

FEBRUARY 2018

COMPLIMENTARY

NASHVILLE

CHRISTIAN FAMILY[®]

***Home
Improvement
Tips***

***VP Mike Pence
at NRB's
Proclaim 2018***



**HGTV Yard
Crashers**





ALL THINGS **BASEMENTY!**

& **NASTY CRAWL SPACES TOO!**

- BASEMENT WATERPROOFING**
- CRAWL SPACE WATERPROOFING**
- CRAWL SPACE ENCAPSULATION**
- HUMIDITY & MOLD CONTROL**
- CONCRETE LIFTING & LEVELING**
- FOUNDATION REPAIRS**
- INSULATION**



Frontier Basement Systems[®]
 Foundation Repair & Waterproofing Specialists

\$200.00 OFF

Any project
of \$2500 or more.

Cannot be combined with any other offer.

Contact us for a
FREE ESTIMATE

615-547-8701
ChristianBasement.com

NASHVILLE

CHRISTIAN FAMILY®

Publisher: Robert Stringfellow • 615-815-8765

publisher@christianfamilynashville.com

Editor: Raymonda Jagers

Contributing Writers:

Anthony “Tony” Boquet

Neil Breeden

Kenneth Chan

Zac Cooper

Tammy Daughtry

Brittney Griffey

Dan Kalman

Ben Lawson

Jason Lindsey

Mandi Marlin

Hector Martinez

Kelli Mitchuson

Frank Odrobina

Kenneth Oosting, PhD

Camille Platt

Danya Powell

Stephen Rowland

Mark Simpson

Lenny Smith

Laurie Stroud

Ashton Tate

Rick and Michelle Teague

Production and Art Direction: Wendy Satterwhite

Website Development, Digital Marketing & SEO Services:

The 5by5 Agency

Printer: Franklin Web Printing

Sales & Marketing: Brenda Delgado, Marketing Specialist

Robert Stringfellow

Cover Photo: Courtesy Chris and Peyton Lambton

Nashville Christian Family is published monthly by Clarion Concepts, P.O. Box 463, Spring Hill, TN 37174. The phone number is 615-815-8765.

E-mail ncfpublication@gmail.com. Reproduction of any part of *Nashville Christian Family* without permission of the Publisher is prohibited. Distribution of this paper does not constitute and endorsement of information, products or services. Views expressed in *Nashville Christian Family* do not necessarily represent those of the Publisher. Every effort has been made by *Nashville Christian Family* staff to insure accuracy of the publication contents. However, we do not guarantee the accuracy of all information nor the absence of errors and omissions; hence, no responsibility can be or is assumed. All Rights Reserved. Copyright 2018 by The Christian Family Publication, Inc.

Unless otherwise noted, scripture taken from the Holy Bible, New International Version, copyright 1973, 1978, 1984 by International Bible Society. Use by permission of International Bible Society.

Circulation and Distribution: *Nashville Christian Family* is free and available at targeted, high traffic locations throughout the Nashville Metro Area and surrounding counties, Williamson, Wilson, Sumner, Rutherford and Maury. 10,000 copies are printed each month. Copies are available by subscription, \$25 for one year (12 issues). To subscribe, e-mail ncfpublication@gmail.com

– *Nashville Christian Family* is a part of The Christian Family Publication, Inc.

celebrating 17 years of Good News!

Visit www.ChristianFamilyNashville.com



OUR MISSION



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

FROM THE PUBLISHER

Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. 1 Corinthians 13: 4-7 (New King James Version)

This month we celebrate Valentine's Day and it is appropriate to take joy in expressing our love to wives, husbands, children and grandchildren, boyfriends, girlfriends, relatives and very close friends. It is easy and natural to do, after all, it's Valentine's month.

God's definition of Love includes loving everyone that I mentioned, but if we take a close look at the verses above, it is evident that for Believers to truly love the way Jesus describes and did during his lifetime, it can sometimes be difficult for us. Loving the way God says should be guidance for how we approach just about every situation in our lives.

We should live in a way that constantly and consistently shows our Christian love for everyone that we are in contact with. Think about it; situations arise in all aspects of our lives - work, home, family, school, friends, and church, that often require us to stop and think about how to handle a problem, situation or something said. In some of these instances, it may be difficult for us to act in a Jesus Loving way. We let our pride, bias, temper, or selfish nature take over and dictate our reaction that can easily produce an unfavorable outcome.

To Love as God wants us to is simply not always easy.

Give it some thought; is there a situation that you were involved in recently that you might want to revisit as far as how you handled it from God's Love perspective?

Let's use this month of Love to open our hearts and our minds to the Scripture and to follow Jesus's directives in our daily living and Loving.



Publisher, 615-815-8765

publisher@christianfamilynashville.com

Ask Us About Our 100% Financing Options, And A \$15,000 grant!

Peoples Home Equity

has two local owners, we exist because we saw a need for a local mortgage company with a wide array of products, but also an emphasis on customer service. **This approach has served the company well.**

Our strength has always been the strength of the branch managers and loan officers. The belief that the quality of the employee is more important than the quantity of employees has always been of the utmost importance to our team.

We are a local company that controls the mortgage transaction from the origination to closing. We deliver superior service on a very consistent basis because we control the loan from the start to finish. The combination of great employees with diverse mortgage products that are priced competitively plus rapid closings has made for a winning formula.

Let us WOW you today, and provide you the best mortgage experience in the industry. Call us today 615-934-9544

- We close on time
- We close accurately
- We communicate throughout the whole process



PEOPLES
HOME EQUITY



MORTGAGE LENDING

Phillip Carson | Manager
Peoples Home Equity, Inc. #63371
216 Centerview Drive Suite 240
Brentwood, TN 37027
Phone: 615-934-9544
pcarson@peopleshomeequity.com
www.phenashville.com



February 2018

DEPARTMENTS

3 From the Publisher

6 Teachable Moments

Truth Can Sometimes Be Hard To Find

6, 7 Healthy Living

- Tips For a Healthy and Strong Heart
- Benefits of High Powered Nutrition

9 Our House

Masonry Is An Art Form

10 City Scene

Just Because It's Winter Doesn't Mean There's Not Lots to See and Do

11 Money Matters

More and More Women Are Working
In This Field and Making Money

11 The Great Commission

Don't Be Fooled By Someone's Outward Appearance

13 Business Today

All Things Basement, These Are the Folks to Contact

14 Music Notes

- Learn to Sing – The Power of God Can Come Through Singing
- The Origin of "Our God Reigns"

19 Cool Stuff With a Mighty Message

The Ingredients For Success

19 Body & Soul

Ask God To Help You Fully Understand Your
Health and Proper Care of Your Body – His Temple

20 The Home Front

Tis The Season For Frozen and Bursting Pipes

22 Parenting Points

Growing Love in a Stepfamily

22 Faith At Work

There Can Be No Excuses For Not Obeying God

26 Mission Makers

Hometown Hero

26 Kid's Korner

Kids Get Connected With the Bible Using Simple Science Experiments

27 An Encouraging Word

Our God Is Incapable Of Doing Some Things

27 God's Plan For Salvation and Eternal Life With Him

29 Youth News

Help Rescue 1 Global Spread the Word
On Valentine's Day About Human Trafficking

30 Calendar

30 About Our Advertisers



ON THE COVER 16

HGTV's Chris and Peyton Lambton share their love story founded on faith and family in Tennessee. See Page 16.

8 Proclaim 2018 Conference

9, 13 Home Improvement Tips

FEATURES

8 Vice President Pence to speak at
NRB Proclaim 2018

9 Miller Masonry

12 Help for those who are Grieving

13 Beasement Systems

NEXT ISSUE



**Keith Richards,
founder of Taziki's
& MUCH MORE!**

CONTENTS

VOLUME 9, NUMBER 4



9



13



26

Searching for the Gold of Truth

Panning for gold was a difficult and time consuming way to earn a living. During America's Gold Rush heyday people were drawn to panning as an occupation. The job either paid extremely well if you were part of the few who found gold or it was an economical disaster for the vast majority of the others. The difference in the payout was completely dependent on only three things; the amount of effort one applied in the search, the amount of sediment that one filtered and the ability of the person to identify three key identifiers; what does gold look like, where does it hide and how does it react when found.



Gold is an element that exists alongside every other mineral, rock or metal found in the earth so why did people choose gold as the popular choice for currency? Gold's color is very appealing and attracts attention. It is strong, durable and doesn't corrode when it comes into contact with other element. Finally, it is rare enough to generate an intrinsic value but available enough to supply the needs of the many.

As a student of the truth and a Financial Planner by trade, I found these similarities remarkable when comparing gold to the truth. In the search for truth the "miner" is called a Solutionary. The truth can be equally as hard to find for the same reasons as gold, it takes the same three things to successfully discover both and the Solutionary has to be aware of the three identifiers. They must know what the truth looks like, where can it be found and how does it react differently than the other information that they are sifting through.

Like gold the truth resides alongside an abundant amount of minutia in the form of believable lies, desirable falsehoods and the chunks of the partial facts. These other "elements" will not corrode or tarnish the truth. These non-truths are spread out of a vast area of knowledge so to save times, the sincere seeker must find the trusted spots to begin mining. Then one has to take the time needed to sift through this pile of weaker debris in order to expose the valuable gold of truth. Only then can a Solutionary with the appropriate education, experience and moral/ethical fortitude learn, profess and live the treasure that we call the truth; solving the problems for others. On the surface, the truth can be hard to spot but if one know where and what to look for, it is fairly easy to find. The truth will always be based on Natural Law so any contradiction to the laws is the first sign of fool's gold. The truth will also be the right and best choice for all who it impacts. If any of the three parties of the solution is not positively affected by its long term outcomes it is likely a pebble to be discarded.

Finally, truth always reacts differently from false information. Just like gold is easy to separate from the lighter sediment, so too the truth does not wash away with the passage of time. What was true once is always true.

— Anthony "Tony" Boquet, the author of "The Bloodline of Wisdom, The Awakening of a Modern Solutionary"

Benefits of High Powered Nutrition

Are you, or anyone you know, praying for better health? Our bodies are miracles! All we need to do is take a moment to think about all the different functions of the body and how it all works together. It's amazing! God gave us a gift and it's our responsibility to take good care of it. A big road block can be processed foods. They contain chemicals used to manipulate growing more, bigger, prettier food. They're fast and easy but we all know we aren't getting the nutrition our bodies need from it! The proof is in the high rate of diabetes, cancer, obesity, autism and more.... You know the list! And the prescription drugs we take can mask those symptoms, help us feel better short term, but what about the side effects? You've seen the commercials. It's scary. Giving our bodies high powered fuel, high powered nutrition, not only benefits us, but is our responsibility as recipients of the gift we've been given.



I have, personally, been taking high powered nutritional products for 9 years. I needed hope. I've experienced relief from many issues including allergies, chronic diarrhea, thyroid issues, muscle spasms as well as lifeline anxiety and panic attacks. My anxiety issues started with an ongoing trauma when I was very young. I can remember having daily panic attacks since I was 2 years old. It was awful. As an adult I tried psychiatrists, psychologists, medication, meditation and much more. Nothing helped. It was paralyzing both physically and emotionally. I missed so much of my family's life.

