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OUR MISSION



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

FROM THE PUBLISHER

Spring arrived last month. What a wonderful time of the year to enjoy and be thankful for God’s glorious and awe inspiring creation.

With spring come beautiful sunrises, warmer and longer day, plants, flowers and trees begin to come alive showing their beauty once again. Birds build nests and eggs hatch, bees buzz, butterflies and hummingbirds appear, all letting us know that another springtime awakening has arrived.

We’ve all heard the adage, “stop and smell the roses.” We don’t often think about it due to the hectic and fast paced lives that we all seem to lead. But it’s important for us to do that from time to time, after all, God did rest after His creation.

Springtime is the perfect time to “be still and know that He is God” as you just enjoy the marvelous handiwork of God’s creation, such a complex yet beautiful and wonderful world.

On a pleasant spring day, get your family together and have some quality outdoor family time discussing the four seasons including spring, that we are so blessed to be able to enjoy thanks to God’s awesome power.



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April 2018

CONTENTS

VOLUME 9, NUMBER 6

DEPARTMENTS

3 From the Publisher

5 Teachable Moments
Eternal Success

6 Youth News
Finding Money for College

9 Family Matters
That Donkey Will Bite You!

11 Tech Talk
The Wonders of Technology

11 Money Matters
The Magic of Residual Income

12 The Home Front
The Importance of Organic Materials in
Your Below Grade Space

17 Hassle Free Zone
True Love, Selfish Love: What is the Difference?

17 Mighty Women
In Stitches

19 Hometown Hero
Freed Inner Beauty

19 City Scene
Swing Into Spring in Downtown Franklin

22 Kid's Korner
Holy Strength

25 Body & Soul
Developing Good Habits

26 God's Plan For Salvation and Eternal Life

26 Calendar

26 About Our Advertisers

ON THE COVER 16

Nashville's renowned family entertainer Randall Goodgame has a deep and abiding passion for creatively communicating the Gospel to kids and parents. See page 14.

5 Eternal Success

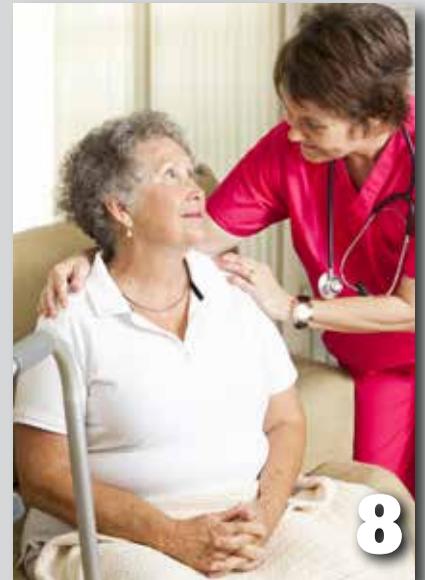
7, 25 Swimming Up Stream
Developing Good Habits

SPECIAL FEATURES

7 Swimming Up Stream

8 Why Should I Buy Long Term Insurance?

10 Taziki's - Giving Back To Our Community



8



10



22

NEXT ISSUE

8TH ANNIVERSARY ISSUE & MUCH MORE!

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CHRISTIAN FAMILY

HOME FAMILY LIFE SPIRITUAL NEWS COOL STUFF LOCAL PAST ISSUES

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TEACHABLE MOMENTS

Eternal Success

Success Is In The Bible, And Success Is In The World.

Success, in the Bible: "This book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have SUCCESS." (Joshua 1:8 NASB)

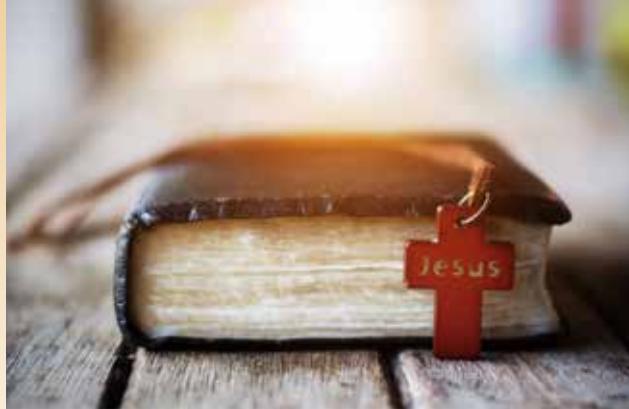
Success in the world: Only God knows what that could mean! The fact is, just like the word love, this word success has a multitude of meanings out in the world.

The word here in Joshua, in the Hebrew, means to be prudent and to act wisely. You can't match that with being a millionaire or owning your own business. It is a condition of your heart and life that God can bless, regardless of the "bottom line." How much "intermingling" of the world's ideas and spirit with the Church has occurred because of our great push for "success"?

