

FEBRUARY 2020

COMPLIMENTARY

NASHVILLE

CHRISTIAN FAMILY

Family
Friendly
Valentine's
Day

Free
**GOOD
NEWS**

Daryl Murray
*Founder of Welcome
Home Ministries*





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OUR MISSION



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

FROM THE PUBLISHER

“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 not only those close to us, 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 we should in Scripture must be how we approach just about every situation in our lives.

We should live in a way that consistently reflects God’s love and our Christian love for everyone that we come into 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, a situation or a remark. 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 was “knee jerk” and can often times produce an unfavorable outcome, actually creating a worse situation.

To Love as God wants us to is just 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?

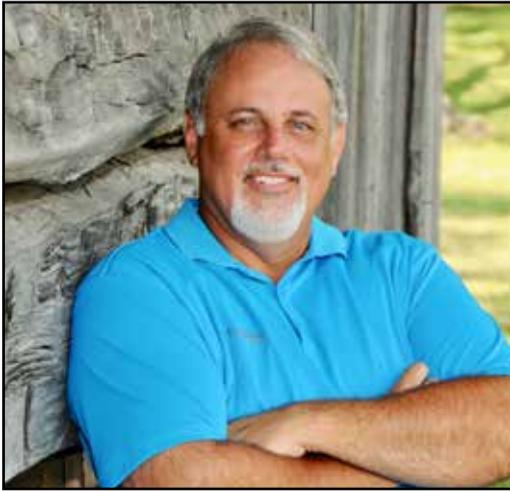
Let’s use this month of Love to open our hearts and our minds to the Scripture and to follow Jesus’ directives in our daily living and loving.






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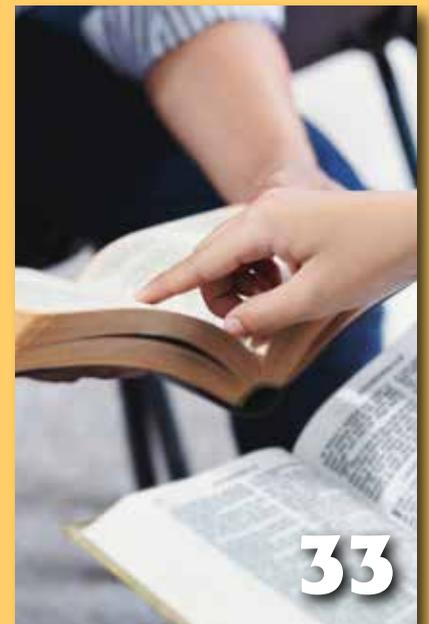
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Extended Care Coverage

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A scenic photograph of two people in winter gear walking away from the camera on a snowy path. In the background, large white letters spell out “ALASKA” against a backdrop of rugged mountains and a clear sky. The word “awaits” is written in a blue, cursive font across the bottom right of the image.

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The logo for Dream Vacations features the company name in a blue, sans-serif font, with a location pin icon to the right. Below the name is the tagline “See Here” in a smaller font.

KIDS KORNER

God's Life Jacket

BIBLE TRUTH

God keeps us afloat during difficult times.

WHAT THE BIBLE SAYS

Isaiah 43:2

New International Version (NIV)

2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

HANDS-ON EXPERIMENT

VALENTINE'S DAY CHOCOLATE CANDY DROP

INGREDIENTS

- Valentine's Day Chocolate Candy
- Water
- Transparent Container

INSTRUCTIONS

STEP 1: Fill the transparent container half of the way with water. Is the water a solid or a liquid and why? Describe the water by using its observable properties.



STEP 2: Is the Valentine's Day chocolate candy a solid or a liquid and why? Describe the candy by using its observable properties.

STEP 3: Drop the candy into the water and observe. What happened? Develop a model to describe how the candy that floats is made of particles too small to be seen.

EXPLANATION

Most of the candy will be denser than the water and sink to the bottom of the transparent container. Some of the candy will be less dense, when compared to the water, and float. Each piece of candy contains different ingredients. Those pieces with a lot of air inside, float.

BIBLE CONNECTION

God is like the air, which keeps the candy afloat, He keeps us afloat during the difficult times in our lives.

— Jason Lindsey

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"Talking to real people, that have overcome real issues to triumph in their relationships or in life!"

- Aaron T. Jordan



TEACHABLE MOMENTS

You Are Never Really Prepared

There are moments in your life that you think you are prepared for. Teenagers believe they are prepared for adulthood, parents believe they are prepared for their last or only child to leave the house, and expecting parents believe they are prepared for the new life they are bringing into this world. But when you sit and think about certain things, are or was you ever really prepared? We spend months and months getting ready for that next step in our lives, but when it happens, it turns out we are not prepared for the emotions that occur once reality hits.

I, myself, thought I was prepared for one of the biggest days of my life...my divorce. I mean, my husband and I had been separated for almost for 2yrs this May, had been calling him my ex-husband long before the divorce was final, and we both had moved on. I had praying and asking God not to make me bitter towards men or have this mindset of "all men are the same" like most women who have been hurt by men. I thought I was fine, I felt better than fine, I felt prepared. But when it came to the day to stand before the judge and I watched as the judge signed my divorce papers...it was more than I could bare.

Every type of emotion imaginable came over me except happy or relief. I felt angry, sad, disappointed, embarrassed, ashamed, and hurt. I had silently cried while sitting in the courtroom, because I never thought this would be me. We never think this could be any of us, and I looked at probably at least 10 other people sitting there waiting for their names to be called for the judge to do the same thing for them as she would for my ex-husband and I, but I put on a brave face, stood before the judge, and was given my divorce. I didn't cry in the clerk office as I received my copy, and I didn't cry as my ex-husband and I went our separate ways, but I broke down in my car. I cried to God and



begged him to help me because I could feel the bitterness coming upon me. I was not angry with God, but angry with myself. I never wanted to become another statistic or participate in the growing divorce rate this country is facing, but what shocked me the most was, I thought I was prepared.

As I cried to God, I realized that we are never prepared for the emotions from reality. Yes, I'm the one who wanted a divorce, but some seemed to believe I was not entitled to have emotions. God made me realize that though Jesus had been preparing for everything his entire life, yet He still had emotions. Jesus knew everything that was going to happen, yet He was still cried out to God when it happened. So, though I was prepared for my divorce, I was not prepared for the emotions that would come from the reality of getting a divorce, and that is something you can never prepare for, and it's okay. It's okay to feel how you feel about certain things, no matter how long you have been preparing for it because we are never prepared for the emotions that come from the reality of the situations. We are all entitled to our emotions, and the important thing to do is to take what you have experienced and turn it into something good. I found that even by writing this article, it is helping me, because I'm taking what I felt and letting others know that it's okay and you're not alone. You're entitled to how you feel, and that's okay.

— Dasha Brandon

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MONEY MATTERS

The “Costs” of Long Term Extended Care

What is the number one insurance policy you will use if you have it at the right time? Give up? Life insurance. Hate to break this to you but there is a 100% certainty that you will die. If you have it at the time of your passing it will be used 100% of the time.

Ok now, what is the second (potentially) insurance that you will use? I know you didn't get this one. You probably guessed medical insurance or car insurance or even homeowner's insurance. But you would be wrong, the percentage of uses for the above is 50%, .5%, and .083% respectively.

Answer - Long Term Care insurance also known as Extended Care insurance. There is a 70% chance when you are over the age of 65 that you will need some type of coverage. Now you 40 to 60 years old listen up – 40% of this group is using it now! So don't think this is 'old folks' insurance.

Let's back up just a bit and learn just what is LTC/EC insurance. LTC/EC coverage is when you are unable to perform unassisted 2 of 6 activities of daily living (ADL). Here is the way I remember these. In the morning when you wake up you need to go from your bed to somewhere (generally speaking to the bathroom). That is called transferring – going from one location to another. And speaking of the bathroom that is the second activity, you must be able to do all the things associated with toileting. After that you probably head for the shower/bath. This is the third activity. You must be able to perform the necessities of personal hygiene (bathing). Then after getting cleaned up you put on your clothes. Activity number 4, you must be able to get your clothes on and off. Now that we are all clean and dressed, I'm hungry! This



is the fifth activity; you must be able to feed yourself. And the last activity is remaining continence throughout the day.

So the six ADLs are: Transferring, Toileting, Bathing, Dressing, Eating, and Continence. Paying for such care is available in one of three ways.

1. Using your hard-earned cash.
2. Depending on the Government and spend down to be

eligible for Medicaid (not Medicare) Note that Medicare does NOT pay for long term care.

3. Having LTC/EC insurance. And the number one objection to having LTC/EC insurance? It is a use it or lose it propositions. Until now!

Experts will tell you the best time to buy this coverage is age 50 to 60. I think that should be 40 to 64 and here's why. There is a policy that if you buy coverage during this age range (and like all insurance the younger you are the less expensive it is) and you never use it they will return 3 times your paid in premium to your beneficiary. This is a game changer.

For more information on all the other details call me and let's discuss.

— H. Ben Davis, III CSA (Certified Senior Advisor),
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CITY SCENE

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

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

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

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

All of Vanderbilt Health's many locations around Middle Tennessee have exceptional teams of doctors, surgeons and nurses, many of whom have families of their own. We aren't only doctors or nurses, we're also your neighbors,



friends, little league coaches and girl scout leaders. And we are invested in the health of the communities we call home.

Our nationally recognized providers are right here in your neighborhood, and we are dedicated to keeping you and your family healthy. So, as you start the new year with new goals and resolutions, we hope that you will make your family's health one of them. At Vanderbilt Health, you can rest assured that our team will treat you and your loved ones with the care we give our own families. After all, we're your neighbors, too.

— Vanderbilt University Medical Center Staff

THE GREAT COMMISSION

Pouring Love Into Our Communities

You don't have to look far to discover what we value at Lee Company – we spell our core values out right on our website: “To honor God by serving people with respect, integrity, and compassion.”

Why community involvement?

You may have seen us out and about in our service trucks and vans, serving the homes of Middle Tennessee, North Alabama, and Bowling Green, Kentucky. We work here, we live here, and our goal is to always make a meaningful contribution to the people and communities around us. From building a home with Habitat for Humanity to participating in local farmer's markets, we're serving people. We're doing our best to honor God.

And 2019 was no exception. We continued our hands-on approach to community involvement, a commitment that has been part of our story ever since Leon Lee founded the company. As you may have heard, with your help, we were able to pour love into our community partnership with Second Harvest Food Bank by collecting and donating

101,058 pounds of food; an accomplishment made possible only through collaboration.

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in. I needed clothes and you clothed me, I was sick and you looked after me ...” Matthew 25:35-36

We also continue to pour love into our communities by walking through life with our neighbors and customers. Literally! You can find our team members handing out water to walkers and runners at half marathons and 5Ks, or encouraging participants as they walk for a special cause like the American Heart Association. Every single time we show up at these events, we are awed by the inspiring stories we hear. We've heard from stroke survivors at the various Heart Walks to cancer survivors at the Race to Cure Sarcoma. Their strength gives us strength; their courage drives us forward. All in all, we are in this together.

“Carry each other's burdens, and in this way you

will fulfill the law of Christ.” Galatians 6:2

After 75 years in business, we know that pouring love in our communities is what makes life better. Making a difference in the lives of the people we serve, while having a positive impact on our community, helps us thrive. As we thank God for the success that makes our service possible, we look forward to the next 75 years of serving people with respect, integrity, and compassion.

“Let each of you look not only to your own interests, but also to the interests of others.” Philippians 2:4

— The Lee Company Team – www.leeecompany.com



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Be Happy, Be Healthy, Be Whole



One month down, eleven more to go.