When a friend told me about this nutrition, I was very impressed. Patented as food, no warning labels, and the science and research behind it was easy for me to comprehend. She didn't give me any promises, again our bodies are the miracle, but I understood it. And my life changed. I'm forever grateful. There aren't enough words to express it. I have been able to take responsibility for this gift I was given by feeding it properly.

If you are interested in how high-powered nutrition may help you, call me. I'd be happy to share information.

— Donna Darling
402-433-5047



5 Ways to Reduce Your Risk for Heart Disease

Heart health is not about losing weight, but about gaining your life back. An estimated 801,000 Americans died of heart disease in 2017—making heart disease the leading cause of death in the United States. While these numbers seem overwhelming, we can combat these statistics with a little knowledge and lifestyle adjustment.

According to the American Heart Association, “While many may assume that popping a few pills that your healthcare provider prescribed is enough to quell symptoms or prevent a heart attack, the real preventative power lies with real changes to your lifestyle—which can reduce the risk for heart disease by as much as 80 percent.”

So what specific actions can you take to help re-

duce your risk and keep your heart healthy? Start today with these five things.

1. Increase Your Activity

Performing moderate exercise for 150 minutes (2.5 hours) per week—like walking, biking, or gardening, can increase

your life span and quality of life overall. Think of it as investing about 30 minutes of your day into physical activity that can help you not only decrease your weight, but also increase your heart health.

2. Change Your Diet

By changing to a more heart healthy diet and dropping some excess pounds, you can lower your risk of developing heart disease. Simple changes like adding more fruits and vegetables in your diet, switching out meat twice a week for fish, cutting down your sugar intake, and eating more fiber-rich, whole grain foods will make a big difference.

3. Lower Your Blood Pressure and Cholesterol

Even if your weight is on target, you may still have high blood pressure and cholesterol. Reducing sodium in your diet; adding fish, produce, and nuts; and replacing your grains with whole and multi-grains can help reduce your numbers.

4. Get Good Sleep

It might sound too simple, but millions of Americans don't get the recommended 6-8 hours of sleep each night. Lack of sleep can be tough on your heart! The best way to get a good night's sleep is to increase your physical activity during the day, limit the amount of caffeine you have, and establish a specific time you go to bed each night.

5. Quit Smoking

Smokers are more likely than nonsmokers to develop heart disease. It can cause the inner walls of your heart to become weaker and can make your heart work harder. If you've tried to quit before and failed, try again! Quitting smoking lowers your risk for smoking-related diseases and can add years to your life. You're worth it.

— Kelli Mitchuson, Health Innovation Specialist, YMCA of Middle Tennessee



RICK AND MICHELLE TEAGUE

LOOKING FOR MORE?
WANT RESIDUAL INCOME?

- GREAT RESULTS PART TIME OR FULL TIME
- NO EXPERIENCE REQUIRED
- DISRUPTIVE BUSINESS MODEL
- PERFECT TIMING

For more details, please leave a message at:

615-219-5420

Vice President Mike Pence to Speak at Proclaim 18 Convention

Vice President Mike Pence is confirmed to speak Tuesday, February 27, during Proclaim 18, the National Religious Broadcasters' (NRB) 75th annual Convention, February 27-March 2 in Nashville, Tennessee.



Vice President Mike Pence will be in Nashville February 27.

"I'm delighted that Vice President Mike Pence is now confirmed to speak at our Convention this year," said Dr. Jerry A. Johnson, president & CEO of NRB, in a January 25 press release. "The Vice President is an outstanding public servant – one who has emphasized for years the importance of his Christian faith in his public service. As a former radio broadcaster, Vice President Pence knows NRB and we know him. We eagerly anticipate what he has to say to thousands of evangelical communicators." As a Congressman from Indiana, Pence was honored in 2009 with NRB's prestigious Faith & Freedom Award. Pence is scheduled to speak during the Super Session on February 27 that begins at 1 p.m.

Every year, the NRB International Christian Media Convention draws a wide range of participants, in-

cluding radio and TV station owners and operators, pastors, church media professionals, radio and TV program producers, college educators, students, filmmakers, web and mobile developers, social media managers, book publishers and authors, marketing representatives, and ministry staff members.

In addition to the Vice President, speakers this year include ministry leaders Rick Warren, Greg Laurie, Kay Arthur, David Jeremiah, Luis

Palau, and Billy Kim; actors Jim Caviezel, Dennis Quaid, Stephen Baldwin, and filmmaker Alex Kendrick; radio talk show hosts Larry Elder, Eric Metaxas, and Dennis Prager; thought leaders Phil Cooke, Ed Stetzer, and Joel C. Rosenberg; and many more. Twin brothers and entrepreneurs David and Jason Benham will emcee the Convention.

A highlight of the annual gathering is the bustling Exposition, the world's largest marketplace dedicated to Christian media and ministry professionals seeking to harness the power of electronic media to spread the Gospel. Showcasing their products and services will be around 200 compa-

nies, ministries, and organizations. The Exposition will be open February 28-March 2.

Other highlights include Super Sessions; industry sessions focused on church media, digital media, film, international ministry, radio, and TV; the Learning Arena; the industry networking reception; the CV 24-hour student production competitions; the film pitch-a-thon; the Special Israel Session celebrating the 70th anniversary of the modern state of Israel; musical performances by artists including Mercy Me, Fernando Ortega, and Michael W. Smith; and film screenings. Among the films being screened at Proclaim 18 are I Can Only Imagine, One Nation Under God, Staines, God's Not Dead: A Light in Darkness, Beautifully Broken, and Paul, Apostle of Christ.

Proclaim 18 will take place at the Gaylord Opryland Resort & Convention Center in Nashville. Convention details can be found at nrbconvention.org.

— *Kenneth Chan, Director of Communications, National Religious Broadcasters*



Sing as free as one of these.

Enjoy singing like never before with:

- Enhanced Tone Quality
- Increased Range
- Pitch Accuracy
- Easy Breathing

MUSIC CITY VOICE
Neil Breeden, Vocal Coach

Singers of all types and styles and levels of experience have had great singing success coaching with Neil Breeden.



PROFESSIONAL VOCAL COACH, NEIL BREEDEN
615-440-2263 | neil@neilbreeden.com
musiccityvoice.com

NEW LOCATION



Tennessee Christian
CHAMBER OF COMMERCE
Bringing Ministry to the Marketplace

FEBRUARY LUNCHEON



RUDY KALIS, Keynote Speaker
Former Sportscaster WSMV – News4

Tuesday, February 27
10:45 – 1:00 p.m.
Inman Conference Center
Belmont University
Wedgewood Avenue, Nashville

REGISTER AT: tnchristianchamber.org

– PARTNER SPONSORS –







EXHIBIT SPACE AND SPONSORSHIPS AVAILABLE



FELLOWSHIP SERVICE EDUCATION

CREATING ELEGANT SPACES: MILLER MASONRY

Under the leadership of Hector Martinez, Miller Masonry, Inc. has been in business for eighteen years providing middle Tennessee with their masonry expertise as well as several other services for many different type projects.

Miller Masonry teams are Expert Masons and General Contractors and can address many different needs of residential and commercial properties. They are licensed and insured to provide a full range of services from basic residential repairs to full start-to-finish commercial projects. As Hector says, "achieving elegant spaces using quality materials, our teams take pride in every project, large or small, for us, it is an art."

Here are some of the services that Miller can provide to you:

Brick

Existing brick walls, patios, chimneys, mailboxes – if any one of these is need of an update or if you are building a new property -We can help! Define the tone and personality for your property and make your home or commercial property stand out with our beautiful brick masonry. Get in touch and tell us a bit about your project,our masons will assist you with the process of updating or creating a new project.

Concrete Block

Concrete block is known for its strength and durability. However today they are more than just building blocks. Texture and color combinations are endless with the products available on the market. We partner with the best suppliers that offer a broad range of material to choose from, color, shapes, and texture.- Why we also love working with blocks? It contributes to sustainable



design through its long life span, energy efficiency, durability, acoustic insulation, and the potential for reuse

Stone

Natural beauty comes in truly unique and environmentally friendly forms. Stone can be in various forms; sandstone, limestone, marble, granite, travertine, slate, is the low carbon footprint material of choice for lasting construction. Unlike man-made products, the stone is a truly natural product simply taken from the ground and processed using low energy machinery into the products we use. Stone is inviting, elemental and practical, it connects us to nature through its nuance of textures, colors, and patterns that can't be duplicated. Stone will last a lifetime, needs no upkeep, adds significant value and has a timeless appeal. Nature has already done all the work of making the material in its plethora of truly unique and environmentally friendly forms.

Concrete

Affordable concrete driveways and walkways are a must for your property. With more than 20 years of experience laying concrete driveways, walk-

ways, stairs, patios, and porches, you can count on us for all your concrete needs.

Pavers

Concrete pavers are versatile because they come in many different styles and colors, we provide full installation, sealing and repair.

Retaining Walls

A properly engineered segmented or real stone retaining wall is a sensible and popular choice when constructing a landscape design. Retaining walls are a great option to incorporate into your commercial or residential landscape because their overall height can be adjusted and they are designed with aesthetics in mind.

Miller takes pride in every detail of any project, we make sure the material are up to the highest standards and our team works together toward the same goal, build amazing places for your properties. Residential or commercial Miller Masonry can help.

"We have been in business for 18 years and one of the reasons we have been blessed to be able to do what we do for so long, is because we just love the work that we perform for our clients. We also love seeing our city grow as much as we have seen since the Miller Masonry began", says Laura Rios, Office Manager.

We look forward to discussing your project with you. Please visit us at www.millermasonry.net to see some examples of our work and to Request a Quote by email, or if you prefer phone, call 615-294-6124 or 615-335-1920 between 9:00 AM and 6:00 PM.

— Hector Martinez, Owner Miller Masonry, Inc.

WE'RE LOOKING FOR
GREAT PEOPLE
TO JOIN OUR TEAM.

Call 615-794-0200 today
for more information about
joining our team!



MOLLY MAID®

Competitive wages.
No nights or weekends.
Comprehensive, paid training.
Company car while you work.

Call today!
615-794-0200

MOLLY MAID
OF S. DAVIDSON,
WILLIAMSON AND
MAURY COUNTIES

Many Fun Things to Do in Franklin!

The family and I along with everyone here at Hyundai of Cool Springs are really excited about all the great things happening this month. We're all planning on doing as much as we can and taking advantage of all the activities available to us right here in Franklin so I just wanted to make sure that you knew about everything going on.

Hey, it's what neighbors do. Whatever you're interested in, you'll find in Franklin. I oughta suggest that as our town motto.

Anyway, like I said, so much to see and do and right off the bat too. Think you know a thing or two about a thing or two? Start February by showing off your crazy trivia recall skills at the Miller Creek Brewing Company's Trivia Challenge.

Of course, if you love cars the way I do, then I'll surely see you at the Cars'N'Coffee Event which happens every Saturday at the AMC Thoroughbred Cinema parking lot. If you like your cars and coffee powerful then this is the place for you.



Cars n' Coffee takes place every Saturday at the AMC Thoroughbred 20 Parking lot. The first Saturday of every month is a special "exotic" edition of Cars n' Coffee.

Then for all my fellow foodies out there, the most fabulous food and tastiest treats can be found at the Franklin Farmers' Market at The Factory. From fresh produce to artisanal cheeses to fresh flowers and even locally made crafts, there's something for everyone at the market.

