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OUR MISSION



Nashville Christian Family® exists to provide Christians and the community at large with ways to strengthen and grow as a part of the Middle Tennessee Christian Family. This local monthly publication is designed to promote positive living by sharing with readers of all ages relevant and timely news and information related to health, faith, parenting, youth, finances, Christian entertainment, missions, church leaders, and much more.

FROM THE PUBLISHER

Happy New Year



I hope that you were able to enjoy a blessed and Merry Christmas. 2018 has come and gone and a new year begins. We measure our time on earth by days, weeks, months and years with the years seemingly passing by faster and faster as we age. The old saying, “the older you get, the faster time goes”, is certainly true. Whatever this past year brought your way, whether good or not so good, as Believers we all have something in common as we begin 2019. We all have hopes, expectations and plans for ourselves and our families that we will be blessed during this coming year.

The Bible provides us with many scriptures addressing our hopes and dreams, whether earthly or eternal. In particular, Philippians Chapter 3 provides a perfect example for how we should approach a New Year. Verses 13 and 14 give us a directive from God through Paul’s words to the Christians in Philippi; “Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” (New American Standard).

As Paul challenges himself in these verses from Scripture, we should do the same.

This must be the “New Year’s Resolution” that matters most in our lives if we intend to live our lives in a Godly manner realizing that our Hope is in the Lord.

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January 2019

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MONEY MATTERS

Special Needs Trusts

A person, of any age, may benefit from a Special Needs Trusts. There are three types of Special Needs Trusts (SNT), used by people living with a physical, mental or intellectual disability. The person who will benefit from the establishment of a SNT is called the “beneficiary”. A Trust can make the difference between existing and actually living a good quality of life.

The beneficiary’s disability, personal assets, and monetary gifts to-be-received, determine which type of special needs trust can be clearly created. Unless these funds are in a SNT, the beneficiary may lose government-related benefits and be required to pay medical bills and countless other expenses until those assets have been “spent down” to \$2,000.

Pooled Special Needs Trusts

A pooled SNT is funded with assets specifically owned by the beneficiary. Pooled trusts are established and managed by a nonprofit organization who serves as trustee. There is no age qualification for this type of trust. However, there is a Medicaid payback requirement when the beneficiary dies and has money remaining in the trust.

First Party Special Needs Trusts



A first party SNT is funded with assets owned by the trust beneficiary. The beneficiary must be under 65 years of age at the time the SNT is funded and must be physically, mentally, or intellectually disabled. There is a Medicaid payback requirement if the trust is open and funded at the time of the beneficiary’s death.

Third Party Supplemental Needs Trusts

A third party SNT is funded with assets that are not owned by the trust beneficiary. The person

who created the third party SNT has complete discretion in the selection of the trust remainder beneficiaries. There is no age limit in creating this trust and there is no Medicaid payback.

A special needs trust is established for or by someone living with a physical, mental, or intellectual disability (special needs) to supplement any benefits the person may receive from government programs.

Certainly, every person living with a disability is unique. This means that every special needs trust is going to be different, as well. The best way to determine which special needs trust is best for the beneficiary is to meet with a qualified professional and to choose a reputable trustee to manage the trust.

For more information, please contact the Vista Points Special Needs Trusts & Resource Center at 1-888-422-4076 or email at info@vistapoints.org. Please visit the Vista Points website at www.vistapoints.org.

— Darlene A. Kemp, MPH, MBA-HCM is the Executive Director of Vista Points, Inc.

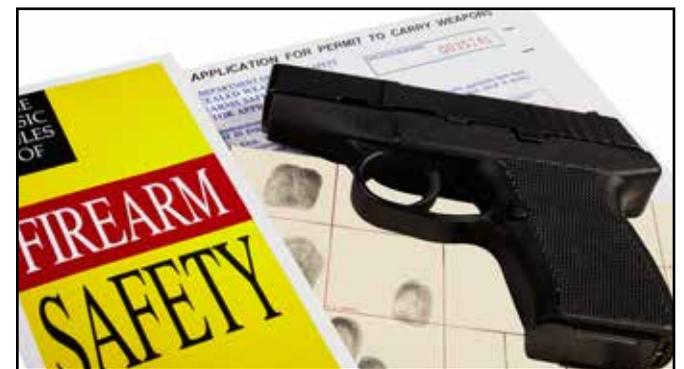
LEGAL MATTERS

TENNESSEE HANDGUN CARRY PERMITS

With over 625,000 handgun permits issued in Tennessee it’s little wonder I get questions about permits and related firearms laws on a regular basis. While this article can’t cover all of the questions, it should provide a good overview. First, it should be clarified that in Tennessee does not have a concealed carry permit, it is a handgun permit, as there is no requirement that the firearm remain concealed. These are issued by the Tennessee Highway Patrol which comes under the Tennessee Department of Safety and Homeland Security

Interestingly, all 50 states now have laws on the books allowing citizens to carry firearms. Since 1996 Tennessee has been a “shall issue” state, meaning that the state must issue a permit to anyone who meets the qualifications. So, what qualifications must be met? You must be twenty-one (21) years of age or is at least eighteen (18) years of age if honorably discharged or retired from the United States Armed Forces or is a current active-duty member of the United States Armed Forces. You must not be a felon or have been determined to be mentally incompetent. Then you must successfully complete a Tennessee Department of Safety and Homeland Security approved handgun safety course which lasts 8 hours and costs vary on the facility.

Military personnel who have completed four (4) hours of handgun training and who provide proof of that training may be exempt from taking the handgun safety course altogether and even get a discount on cost of the permit. Finally, you must pay the fee. Standard permit fees are \$100 for 8 years or \$300 for a lifetime.



Thirty-six states currently have what is called reciprocity with Tennessee. Simply put they will recognize your carry permit much like they will recognize your drivers license. But, like the driving laws, each state is different, so it pays to check the local laws.

Must you have a permit? If you intend to carry a firearm the answer is always yes. No permit is needed inside the home and no permit is required to carry a firearm in a vehicle, but it may not be on your person without a permit. There are however limitations on handgun permits. Courthouses, schools and airports are off limits. Tennessee also recognizes that businesses have the right to post signage restricting carrying a firearm on the premises. Remember, if you choose to obtain a permit, know the law. If you don’t call an attorney who can help you. Most importantly, know the rules of firearm safety and keep firearms locked and away from unauthorized users. Have a safe and prosperous 2019.

— Jim Catalano is an attorney and founding partner of The Catalano Firm, PLC. He is a board-certified civil trial specialist who has tried cases across Tennessee for over 20 years and is happy to assist clients with questions on firearms laws in Tennessee. When not practicing law, he enjoys spending time outdoors.

Too Much Screen Time Changes Brain Structure

As the father of two adolescents and one former adolescent, I am acutely aware that the teenage brain is a very complex developing organ. I am also aware that since the advent of the iPhone in 2007, the entire way that adolescents relate to each other and their world has changed. Currently teens spend, on average, four or five hours per day on their phones, which most experts believe is far too much.

But what is the exact impact of excess screen time (TVs, computers, smartphones, iPads, video games, etc.) on the developing brain? And is this impact based on separation from the physical world and exposure to a more artificial and self-serving one? Or is it the content absorbed from these screens that impacts adolescents the most? No one knows.

But one thing's for sure – things are changing, and not necessarily for the better. One recent study from the University of Pennsylvania revealed that decreasing the amount of time spent on Snapchat, Instagram and Facebook to less than 30 minutes per day decreased the rate of depression by 30 percent. In recent years, emergency room visits for self-harm by young teenage girls has tripled and increased smartphone use appears to be a contributing factor.

Still, we need more answers. To this end a new study by the National Institutes of Health (NIH) – the Adolescent Brain Cognitive Development (ABCD) Study – is attempting to find out the impact of substance use, concussion and screen time on adolescents. The effects are being studied in over 11,000 adolescents, at 21 sites across the U.S., over the course of a decade, at a cost of over \$300 million. The study starts at the age of 9 or 10 and

the initial results of the first 4,500 participants are in.

Not surprisingly, more than two hours a day of screen time is correlating with lower scores on thinking and language tests. But even more disturbingly, greater than seven hours per day using smartphones, tablets or video games shows thinning of the cortex (outer surface) of the brain on MRI scans. This type of thinning is characteristic of how the brain changes as it matures.