How are the resolutions panning out? Still encouraged on your weight loss journey? Without question, every year, the most popular

New Year's resolution is to lose weight. So here's a few tips I found to help you achieve your goal:

According to research from the Endocrine Society, small changes to meal times could lead to a doubling in weight loss. Consuming more of the day's calories earlier can help to reduce belly fat and double weight loss, scientists have found. Eating earlier in the day is not the only approach involving shifting meals that works. Another approach is to move meals more towards the middle of the day — in other words eat breakfast later and supper earlier.

Another interesting report on weight loss came from the American Academy of Sleep Medicine. They suggest banning all electronic devices from your bedroom. Don't scroll through your Facebook feed before you drift off if you want to lose weight overnight. Studies show that nighttime

exposure to blue light, which is emitted by smartphones and tablets, disrupts the production of the hormone melatonin and that slows down your metabolism. Blue light at night also increases hunger, making it harder to shed those unwanted pounds.

There are a ton of diets out there. Which is the best one? New research from the Annals of Nutrition and Metabolism, discovered that a high-protein, low-calorie diet is one of the most effective for weight loss. People consuming more protein as part of a calorie-controlled diet lost 18 pounds, on average, over six months. Higher protein intake is thought to make people feel more satisfied, so they don't eat as much. Diets containing more protein have also been linked to better sleep, which can benefit weight loss.

While there is no shortage of tips & tricks, when it comes to getting serious about weight control, consistency and accountability are huge! That's why I point people to Dr Lodge and Cool Springs MD every day on my radio show.

The weight management program at Cool Springs MD is packaged as a 13-week process as they have found much success in breaking things down into small, manageable and attainable steps. Many of their patients renew for additional terms until they've either reached their overall goals or also in an ongoing manner for accountability in staying

on track with their new lifestyle.

Everything begins at your initial visit, which is designed to collaboratively outline your needs and goals and begin developing the foundation of your custom weight management plan. At your initial visit, they will review your complete medical history, current medications, perform an EKG, a physical exam, measure your resting metabolic rate, and obtain lab work if not already done. All of this is aimed at helping the Cool Springs MD consultants match you with the best program for success in meeting your goals.

If you are serious about weight loss, then I seriously encourage you to go when I've found my success. Doctor Lodge and his team at Cool Springs MD.

What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in the coming months.

— Doug Griffin

You can email me at Doug@94FM-TheFish.net or feel free to call me during my live radio show – weekdays between 3 pm – 7 pm on

94 FM The Fish. (800) 826-3637



ARE WE THERE YET?

Why Use a Travel Advisor?

Planning a trip today can be confusing and time consuming. Search Google for a destination and you will literally get thousands of results. What do you do with all of that data? How do you trust that the information you receive back will provide reliable information? In short where do you begin? You can begin by working with a Travel Advisor; studies have shown that 75% of Americans would consider working with a Travel Advisor to plan their vacations. Fortunately, Travel Advisors have evolved over the years and are much more than simple booking agents of the past. Like other trusted professionals, travel advisors have become Trusted Advisors. Akin to financial advisors or CPAs, Travel Advisors specialize in understanding and navigating the complexities of travel, tourism and the business around destinations and vacations. They make the overall travel experience better and provide leisure travelers the maximum value for their dollars spent.

Top 10 Reasons to use a Travel Advisor:

- 1. Best Prices** – today you will find everyone has travel deals. However, are you really getting the best value? Working with a Travel Advisor you benefit by getting the best value and great service.
- 2. Exclusive Offers** – when working with a Dream Vacations Travel Advisor you receive offers that are exclusive to our customers. These offers are

not made available on other consumer sites.

3. Lots of Options

– Vacations are not one-size-fits-all. We make sure each piece in your puzzle fits your specific needs by providing trip itineraries that match the goal of your dream vacation.

4. Travel Expertise – Travel Advisors have “been there and done that.” We can help you travel like a local.

5. Industry Insiders – we are the first to know about new resorts, cruise ships or tours. We can help you travel with the latest and greatest.

6. Peace of Mind – Travel Advisors will protect you by ensuring you have the proper peace of mind. With safety and precautions like the right travel insurance, we can help keep you and your family safe and protected.

7. Time Savings – did you know that the average vacation takes about 5 hours to plan? By using a Travel Advisor, you will save precious time, not to mention, hours of frustration.

8. Help is a phone call away – Don't panic! If you have an issue pop up, simply call your advisor. We act on your behalf and make sure any problems are solved to your satisfaction. Having an additional member on your team helps you to truly



relax and enjoy your time away.

9. Personalized Suggestions – your travel advisor will get to know you and provide insider tips and recommendations for a vacation that you will never forget.

10. Money Savings – the biggest Myth about working with a Travel Advisor is that they will cost you more. We actually save you time and money. In fact, on average you save approximately \$452 by working with your Travel Advisor.

With these top ten reasons in hand, you can rest assured that using a Travel Advisor is the best approach to planning your next vacation. It only makes sense that if you are planning to spend hundreds, or even thousands of dollars, and invest a good chunk of your time, partnering with a Travel Advisor is the way to go! Let a professional help you plan your next vacation, what are you waiting for?

— Heather Schreader, Vacation Specialist, Dream Vacations – (615) 583-9460
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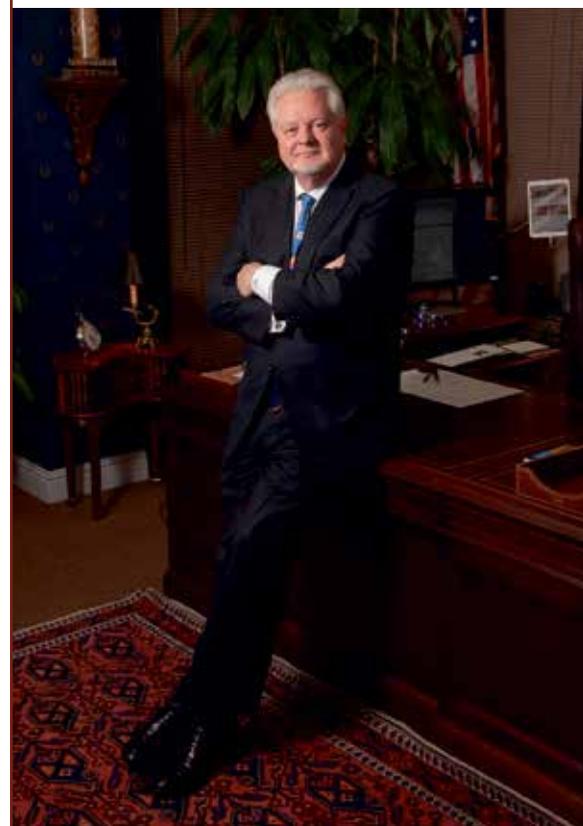
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MIRACLE MOMENTS

Tennessee-Based Gospel Radio Station Gains World-Wide Audience

What started out as brainstorming for a job change has turned into a world-wide endeavor for Dickson, Tennessee native Kerry Lampley and his internet-based radio station “MyGospel365”. In a matter of months, this listener supported station has been streamed in over 75 countries and is rapidly growing.



A Dickson 911 Emergency Communications dispatcher for more than 25 years, Kerry knows how to work a microphone and has the radio experience to back that up. He spent 12 years as a DJ and programming director for Christian radio station WQSE AM1030 in White Bluff, interviewing gospel artists and hosting many live events. Kerry knew there was an audience for gospel music and felt led to find a way to provide listeners with a new, easy venue for a wide, gospel source. “It was a total God thing. I started searching one night for a streaming audio host and the costs were ridiculous,” Kerry said. “Then, BAM...all of the sudden I found a stream that was affordable and included the website builder and hosting program.”

A second “BAM” occurred when Kerry met up with a benefactor who financed the start-up expenses to obtain licensing with Broadcast Music, Inc. (BMI) and the American Society of Composers, Authors and Publishers (ASCAP) to begin acquiring music. Once established, Kerry received his first box of 17 CD’s from Springhill Music. “I realized more than ever this was a God thing and that He was going to bless this adventure,” Kerry said. “So I spent the next six and a half hours uploading music to get started on.”

The third “BAM” came soon after when Kerry stumbled across a free music broadcast app. “I sent them an email and got the usual response of ‘your email has been received and in 3-4 business days you will find out if you were accepted.’” Only Kerry did not have to wait even one day, he immediately received an acceptance email and instructions on how to upload his stream to TuneIn Radio.

Currently, Kerry has tracked MyGospel365 being listened to in over 75 countries, including a six hour stream in Australia, and he’s received support from country music artists to assist in his efforts. Country music artist Craig Morgan donated an autographed guitar for giveaway, and the world famous Oak Ridge Boys have donated more autographed items as well.

As a listener supported station, record labels have supplied MyGospel365 with CD’s and DVD’s to give away in exchange for donations. The station also sells advertising and time slots to ministers.

Kerry now sees his decades-long experience speaking over a “mic” and working in the gospel music industry coming to fruition quickly. “It’s amazing this little gospel radio station that started out on my home computer is spreading the good news of Jesus all over the world,” he said.

To follow MyGospel365, visit www.mygospel365.com. You can also find the station on Facebook at [mygospel365](https://www.facebook.com/mygospel365) and Twitter @mygospel_365. (615) 545-1743

— Grey Collier

FAITH UNDER FIRE

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Is There A “Cure” For Worry?

I have talked with so many people who battle anxiety and fear. Some of them lose sleep or have stomach issues while others self-medicate with prescription drugs or alcohol. Although I am not condemning those that do so, I have found that even when you do nothing or do something, they are still not “cured” from anxiety. This is not a 21st century problem.



Jesus asked, “Which of you by worrying can add one cubit to his stature?” Matthew 6:27. Worry and anxiety were tools satan used against first century Christians and his tactic hasn’t changed much since then.

So, how does one handle the pressures of life?

By being thankful.

Now, I am not saying that you can just pretend to be happy and all things will be good. You still have things you have to address, and problems don’t go away by sticking your head in the sand.

So, when you get to the point of being overwhelmed, the first thing you should do is focus on God. “Seek First His Kingdom AND His righteousness...” Matthew 6:33

“Do not be anxious of anything, but in prayer and supplication, with Thanksgiving, submit your requests to God.” Phil 4:6

So, turn to Him with thanksgiving. Write on one sheet of paper a list of everything you are thankful for. The more you are anxious, the harder the first few lines will be. After about ten, the list should flow.

When you end the page, get on your knees and thank God for each of the items individually. Peter tells us to cast our anxieties on him through humility. 1 Peter 5:6-7

Then, if you are still overwhelmed and anxious, write out your problems, and ask God to help with each of the problems. Invite Him in to these as He has already taken away our shame, worry and sickness on the Cross through His Son.

Then, Be diligent. Rank them in order of importance, and start working on them one at a time doing what you can do first. “The plans of the diligent lead surely to advantage, But everyone who is hasty comes surely to poverty.” Proverbs 21:5

Remember, you are a child of God, well loved, highly favored. God wants more for you than to get to Heaven. He wants you to transform to the image of Christ and His righteousness. The path is hard and full of obstacles, but be diligent, and don’t give up. His reward for you will be great.

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



Wilson County Deputy Living Full Life After Heart Diagnosis & Surgery

“At that moment, the world stopped. Suddenly, my heart began to beat faster and harder like a drum line ringing in my ears. Then I heard the words that would change my life forever.”

Justin Smith learned at the age of 28 he has a serious heart condition, hypertrophic cardiomyopathy (HCM), where the heart muscle thickens. It can make the heart work harder than it should and potentially cause cardiac arrest. HCM is often inherited and can have no apparent symptoms.



Family connection. “I had an uncle with HCM,” says Justin, “and my granny told our whole family to get checked out.” That may have saved his life. A deputy sheriff, Justin had shown no signs of heart trouble. “I went through the police academy and SWAT training — never had any problems,” he says.