Can You Get Ensnared In "Success"?

Consider these two Bible illustrations:

1) Daniel 6:28 says, "Daniel enjoyed success." Read the context; he had just been thrown into the lions' den! Yet out of it, he showed who the true God was and brought the king to give glory to that God, who then ordered that in all his kingdom, all people should do the same. (vs. 6:25-27) God called that success: lions or not.



2) Numbers 20:2-12 shows us that Moses was a great success in the eyes of the people on this particular day, when he gave them water by striking the rock; however, God was not pleased with his angry response even if it met an immediate need among the people and made them happy. This tells us that success before people is not always success with God. Who are we serving first, anyway??

How Did Jesus Lead His Own Into An Eternal Version Of Success?

Read Luke 5:4-11

- Jesus will come to you where you work, and will help you
- When what you are doing is not working, He will show you a better way
- Even though it might not make sense, do what He tells you to do
- The success He has in mind is greater than anything you can envision
- Your current protocol may be insufficient, so be willing to change how you do things
- When you experience His goodness and success upon you, you will fall at His feet, knowing that you of yourself are totally insufficient
- When you realize what He has in mind for you, you will forsake all else to follow Him. In following Him your permanent, ETERNAL success will come.

May all my readers today find eternal success. Just don't forget: it is first an "inside job."

— Mark Simpson

Long Term Care Insurance

- Protect your assets
- You choose how/where to live or receive services
- Options include : Traditional LTC, Hybrid LTC, and Annuity's with LTC benefits



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Finding Money for College

This tax season, many Americans will complete a form they never submitted before. It is not because of new tax law, but because someone in their home will go to college this fall. Whether a recent college graduate or an adult headed back to school, every college student must complete the Free Application for Federal Student Aid (FAFSA) to receive federal grants, work-study, and loans. In addition, state programs and most private college scholarships require FAFSA completion.

The FAFSA is not new. It was created by Congress in the early 1990's and was implemented online in 1997. The free application was also available in paper format, but bulk distribution of paper forms was discontinued in 2007. Completing the FAFSA today is easier than it was in those early years. Because data is shared between the FAFSA and the Internal Revenue Service (IRS), applicants can "click a button" to have their tax information dumped into the form.

The form is completely free. Don't be scammed by websites that "assist" or "file the application" for you. The proper website to complete the FAFSA is fafsa.gov. Don't get bogged down by sites promising to make it easier. Completing the FAFSA is not very complicated and most will not require assistance. If you need assistance, talk with someone

in the financial aid office at a nearby college or a high school guidance counselor. Never pay to file the FAFSA.

There are deadlines to consider when completing the FAFSA. The form for the 2018-2019 school-year was posted on October 1, 2017, so some have already submitted the form for the upcoming fall semester. The deadline for the 2018-2019 school-year is June 30, 2019. You can complete the FAFSA all the way until the end of the school year. This is important for those who may not begin college in the fall semester but wait until the spring or even summer term.

Complete the FAFSA now if you or someone in your household will, or may, attend college anytime within the next school-year. Even though the deadline for federal funds extends to 2019, there are a few federal student aid programs that have limited funds so those applying after the money is depleted will not receive this aid. More importantly, states like Tennessee have earlier deadlines. The deadline for Tennessee Promise was January 16, 2017, for the 2018-2019 school year. This dead-



line was communicated to students and parents through high school counselors and other outlets.

For adults headed to college in Tennessee, there are several state programs with various deadlines. The most anticipated program is

Tennessee Reconnect. Because there are various programs, deadlines can become confusing. The best admonition is to complete the FAFSA immediately. Program deadlines can be found at tnreconnect.gov. Click on "Pay for College."

Completing the FAFSA is the first financial aid step for anyone attending college. Submitting the form now instead of waiting will offer greater opportunity for grants, scholarships, and federal loans. The professionals in college financial aid offices are ready to help in addition to the official resources online.

— William Slater is the Dean of Adult Studies at Welch College. Located in Sumner County, Welch College offers over forty programs of study and serves students on campus and online. You may contact William at wslater@welch.edu.