So are teens maturing faster as a result of all the new knowledge acquired from smartphone use? Or are their brains maturing prematurely in a way that isn't necessarily good for healthy social development? I think the latter explanation is more likely. Of course this is a preliminary result, and the true long-term significance is not yet known.

When it comes to much younger children, previous studies among toddlers have shown that using an iPad in infancy can lead to sleep disturbances and speech delay. Other studies have shown that the way in which iPads and smartphones are used with toddlers can affect their learning and social skills either positively or negatively. The more interactive the device or program or app, the better the teaching tool it is.

As children get older, it becomes more difficult to generalize. For some, like my children, they are able to incorporate hours of screen time into their lives and still maintain complex social interactions. For others, smartphones are the path to



social isolation, where two friends sit next to each other speechless while texting. Worse is the anger and divisiveness that is rampant on social media.

As a wise person recently cautioned me, when it comes to science, correlation is not causation. In other words, even if increased screen time is associated with depression, isolation, less sophisticated decision-making, or decreased sexuality, there could be other factors in the environment that are causing these trends.

We will all be watching as the NIH study results for ABCD come in over the next several years, to see how the adolescents in the study (and our own children) make out. However, by the time the final results are in, smartphones and their apps will have been modified, and we will be dealing with shifting impacts on an entirely new generation of teens.

— Marc Siegel, M.D. is a professor of medicine and medical director of Doctor Radio at NYU Langone Medical Center. He has been a medical analyst and reporter for Fox News since 2008.

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SPECIAL FEATURE

The state's FIRST astigmatism SMILE® procedure

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The state's first astigmatism treatment using the new SMILE® procedure (small-incision laser vision correction) was successfully performed on Wednesday, October 24, 2018 in Nashville, Tenn. at Wang Vision 3D Cataract & LASIK Center. Dr. Ming Wang, MD, PhD, performed this surgery.

SMILE® is a major advancement in laser vision correction in the last 25 years. Compared with LASIK, SMILE® has three distinct advantages. SMILE® is performed with a smaller incision. This surgery causes less dry eyes and less postoperative complications.

Recently, the United States Food and Drug Administration approved the astigmatism correction using SMILE®. "This is an exciting development! This means that a much larger group of our patients will benefit from SMILE® and be freed from their dependence on glasses and contacts." Dr. Wang explained.

Mr. Ross Ronan is a 47 year old healthcare executive. All of his life, he had suffered from poor vision. Mr. Ronan had a high degree of nearsightedness and astigmatism. This distorted his vision. Without correction, his vision was worse than being legally blind. Mr. Ronan said that he was truly excited to be the first patient in the state to receive the new and state-of-the-art astigmatism SMILE® procedure!

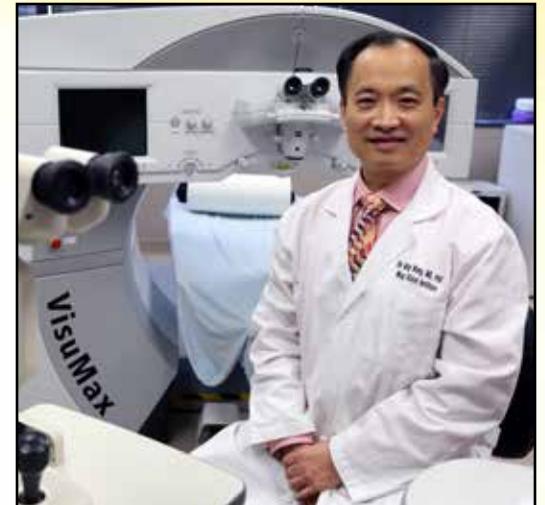
Dr. Wang is a Harvard & MIT graduate (MD, magna cum laude) and one of the few laser eye surgeons in the world today who holds a doctorate degree in laser physics. He has performed over 55,000 procedures, including on over 4,000 physicians. He has published nine textbooks and many scientific papers including one in the world-renowned journal "Nature". Dr. Wang holds several U.S. patents and performed the world's first laser artificial cornea implantation. He is currently the only surgeon in the state who performs 3D SMILE® and LASIK (18+), 3D Implantable Contact Lens (21+), 3D Forever Young Lens (45+), and



Ross Ronan, Dr. Ming Wang, Harvard & MIT (MD); PhD (laser physics), Haley Wilson

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— For more information,
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If a Tree Falls on My House, Does Homeowners Insurance Cover It?

Sometimes it takes just one good storm to topple what was once a sturdy tree in your yard. And, once the storm passes, you may be wondering whether your homeowners insurance will help pay for the cost of removing the branches or repairing damage if the tree fell on your home.

The answer is “It depends.” What caused the tree to fall and what kind of damage resulted. Here are answers to some frequently asked questions about trees and insurance.

Q: Does homeowners insurance cover damage caused by fallen trees on my property?

A: The answer to this question is, “It depends.” A homeowners insurance policy typically protects your home and other structures, such as a fence or shed, against specific causes of loss, known as perils. Covered perils typically include damage caused by wind. So, the situation that caused the tree to fall is important. If the tree was otherwise healthy and toppled due to wind, a typical homeowners insurance policy may help pay to repair damage to your home or other structure on your property, the Insurance Information Institute (III) says.

However, homeowners insurance usually won't cover a loss caused by negligence or a mainte-

nance-related issue. So if the tree was rotting and ready to fall down before the storm, homeowners insurance likely would not cover the damage the tree caused to your home.

Q: What if the tree doesn't damage anything?

A: If a tree falls down and causes no structural damage, meaning your house doesn't need any repairs, your homeowners insurance policy typically will not cover debris removal, according to the III.

Q: What happens if the tree was on my neighbor's property?

A: If your home is damaged by your neighbor's tree, the III says you'll typically find that your homeowners insurance may help pay to repair the damage to your house (or other structure, if the tree falls on your fence, for example).

Q: Am I responsible if a tree from my property damages my neighbor's property?

A: You're typically only considered responsible if neglect on your part was a contributing factor to the tree's demise. If not —

say a storm knocked your healthy tree onto your neighbor's house — your neighbor will likely have to file a claim through his or her own insurance.

Q: Does homeowners insurance cover removal of tree debris?

A: If the tree damaged your home, a homeowners insurance policy may help cover the cost of repairing your house as well as removing the fallen tree branches, the III says. But if the tree fell without causing damage to a structure on your property, you may find that insurance won't cover the cost of removing the debris, according to the III.

It's important to keep in mind that you'll typically have to pay your deductible before your insurance will help pay for a covered loss. Also, coverage limits will apply. Read your policy or check with your agent to learn what type of coverage and how much coverage your policy provides for damage caused by a fallen tree.



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— Brittney Griffy,
Marketing Manager Frontier Basement Systems,
www.christianbasement.com

Miracle Moments Given and Received Through The Salvation Army

The Christmas season has come to an end, and what a successful, joyful one it has been for those who chose to give to, and chose to receive from, the programs of The Salvation Army. Miracle Moments of Christmas were the smiles on children's faces on Christmas morning, the contentment of parents as they saw those smiles, the hugs from seniors as Christmas gifts were delivered to their doors, and a song sung by a bell ringer. Miracle Moments were also present in the serving of a Christmas meal to a neighbor, the jingle of coins placed in a Red Kettle, and the smiles of donors as they selected the perfect doll or train for their angel.

"We are thankful to every person who gave through us this Christmas. Be it through a kettle, a toy, or a gift of time. Our programs are only successful because our communities believe. We believe and experience that The Salvation Army community provides the Miracle Moments of Christmas," states Major Sue Frizzell.

Thanks to our wonderful Angel Tree donors, over 7,000 Angels woke up on Christmas morning with wonder at the gifts under the Christmas tree. Parents woke up in peace, and paused for a moment, a chance to simply embrace the joy of the season without worry. Seniors were reminded they are not forgotten, are loved and embraced by those around them. Miracle Moments of Christmas, one and all.

Our bells were ringing and bell ringers were singing, throughout Nashville and our community responded by placing their hope, in the forms of dollars for change, into those kettles. With the communities' help, we raised over \$300,000. The communities efforts during our #RedKettle-Challenge campaign will reverberate throughout the upcoming year by providing a chance for others to improve their quality of life and seek out the peace, safety and happiness that everyone who calls Tennessee home should be able to experience.