Justin had further tests at the Ascension Saint Thomas Hypertrophic Cardiomyopathy Clinic, a center of excellence focused on HCM. Active and fit, he barely broke a sweat during his cardiac stress test. So, he had a cardiac MRI and catheterization to check his heart.

Life-saving surgery. Mark Zenker, MD, director of the clinic, recommended implanting a defibrillator that will restore normal heartbeat if his heart goes into arrest. “I thought, this is something I have to do, and I haven’t looked



back,” says Justin. Still on active duty as a deputy, Justin also serves as a Wilson County commissioner.

“I do spin class, run, lift weights, scuba dive,” he says. Scuba dive? Yes. Determined to not give up his passion, Justin worked with doctors to find a defibrillator that could withstand the underwater pressure.

Personalized care. “The one-on-one relationship at Saint Thomas is phenomenal,” says Justin. “I’ve seen how other hospitals work. You feel like a number. Here, my doctor is willing to take time to answer my questions and have a conversation about what’s next.”

“When you’re diagnosed with a heart condition, it’s like your world is flipped upside down,” says Justin. “But I believe there is a reason I’m living through this. Every day that I wake up and see my scar, it reminds me that I’m still serving God.”

To make an appointment with the Ascension Saint Thomas Heart Hypertrophic Cardiomyopathy Clinic, call 615-222-HCM5 (4265). 📍



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

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Does Your House Have Hidden Potential Water Problems?

Row, row, row your boat gently in... your basement?

That's not how the song goes and that's NOT the condition your basement should be in.

When builders are building your home, they are likely to spend money on items you can see immediately, like fancy light fixtures, rather than hidden things that can help you and your home in the long run. Most homes only get their basement walls "damp-proofed". This is an inexpensive wall coating that doesn't bridge wall cracks nor stops water completely. Builders also often install a "footing drain" that is installed around the bottom of the foundation. A lot of problems can arise with this drain, especially when installed by unskilled workers. Two of the issues are the drains clog as the water washing into them brings silt and mud with it and another is the drains don't actually lead out anywhere! Footing drain failure is the most common reason for wet basements, and the worst part is when they fail, the soil around the foundation can't drain, so it becomes saturated and heavy, which creates hydrostatic pressure that pushes water into your basement through porous blocks, the joint between the footing and the wall, or wall cracks.

So, your home has had one of the above cheap waterproofing remedies done to it, your basement has been wet for a while, and mold is starting to grow... now what do you do?

It's important to act fast before serious health problems occur. Mold growth in your home is NEVER a good sign. Not only does it irritate those with asthma and mold allergies, but it can also lead to asthma. Due to the "stack

effect", which is what we call the airflow in your home that moves from bottom to top due to warm air rising and needing to be replaced, even if the mold growth is only in your basement it doesn't mean you aren't breathing in unhealthy air. Nearly 50% of the air we breathe upstairs comes from downstairs, so you and your family are getting mildew ridden air, and your home is suffering the consequences with damp smelly carpets, buckling hardwood floors and soon to be mold growth upstairs.

The best thing about a damp basement is that there are solutions! There are reliable drainage systems that can collect seepage from your walls and floor simultaneously, drains that can be installed in front of entryways to collect rainwater that has leaked inside, and sump pumps that you can rely on even during the heaviest of storms to pump the water out and away from your home. No matter what you decide to do, talk to a professional and make sure only trained and skilled workers are installing your waterproofing products- your home will thank you.

— Mikaela Lopez, Marketing Communications Specialist
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You Don't Have to Hide Anymore

I've spent a lot of my life in hiding. I try to mask my insecurities, faults and shortcomings. Quite honestly, it's grown to be a heavy load. Can you relate? Some of us hide because we fear rejection or judgment. Whatever the case hiding is nothing new. Adam and Eve hid because of sin. Gideon hid out of fear. What makes you want to hide? One day when my "if people really knew the truth about me" fears were overwhelming I happened on these scriptures in the book of Colossians.

You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. He canceled the record of the charges against us and took it away by nailing it to the cross. In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross.

Colossians 2:13-15 NLT

As I consider these passages, I see how He willingly took our wrongs and cancelled them. Further, He nailed them to the cross and utterly obliterated them. By doing this, He disarmed and shamed the spiritual rulers and authorities with His victory on the cross.

Literally our enemy and every single one of his imps have been disarmed and deprived of power over us. The Cross is our safe place. The cross beckons us out of hiding and into His love and into the Community of faith. With the cross as our safe place we can enjoy a relationship with Jesus Christ – and with one another. With the cross as our safe place we hear the words you don't have to hide anymore. Fears like God can't forgive me or what will people think dissipate at the cross.

I can almost hear some of you saying yes, I can accept the cross as my safe place, but the whole community of faith thing that is another matter. I struggle with that as well so let's look at some truths that will help us live in community and build healthy relationships.

Trust Christ Completely

He is the only One who will never let us down. When Christ is our anchor, our ship does not sink when people disappoint us.

Realign Your Expectations of People

When we lean into Christ fully our expectations of people are realigned. This means we are free to enjoy community in a brand-new way. No longer do we rely on people fully to meet our needs, affirm our value and strengthen our faith.

Develop Relationships Over Time

You can learn a lot by listening to what is said, and what is not said. It takes time to build rapport, confidence and trust. It isn't wise to trust and share with everyone, but there are safe people in this world. Look for and be a safe trustworthy person. None of us were meant to do life alone.

The next time you find yourself wanting to do life alone – or go into hiding for fear of judgment/rejections etc. Take a moment to reflect on the Cross as your Safe Place – and remember You don't have to Hide anymore.

— Monica Schmelter is the host of CTN's daily television show *Bridges* and also the General Manager of WHTN, Nashville TN. *Bridges* airs in over 50 Million Homes and also airs on ROKU. She is also the co-author of *Messy to Meaningful*.

To learn more go to monicasmelter.com



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A Lawyer's Valentine's Day Advice

Ever wonder how we came to celebrate this yearly romance reminder? No, it did not begin as a conspiracy among florists or expensive restaurateurs as many would believe. Valentine's Day has its origin in an ancient Roman festival called Lupercalia, during which an order of Roman priests would gather at a sacred cave where the infants Romulus and Remus, the mythical founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, and then gently strike women who gathered in the streets with strips taken from the goat's hide, as a ritual of fertility.

Lupercalia managed to survive the rise of Christianity, but was eventually outlawed near the end of the 5th century, when Pope Gelasius declared February 14 as St. Valentine's Day, named after a priest who was martyred in 270 A.D. According to legend, the priest signed his farewell note "from your Valentine" and addressed it to his jailer's daughter whom he healed of blindness.

Valentine's greetings date back as far as the Middle Ages, and were first printed as cards in the United States in the mid-1800s. Today, the romantic gesture is celebrated with traditional gifts of heart-shaped boxes of candy, flowers and red roses. But

there is an important caveat to be considered for married couples surrounding this holiday.

There is an usual legal phenomenon that accompanies Valentine's day each year. It is often followed by rise in divorce litigation. In recognition of this annual trend, one local attorney in Murfreesboro gained celebrity in the news recently with his offer to give away a free divorce as a Valentine's Day gift. It is estimated that nationally there is a 38% increase in divorce filings following the holiday. A recent study of divorce filings in New York, Illinois and California cited by CNN reports that February is the busiest month by far for divorce filings.

Some in the field of family counseling attribute this bump in family breakups around Valentine's Day to the lack of genuine intimacy in marriages and a feeling of being left out as many see their peers receive tokens of affection from their spouses. "The holiday itself often brings things to a head for couples having trouble," says Alton Abramowitz, of the American Academy of Matrimonial Lawyers.

So, why should in those in Christian-based marriages, and those among our NCF base of readers be concerned? It is because sadly we live in a legal environment and culture today that devalues

marriage, and indeed, strives to re-define it. The Defense of Marriage Act – a law that recognized marriage as between a man and a woman -- was recently declared unconstitutional by our nation's Supreme Court. I recall some years ago arguing a case before an appellate court and making reference to the holiness and sanctity of marriage. One of the judges on the panel perked up, scratched his head, and said: "Really, do you believe we should base our decision on that premise still today?"

As my good friend, Margaret Phillips, a local family counselor points out in her insightful book: "Married couples are an at-risk population."

Sound Legal Advice for Valentine's Day: Buy a card, some chocolate and flowers, but do not let these superficial gifts serve as your only tokens of affection. A better gift may be a humble, but sincere verbal declaration to that special person in your life of your commitment and devotion.

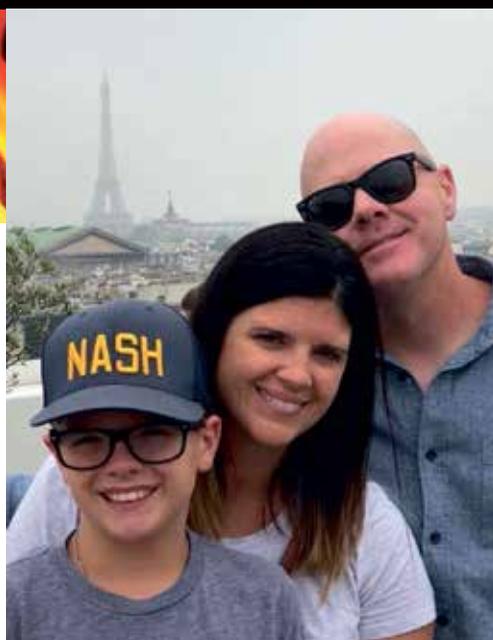
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I Wish I Had Known This Sooner

John's grandfather had always wanted to financially help his special needs grandson. He thought he was doing the right thing by leaving a lump sum of money, to his grandson, in his will. Yet, circumstances would prove him wrong. John was surprised when he received an inheritance from his deceased grandfather, totaling \$100,000. For most people, this would have been a wonderful and exciting gift, yet for John, it was not. John was living with special needs. He received government benefits for his healthcare needs, therapies, food, and shelter. If John accepted the inheritance, he would lose his government benefits. John had a dilemma – keep his inheritance and lose his benefits or renounce his inheritance and continue his benefits.

John renounced the inheritance his grandfather had given him, so he could keep his government benefits. He was not able to use any of the money his grandfather had wanted him to have. There was a legal way for John to have kept his inheritance and his government benefits. By law, John's grandfather could have established a third party supplemental needs trust and had the \$100,000 directly deposited into this trust, for John's benefit.

When a person is considering how to provide financial support for a family member, it is important for the person to give thoughtful attention to these issues:

- What financial support will my special needs loved one require while I am alive and when I am no longer here?
- Will my special needs loved one be able to enjoy the same quality of life that is now being lived?
- Who will administer the third party supplemental needs trust and ensure that the funds are managed for the benefit of my loved one?
- How can I ensure that Supplemental Security Income (SSI) and Medicaid benefits will not be jeopardized for my special needs loved one?

People establish third-party supplemental needs trusts for many reasons. The foremost purpose is to ensure that special-needs individuals will be taken care of through the use of government benefits and the monetary gifts deposited into the trust. For example, a grandparent or parent who has a special needs family member may establish a third-party supplemental needs trust so that the individual will have access to money even if the grandparent or parent were to die. Rather than simply giving the individual the money, the parent deposits the money in a third party supplemental needs trust where these monetary gifts can be monitored and overseen by a professional trustee.

A second reason people establish a third-party supplemental needs trust is to avoid complications with government benefits received from the state. If someone gives assets to the special needs individual outright, Medicaid may determine the individual's net worth is too high and no longer eligible for the needed government benefits. There is no limit to the size of the trust fund and the funds can be used for almost anything a person with special needs requires to supplement his or her government benefits. Money deposited in a third-party supplemental needs trust is exempt from being counted as an asset for the special needs individual.