Finally, wherever you go in Franklin there's something to see and you can be sure to see it all as you ride the historic Franklin Trolley and become fully immersed in the history and heart of America's Best Southern Town.

With so many exciting things to do and see the only difficulty is finding the time for everything but don't let that stop you from enjoying everything our great little town has to offer. For more information on what to do and where to go visit www.visitfranklin.com/events-calendar/2018-02. We'll see you there, neighbor.

— Frank Odrobina, Owner of Hyundai and Genesis of Cool Springs - 1.877.886.8448 - HyundaiOfCoolSprings.com, GenesisOfCoolSprings.net

Your home is invaluable.
So is our home maintenance.



Your home is where our heart is

For more than 70 years Lee Company has helped customers keep their homes safe and comfortable with the best home maintenance, repair and improvement services available. The value adds up. Professional home maintenance:

- Helps increase your home's long-term property value
- Improves energy efficiency and lowers utility bills
- Helps prevent mechanical failures and related repairs

Become a Lee Company Planned Service Member for as little as **\$8.25*** per month and enjoy 4 annual visits:

- Heating tune-up and safety inspection
- A/C tune-up and energy-saving cooling inspection
- Plumbing inspection
- Electrical safety inspection

You'll also receive up to 20% discount on service calls, parts and labor; a 5% discount on equipment replacements; and you'll never pay emergency rates!



* Price valid for one system. \$50/year for each additional HVAC unit.

\$20 OFF your next service call
Your choice: HVAC, plumbing or electrical.

Need a second opinion on a repair or replacement?
Give us a call to schedule a FREE appointment.



Call Today: **615-567-1000**

Or Visit: **www.leecompany.com**

Women Making Their Move

Last month my husband wrote an article on residual income. So, I thought it only fair to give my perspective on this subject, especially since our family derives our residual income from an industry that is dominated by women world wide. Although I sometimes wish it was happening faster, little by little women are getting their chance to lead in industries across the globe, and many companies are finally realizing that woman can do anything God has called them to do... in any field He calls them to do it in.

In contrast... the network marketing/home-based business industry has known this and flourished under the leadership of women for decades. We move things. We shake things. And we can make or break a business. In short, if women like your product, then they will talk about it. However, just because we talk about it, does not mean that we financially capitalize on those conversations and recommendations. For example, when is the last time the movie theater sent you a check? Or that store with the bulls-eye? Or that book author?

I get it. As women, we don't always feel motivated by the dollar sign... but our families, along with

needing our loving, nurturing, and heart-lead care, also need income to keep a roof over our head and supply or support the things we deem most important.

Further, when it comes to earning this income I can unequivocally say that, after 31 full-time years in this industry, there is a way we can add it to our household's bottom line with out losing sight of the things that matter most... God, our precious loved ones, our church families, our ministries, etc. I know this, because I have lived it. And even though it's fantastic, fun, and very rewarding, it's also a tool to help our lives financially while keeping our priorities in order.

Also, even though we could talk about a few negative comments and heart judgements of some people about this industry, in the end... it has stood the test of time and is picking up speed by the day. Roughly 200 million people, of all different backgrounds, personality types, and education have been successful in network marking/home-based business, and by all indications it is just getting started.

It can be done as we live our lives, and can bring tons of value to our homes and families as well. Not only from the income it produces, but in how it also broadens our personal connections with others. In fact, there's nothing more fantastic than meeting people from around the country or globe, from your sofa, while drinking coffee in your jammies. Ultimately, it enables you to live your life and not just work to get by, and once that residual income starts to flow... it can make car payments on time, pay for activities the kids love, vacations and money to spend on the vacations, college funds, and my favorite... helping others however The Lord leads. The bottom line is it increases our options. It gives us freedom. And we could all use a little more freedom and wiggle room in our bank accounts. Can I get an amen!

— Michelle Teague and her husband, Rick, have been in the network marketing industry for over 30 years. Michelle homeschooled their 3, now adult girls, she enjoys spending time with her family, blogging, and seeing women become all God created them to be in every area of their lives. MichelleTeague.com, 615-219-5420.

THE GREAT COMMISSION

First Impressions

Ever notice just how fast it is that people make first impressions of you? Google that subject online and you will find estimates ranging from 30 seconds all the way down to fractions of one second, all based on facial appearance, clothing, and body language. I became acutely aware of first impressions when I became part of the Christian bikers community. There is just something about wearing black leather motorcycle gear that evokes a gut level negative first impression with a lot of folks. Maybe its that classic stereotype of long haired, smoking and drinking, tattooed guys living on the "wild side," or worse, riding with a "gang." Introducing myself as a member of the Christian Motorcyclists Association often elicits a puzzled look, as though that might be a contradiction in terms.

I had one young fellow ask me "What do you guys do, pick fights with the outlaw bikers?" "No," I replied, "We just show them the love of Christ" -- and I watched that surprised expression turn into a smile. I've had older mature saints assume it was just an immature "phase" that I would eventually grow out of. Some thought I might be having a midlife crisis! Others simply assumed I was unaware of the great risk involved in riding a motorcycle on the streets with cell phone distracted drivers (believe me, we are aware)! Others thought we were simply blowing off tension and stress, or getting addicted to an adrenaline rush (aren't those contradictory?) while finding other like minded Christians to have fun with. Very few ever thought of it as a "Christian ministry."

In its 28 years of existence, CMA has raised over 63 million dollars to spread the Gospel throughout the world through cooperative missionary efforts such as Brother Andrew's Open Doors Ministry, the Jesus Film Project, and Missionary Ventures International. We have chapters in 192 of 196 coun-

tries of the world. Over 21 million individuals worldwide have come to Christ because of those efforts, along with about 14,000 here in the U.S. Wouldn't you say that is a "Christian Ministry"? If I let myself be affected by people's first impressions of me -- misjudgments and stereotypes -- I would have missed out on playing my small role as chaplain in this ministry, the direction in which I felt God was leading me. All of us come from different backgrounds and have varying talents and giftings.

Somewhere in your lifetime you might feel the Lord directing you to invest a lot of energy, time, and money into a Christian para-church ministry congruent with your interests -- whether it be sports, music, disaster relief, charity based efforts, profession related interests, etc. There is always going to be someone who misjudges your motives. Why are you spending so much time on the golf course -- the "Christian Golfers Association ministry"? Sure -- (wink). The one whose impression of you that you should really be concerned about is the one who calls you to it -- your Heavenly Father. By this time most of those New Year Resolutions have already fallen by the wayside. How about focusing intently on that God-inspired passion birthed in your heart by the Holy Spirit and partner up with other similarly inspired Christians to reach the hurting members of your circle of influence, your community, with the hope of Christ? That has eternal rewards.

— Stephen Rowland is chaplain for the Knights For Christ of Columbia (Christian Motorcyclists Association).



Grief Help

Williamson Memorial and Spring Hill Memorial Funeral Homes and Cremation Services are a family owned, third generation business located in Williamson County. Among the many valuable services that we offer, below is some information regarding Grief. If you or someone that you know is currently dealing with the loss of a loved one, we are sorry for your loss and hope that the following will be of help to you. If you are not experiencing this situation now, the information may be useful to you at some point in the future.

Grief

Grief: "Is reaching out for someone who's always been there, only to find when you need them the most, one last time, they're gone."

The death of a loved one is life's most painful event. People's reactions to death remain one of society's least understood and most off-limit topics for discussion. Oftentimes, griever's are left totally alone in dealing with their pain, loneliness, and isolation. Grief is a natural emotion that follows death. Sadness, denial, guilt, physical discomfort, and sleeplessness are some of the symptoms of grief. It is like an open wound which must become healed. At times, it seems as if this healing will never happen. While some of life's spontaneity begins to return, it never seems to get back to the

way it was. We know, however, that these feelings of being incomplete can disappear. Healing is a process of allowing ourselves to feel, experience, and accept the pain. In other words, we give ourselves permission to heal. Allowing ourselves to accept these feelings is the beginning of that process. The healing process can take less time than we have been led to believe. There are two missing parts. One is a safe, loving, professionally guided atmosphere in which to express our feelings; the other is knowing how and what to communicate.

The Grieving Process

The loss of a loved one, you could say, wounds us deeply. When we experience a major loss, grief is the normal and natural way our mind and body react. Everyone grieves differently. And at the same time there are common patterns people tend to share. For example, someone experiencing grief usually moves through a series of emotional stages such as shock, numbness, guilt, anger, and denial. Physical responses are typical also. They can include: sleeplessness, inability to eat or concentrate, lack of energy, and lack of interest in activities previously enjoyed. Time always plays an important role in the grieving process. As the days, weeks and months go by, the person who is experi-



encing loss moves through emotional and physical reactions that normally lead toward acceptance, healing and getting on with life as fully as possible.

Sometimes a person can become overwhelmed or bogged down in the grieving process. Serious losses are never easy to deal with, but someone who is having trouble beginning to actively re-engage in life after a few months should consider getting professional help. For example, if continual depression or physical symptoms such as loss of appetite, inability to sleep, or chronic lack of energy persists, it is probably time to see a doctor.

These additional topics that may be helpful can be found at www.williamsonmemorial.com - Resources Grief Help: Accepting a Loss,, When Your Parent Passes, Helping Yourself Heal, Grief Counseling, Children's Corner

— Mandi Marlin, third generation Funeral Director
www.williamsonmemorial.com
615-794-2289

"Treasure every single moment in life"



Williamson Memorial Funeral Home and Cremation Services

3009 Columbia Pike
Franklin, TN 37064
(615) 794-2289

www.williamsonmemorial.com

Plan ahead: www.preplanning.info/williamsonmemorial



Spring Hill Memorial Park, Funeral Home and Cremation Services

5239 Main St.
Spring Hill, TN 37174
(931) 486-0059

www.springhill-memorial.com

Plan ahead: www.preplanning.info/springhillmemorial

"Both are family owned and operated"



Named by Toast of Music City 2017 -
Best Funeral Home
In Middle Tennessee

We are here to serve your family and honor the treasured memories of your loved one."

THE STORY OF FRONTIER BASEMENT SYSTEMS

Frontier Basement Systems is owned by Layne and Judy Gebers. Layne has been a general contractor for over 30 years. Layne went to Milford to go to school for architecture and building construction.

In 1999, Layne and Judy and their 3 kids decided to take a chance and moved to Clarksville Tenn. to invest in a new startup company called Tennessee Precast Systems Inc. The company was not what they expected and not a good fit for Layne.

Apple Hollow Construction was started. Picking up a contract a previous company couldn't finish, a church was the start of a huge referral source for them and by not compromising on values, quality of work and great service... he started building a name in Clarksville.

In 2001 Layne went to the International Builders Show in Atlanta looking for a solution to fix nasty crawl spaces. There, he met Larry Janesky. Larry Janesky invited Layne to Seymour CT. to learn more about Basement Systems. In 2002 Layne and Judy became a Basement Systems dealer.

EXPERIENCE

Basement Systems Inc. and its sister companies - Connecticut Basement Systems, CleanSpace, Total Basement Finishing, and Dr. Energy Saver, are award winning and successful enterprise located in Seymour CT, with approximately 400 dealers in 3 countries. We specialize in "All Things Basementy!" We do so much more than just dry your basement. We offer complete solutions to transform your basement into a pleasant extension of your living space. We offer comprehensive solutions for Basement Waterproofing and Refinishing, Crawl Space Repair, and Basement Finishing. Basement Systems, Inc. is the world leader in developing and providing products that result in dry, below-grade space.

