POWDER KEG FARMS

portunities with ECA Missions to teach these farming techniques to impoverished communities.

Each Wednesday after arriving at the farm, students rotate through farm chores before engaging with an FGW lesson and experiments. Once lessons are finished and lunch is eaten, everyone transitions to the gardens to weed, gather, and cull produce, or to prep and plant more. Horticulture isn't the only thing students are learning, though. A few weeks into classes starting, students were present for the birth of baby goats and got to help with vaccinating, worming, brushing, hoof care, milking, neutering, and naming the goats.

On April 17, 2024, students held their first farmers' market at the school, selling honey, eggs, rhubarb, swiss chard, sunchoke, lettuce, asparagus, radishes, green onions, sorrel, fennel, cilantro, sage, parsley, and horseradish. The goal is to expand and provide food for more of the community and the needy.

"Spiritually, we're following God," Gini concluded. "Every day we ask for His guidance and direction and every day He gives it. I'd have a list as long as my arm if I wrote them down. It will be good to bring our hearts and prayers of thanks together as a group to acknowledge the gift we've been given and give our gifts back to His glory."



BRIAN AND
GINI LAMASTER

Powder Keg Farms is offering free training for the community to learn Farming God's Way. If you're interested in attending and learning more, scan the QR code to the right.



PHOTOS BY HILARY HYLAND





POWDER KEG FARMS



Making All Things Beautiful

Alumnus creates vision for arboretum **BY SARAH HYLAND**

On April 4, 2024, five volunteers broke ground at Eukarya Christian Academy. Led by ECA alumnus Josiah Goddard, the day was the first of many in a year-long process to turn the property surrounding the school into a walk-through garden, arboretum, and playground. After graduating in 2023, Josiah pursued various work opportunities in the area, even starting his own gardening business. But his love for the school brought him back, this time as a member of the faculty.

When Eukarya Christian Academy moved into their new building with 22 acres, Josiah saw a blank canvas and a ripe opportunity for varying gardens, native trees, and cultivated pathways. He teamed up with Aurélie Schmid, a Spanish teacher with a master's degree in landscape design and a kindred heart for horticulture. Aurélie created a master plan with their vision to include a butterfly garden, shade garden, prayer garden, native meadow, and a memorial garden amidst the arboretum and surrounding a new playground. A circling trail around the property will connect the gardens and make the property walkable for our community after

school hours. The master plan will be implemented in three phases and is estimated to be completed in a year. Phase 1 began in the spring and will continue through the summer as the land is prepped and the smaller garden beds are put in. Phase 2 will begin in the fall when the trees are planted for the arboretum. And Phase 3 will be completed in the spring and summer of 2025 as fencing, hedging, trails, and final touches are made.

Josiah is most enthusiastic about seeing the collaborative vision he and Aurelie have developed come to fruition. He is eager for students to explore the gardens that will offer them a serene environment for observation, reflection, and prayer, as well as serving as an educational tool.

Josiah's passion for gardening began during an internship in New Zealand, where he was inspired by the native Maori peoples' approach to preserving and appreciating the land. One project in particular, creating a community garden, offered him practical skills, mentorship, and a deep appreciation for cultivating the land. "It's also a creative outlet. I love growing food and sowing seeds of beauty," he



ALUMNI

shared. “For me it’s about getting out there, hands in the soil, and just enjoying the many blessings of creation. It’s about feeding people. It’s about sowing a seed and watching it grow into something that eventually produces real, natural, fresh, fruits and vegetables that taste better and are much more nutritious than anything you could buy at the super-market.”

When Josiah moved to the U.S. from New Zealand in 2022 and started at the Academy as a senior, he had only two friends. That season was short-lived. “It felt like I was constantly meeting new people but I wanted more—a community where I could make new friends, learn new things, and do cool stuff. Eukarya gave me all these things I longed for and more.”

“For me it’s about getting out there, hands in the soil, and just enjoying the many blessings of creation. It’s about feeding people. It’s about sowing a seed and watching it grow into something that eventually produces... fruits and vegetables.”