Upon the death of the person with special needs, the assets in a third-party supplemental needs trust can pass to other relatives or another chosen recipient. This type of trust can help to ensure the special needs individual remains eligible for all appropriate benefits. If you have a relative living with special needs, consider a third party supplemental needs trust for your monetary gifts to this person. It truly can make a world of difference to the person living with special needs.

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

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THE HOME FRONT

Specialty Cleaning Matters

Valentine time is here; let's say I like, love and or admire you with creativity and a gift of specialty cleaning.



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

In our January article we shared ideas for new year 2020 resolutions. Listed after strengthening our christian faith, family, and our health we got down to some additional suggestions:

1. Reduce fire hazard – clean our dryer vents
 2. Extend the life of our dryer – clean our dryer vents
 3. Refurbish our grills – steam clean makes it like new
 4. Know what we are sleeping with – clean and sanitize our mattresses with a dry system that utilizes a powerful extraction device and u-v intruder killing light thus eximinating mites/etc. And helping reduce allergins.
- www.hygienitech.com is the process jack rabbit clean choices utilizes.

In this article we will share some of our thoughts about our company Jack Rabbit Clean Choices and how we can help you select a specialty cleaning service valentine gift.

Valentine cards and gifts have a broad audience and contexts. How great it is to show appreciation with our heart and generosity to those who help us as well as those we love. Remember teachers, coaches, aunts, uncles, neighbors, and others who should be remembered with special words and maybe a gift. Here are some ideas for recognizing someone special:

1. Send a valentine card with a hand written note.
2. Personally, provide a service that someone needs.
3. Include a photo of family with a heart along with card.
4. Do one or more of the above and provide a gift for one or more of the Jack Rabbit cleaning choices found on the www.jackrabbitcleanchoices.com

web site. Call Marc at 615-594-9052 to discuss how a special service can be provided as a gift (and or a gift certificate).

5. Use your creative thought and do something unique this year, something unexpected, make it special.

Summary and next article

1. Avoid the chance of fire. Visit u-tube dryer vent fires and reduce utility bills with a more efficient longer living dryer that breathes.
2. Ask Marc about bundled pricing for other things around the home/yard that may need specialty cleaning attention like bar-b-cue grills, dryer vents and mattresses....It is normally less expensive for a one stop professional providing services.
3. In summary the Jack Rabbit symbolizes who we are and what we do. In our next article we will explain in detail how the Jack Rabbit from ears to feet and heart makes our brand special.

— Marc Tepner, 615-594-9052
(call or text for pricing/scheduling)

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



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— Melissa and Scott Farrar: CEO and President Molly Maid of South Davidson, Williamson, Maury and Hamilton Counties



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Learning On & Off The Field: Four Softball Players Aspire To Become Teachers

At Trevecca, being an athlete is about more than just winning. The expectation for athletes is embodying the Trevecca athletic motto: Christian. Scholar. Athlete.

Brooke Eakes, Megan Groves, Matti Byrd and MaKray Odom are living out that motto as they pursue their degrees in elementary education while competing on the softball field for the Trojans. “Those four embody what we desire for all of our athletes, which is to be a Christian, Scholar, Athlete,” said Mark Elliott, Trevecca athletic director, echoing the athletic department’s motto.

All four students share a passion for softball, but these teammates are also bound by a common goal: helping children achieve their potential. For Eakes, Groves, Byrd and Odom, a degree in elementary education seemed to be the best way to achieve that goal. “Teachers are very important,” Odom, a senior, said. “A lot of kids don’t have a good home situation, and, if I can be that drive for them to be the best they can be, that’s what I want to be.”

Megan Groves, a junior, echoes that desire. “I always had teachers encourage me and let me

know I was good enough and that played a big role in my life,” she said. “I want kids to know you are good enough and don’t let anything stand in your way from achieving your goals.”

For Dr. Tandy Taylor, one of the students’ primary professors in Trevecca’s School of Education, this passion for teaching is apparent. “Our athletes are some of the School of Education’s most outstanding teacher education candidates,” Taylor said.

On the softball field, the four are polar opposites. Eakes is in the outfield; Byrd a catcher; Odom plays shortstop; and Groves at first base. Despite their different positions, they are connected through their love of the game and shared passion for teaching. It’s something they say binds them together on and off the field. “We push each other toward the same goal and want to be the best out there and confide in each other on our failures and successes,” Eakes said.



Groves says their time spent together on the field and in the classroom brings them closer together as friends, teammates and students. “All four of us are super close,” Groves said. “We do everything together from hanging out, doing homework, traveling and competing, but the biggest thing is we always pick each other up when we’re down. We are always together and know how to cope with each other and relax.”

Sharing their time on the field and in the classroom, Odom says it has made competing on the field less stressful. “On the field, our entire team has been like sisters,” Odom said. “[As] education majors, we can have inside jokes. If one [of us] is up to bat, we say, ‘Do it for the kids!’ That keeps us laughing and takes our mind off the stress of the game.”

— Blake Stewart, '18





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A Place to Call Home

HOME, the place where your heart is; the place where you hang your hat; the place where you grew up; the place where you're always loved and welcomed—no matter what

HOME, the place where you're silenced and beaten; the place where you witness and experience carnage; the place where you hide—waiting; the place where you're just another mouth to feed, where you learn you'll never amount to anything; the place for someone else's sins against your innocence; the place from which you long to escape

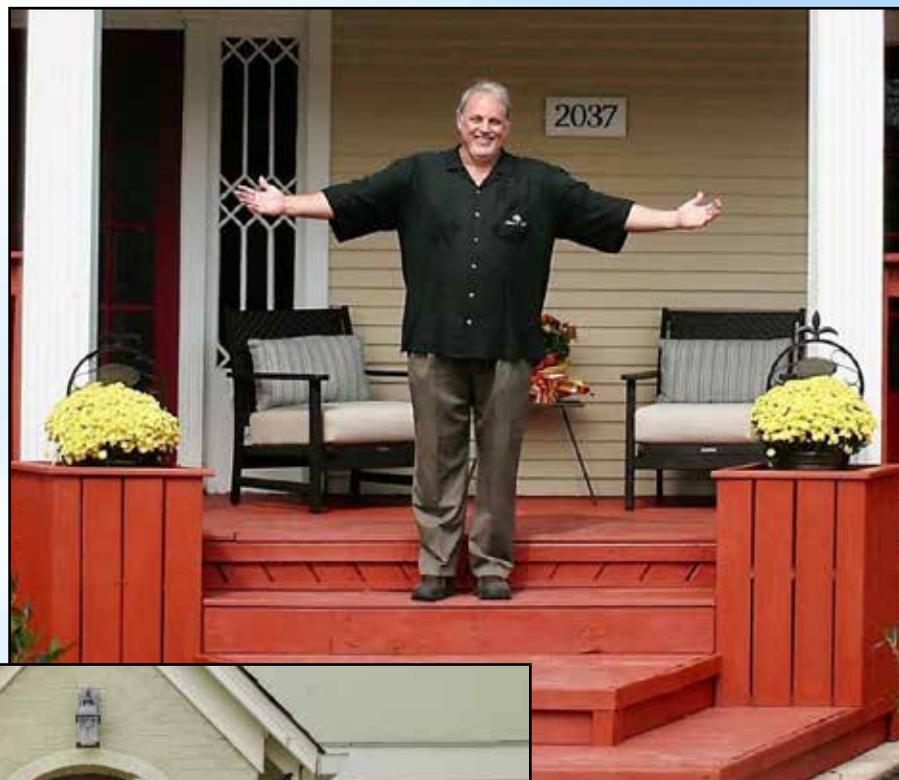
HOME, the place where it all begins: the responses, the reactions, the absorbed habits of those who live in or visit; the experimentations you try in order to escape; the place where your heart hurts and maybe even the place where you learn to hate; the place where you begin self-destruction

HOMELESS, the eventual place of escape. Weeks or years get you to homelessness, leaving your own trail of carnage behind and always residing within; looking for the place to be loved and to love, to be valued and useful, the place to fit in, the place to be free from horrendous memories and free of self-destruction; always longing for someone—anyone—to say, "Welcome Home!"—and mean it.

Many factors contribute to addiction. Family history, association with others who are abusing substances, trauma, poor coping skills, mental illness, and spiritual depravity are just a few. Regardless, where do homeless men go when there's no place left to go? After they've burned all their bridges? When addictions, incarceration, and lifetimes of bad choices have closed all the doors once open to them? When no one is willing to take them in? At the end of the road, where do homeless men go?

If that road brings them to Nashville and if they are serious about wanting to change their lives, they have an option: Welcome Home Ministries will give them the opportunity to create new lives, learn new skills, rejoin the workforce, develop inner strength, and participate in community.

Those opportunities and Welcome Home Ministries are the result of one man's dream and the support of others who believed in him and his dream. It is a faith-based nonprofit alcohol and drug recovery support ministry. While WHM emphasizes 12-step principles, biblical teachings are its foundation, anchored with powerful structure administered with much compassionate



care in a 24/7 transitional recovery housing environment and sober living community. Residents must progress through six levels within the structured living environment prior to graduating to a level of consideration for accountable yet independent living within a supportive sober living community of graduates.

By 2016, WHM owned and operated a total of seven recovery residences: five transitional recovery residences, including a residence exclusively dedicated to provide housing for veterans and two permanent

supportive recovery residences for men who successfully graduate from an alcohol and drug recovery program. Transitional recovery housing serves residents 24 hours a day, 365 days a year. Six levels in the transitional recovery housing program take approximately six months to complete. However, WHM encourages residents to stay at least a year to establish a stable foundation for their recovery.

For Daryl Murray, a 1985 alumnus of Trevecca Nazarene University and founder of Welcome Home Ministries, starting a ministry to help men who

were at the bottom of life was a dream born of his own mission experiences. Daryl's purpose was clear. God was calling him to move beyond the comfort of his blessed Christian upbringing to action through outreach to men who suffer from substance use disorders. Daryl learned that regardless of how one becomes addicted, the brain, body, and spirit are negatively impacted.

After marrying Glenda Miller, a 1986 alumna of Trevecca, Daryl served another year in ministry in New York City but dreamed about helping men get off the streets. He went to work for East Nashville Cooperative Ministries (ENCM) and Right Turns, both serving the less fortunate. During this time Daryl met Randall Phillips, owner of Phillips Builders, who offered him the use of some apartments to house men who had graduated from recovery programs, but Daryl knew that a better place to live would not solve these men's problems. He knew they needed training in spiritual formation, in the spiritual principles behind the twelve-step programs they attended, for living in community with others like them, and for seeing God and His work in their lives. Daryl's dream about starting a ministry for men was taking shape. He presented his dream to four friends—Tim Green, Dave Clark, Danny Eaton, and Kent Hughes—since sharing his dream with good friends was paramount to him. God's spirit continued moving these men "to enter worlds of brokenness in order that all might experience wholeness in Jesus Christ." Little did Daryl know that 27 years later God would continue to use Welcome Home Ministries as a beacon of hope and an instrument of grace.

Ministry Coming Together

Welcome Home Ministries' Board of Directors decided that the organization needed to own a house in which recovering men could live. The next day Randall Phillips called Daryl and asked, "What are you doing?" When Daryl told him what board members had decided and that they were going to ask five men to give \$5,000 each to purchase a house, Phillips responded, "I'll give you the first \$5,000, and I'll match donations to \$50,000." Phillips' generous support enabled the organization to purchase its first house in East Nashville in 1998; today WHM owns a total of eight houses, most of which were renovated by the men in WHM.