The work of The Salvation Army is never finished. We are now looking towards spring and our "Camp Changes Lives" campaign were will be looking to send 100 campers to a full summer of day camp here in Nashville, along with, one week of sleep away camp on Dale Hollow Lake. Campers will not only experience arts, music, sports and games, but we will have daily lessons to help combat summer

learning loss so that when our campers return to school they are better prepared than ever before to continue striving to be their best selves. If you are interested in helping send kids to camp, and help change their lives, please visit salvation-armynashville.org to learn more.

— Misty Ratcliff, Development and Communications Manager
The Salvation Army, Nashville



Ruth Graham

No stranger to heartache, Ruth Graham provides a biblical perspective as she shares her journey of faith. The third child of Ruth and Billy Graham, Ruth has her own unique voice addressing critical issues of the 21st century... the struggle of forgiveness, the value of doubt, loneliness and being single in a couple's world.



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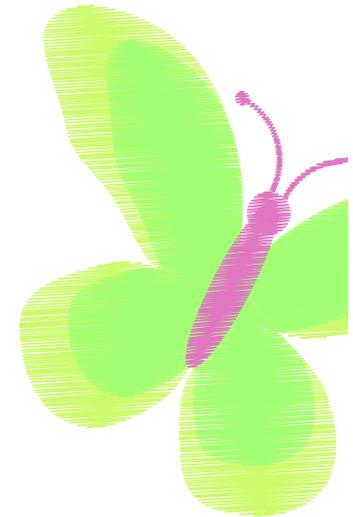


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SPECIAL FEATURE

Music, Moments and Memories – THE CONCERT EVENT

CCM United, TBN (Trinity Broadcasting Network) and Yake Films are thrilled to team up to present two nights of the very best classic CCM (Contemporary Christian Music) artists at the historic Franklin Theater in downtown Franklin, Tennessee!

This two-day event called Music, Moments, and Memories – the concert event will take place Tuesday and Wednesday, February 5th and 6th, 2019 at 7:30 PM. Approximately 20 classic and beloved CCM artists will be featured, with up to ten artists performing each night. Some of the artists performing include, but not limited to: DeGarmo and Key, The Katinas, Big Tent Revival, Guardian, Phil Keaggy, Geoff Moore, Bruce Carroll, Wes King, Al Denson, Tammy Trent, Jaci Velasquez, Clay Crosse, Rick Cua, Mark Schultz and many more artists along with several special guests.

TBN has renewed the television series Remember the Music for a second season and Stephen Yake and Jentry Yake of Yake Films will produce the show. These impressive two nights will capture live concert footage for the second season (13 episodes) of Remember the Music. Many of the very best classic CCM artists will be featured.

A portion of the proceeds from this two-day event will benefit the Gospel Music Trust Fund. The purpose of the fund is to provide financial assistance to individuals who derive or have derived a substantial portion of their income from the field of Gospel/Christian music. The fund serves to assist artists who lack sufficient insurance in times of need, in the event of an emergency, major catastrophe, or terminal or severe illness. An individual requesting assistance from the Trust Fund—for themselves or for their children—must have ten years of full-time employment within the Gospel/Christian music field.

In 2015, Stan Moser of CCM United, presented CCM United – We Will Stand, a major concert event in Nashville that celebrated 40 years of contemporary Christian music. CCM United – We Will Stand culminated in a DVD and book of the same name. Now CCM United is teaming up with Yake Films and TBN to present an equally important major event!

Top classic Contemporary Christian Music artists will perform live concerts over two nights for the TV series Remember the Music in the historic Franklin Theater. Proceeds will go to the Gospel Music Trust Fund making this evening a VERY special event. Thirteen episodes of Remember the Music will be aired on TBN later in 2019.

Don't miss this unique opportunity to enjoy incredible music by some of

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— Les Stoltzfus

HEALTHY LIVING

BE HAPPY, BE HEALTHY, BE WHOLE

Happy New Year! Are you excited to make 2019 your best year ever? Would you be happier if there were less of you in 2019?

Did you know that one of the top resolutions every New Year is to lose weight? Is that what you want to do this year? This column takes its name from the mantra at Cool Springs MD. They believe everyone should be happy and healthy and that helps them become a whole person. In so many ways my wife Sheryl and I have benefited greatly from many of the services offered by Cool Springs MD, and the first thing we did when we discovered Doctor Lodge and his team 7 years ago – is participate in his life changing weight management program.

I'm a tall guy, 6 foot 6, but I had way too much meat on my bones. When I met with Doctor Lodge and his team, I was at my heaviest (308 pounds) but after just 16 weeks – I dropped 65 pounds – and now 7 years later – I've kept 70% of that weight off.

I've tried other weight loss programs in the past,

but there was a special ingredient that Doctor Lodge uses that I'd never tried before – and that made all the difference for me.

If you would like there to be less of you in 2019 consider connecting with Doctor Lodge. The weight management program at Cool Springs MD is packaged as a 13-week process as they have found much success in breaking things down into small, manageable and attainable steps. Many of their patients renew for additional terms until they've either reached their overall goals or also in an ongoing manner for accountability in staying on track with their new lifestyle.

Everything begins at your initial visit, which is designed to collaboratively outline your needs and goals and begin developing the foundation of your custom weight management plan. At your initial visit, they will review your complete medical



history, current medications, perform an EKG, a physical exam, measure your resting metabolic rate, and obtain lab work if not already done. All of this is aimed at helping the Cool Springs MD consultants match you with the best program for success in meeting your goals.

If you are serious about weight loss, then I seriously encourage you to go when I've found my success. Doctor Lodge and his team at Cool Springs MD. I welcome your feedback, thoughts and ideas and look forward to sharing them in the coming months. You can email me at Doug@94FMTheFish.net or feel free to call me during my live radio show – weekdays between 3 pm – 7 pm on 94 FM The Fish. (800) 826-3637

— Doug Griffin

HASSLE FREE ZONE

How to Clean a Comforter

Is it time to wash your bedding? We recommend washing your sheets and pillowcases once every week or two, but your comforter doesn't require cleaning nearly as often because it doesn't come in contact with your skin and hair every night the way your sheets and pillowcases do. Therefore, it's reasonable to wash your comforter three or four times per year. As a natural reminder, plan to have your comforter cleaned with the changing seasons. Here's how to clean a comforter using several different techniques.

Spot Clean Your Comforter

When a small blood stain, grease smear, or other mark makes your comforter look grubby, spot cleaning is often the fastest, easiest, and most effective option for treating the trouble area. Just follow these steps:

- Manipulate the comforter filling to move it away from the stained area.
- Apply a small amount of gentle cleaning agent. Popular options include diluted Woolite, baking soda and water paste, or a 50-50 solution of water and vinegar. Never use bleach.
- Blot the stained area with a clean, white cloth.
- If the spot remains, rub the fabric together to loosen the stain. Then, rinse with a bit of clean water. Squeeze the excess water out and blot with a clean, white cloth.
- Dry the cleaned area with a blow dryer or allow it to air dry.

Wash Your Comforter at Home

If you have a large-capacity, front-load washer, you may be able to wash your comforter conveniently at home. Before you begin, check the care label for washing instructions. Most comforters can be washed with water and mild detergent, but some may specify dry clean only. To prevent damaging your expensive bedding, heed these instructions. If you wash your comforter at home, start by loading it into the machine. Add a small amount of mild detergent to the dispenser. Select the bulky setting on the washer, and choose the proper temperature as instructed on the care label. Program an extra rinse cycle to ensure all the detergent is removed.

When the wash cycle is complete, transfer the comforter to the dryer. Use the low-temperature setting and auto-dry function. Add a few dryer balls or clean tennis balls to help prevent the filling from clumping. Check on the comforter every 30 minutes to fluff it up and redistribute it within the dryer. If the bedding still feels wet when the timer goes off, rearrange it to expose the wet inner portion. Reset the dryer and continue to check on



it every 30 minutes.

When the timer goes off a second time, assess the dryness level again. You may need to hang the comforter to allow it to finish drying completely before putting it back on your bed.

Take Your Comforter to the Dry Cleaner

You might be wondering, "Can I wash my comforter at home, even if it specifies dry clean only on the tag?" This instruction from the manufacturer tells you that this is the safest and best way to help your comforter last. If you decide to put dry-clean-only bedding in the wash, you do so at your own risk.

For more cleaning tips, or to arrange professional house cleaning in your area, please call us at (888) 583-6490 today for a free estimate!