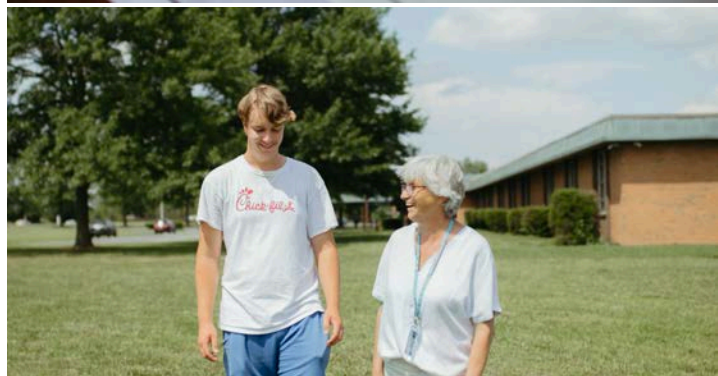
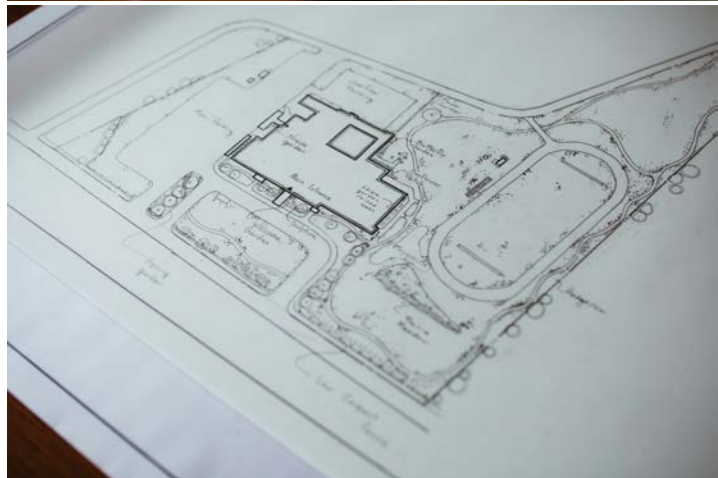
Josiah said the Academy built on his previous homeschool education and took his learning to a different level. “It equipped me for the world by teaching different world-views and solidifying my understanding of Christianity.”

Josiah is excited about the gardens and arboretum becoming a means to share the message of Jesus with the surrounding community. He anticipates future workdays and, ultimately, a mature arboretum that current students and their descendants for generations to come will enjoy.

If you’re passionate about gardening and are interested in volunteering to plant or donate funds for the progress of the gardens, email Josiah at jgoddard@eukaryaacademy.com.



PHOTOS BY HILARY HYLAND



THE MARRIAGE INSTITUTE OF WINCHESTER

“I Do”

BY CHERYL BEASLEY, Beacon Hill Counseling Director

Two simple words spoken on our wedding day that define a union... a covenant... “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” (Mark 10:7-8)

Depending on our personal life experiences, we may enter marriage and anticipate it will be similar to what we’ve witnessed. Or we may vow to keep it from being what we’ve witnessed, or decide to just commit, “come what may.” The desire is there for love to deepen and grow and therefore saying and living out “I Do” is a daily action that we can’t take for granted if we are to have a healthy marriage.

Thankfully, God has given us a guideline in the Bible to help us sort through the circumstances and build our marriage based upon His truths that will withstand the trials and difficulties of life. God’s heart is for our marriages to bring deep joy to our lives and provide the launch for sharing His love with our family, community, and world.

Whether your marriage is brand new or many years along, we need to make nourishing that commitment a priority. Every marriage requires purposeful care and attention in order to be strong and healthy and bring forth “good fruit.” We all desire the contentment that comes from being known, accepted and cherished by our spouse. From that healthy place, we live abundant lives and our marriages demonstrate God’s beautiful love for us and the church.