Some often-repeated phrases echo the hopelessness of men applying for residency in WHM recovery homes: "I'm sick and tired of being sick and tired." "I need structure in my life." "I can't do this on my own." Family members and loved ones are also "at the end of their rope" and "don't know what to do." It's a terrible place to be but a wonderful place to start: Like the biblical prodigal son, desperation becomes forced humility "when he came to his senses" (Luke 15:17). "He was sick and tired of being sick and tired." Men at WHM learn they don't have to remain sick and tired in the pig pen of their mess. However, if they do want to change, they must cooperate with what God wants to do in their lives. Based on biblical principles, WHM's method is compassion and grace with an informed understanding of addiction. Every aspect of the ministry is grounded in faith, the foundation that supports its daily functioning. Since 1992, WHM has walked this journey with those courageous enough to take those first steps. With Grace, Truth and Time, people do recover.

Noting that relapses are common, Daryl narrates a successful recovery story:



"George, who says he was the 'town drunk,' ate out of dumpsters and had a rap book with the police, but he's been with WHM for ten years and now works with men who are like he was." George is a prime example helping others. House Managers become the eyes and ears of the program and have one of the most difficult and critical roles in the ministry. They are residents in recovery who live 24/7 with other recovery residents, monitor the daily activities of recovery residents, and carry out appropriate accountability procedures if guidelines are not followed.

Welcome Home Works

Welcome Home Works was created in 2002 to help the men in the WHM addiction recovery program re-enter the work place. Nowadays, attention is focused on creating a great network of employment specialists and employment opportunities. Cultivating relationships and collaborating with employment agencies enhances workforce development. Even though many clients have a criminal history

and often struggle with mental health conditions, Welcome Home Works has developed a solid track record of helping clients seek and find gainful employment.

Next Steps Welcome Home Ministries realizes that self-sufficiency is vital to recovery. When clients graduate from recovery support programs, they can continue to take responsibility for their long-term recovery and demonstrate a healthy pattern of living by staying involved with their sponsor, continuing to participate in recovery meetings, and remaining focused on their physical, emotional, and spiritual wellbeing. Additionally, recovery program graduates may need assistance to become reestablished in the community. With help to secure subsidized permanent housing, graduates more likely plant their feet in responsible and productive citizenship.

Transitional Recovery Housing

WHM men first move into one of three transitional homes, one housing only veterans. Each home has nine beds. When they meet their goals for six months and if they pass the interview process conducted by the residents of that building, the men can graduate into an apartment in the quadplex. Coming to WHM primarily from drug treatment centers, the men must make a six-month commitment to get a job, cooperate with a sponsor, pay rent, and attend five meetings each week (AA, NA, or other twelve-step programs; Bible studies; and two in-house meetings weekly). WHM provides them with a membership to the YMCA, Internet access, and clothing, and it encourages them to go to church. WHM puts 35% of the men's weekly rent (\$120) into a savings account for each of them, and when they graduate from the program, WHM returns those savings to the men—to purchase a car, make a deposit on an apartment, or pay child support or bills. Many of the residents need physical and/or mental health treatment when they enter the recovery support program. WHM partners with Neighborhood Health to provide mental health support—Intensive Outpatient (IOP) support five days a week.

The following snap shot of the transitional recovery housing program provides the sequence: A person who enters the recovery program begins as a Guest. A guest is anyone within the first two weeks of the recovery program. The individual is required to be in the house whenever he is not working, looking for work, attending meetings, or has permission from the house

CONTINUED ON PAGE 22

WELCOME HOME MINISTRIES

A Place to Call Home

CONTINUED FROM PAGE 21

manager to be somewhere else. A guest must complete at least four hours of audio/visual enrichment, attend a minimum of five meetings per week (including two mandatory in-house meetings), faithfully observe an 8 PM curfew, complete at least one community hour for each week in the recovery program, seek employment, and remain current on rent. All requirements must be met prior to progressing to a higher level within the community (Freshman, Sophomore, Junior, Senior, and Graduate status).

Veterans' Recovery Contract Housing

In January 2011, Welcome Home Ministries began a new ministry of outreach to Veterans of War in partnership with the Department of Veterans Affairs. WHM was the first "Contract Housing" provider in Middle Tennessee to provide a Safe Haven for homeless veterans in need of long-term alcohol and drug recovery support services. Welcome Home Ministries is honored to provide an exclusive recovery residence for veterans. Veterans' Recovery Program is a mirror image of the transitional recovery housing program. All residents must abstain from alcohol and drug use and are subject to the same requirements as other recovery housing residents. Encouraging long term recovery support for veterans, the VA works with qualified veterans to obtain permanent housing through the Veterans Affairs Supportive Housing (VASH) program.

Graduate Permanent-Supportive Recovery Housing

Individuals who wish to maintain their sobriety in a supportive community of accountability may enter Permanent-Supportive Recovery Housing. Eligible individuals who have successfully completed an alcohol and drug recovery support program must have at least six months of sobriety. Residents enjoy independent living with less structure than transitional recovery housing residents. However, all residents must make a commitment to maintain their sobriety and hold themselves accountable to others in the sober living community. In the Spring of 2012, WHM completed renovation on its second Graduate Recovery Residence, bringing its total capacity in two permanent supportive graduate recovery residences to 12 beds.

Since these residences are not transitional recovery housing, residents may stay indefinitely. This program model has proven successful in helping individuals maintain long-term sobriety, as well as prevent recidivism to homelessness. All permanent supportive recovery housing residents must abstain from alcohol and drug use. They must demonstrate self-sustainability and pay monthly rent. Monthly meetings are held to discuss concerns as well as offer residents the opportunity to meet for support.

Christmas for the Guys

Each year WHM hosts a special celebration. Residents, staff, and board members come together for dinner at a fancy restaurant as a way to express our love. We sing; Santa visits; and we provide \$100 gift certificates to each resident, funded by our generous donors. Many residents say they've never at-

WELCOME HOME MINISTRIES—QUICK FACTS

- Since the establishment of Welcome Home Ministries' first recovery residence in 1998, WHM has touched the lives of approximately 2,000 men with compassionate care, love, grace, and the gospel of Jesus Christ. Lives have been transformed and literally "saved," physically, spiritually, and most importantly, for eternity.
- Since 2011, WHM has experienced exponential growth. The ministry has grown from 24 to 68 beds (183%) in eight recovery residences with the most recent recovery home purchased July 23, 2019.
- The Recovery Residence has a total of 6,678 square feet under roof with 11 recovery beds and 1,400 square feet of flexible space to support WHM's recovery activities and administrative staff needs. God is literally using WHM to save lives and as a vessel to save souls.
- If you desire to participate in Nashville's Welcome Home Ministries, please make your check payable to Welcome Home Ministries and mail it or visit our website at www.welcomehomemin.org to make an on-line contribution. Thank you for your generous gift!

Welcome Home Ministries' approach to addiction recovery is holistic—spiritual, physical, mental, and relational community. It's ALL recovery!



tended anything like this and that it's the first time they've eaten at a nice place.

Awards and Goals

After receiving several significant awards, Daryl comments, "These awards are nice, but I have other dreams to accomplish: My dream is for WHM to pay off all its properties. God has put wonderful opportunities in our laps—not the result of our efforts. The need is great. We turn away men every day." Daryl's dream is incomplete; Nashville needs your help.

Welcome Home Ministries: the place to be free from self-destruction; the place where someone says, "Welcome Home"—and means it!

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

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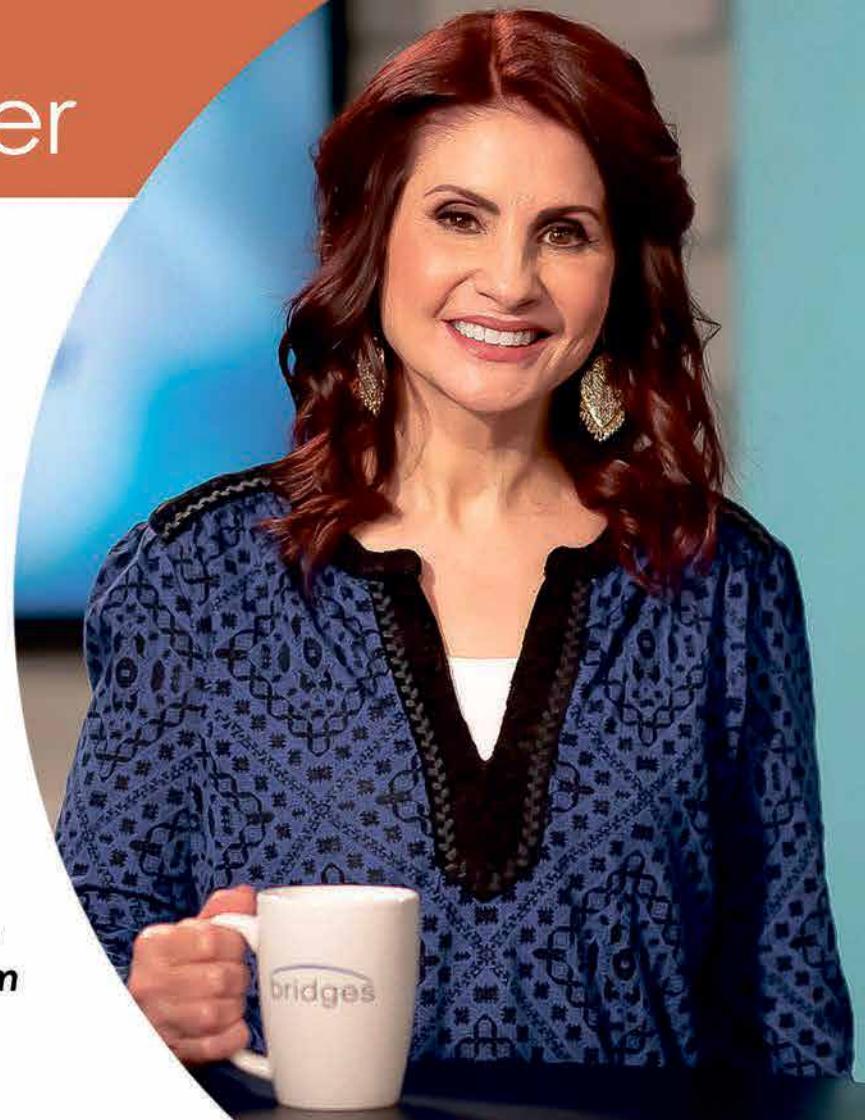
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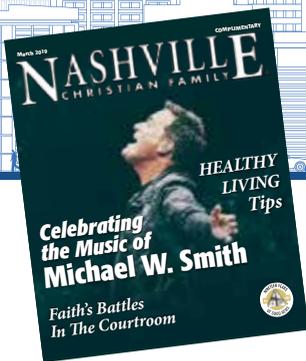
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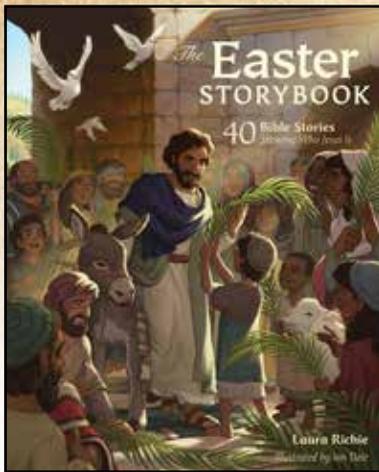
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BEST BOOKS



Easter for Little Eyes - and Big Hearts

With family-friendly questions, full-color illustrations, and 40 stories about how Jesus' life from childhood to the cross pointed to the resurrection, *The Easter Storybook* draws families closer to their Rescuer

Starting with Jesus' time in the temple as a boy and ending with His appearances after the resurrection, *The Easter Storybook* invites readers into the big picture of God's love. Each of the 40 full-color, beautifully illustrated stories includes a Bible passage and a conversational question to guide families through the Easter season together.