We are also a Supportworks dealer for those foundation and concrete solutions. The Supportworks team includes experts in construction, repair, geotechnical and structural engineering, manufacturing, training, foundation assessment and installation of repair products. Like any strong company, our team also includes experts in many other areas: logistics, marketing, accounting, technology, administration and the list goes on.

PRODUCT INNOVATIONS

Armed with products to repair bowing basement walls, there was an opportunity to serve homeowners by repairing their settling foundations as well. A network of like-minded contractors who started to share and learn together began the development of a piercing system

TRAINING THE VARIOUS TECHNICIANS

On-boarding a new employee is taken very seriously here because we take what we do very seriously and personally but also because we want to be sure that the homeowner gets the best experience possible.



15 years ago, Judy and Layne Gebers, owners of Frontier Basement Systems, began serving homeowners in central Tenn.

Our inspectors go through over 4 weeks of extensive training on site before starting ride along with their manager and trainer. The manager then decides how quickly the inspector will start servicing appointments solo.

Production teams will watch and get familiar with our products before riding along with our expert teams. A foreman and co-foreman will take them under their wing and show the new field tech the ropes. In the field our teams continue to learn and teach each other every day.

Service technicians handle both preventative and reactive maintenance of our systems. When a new service technician starts they will ride with our production crews for at least a week to see how our products are

installed and learn how they work. They will then ride with a senior service technician for a full week to see the position in action. The following two weeks the Service Manager will go with the new technician on the technician's appointments.

ON-GOING EDUCATION

Foreman, Service, and Inspectors train weekly here in our training room. Basement Systems of Connecticut has an annual convention, quarterly trainings, monthly webinar trainings, and weekly video trainings. Supportworks also offers an annual convention, quarterly trainings, and an open online chat forum for consistent communication among the network.

NATIONAL NETWORK OF KNOWLEDGE

The National network is important to you, the homeowner, because we pool our resources to constantly create the best products, so we can best help you. We consistently teach and learn from one another.

Two things have never changed in Layne and Judy's story...

- #1 the mission has always been to provide the best Permanent solutions. Through WOW customer service with every customer every time.
- #2 Hard work. Unfailing love, an unwillingness to give up no matter how tough times get.

With a little help from God, all things are possible.

Layne and Judy were the 2016 Better Business Bureau Torch award winners for Business Integrity.

— Brittney Griffey,
Marketing Manager
Frontier Basement Systems



Lord, Teach Me To Sing

There are many ways God has blessed my life but two of the biggest ones involve music—singing and teaching. I have sung opera, oratorio, and other concerts for several years in the United States and Europe. Even though the music I have primarily sung is classical, the type of music that blesses me the most is sacred music and the hymns of the church.

There have been many times when I was singing for a group of people in a concert or church and I could see that my singing was having an effect on the people there. One time my pastor asked me to sing an old hymn I had not heard or sung in a long time. I asked the pastor why in the world he would want me to sing such an old ‘War Horse’ like that, but that particular hymn was important to him. After I started to sing the hymn I noticed a young couple seated just in front of me with tears forming in their eyes. They came up to me after the service and expressed how much they were blessed by that hymn. When I sing in a situation like that, my prayer is always that my singing will be transparent so that people will see Jesus through me. In turn, I am blessed when others are blessed through my singing. As I have mentioned before, there is great power in singing praises to God and anyone can experience this power.

The second major way God has blessed me is through the gift of teaching people to sing or to sing better. Some amazing voice teachers I studied with in New York and Southern California have greatly enhanced my gift as a voice teacher. One teacher I had in Los Angeles, Elizabeth Parham, I considered to have been a Master Voice Teacher. We would be in the middle of a lesson when she would stop and seem to stare into space. The first time that happened, I asked her if something was wrong. Elizabeth said that she was waiting for God to tell her what to tell me next. Since then, I have experienced this myself while teaching and the result has been amazing. Many times in a voice lesson, I have had the feeling that I am being given the words to tell a singer and I am often surprised how appropriate those words are for the occasion. I am grateful that God has given me the ability to quickly diagnose a vocal issue a singer may have and how to fix the problem.

Considering all the teachers I have worked with and all the singers I have known and heard, all the music I have heard and performed, all the work I have done on my own voice, and all the students I have taught, I consider it a privilege and a gift from God to pass along the things I have learned to people who want to learn these things.

The student is not above the teacher, but everyone who is fully trained will be like their teacher. Luke 6:40 NIV

— Neil Breeden, Vocal Coach
neil@neilbreeden.com, 615-440-2263



The Writing of “Our God Reigns”

I was in the seminary from 1960-67. During that time I learned to play the guitar. I spent a couple of years playing through a foot high pile of sheet music. After seeing and hearing Fr. Clarence Rivers sing his Scriptures song, I became fascinated with singing Scriptures and writing Scripture songs. In 1965 I wrote my first song, “The New Jerusalem.” Later, I established my publishing company, New Jerusalem Music.

After writing about 30 songs, once while out of work and reading the book of Isaiah, I wrote the first verse and chorus of “Our God Reigns” in just a few minutes. I was married with kids and in-between teaching jobs and God was telling me it was all going to work out for good. This was just a message for me that God would get me through this and all would be well. I had no idea the song was destined for others as well. All I knew was that I was so very excited. I felt like hope and joy and peace were rushing into me like a river.

I was leading worship at Living Word Ministries in Haddon Heights, N.J. for pastor John Poole, I sang the song once and John jumped-up and said, “Let’s all rise and sing that again!” And we did sing it again, and again, and again.

Shortly after this, a traveling minister named Bob Mumford came to minister at our church. He heard two of my songs, “Our God Reigns” and “City, O City.” Bob took them with him and taught them wherever he ministered for a couple of years. He taught “Our God Reigns” to several thousand men in a Kansas City Pastors’ convention of some kind and they all took the song back home with them. Scripture In Song from Australia published the song and the Catholic charismatics in Ann Arbor, MI. also published and recorded the song. It spread around the world and by now has been recorded on 50 albums by the likes of the Gaithers, Phil Driscoll, Evie, Marilla, Fred Bock, Tom Booth, John Michael Talbot, New Life Worship, Word, Lillenas, Sparrow, Maranatha, and lots more. The song has appeared in about 45 songbooks and hymnals and is in about 25 languages. How did this ever happen?

I believe the melody of this song is a real gift from heaven to me first, but to us all. The lyric “Our God Reigns” was also given by the Holy Spirit to me first, but to us all. God really is working everything out for good. Love really does conquer all. We really do not die, we just leave these bodies and move on to our next adventure. The heart of the matter is that God brings life out of death. Jesus is not the only one who will rise again. Trials come, yes, but they bring character, not destruction. Dying oak seeds become mighty trees. God seems to be saying, “Look, has anyone ever come to a more unjust, brutal end than my Jesus? And look how gloriously I have dealt with Him! Come close now and remember: It’s all right...I AM here with you. Together we will get through this gloriously. Just you wait and see.”

— Lenny Smith
After leaving the seminary in 1967, I married the lovely Marian in 1970. We have 5 children, aka The Danielson Family. I have written about 200 songs. My three albums and songbooks are available from our label www.greatcomfortrecords.com. Our publishing company is www.newjerusalemusic.com. If you would like a lead sheet of “Our God Reigns”, go to www.christianfamilynashville.com, spiritual resources tab - faith

DEEPER FAITH. GREATER ADVENTURES. STRONGER BONDS.



SUMMER CAMPS

DAY, OVERNIGHT & FAMILY



Remove Everyday Distractions —
THRIVE and **CONNECT**
with **OTHERS**

PURPOSEFUL, ACTION-PACKED
Outdoor Games and Recreation

Discover
INDIVIDUAL STRENGTHS
and Forge
LIFE-LONG FRIENDSHIPS

DeerRun.camp
615.794.2918

**100 WOODED ACRES • 10 MILES SOUTH OF
HISTORIC DOWNTOWN FRANKLIN**

also at Deer Run...

MARRIED COUPLE Romance Weekends
FATHER-SON Adventure Weekend
MOTHER-DAUGHTER Getaway Weekend



Courtesy Chris & Peyton Lambton

A Love Story

FOUNDED ON FAITH & FAMILY:

HGTV's Chris & Peyton Lambton

Big on family values and the "family" that comes from a close relationship with the church, HGTV's Chris and Peyton Lambton.

Family legacy comes in many different forms for garden, landscape and outdoor remodel television personalities Chris and Peyton Lambton. It shows up in the prayer they recite with daughter Lyla every night before bed, the same blessing Chris' late mother recited to him and his brothers when he was a child. It shows up in the church elders and older generations within the community in Peyton's east Tenn. hometown, offering a greeting and a word of wisdom at the grocery store. It's a legacy hinged on faith, say the Lambtons, who are preparing for the release of Chris' second season on *DIY Network's* "Lawn & Order". "It's nice and refreshing to be able to be open about our faith," says Peyton. "I think a lot of people aren't; they either hide it or maybe they don't feel that they can talk about it along with their careers, but it's exciting that we are able to share something that's important to us and our family and our careers. It's all encompassing."

Romance & Reality TV. A fan-favorite and the runner-up on season 6 of *The Bachelorette*, Chris Lambton met wife Peyton, who had competed in season 10 of *The Bachelor*, through mutual friends at a charity event in 2010. Instead of returning to ABC for another season searching for love, Chris had decided to stay home in Cape Code, Massachusetts, running E. Lambton Landscaping with brother Erik and their father, Ed, who is notoriously remembered by *Bachelorette* fans as the man who used to tell wife Marjorie that "love is the only reality." Impressed with his authentic skill as a landscaper in a charming hometown, *HGTV* ap-

proached Chris with an idea for the gardening and landscaping series "Going Yard" just after his engagement to Peyton in 2011. The couple co-hosted the show, and they even filmed a special in Chris' backyard to prepare for a Cape Code wedding reception for friends and family. Once his parents' house, both of Chris'

family dinners with his brothers and their children as at their home in Cape Cod as often as possible. Raised in Kingsport, Tenn., Peyton says traveling to baptize their daughter in the same church she



Chris Lambton is seen here on the set of his *DIY Network* show, "Lawn & Order."



brothers were married in the same backyard. Chris is now a familiar face on *HGTV* and *DIY Network*, also hosting "Yard Crashers" and appearing on "Blog Cabin," "HGTV Dream Home" and "HGTV SmartHome."

Mentors in the Faith. When it comes to mentors who inspire him as he sets out to engage Christian values as a husband and father, Chris looks no further than his own parents. "My mom was raised by her mom, and so forth, [to be at] church on Sundays. Every meal we had growing up we'd say a little prayer first. When my mom tucked us in, she had another prayer she would say to us every night. I think those little things and the instilling of the family values was very important in my growing up," he says, noting he still hosts Sunday

was baptized in was a significant step in maintaining faith traditions important to her family. Born in November 2016, Layla James Lambton became the sixth generation from Peyton's family to be baptized at the family's church. "My father served as an elder in the church, so he was able to be a part of the ceremony," Peyton remembers. "The biggest reason I wanted to do that was because family is so important to us, teaching Layla this is what we have."