The Marriage Institute of Winchester is here to help nourish marriages:

- We provide counseling that will teach couples how to place and keep Jesus at the center of the marriage because “...a cord of three strands is not quickly broken.” (Ecclesiastes 4:12b)
- We offer tools for strengthening and equipping marriages with proven communication strategies for daily living: “...the tongue that heals is a tree of life.” (Proverbs 15:4a)



- We are here for crisis counseling, because our wish is that “the God of hope fill you with all joy and peace as you trust in Him.” (Romans 15:13)
- We offer premarital counseling, as “a man leaves his father and mother and bonds with his wife and they become one flesh.” (Genesis 2:24)
- We convene conferences that will bring couples together for training and encouragement, as “You make

known to me the path of life; in your presence there is fullness of joy...” (Psalm 16:11)

We encourage you to reach out today and begin to see the difference that Biblical counseling and principles can make. Say “I Do” to your spouse and choose to nourish the gift of your marriage today!

Contact information:
Beacon Hill Christian Counseling
19 E Gerrard St, Winchester VA 22601
(540) 773-1612

Beacon Hill Welcomes New Director

Cheryl Beasley brings new skills and a breath of fresh air to counseling team

BY SARAH HYLAND

A new season has started at Beacon Hill Christian Counseling! The ministry welcomed Cheryl Beasley as its new Director in February, adding her wealth of experience, deep commitment to biblical counseling, and heart for helping others to the resources it offers our community.

Cheryl's journey began in Tennessee, where she grew up with a strong sense of southern hospitality and faith. Forty-four years ago, she moved to the Shenandoah Valley to continue her education at Shenandoah University. There, she pursued a degree in Business Management, but pivoted to counseling post-graduation. "I always felt called to teach God's Word and help others with application, understanding, and revelation of His amazing love for each one of us," she said.

Her passion for ministry led her to take courses in "Caring for People God's Way" through Light University, which prepared her for the pastoral team at Victory Church in Winchester. Cheryl served there for 14 years. "My years of ministry at Victory Church expanded my skills and gifts and laid the foundation for coming to Beacon Hill," she said.

Cheryl and her husband Scott celebrate 33 years of marriage this year. Together, they have two married daughters who live locally and have blessed them with two young grandchildren. Cheryl finds immense joy in her family, cherishing every moment and creating sweet memories. Cooking and family dinners are among her favorite

pastimes, along with walking, playing tennis, reading, gardening, and spending time with friends and loved ones. Recently, she transitioned from full-time ministry to enjoy more time with her family, especially her grandchildren. She saw the position at Beacon Hill as a God-given opportunity to continue to help people on a schedule more conducive to her family life.

"...Biblical counseling helps us to know God's plan for us to live abundantly and not just survive our time on earth."

Licensed and ordained as a pastor, Cheryl now leads a team of six counselors at the Center and the Academy, providing essential Bible-based counseling to the community. She and her team believe in the power of biblical counseling to transform lives: "We all face challenges and go through difficult situations and relationships in our life. Biblical counseling helps us to know God's plan for us to live abundantly and not just survive our time on earth." The Beacon Hill approach combines psychological principles with the truths of God's Word, creating a welcoming atmosphere that fosters healing and growth.

Under Cheryl's leadership, Beacon Hill is expanding its reach. "We have mostly grown through referrals over the last few years, but we are expanding our marketing to include a new website with detailed informat-



ation about our team and the services we provide," she said. "We have a welcoming office space to serve individuals, couples, families, and small group sessions. We are offering some evening and weekend appointments now." The Center will also provide Bible studies, parenting and marriage classes, and group support sessions for anxiety, grief, and self-care.

As the community grows, Cheryl and her team are preparing to meet the increasing needs by welcoming new counselors and adding programs that serve local families. Beacon Hill continues to partner with churches, offering discounts for members seeking Biblical counseling.

"Scott and I are looking forward to the years ahead and believe that Beacon Hill is here to bring the healing light of God's Word and love to this community," she said. "It is our joy to serve God and love His people through this ministry!"



Eukarya Christian Academy

The Learning Center

Eukarya Homeschool Academy

Athletics

Missions

Upper School

Lower School

Alumni

Eukarya King's Cubs

The Marriage Institute
of Winchester

Beacon Hill Christian
Counseling

Eukarya Family Center is a passionately Christ-centered para-church organization dedicated to strengthening families and building loving relationships within communities. Our vision is rooted in the belief that families are God's chosen building blocks for His church, His Kingdom, and all of society. We aim to achieve this through education and discipleship for children and students, strengthening marriages, training better parents, and offering programs that are outside the traditional role of the church. At Eukarya Family Center, we value right thinking and right living, building up people and community through loving relationships, and avoiding legalism, watering down, or becoming licentious in nature.