Unlike other children's Easter books, *The Easter Storybook* focuses not just on Jesus' last days but on the journey of His whole life leading to the joy of Easter morning. Every story will give children

a glimpse into Jesus' identity—as Teacher, Good Shepherd, Savior, and King—making this a rich book to read throughout the year. *The Easter Storybook* explains who Jesus is, what He did, and why His death and resurrection matter, in a simple way that children ages 4–8 can understand and remember.

Laura Richie, who also wrote the bestselling *The Advent Storybook*, said, “Each story adds a stroke to the portrait of the God who came to restore what was broken and find what was lost. During the season of Lent, let's pause each day and remember. Sit down as a family and remember who Jesus was and why He had to die, then celebrate His victory over evil and death! May you and your family see Jesus and delight in His beauty, love, and grace.”

A fitting companion to *The Advent Storybook*, *The Easter Storybook* is a wonderful way to discover as a family why Jesus came to earth as Rescuer, Redeemer, and Friend. Both books are illustrated by Ian Dale.

Laura Richie is a wife, homeschooling mom, and registered nurse. A missionary kid for several years, Laura confesses she didn't truly understand her need to be rescued until later in life. Now she delights in sharing the beauty and grace of her Rescuer through her books, *The Advent Storybook* and *The Easter Storybook*. Laura resides in Oklahoma with her husband and three children.



Ian Dale is an illustrator and designer who loves to invest in projects that share the hope and meaning that have transformed his life. He has created art for clients such as World Vision, the American Bible Society, Compassion International, and the Bible App for Kids, which has been downloaded in more than 30 languages. Ian and his wife are raising their young daughter in Los Angeles, California.



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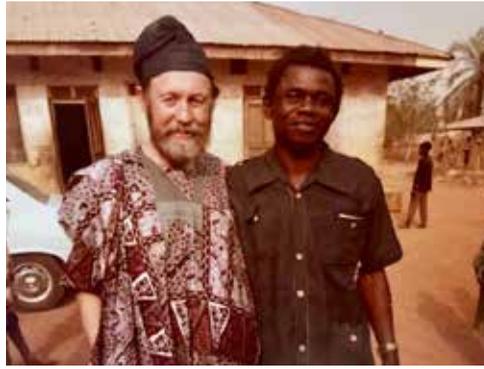
Changing the World with Written Word

Bernice Bunkowske, 81, of Nashville knew at the age of 10 that she wanted to be a missionary. Born and reared in Missouri, she was inspired by a book featuring the life of a lady missionary who helped to change the culture of the area where she lived through God's grace, lots of prayers, courage and hard work.

While reading the book, Bernice was convinced that God was leading her on a similar path. While she was in college, her future husband, Eugene, was studying at a nearby Seminary to become a minister, never considering the mission field per se. They became acquainted at church. Courtship followed with later marriage.

Members of the Lutheran Church, the couple was asked to serve as evangelistic missionaries in Nigeria in 1960. Their second assignment was to help establish a hospital. Another challenge: The Yala tribe had no written language; Eugene saw an opportunity to further serve God and the local people through his studies in linguistics to develop an alphabet.

As Bernice tells the story...God's providence brought an educated Yala man of the area – Ferdinand – to help Eugene. They made a good team....taking local words and developing an alphabet. First was translating Jonah because the locals embraced multiple gods; next Hebrews because they believed in animal sacrifices. Christians know that Jesus is the true sacrifice for the remission of sin and for salvation. Next was the Gospel of Mark followed by the entire New Testament. Bernice said Yala believers in Nigeria now have both The New and Old Testament to study the fullness of God's Word with its eternal promises.



Eugene Bunkowske and Ferdinand



Eugene and Bernice Bunkowske as missionaries in Nigeria

While I interviewed Bernice, I also spoke with her son Walt who grew up there. He said, "It was a happy time in my life... as a boy having friendships with the native children, attending boarding school and playing sports, especially soccer." Walt noted there were some adjustments for him getting acclimated to life in the United States when his family returned in 1982.

Bernice said her husband was then asked to establish missionary training at the seminary level to help equip those going abroad with The Gospel. He passed away in 2018 while the family lived in Minnesota.

I asked how she got to Nashville. She explained, "Daughter Nancy lives in New Mexico, daughter Barbara in Asia, son Walt lives with her...and the youngest son, Joel, is an attorney in Nashville whose specialty is Music Law." Joel encouraged his mother and brother to come south leaving the cold winters of Minnesota for the relatively pleasant four seasons of Tennessee...and to be closer to family. She agreed.

— Ralph E. Vaughn

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Small Decisions Lead to Big Results

We make thousands of decisions each day. Many of which we don't even realize we are making. Many choices we make are subconscious because they are habits we have created over the years. We have done those things so many times that we don't even have to think about doing them. Have you



ever had to make a stop on the way home from somewhere, you arrive home realizing that you have forgotten to stop? It's like we go into autopilot because we have made that drive thousands of times. What if we could make a healthy lifestyle just like that drive home? Where we hardly even have to think about the healthy choices we are making, we just make them. It's possible!

Many unhealthy lifestyles are lived this way. We don't always consciously make the decisions to be unhealthy, we just do. We have created those habits over time. We are habitual as human beings. This is good if we make the right habits, but unfortunately, many of us end up making bad habits too. The good news is that bad habits are hard to break, but good habits are even harder! How do we break a bad habit and make a good habit? Great question!

The fact is, small decisions lead to big results. Many of us try to change our lifestyle by making one huge, extreme decision. It doesn't work. Don't believe me? Look at new year's resolutions. About 80% of all resolutions fail. Most of those fail by February. That huge change is too much for us to wrap our heads around at once. If we want to create habits that will last, we must make those small decisions to change. It takes focus and time to unlearn a bad habit and learn a good habit. It's not about motivation. It's about our choices, and what we know we must do. Motivation changes; our choices cannot be led by how we feel in the moment. A healthy lifestyle is having healthy habits made so that you don't even have to think about being healthy, you just are.

Every small decision you make is an investment in your health. When you invest for retirement, you don't just go and put 2 million dollars in the bank and say, "Alright, I can retire now." You make a choice to invest a little bit at a time for years and years. By the time your 60, you have millions of dollars! This is how it is with health. You must invest small decisions over and over again to create those habits so that you don't even have to think about making healthy choices, you just do. Moment by moment, hour by hour, day by day, month by month, year by year. That is how you make habits that will last a lifetime!

The question I leave you with today is, "Will you invest in your health?." Will you make those small decisions over and over again to get those great results? It won't always be easy, but it is well worth the investment. Be encouraged today. You can do it!

— Ashton Tate, Personal Trainer, Franklin, Tenn.
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The Heirs of Righteousness

Wisdom – 12:1-2

For your immortal spirit is in all things.

2 Therefore you correct little by little those who trespass, and you remind and warn them of the things through which they sin, so that they may be freed from wickedness and put their trust in you, O Lord. Matthew 5:1 – 12 The Beatitudes

5 When Jesus[a] saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. 2 Then he began to speak, and taught them, saying:

3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

4 "Blessed are those who mourn, for they will be comforted.

5 "Blessed are the meek, for they will inherit the earth.

6 "Blessed are those who hunger and thirst for righteousness, for they will be filled.

7 "Blessed are the merciful, for they will receive mercy.

8 "Blessed are the pure in heart, for they will see God.

9 "Blessed are the peacemakers, for they will be called children of God.

10 "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

11 "Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely[b] on my account. 12 Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

Three thousand years ago the Father of wise decision-making wrote these words in what has become known as "The Book of Wisdom". First, the passage above describes how his God, Yahweh, created all things to His satisfaction. Second, when it came to humanity, which He created as the superior animal, allowed for the flaws of our free will. Three, even when His creations become misguided, as He knew they would, He patiently loves them without limits.

Solomon was the first teacher of wisdom; defining it as the selfless application of true knowledge toward the solution to a problem. This passage as a judge dating 965BC clearly states that he encountered people whom struggled to break the habits of repeated problems. Even back then, people made poor choices plagued by bad habits. Being a faithful King of the Jewish people, he also envisioned a patient God wanting the people to beat the pull of their dangerous ways and to choose righteous decisions.

A little over a thousand years later one of his heirs would speak the above words which would become "The Beatitudes". Separated by a millennium both of these men would be immortalized by a common theme; they were focused on the power of truth. The first would be forever known as the wisest man that ever lived and the other would be christened as the Way, the Truth and the Life.

King Solomon, the author of "The Book of Wisdom" was convinced that Yahweh gave humanity the solutions to their problems in threes. Our Creator knew of shortcomings so he left us the Natural Laws; the Eternal truths. Jesus, the author of "The Beatitudes", knowing these laws, teaches us the level of importance truth plays in our salvation; three of the nine beatitudes, or a third of them, highlight righteousness as the direct path to heaven.

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



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American Culture is Plagued by a Lack of Christian Morality

These days, many Americans reject strong forms of religion. Christianity, in particular, is often embraced only in weak forms or as a mere tool for social and cultural transformation; the more muscular and biblical forms of Christianity are often ignored or rejected.

Additionally, individuals are more attentive to images than to words and are addicted to drugs, inane sexuality, and more. Communities are plagued by family disintegration, opioid addiction, political polarization, rampant crime, and other ills.

CAN AMERICAN CULTURE BE INVIGORATED?

Yes. History is not governed by fate. As Edmund Burke noted in response to the dark and bloody French Revolution, even when states are experiencing "...disgrace and disaster, they have suddenly emerged. They have begun a new course, and opened a new reckoning; and even in the depths of their calamity, and on the very ruins of their country, have laid the foundations of a towering and durable greatness."

"What ails our society most is religious disbelief."

From what soil did our culture arise? In large part, although not exclusively, it arose from the Christian religion, from the joining together of people in worshipping Jesus of Nazareth. In a significant way, the United States cohered through society's common assent to Judeo-Christian morality, if not outright personal belief in the Christian gospel.

WHAT HAS HAPPENED TO CAUSE AMERICAN CULTURE'S ONGOING DISINTEGRATION?

As Jewish-American sociologist Philip Rieff argued in *My Life Among the Deathworks*, the West in general, and the United States in particular, is undergoing a historically-unprecedented experiment. Whereas historically, all civilizations have understood that sacred order (a religio-moral order) shapes cultural institutions and cultural products which, in turn, shape social order (individuals and communities), the contemporary West wishes to rip sacred order out from underneath social order, leaving social order to float on its own.

This experiment, Rieff argues, is being carried out by our cultural elite, whom Rieff designates as "the officer class." This throwing out of the "cult" beneath our "culture" will not turn out well. In fact, unless or until this trend is reversed, things will continue to get worse.

Of course, our rotten cultural elite misunderstand or ignore one reality. All human beings are worshipers. Each of us is either a covenant-keeper or a covenant-breaker. So, our public square and its cultural institutions will always be formed and informed by some type of worship.

Italian philosopher Augusto del Noce was right to argue that the West has been captivated especially by two forms of false worship: scientism and eroticism. Together, these ideologies conceive of human beings as animals whose ends are production and consumption. They reduce happiness to the satisfaction of desires, especially sensual desires. And they view the moral law, the resurrection, and the promise of eternal life as superstitions.

WHAT CAN WE DO TO RENEW AMERICAN CULTURE?

Some well-meaning people place their hopes in civil religion, which Russell Kirk aptly describes as "a kind of cult of patriotism, founded upon a myth of national virtue and upon veneration of certain historical documents, together with utilitarian morality." But such secular experiments never work. Worship

of the state or of society is a diseased substitute for communion with God's transcendent love and wisdom.

