

January 2020

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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 GOOD NEWS!

FROM THE PUBLISHER

HAPPY NEW YEAR!

I hope that you enjoyed a blessed and Merry Christmas.

2019 has come and gone and not only a new year begins but a new decade as well. We tend to naturally think of our life span in terms of days, weeks, months and years and the years seem to pass by faster and faster as we get age. The old saying, “the older you get, the faster time goes”, is certainly true.

Whatever events of this past year or decade that you have experienced, whether good or not so good, as Believers we all have something in common as we begin 2020. We all have hopes, expectations and plans that we, our loved ones and friends will be blessed during this coming year.

The Bible provides us with many scriptures to give us guidance along this line, 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, we should adopt his goals as ours as we look to the future.

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 always realizing that our ultimate Hope is in the Lord.



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ON THE COVER 16

Eric and Courtney Waldrop star in the TLC Network series *Sweet Home Sextuplets*. Read how they have been able to share their faith while raising nine children! See page 20.

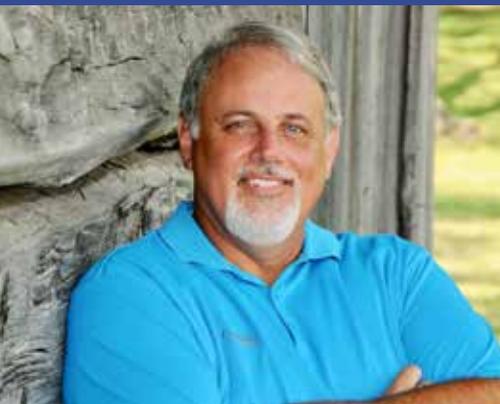
7, 9, 24, 25 Healthy You for the New Year

1-32 FREE Good News

SPECIAL FEATURES

- 12 Specialty Cleaning Matters
- 12 Preach The Gospel and Always Use Words
- 15 Keeping Feet On the Ground – Thurman Mullins
- 16 Reflecting On Life's Circumstances

NEXT ISSUE



Daryl Murray, Founder and Executive Director of Welcome Home Ministries – Providing Hope For Recovery With The Love Of Jesus Christ

AND MUCH MORE!

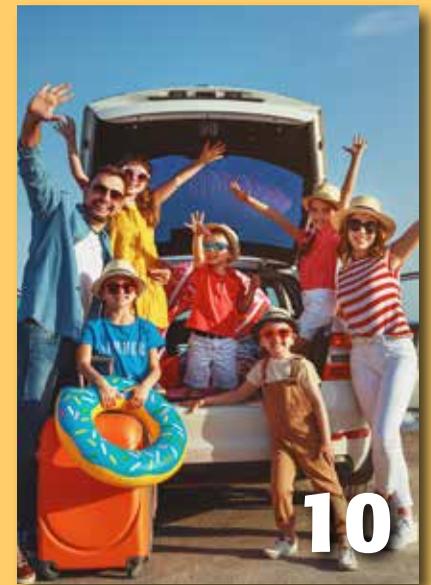
January 2020

DEPARTMENTS

- 3 From the Publisher**
Fan Blades
- 6 Money Matters**
Budgets, Resolutions, and Lessons From the Ant
- 6 Mission Makers**
Fight For Good
- 7 Healthy Living**
Bariatric Medicine Can Change Your Life
- 8 An Encouraging Word**
It All Starts With a Dream
- 9 Business Today**
A New Year Is Upon Us – Vanderbilt Health Is Here For You
- 10 Are We There Yet?**
Helping To Create Lasting Memories
- 14 Cool Stuff With a Mighty Message**
Meet Swanson Direct – Gifts That Inspire The Straw Debate
- 14 Miracle Moments**
Lessons From the Junk Drawer
- 15 Best Books**
Reflections on the Existence of God
- 16 Teachable Moments**
Alignment From the Place Of Victory
- 17 Legal Matters**
Churches Need Biblically-Informed Legal Guidance
- 18 Hassle Free Zone**
 - How Often Should I Clean My Refrigerator? And How To Do it
 - The Only Way To Clean Dusty
- 24 Healthy Living**
Be Happy, Be Healthy, Be Whole
- 25 Hometown Hero**
Yoga Offers More
- 27 Tech Talk**
Experimax – Franklin
- 29 Body & Soul**
Compassion
- 29 The Home Front**
Radon – The Silent Killer
- 31 Mighty Women**
Ed. D Graduate's Journey to Business Success
- 32 Kids Korner**
Jumping For Jesus
- 33 God's Plan For Salvation and Eternal Life With Him**
- 34 Faith Under Fire**
The Single Greatest Challenge To the Christian Ethic
- 36 The Single Life**
A New Year's Perspective on the Ex
- 38 Calender**
- 38 About Our Advertisers**

CONTENTS

VOLUME 11, NUMBER 3



Does God Exist?

“Richard Simmons’ book is the fruit of many years of thoughtful reading about the relationship of theology to the issues of modern life. He brings the biblical doctrine of God into conversation with the most basic questions about meaning and morality, science and human reason. Chapter after chapter offer helpful insights.”

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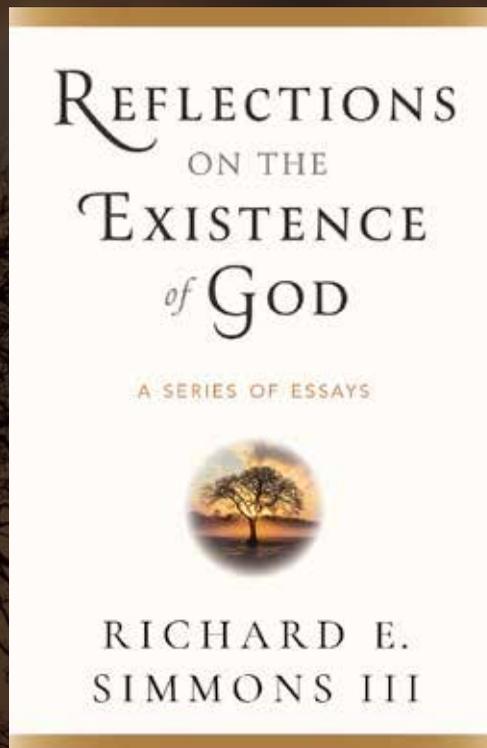
—CHRIS HODGES,
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“Richard Simmons delivers a timely and valuable resource which is thoroughly researched, well organized and highly accessible. He provides believers with a solid foundation for a faith in God that is reasonable, resilient and resolute while giving skeptics much to consider.”

—TIM KALLAM,
Senior Pastor, Mountain Brook
Community Church

“Richard Simmons masterfully guides us through this journey of meaning through his reflections. Each essay stands alone, but in total, provide a comprehensive view of what the God-centered life looks like, as well as the alternative.”

—ANDREW C. PEARSON, JR.
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New York Times bestselling author and host of the nationally syndicated radio Show

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Senior Pastor, Christ Church
United Methodist



Richard E. Simmons is the founding director of The Center for Executive Leadership, a faith-based ministry he started in 2001 in Birmingham, Alabama, focused on counseling businessmen and professionals. Visit us at www.thecenterbham.org

Online at
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and [Amazon.com](https://www.amazon.com)

MONEY MATTERS

Budgets, Resolutions, and Lessons from the Ant

Is a penny saved always a penny earned? The old adage may seem useful as we look toward 2020, and its inevitable focus on, among other things, improving our personal finances by putting “pen to paper” and creating the obligatory New Year’s resolution budget. As resolutions go, it’s right up there with losing weight and exercising. On average, based on a recent Fidelity.com survey, almost 40% of us create new budgets annually with the hope of improving our financial situations.



While the resolution is made with great intentions, we need to remember that adopting a philosophy of frugality first could lead to a potentially short-sided approach. Spending as little as possible in all circumstances, and hoping this will keep us on track toward financial goals, can backfire.

Instead, consider the ant. Proverbs 6:6-8 says, “Go to the ant, you sluggard; consider its ways and be wise! It has no

commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest.” That wise ant isn’t saving every possible penny. But it is storing what it can in the summer, so it has the provisions needed in the fall.

As you think about your 2020 resolutions and financial plan, remember that one size does not fit all concerning spending habits. For example, in my personal experience, I’ve found that tracking my spending, using a cash system and adhering to conventional approaches such as the 50/30/20 rule (spend 50% on needs, 30% on wants, and save 20%) only takes me so far. Frugal budgeting and wishful thinking doesn’t always work – the unexpected happens, and I need to be prepared.

With that in mind, and in the spirit of the upcoming college football playoff games, I suggest it takes both a good budgeting offense and a frugal spending defense to best protect us from financial instability. Be proactive in your budgeting resolution, and consider investments that can prevent diminishing returns on your assets. Go beyond changing the oil in your vehicles regularly – schedule those recommended service tune-ups too. Preventive maintenance, whether on vehicles or your major mechanical systems at home, can help you find and resolve issues before they turn into large expenditures later. It’s a case where a penny spent can be a penny earned.

How can you best decide when to spend and when to save? A blended approach of investing and saving with a reminder to take the long view may prove beneficial. Remember, that smart ant didn’t google “Top 5 budgeting ideas for 2020.” The ant considered what would be needed in the fall, and put the provisions away in the summer.

Will that approach, that resolution, move us closer to the proverbial “ride off into the retirement sunset” endgame that we all strive for? At the very least, it can be a step in the right direction. Here’s to a happy, prosperous New Year!

— Rob Stader, Customer Experience Manager, Lee Company
www.leecompany.com

MISSION MAKERS

Fight For Good

“God loves with a great love the man [and woman] whose heart is bursting with a passion for the impossible.”

— General William Booth, Founder

What is The Salvation Army? It is an organization existing to effect a radical revolution in the spiritual condition of the enormous majority of the people of all lands. Its aim is to produce a change not only in the opinions, feelings, and principles of these vast populations, but to alter the whole course of their lives so that instead of spending their time in frivolity and pleasure-seeking, if not in the grossest forms of vice, they shall spend it in the service of their generation and in the worship of God. The promise in the United States is “Doing the Most Good”.

Doing Justice. Doing Righteousness. Doing Love. We all need to be accountable for every aspect of our journey through life. We are changing and accountability helps us keep going in the right direction.

So to what extent has the Army succeeded? Its flag is now flying in 131 countries. Approximately 30 million Americans receive assistance from The Salvation Army each year through a range of social services: food for the hungry, relief for disaster victims, assistance for the disabled, outreach to the elderly and ill, clothing and shelter to the homeless, and opportunities for underprivileged children. Eighty-two (82) cents of every dollar The Salvation Army spends is used to support those services in 5,000 communities nationwide.

