

A Sermon on the Concept of Budgeting

Sermon by Rev. Minister Angela Smith of COPE for July 25th, 2021 (and beyond)

The management of any resources, whether individual or shared, requires knowing quantity and commitment to fair distribution with some understanding of whom is responsible for what under existing circumstances. Said resources may include time, talents, skills, tangible assets (i.e. money), intangible assets (i.e. knowledge), and even calories. At law, adults in the USA who are recognized as competent are considered 100% responsible for our individual selves at law. Being deemed or officially recognized as incompetent may result in some form of subjugation and/or institutionalization.

The above being said, this sermon is intended for adults given the example of the concept of budgeting as applied below in regards to calories. There is a general guide for how many calories growing children ages 2-18 years old need per day available at <https://www.verywellfit.com/calorie-calculator-for-kids-3950475>. A 13-year old boy living a predominantly sedentary lifestyle should consume 2,000 calories per day. A 13-year old girl living a predominantly sedentary lifestyle should consume 1,600 calories per day. This may seem a bit high to adults, but kids are growing so need the calories. If the 13-year old boy is active (plays sports, works, etc), then add 200 calories to make the daily total 2,200. For girls, the recommendation for active 13-year old girls is 2,000 calories per day. The source of this data is the hyperlink above in this paragraph.

Since I'm full grown and that is true for all adults, my first step is to learn what my healthy weight range is so I can choose a weight in that range I wish to maintain. So, I visit the CDC to calculate my Body Mass Index and find out my healthy weight range: https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html. Once I enter in my height and weight it takes me to a page that informs me my healthy weight range is 123-166 pounds. So, for me medically 167 to 191 pounds would be considered overweight. And, 196 would be considered obese with 216 pounds seriously jeopardizing my health and putting me in the morbidly obese category. This is all representative of the intangible asset known as knowledge so far. But, it is knowledge that is necessary to understand and be aware of in order to budget accordingly.

I'm comfortable maintaining my weight at 135 pounds. How many calories am I granted to spend (consume) each day to maintain that weight? (This is honestly all you need to do to maintain your chosen body weight.) You can find out at <https://www.calculator.net/calorie-calculator.html> by entering in your activity level, gender, age, height, and weight you wish to maintain. For me, that gives me 1,565 calories I can spend (consume) each day when setting the activity level to sedentary (little to no exercise). And, that should keep me at the healthy weight I wish to maintain.

What if I wish to spend more calories than my activity level on any given day can afford? I have to decide whether I want to move toward the higher end of my healthy weight range. If I decide I'm comfortable maintaining my weight at 166, then I can spend (consume) 1,733 calories a day without changing my activity level. I'm 5'8.5" tall. But, I wish to maintain my weight at 135 pounds. So, what if I still want to spend (consume)

1,733 calories in one day? What do I do? I've consumed 168 more calories than I could afford to spend in one day. I check this guide at <https://www.cope.church/burncal.pdf> and see what activities I can fit in to that day to address that extra 168 and pay it off to keep my calorie debt evened out or square to maintain my preferred healthy weight. Otherwise, I'm taking on calorie debt. Well, if I climb stairs for 30 minutes, that takes care of that 168 with what appears to be an additional 7 calories I burned for a total of 175 calories burned.

So, when I spend or consume more than I can afford given my circumstances or lifestyle, I have to work it off, reduce my calorie expenditures going forward to compensate for the temporary excess, or fall for unhealthy drugs, supplements, cults, or fasting because I find articles, blogs, or sermons like this one boring and require special attention for which I'm willing to pay in more ways than one. I think I'll work or tighten my budget going forward, maybe a little of both.

See, some people are malignant narcissists who do things for show without ever exercising due diligence nor making a real commitment of any sort in any way. Those people will pay for the appearance of caring about their health so they can later blame their "life coach" for their own lack of self-discipline. The others who fall for the bullshit may be developmentally disabled and actually require adult supervision. Others are just victim to peer pressure, undue influence, and the power of suggestion that fall for the drugs, supplements, cults, and/or starvation diets.