For the Lambtons, the significance of Layla's baptism also represents a lesson in patience and seeking God for guidance while pursuing parenthood. Conceived via in vitro fertilization, Layla's birth followed what Peyton calls "a long long long hard battle and a lot of soul searching" on how to



When considering flowers and shrubs for 2018, Chris says, research what's native because it will cut down on your water and landscaping costs. Also, for the biggest impact for the money, a stone patio will require little upkeep after the initial investment. "The great thing about stones are they are not going to rot out; they are going to last forever, and if they are laid correctly, it's something you can use for decades and decades to come," explains Chris. "It gives you that entertainment space where you can put chairs, a little table for a dining area... a place for people to congregate, and it cuts down on the amount of grass that you have to mow, which is always a bonus."

create a family when it doesn't happen naturally. "Trusting God is a huge part of it because it's such a frustrating process," she remembers. "It was so long, and I'm very much a person of instant gratification. It was probably two years of going to the doctor and blood tests and injections and all of these things that you did not imagine when you set out to start a family. There was a lot of resentment. There was a lot of anger. But then I just had to put my trust in God that He had a plan, and He did.

His plan was for Layla, and no matter how we ended up with the family that we have, that was His plan all along," she says, adding, "I just have to trust that in the future when we want to have future children. If that is in the cards, then we will just have to trust and have faith."

The Fun is in the Filming. Still working daily in his family landscaping business, Chris says one of the most memorable parts of filming for *HGTV* and *DIY Network* landscaping shows is the people he meets along the way. Filmed in Philadelphia and Orlando, "Lawn & Order" focuses on finding homeowners who lack the inspiration, the money or the skill to raise their home's value by boosting curb appeal. "We get to go in there as a team and completely tear out the yard and make the client work a little bit so they get the sweat equity," Chris says. "It gives them more of an ownership so they'll take care of it when we leave."

Now an interior designer in Cape Code, Peyton says when it comes to filming for Chris' newest shows, she leaves most decisions up to him. "He's so good at what he does that we try to stay in our own lanes. I'll come in and help with some finishing stuff if there's furniture involved, as far as what style, what fabrics, finishing accessories. But when it comes to the basic landscaping, the layout and design, that's all him."

To view full episodes of Chris Lambton's show *Lawn & Order* as well as *Yard Crashers* and *Going Yard*, visit diynetwork.com/shows or hgtv.com/shows.

— Camille Smith Platt

Miller Masonry Inc.

**CALL TODAY
FOR AN ESTIMATE!**

615-294-6124

615-335-1920

hector616124@gmail.com

LICENSED & INSURED

www.MillerMasonry.net



**Brick • Block • Stone • Pavers
Fence • Fireplace • Roof • Deck • Patio
Walls • Paint • Concrete • Crack Repairs
Pressure Washing • Driveway Sealing**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONNECT

IN MORE WAYS THAN ONE



Bring your family to the Y to spend quality time together—and become part of so much more. When you join the Y, you support the values and programs that strengthen your community.

FOR MORE THAN A WORKOUT. FOR A BETTER US

Come see how your family can be part of something more at the Y.

Visit your local Y or TrytheY.com/more to join today.

Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind and body.

Success P.E.C.K. Pie

When we are shooting for goals in business and/or life...certain ingredients are a must for a recipe that is just right. So I thought I would share one of my favs. Believe me...I have tried it a million ways...and this version seems to take the blue ribbon every time. So, get your measuring cups, bowls, and spoons out...we are about to whip up some yummy Success P.E.C.K. Pie! Sorry... I am Southern y'all. Has to be a pie, or it just won't work.

Ingredients

(Let's double the recipe so we can share it!)

4 Heaping cups of Patience: the capacity to accept or tolerate delay, trouble, disagreement, or suffering... without getting angry or upset.

*Brands you can use...(I like to mix together as many as possible for the best taste) forbearance, tolerance, self-restraint, composure, calmness, understanding, perseverance, staying power, resolve

3 Cups of Effort: Vigorous and/or determined attempt. *Brands that work best in this recipe... (again mix them as you see fit...you can't go wrong here!) accomplishment, results, exertion, energy, work, labor, muscle, toil, sweat, elbow grease, movement, action

2 Cups Consistency: conformity in action and application of effort. *Brands I recommend: reliability, regular and sustained effort, steady-

ness, dependable and positive forward movement in spite of setbacks, troubles, distractions, and trials

1 Cup of Kindness: the quality of being friendly, generous, and considerate

*Brands to choose...affection, warmth, gentleness, concern, care, selflessness, compassion, thoughtfulness, words of goodness, actions steeped in love and grace
**Note- This ingredient is highly concentrated, but if this ingredient gets left out... you will have a super bitter pie... and it will taste so nasty to you and others...blah!

Mix all of these ingredients together...pour in large heart-shaped baking dish, bake at 360 degrees until it is bubbling up on the sides and over the edges. When you see it doing this...it is done, and ready to be served. Enjoy every bite and share away!

Prayer Point: Father God...I am so ever grateful for how You have given me all I need to be successful in all I endeavor to do. Even if that means I need to adjust and learn as I go... You are there with everything I need in the process. Thank You for showing me how to live, and treat others along the way, as I reach for the stars. I ask You to extend Your gentle touch, and alert me when I am running low on any ingredient that would keep me from moving forward toward the goals You



have set in my heart. Father I give You the places in my heart that need some adjusting. I trust You to show me what brands I need to use as I bake in the plans You have made for me. Help me to know when I am missing an ingredient that is beneficial for me, and those around me I deeply care for, and touch in anyway... each day. I receive and ask You Father to stir up in me... Your heart of Patience and Loving Kindness. An infusion of everything You have already given me to be consistent in all You have set before me. The energy and uplifting power, to achieve whatever You call me to accomplish on this earth!

— Michelle Teague has been in the network marketing industry for over 30 years. Michelle homeschooled their 3, now adult girls, she enjoys spending time with her family, blogging, and seeing women become all God created them to be in every area of their lives.

MichelleTeague.com, 615-219-5420.

BODY & SOUL

Striving Isn't Sustainable

Does it ever feel like you are stuck in a constant cycle of losing and gaining weight? When you set goals, are you able to attain them? Do you feel like you are thriving in life? Just think about that for a moment; we were created to thrive not just survive. For some reason, we think that the best way to thrive in this life is to strive, and that is simply untrue. We try to do everything possible to obtain our goals. Most of the time it's not for the right reasons, it is out of insecurities or pride. We must step back and take a look at what we are doing to stay healthy, and why we are doing it. Because if we are not in it for the right reasons then we won't be in it for very long.

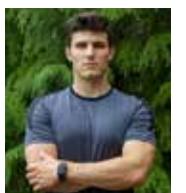
Striving can look like making a strenuous effort, and trying so hard to obtain something. Most of the definitions say, "vigorous". Let me say before I go any further that we need to be men and women that work diligently for the things that are important to us and God. No one ever obtained anything worthwhile from NOT working hard for it. So, this "striving" I am taking about is where we try to do something in our own strength and get burnt out. We never accomplish fully what we set out to do. If we try to approach diet and exercise in our own strength and with our own perspectives we will never fully

achieve what God has for us in that area of life. We must have Gods perspective and His strength to accomplish His goals for our lives.

This topic is huge in my own testimony. I was overweight and made fun of all throughout high school. I tried for so long to eat well and I worked out all the time but still nothing ever changed. I was addicted to food and I thought about it constantly. But God changed my life and he set me free from old perspectives. No longer am I addicted to food and lazy, but I am called and graced by God to be available for the things that He calls me to. I realized that He can empower me to eat the things that I need to eat. Jesus says in Mathew 12 that anyone who is burdened needs to yoke up with Him and He will them rest. His yoke and His callings are not burdensome if we ask Him for His perspectives and for His grace. Many of us know that we need to be taking care of our bodies but we don't know how and we don't have the strength.

Here is my encouragement to you today. Ask the Lord Jesus to give you a greater understanding of your health. Look to Him to give you strength for He never grows weary, and He will not call you into anything that you cannot handle in Him. You are graced, you are called, and you are equipped!

— Ashton Tate is a personal trainer and nutrition specialist in Franklin Tenn. with a heart to see people thrive in health.



THE HOME FRONT

How to Fix a Frozen Pipe Leak in Your Home

The best way to manage water leaks is through prevention. However, if you do find yourself experiencing a water leak, following these steps will get your plumbing back in order.



1. TURN OFF THE WATER SUPPLY

The first step is to stop water from running into your home. It's important that you always know the location of the main shut off to your home or, at the very least, how to stop the water at the meter. Once the flow inside has been stopped, you'll only have to worry about what remains in your pipes. If you notice any electrical sparking or outages, turn off the electricity to the affected area using your home's fuse box or breaker panel. Always be careful around water and electricity. Pro tip: If you don't know where your shut off valve is located, you can call your local water department or fire department and they will cut your water off for you.

2. CALL A LICENSED PLUMBER

A plumbing professional will fix the leak and drain off any remaining water from your pipes, making sure nothing else in your home gets wet or damaged. If you suspect some pipes may still be frozen, ask your plumber to help thaw them out. Be sure to talk with your plumber to discuss the best ways to prevent freezing in the future. Pro tip: Common places to protect against freezing include foundation vents and unprotected water lines.

3. TAKE PICTURES AND DOCUMENT ALL DAMAGES

If you need to file a claim with your insurance company, you'll want photos of affected areas before doing any cleanup. Walk through your home and document any places you notice a water leak and take photos of the damage. Note any furniture or other items that have also been affected or damaged. Don't throw anything away until the insurance adjuster has seen it.

Pro tip: Make sure to look up! Look at the ceilings around your house and take note of any water stains or bulging. You can also ask your plumbing professional to help identify and remedy any hidden leaks.

4. DRY THE AREA AS QUICKLY AS POSSIBLE

Use mops and sponges to sop up standing water (old newspapers are also a great tool for soaking up puddles). Move wet items out of the room to dry and pull up any wet carpet or rugs. Use fans and dehumidifiers to create as much air circulation as possible around the area of the leak. The goal is to dry things out quickly to prevent mold and mildew from growing in your home. If it isn't too cold and wet outside, open windows to increase airflow. Pro tip: Do not circulate hot air. It can induce bacteria growth and encourage mold and mildew to show up more quickly.

5. CALL YOUR INSURANCE COMPANY IF A LARGE AREA WAS AFFECTED

Water leaks are one of the most common sources of homeowner insurance claims. Most homeowners policies will cover the damage but not the actual broken pipe (be sure to review your policy). Prepare your photos and documentation so you can easily share them with your insurance company when filing your claim.

6. CONTACT A REMEDIATION COMPANY, IF NEEDED

Most work with a variety of insurance companies. Your plumber or insurance company may even have a favorite they'll recommend to you.

Water can be one of the most destructive forces in a home. The sooner you can take action on a leak, the less you'll have to worry about potential damage.

— Dan Kalman, Senior Vice President of Home Services Lee Company

Visit BOONE CABIN

Adventure Awaits

Tucked away on the wooded banks of Lake Tuscaloosa, the rustic 1820s Boone Cabin provides historic charm, modern features, and breathtaking views of the lake. With a sleeping capacity of eight people, the cabin can easily accommodate single or multiple families. The cabin features a cozy living room with a smart, flat screen TV and unlimited cable channels, kitchen with modern amenities, two full baths, master bedroom, two upstairs bedrooms for guests, and outdoor grilling on a separate patio. To further enhance your stay, camping gear, canoes, kayaks, and other outdoor equipment can be rented through the University's Recreation Center. Boone Cabin sits nestled near the east bank of Lake Tuscaloosa and is located approximately 35 minutes from the University of Alabama. Our most common types of rentals are listed below.