In Nashville, there are three primary areas of service: Quality of Life Supportive Housing; LIFNAV coaching for socially displaced individuals to reduce the days of homelessness and assist neighbors to housing through behavioral economics; and Pathway of Hope ending generational poverty for families through 2 generations social mobility support. All of this is done through four campus ministries committed to building community.

What are the processes of doing justices and doing righteousness in which this great Army has been made? The slightest reflection will be sufficient we are sure to convince any impartial individual that the gigantic results attained by The Salvation Army could only be reached by steady experimentations adapted to this end.

Be assured that it is through continual experimentations that The Salvation Army will #FightForGood in 2020! #FightForGood so that children have the resources needed for the opportunities for which they have qualified. #FightForGood so that Nashville remains a leader in compassion moving people quickly off the streets, from our front door to a door of their own. #FightForGood so that mothers have the resources to participate in job training to increase their income to a liveable wage. #FightForGood for the lonely to find community. #FightForGood for the hurting to live in hope. #FightForGood for Justice, Righteousness, and Love.

Please join us in the #FightForGood. Text “FightForGood” to 484848 for current opportunities to live, give, and share, justice, righteousness, and love. #FightForGood2020.

— Major Ethan Frizzell serves as the Area Commander of The Salvation Army. The Salvation Army has been serving in Middle TN since 1890. A graduate of Harvard Kennedy School, his focus is the syzygy of the community culture, the systems of service, and the lived experience of our neighbors. He uses creative abrasion to rub people just the wrong way so that an offense may cause interaction and then together we can create behaviorally designed solutions to nudge progress. Simply, negotiating the future for progress that he defines as Quality of Life in Jesus!



Bariatrics: Finding a new life with the help of weight-loss surgery

Weight-loss surgery changed her life, now she helps others change theirs.

“That night, I knew I had to make a change – a major change.” TaKeshia Anderson came to that realization at a party she’d organized at Austin Peay State University. “The whole evening I felt so uncomfortable and ashamed. I knew there had to be a better way.”

Dealing with high blood pressure and a weak heart, she had already started the path toward bariatric surgery at Ascension Saint Thomas. Now she was certain she wanted to move forward.

Surgeon George Lynch, MD talked her through the procedure options. “I knew when I met him that he was the guy,” she remembers. “He talked to me like a person, explaining gastric bypass surgery and why it could be right for me.”

Positive outlook for life. TaKeshia knew it would be life-changing, and after her surgery in December 2012, she embraced that commitment every day. Because her procedure re-directed her digestive tract to her small intestine — bypassing her stomach — eating big meals and high-car-

bohydrate foods was not possible anymore. She learned a new way of thinking about food — and herself.

“I had to put myself first. That meant getting up early to go work out or skipping meeting friends for lunch. I found confidence I didn’t know I had.”

How has she maintained a weight loss of over 125 pounds? “When I crush a goal, I set a new one. I run 2-4 miles most days, and my second-oldest son is my running partner now.”

Offering personal support. That newfound confidence led her back to Saint Thomas — as part of the bariatric center staff. As a patient advocate, she works with people choosing bariatric surgery, helping them navigate the entire journey.

From setting up their appointments to meeting with them one-on-one to arranging peer support groups, she is there for them at every step, even beyond surgery. She delights in helping them



TaKeshia Anderson

shop for new clothes as they transition to smaller sizes and helping them adjust to their new lives.

“It’s not just about the weight,” TaKeshia says. “There are so many things to work through...family, friends, relationship with food, self-esteem.”

She loves knowing her own experience is making a difference. “I get emotional when people come back and I see a whole new person. I’m humbled to be part of changing someone’s life.”

Wondering if weight-loss surgery is right for you? Learn more about the Saint Thomas Center for Surgical and Medical Weight Loss at Ascension. org/nashvilleweightloss.

Note: Weight loss results may vary depending on the individual. There is no guarantee of specific results. ●



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AN ENCOURAGING WORD

It All Starts With A Dream

We all dream. Sometimes they come to us unsolicited in our sleep; at other times we are wide awake, spurring on their existence. Some dreams are remembered vividly while others are never to be recalled. The storylines can vary greatly and need not be based on truth or even be realistic. For millennium we have tried to determine their importance and in some regards they remain a mystery. However, there are a few universal facts controlled by the Power of the Wisdom of Three that are relevant in our lives and provides information that deserve our understanding as we consider New Year resolutions and business planning.

First, dreams are where all creativity begins. Nothing that we create or build can be accomplished without first being born in our dreams. As we prepare to take on a new project, a new position or a new direction for our life; the first step is to dream about what it will look like, why it is important and how can it be accomplished.

Because we can somewhat control our dreams when we are awake it is good to know that we only dream when our mind is in a state of relaxation. Whether we are sleeping or awake, our mind must be relaxed in order to dream. During these moments of relaxation, our mind can be the most creative. Our thoughts can take us in any direction that we desire, and remember, truth and facts do not apply in world of dreams. Once born, the only requirement needed to make this mental image a reality is faith. Faith that the dream will become a reality.



Once our dream has our full belief we must begin to capture the life giving power created by our words. By writing down and speaking of the specific facts and processes needed to make it a reality; we breathe life into what was once only our imagination. By sharing this information we take our mental dream and implant it into the minds of others. As we speak to others about the goal and write down the steps needed to achieve it, our whole body joins in to the fun of bringing life to a new creation. During this professions phase the truth does matter. The truth of the facts will allow us to build an attitude of hope. Hope in our future.

Finally, we must act! Act on the well laid out plans. Act on the adjustments that will likely need to be made. And act on the love it takes to stay true to any commitment. Love brings us passion and makes life worth living.

Happy New Year!

— Anthony “Tony” Boquet, the author of “*The Bloodline of Wisdom, The Awakening of a Modern Solutionary*”

If this is my last post, I want all to know there was only one purpose for all that I have written; to have made a positive difference in the lives of others.



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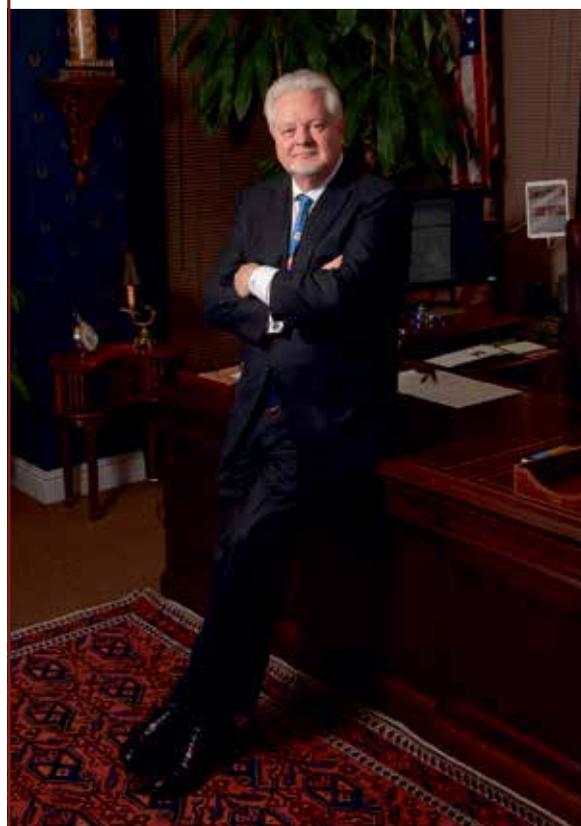
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A New Year Is Upon Us – Vanderbilt Health is Here for You

The holiday season has come to a close and the new year has just begun, signifying a fresh start and exciting resolutions to tackle. And for many families, it means getting back into a routine: setting alarm clocks, school drop-offs and running countless errands. It can also mean incorporating healthy food habits or starting a new exercise routine.

Family resolutions are a great way to get your children involved in making healthy choices. Maybe it's trying a new vegetable every week or spending 30 minutes outside playing instead of in front of a screen. There are many ways to start off the year in a healthy way.

This time of year, it's also smart to remind your children to wash their hands and cover their mouths when they sneeze or cough. As we enter the coldest months of the year, the winter cold and flu season is upon us. These small steps can make a big difference in preventing the spread of winter colds. It's not too late to get a flu shot, either. Taking care of yourself and your family will help you stay healthy in the new year. At Vanderbilt Health, we want to do all we can to help your family thrive in 2020.



All of Vanderbilt Health's many locations around Middle Tennessee have exceptional teams of doctors, surgeons and nurses, many of whom have families of their own. We aren't only doctors or nurses, we're also your neighbors, friends, little league coaches and girl scout leaders. And we are invested in the health of the communities we call home.

Our nationally recognized providers are right here in your neighborhood, and we are dedicated to keeping you and your family healthy. So, as you start the new

year with new goals and resolutions, we hope that you will make your family's health one of them. At Vanderbilt Health, you can rest assured that our team will treat you and your loved ones with the care we give our own families. After all, we're your neighbors, too.

— Vanderbilt University Medical Center Staff

"Be joyful in hope, patient in affliction, faithful in prayer"
Romans 12:12

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ARE WE THERE YET?

Helping To Create Lasting Memories

“Tell me, what is it you plan to do with your one wild and precious life?” This quote from renowned poet, Mary Oliver, inspires us to slow down and take a look at life. It can resonate on many levels, and perhaps help us understand the importance of planning and of follow through.

As a Travel Advisor, with Dream Vacations, this quote inspires me to help people plan those moments and create those memories that will last far beyond any material gift. So tell me; “Where do you Wanna Go?”

When I told my husband, 24 years ago, that I was going to move to Tennessee, he just kind of shook his head and smiled. At that time, he didn't really have plans of moving. Funny how things change. Originally from upstate New York, I accepted a job at the Opryland Hotel in Nashville, “I figured we would come for a year and see what happens.” Fast forward two decades, and we now have two children, Austin, 21, attends the University of Tennessee at Chattanooga and Hannah, 17, is currently a Senior at Mt. Juliet High School.

At Dream Vacations, I arrange complete vacation planning for individuals and groups seeking an exceptional vacation experience. As a Travel Advisor, I work with my customers to create a unique and memorable experience. I am an Alaska Certified Expert, Avalon Waterways Specialist and Star Specialist for Windstar Cruises, and I place great importance on understanding my



customers wishes. I spend a good amount of our initial time asking important questions, such as: why are you taking this trip and what do you hope to experience? I get just as excited for my customers as they do as their departure date approaches. I also anxiously await their return so that I can hear all about their adventure!