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— Ashley Farrar



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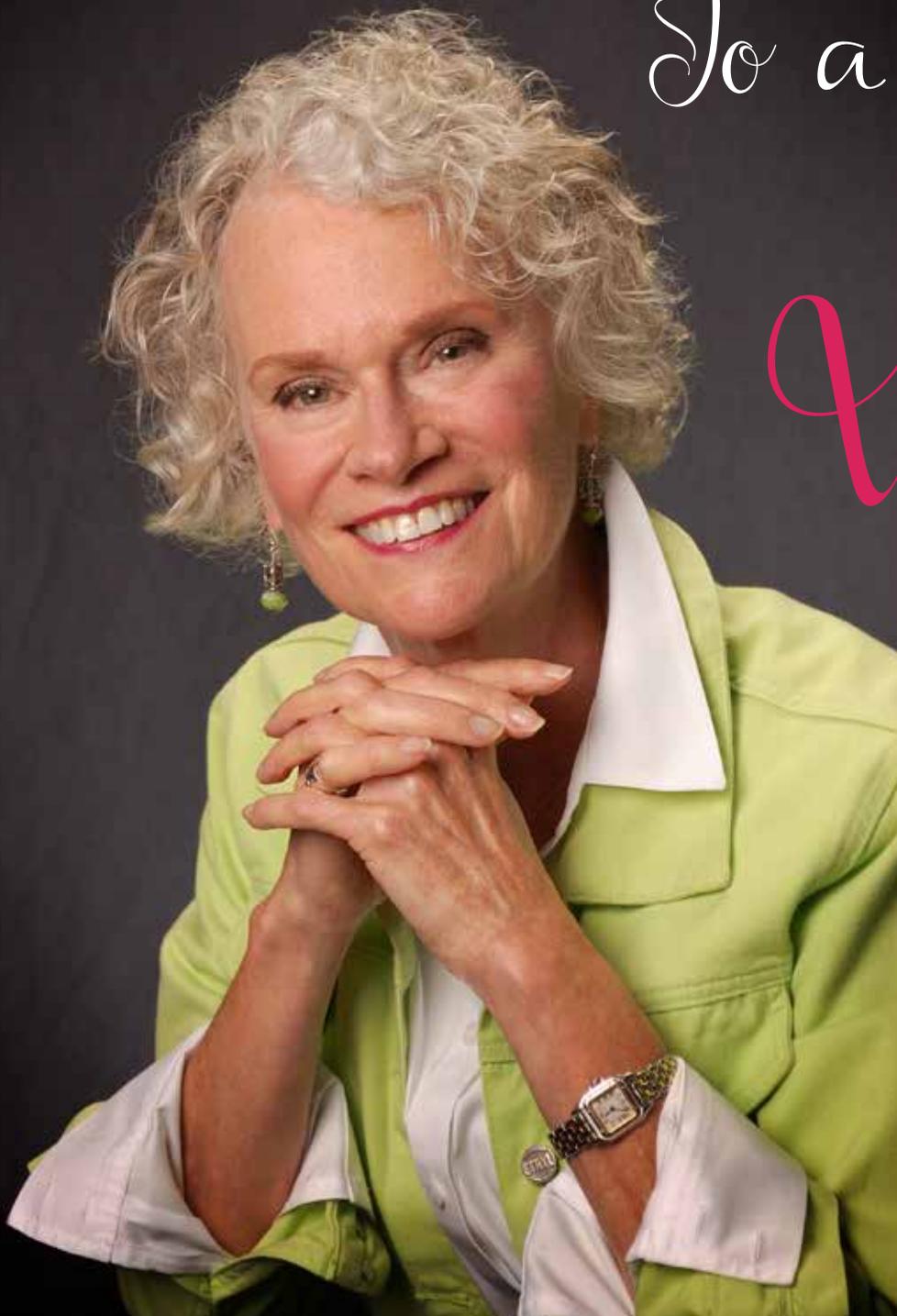
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To a

Place of Wholeness



If it's true there's a broken heart on every pew and there's hope for the hurting, then church-going Christians have an instant ministry and mission. Turning to our left and right, we may spot one of those broken hearts on our pew. Perhaps we need not look beyond our personal seat. Christians, let's look, listen, be aware, and join God in His work for us—maybe beginning with who is in our pew.

Ruth Graham (the daughter—not the mother, Ruth Bell Graham) grabbed the attention of many Christians a few years ago with her best-selling book, *In Every Pew Sits a Broken Heart: Help for the Hurting*. Graham threw out a life line to people who long for help but may not know how to get it. It's a line for others as well: Someone has to pick up the other end of that lifeline.

Stemming from a place of woundedness, Graham's desire has been to create safe places where people begin their journey to Christ's wholeness. Authenticity, vulnerability, and transparency mark her journey to wholeness—a journey her renowned family could not have anticipated: Ruth and Billy Graham brought their third child into the world little knowing what she would bring to the family constellation or how she would affect the greater community.

Only a person in tune with God's direction might brave exposing personal woundedness, and Ruth Graham has had deep wells to draw from: a spouse's infidelities, her divorces, her teenage daughter's pregnancies, another daughter's struggles with bulimia, and her son's battle with drugs—all giving their mother permission to voice them.

Warm and articulate, Graham connects with her audience as she shares the on-going struggle of having a special needs grandchild and the life-threatening disease of her youngest daughter. The attentive Christian world has heard and seen her struggles. She has been ONE of the broken hearts on a pew. However, why would Ruth Graham share such struggles? Most of us wouldn't in a private realm and definitely wouldn't in a public forum.

Graham developed her unique voice in the 21st Century by addressing such critical issues as being single in a couple's world, the struggle of forgiveness, the value of doubt, and the depths of loneliness. To provide education and hope, she deals with such life issues as addictions, loneliness, abortion, control, and pornography. In addition to these life matters, she concentrates on breaking free from the self-imposed image that many of us think we have to maintain—an allusion



Ruth Graham's family and friends at the beach.

that we have to maintain God's reputation—as if He needs our help with that.

Intent on a Biblical perspective as she shares her journey of faith, Graham's heartaches affirm the faithfulness of God in her life's sorrows. Extending beyond herself, Ruth Graham & Friends solidifies a ministry to those in the church who are wounded by life, others, or self.

One way of dealing with heartache and serious life issues is to return to something in life that has been significant. For Ruth that was fulfilling a promise she had made to her father—one day she would finish college she had begun before starting a family. So, at 40 she picked up that promise and states "it gave me enormous self-confidence. I was in class with girls younger than my daughter and was serious about my studies. I took algebra to Africa and Kierkegaard to the beach! My father was able to attend my graduation and give the benediction—a proud day for both of us."

After graduating cum laude in 2000, Graham spent a year as Major Gifts Officer for her college. Later, she served five years as the Donor Relations Coordinator for Samaritan's Purse. Then, for thirteen years Ruth worked in the publishing industry as an acquisitions editor for HarperCollins and McCracken Press. All those experiences fed her desires to minister to the hurting hearts in the pews. She is now a skilled conference presenter and Bible teacher, addressing how God helped her and her immediate family work through efforts to hide their circumstances. They matured beyond the hiding into talking about how God was faithful through the situations.

Graham has appeared on Good Morning America, Life Today, and Fox and Friends and was interviewed on Moody Radio and Focus on the Family, adding to her ministry's outreach. She has also contributed to the series, Divorce Care, and hosted Living Free's video series.

Among her phenomenal blessings, Ruth Graham counts her three grown children and nine grandchildren; her life in the Shenandoah Valley of Virginia; and, of course, her life verse: "Indeed, we have all received grace upon grace from His fullness" (John 1:16, CSB).

Graham says, "Being a Christian doesn't mean that everything is going to fall into place, and that life is going to be smooth." She continues, "[I want] to equip people who want to minister to the hurting but don't know how. Some people don't know what to say, so they say nothing; or they don't know what to do, so they do nothing. We need to know how. I want to give tools to people who want to help."

In Every Pew still sells, and Graham says, "people come up to tell me how much it ministered to them. Christians around the globe responded to that book positively. For the first time a 'prominent' Christian was willing to take her mask off. There was relief for so many who [learned] they were not alone. God has called me to share my vulnerabilities. It hasn't been easy. And there are those who have been critical, but they are few in number to the many who have thanked me. I am convinced as we make ourselves vulnerable, others then feel free to be open and honest with their [struggles]. That's when ministry takes place. God has called me to share my story for His glory."