Weddings at Boone Cabin

Boone Cabin is a picturesque location on Lake Tuscaloosa for a private, intimate ceremony. The rustic cabin, dock, and grounds offer the backdrop for your fairy tale wedding you have always dreamed of. The venue can be setup to accommodate your needs as another special feature making your day perfect.

Day Rentals

Need to have a staff meeting or retreat but just not the same 'ol location and setup? Boone Cabin is the perfect location to set a new tone, offer a relaxing setting to your team, and build a team experience like no other.

Nightly Rentals & Gameday Rentals

From regular night rentals to gameday weekend rentals and the holidays, book your stay to share memories with friends and family for an experience of a lifetime.

BOONE CABIN

Visit us online at www.boonecabin.ua.edu
<https://www.facebook.com/Boonecabin>
205-348-4090 · boonecabin@fa.ua.edu

THE UNIVERSITY OF ALABAMA®



Your heart health starts with your everyday health.

Here are 6 tips for keeping your heart a healthy one:

- 1 **Watch what you eat**
- 2 **Manage your weight**
- 3 **Exercise regularly**
- 4 **Stop smoking**
- 5 **Limit your alcohol intake**
- 6 **Manage other health conditions (i.e. diabetes, high blood pressure, high cholesterol)**

An annual visit with your primary care physician is an important step in maintaining your overall health. If you are managing a health condition, you may need to visit your primary care physician more frequently. Find a doctor who is right for you by visiting [SaintThomasDoctors.com](https://www.saintthomasdoctors.com).

Should your heart need a little extra TLC, Saint Thomas Heart has a network of over 69 cardiologists with 59 locations across Middle Tennessee. We have a comprehensive heart program offering services from cardiology to heart transplants.

For more information, please visit [SaintThomasHeart.com](https://www.saintthomasheart.com).



LOCALLY SPONSORED BY:



Celebrating LOVE In a Step Family

Stepfamilies come in many sizes, shapes and scenarios – there is never a one size fits all. Sometimes love is easy and sometimes love takes time. Sometimes love is reciprocated and sometimes it never comes full circle. One thing that is certain is that stepfamilies are formed because of loss. Loss comes in many forms: loss of a marriage due to divorce, loss of a spouse to death, betrayal, infidelity and sometimes the loss leaves kids and adults with layers of unanswerable questions. Why did this happen to our family? Why couldn't my parents work it out? Why do I have to live between two homes? No matter the beautiful benefits of a new stepfamily, the loss that contributed to the formation of the stepfamily often lingers and can complicate everyone's emotional connections.

Stepfamily love is similar to the process of a crockpot, not a microwave (quote by Ron Deal). Microwaves are quick and create heat in an instant! Crockpots are different; they take a little heat over a long time to create a fully heated meal. The crockpot requires patience and longevity to get the ideal outcome. Kids in a stepfamily will each bond and connect at a different pace. Adults in the stepfamily also take a while to get into a new rhythm of family and to feel as if they all belong together.

A few ideas to help foster the growing love in a stepfamily:

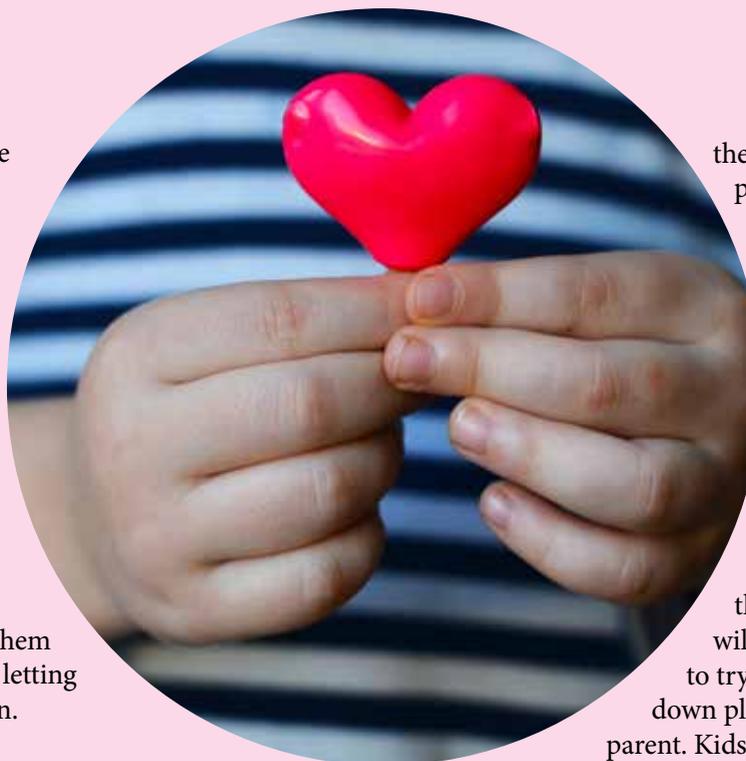
- Biological parent/children continue to have some time together to keep the bio bond very strong (this helps the children have more capacity to let the new stepparent/children into their hearts). Often new stepfamily parents believe that

they should all be together all the time; the truth is that when kids feel securely connected to their bio parent that gives him/her more capacity to be open to the new stepparent and/or kids. The bio "love tank" must be full for them to even consider letting the new people in.

- Always give kids the full permission to love and miss and talk about their other bio parent, whether through death or divorce or never married; kids need the permission to have an open and loving relationship with both their bio parents and to celebrate them, talk about them and to uphold their place in their heart without feeling like they are going to upset their other bio parent and the new step parent.

- Cooperative co-parenting after divorce will help kids adjust and transition. When bio parents can work together as a co-parent team, even though no longer together as a couple, the children have the opportunity to fully thrive!

- Let kids lead the way on how much affection



they show the new step parent. Allowing them to move at their own pace will help in the long run. First things first, build trust and try to find common interests and activities to enjoy together. Also, the new step parent who authentically supports the child's other parent will fare much better than to try and bad mouth or down play the child's other bio parent. Kids are deeply connected to their biological parent and they never want to feel as if they have to pick favorites. Verbally acknowledge and affirm the child's other bio parent in a way they know you are being specific and being kind.

- With time, trust can be built, new memories can be made and LOVE can grow into a unique and beautiful relationship with step family members. Patience and grace plus time and trust can result in a powerful LOVE within a stepfamily story!

— Tammy Daughtry has a Masters in Marriage and Family Therapy, is an author and works with couples and kids at www.ModernFamilyDynamics.com in Nashville.

FAITH @ WORK

Obedience

This week let's talk about obedience. When we first think of obedience we might be thinking about the parent-child relationship. Children are taught to obey their parents (Col 3:20) "because this pleases the Lord." In 1 Timothy 3:4 we are told that a qualification of an Elder or Overseer is that his children obey him.

The larger issue of obedience, however, is about our obedience to God as adults. We might claim ignorance of the commands of God but the Bible is available in most languages and is readily available to us. There are more Bibles printed every year than any other book. The Gideons even give them away to ensure that people have access to God's word.

We might claim that we don't understand. However, there are translations of the Bible today that are easy to read and the basic truths of the Bible are written in very understandable English. Take John 3:16 for example. We don't have to understand all of the symbolism in Revelations in order to understand John 3:16 or John 14:6.

The fact is that we often prefer to do or have what WE want rather than to obey the commands of God. Sometimes this is because we are considering only the short term whereas God thinks about eternity. We tend to think about ourselves but God's message is about His Kingdom on earth. We tend to be selfish whereas God encourages us to worship Him and to be mindful of the needs and wants of others. We tend to procrastinate or to be lazy. We say that we will go to church next week or give to the church next year. We tend to rationalize that we will pray tomorrow rather than today.

But the Scripture is clear. In Romans 1:5 we are called to obedience that comes from faith. Romans 6:16 tells us that obedience to God leads to righteousness. John makes it very clear (2 John 6) when he states "And this is love: that we walk in obedience to his commands. As you have heard from the beginning, His command is that you walk in love."

As we walk in this love, we are told also to obey his commandments which are found throughout the Bible. We are also commended to follow His will for our lives. Seek His will, obey His commands and live in love. This is obedience to God.

— Kenneth Oosting, PhD, contact Dr. Oosting at info@godsplanforservice.org or calling 615-268-7223



ARE YOU A
Change Maker?

5by5 is a full service strategic digital and marketing agency that serves change makers: those who work where life change happens. We deliver messages with undeniable clarity, reach and results.



www.5by5agency.com
615.595.6391

MARKET RESEARCH & ORGANIZATIONAL STRATEGY
BRANDING | DIGITAL | WEB DEVELOPMENT

Photo by Daniel C White of Food for the Hungry

WOULD YOU LIKE TO INCREASE YOUR SALES IN 2018?

Help Spread Good
News in our Community
& Grow Your Business
by partnering with



NASHVILLE

CHRISTIAN FAMILY

COST EFFECTIVELY REACH FAMILIES
WHO NEED AND CAN AFFORD YOUR SERVICES

SHARE WITH OUR LOYAL READERSHIP
WHY THEY SHOULD DO BUSINESS WITH YOU

OUR READERS KNOW THAT BECAUSE OF
ADVERTISING PARTNERS LIKE YOU
THEY ARE ABLE TO READ GOOD NEWS EVERY MONTH!

AND THEY ARE READY TO THANK YOU FOR IT!

For more information,
call 615-815-8765
Visit www.christianfamilynashville.com

WHAT IF
ONE OPPORTUNITY
COULD CHANGE YOUR LIFE?

Are you ready to be a part
of the fastest growing
business model today?

WORK HARD!

BE HEALTHY!

MAKE MONEY!

LIVE WELL!

CALL Donna
402-433-5047



FOUR- LEGGED FRIENDS?

CALL TODAY FOR A
FREE HOME ESTIMATE

**MOLLY MAID OF S. DAVIDSON,
WILLIAMSON AND MAURY COUNTIES**
615-794-0200



FEAR NOT.

MOLLY MAID
WE'RE MAID FOR THIS.
a Neighborly company

WE GOT THIS. PAWS AND ALL.

Molly Maid is man's best friend's friend. From your
carpets to your couch, wood to tile, we'll make you
wonder if you even have a pet.

Visit us at MollyMaid.com to learn more.

©2016 Molly Maid, LLC. Each franchise is independently owned and operated.