I carefully match their itinerary to their expectations. Helping my customers around birthdays, anniversaries or the celebration of important milestones is especially meaningful. I worry that some may realize too late, that life is short and that each year melts into the other. Before you know it, your kids are grown and gone and what's left are the memories. My two children are a constant reminder of how fast time flies and how precious the time is with them.

You can reach me at Dream Vacations at 615-583-9460. I would be happy to discuss your next dream vacation with you. Whether your plans include a cruise, a resort destination, a trip to Disney or a trip abroad, I'll help you find just the right experience to create memories to last a lifetime.

— Heather Schreader, Vacation Specialist, Dream Vacations, (615) 583-9460
hschreader@dreamvacations.com, www.anchorowntourtravel.com



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SPECIAL FEATURE

Specialty Cleaning Matters



Jack Rabbit Clean Choices (JRCC) is a local service that cleans items many of us do not want to clean. JRCC will do specialty cleaning jobs to include bbq grills, dryer vents, mattresses and much more – visit www.Jackrabbitcleanchoices.com & www.Bar-b-clean.Com/nashville for detail. Marc, the owner emphasizes that JRCC exists to help extend the life of our stuff, like bbq grills, dryers, mattresses, etc.

In this article we share some ideas for our New Year 2020 resolutions. We say 2020 because it brings into focus a clearer view for many of the things we need to get right.

2020 New Year Resolutions

1. Strengthen our christian faith and family
2. Strengthen our bodies with healthy exercise
3. Strengthen our health with healthy eating
4. Reduce fire hazard – clean our dryer vents
5. Extend the life of our dryer – clean our dryer vents
6. Refurbish our grills – steam clean makes it like new
7. Know what we are sleeping with – clean and sanitize our mattresses with a dry system that utilizes a powerful extraction device and UV intruder killing light thus eximinating mites/etc. And helping reduce allergins. www.Hygienitech.com is the process Jack Rabbit Clean Choices utilizes.
8. Your unique resolution here _____.

Summary and next up

1. **Avoid the chance of fire.** Visit u-tube dryer vent fires and reduce utility

bill with a more efficient longer living dryer that breathes.

2. Ask marc about bundled pricing for other things around the home/yard that may need specialty cleaning attention like bar-b-cue grills and mattresses....It is normally less expensive for a one stop professional providing services.

3. Next up – how does the jack rabbit symbolize our brand of specialty cleaning whether dryer vents, bar-b-cue grills, mattresses and much more (just ask)

— Marc Tepner, 615-594-9052 (call or text for pricing/scheduling). Marc is owner operator of www.jackrabbitcleanchoices.com which includes www.Bar-b-clean.com/nashville, JRCC dryer vent cleaning, Hygienitech green mattress cleaning/sanitization for Middle Tenn., And other special yard/home services. Marc is a graduate of Abilene Christian University and brings a wealth of customer care experience from his time with Bridgestone, Schokolad Chocolate Factory, Greener Solutions lawn and yard, and more. Marc is constantly energized by his amazing wife Elise, son Cole, and their church and life group family.



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Preach The Gospel and ALWAYS Use Words

St. Francis of Assisi has reportedly said, “Preach the Gospel, and when necessary use words.” Although there is plenty of historical evidence indicating he did not say this, many Christians want to hide behind this quote to justify not speaking out. We want to live our lives in a fashion of doing good things and hope that no controversy or conflict comes from these interactions.

Can you imagine if recent evangelists like Billy Graham, DL Moody, Angus Buchan decided to take this approach? Do we really think they would have the Kingdom impact if they just lived a simple pleasant life on thousands of people allowing them the opportunity to know God?

Even worse, can you image Paul to have this approach? Everywhere the apostle went, there were riots, beatings, imprisonment, etc... for him and those around him.

Christians around the world praise these great men and many more that speak up, but remain scary silent when it is time for them to speak. Then, when questioned, they come up with an ex-

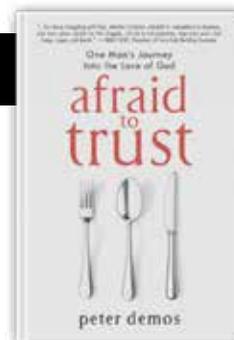
cuse on protecting their business, keeping the peace among family and friends, not sure what to say, or how they would respond, talk about how they “will pray for you,” but don’t pry for the person on the spot, etc..

The truth, when it boils down to most of us, myself included, is that we don’t preach the Gospel because we are either too distracted and missed the opportunity, or we are afraid of the consequences. What is the source of that fear?

In my book, *Afraid to Trust, One Man’s Journey into the Love of God*, I talk about my realization of coming to grips with my fears, and I recognize that the opposite of fear is not courage. The opposite of trust.

Medal of honor winners and brave police officers will admit that during moments of courage, they were afraid. It is possible to have courage and fear at the same time.

Our fear, which manifests itself in the excuses we



use, boils down to a trust issue. We do not trust God to be faithful enough to see us through a lost business/sale, to provide peace and restoration among family and friends, not give you words to use or not listen to or understand our stammering, stuttering, etc....

There were many people of the Bible who were afraid, Moses, David, Jesus, Paul, etc... but their trust in God allowed them to serve Him. Now, God has asked you to serve by opening your mouth and letting the Holy Spirit finish the work.

So, when you get that urge that you should and you want to shut down, then just quickly pray. “God I trust You. Please help.” And watch what He does.

God put that person and that circumstance in front of you for a reason. Trust He will provide.

— Peter Demos, President of Demos Brands, www.afraidtotrust.com, 615-848-1777



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in 15min

ALERT: Flu Symptoms in 15 Min



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COOL STUFF WITH A MIGHTY MESSAGE

Meet Swanson Direct – Gifts That Inspire – The Straw Debate

The straw debate is quite the hot topic right now. Some states have banned plastic straw sells and use. Several major restaurant chains have vowed to pull plastic straws from their stores, and politicians and activists alike are asking for change to the plastic waste they create.

You may be wondering: "What's so bad about plastic straws? They're so small, they must be so insignificant in the grand scheme of things." Americans throw away an estimated 50 million plastic straws per day according to the National Park Service. It been estimated that Americans throw away enough straws to wrap around the Earth's circumference two and a half times per day.

But it's not just about the waste that these little straws create, but it's also about health. Plastic straws contain BPA, which is linked to brain and behavior problems as well as an increased risk of cancer and heart problems. Many consumers are turning to alternatives such as Reusable Stainless-Steel Straws.

Swanson-Direct now offers a variety of environmentally friendly, colorful and easy to use reusable stainless-steel straws for everyday use. As an affordable option, they also offer great reviews. They are dishwasher safe, easy to clean, rust/scratch proof and they do not interact with the product you are consuming. The Swanson stainless-steel straw is all also fully collapsible and comes with its own cleaning brush to make sure that every inch of the straw remains spick and span. Each straw also includes a handy storage vial that

offers a carabiner, making it easy to clip on a purse, backpack or gym bag. They are great for travel – because you can take them everywhere you go.

A set of stainless-steel straws would be the perfect gift for anyone who is fitness conscious or is concerned about the environment. These straws feature an elegant and sophisticated design that is bound to become a favorite.

Swanson-Direct is based in Murfreesboro, TN, and is a direct-to-retail division of Swanson Christian Products. With over 80 years of providing inspirational gifts and more as worldwide wholesale supplier, Swanson-Direct now offers their product direct to the general public.

Check out Swanson Direct and the many inspirational gifts that they offer by logging onto <https://swanson-direct.com>

— John Mckinney Sr, President, Swanson Products/Swanson Direct



MIRACLE MOMENTS

Brought to you by: **WHTN** • www.whtnonline.com



Light Our World with the Power of Christ

I remember being warned when i was a little girl not to play with matches. Thankfully, I never did. I do remember the joy of birthday parties and the scramble to find a book of matches to light the candles. Why did my parents look in the junk drawer last? Little did I know as a child about the kind of fire that could be lit in your heart when you make Jesus your Savior.

On a Mission To Ruin My Life

By the time I was 13, I had already run away from home. I skipped school frequently and experimented with drugs occasionally. I had zero interest in Christianity, and I thought my teachers and parents were on a mission to ruin my life. The days seemed long at my Christian school. One student, Leslie, went out of her way to befriend me. When she invited me to movie night at her church I said yes. When the movie was over, I raised my hand for prayer.

Weeks later, my family was invited to a healing service. We weren't church goers, but we went to the healing service out of love for my brother. My brother was sick frequently and has Down Syndrome. After they prayed for my brother, they extended an altar call for those who wanted to make Christ their Savior. Much to my surprise, I felt the same nudge I experienced at Leslie's church. I fought it for a bit and then stood up and walked down the aisle. With tears streaming down my face I knelt at the altar and gave my heart to Christ.

On Fire

After that, service my brother was never hospitalized again. My life was also dramatically changed. I went from troubled teen to on fire with the love of

Christ. One Sunday, my pastor preached a sermon using Psalm 2:8: Ask of me, and I shall give thee the heathen for thine inheritance, and the uttermost parts of the earth for thy possession (KJV).

Pastor Gardner explained that I could rewrite the history of my family through prayer. After that sermon I started believing that my family and friends would all eventually come to faith in Christ. Over the years I have seen God honor my prayers.

I Found Her on Facebook

More than 40 years had passed, but I wanted to find Leslie and say thank you. Where would I be without her boldness? I was ecstatic when I found her on Facebook. I messaged her and expressed my appreciation. She and I keep in touch now. We pray for one another and encourage each other to stay bold and share Christ every opportunity we get.

Rewrite Your Family History

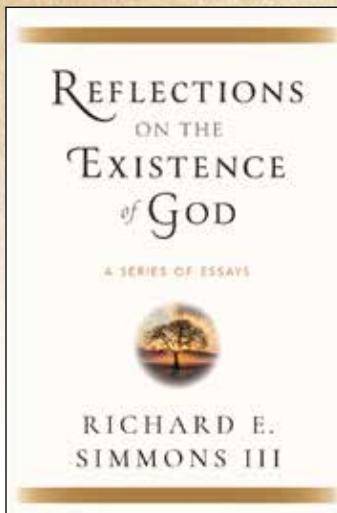
We can all rewrite the history of our families through prayer. We can light our world with the power of Christ by daring to share His love without undue concern over the response. It's never wise to play with matches. It's very wise to allow the love of Christ to ignite a flame in your heart that burns so brightly it extinguishes the darkness.

— Monica Schmelter, General Manager, WHTN, Mt. Juliet, Christian Television Network
Originally appeared in *Leading Hearts* (leadinghearts.com) magazine January 2018. Reprinted with permission.