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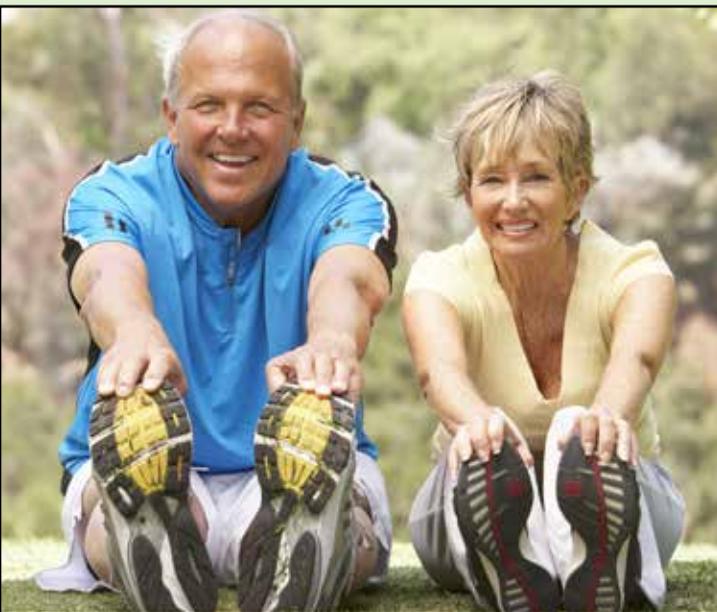
SPECIAL FEATURE

SWIMMING UP STREAM

When you hear the phrase “Swimming up Stream”, what do you picture? Salmon struggling against the current, their little fish muscles straining to reach their goal? For me, this phrase sums up how I feel about my diet and exercise journey. The food tastes so good; the daily routine robs me of any time to exercise –What to do?

Get help.

I walked into the offices of Dr. Lodge and Cool Springs MD in January of 2011, weighing in at a chart topping (for me) 308 pounds, and even at 6-foot-6, that was still way too much meat on the bones.



16 weeks later, however, I had dropped 65 pounds! And since then have been able to keep most of the weight off, but after a series of unfortunate events I've managed to allow more than half of that weight to return. Swimming Up Stream.

This monthly column is intended to openly and

honestly discuss and share the health & weight loss journey of myself and my amazing wife Sheryl and through that help and encourage you. In the coming months, we'll explore lifestyle changes and ideas – big and small – that can make a big difference in your life.

To start off, I wanted to focus on the first step. **Taking action.** We can all talk up a storm about what we are “fixin” to do, but when will we take action? I lost my mom in July of last year, and since then, quite honestly – I lost the desire to care about my weight. I've always been a “food reward” person and this has been my season to “comfort-food” myself into happiness. Which, of course, doesn't work.

My action is returning to Dr. Lodge and his team at Cool Springs MD, because I know their program works. Their guidance, knowledge and encouragement are a major key to my success.

What will your first step be? Admitting that you're tired of carrying around so much weight and are ready to make a change? Good, let's lose this weight together and hold each other accountable.

I very much welcome your feedback, thoughts and ideas – you can email me at Doug@94FMTheFish.net or feel free to call me during my live radio show – weekdays between 10am-2pm on 94 FM The Fish. (800) 826-3637.

— Doug Griffin



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SPECIAL FEATURE

Why Should I Buy Long Term Care Insurance?

John and Mary could see the light at the end of the tunnel. After 30 years of working, getting both children through high school and graduating from college and both had good jobs, life for the next 30+ years was looking pretty good. John and Mary enjoyed working out – at the gym where they were members, out in the garden and yard (John was very proud of how his lawn was doing and Mary’s garden of flowers were, well, let’s just say they would always win the awards at any show she placed them in), and they hiked at a local park. Financially they were right on track according to their financial planner and now with the children ‘gone’ they could even put more funds into their retirement accounts. Both sets of their parents were living but John could see his Dad starting to forget a few things. Mary’s Mom fell and broke



come from? Neighbors and friends and Church members were always asking how they could help, brought over meals, and watched John so Mary could have some ‘me’ time. But in a few short weeks that dwindled down to phone calls and maybe getting a meal or two from their Church and a neighbor or two. Stop me if you’ve heard this before...



her hip but seemed to be doing fine in rehab and should be returning to her home with her husband soon. And then...

John was in a serious car accident. Hurt very badly the Doc’s said he’d be lucky to walk again. He had one thing going for him – he was a healthy guy. He was in the hospital for several weeks, then several months of rehab, and John’s spirit was upbeat – most of the time. The medical bills were adding up but with John’s good insurance from work they soon met their max out of pocket so most of the further health expenses would be paid for. Mary tried to keep John’s lawn looking nice but that didn’t always work. Her flower garden started having a few issues – not time enough to water, bugs started having a feast on the unprotected things of beauty, and where did those moles

You see it’s the unexpected things that can really mess up our future life. And even though John and Mary had their act together, no one along their path of life had mentioned what happens if John can’t work or if Mary needed health care services for a very long time. Oh they had the life insurance in place but that is for/when one of them dies. How are you going to pay for long term health care? Spend all that hard earned money you have saved? You could. Or how about let’s sell our home and downsize and use the profits to pay for it? You could. Let Medicare pay for it! Wrong! Medicare only pays for a part of skilled nursing in a facility and after day 100 you pay for it all. Ok how about this I’ve heard that we can spend down our assets and then Medicaid will pay for John’s care. You could. Of course you lose all control of who and where John will be cared for.