Other well-meaning people wish to employ religion in a merely instrumental manner, arguing that, while strong forms of religion may or may not be true, they are certainly useful. But this approach is flawed. People don't get down on their knees because such a ritual is useful for society. They get on their knees because they are embracing transcendent Truth.

"Culture cannot be renewed if strong forms of Christianity are not renewed."

Although Rieff was pessimistic about the West's ability to renew itself based on strong forms of Judeo-Christian belief, he did offer hope. He wrote that the world awaits "a people" who can help recover society's recognition of the frightening beauty of the "thou shalt" and "thou shalt not."

Rieff was right, and as Christians, we should take it upon ourselves to be that "people." Culture cannot be renewed if strong forms of Christianity are not renewed, and Christianity will not be renewed by arguing that it is expedient. Christian faith must be genuine.

WILL AMERICAN CULTURE ACTUALLY EXPERIENCE RENEWAL IN THE FUTURE?

Maybe. Only God knows.

A spiritual revival and subsequent cultural renewal could be triggered by the socio-political convulsions we are now experiencing. These upheavals could shake our society, causing it to recognize the counterfeit nature of any "salvation" offered by the idols and ideologies of this world.

Or, it could be triggered by a divinely-blessed movement of social and cultural renewal in which Christian communities strengthen themselves and give strong witness to the gospel; in which individuals come to genuine faith on the basis of the Christian community's witness; and in which cultural institutions—familial, commercial, legal, political, and educational—are thereby renewed.

In short, what ails our society most is religious disbelief. If our nation will survive and flourish, we must sew back together that which has been severed: culture and the religious vision from which it arose. We must regain affection for the world's true ruler—Jesus Christ—and renew our belief in historic and biblical Christian doctrine.

If we do this, we can confront the social, cultural, and political ills of our age. We can renew society's awareness of and embrace the transcendent moral law. We can reform public policies and cultural institutions. We can restore true learning in our educational institutions. We can strive against the falsehoods and idiocies of our day. In a phrase, we can "brighten the corners" in which we find ourselves.

Out of love for God and neighbor, therefore, let us recover the frightening beauty of the "thou shalt" and "thou shalt not."

— Bruce Riley Ashford, Jr. is the Provost and Dean of Faculty at Southeastern Baptist Theological Seminary, where he also serves as Professor of Theology and Culture. Follow him on Twitter @BruceAshford, www.bruceashford.net
This article was first published by *Lifeway Voices*.

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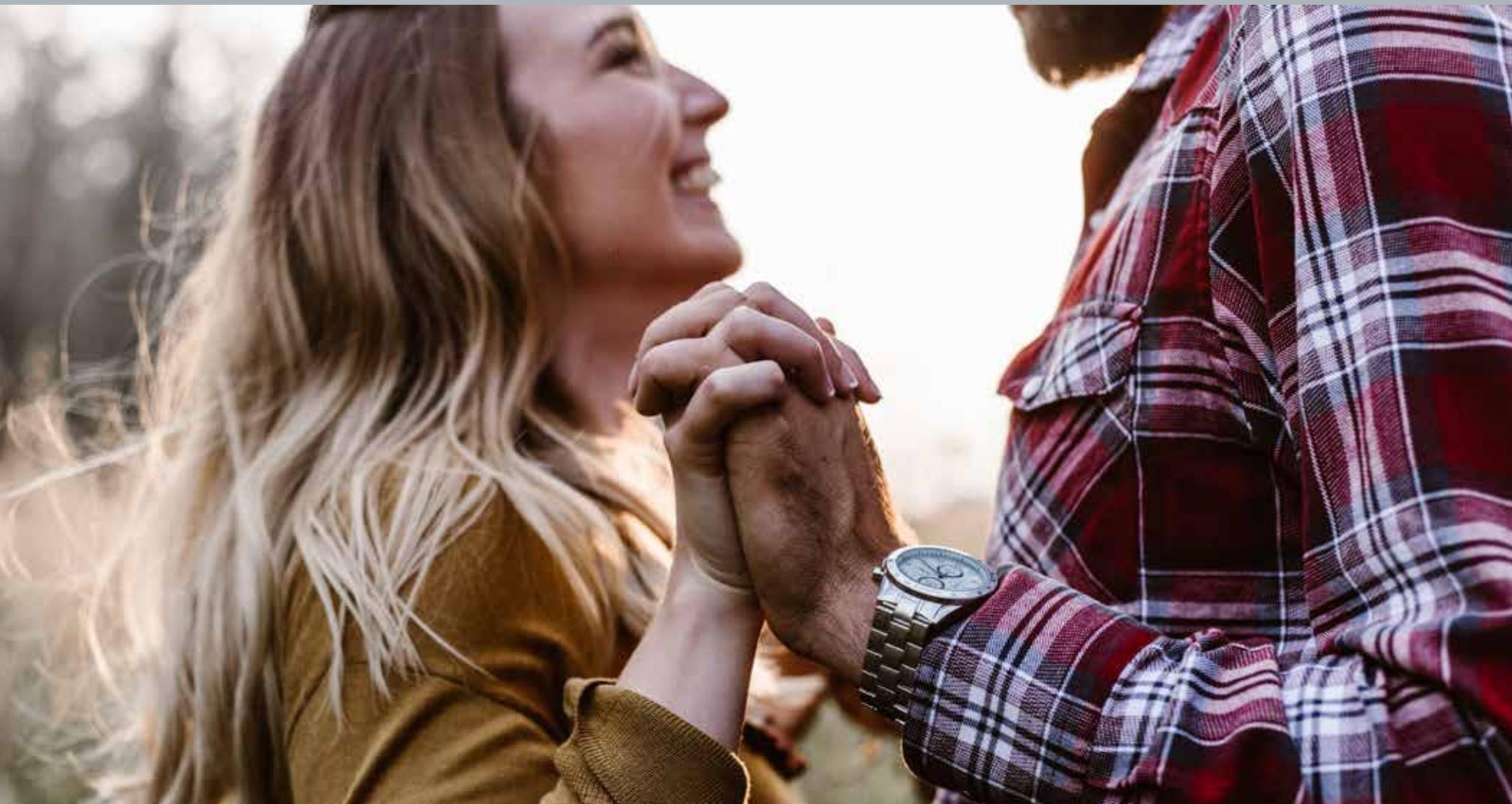
AT THE

Right time



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THE SINGLE LIFE

Happy Valentine's Day, Single Parents... Enjoy Some PINK PANCAKES!

Having grown up as a child of divorce and then being a single mother for many years, I know firsthand how awkward Valentine's Day can be for single parents and for children that live between two homes. The commercialism of the holiday can bring emotional reminders of romantic loves past or loves lost and trying to find personal joy in the process can seem impossible. Having been a single parent for several years, I decided to focus on celebrating the love between my daughter, Angelia, and myself instead of just a romantic notion of the holiday... a "Family Valentine's Day!"

I believe single parent families are just that – FAMILIES! The life, love and legacy of a single parent family is incredibly important, no matter how a single parent family is created. Having HOPE and being determined to defy the emotional obstacles is an important attitude to have, not only for parents, but especially for children. Children follow the lead of their parents in their attitudes and thinking; therefore, it is important to be strong and stable for the sake of your children. It is like being the "rudder" on a large ship; the rudder determines the course and the final destination of the ship and parents strongly determine the attitude and final destination of their children's emotional lives.

I know countless stories of adults who were raised by a single parent who did an exceptional job being a healthy-minded and successful single parent; the outcome is that the children are now whole and healthy adults who are thriving in their own lives, marriages and families. I have encountered single parents who are currently doing a wonderful job in a not so easy situation by enlisting friends and family to walk the journey with them. I know a man who lost his wife when his daughters were just 2 and 5 years old and now, years later, they graduated from college and are successful business women in our community; he struggled to raise his two little girls and yet he found his



way and has done an amazing job as their father! We can raise amazing kids in a single parent family!

This Valentine's Day I encourage you to hug your kids tight, make a fun party of the entire day! Maybe start with heart-shaped toast and eggs in the morning

and end with something crazy like PINK PANCAKES for dinner! Consider making a Valentine's Day cake and enjoy it while you play a few board games before bedtime. Maybe take your kids on a "date" and enjoy a dollar movie and popcorn! Whatever you do, embrace your children and enjoy their love and express your love out loud to them!

— Tammy Daughtry, MMFT is the Founder of Co-Parenting International. Tammy was a single mom for eight years and is now a remarried mom for the past three years. She is the author of "Co-parenting Works! Helping Your Children Thrive After Divorce" and has many free resources for single parents and step parents at her website: www.CoparentingInternational.com.

HOMETOWN HERO

The Good We Do

Zarita Fears has been a motivated volunteer since she was a child, helping supply local homeless shelters and tutoring other children. Just as her mother instilled in her the value of "small acts of kindness," Zarita has raised her daughter amidst service work. Regardless of their personal circumstances, Zarita always made a point to serve others. "The good we do always comes back to us," she says.



Zarita's family (L-R) Tanya Fears (mom), Zarita Fears, ZeAndre Fears (brother), and Zaria Fears (daughter)

Zarita has been lucky, as she put it, to turn her passion into her career. She currently works as a Diversity and Inclusion Specialist for the Employee Resource Groups (ERG) at Asurion and serves as a board member of the local chapter for the Lupus Foundation of America. In addition, Zarita has served the Nashville community in numerous volunteer roles helping where needed. Organizations she has volunteered for include Prevent Child Abuse Tennessee, KaBOOM!, Nashville Rescue Mission, Teach for America, Hands On Nashville, YWCA Nashville & Middle Tennessee, Oasis Center, Operation Homefront, Operation Stand Down Tennessee, KIPP: Nashville schools, PENCIL, and more including Compassion Forward, the community grant making arm of Asurion.

Zarita finds joy in her service and has noticed the impact it has on her life. She is often reminded of the work she has done, including when she feels down or something is going wrong. One example is a co-worker who is aware of her work makes an appreciative remark or another example is when she runs into a person she has helped along the way. "Even if no one remembers my name," she says, "the differences I have made will affect generations to come."

Multiple generations are being impacted by multiple generations of her family – her mother, Zarita, and potentially Zarita's daughter. Through small acts of service, her family multiplies its impact on our community by volunteering through local, established nonprofits. This service is celebrated by Doing Good, a local 501c3 nonprofit which celebrates those who do good. For more information or to nominate someone for Nashville's Volunteer of the Month, visit DoingGood.tv.

— Emerson Loudenbach

HASSLE FREE ZONE

HOW TO REMOVE COFFEE STAINS FROM EVERYWHERE YOU FIND THEM

Spilled coffee may upset your morning, but the stain can downright ruin your shirt, table, carpet, or upholstery. Coffee has a propensity to stain because it contains oils that porous surfaces readily absorb, causing discoloration almost immediately. Fortunately, we have the remedies you need to remove coffee stains from a multitude of surfaces.

How to Remove Coffee Stains from Clothing

You'll need:

- Water
- Liquid laundry detergent
- Powdered laundry detergent
- White vinegar
- Old toothbrush
- Laundry stain remover

Run the stain under cold running water, wetting as little of the surrounding fabric as possible. If you act fast, this should remove the coffee stain. If not, apply laundry stain remover, leave it for five minutes, and launder the clothing as usual. If you don't have time to do laundry, try adding a few drops of liquid laundry detergent and rubbing it into the fabric with your fingers. After soaking for five minutes, rinse the stain with cold water. If the stain lingers, reapply the detergent and let it soak for 30 minutes, rubbing the fabric every five minutes. You can also try mixing powdered laundry detergent and white vinegar into a paste and rubbing it into the stain with an old toothbrush.