BEST BOOKS

Reflections on the Existence of God by Richard E. Simmons III



Does God exist? In his latest book, *Reflections on the Existence of God*, Richard E. Simmons III answers this question in a series of easy to read, short essays full of fascinating illustrations. The book is the culmination of 25 plus years of research and provides a powerful answer key of sorts for both skeptic and Christian. For believers, it offers the bonus of a clear confirmation of why we believe what we believe and encouragingly calls us to stand up for those beliefs. “My thought was to equip Christians to engage with the skeptical culture we live in, where atheism clearly is on the rise and faith seems to be declining.”

The just released book is already receiving praise from national figures like pastor, theologian, and Christian apologist Tim Keller who says, “...He [Simmons] brings the biblical doctrine of God into conversation with the most basic questions about meaning and morality, science and human reason. Chapter after chapter offer helpful insights.” *New York Times* bestselling author and radio host Eric Metaxas adds, “In this accessible read, Richard Simmons offers valuable insights for those grappling with life’s big questions.”

Simmons says one of his favorite essays in the book is on the topic of the “fine tuning” of the universe. “It’s so powerful because Richard Dawkins and Christopher Hitchens, probably two of the most famous atheists in the last

25-30 years, both very outspoken, both acknowledge, as atheists, they struggle dealing with this. They say it is so unfathomable to explain – the fact that there are 122 variables that need to be lined up with perfect precision for our universe to exist and if any of those go astray, just a little bit, it will all implode. And yet over all these years, it has been in perfect harmony and with such great precision. They really can’t explain it.”

A driving force behind Simmons’ completing the book were his three children, ages 23, 21 and 20. He sees the concepts of the book as being a way to “prepare them to go out into the world and truly engage with the skeptical world we live in...I really desire to see it strengthen the faith of young people so that they don’t lose their faith in college.” Simmons is already at work on ways to put the material in the book into an even more engaging form for high school and college students. You can read several of the book’s essays on line at www.thecenterbham.org/blog. Prepare to be hooked on wanting to read more and make this book a companion in your morning or evening quiet time in 2020!



Author Richard E. Simmons III is the Director of The Center for Executive Leadership, a Birmingham based ministry he started in 2001, focused on counseling businessmen and professionals. His latest book is available on Amazon.com, at local retailers and through The Center, www.thecenterbham.org.

— Laurie Stroud

SPECIAL FEATURE

Keeping Feet on the Ground

Thurman Mullins of Wilson County has enjoyed one of the most diversified careers that I know. He is a former professional rodeo performer riding bulls, bucking broncos and helping protect other riders from harm by distracting charging animals as a rodeo clown. Add to that list: A retired Tennessee State park ranger, livestock trader and manager for Charlie Daniels’ Twin Pines Ranch.

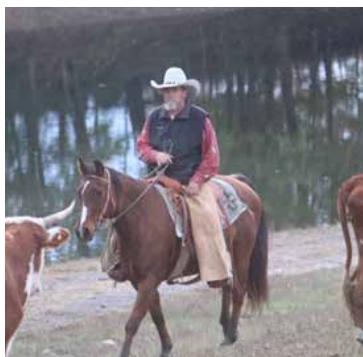
In my opinion, Thurman can speak on almost any subject imaginable because of his extensive travels and people skills. Also, he is a Christian, a Marine, and an advocate for military veterans, a great enthusiast for old West stories and memorabilia...and never at a loss for driving an interesting conversation.

A native of Rutherford County and graduate of Middle Tennessee State University, Thurman became interested in rodeo adventures as a teenager participating as an amateur. Following a tour of duty in Vietnam, he returned to the rodeo arena developing his skills professionally. But, something happened. He got married and when the couple’s first child was on the way, Thurman got a reality check. He was injured by a vicious bull. His wife Ann reminded him that she needed a healthy hus-

band and father for their child. He took her at her word...and retired from rodeo competition.

While working at Cedars of Lebanon State Park in the mid-1970s, two guests drove up who would forever change his life; Charlie and Hazel Daniels. Never at a loss for words, Thurman felt right at home with the two strangers...not realizing who they were. The conversation turned to horses. Charlie asked Thurman if he knew of any for sale. Thurman said he personally had two Walking Horses and might consider selling them. That was the beginning of an unwavering friendship that later turned into employment. Charlie and Hazel treat Thurman and his family...just like family.

Early on, The Charlie Daniels’ Twin Pines Rodeos were popular across the country with Thurman as the organizer, promoter and director. The events were partnered with civic clubs and other organizations to raise awareness for community needs



Thurman Mullins and Charlie Daniels

and provide fundraising. The rodeos were successful for almost two decades.

While reminiscing about his colorful career, Thurman without hesitation said, “When looking back over my life...it ain’t about ME. It’s about WE...my relationship with Jesus Christ, my family and my friends.”

And in typical Southern drawl, Thurman added, “When a person gets to the end of life...all the STUFF... ain’t gonna make a difference if that person didn’t focus on what is really important... knowing The Lord.”

— Ralph E. Vaughn

Alignment from the Place of Victory

The classic definition of sin is “to miss the mark.” When you hear the word sin, you typically think of what you’re doing wrong. There are times to honestly evaluate your life before the Lord. However, I do not like to focus on the negative aspects of life. When you examine the list of things to “meditate upon,” in Philippians 4: 8, you don’t find Paul encouraging us to place our focus on negative ideals. It’s quite the opposite. Beholding is becoming, so I’ll choose victory over defeat any day. Here’s some insight from my book, *Golf, Heaven’s Game on Earth*.

On the Cross, Jesus spoke the words, “It is finished.” These words strike me as a reminder for God’s children to live from the place of victory, not *towards* victory. This is true because of Jesus’ finished work on the cross. If the Victorious One lives inside of you, than you are victorious. If you’re a born-again believer and think that you’re still a sinner and not a saint, than you have it backwards. Paul starts out his letters to the different churches in the New Testament, addressing them as “the saints.” He did not address them as sinners. Why? Because the new nature of a Christian is not that of a sinner. It is that of a saint. You’re marked as a saint living in relationship with the Most High God. That’s hitting the mark. This mindset makes all the difference in the world. Start each day from the place of victory you have in Christ. This is the alignment with God that Jesus paid for.



Alignment is a crucial part of hitting good golf shots. The way you align your body and club at the start of every shot makes a huge difference. Golf has been described as a game of inches, which is true. Therefore, it’s very important to have your club face aligned properly towards your desired target. Being misaligned by only a few degrees can result in missing your target by several yards. Missing the target by several yards can cause your golf ball to land in some spots you definitely don’t want it to be in. So, get aligned the way the touring pros do it. Start behind the ball and imagine a line between

your ball and the target. Next, pick out a spot (a piece of grass, leaf, etc.) just in front of your golf ball on this line. Approach the ball from the side at a 90 degree angle. Then place the club down so that the club face is pointing at the chosen spot in front of the ball. Finally, spread your feet on a parallel line to the left of your target line as you see in the picture. Take a look at your target and know that you are ready to hit a great shot from the place of victory.

— Chuck Hammett
Teaching Pro at Westhaven GC in Franklin, Tenn.
www.golfheavensgame.com

SPECIAL FEATURE

Brought to you by:
Community Partner Vista Points
www.vistapoints.org



Reflecting on Life’s Circumstances

The Rev. Dr. Leigh Spruill wrote “Roughly twenty-five hundred years ago, the early Greek philosopher Heraclitus famously said, “all is flux; nothing is stationary.” Heraclitus compared life to a flowing river, noting that a person never steps into the same river twice. One may place a foot in a river and feel the water flowing around one’s feet. However, if one steps out of the river and then back in a second time, the foot stands in a new water. The water from the original experience has flowed downstream. Nothing is stationary.”



It was like a small shock went through my body, when I read Rev. Spruill’s message. Looking at someone living with a disability, whether it be physical, mental or intellectual and no matter what age, the person is still there. Yet, there are so many changes that take place while living with a disability. A child can be functioning on an age-appropriate level and then without warning something changes. The child is diagnosed with autism. Every day will be different, yet the child, the one you love, is still there.

An adult can be working and enjoying life. Yet, within an instant, the adult can be injured on the job or involved in an automobile accident. Without any fault of his or her own, the adult is now disabled for life. The person is still there but changed. Every day will be different, yet the adult, the one you love, is still there.

A senior citizen is in the prime of life. All is well. Then it happens - a slip on the ice, hitting the head; a fall down the stairs; a stroke; or an amputation related to diabetes. This once-lively senior is now permanently disabled. This is not what he or she planned. What has happened to the independence once known? The senior citizen is still there but changed. Every day will be different, yet the senior, the one you love is still there.

What can be gleaned from these examples is the analogy that people are much like the river and the water Heraclitus described. They remain people, like the river. Yet they also change like the water. This change does not mean a person is better or worse, just changed.

People of any age, who are living with a physical, mental or intellectual disability can benefit from learning more about special needs trusts. These types of trusts allow a person to preserve assets while qualifying or maintaining government benefits, to take care of daily healthcare needs. To live a good quality of life, no matter what the reason or cause of the disability, is paramount.

I am committed to creating awareness about the benefits of special needs trusts and what can be lost without using this financial instrument to help someone living with a disability. May you begin 2020, thinking of your loved one and how a special needs trust may make a positive difference. Happy New Year!

— Darlene A. Kemp, MPH, MBA-HCM, Executive Director, Vista Points Special Needs Trusts & Resource Center. www.vistapoints.org, 615-758-4660

SPECIAL FEATURE

Brought to you by:
Community Partner Crain Law Group
www.crainlaw.legal



Churches Need Biblically-Informed Legal Guidance

At Crain Law Group, we seek to provide legal guidance from a Biblically-informed perspective. We are lawyers and do not purport to be theologians, but we do take seriously the obligation of all believers to “rightly handl[e] the word of truth.” Our Statement on Church Governance describes of 1) how we serve churches, 2) a statement of our views on what the Bible says about how the New Testament church is to be governed, and 3) an explanation of the models of governance we recommend. See a copy of this resource at: <https://www.crainlaw.legal/church-ministry-cases/>



At CLG, we regard our commitment to what we term our “Healthy Church Initiative” to be among the most critical of all the services we provide. The Healthy Church Initiative is born out of the lessons we have learned as attorneys representing churches across the country that have experienced both internal and external conflict. Regrettably, we

have witnessed firsthand the devastating effects of inadequate legal safeguards in place before internal church issues arise.