Graham testifies to God's faithfulness, exclaiming, "I am so grateful God accepts me as I am—hurting, wounded, broken. I am glad He chooses me to be



Ruth Graham travels to speaking engagements across the country addressing such critical issues as being single in a couple's world, the struggle of forgiveness, the value of doubt, and the depths of loneliness.

part of His family, regardless of my past mistakes and sins. He wants me. He cares about me. His arms are open to me at all times. Even when I am in the ruins, God stands watching the road, eager for me to come to Him. God doesn't stop at ruin; it's where He begins. And brokenness is a qualification for service to Him. God does not hold in His hand a list of my failures. He is waiting to embrace me and welcome me home. And that invitation is open for you."

Another of her conference topics has included singles in the church. According to Graham, "The women that influenced my mother the most (other than her mother) were single women: Corrie ten boom, Henrietta Meyers, Amy Carmichael . . . Singles have unique needs—some as single parents, some as lonely widows/widowers, [and some as never-marrieds]. I think the church works better when we all participate and help each other, but it takes a certain willingness to make yourself available and vulnerable. Sometimes singles have to step up and let folks know what their

needs are . . . it can be a simple thing like looking around to see who is sitting alone and go with that person."

Ruth Graham motivates people through God's comfort and loving acceptance and pulls them from a place of woundedness to a place of wholeness in Christ.

How many wounded hearts are on your pew? How many can you help lift to wholeness?

— Sheila E. Moss: author of *Living to Matter: Mothers, Singles, and the Weary and Broken*; *Interrupting Women: Ten Conversations with Jesus*; and various international publications derived from teaching Bible and Christian ethics in Africa, Ukraine, and Venezuela; teacher of Bible classes for over 35 years, concentrating on singles for the last eleven years; mother of three daughters and two sons and grandmother of seven granddaughters and four grandsons.

Ruth will be appearing at the New Beginnings event in Murfreesboro!



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Finding time

We know technology has changed the way we do business, but we sometimes overlook how it also shapes our family life. I took my family out for dinner the other day, and stopped to notice that all of us were on our phones – some Facebooking, some Snapchatting, and, yes, I was thumbing through work emails.

As fantastic as technology can be, there are pitfalls – including the lack of being present. My wife often reminds me to “be in the moment.” That is very difficult for a person like me, always thinking 10 steps ahead, looking to prepare myself, my team, or my family for any roadblocks in our way. The intent is good, but the reality is that, by doing so, I (we) risk missing out on what is happening right in front of us.

When my daughters were younger, they both played competitive travel volleyball. We were

road warriors, traveling from one town to the next chasing every tournament there was. One of my responsibilities was to film each game; having a video of great plays was key to securing a collegiate sports scholarship. However, I came to realize that by focusing so much on the filming, I was missing the best parts of the game, the laughter and joy in my girls’ faces. So, I set the camera down. I pledged to myself to be present, to not allow distraction to take from me and my family what I could never get back, special moments missed. I focused on the now, and I am so glad I did!

Establishing balance

Work/life balance is a topic I often speak about. We chose a line of work that requires much of us at times. We have no control over when an AC unit will fail, a water line will break, or an electrical panel will fail. We are called to be the heroes that swoop in to save the day, making the lives of our customers better. Yes, this means we will be asked to give our time when needed. That’s true. However, if we choose to truly live in the moments we are given, setting aside our phones and other de-

vices, the time we have will be more impactful, as we create and cement memories of the times that matter most.

Be in the now – BE PRESENT.

— Dan Kalman Sr., VP of Home Services for Lee Company
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Fighting Dormancy in Your Spirit (and in Your Yard)

Stuff doesn't grow in the winter. Well, most stuff doesn't anyway. Turf grass doesn't. Trees really don't. Roses don't. Flowers don't. Bushes don't. Pretty much everything you maintain in your yard for most of the year becomes dormant in the winter.

"Dormant" is a word that sounds like its definition: "Having normal physical functions suspended or slowed down for a period of time; in or as if in a deep sleep." But just because your yard becomes dormant doesn't mean the work in it can stop. There is a lot to do in preparing for a healthy growing season once the weather warms and everything germinates.

For instance, you need to rake leaves and clear twigs and other debris from your yard. Some trees and shrubs need pruning. Be sure to inspect your roses and make sure their root systems are protected. Then there are the weeds. The good news is weeds die in the winter. The bad news is they dropped their seeds before dying. You may need a January application of pre-emergent herbicide, depending on how mild the winter is.

Just because it appears growth has "suspended or slowed down" – gone dormant – doesn't mean you can stop maintaining your yard.

That's a truth we can apply to the Christian life. We experience seasons where we grow and thrive spiritually. God's Word comes alive when we read the Bible and walking with God is like walking in sunshine through a mountain meadow in full bloom.

But then we also experience spiritual seasons that are like walking through a barren winter forest on a cold, gray day where the wind cuts through you. Your spiritual life has gone dormant and you feel awfully alone. Every Christian experiences those times. What do you do?

Galatians 6:9 says, "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Just because your spiritual life becomes dormant doesn't mean there is nothing to do, and it doesn't

mean the situation is hopeless. To the contrary; it's an opportunity. This is where faith and faithfulness come in. Faith in earnestly believing the truth that God doesn't leave or forsake you, especially in those times when you feel a winter chill has settled in your soul. And faithfulness to keep praying, to keep reading your Bible, to keep serving others, to keep fighting sin. This is the good in which we must not grow weary in doing.

We must never equate the quality of our walk with the Lord with feeling spiritual sunshine on our faces, but rather by our faithfulness in clinging to the Lord in our most desperate of times.

Christian, don't give up or give in to weariness. Cultivate your relationship with the Lord if you are in a season of spiritual dormancy and then look forward to the spiritual harvest that lies ahead.

— Chris Turner is Director of Communications for the Tennessee Baptist Mission Board. He and his family live in Franklin where he aspires to make his grass grow green and thick.

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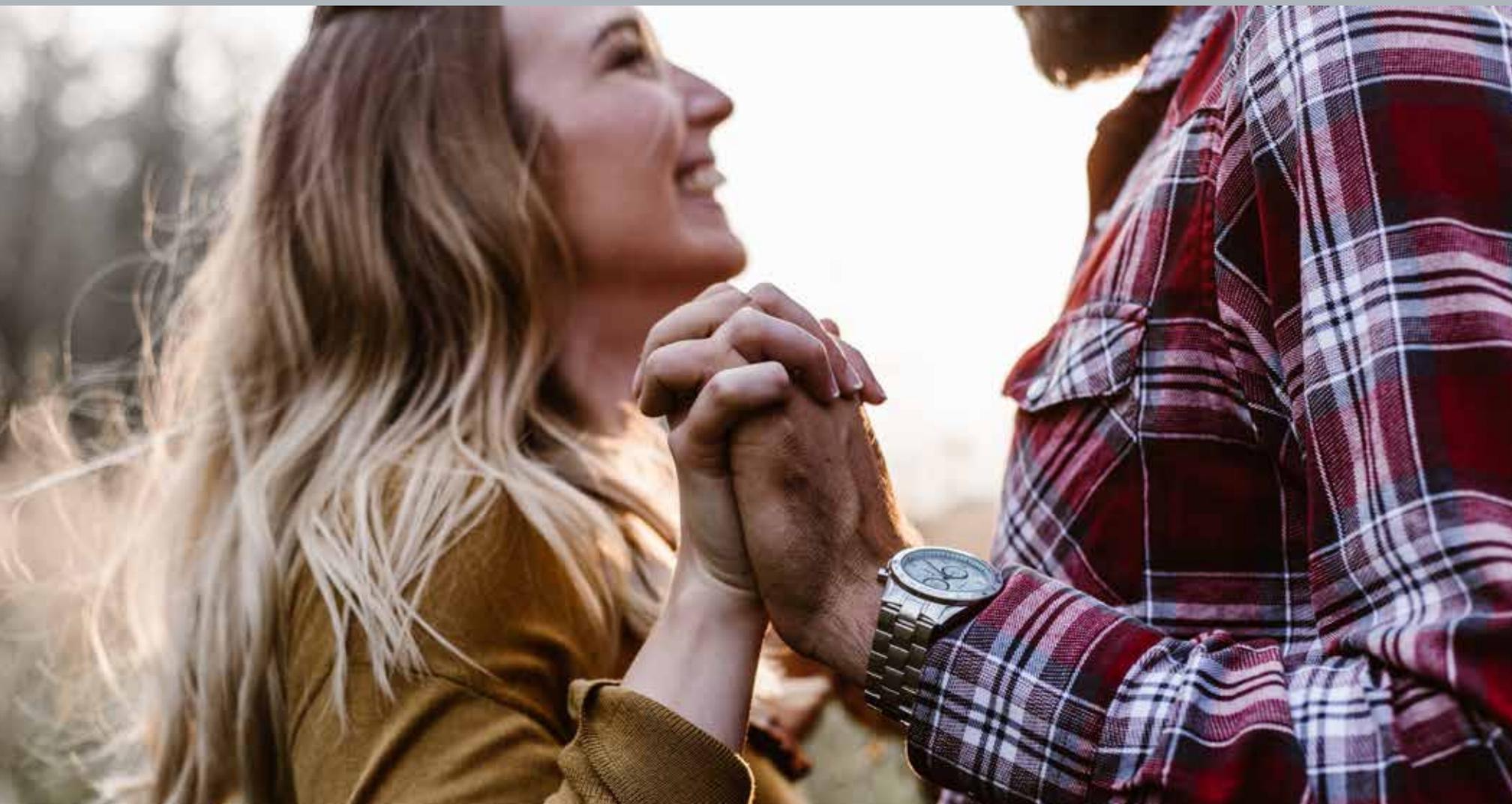
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TEACHABLE MOMENTS