THANK YOU TO OUR ECA 2023-2024 PLATINUM LEVEL STRATEGIC SPONSORS



View the full **Lion's List Business Directory** on our website,
EukaryaAcademy.com/lions-list/

Would you like to become a 2024-2025 Strategic Sponsor?
Contact Stacie Haaga at shaaga@eukaryaacademy.com for more details!

Nourish Your Body with Whole Foods

BY STACIE HAAGA

Stacie is a Registered Dietitian Nutritionist, Certified Health Coach, and Certified LEAP Therapist in Winchester, Virginia.



Are your food choices nourishing your body? It turns out that God gave us everything we need to do so! While your diet may not be perfect, eating more unprocessed foods than not can help keep you strong and healthy.

Here are three surprising reasons to clean out the junk food and focus on whole foods:

- 1. Sugar is worse for your heart than salt.** We often equate high sodium diets with heart disease and hypertension, but it turns out that added sugars—especially sugar-sweetened beverages—have been linked with a 10 percent increase in blood pressure and elevated cholesterol, not to mention Type 2 diabetes. Natural sugars in fruits and vegetables are fine, but watch out for added sugars in processed foods, especially high-fructose corn syrup.
- 2. Fat doesn't make you fat.** Healthy fats actually help you to feel full and satisfied, while supporting a healthy brain and hormonal health! It's only when fats are combined with excess sugar that we start to run into trouble. When eaten in balance with protein and fiber-dense carbohydrates, fat also helps to blunt your blood sugar response and helps you maintain a steady stream of energy. Swap "low-fat" foods, which typically have added sugars, for more fats like olive oil, avocados, nuts, and seeds, and you'll feel the difference.
- 3. Eating processed foods decreases your metabolism compared to whole foods.** Not all calories are created equal—the quality of your food is more important than the quantity. Research shows that metabolism slows down after a highly processed meal that is the same size as a minimally processed meal. Focusing on foods that come from the ground or have a mother will help you maintain a healthy metabolism!



Find Stacie on Instagram at Stacie H Nutrition for more ways to nourish your body!

Spicy Sweet Chicken & Veggies

Time: 25 minutes | Servings: 4

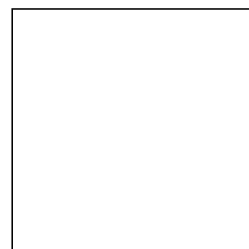
3 tbsps Butter (melted)
 1 1/2 tbsps Honey
 1 1/2 tps Sriracha
 1 tbsp Lime Juice
 1 lb Chicken Breast (boneless, skinless)
 10 Heirloom Carrots (sliced into rounds)
 3 cups Radishes (trimmed, halved or quartered)
 Sea Salt & Black Pepper (to taste)
 1 stalk Green Onion (optional, garnish)

1. Preheat the oven to 425°F (215°C).
2. In a small bowl, stir together the butter, honey, sriracha, and lime juice.
3. Add the chicken to a large baking dish and scatter the carrots and radishes around the chicken. Drizzle the butter mixture over everything and toss well to combine. Season with salt and pepper.
4. Place in the oven and bake for 22 to 25 minutes, or until the chicken is cooked through and the veggies are tender. Top with green onion, divide evenly between plates, and enjoy!

Looking for a sweet treat using all-natural ingredients? Try this recipe to see how tasty whole foods can be!



Eukarya Family Center
901 Aylor Road
Stephens City, VA 22655
United States



YOUR SUPPORT IN ACTION

Thanks to the generous support of all those who participated in our end-of-year campaign, Eukarya Christian Academy was able to purchase much-needed equipment for the technology lab in our building, install a kiln in one of our art classrooms, and begin development of a new playground as part of an overall landscaping project for the property, in addition to other essential building projects. Our goal is to have at least some play equipment on-site for students to enjoy by the start of the 2024-2025 school year.

Many thanks to all of our donors, who made these dreams a reality!