Without careful and proactive planning, congregational church governance can lead to deadlock between rival factions vying for authority. Strong organizational structures that reflect the Biblical principles for church governance allocate authority so as to reduce the likelihood that a dispute will cripple or destroy a ministry. Hence, autonomous, congregational churches stand to benefit the most from Biblically-informed legal guidance in this vital area.

The lessons to be learned from a lack of legal guidance can be very costly to a church ministry. As this article goes to publication, I am representing a large church in a legal battle over a church split. The case has pending in the Chancery Court of Robertson County for seven years! A jury trial is set in the next few weeks, and the jury will be asked to decide important questions that will determine the future of this church and who is entitled to govern this congregation. The trial and the hundreds of thousands of dollars in litigation expense this church has incurred could all have been prevented had the church sought legal counsel years ago in drafting a set of church governing documents.

We take great honor in our legal work with churches and ministries. The greatest reward from this work is seeing churches whom we have served of all denominations flourish in their ministries and the fulfillment of their biblical purpose and calling.

— *Larry L. Crain, Attorney with Crain Law Group, PLLC*
www.crainlaw.legal



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HASSLE FREE ZONE

How Often Should You Clean Your Refrigerator? And How to Do It!

How long has it been since you cleaned your fridge? You can wait several months between deep-cleanings if you take a few simple steps to maintain a passable fridge for that long. Here's how to clean the refrigerator and how often you should do it.

How Often Should I Clean My Fridge?

Never let your refrigerator reach a dismal state! Just stick to our recommended fridge cleaning schedule to keep your refrigerator looking good and smelling fresh.

IMMEDIATELY

Make it a habit to rinse off jam jars, salsa containers, ketchup bottles, and other items that tend to get grimy on the outside. This, in turn, helps keep your refrigerator clean. Also, wipe up spills right when they happen to prevent sticky spots from forming.

ONCE A WEEK

Scan the contents of the fridge and remove any old food on the verge of rotting. Is the milk a few days past its date? Are expired yogurt containers hiding in the back? Toss them before they start stinking up your fridge.

EVERY 2 MONTHS

Leaving an open box of baking soda in the refrigerator is an effective, affordable method for absorbing odors. Write the date on the box, and stick it in an inconspicuous corner. Remember to check the date periodically—the odor-absorbing capabilities of baking soda diminish after about two months, so that's how often you should replace it.

EVERY 3 TO 4 MONTHS

When the time comes to deep-clean the refrigerator, follow these steps to ensure you don't miss anything important:

- Empty the fridge of all its contents and purge anything old or that you'll never use.



- Take the crisper and meat drawers out.
- Wipe down the shelves and interior walls of the fridge with a cloth dipped in warm soapy water.
- Wash the drawers in the sink with warm water and dish soap.
- Wipe everything down with a clean, damp rag to remove any lingering soap residue.
- Dry all washed surfaces with a clean cloth and put everything back inside the fridge.
- Remember to set a freshly opened box of baking soda on one of the shelves to keep those smells at bay!
- Close the door, and wipe down the outside of the refrigerator with a soapy cloth. If you have a stainless steel appliance, remove fingerprints and grime with store-bought stainless steel spray.

EVERY 6 MONTHS

Break out the vacuum cleaner and brush attachment twice a year to clean dust and hair from the grille at the bottom of the fridge. This improves airflow to the condenser to boost refrigerator efficiency by about 3 to 5 percent.

Ceiling Fan Maintenance: The Only Way To Clean Dusty Fan Blades

The problem with ceiling fans is that they are always collecting dust. And even though you can't always see it, you know it's there. When you finally pull out the step stool and get around to dusting them, you end up showering the entire room in a dust storm. If this sounds like your experience, we have a cleaning tip that will turn your old pillow case into your new best friend.

Clean a Ceiling Fan with Your Pillow Case

1. Stand up on a secure foot stool and slip an old pillow case around one of the fan blades. Be careful not to knock off any dust during this step.

2. With the pillowcase covering the length of the fan blade, slide the pillow case off of the blade. Make sure enough pressure is applied

to the top and bottom of the blade so that the pillowcase takes the dust with it.

3. Repeat steps 1 and 2 with the remaining fan blades. Once again, be extremely careful not to fall.

4. To clean your pillowcase, go outside and turn it inside out. Give it a good shake and run it through the wash if you like. Keep it with your cleaning supplies until next time.

The pillowcase trick is a great way to dust your fan blades without transferring dust all over your bed, floor or coffee table. At Molly Maid, it's our mission to help you spend less time cleaning so you can spend more time doing the things you love

Contact your local Molly Maid – 615-794-0200 or 615-603-3766, today to discuss a cleaning plan that's right for you. <https://www.mollymaid.com/s-davidson-williamson-maury-counties/about-us/contact-us/>

— Ashley Farrar

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SalvationArmyNashville.org

Faith, Family & TLC

God always answers prayers.
Sometimes, the answer is “yes”
and sometimes the answer is “no.”
Once in a while, He says,
“Let’s try something else.”



When Eric and Courtney Waldrop, of Albertville, Ala., were trying to have a 4th child in 2018, God gave them more than they ever imagined. The couple already had three boys: Saylor, and twin boys, Bridge and Wales when their doctor prescribed medication to help them conceive. “I was on a very low dose fertility medication,” explains Courtney. “We were told there was an eight to 10% chance of having twins with this medication. When we found out I was pregnant with sextuplets they said it was a one in five million, or was it five billion, chance.”

When the Waldrops learned the news, they began to question what God was doing and even posted prayer requests on social media. God always provides a witness and that is when life took another twist. The TLC television network contacted the couple about doing a reality series. After much prayer, *Sweet Home Sextuplets* began filming at the couple’s home. “When we said we

would do the show, we were very open about our faith,” Courtney reflects. “We wanted our faith to be seen or we wouldn’t do the show. For the most part, we’ve been pleased with what they have shown.”

Filming began before the birth of the six babies and documented everything, including Courtney’s high-risk delivery. On December 11, 2018, three boys Blu, Layke, and Tag, and three girls, Rawlings, Rayne, and Rivers were born and immediately became celebrities. The pregnancy was not easy, and doctors asked them to consider selective reduction fearing the pregnancy would be dangerous for the babies and for Courtney. “Things we would never have thought would be the right path to go down,” Courtney adds. “We trusted in God and we were blessed with six healthy babies that should not have been born as healthy as they were.” Once the Waldrops confirmed they were going ahead with carrying the babies, doctors were supportive.



Twins Bridge and Wales with older brother Saylor Waldrop were thrust into the limelight on TLC when their six siblings were born in 2018.

Courtney cites Proverbs 3:5-7 as a Bible verse that helped the couple deal with their questions of faith during the pregnancy. The Scripture can serve as a reminder for anyone questioning God's motives in times of struggle in life. *"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil."*

Going through their struggle of understanding God's will on national television gave the Waldrops an opportunity to witness and they hope viewers will be encouraged to give their concerns to God and trust in Him fully. The second season of *Sweet Home Sextuplets* just aired on TLC but can still be seen in reruns and on demand television. TLC has announced that *Sweet Home Sextuplets* has been renewed for another season. In the upcoming season, we will see all the main cast members return, and the challenge will now lie in bringing up all of these kids under the same roof and is bound to present some interesting scenarios.

Season 3 of *Sweet Home Sextuplets* is expected to begin airing sometime in late spring or early summer. Courtney adds the film crews have become like family to them and their older boys and they know God has used the show and their lives for His purposes. Follow the Waldrop's journey on Instagram and Facebook at Gods Divine Nine.

— Terry Schrimmscher



The Waldrop Sextuplets celebrated their first birthday on December 11, 2019. Left to right: Rawlings, Tag, Rayne, Blu, Rivers and Layke.

Trusting & Keeping God First as a Busy Mom

With nine children, Courtney Waldrop knows what it means to be busy. When asked how she keeps God first in her life, she says it is a four-part plan: praying constantly, setting goals, giving herself grace and renewing her trust in Him every day.

Prayer. Waldrop admits it is very hard to make time for God when you are taking care of nine children but it's essential. She stays connected to God throughout her day by praying. "I feel like I talk to God all day long. In everything I do, I am constantly talking to Him." Waldrop adds that she and her husband Eric strive to have daily prayer time as a couple and with their children.

Goals & Grace. Waldrop says she sets specific goals for each day but also gives herself grace. For instance, even with the best of intentions, prayer time as a family doesn't always happen. "I am not going to say that we succeed every night with having our prayer time. Sometimes the kids fall asleep and I am still trying to get babies to bed." Even though nights without family prayer can be disappointing, Waldrop says she has learned to extend herself grace for a new day.

Trust. "God has given us so much peace and reminds us that He had this planned before we ever knew it was in His plan for us," says Waldrop about being blessed with such a large family. Whenever she is overwhelmed, she recalls a day, while she was pregnant with the sextuplets, that she heard the Lord tell her, "I've got this." She shares, "He didn't just mean through the pregnancy. He meant for the rest of our lives."

— Melissa Armstrong



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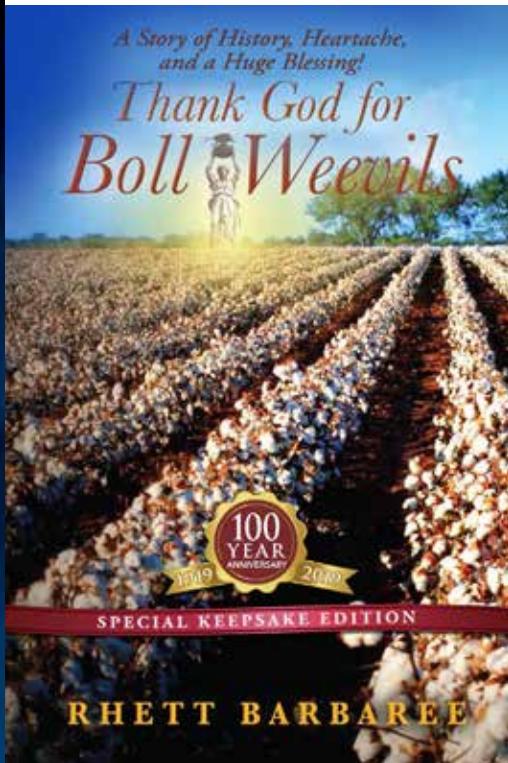
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THANK GOD FOR BOLL WEEVILS BY RHETT BARBAREE

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Be Happy Be Healthy Be Whole

A monthly column on diet, exercise and my weight loss journey.

Happy New Year! Are you excited to make 2020 your best year ever? Would you be happier if there were less of you in 2020? 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 9 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 9 years later – I've kept most 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 2020 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.