One real good solution is getting long term care insurance (LTCi). Especially between the ages of 40 to 60, and yet rates can be affordable even up to age 70. There are more options today than we have ever had when it comes to buying LTCi. You can purchase traditional LTC, or a hybrid LTC, or an annuity with LTC built in, and there are even a few products that you can only purchase if you are over the age of 65 and cannot perform 2 of 6 ADLs (activities of daily living)! Which is right for you? Give me a call and let’s sit down and review things. I don’t charge a fee. I’ve been in the Long Term care business for over 20 years and I think I can help you. Remember that there is a 70% chance that you will need some form of long term care once you reach the age of 65. That’s just around the corner.

— Ben Davis, CSA 615-584-4946
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THAT DONKEY WILL BITE YOU

Kids don't listen the first time. At least, not mine! Sure, they come the first time you say, "Want a snack?" but they certainly don't hear you say, "Don't hit your brother" and file that in the permanent log. That's the thing you repeat a thousand times.

Over the summer, we were at a petting zoo with my whole family. The kids were feeding this sweet old donkey (through a fence) -- kernels of corn right out of their hands. Excitement! But then the corn ran out. A youthful member of our party put his hand back through the fence. I cautioned him, "Buddy, don't put your hand through the fence anymore, the donkey will think you have food and bite you." Then I walked on. From behind me, I heard my sister say, "Honey, did you hear that? Don't put your hand in there, or the donkey will bite you." Moments later, she came to join me. I turned, exasperated, when I heard my other sister saying, "Don't put your hand through the fence or the donkey will bite you!" A moment later, I heard screams, shrieks, and panic that you'd expect from a four-year-old child who'd just had his hand bitten by a donkey. Sigh.

It's hard to find compassion in those moments. (Somewhere, a really good mom would offer to kiss it, but that's pretty much kissing a donkey, so we opted for just a snuggly hug.) Sarcasm aside, what are the things God repeats to me? I'm His child. And I'm the worst: petulant, ungrateful, disobedient, forgetful. And yet He patiently repeats Himself to me.

Here's what He's saying to me lately: Do. Not. Be. Afraid. The Bible says it 70 times, apparently. And yet, I'm afraid. I really am. I'm afraid because somehow, despite His perfect track record, I worry that God won't come through for me.



You see, I'm a foster parent. It's scary that a stranger in a long black robe will determine the course of my family and our son's future. So I'm afraid. The unknown is scary, but I must cling to the truth that the future is already known (planned, ordained) by the One who loves us most. So, I guess He'll go on repeating it to me: Do not be afraid. I'll hear Him saying "do not be

afraid" when friends text me that they're praying for us. I'll hear Him saying "do not be afraid" when I kiss my boy goodnight. I'll hear Him saying "do not be afraid" when the song I needed to hear comes on the radio just the right moment. I'll hear Him saying "do not be afraid" when I pray and there isn't a still, small voice or even a wind, an earthquake, or a fire... But there is a weird feeling when I'm able to swallow, and my palms are dry, and my heart is beating a normal cadence and I do close my eyes and drift to sleep. Because at that moment, the donkey didn't bite me.

— Kelley Rose Waller and her husband Matt are Pennsylvania foster parents and have two biological sons. Kelley lives and writes to uplift and glorify the name of Jesus Christ. Read more at www.kelleyrosewaller.com.



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SPECIAL FEATURE

Taziki's – Giving Back To Our Community

Taziki's in Nashville has chosen to embody the same philanthropic vibe that was started by Taziki's founder Keith Richards in Birmingham in 1998. Local owner, Dale Wasem, began searching for the opportunity to employ adults with special needs in 2015. After a great deal of time searching for the perfect organization to partner with to pilot the H.O.P.E. program, we were connected with Gigi's Playhouse of Nashville. They have been serving individuals with Down Syndrome in the Nashville area with complimentary therapeutic, educational, and family services for the past 5 years. We are ecstatic to say that we now employ 11 adults with disabilities in the Greater Nashville Area. In addition to this employment, we have extended our program to Williamson County Schools.