"It is estimated that 8 million Americans have an eating disorder – seven million women and one million men...A study by the National Association of Anorexia Nervosa and Associated Disorders reported that 5 – 10% of anorexics die within 10 years after contracting the disease; 18-20% of anorexics will be dead after 20 years and only 30 – 40% ever fully recover." Source: <https://www.state.sc.us/dmh/anorexia/statistics.htm> Some of the side effects of starvation (in the event you only drink water, you'll most likely die within 3 weeks or as little as 8 days) include: faintness, dizziness, blood pressure drop, slowing heart rate, hypotension, weakness, dehydration, thyroid malfunction, abdominal pain, low potassium, traumatic stress and/or depression, heart attack, and organ failure. Source: <https://www.healthline.com/health/food-nutrition/how-long-can-you-live-without-food#side-effects-and-risks> The lowest weight you should seek to maintain is your lowest healthy weight which you can find using the BMI calculator provided by the CDC after you enter in your weight and height. For me that is 123. To maintain my weight at 123, I would consume 1,499 calories per day, which is the minimum I should ever consume in a day for optimum health. But, if I were in a coma and immobile, perhaps on a death bed, the calories the hospital or caregivers would need to give me likely intravenously to keep me as healthy as possible in that condition would be 1,249 per day. "Anorexia: An eating disorder characterized by markedly reduced appetite or total aversion to food. Anorexia is a serious psychological disorder. It is a condition that goes well beyond out-of-control dieting. The person with anorexia... initially begins dieting to lose weight. Over time, the weight loss becomes a sign of mastery and control. The drive to become thinner is thought to be secondary to concerns about control and fears relating to one's body. The individual continues the endless cycle

of restrictive eating, often to a point close to starvation. This becomes an obsession and is similar to an addiction to a drug. Anorexia can be life-threatening. Also called anorexia nervosa.” Source: <https://www.medicinenet.com/anorexia/definition.htm>

If you are within your own healthy weight range according to the CDC and someone dares to body-shame you, knowing the fact you are at a healthy weight is a great comeback. You can let them know that the CDC says you are at a healthy weight and that their opinion is clearly a sign of their own insecurity and ignorance. See, if they aren't concerned about your health, why mention it? Do they see themselves as an authority figure in your life rather than your equal? Do they seek to control you or dominate you? If you support equality, don't subjugate yourself to such people unless you've signed a contract and are legally obliged. For example, if you were a boxer and you were in the featherweight category you'd need to maintain your weight at 126 pounds. If you gained 9 pounds and weighed 135, your boxing class would change from featherweight to lightweight. If you were contracted as a featherweight you could be in breach. But, only under such circumstances where you are legally obliged as a matter of contract to maintain your weight at a specific weight, should anyone mention it. If they do mention it outside of those circumstances, they likely are selling something and using guilt or fear to emotionally manipulate you while offering support (nagging) for cash if you buy their bullshit. If you are naturally inclined to please other people, you may go along with it to be charitable to the arguably abusive con artist. That's sweet of you and as long as you are consciously aware that you are being charitable and/or tolerant in an effort to reform the con artist by leading by example in the ways of truth and/or virtue, I offer my own grumbling assent while also recognizing our equality which provides that my approval or blessing is not required. The rest is up to you.

[Personal Note: The last medical doctor I asked to calculate or tell me my optimum weight said it was 142 ½ pounds. I asked how he calculated. He said, “100 pounds for 5 feet tall and 5 pounds per inch over 5 feet in height.”]

For those interested in starting #TaoFu Self-Defense Exercises, please see <https://www.cope.church/taofu.htm> and begin at any time.

There are opportunities to send messages, receive mystery bonus blessings, and more with or without donating available now on our "Pass the Basket" page at <https://www.cope.church/basket.htm> . Thank You.

"And ye shall know the truth, and the truth shall make you free." John 8:32 KJV Willful blindness is an abomination.

COPE accepts Feedback, critical and complimentary. Learn more at <https://www.cope.church/feedback.htm> . For the sake of keeping myself and others humble, a sense of humor is welcome on all sides.

For More About COPE and the HEAL Mission, see:

<https://www.cope.church> and <https://www.heal-online.org>