This monthly column is a two-way street. I would love to hear from you. What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in a future article. 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



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HOMETOWN HERO

Yoga Offers More

When yoga comes to mind, most think of relaxation, calmness, or perhaps twisting the body into unnatural positions. Yet when Sheila Habacker was becoming certified as a yoga teacher, she heard of a way she could serve others through teaching yoga. She is one of many who volunteer with Small World Yoga to offer yoga to those who may not otherwise be exposed to it.

As Sheila says, she does what she can do. She chooses to lead two classes, one every other week at Oasis Center and another at Rolling Hills Hospital. Not only did her gifts match their needs, but the people served by both locations hold meaning for her. Today she teaches yoga to at-risk youth at Oasis Center and patients recovering from chemical dependency at Rolling Hills Hospital.

These classes are different than those with paying members. Each class brings new people to Sheila. "I don't know if they ever think about it again or not. But, I hope it gives them a tool to create ways to relieve stress in their body and mind. To help them let go of something." It is especially meaningful to her when a newcomer says at the end of class, "I feel so much better. . . It doesn't seem like we did that much, but it really helped me."

Yoga has special meaning to Sheila. She had previously had a bone marrow transplant, and yoga proved helpful in her recovery. Soon after, she wanted to thank the many people who had been a part of her journey. Yet, she won-



Sheila Habacker with her daughter, Lynsey.

dered how she could express her gratitude to so many. She saw volunteering as her way to give back, and Small World Yoga was her opportunity. Not everyone can teach yoga, but many have special talents or interests. She says "it comes to down to identifying (how the volunteer) can be the most authentically helpful to people." Additionally, "when you can give in a way that means

something to you," it is meaningful to both the volunteer and those receiving the services. Furthermore, she recommends "All they have to do is share of themselves."

Doing Good is a local 501c3 nonprofit which celebrates those who do good. For more information or to nominate someone for Nashville's Volunteer of the Month, visit DoingGood.tv.

— Megan McInnis, Executive Director, www.doinggood.tv



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BODY & SOUL

GOD'S PLAN FOR SERVICE

Compassion

This week let's talk about compassion. Compassion is the deep caring for others which can lead to action on our part in which we demonstrate that our compassion is more than words but rather action that will make a difference in the lives of others. Psalm 103:13 reads: *As a father has compassion on his children, so the Lord has compassion on those who fear Him.*



In Matthew 9:36 Jesus had compassion on the crowd, "because they were harassed and helpless, like sheep without a shepherd." We should all work to be like Jesus and thus show compassion. The New Testament records many instances in which Jesus showed compassion for people. In one case the Bible records that Jesus wept due to his concern for others. James 5:3 states that "The Lord is full of compassion and mercy." We should attempt to be no less. To make his point in parables Jesus used compassion as in the case of the prodigal son when "his father saw him and was filled with compassion for him."

Most of us are in need of compassion at times in our lives but there are some who are in a state that a perpetual display of compassion is appropriate. We appreciate it when others show compassion for us in a time of sorrow. As a result, we know that others will also appreciate compassion being shown for them in their time of need. We are told to do for others what we would have them do for us.

When we consider the nature of compassion, we see that it is a form of love. Love means caring about another person. The Apostle John quotes Jesus as saying, "A new command I give you; Love one another, As I have loved you, so you must love one another." When we love a person, showing compassion for them is a natural thing to do. That which is natural should never be difficult to do. As a result, showing compassion for any person, whether we know them or not, should be a natural thing to do for any Christian.

Think of instances in which you have demonstrated compassion in the past. Be of a mind to find opportunities to show compassion in the days to come. You will feel good that you took Christlike action.

May God continue to bless you.

— Kenneth Oosting, Ph D

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How To Make Your Computer Work More Efficiently

Working with a slow computer can be frustrating. Installed software taking a long time to load or websites not loading correctly can be signs of failing hardware, an outdated operating system, or a poor Internet connection. We've explored some of the common reasons users think their computer is performing slower than it should to see what, if anything, could be impacting the performance of your computer.

- **A bigger hard drive will solve my issues**

Upgrading a hard drive to a Solid State Drive (SSD) can make a huge difference in the speed of your computer but it isn't always the issue and depending on what you're doing, the capacity of the SSD you choose to upgrade to can make a difference. In most situations, the higher the capacity, the better the performance.

- **Free space on my hard drive will improve performance**

Drives that are almost empty have a similar processing time as drives that are around 50% full. However, there is a significant difference in the write and



read times when the drive is above 95% full.

- **Additional RAM will make everything faster**

While random access memory (RAM) has been known to increase the speed of some programs on a computer, it is not a fix-all for all speed issues. Depending on how you use your computer, what programs you access, and what tasks you are performing, a large amount of RAM may or may not be necessary for your machine to have optimal performance. As a benchmark, it is recommended that at least 8 GB of RAM is needed for basic users, while 16 GB will allow the usage of multiple applications at faster speeds.

— Larry Schiefelbein, Owner, Williamson Square Shopping Center, Murfreesboro Road, Franklin, 615-905-4167
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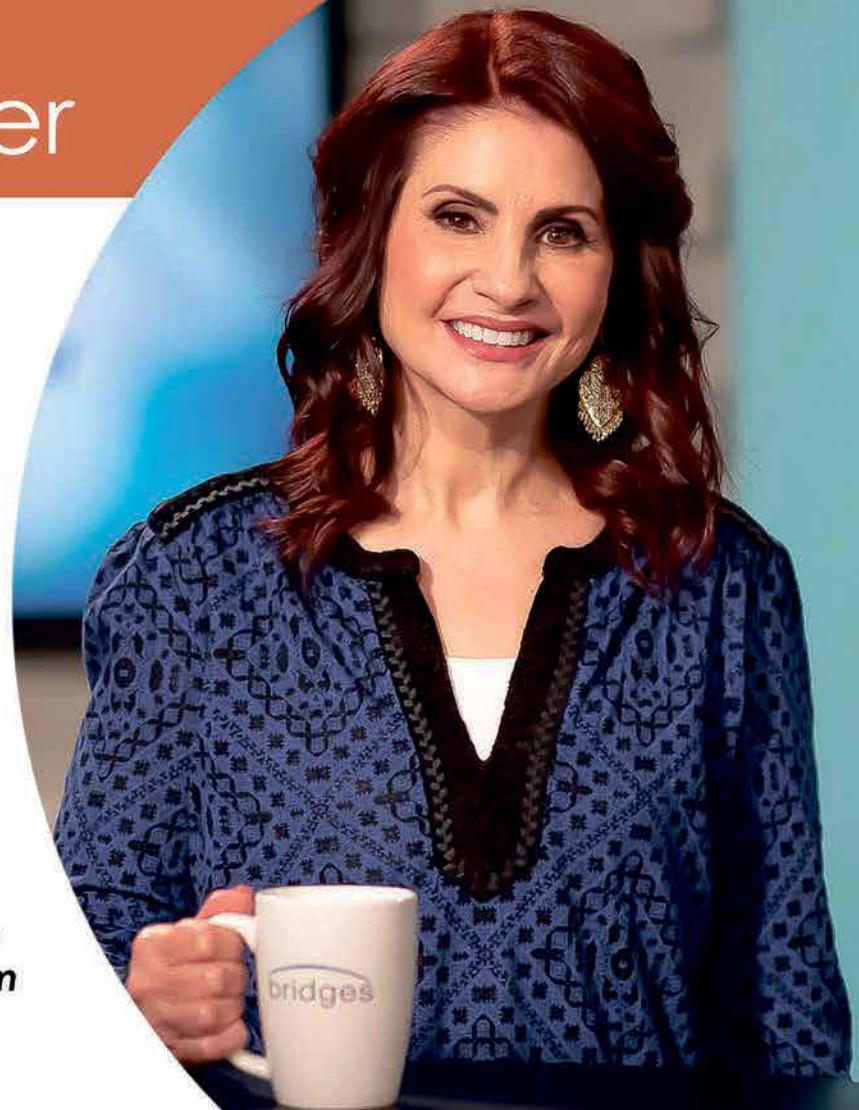
Watch Bridges with Monica Schmelter

CTN's talk show "Bridges" with host Monica Schmelter opens a conversation designed to shine God's light and love through real-life stories and relevant issues.

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**To watch our Livestream, visit: ctntv.org/livestream
Watch Bridges on Demand at monicaschmelter.com**



THE HOME FRONT

Radon- The Silent Killer

Radon is a chemical element with the symbol Rn and atomic number 86. It is a radioactive, colorless, odorless, and tasteless noble gas. Radon is also a health hazard because of its radioactivity.

The United States Environmental Protection Agency (EPA) classes radon as a carcinogen, meaning that radon poisoning can lead to cancer. It is the leading cause of lung cancer in non-smokers and the second leading cause in smokers according to Health authorities. Radon exposure kills 21,000 Americans every year.

One of every five homes tested in a 10-state survey last winter was found to contain health-threatening levels of radon. The survey was conducted in Alabama, Colorado, Connecticut, Kansas, Kentucky, Michigan, Rhode Island, Tennessee, Wisconsin and Wyoming by the respective state governments in cooperation with the Federal agency. Twenty-one percent of the homes tested were found to have levels of radon considered to pose a threat to health under E.P.A. guidelines. This seems to be a problem here in our area.

Radon comes from the natural breakdown of uranium in soil, rock, and water and gets into the air you breathe. Radon typically moves up through the ground to the air above and into your home through cracks and other holes in the foundation. Radon is most often found in indoor environments such as homes, schools, and workplaces. The EPA recommends that all houses be tested for radon levels.

Don't panic if your home has high levels of radon exposure. There are proven techniques for reducing radon levels, so that exposure can be brought into



the acceptable range. The best technique is having a radon system installed. A typical radon mitigation system consists of a large-diameter plastic pipe that connects the air beneath your foundation to the outdoors. An in-line fan sucks radon-rich air from beneath your foundation and expels this hazardous air to the exterior. Instead of entering your basement or other living space area through numerous gaps and cracks in the foundation, radon gas is extracted from beneath your foundation before it can permeate into interior space.

We urge everyone to test the radon levels in their home and if there is high exposure to have a mitigation system installed by a professional immediately. Health experts often refer to radon as the silent killer, and for good reason. Since it is impossible to smell, you will never know if you are being exposed until you perform a radon test... or get diagnosed with lung cancer. There is no reason to become one of the 21,000 killed by radon exposure.

— Jennifer Pierce & Mikaela Lopez
Frontier Basement Systems.