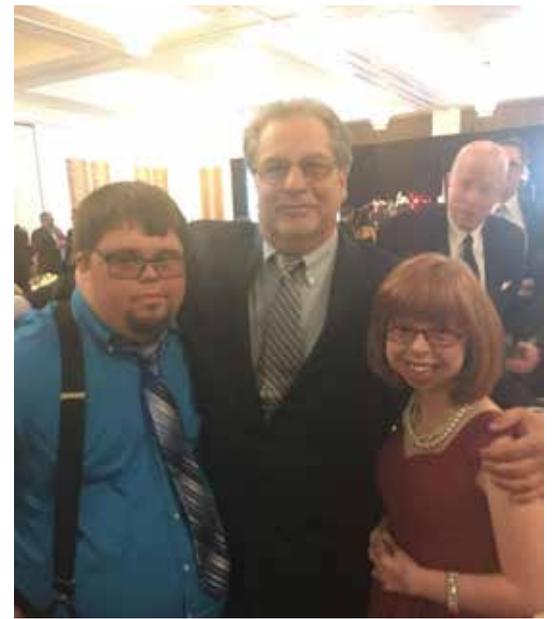
When sharing about our employment opportunities for adults with special needs, we often get posed with "Why?". How is it that you all operate all of these fresh fast casual restaurants, while also prioritizing the development of adults in the workplace?

Our "why" goes back to the culture we envisioned twenty plus years ago. We are here for the greater good. There is something magical that happens in these four walls everyday. Families gather. Friends reunite. Children giggle. It's truly a connection at the table. A place of sentimental value where we get to be the host. The only thing that could enhance the value of Taziki's is to have adults find a purpose in the workplace. To be a stand alone in the community, where their value is greater and goals are achieved.

If you were to walk into any of our locations and see the dynamic of the team



Sharon Smith, owner of the West End location and Dustin, employee, celebrating Dustin's birthday.



Ryan Pittman (far left), Dale Wasem (owners - middle), and Hannah Nall (far right) at the Gigi's Playhouse Gala 2018.

with these adults, you would be enthralled with the amount of excitement, awareness, acceptance, and most of all adoration each of them show to one another. We want to be remembered as the place where HOPE grows.

— Olivia Bane, Director of Marketing, Taziki's Nashville
"Create an environment that combines extraordinary food with meaningful human connection." www.Tazikis.com

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The Wonders of Technology

Amazon's Echo with built-in Alexa was on our list of top holiday gifts for good reason. If you were one of the lucky people to have an Echo wrapped for you under the tree, here are some of the most fun and useful ways to make Alexa work for you.

1. LISTEN TO ALMOST ANY SONG, ON DEMAND

Alexa works with almost all the most popular music streaming services. If you choose to go with Amazon's Prime Music offering, Alexa even responds to specific requests for music genre, mood, era and can even search by lyrics. Hosting an 80's-themed party? Ask Alexa to play 80's pop. Need to relax after work? Ask Alexa to play some chill music. You can even use your Echo as a sound machine to help you fall asleep. Try this: "Alexa, play classic rock, please."

2. GET THE DAILY NEWS AND WEATHER

Arguably Alexa's most-used feature, any Echo device will give you daily updates or weather reports on command. It's as simple as asking "Alexa, what's the weather in Nashville today?" Customized Flash Briefings will also help you start your morning right. Select from popular news outlets or see which of your favorite publications has added their own feed, then ask Alexa for your flash briefing when you wake up.

3. LISTEN TO YOUR FAVORITE BOOKS

The first major online bookseller (Amazon) has more than a few best-sellers in its library. If you're an Audible member or have purchased audio books on Amazon, Alexa can play anything in your library with a simple voice command. It will even keep track of where you leave off so you can listen later on your drive to work. Alexa can also use text-to-speech technology to read many of the Kindle books sold on Amazon. The only downside is that instead of a human narrator, your book will be read back in Alexa's robotic voice. Try this: "Alexa, play the Kindle book [title], please."

4. SET YOUR SMART THERMOSTAT

The days of using your hands to set your thermostat are behind you now. If you happen to have another one of the items featured in our gift guide — the Ecobee — you can ask Alexa to change your home's temperature at any time. Try this: "Alexa, set the temperature to 72, please."

5. CONTROL OTHER SMART HOME GADGETS, INCLUDING YOUR LIGHTS

Since the days of the clapper, we've all dreamed of controlling the lights in our house on command. With Alexa and some smart lightbulbs, today it's possible. After installing smart LED bulbs that can connect to WiFi, or a smart hub that's compatible with Alexa, you can use your voice to turn on the kitchen lights, dim the living room lights, or even turn your office green. Try this: "Alexa, dim the living room lights to 50 percent, please."

6. MANAGE SECURITY SYSTEMS CAMERAS

If you've ever woke up in the middle of the night wondering if you locked the back door, Alexa can help you avoid leaving your warm covers. Alexa pairs with many alarm systems, allowing you to arm and disarm your system with a voice command. Even better, some companies pair with smart locks to check the status of a door sensor, or even lock your doors (garage door included). That's peace of mind.