THE

Right song

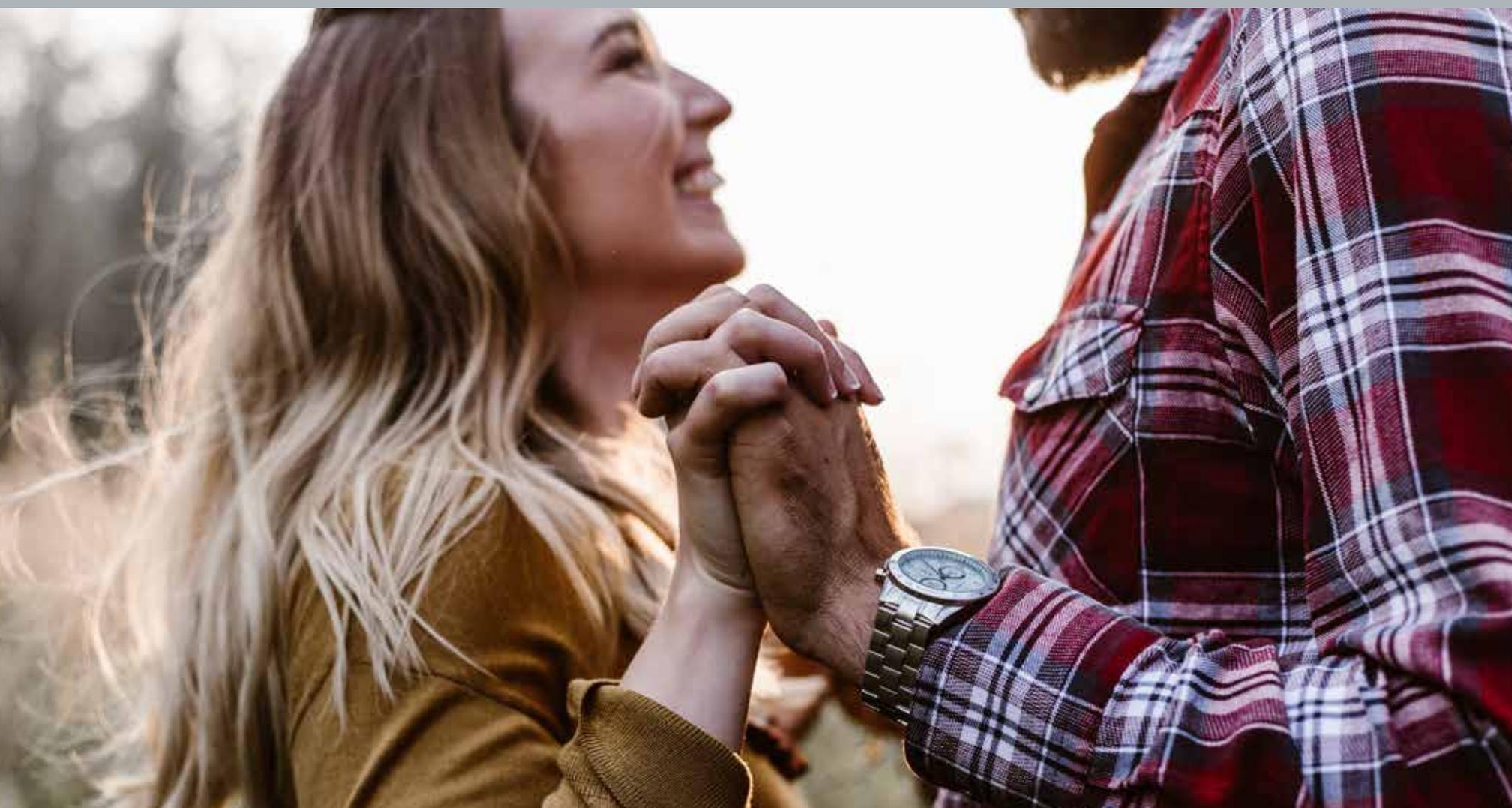
AT THE

Right time



UPLIFTING • UPBEAT • REAL®

◆ Listen to WAY-FM 88.7/89.9 Everyday ◆



Hometown Hero

Better Teeth for a Better World

Dr. Andy Flipse is February's Nashville Volunteer of the Month. Dr. Flipse is a practicing dentist who donates much of his time to the Interfaith Dental Clinic, a nonprofit that provides affordable dental care to the uninsured working poor. As an individual, he has provided over 80 hours of pro bono dental care through the Interfaith Dental Clinic.



Initially trained to work in the music industry, Dr. Flipse went back to school in his mid-forties to become a dentist. He was the oldest student in his class at the University of Louisville School of Dentistry. Dr. Flipse notes that his experience with guitar and having a strong sense of finger control gave him a leg up on dentist students without a musical background. His musical training supported the physicality of surgical procedures, and it also added

to the psychological dimension of dentistry.

“You develop your heart in music,” Dr. Flipse explains. “You develop compassion, you have an open heart,” which all contributes to a more loving relationship with his patients.

It was easier for Dr. Flipse to move through these different spheres of experience due to his multicultural background. Growing up, Dr. Flipse engaged with both the Christian and Buddhist religions. His American father and Laotian mother raised him in a bilingual household and constantly sponsored Laotian refugees. They would support refugees financially and help them get on their feet in their new country. This taught Dr. Flipse the importance of emphasizing with another's struggles and giving back to the community.

Nashville's Volunteer of the Month is a program of Doing Good, a 501(c)3, nonprofit organization which educates and inspires people by celebrating the real stories of real people who volunteer. For additional information about Dr. Flipse, Doing Good, or other volunteers, visit the website www.DoingGood.tv or @DoingGoodTV on Facebook, Twitter, Pinterest, Instagram, or YouTube.

— Zac Cooper

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

FEARLESS FAITH

BIBLE TRUTH

Be strong and courageous in Jesus.

WHAT THE BIBLE SAYS

Joshua 1:9

New International Version (NIV)

9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

HANDS-ON EXPERIMENT

HYDROPHOBIC SAND

INGREDIENTS

- Colored Sand
- Water
- Waterproof Spray
- Transparent Cup



INSTRUCTIONS

STEP 1: Spread the colored sand onto the cookie sheet.

STEP 2: Have an adult spray the sand evenly with the waterproof spray. Mix and spray the sand, several times. Allow the sand to completely dry.

STEP 3: Fill the transparent cup more than half the way with water. Pour the sand into the water, remove the sand from the water, and observe. Describe and classify the sand by its observable properties.

EXPLANATION

The sand remains dry, even when submerged into the water. The reason, the waterproof spray makes the sand hydrophobic, meaning it's scared of water.

BIBLE CONNECTION

As a Christian, we should repeal fear like the sand repeals water, trusting God will be with us, wherever we may go.

— Jason Lindsey - STEM Certified Educator and Meteorologist
 Hooked on Science | www.hookedonscience.org | Executive Director/Founder



Things That God Cannot Do

One of our basic doctrines, throughout all the centuries, is called “omnipotence.” This word simply means that God is all-powerful. Along with being all-knowing, and everywhere present, we attribute all power to Him. He can do anything! This is wise and this is found in Scripture; yet at the same time it does not describe God accurately. This is because God is not just power, or knowledge, or presence; He is a person. We were called into fellowship with Him (I Cor. 1:9, I John 1:3) and when we come to know Him more and more, we find out that He has some amazing things to say about certain things that He simply cannot do. So, what are the things that God cannot do? Read the Bible verses as you go.

1) I John 3:5 God cannot sin. You will never be able to get Him to. He has never sinned against man or any other person or creature in all of history. It’s what the words “holy” and “pure” refer to. There never has been, is not, and never will be any sin in Him.

2) Titus 1:2 He cannot lie. You would never be able to get Him to do this; He is always true. More and more archeological and other studies keep proving it. More and more of the Bible is being proved by modern geological and other scientific research.

3) Gal. 6:7 God cannot be mocked. He will never permanently, eternally tolerate mocking against Himself or His Son or His Spirit. He even attributes the one unpardonable sin to the blaspheming of that Spirit. Mocking Him will bring consequences one day.

4) Deut. 33:27 God cannot die. He just simply can’t! He is eternal. I know He is alive; I just talked to Him this morning!

5) I Sam. 15:29, Jer. 4:28, Mal. 3:6 God cannot change. What He demanded in Genesis He demands in Revelation. His purity, power, authority, sovereignty, and even more, His perfect personality remain without change throughout the centuries into eternity.

6) Isai. 43:25, Jer. 31:34 God cannot remember any sin of mine that the blood of Christ has washed away. He will not—though He is also omniscient, knowing everything—remember.

7) Rom. 9:6, Deut. 4:30-31 God cannot fail. I have failed myself and others have failed me. God, however, cannot fail.

8) Jn. 3:16 God cannot love you . . . more than He already does. He does not just love the world. He “so” loved the world! Even in 2018, His love remains unchanged.

9) Isai. 40:28 God cannot get tired, nor can He ever slumber or sleep. There is just no tiring Him.

10) To conclude, God cannot be surprised. Knowing all things, nothing takes Him by surprise. He cannot force you to love and serve Him. And He cannot forgive you if you do not forgive others from your heart (Mark 11:25-26). I love these “cannots” as much as I love the “cans”!!

— Mark Simpson

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.





93.7 | 94.1 | 104.9

YOU

MATTER

**LISTEN TO
94FM THE FISH!**

- On the radio at 93.7, 94.1 or 104.9 fm
- Download our app for your Mobile Device.
- Listen on your desktop or laptop.



5am -10am
Good Clean Fun with
Kevin & Taylor



10am - 2pm
Middays with
Doug Griffin



2pm - 7pm
Afternoons with
Caryn Cruise



7pm -12am
Night Light with
Bonnie™



12am - 5am
Keep the Faith with
Penny™

SAFE FOR THE WHOLE FAMILY

94FMtheFish.net

Leigharra's House

Leigharra sat at the table, collapsed from exhaustion. Her head was resting on a new package of feminine products we brought for her because the traffickers hadn't cared that she was on her monthly cycle. She thought she was coming to Nashville for the chance to be a model with her "best friend." She didn't know her friend's boyfriend had other intentions for them. At that time, there were no safe homes for minor aged girls who were brought out of the sex trafficking industry in Tennessee.

Our hearts broke as she begged to stay with us that fateful night, but the decision was not ours to make. She couldn't leave with us, but rather with the state foster care, to be just another number in the system. We left that night heartbroken, yet determined that this would not happen again.

In 2017, Rescue 1 Global officially opened the first licensed therapeutic safe home in TN for minor aged girls who had come out of the sex trafficking industry. As we saw the reality of the residential part of our Grace Oasis Restoration and After-care Program, we tearfully named this first TN campus "Leigharra's House".

CONSIDER THIS:

- 40% of those trafficked in Southeast Asia will end up in the USA or Europe
- 1 out of 6 runaways in the US were likely victim to child sex trafficking
- The US is the number #1 consumer of human trafficking
- 60% of pornography being purchased features someone who is trafficked.
- The average age of entry into the industry in the US is 13 years old

There is no official estimate of the total number of human trafficking victims in the U.S. However, the Polaris Project minimally estimates that the national total reaches into the hundreds of thousands when estimates of adults and minors in both sex and labor trafficking are aggregated. Yet, in the USA, there are less than 2000 beds available in safe homes where intentional, specific therapeutic care is given to survivors of trafficking.

OUR DREAM

was and is to continue giving these girls a space where their hearts can heal, while being wrapped up in the warm embrace of the love of Jesus Christ. We dreamed of the living spaces in Leigharra's House enveloped with the sounds of girls enjoying a life of freedom, being empowered to pursue their dreams, and experiencing restoration; and you helped make it a reality.

THIS MONTH ON FEBRUARY 14TH, we are asking our friends and partners to help us simply share, via email and social media, about the One / 1000 campaign, which is our avenue for raising the ongoing funds needed to continue the operations and sustainability of this safe home.

Our goal is to find 1000 partners who will join us in helping restore the young ones coming through our doors to a life filled with hope and opportunity.