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(from left) Jim Daly, Chuck Swindoll, Anne Graham Lotz, Tony Evans, Alistair Begg, James MacDonald, Crawford Loritts, Ravi Zacharias, David Jeremiah, John MacArthur And More!
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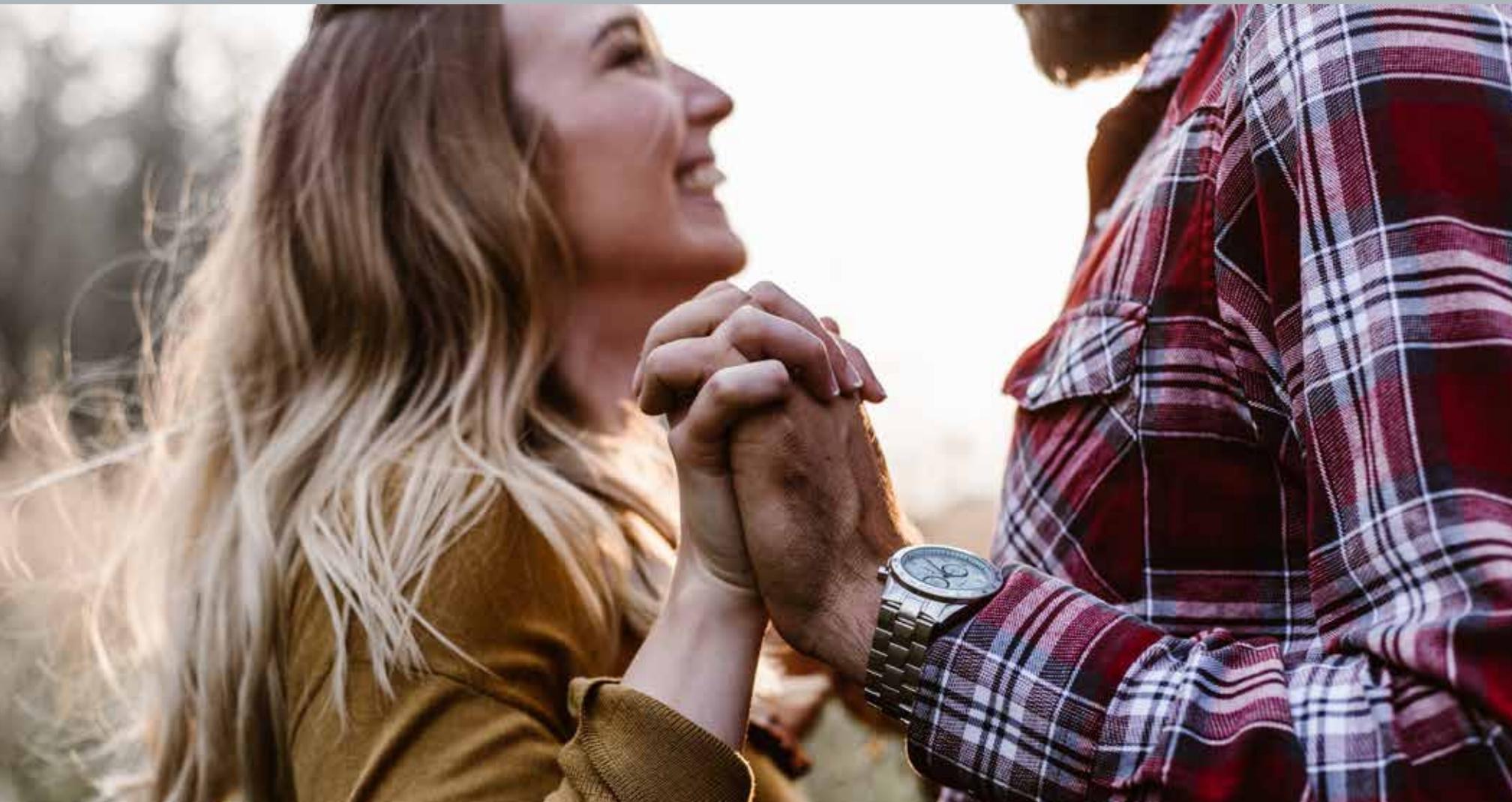
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Ed.D. Graduate's Journey To Business Success

Deborah Watts ('13) got her first job when she was 15 years old. Since then, her career has flourished, spanning across industries from academia to banking and start-ups. The Trevecca graduate now heads up her own consulting firm, Hayde & Company.

Named after her son, Hayden, Watts' firm provides general HR consulting, leadership development and talent optimization for organizations across the globe. This past year, Watts was named one of the Nashville Business Journal's 2019 Women of Influence. Watts launched her post-graduate career in the banking industry, making the move to Music City to work at Bankers Trust.

While working in the banking industry, Watts soon shifted her career, working in an executive role with America's Powersports, one of the largest retail dealer networks selling recreational and utility vehicles.

Brought on as the first employee by America's Powersport's CEO, Watts spent nearly a decade building the company into a multimillion-dollar business with 18 dealerships across the country. "I learned a lot throughout that time," Watts said. "I was getting good real-world experience in the business sense."

Creating a future of success

In 2006 while pregnant with her son, Watts left the company with plans to one day become her own boss. "Where do I go from here?" she wondered. Taking some time off from work to figure out her next steps, Watts found herself thinking back to her MBA program. "I thought about what I would want to do when [my son] went to kindergarten," she said. "I looked back to my days in the MBA program and decided to go back to get my doctoral degree." With her sights set on earning a doctorate, Watts began scouring the internet for doctoral programs that suited her business and professional background. "I knew I wanted a practitioner degree that [focused on skills that would] make the workplace better," Watts said.

Trevecca's Doctor of Education (Ed.D.) in leadership and professional practice fit the bill. "Looking into the Trevecca program, I said this is exactly what I'm looking for," Watts recalls. Designed for adults working every day to improve the lives of others, the Ed.D. program equips those in various industries to strategize, analyze, motivate, spearhead and transform their work environment for the good. For Watts, who came into the program with an extensive professional background, the Ed.D. did exactly what it was designed to do, according to Dr. Ryan Longnecker, program director of Trevecca's online Doctor of Education (Ed.D.) in leadership and professional practice.

"With Deborah, the Ed.D. gave her the tools to see leadership from that very high view and take those skills and affect hundreds, if not thousands [of people], across the globe," he said.

Putting skills into practice

After completing her doctorate, Watts spent a few years working with graduate students and teaching at a local university. But Watts, who had thrived in corporate America before entering academia, knew a university setting wasn't exactly the right fit. Watts left the classroom for the boardroom, a place she always loved and thrived in. "I knew that wasn't for me because I'm a corporate girl," Watts said. "I need that thrill and excitement and creativity piece of it."



Deborah Watts

During her time in higher education, Watts began to grow more assured about going into business on her own, thanks in part to a speaker at an event for the National Association of Women MBA board she served on. "A speaker had us take the Predictive Index (PI) assessment and instantly that changed my life," said Watts. "It was a visual of how I felt and showed how I was adapting to my day-to-day."

The Predictive Index is a behavioral assessment designed to be an effective, simple and easy measurement of current and future employee work skills—a tool Watts continues to use in her work today. After that speech, Watts was ready to get back into the corporate scene. It just so happened the speaker that gave the PI assessment wanted to interview Watts for a position at the consulting firm, Oliver Group, which is a certified partner for the PI.

Thrilled to get back into the swing of a corporate environment, Watts took the position. She spent the next three years learning the consulting business—eventually becoming certified with the Predictive Index. "After that, I knew I could do my own thing," Watts recalled.

Watts left the Oliver Group in 2017 with her sights set on becoming her own boss. That same year, Hayde & Company, Watts' own consulting firm, became a reality. And thanks to the skills Trevecca's Ed.D. program helped her develop, Watts says Hayde & Company is thriving. "Most start-ups fail within the first year," Watts said. "Here we are two years later and running strong, and I'm going to companies all over the world teaching leadership."

Trevecca's Ed.D. program strives to develop graduates like Watts, who are using the skills she honed in the program to become successful entrepreneurs, says Dr. Alice Patterson, program director of Trevecca's campus Ed.D. program. "This program has the academic foundation to provide individuals [like Deborah] the undergirding needed for success in their professional endeavors," Patterson said.

— Blake Stewart

If something in this month's issue of

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has awakened in you a desire to learn more about the **Freedom** and **Eternal Life** that Jesus Christ offers, we encourage you to seek out a **Bible-based church in our community.**

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JUMPING FOR JESUS

BIBLE TRUTH

Many get excited about sports and even sales at the mall, we should get even more excited for Jesus.

WHAT THE BIBLE SAYS

Mark 11:9

New International Version (NIV)

9 Those who went ahead and those who followed shouted, "Hosanna!"
"Blessed is he who comes in the name of the Lord!"



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STEP 3: Hold the cups close to your mouth, blow harder between the rims of the cups, and observe.

EXPLANATION

Blowing air between the rims of the cups creates a force, which pushes the top cup up. Blowing softly only pushes the top cup up, but not out. Blowing harder pushes the top cup up and out of the bottom cup.

BIBLE CONNECTION

Just as the cup jumped from the other cup, we should show our excitement and jump for Jesus every day.

— Jason Lindsey, Meteorologist

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PLAN OF SALVATION

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?

If so, below is a simple outline for someone of any age who is not a Believer to act on their desire to accept Jesus Christ into their heart as their Savior.

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.



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The Single Greatest Challenge To The Christian Ethic

When we adhere to a genuinely Christian ethic, we conform to God's design for the world and for humanity. The basic aspects of that design are revealed universally to all people. We access them by paying attention to our consciences, to the design of the world around us, to the design of human beings, and to the laws of cause and effect.

In addition to the basic moral law revealed to all humanity, God has revealed further insights into his intentions for humanity. In days of old, he did so through his mighty acts, through the prophets and apostles, and supremely through the person and work of Jesus Christ.

In our own era, God has also provided a written revelation—the Bible. The Bible affirms the basic moral precepts that can be “read off of” the world but goes further by prescribing for us the kind of character and conduct required by one who embraces Jesus of Nazareth as cosmic King and savior.

A Principled Ethic

The Christian ethic is a principled ethic, meaning that it views the ethical life as one that conforms to moral principles embedded in the world around us and revealed in the Bible. For that reason, Christianity's influence on the West caused most Western ethicists and, arguably, most Westerners to assent to a principled ethic (even though no human being or society lives in perfect conformity with such an ethic).