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

The Magic of Residual Income

Residual income...it's an unknown concept for many, and a mere dream for most others. This is because most people, including perhaps you, earn their income by trading time for money, generally by the hour, week or month. But regardless how often you get paid, or even how much you get paid, when you trade time for money there are two inescapable consequences...your income is active, which means it stops the second you do, and your income is limited, because there are only 24 hours in a day and there is only one "you."

As an attorney with 2 law degrees, I personally encountered these limitations early on in my career, and my lack of residual income became a major flaw that adversely dominoed into my family, relationships, priorities, values, and health. In short, I found myself on a daily income treadmill that I couldn't get off of, and that typically chewed up 10-12 hours per day of my precious time. If you've experienced any of the same, I can truly empathize with you...but I can also assure you that there are solutions, including one that many people never seriously consider.

This solution is the network marketing profession. Regardless of what you know, think you know, or don't know about network marketing, it is inarguably one of the most trend driven and fastest growing industries on the planet. Further,



when it's compared to many other occupations, including in my case the legal profession, the advantages it offers are virtually irresistible for many, especially when you factor in that a network marketing business can be developed very part-time and practically risk free.

But here's the million \$ question you may have...does it really work? For my wife Michelle and I, and numerous others we personally know, that answer is a resounding YES! In short, and at the seemingly unavoidable risk of self-promotion, over our 33 years in the NM profession we have had the honor to train well over 1 million distributors, were recently listed in the profession's Top 250 Lifetime Earners by Business for Home, and have helped team members earn over \$100 million in estimated combined income.

Most importantly, this success has not been at the expense of my marriage, family, priorities or health. In fact, I am in better health now than I was in my 20s, have been ecstatically married for 30 years, have 3 amazing daughters who I spent maximum time with as they were growing up, and now have 3 equally amazing grand kids. Further, Michelle and I are in charge of our own schedules and living our life by design, spending time with our family and traveling when we chose while still earning a great income...all of which is made possible by residual income and the right network marketing company at the right time.

— Rick and Michelle Teague have been in the network marketing industry for 33 years, 30 of which have been full time, and have worked side by side with many of its top trainers and income earners. To discuss the possibilities, leave message at 615-219-5420.

HOME FRONT

Importance Of Non Organic Materials In Your Below Grade Space

A basement or crawlspace is what we consider to separate our home's living space from the earth below. This space has lots of natural elements that we are trying to protect our homes from. Crawlspace and basements are notorious for mold. Mold requires 3 things to grow. Temperatures above 60 degrees, relative humidity over 60%, and a dead organic material - wood, sheet rock, etc.

Controlling the temperatures, humidity, and materials will control the mold, mildew, and wood rot. Mold and mildew can not survive if they do not have their necessary requirements to live. Wood rot is an effect of the mold or mildew eating away and deteriorating the wood.

Waterproofing is honestly a myth or misconception; water can get through anywhere air can travel, water management is the reality. Our mission here at Frontier Basement Systems is to provide the best permanent solutions for our home owners. Not everyone has the same needs or priorities, each family needs a customized solution that fits meets their particular goals.

Being "All things Basementy" we are asked questions daily about finishing basements. Home



owners do research and look at all of their options before investing in the project. The uses and needs for that space determine the priorities. Whether you are trying to encapsulate the area for better air quality upstairs or completely finish the basement for living space the best advice we can offer is to invest in proper water management and finish with non-organic materials.

We have all seen or heard about those basements that cost thousands of dollars to finish only to have a water leak. The water was cleaned up but the damage to the drywall and flooring was permanent. A basement is not the place for drywall. Organic materials are porous so they just absorb the moisture and lock it in like sponge would.

Frontier Basement Systems suggest that you use basement finishing products that are non organic. They will not absorb water or moisture therefore they will not mold or mildew! That "basement

smell" can be a thing of the past! Should a leak or unfortunate event happen, non-organic materials will not be damaged. Non Organic materials are not porous so they will not absorb moisture and swell. The moisture will dry out much faster therefore not causing any damage.

Floor joist and load bearing beams are typically wood, that's still okay but important that you control the humidity of the area to protect those materials from mold and mildew.

For any of your basement or crawlspace needs, contact Frontier Basement Systems, with our experience, knowledge and expertise, we can meet your needs.