THIS LITTLE LIGHT OF MINE

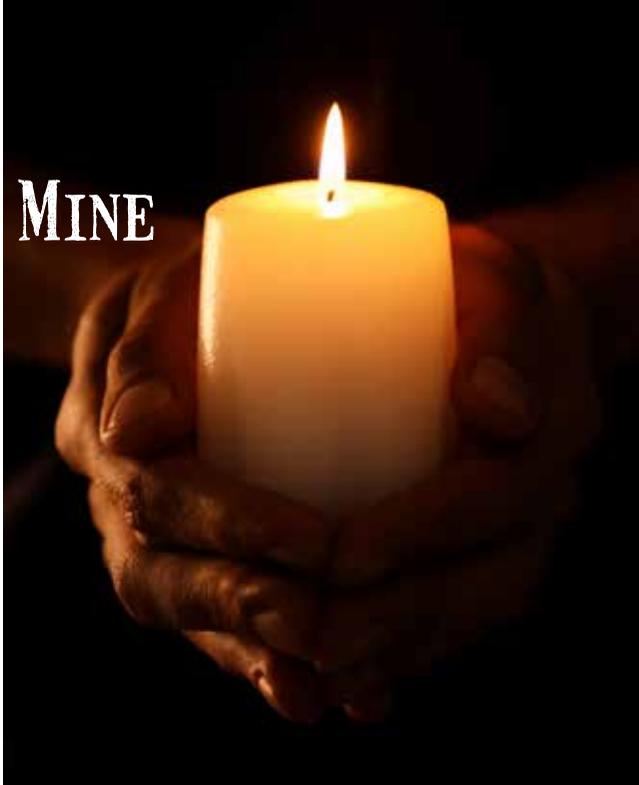
THIS LITTLE LIGHT OF MINE should be shining brightly for all to see. There is a song we might have learned very early in Sunday School. It goes like this:

*This little light of mine
I'm going to let it shine
This little light of mine
I'm going to let it shine, let it shine,
let it shine, let it shine.*

Other verses start with "Let it shine till Jesus comes" and "Hide it under a bushel, NO" and closing with "I'm going to let it shine."

Does your light shine? Are you going to let it shine till Jesus comes or are you going to hide it under a "bushel" to keep others from seeing it? We all have a light to shine and through the use of that light we can work to make the world a bit better, one in which Christian values and faith are extended to others making their life better here and assuring their Heaven arrival.

But our light must be in balance. Our light should not be designed to keep other lights from shining or to be the only one that is lit. Our light needs to work in concert with other lights. On a Christmas tree there is usually only one light that is much brighter than all of the others and might represent the



angel at the top, the representative of God. Many would not see a Christmas tree with only our light shining. When we join our light with other lights, the total effect is brighter and with greater impact. Our light should be one that encourages other lights to shine.

How do we get our light and other lights to shine? Dwight L. Moody, the evangelist, once said, "We are told to let our light shine, and if it does, we won't have to tell anybody it does. Lighthouses don't fire cannons to call attention to their shining – they just shine."

When we let our light shine, do others know it is a Christian light? Does it illumine our faith and our Christian values? Is that light shining where it is needed with the poor and hungry? Is that light shining with those in some form of distress? Is that light showing love and caring wherever it goes? Does that light encourage others to be Christians? Our light might be small but it can be mighty in serving God by living an exemplary life through our devotion to God and our passion for loving and serving others.

— Kenneth W. Oosting, Ph.D.



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All That's Good

Frederick Douglas once wrote that his thoughts of America sometimes moved from rapture and joy to mourning and loathing. His assessment of society should resonate with every person of faith, for our world is filled with both virtue and evil, the lovely and the hideous. If we are not careful and intentional, the gifts of God can be obscured by the ugliness that surrounds us. Being intentional about how we view the world is the primary concern of Hannah Anderson's new book, *All That's Good, Recovering the Lost Art of Discernment* (Moody Publishers). Anchored on Paul's command that we should dwell on what is true, honorable, just, pure and commendable, Anderson invites us to use discernment when we engage our society. We should endeavor to see the world as God sees it. Yes, it is filled with the obscene and the tragic, but it is also filled with grace and beauty. What we choose to focus on is up to us. How we speak to our neighbor and post on social media is also our choice to make. Is it true? Is it just? Is it commendable? How much better the world would be if every disciple of Jesus asked such questions on a daily basis.

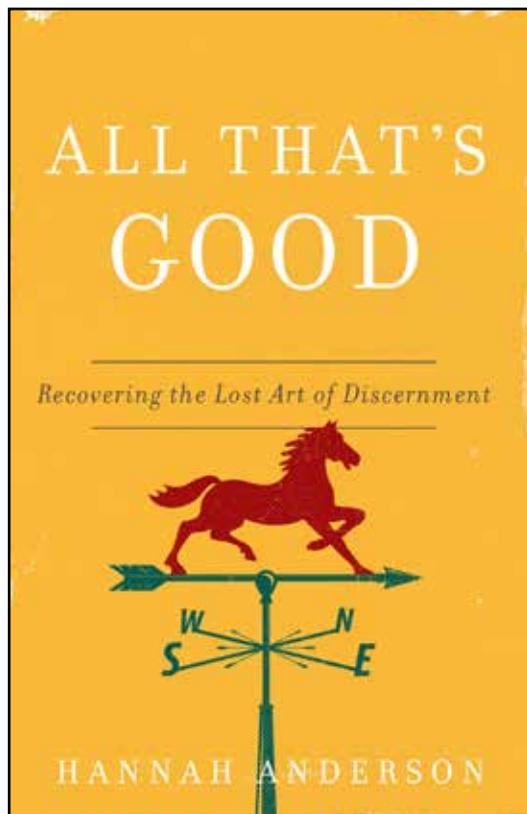


Photo Credit: Mary Walls

Author Hannah Anderson lives in the Blue Ridge Mountains of Virginia where she says "life is an eclectic mix of rural ministry, family ties, and trying to figure out how to keep our beagle in the yard."

Reading *All That's Good* encouraged me to reassess where I focus my attention throughout the week. I should be informed about the world, speak the truth, and actively resist evil. But I should never let the darkness overwhelm the beauty that God has placed in my life. I must choose whether or not to live in proleptic gratitude, anticipating the day when God will obliterate all that's bad, the truth will be fully known, and justice will be established forever. On that day Jesus will look over his redeemed creation and declare, at last, "It is good."

— Darrel Holcombe


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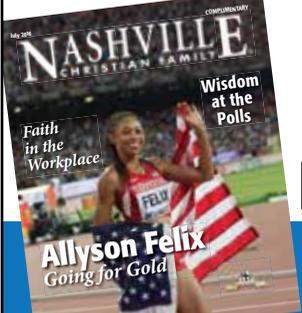




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Building a Strong Leader

A master carpenter who worked for the same builder for nearly 50 years announced he wanted to retire. The builder told him how much he appreciated his work. He gave the carpenter a \$5,000 bonus and asked him if he would build just one more house. The builder owned a magnificent lot with a spectacular view, and said he wanted to build a dream home there.