On February 14, we're asking you to help us share this campaign through your personal Facebook, Instagram, and Twitter! We'll be posting content for you to share, repost, and retweet to your friends and family! We know Valentine's Day as a day where we show love to the special people in our lives. This year, let's go further. Let's make it a day where we show love to the people who feel unlovable. #be1rescue1 #BeHerValentine



MEET US BEFORE WE MEET YOU!

Safety & Security with a Technician Profile Appointment Confirmation E-mail!





PEST ELIMINATION SERVICES OF TENNESSEE

615-851-4912

www.pestinc.net

Serving the Greater Nashville area since 2001

- Free inspection, money back guarantee
- Security-screened employees
- Fast, courteous service with convenient, flexible scheduling
- Responsible treatment tailored to your home and family

**Ants • Spiders • Roaches
Rodents • Termites • Mosquitoes
Bed Bugs and more!**

Check us out on
Angie's List



QualityPro
the mark of excellence in pest management






February 2018 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

Goodwill Will Pickup Your Donation

"If you can't get it to us, we'll come get it from you." That's the gist of Goodwill's new Home Donation Pickup Program, which in just a few months has grown to serve communities in more than 16 Middle Tennessee Middle and West Tennessee counties (Davidson, Montgomery, Robertson, Sumner, Wilson, Rutherford, Dickson, Cheatham, Maury, Dekalb, Bedford and Perry, Madison, Henderson, Gibson and Decatur). www.giveit2goodwill.org/pickups

February 9-11 and March 23-25 Married Couples Romance Weekends at Deer Run

Experience romance, renewal, and refreshment to build a stronger relationship with each other. Spend an intentional intimate weekend focusing on each other without interruptions and without to-do lists! For couples in all seasons of marriage — cozy fires, relaxing couple time, valuable speaker sessions, relationship-building activities and 5 delicious meals including a romantic candlelit dinner — at The Lodge at Deer Run, nestled within 100 wooded acres of beautiful rolling hills near historic downtown Franklin, Tennessee. In order to create a more intimate setting, this weekend retreat is limited to 15 couples. Package pricing determined by room choice. All rooms are private. REGISTRATION & INFO: <http://deerrun.camp/events> or call 615.794.2918.

VALENTINES DAY – FEBRUARY 14

Winter Tennis Clinics Registration Register Now On-line

The Athletics Division of the Williamson County Parks and Recreation Department announces registration for session 3 (February 20-March 31) of winter indoor tennis clinics. On-line registration for adult and youth clinics is now open at www.wcparksandrec.com.

A full class schedule and fees are available at www.wcparksandrec.com. All fees must be paid in order to secure placement in a class. Space is limited! Contact Mike Martin, ext. 2116 or Ann Marie Flynn, ext. 2113 at (615) 370-3471 for more information.

February 25 Open Auditions For "Peter Pan"

The Williamson County Parks and Recreation Department's award-win-

ning children's theatre group, the Star Bright Players, present open auditions for "Peter Pan" on Sunday, February 25 at Freedom Middle School Theatre, 750 Highway 96 West. Auditions for new participants in Star Bright will be from 1:00 p.m. to 3:00 p.m., followed by returning Star Bright Player auditions from 3:30 p.m. to 5:30 p.m. Please visit www.wcparksandrec.com to view more information about the audition. For more information regarding auditions, rehearsals or performances contact janeym@williamson-tn.org.

ONGOING

Tennessee Christian Chamber of Commerce – Monthly Luncheon

Last Tuesday of every month except December. For meeting locations, times and dates or for more information about the Chamber and events, visit www.tnchristianchamber.org or email rstringfellow@yahoo.com.

HELP WANTED

Immediate Job Openings For Lifeguards

Apply now to join the Aquatics team at the Williamson County Parks and Recreation De-

partment (WCPR). The three indoor pools operated by WCPR in Franklin, Brentwood and Spring Hill have immediate openings for part-time lifeguards. To apply, visit www.williamsoncounty-tn.gov/jobs.aspx, or apply in person at the Williamson County Administrative Complex, 1320 West Main St., Franklin, TN 37064. For more information about employment as a lifeguard, contact Kristin Pitts at (615) 370-3471, ext. 2122.

Coming in MARCH

March 23-25

Married Couples Romance Weekends at Deer Run

Experience romance, renewal, and refreshment to build a stronger relationship with each other. Spend an intentional intimate weekend focusing on each other without interruptions and without to-do lists! For couples in all seasons of marriage at The Lodge at Deer Run. In order to create a more intimate setting, this weekend retreat is limited to 15 couples. All rooms are private. REGISTRATION & INFO: www.deerrun.camp/events or call 615.794.2918.

ABOUT OUR ADVERTISERS

Please support these local businesses that support Nashville Christian Family with their advertising. Support us by patronizing them.

Boone Cabin – www.boonecabin.ua.edu, 205-348-4090

Bott Radio Network – www.bottradionetwork.com, 615-871-1160

Neil Breeden – www.musiccityvoice.com, 615-440-2263

Deer Run Camps and Retreats – www.DeerRun.camp, 615-794-2918

5BY5 Agency – www.5by5agency.com, 615-595-6391

Frontier Basement Systems – www.christianbasement.com, 615-547-8701

Genesis of Cool Springs – www.genesisofcoolsprings.net, 877-886-8448

Hyundai of Cool Springs – www.hyundaiofcoolsprings.com, 877-886-8448

Lee Company – www.leecompany.com, 615-567-1000

Miller Masonry – www.millermasonry.net, 615-294-6124

Molly Maid – www.mollymaid.com, 615-794-0200

National Religious Broadcasters – www.nrb.org, 202-543-0073

Peoples Home Equity Mortgage – Phillip Carson – www.phenashville.com, 615-934-9544

P.E.S.T., Inc. – www.pestinc.net, 615-382-9774

Saint Thomas Health – www.sths.com, 615-284-LIFE

Spring Hill Memorial Park, Funeral Home & Cremation Services –

www.springhill-memorial.com, 931-486-0059

Rick Teague – www.rickteague.com, 615-787-7688

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

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

WayFm – www.wayfm.com, 615-261-9293

Williamson Memorial Funeral Home & Cremation Services –

www.williamsonmemorial.com, 615-794-2289

YMCA of Middle TN – www.ymcamidtn.org, 615-259-9622

Better drives us | HYUNDAI

2017

Hyundai Santa Fe

\$30,800 Starting MSRP¹ | 18/25 City/Hwy MPG²

¹MSRP excludes destination charges, tax, title, and license fees. Destination charges and actual dealer prices may vary. Vehicles displayed may contain optional equipment at additional cost. ²2017 Santa Fe SE/Limited FWD: 18 City/25 Hwy/21 Combined. AWD: 18 City/24 Hwy/20 Combined. 2017 Santa Fe SE Ultimate/Limited Ultimate FWD: 17 City/23 Hwy/20 Combined. AWD: 17 City/22 Hwy/19 Combined. EPA estimates. For comparison only. Your actual mileage may vary with options, driving conditions, driving habits and vehicle's condition.



1.877.886.8448
HyundaiOfCoolSprings.com
201 Comtide Ct., Franklin TN (I-65, Exit 69)

#1 Neighborhood Hyundai Dealer*

*Based on 2014 HMA USA South Central Region Reports

America's Best Warranty[®]
10-Year/100,000-Mile
Powertrain Limited Warranty

HYUNDAI
Assurance



2018

Genesis G-80

\$41,750 Starting MSRP¹ | 19/27 City/Hwy MPG²

¹MSRP excludes destination charges, tax, title, and license fees. Destination charges and actual dealer prices may vary. Vehicles displayed may contain optional equipment at additional cost. ²2018 Genesis G-80: 19 City/27 Hwy. Your actual mileage may vary with options, driving conditions, driving habits and vehicle's condition.



1.877.886.8448
GenesisOfCoolSprings.net
201 Comtide Ct., Franklin TN (I-65, Exit 69)

COMPLIMENTARY SCHEDULED MAINTENANCE

Enjoy a worry-free ownership experience that includes Complimentary Scheduled Maintenance for 3 years or 36,000 miles; whichever comes first. Plus, complimentary oil changes every 7,500 miles.

NATIONAL RELIGIOUS BROADCASTERS
proclaim18
 75th ANNUAL CONVENTION

February 27 – March 2, 2018 | Nashville, Tennessee
nrbcconvention.org

Get connected, equipped, and inspired to make a greater impact for Christ!

Tuesday, February 27 HIGHLIGHTS	Wednesday, February 28 HIGHLIGHTS	Thursday, March 1 HIGHLIGHTS	Friday, March 2 HIGHLIGHTS
<p>Super Session 1-3 p.m.</p>  <p>DOMINIC QUAD ALEX KENDRICK BRIAN BIRD LUIS PALAU</p> <p>Special Guest Speaker VICE PRESIDENT MIKE PENCE</p> 	<p>Super Session 9-11 a.m.</p>  <p>PHIL COOKE ED STETZER GABE LYONS LORINA DUCK STEPHEN DOCHERTY JOHN DICKSON</p>	<p>Super Session 9-11 a.m.</p>  <p>TONY PERKINS REP. MARSHA BLACKBURN MARJORIE DANNENFELSER LARRY ELDER DENNIS PRAGER TODD STARBUCK</p>	<p>Super Session 9-11 a.m.</p>  <p>JOEL ROSENBERG MEGAN ALEXANDER STEPHEN BALDWIN JIM CAVIEZEL KELLY KNIGHT</p>
<p>Industry Networking Reception 3:30-5 p.m.</p>	<p>FEBC International Luncheon 11:30 a.m.-12:45 p.m.</p>  <p>BILLY KIM ED CANNON FEBC KOREA'S CHILDREN'S CHOIR</p>	<p>Special Israel Session 6-8 p.m.</p>  <p>KAY ARTHUR DR. DAVID JEREMIAH MICHAEL W. SMITH DR. SUSANNA KUKKONEN LUNA TUSS-KAUFMAN DENNIS PRAGER</p>	<p>Media Awards Luncheon 11:30 a.m.-1 p.m.</p>
<p>Opening Session 5-7 p.m.</p>  <p>JERRY A. JOHNSON RICK WARREN CAREY SUMMERS STEVE & JACKIE GREEN BILLY KIM MERCY ME</p>	<p>Pitch-a-thon 7-9:30 p.m.</p> 	<p>Film Screenings 1-3 p.m. & 8:30-10:30 p.m.</p> 	<p>Closing Gala Dinner with Special Service Awards 6-9 p.m.</p>  <p>GREG LAURIE MICHAEL LITTLE JERRY A. JOHNSON FERNANDO ORTEGA</p>
<p>Film Screening 7:30-9:30 p.m.</p> 	<p>Film Screenings 1-3 p.m. & 5-7 p.m.</p> 	<p>Film Screening 1:30-3:30 p.m.</p> 	

Day passes available! Or register for a \$25 Expo-only pass!

NRB's Exposition features nearly 200 exhibitors, six different Industry Sessions, Learning Arena, Autograph Booths, and more!

Open Wednesday – Friday. Day pass holders can also have access the Expo for the date they've purchased. Full Convention registrants have full access.

TOP LEVEL CONVENTION SPONSORS:

TITANIUM SPONSOR	PLATINUM SPONSOR	GOLD SPONSOR	SILVER SPONSOR
			

Register Today for Pre-Event Discounts! Details at NRBConvention.org