How to Remove Coffee Stains from Wood Tables or Floors

You'll need:

- Clean cloth or paper towel
- White vinegar

Wipe up fresh spills immediately to avoid any staining. If it's too late for that, pour a teaspoon of



white vinegar over the stain and leave it for a few minutes. This dissolves the coffee, so you can wipe it up with a cloth or paper towel. Let the wood air dry, and it should be good as new! For more tips on cleaning vinegar with wood, check out this article on Real Simple.

How to Remove Coffee Stains from Carpet

You'll need:

- Clean cloths or paper towels
- Water
- White vinegar
- Liquid dish soap
- Small fan or hairdryer

For fresh coffee stains, blot with a cloth or paper towel to remove as much liquid as possible. Avoid using a scrubbing motion. Spray water onto the stain and blot again with a fresh cloth or paper towel. Repeat one to two more times until the coffee lifts from the carpet.

If the stain is old and dried, spray it with a mixture of one tablespoon vinegar, one tablespoon liquid dish soap, and two cups water. Alternate blotting with a wet and dry cloth until the stain comes out. Rinse with clean water. Then, dry with a fan.

How to Remove Coffee Stains from Upholstery

You'll need:

- Water

- Clean cloths or paper towels
- Liquid dish soap
- Lemon juice or white vinegar

Blot the spill with a cloth or paper towel. Avoid scrubbing. Pour water onto the area and continue blotting.

If the stain persists, create a solution of one teaspoon liquid dish soap, one-quarter cup lemon juice, and two cups warm water. Alternatively, one-third cup vinegar and two-thirds cup warm water will also work. Apply the solution with a cloth, blotting from the outside and moving in. Once the stain is gone, flush the upholstery with clean water, blot the area, and let the fabric air dry.



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— Ashley Farrar

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PARENTING POINTS

Saturating Your Family with the Word

Today's Christian family is constantly bombarded with messages from our culture about who we should be and what should matter to us. We are told that our family should live in this neighborhood and do these activities. Our kids are told that they should look and act a certain way to be accepted. The cultural narrative rings from our radios and TVs and is modeled constantly by the social media on our phones.

In a world where the cultural narrative stands in such contrast to what God calls us to as followers of Jesus, grounding ourselves and our families in the Word becomes a vital task. As Moses gathered the people of God together to give them the law of God for the second time, he set before the people a picture of what saturating our families in the Word could look like:

"And these words that I command you today shall be on your heart. You shall teach them diligently to your children and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates." – Deuteronomy 6:6-9 ESV

What does it look like for a family to be saturated with God's Word?

Saturating Your Family with God's Word Begins with You. Before Moses gets to the family as a whole, he begins by addressing the parents. For true spiritual transformation to begin in a home, it must begin with you. Your kids are watching how you handle the Word and what you truly value. Are you



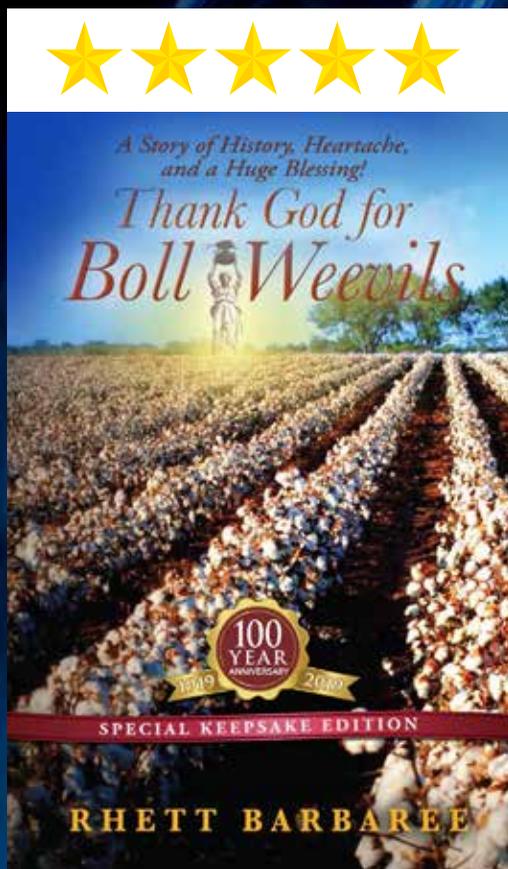
allowing the Holy Spirit to transform your heart first?

Saturating Your Family with God's Word Continues with Life Conversation. Throughout the passage, we see the daily life of one of the family's in Moses' audience. They are doing things not unlike what we would do with our family in a typical day: talking, sitting, walking, going to sleep, and waking up. In the middle of the everyday activities of life, are you looking for moments to have conversations about God's Word? Is faith a natural conversation in the everyday life of your family?

Saturating Your Family with God's Word Persists with Keeping the Word Before Your Family. Moses ends with a picture of putting the Word physically before your family. This is an extremely practical idea. Does your home display the truths of God's Word to combat the cultural narrative?

Let us be families who saturate ourselves in God's Word and live counter-cultural lives for His glory.

— Dr. Ben Birdsong
Writer, Speaker, and Minister
www.benbirdsong.com



THANK GOD FOR BOLL WEEVILS BY RHETT BARBAREE

A highly recommended must-read for anyone who struggles with understanding how they must be able to lift up their losses, their heartaches and their shattered dreams to a GOD WHO TRULY CARES!

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This Little Light Of Mine

You might have learned the song, “This Little Light of Mine”, as a child. It is easy to sing and the lyrics easy to remember. However, the message is powerful. Consider what your little light is, where it shines, on whom it shines and what impact it has. The song was written by Harry Dixon Loes in the 1920s. The words go like this:

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

The second, third and fourth verses contain these bold statements:

*Hide it under a bushel? NO
I'm going to let it shine*

*Don't let Satan blow it out!
I'm going to let it shine*

*Let it shine till Jesus comes!
I'm going to let it shine.*



As Christians we have a little light in us that glows from our Christian faith. It might be a little light but it is up to us as to how far away it can be seen and how bright the light is to those around us. The second verse asks the question of whether we will keep our light hidden under a bushel (a common container in the 1920s) with a firm answer of NO. If our little light is not hidden, it will be seen by others. Do others know you are a Christian or do you keep your little light hidden? In the third verse, we are all faced with temptations from Satan who would like to blow out our little light. It is up to us to keep our light brightly burning to protect it from the wiles of Satan and all those who work for him.

The last verse proclaims: LET IT SHINE TILL JESUS COMES. This means that if the return of Jesus does not come until we are passed away, that we will keep it burning as long as we are alive. There is no retirement from being a Christian. We are to let our light shine as long as life is in us.

So what is this little light? The light within us is what we believe, what has become the basis for all of our important decisions, how we have developed a Christian worldview. This means that the little light affects how we see ourselves, our family, our friends, our work, our neighborhood, our State or Province, our nation and everything else that we encounter. This little light of mine gives us a Christ-like view of everything around us and gives us the desire to have it shine on others and in others so that they might have a little light of their own.

— Kenneth Oosting, Ph D

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PLAN OF SALVATION

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

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

God's Plan of Salvation

God created us to honor and serve Him

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

Each of us has sinned against God

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

The penalty for sin is eternal separation from God and Heaven

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

Good works cannot ever earn God's forgiveness and Salvation

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

God loves each of us

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

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

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

We each must accept Jesus Christ as our personal Savior

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

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

To accept Christ into your heart and life, pray a simple prayer along these lines

"Dear God, I know that I am a sinner and I am sorry for my sins. I know that Jesus died for my sins and the sins of the world. Right now, I ask Jesus into my heart and receive Him as my personal Savior. Forgive me of my sins, thank you for saving me through the blood of Jesus. Please Lord, help me live for you. In Jesus name, amen."

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



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FEBRUARY 2020 Calendar



List Your Event!

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

Williamson County Parks & Recreation Offers Numerous Adult Sports Options

Adult Softball League Registration Now Open

Team registration for the Spring 2020 Adult Softball season is now open. WCPR will offer multiple levels of league play for Men's Competitive, Men's Rec., Men's Church, as well as Co-ed teams. These leagues will be played at Fieldstone Farms/Granny White, and Bethesda. The season will begin March 30. Links to league registration at www.wcparksandrec.com

Interested in umpiring? We are looking for umpires for the upcoming season. Experience is preferred, but not required. We will train you! \$22 per game. Games are played Sunday through Thursday, approximately eight months each year. Must be at least 18 years old. For more information, contact Roy Wayne, (615) 370 3471 ext. 2121 or Roy.Wayne@williamsoncounty-tn.gov

Men's Basketball Leagues

(Nolensville And Spring Hill)

Registration is now open for the Adult 30+ Spring Basketball Leagues at the Williamson County Recreation Complex at Nolensville and the D2 Basketball Leagues at the Longview Recreation Center at Spring Hill. The D2 League is for high school or recreational skill set players. The league fee is \$425 per team, and registration is available online at www.wcparksandrec.com. League play will begin the first week of March and will play a round robin format followed by a single elimination tournament. Contact Chris Gravlee at (615) 370-3471, ext. 2114 or Christopher.Gravlee@williamsoncounty-tn.gov.

Winter Tennis Clinics

Registration for WCPR's Winter Indoor Tennis Clinics (Session 3) is now open. The clinics will begin the week of February 17 and continue through March 28 at the Indoor Sports Complex in Brentwood, 920 Heritage Way. Tennis clinics (beginner through advanced skill levels) are offered Monday(s) through Saturday(s). Prices vary depending on the duration of clinic. Space is limited. Visit www.wcparksandrec.com for a full class schedule, fees and registration information.

Open Play Pickleball

- Academy Park Gym (50+), 120 Everbright Avenue, Franklin: Tuesday from 12:00 to 2:30 p.m.; Thursday from 9:30 a.m. to 2:30 p.m.; and Friday from 12:00 to 2:30 p.m. (615) 786-0186 ext. 2048.
 - Franklin Recreation Complex, 1120 Hillsboro Road, Franklin: Monday - Friday 7:00 a.m. to 12:00 p.m.; PLUS Monday 5:00 to 9:00 p.m. (both courts); and Saturdays from 8:00 to 11:00 a.m. (615) 790-5719, ext. 2010.
 - Longview Recreation Center at Spring Hill, 2909 Commonwealth Drive, Spring Hill: Monday, Wednesday and Friday from 8:00 a.m. to 1:00 p.m.; Tuesday from 7:00 to 9:00 p.m.; and Saturday from 10:00 a.m. - 12:30 p.m. (615) 302-0971, ext 2210.
 - Williamson County Recreation Complex at Nolensville, 7250 Nolensville Road, Nolensville: Tuesday from 9:00 a.m. to 2:45 p.m.; and Wednesday from 5:30 to 8:30 p.m. (615) 786-0200, ext. 2410.
- Times and dates are subject to change, for the most accurate information, please call the facility of your choice.

ONGOING

First Friday of Each Month

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

Last Tuesday of Every Month

Tennessee Christian Chamber of Commerce Monthly Luncheon – Last Tuesday of every month except December. Connection Groups - Networking/Leads Meetings held in these locations: Brentwood, Cool Springs/Franklin, Downtown, Hendersonville, Mt. Juliet, Murfreesboro. For meeting locations, times and dates or for more information about the Chamber and events, visit www.tnchristianchamber.org or email rstringfellow@yahoo.com.

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MARCH

March 17 –
St. Patrick's Day

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

My Gospel 365 – www.mygospel365.com, 615-375-1212

P.E.S.T., Inc. – www.pestinc.net, 615-851-4912

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

Spring Hill Memorial Park, Funeral Home & Cremation Services – www.springhill-memorial.com, 931-486-0059

Swanson-Direct – www.swanson-direct.com, 615-896-4114

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

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

Trebecca Nazarene University – www.trebecca.edu/online, (615) 248-1200

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Vista Points – www.vistapoints.org, 615-758-4660, 888-422-4076

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