The carpenter was bitterly disappointed at the small bonus, but his last building fee would help him buy a small cottage, so he agreed to build the dream house.

The carpenter had always prided himself on his uncompromising commitment to quality, but resentment over this last job caused him to cut corners, ignore details, and accept shoddy workmanship from other workers. He even looked the other way when some of them substituted cheaper materials and pocketed the difference.

When the house was finished, the builder shook the carpenter's hand and, with a huge smile, gave him an envelope with a thank-you card and a folded piece of paper. The carpenter was disdainful until he unfolded the paper and found the deed to the house he had just built.

The carpenter was ashamed to have misjudged his old friend and betrayed his own values, and he was remorseful that the house he would live in

for the rest of his life had been made so carelessly.

Our character is the house we live in and it's built piece by piece by our daily choices. Deceit, irresponsibility, and disrespect are like shoddy workmanship. Whenever we put in less than our best and ignore our potential for excellence, we create a future full of creaky floors, leaky roofs, and crumbling foundations.

"The Parable of the Carpenter"
by Michael Josephson

This parable emphasizes the power we each possess over the construction of our lives. We are each leaders of our self, our family and / or our work. As the leader we determine the quality of workmanship based on our level of personal development, the quality of materials we choose to work with by the people we choose to bring into our lives and the quality of environment which we choose build our structure on through the places we live, work and pray. Thus begins our daily construction of the ultimate work of art that is destined to be our life.

Consider the Power of the Wisdom of Three using the features that make up every construction; the foundation, the walls and the roof. Every building must have these three building blocks. The foundation must be solid, stable and strong so



as to bear the weight of the entire structure. The permanent and eternal part of every person, the soul. The house is only as good as the foundation and so it is with a leader's soul. The walls must be ridged, binding and durable to survive the elements. They must be ridged enough to not bend under stress, be capable of binding the roof to the foundation and the walls to one another; keeping the structure together and they must be durable enough to endure outside forces powerful enough to topple the building. We too have walls known as our body. Of course, every resident must have a roof. The roof must be constructed to allow for runoff so it does not take on additional weight from debris. It must be centered so as to keep the walls straight. Most importantly, the roof must act as the covering protecting the valuables residing directly below it. Our roof is our mind.

— Anthony "Tony" Boquet, Vice President / Adjunct Instructor at The American College of Financial Services and author of "The Bloodline of Wisdom, The Awakening of a Modern Solutionary"

FAITH UNDER FIRE

Joy Comes. Let It.

Well, we made it through another holiday season. It was a gauntlet, for sure. We spent more than we had planned, today's news is no better, and though we passed through December successfully, now the bathroom scale preaches to us and the IRS is waiting for our next tax return. How fast seasons and moods change! During December, 38% of the alcoholic beverages for THE WHOLE YEAR are sold. So many are trying to navigate with a drug.

Yet joy comes, because the Scriptures show us through the life of Elijah, miraculous though it was, how to hit bottom and then come up on top again. Right after a Super-Bowl type victory over the powers of evil on Mount Carmel in I Kings chapter 18, he faced horrible opposition and persecution and threats that almost ended his ministry as quickly as it had started.

Anyone with experience in this life knows that this is exactly how life here can be—how fast the tides can turn! Is there a remedy for this? Will joy truly come the next day or the next month? Is it here to stay?

Let's take a look: the fall began in I Kings 19:2 when Elijah received a death threat from the queen. As he ran away, falling headlong into fear, he faced:

- The feeling of being worthless "I am no better than my ancestors" 19:4
- Hopelessness "he ran for his life" 19:3
- Isolation "I am the only one left" 19:10, 14

- Unable to cope with life "I have had enough" 19:4
- Now he is suicidal! "take my life" 19:4

This was the worst day of his life, without a doubt. But then God . . .

God came and gave him a four-point strategy to get back on top again:

- A provision by the angel of the Lord, of food and rest 19:5-8
- He spoke comfort and renewal to him in a "still, small voice" 19:9, 12
- He assured Elijah that he was not alone, helping him cope with the lies 19:18
- He gave Elijah another fresh vision, another mission to fulfill 19:15-17

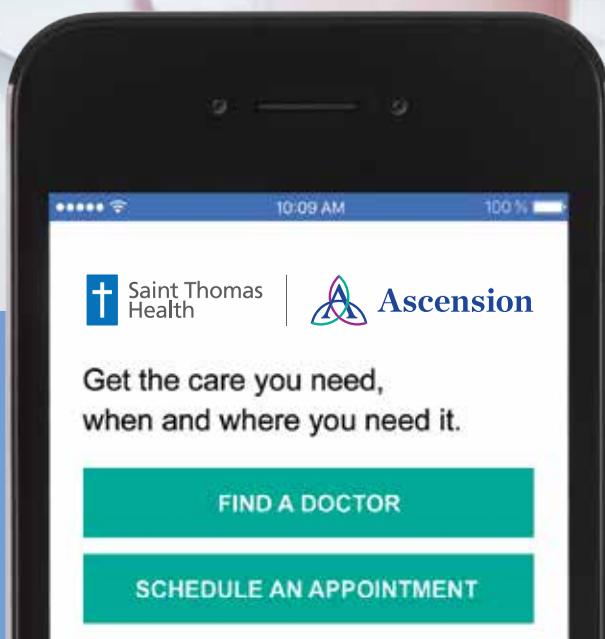
There will always be a Queen Jezebel to deal with and we have to learn how to do it. Never forget . . . "Joy comes." (Psalm 30:5) Weeping sometimes comes in the night, but joy comes in the morning—on the next day. Then we remember that yesterday's weeping ended last night! Rough and tough times do not last, but tough people—strong and mighty in the Lord's strength—do last. Elijah was not killed. He went to heaven in a flaming chariot. Opposition tried but was never able to catch him. This is because GOD CAUGHT HIM. Is He freshly catching you today in this new year?

(Thanks Bob Gass for inspiration for this message!)

— Mark Simpson

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Feeling Lonely? You're Not Alone

There is an epidemic that kills more people than obesity and has the same negative effect as smoking 15 cigarettes per day. Former Surgeon General Vivek Murthy says it causes “an insidious type of stress” that can lead to chronic inflammation, heart disease, dementia, depression, and anxiety. This condition is no respecter of persons, afflicting people of age, race, gender, and status.

What is this condition? It is loneliness, the type of sadness that comes from feeling isolated, disconnected, and vulnerable. It is the aching pain of finding yourself alone in the world, even though you might be surrounded by people.

Of course, loneliness is not new to the world. But our society is lonelier than most. In fact, even while “social” media use has spiked in recent years, so has loneliness, with more than 40% of all Americans and even many married people describing themselves as feeling disconnected, detached, or isolated. I experienced this type of loneliness—in my late twenties and early thirties—in the midst of an extended period of depression.

It is no surprise, then, that my attention was captured by a new study from the University of Michigan, revealing that lonely people benefit from having a relationship with God.

This immediately caught my eye not only because of my past experience with loneliness but also because, as a pastor and seminary professor, I have seen the transformative effects of God’s friendship in the lives of many lonely people.

If you are lonely, or if you are acquainted with a person who experiences the aching pain of social disconnection, you should know that the God of the Bible offers a healing salve.

In fact, the opening act of the Bible’s narrative teaches us that God created us to be persons-in-community. He hard-wired us for deep relational connections with him and with the people around us. Let that sink in. God doesn’t want us to be lonely.

But the Bible’s story soon takes a dark turn, as man and woman broke rebelled against God and, in doing so, ruptured their relationship with God and with each other. And, like the first couple, each of us also experience broken relationships with God and with the people around us.

Loneliness would have won, had God not responded. Into our fractured world, he entered in the person of Jesus. Jesus’ life was so striking—and has been admired by so many people through the centuries and around the globe—because he modeled the perfect being-in-relationship for us. He was the exemplar of how to live in right relationship with others.

God the Son entered the world through the womb of Mary, grew up in a normal family and community, and undertook his earthly ministry with a group



of 12 friends with whom he constantly interacted. Even on the eve of the most isolated day of his life—the crucifixion—he gathered to have supper with his disciples.