— Brittney Griffy

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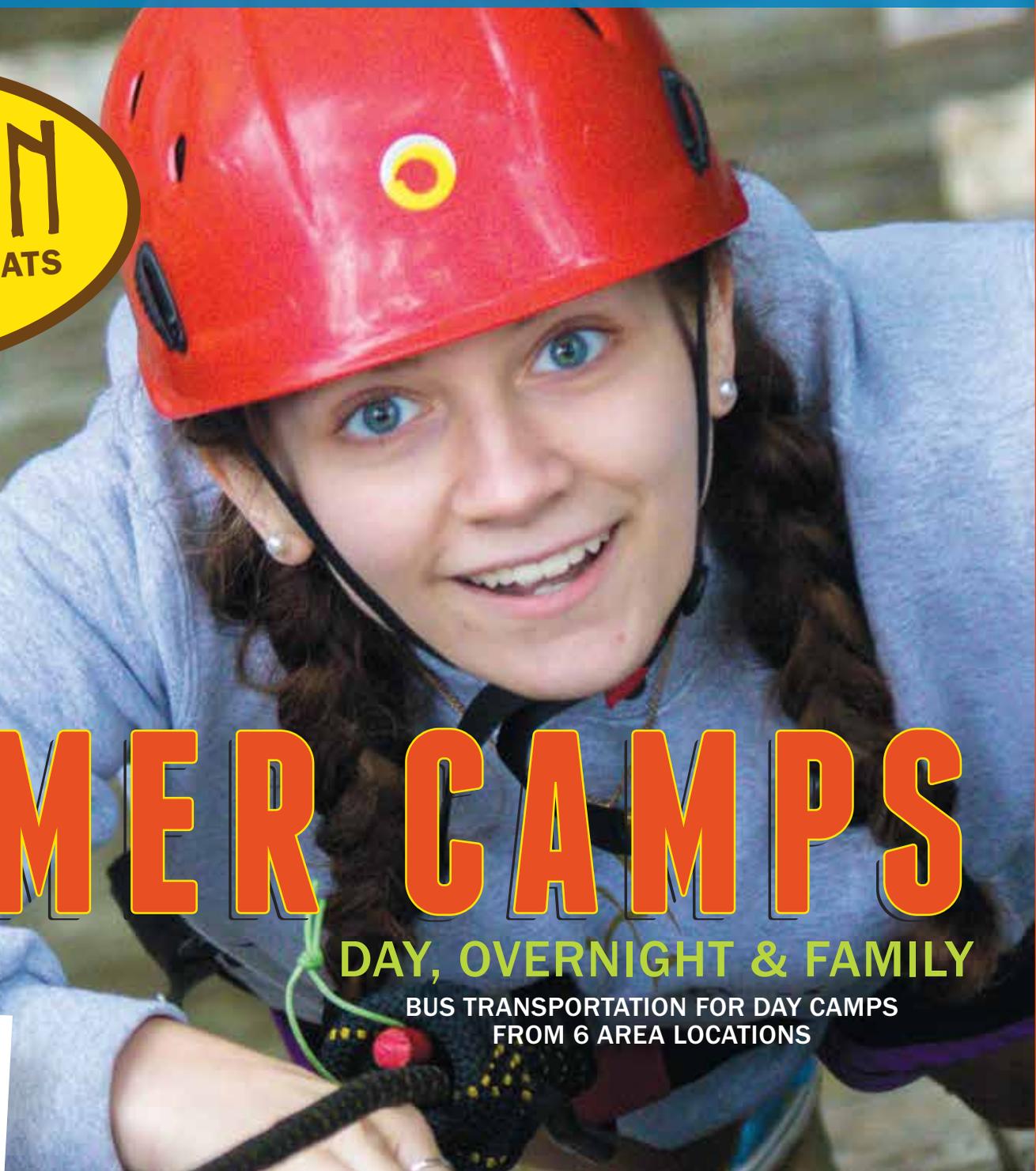
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RANDALL GOODGAME.

Growing Faith-Filled Families

Nashville resident and renowned family entertainer Randall Goodgame has a deep and abiding passion for creatively communicating the Gospel to both kids and parents. Hailed by CCMMagazine.com as "...the greatest thing to happen to children's music in a generation," Goodgame's Dove Award-nominated Slugs & Bugs brand is among the most revered and critically-lauded series in Christian family entertainment today.

Inspiration for the Slugs & Bugs series is rooted in Goodgame's own family. His wife, Amy, and children Livi (17), Jonah (15) and Benjamin (10) are regularly featured on his recordings. And while music is clearly a family affair, the Goodgames are just as likely to be found hiking in Percy Warner Park or enjoying a movie night at home.

The Early Years

Randall Goodgame was born and raised in a Christian home—his family in attendance at Clearwater, Florida's Calvary Baptist Church most every Sunday. Although he gained an understanding of the Lord at an early age, Goodgame recalls the moment he fully surrendered his life to Christ.

"When I was 12 years old, I was picked on a lot in school, and I remember praying at my desk in science class," he says. "With the simple realization that I needed Jesus, I asked forgiveness for my sin, and asked Him to help me get through the day. I suppose I've been praying that same kind of prayer ever since." As a freshman at Birmingham-Southern College, Goodgame met Amy during a new-student orientation square dance. "She was my partner and I was embarrassed when she put her hand on my back because it was August in Birmingham and I had sweat through my shirt!"