Yet, over the past two centuries, an increasing number of Westerners have rejected Christianity's principled ethic in favor of a consequentialist ethic. Consequentialists assign moral praise or blame based upon the outcomes of human action rather than conformity to moral principles. For consequentialists, the moral route is the one that produces the greatest amount of overall good. Human actions are not inherently good or bad; they are a means to an end.

There are different types of consequentialism, including Epicureanism (the moral path is the one that brings the most pleasure), egoism (the moral path is the one that achieves my own interests), utilitarianism (the moral path is the one that leads to the greatest good for the most people), and altruism (the moral path that leads to the greatest good for everybody except the actor).

The Failures Of Consequentialism

Consequentialism is directly opposed to the Christian ethic. Although biblical Christians care very much about the results of our actions, and although we seek to achieve the greatest good for the most people, we must allow God to define right and wrong. We must live in conformity with revealed principles, even if we can't see how our obedience will bring about the best possible outcome in a given scenario.

Given that consequentialism goes against God's design for the ethical life, we should not be surprised to learn that it is deeply incoherent. All forms of consequential ethics fail in at least two manners.

First, consequentialism fails because it cannot properly account for human limitations. The consequentialist approach is premised upon human beings' ability to predict accurately the consequences of a given course of action. Yet, human beings are limited in our knowledge. We cannot know for sure the effects of a given course of action. We cannot weigh with certainty the short-term or long-term consequences of our actions.

Second, consequentialism fails because it serves those persons in society who possess the most social, cultural, and political power. When consequentialism becomes socially plausible in a society, powerful people no longer need to apologize for or justify their role in redefining “good” and “evil” in ways that benefit them personally. The cultural elite gets to stack the decks so that they personally can experience maximal pleasure, achieve their own interests, or define the “greatest good” and who gets to benefit from it.

In addition to these two ways in which all consequentialist paradigms fail, individual versions of consequentialism fail in other ways. For example, egoism is almost universally morally repugnant. Even a person who ascribes to egoism is usually repulsed when other people act in their own interests at the expense of the egoist. Egoism is also personally unsatisfying, especially over the course of a person's lifetime because often the most satisfying course of action involves sacrificing one's self-interest to help another person in need.

Our Hearts Must Be Renewed

Therefore, in response to the consequentialism that pervades our culture, we must embody a principled ethic—the ethic revealed in creation's design and in Christian Scripture. We may place value on the consequences of our actions but may not allow an action's projected consequences to be the deciding factor in determining whether it is right or wrong. A principled ethic is the best for individuals as well as for a society's cultural institutions and political parties.

Moreover, we must make clear that even the best God-centered ethical system is useless if we are not continually orienting our hearts toward God. Without the continual renewal of our hearts, we will find ourselves repeatedly breaking God's law, obeying God's law in letter but not spirit, or rejecting God's law in favor of a consequentialist ethical system.

— Bruce Riley Ashford, Jr. 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, www.bruceashford.net

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Words of Life & Spirit

The Way

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and never see death”

“If ye continue in my
word then are ye my
disciples indeed”

“If any man
loves me,
he will keep
my words”

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Jesus' Words

Luke 9:26 For whosoever shall be ashamed of me and of my words, of him shall the Son of man be ashamed, when he shall come in his own glory, and in his Father's, and of the holy angels.

John 15:3 Now ye are clean through the word which I have spoken unto you.

Hebrews 1:1-2 God...In these last days. Hath spoken unto us by his son.

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they prefer reading just
Jesus' words?

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THE SINGLE LIFE

A New Year's Perspective on The EX...

In working with kids impacted by divorce, one of the most common things we hear is that kids don't understand why their mom and dad don't get along. "I always feel like my mom gets mad if I have fun when I see my dad – and then I never feel like I can talk to my dad about how much I miss my mom; why can't they get along and stop putting me in the middle?" As adults who are no longer a couple, it is hard to "get along" and at a minimum it's awkward when we see each other; however, for kids it's important to remember that from their lens mom and dad are their two FAVORITE HUMANS and how mom and dad interact after a divorce sets the emotional tone for the children.

Facial expressions, body language and tone of voice all tell a story to the shared children. Often kids report to us that mom and dad literally don't speak to each other at the ball games or the weekend exchanges or even as the child comes off the stage after a high school graduation. The "silent war screams loudly" to children when the two people they love the absolute most are sending a strong signal that everything is NOT OK.

As a divorced mom, I have had hundreds if not thousands of overlapping moments when my daughter's dad and I were at sporting events, dance recitals, school functions and weekly handoffs between his home and mine. We divided households when our daughter was one and she turned twenty just a few weeks ago. In all of those hundreds, maybe thousands, of overlapping moments as co-parents, we have both tried to always remember that we want to put her needs first. We wanted Angelia to feel comfortable and at ease emotionally when mom and dad were in the same space. When she was five she gained a wonderful stepmom and when she was nine she gained a stepfather. Now she would tell most people she has four parents and a large family of people that love her.

One of THE most important things we are showing our kids when we are around each other as co-parents (ex's) is how to behave responsibly (or not).



We are also writing a story they will carry in their hearts forever about their childhood. Mom writes the story of mom. Dad writes the story of dad. Stepparents write their own stories that are important in the life of a child in

a divided home. Overall, when the kids grow up and look back, what do you want them to say about you? You can't write the ex's story – you can't make them do the right thing or stop doing the wrong thing – you can only control and write YOUR STORY. Think about 20 years from now and how your children will look back and speak of you. Did you act mature in public around your ex? Did you give you kids the freedom to actively love and enjoy their other parent? Or did you stay angry and take every opportunity to engage in conflict around the other person and thus put your children's emotional stability at risk? No matter what you have done in the past, this is a New Year and FORWARD THINKING IS 2020!! I challenge you to think about your child's emotional peace of mind and what they will say and remember about YOU far above what you don't like about your co-parent. Set the example of how mature, kind and level headed adults act in public, even when it is awkward or complicated as well as how intentional parents are when they support and affirm their children's love for BOTH parents, not just one.

20 years from now your children will tell the story you wrote with your actions, body language, facial expressions and tone of voice when you were around the other parent – may this year begin a new chapter of a great story you are writing as a parent, even if you are co-parenting between two homes!

— Tammy Daughtry, MMFT, Author and Founder of
CoParentingInternational.com and ModernFamilyDynamics.com.
She and her husband live in Nashville and have a blended family of four!

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— Larry L. Crain, Attorney with Crain Law Group, PLLC
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JANUARY 2020 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

WCPR Offers A Variety Of Children's Theatre Programs

Williamson County Parks and Recreation (WCPR) is proud to sponsor a variety of exceptional Children's Theatre programs for youth and teens. WCPR works with professionals throughout the area to offer top-notch performance-related classes and workshops. Children can participate in productions, theatre classes or workshops offered year-round at several of our recreation facilities throughout the county.

MUSICAL THEATRE EXPERIENCE CLASS - Nolensville

A Musical Theatre Experience class will be offered on Tuesdays from 4:30 - 6:00 p.m., beginning January 14 through March 31, 2020 at the Williamson County Recreation Complex at Nolensville, 7250 Nolensville Rd. The Musical Theatre Experience program offers a fast-paced, but FUN education in musical theatre. Spring 2020 production will be Roald Dahl's Willy Wonka KIDS! Roles will be cast during the rehearsal process. Performances will be Thursday, April 2 at 7:00 p.m. and Saturday, April 4 at 11:00 a.m. at the College Grove Artsitorium.

This class is for those in Kindergarten through 6th Grade (must be able to read). Cost of the program is \$200. A \$25 sibling discount for two or more family participants is offered for this class. Registration is online at www.wcparksandrec.com. Registration code #16403. For more information contact Erin Williams at Erin.Williams@williamsoncounty-tn.gov or (615) 786-0200 ext. 2417.

Little Stars Preschool Musical Theatre Class - Spring Hill

A Little Stars Preschool Musical Theatre Class will be offered on Tuesdays from 11:30 a.m. - 1:00 p.m., beginning January 21 through March 10, 2020 at the Longview Recreation Center at Spring Hill, 2909 Commonwealth Dr. During this eight-week session, preschoolers (ages 3-5) will build confidence through singing, dancing, teamwork, and community-building. The class uses timeless classics from Disney films and beloved Broadway musicals to introduce children to music and movement, creating characters, and working on rhythm, balance, and coordination. Cost of the program is \$100 plus a \$20 supply fee. Registration is online at www.wcparksandrec.com. Registration code #16124. For more information contact Chase Cribbs at Chase.Cribbs@williamsoncounty-tn.gov or (615) 302-0971, ext. 2214.

Open Play Pickleball

- Academy Park Gym (50+), 120 Everbright Avenue, Franklin: Tuesday from 12:00 to 2:30 p.m.; Thursday from 9:30 a.m. to 2:30 p.m.; and Friday from 12:00 to 2:30 p.m. (615) 786-0186 ext. 2048.
- Franklin Recreation Complex, 1120 Hillsboro Road, Franklin: Monday - Friday 7:00 a.m. to 12:00 p.m.; PLUS Monday 5:00 to 9:00 p.m. (both courts); and Saturdays from 8:00 to 11:00 a.m. (615) 790-5719, ext. 2010.
- Longview Recreation Center at Spring Hill, 2909 Commonwealth Drive, Spring Hill: Monday, Wednesday and Friday from 8:00 a.m. to 1:00 p.m.; Tuesday from 7:00 to 9:00 p.m.; and Saturday from 10:00 a.m. - 12:30 p.m. (615) 302-0971, ext 2210.
- Williamson County Recreation Complex at Nolensville, 7250 Nolensville Road, Nolensville: Tues-

day from 9:00 a.m. to 2:45 p.m.; and Wednesday from 5:30 to 8:30 p.m. (615) 786-0200, ext. 2410.

ONGOING

First Friday of Each Month

Healthy Living Potluck - Join us the First Friday of each month for Biblically based Inspiration, Motivation and Information on living a consistent and sustainable healthy lifestyle. For women and men of all ages. When: 1st Friday of the month Time: 6:30-8:30 pm Where: The Cloister Community Center, 105 Emma Neuhoff Ct, Nashville, TN, behind St. Henry's church. Cost: \$5 plus a healthy dish to share, bring your recipe! Each month has a topic and a theme. You can find more on our Facebook page, www.facebook.com/benourished4life or email Celeste, thewellnessworkshop@msn.com

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 14 -
VALENTINES DAY

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The Fish 94FM - www.94fmthefish.net, 615-367-2210

TN Christian Chamber of Commerce - www.tnchristianchamber.org, 615-815-8765

Trevecca Nazarene University - www.trevecca.edu/online, (615) 248-1200

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