When Jesus was crucified, he was utterly isolated for the first time in his human life. As the religious, political, and military leaders of his day colluded to strip him naked, beat him mercilessly, and hang him on a cross, his closest friends abandoned him in fear and disbelief.

But even as the leaders of the world colluded to perpetrate the most evil act in the history of the world, God the Father and God the Son were orches-

trating the greatest good the world has ever seen. Through the crucifixion, Jesus took our sin and pain and loneliness upon his shoulders, died for it, and in exchange offered us a relationship with God through him.

As we embrace God—through Jesus—he reconciles us to himself. He calls us his friends (John 15:15) and promises to be with us always (Matthew 28:20). He promises to be near to the broken-hearted and close to those who are emotionally crushed (Ps 34:18). He is the “God of all comfort” (2 Cor 1:3-4). What’s more, he offers us a community, a place of belonging, that we know as the “church.” The church is an imperfect community, full to the brim with imperfect people, but it is God’s chosen community, a place where the weak find their strength and the lonely find their home (Romans 12:10-13).

Interestingly, psychologists and therapists argue that 40% of their success with a client is determined by the quality of relationships the client has outside of the counseling office. And churches—even with their imperfections—can provide exactly the type of therapeutic community a lonely person needs. The great theologian Augustine once said, “our hearts are restless until they find their rest in God.” He was right. The God who created us to be persons-in-community, and who entered our world in the person of Jesus, calls us to find our rest in him and to experience that rest in his community—the church.

Are you lonely? Well, you're not alone.

You’re not alone because many of us have also experienced the aching sadness of being disconnected. You’re not alone because the people of God stand ready to welcome you into their community. Most of all, you’re not alone because the God who created you, knows you, and loves you offers you his friendship.

— Bruce Ashford is the Provost and Dean of Faculty at Southeastern Baptist Theological Seminary, where he also serves as Professor of Theology and Culture.

Follow him on Twitter @BruceAshford.

THIS ARTICLE WAS FIRST PUBLISHED BY FOX NEWS

HOMETOWN HERO: Granting Wishes for Children

One day while Scot Burner volunteered at his first fundraising walk, he noticed a bouncy-house full of laughing, winded children. Scot had finished his official volunteer shift for Make-A-Wish Middle Tennessee, so he decided to hang out with the kids. After a few hours passed quickly, the fundraiser ended, and it was time for the bouncy-house to close much to the chagrin of the children as well as Scot. He agreed with the children and tried to prolong the fun exclaiming “The mean lady wants to shut us down!” (He hadn’t recognized the lady who shared the bad news and later learned “the mean lady” was the president of Make-A-Wish Middle Tennessee.) The kids moaned and begged for more time, yet eventually each said good-bye and left tired yet happy. Scot never forgot this volunteer experience.



He creates beautiful memories and moments for each child because he understands the effect true joy can have in a child’s life. The true joy he and the children experienced at the bouncy-house two years ago continues today through Scot’s volunteer service with Make-A-Wish Middle Tennessee.

Nashville’s Volunteer of the Month is a program of Doing Good, a 501(c)3, nonprofit organization which educates and inspires people by celebrating the real stories of real people who volunteer. For additional information about Scot, Doing

Good, or other volunteers, visit the website www.DoingGood.tv or @Doing-GoodTV on Facebook, Twitter, Pinterest, Instagram, or YouTube.

— John Theo

Doing Good is a 501(c)3 nonprofit that provides marketing and public relations tools, resources, and opportunities to nonprofit and government agencies to celebrate their volunteers. www.DoingGood.tv



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Has something in the magazine or something you have discussed with someone or some thoughts that you have had or something that you have heard, brought you to a point of realizing that you want and need to know Christ in the truest and personal sense?

God's Plan of Salvation

God created us to honor and serve Him

Revelation 4:11: "You are worthy, O Lord, To receive glory and honor and power; For You created all things, And by Your will they exist[b] and were created

Each of us has sinned against God

Romans 3:10: As it is written, "There is none righteous, no, not one"
Romans 3:23: For all have sinned and fall short of the glory of God,

The penalty for sin is eternal separation from God and Heaven

Romans 6:23: For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Good works cannot ever earn God's forgiveness and Salvation

Titus 3:5: not by works of righteousness which we have done, but according to His mercy He saved us.

God loves each of us

John 3:16: For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

Jesus Christ died on the cross in our place, paying the penalty for our sin

Romans 5:8: But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

We each must accept Jesus Christ as our personal Savior

Romans 10:9: that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

Romans 10:13: For "whoever calls on the name of the LORD shall be saved."

To accept Christ into your heart and life, pray a simple prayer along these lines - *"Dear God, I know that I am a sinner and I am sorry for my sins. I know that Jesus died for my sins and the sins of the world. Right now, I ask Jesus into my heart and receive Him as my personal Savior. Forgive me of my sins, thank you for saving me through the blood of Jesus. Please Lord, help me live for you. In Jesus name, amen."*

All scriptures are taken from The New King James Version of the Holy Bible.

We believe this is the most important decision you can make for yourself and your family. We encourage you to see out a bible-based church in our community.

www.ChristianFamilyNashville.com



January 2019 Calendar



List Your Event!

If you have an event you would like listed in the Nashville Christian Family Community Calendar e-mail us at: NCFPublication@gmail.com subject line - Calendar

January 9 - March 6

Winter Co-Ed Soccer League – Indoor Arena at Crockett Park – Brentwood -The Athletics Division of the Williamson County Parks and Recreation Department is now registering for a Winter Co-ed Indoor Soccer League at the Indoor Arena at Crockett Park, 1485 Volunteer Parkway, Brentwood. League play will be on Wednesday nights, January 9 – March 6. The team registration fee is \$465. A maximum of 10 teams will be accepted. Registration continues through December 24 or until the league is full. Register at www.wcparksandrec.com (#11898). For more information, contact Mike Arnold at (615) 377-6530, ext. 6602, or Mike.Arnold@williamsoncounty-tn.gov.

January 19, 26

Father Daughter Dances – The Williamson County Parks and Recreation Department (WCPR) proudly presents “An Enchanted Evening” for the annual Daddy/Daughter dances at WCPR facilities in January. Event dates will be Saturday, January 19 at the Longview Recreation Center, 2909 Commonwealth Drive, Spring Hill, TN., and Saturday, January 26 at the Franklin Recreation Complex, 1120 Hillsboro Rd., Franklin, TN. Both dances will be from 6:00 to 8:00 p.m. This will be a special night for girls 4 to 12 years of age and their dad, grandfather, uncle or other special person. Couples are encouraged to dress up and dance the night away to live entertainment. Each girl will receive her own commemora-

tive photo. Light refreshments will be served. These events are \$18 per couple and \$12 for each additional girl. Registration for this event is now open at www.wcparksandrec.com. Registration code: Longview #13576, Franklin #13576. Space is limited. Similar events are scheduled at WCPR facilities in Fairview and Nolensville in February. Registration details will be announced in the coming weeks.

January 7

Registration Open For Winter Session Tennis Clinics

– The Athletics Division of the Williamson County Parks and Recreation Department announces ongoing registration for Winter Session 2 Tennis Clinics. The clinics will start the week of January 7, 2019 at the Indoor Sports Complex in Brentwood, 920 Heritage Way. Adult and junior clinics (age 5 and older) in beginner through advanced skill levels are offered Monday(s) through Saturday(s). Prices vary depending on the duration of clinic. A full class schedule, fees and registration are available at www.wcparksandrec.com. All fees must be paid in order to secure placement in a class. Space is limited. Contact Ann Marie Flynn, at (615) 370-3471, ext. 2113 or Kylie Preston, ext. 2116 for more information.

ONGOING

Last Tuesday of Every Month – Tennessee Christian Chamber of Commerce Monthly Luncheon, Last Tuesday of every month except December.

Connection Groups - Networking/Leads Meetings held in these locations: Brentwood, Cool Springs/Franklin, Downtown, Hendersonville, Mt. Juliet, Murfreesboro. For meeting locations, times and dates or for more information about the Chamber and events, visit www.tnchristianchamber.org or email rstringfellow@yahoo.com.

Coming in FEBRUARY

February 5 and 6 - 7:30 PM

“Music, Moments, and Memories – the concert event” – Franklin Theater, Franklin, TN up to 10 artists each evening.

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February 14 – VALENTINES DAY

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