After their marriage in 1997, Randall and Amy moved to Nashville, where his career in Christian music began. A hit songwriter for the likes of Caedmon's Call, Jason Gray and Ginny Owens, it was Goodgame's friendship with renowned singer/songwriter Andrew Peterson that helped shift his trajectory.

The Slugs & Bugs Story

In 2007, Goodgame and Peterson collaborated on a collection of songs they'd penned for their children: Slugs & Bugs & Lullabies. This well-received side project led to Goodgame's stint as a writer of "silly songs" for VeggieTales and helped identify his calling in family entertainment.

"If a child's favorite music is richly layered with high-caliber musicianship and strong, enduring melodies, it deepens and broadens their palate for beautiful things in all aspects of life," Goodgame says of his philosophy. "Wheth-



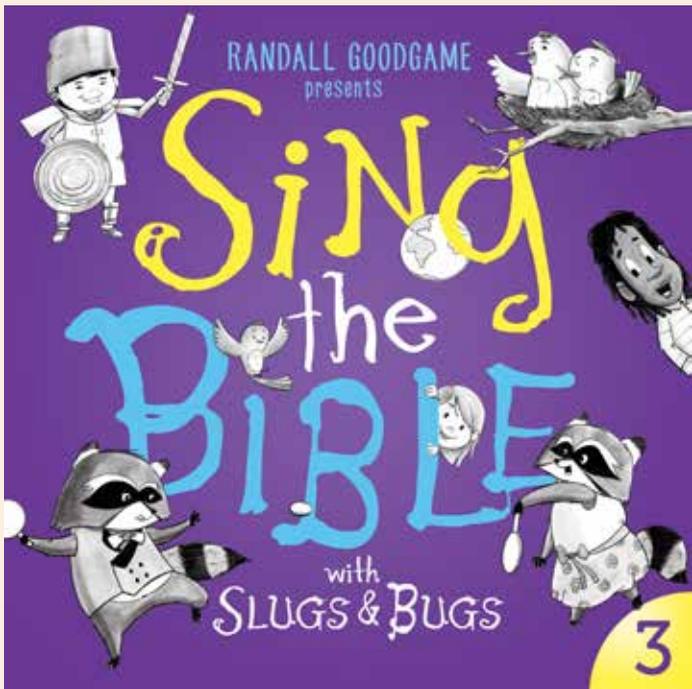
er you're reading 'Hamlet' or 'Charlotte's Web,' great writing helps develop reading skills and a love of language, and I hope Slugs & Bugs can impact children's love and appreciation for music."

"At the same time, it has to be fun," he adds. "If you can get 'em belly-laughing while listening to great songcraft and dwelling on deep Gospel Truths, that's when it's a homerun in my book." Solely curating the tour-de-force Slugs & Bugs series, Goodgame has become a rock star of the genre to both children and parents. Combining first-class artistry with a slew of ultra-talented collaborators and lyrics rich in timeless Truth has proven a surefire recipe for success. In short, Slugs & Bugs songs may catch the ears of kids, but they pierce the hearts of moms and dads, opening a precious door for families to worship Jesus and grow in the Word together.

Sing the Bible

In his ever-enduring quest to find fresh, innovative ways to communicate Truth, Goodgame introduced Sing the Bible with Slugs & Bugs in 2014, an entire project of word-for-word Scripture songs. The album earned a Dove Award-nomination, as did its follow-up, 2015's Sing the Bible Volume 2, and a subseries within the Slugs & Bugs brand was effectively launched.

"I started writing Scripture songs because we were homeschooling our kids,



The Goodgame family, left to right: Jonah, Amy, Randall, Livi, and Benjamin

and I was in charge of Scripture memorization. It worked so well that I decided to share them with the Slugs & Bugs fans, and the Sing the Bible series was born,” he explains. “Nothing has impacted my daily, hourly, moment-by-moment walk with Jesus as much as memorizing and meditating on His Word, so of course, I want that for my kids, and for all kids everywhere. And since we work hard to make the music appealing for parents as well, whole families can grow together in their love and knowledge of the Word.”

Sing the Bible with Slugs & Bugs Volume 3, the latest project in the series, releases April 27 and features contributions from such award-winning singer/songwriters as Bart Millard (MercyMe), Mike Weaver (Big Daddy Weave), Sara Groves and Andrew Peterson; as well as acclaimed hip-hop and spoken-word recording artist Propaganda and *New York Times* bestselling author Sally Lloyd-Jones, among others.

A Family Matter

The Goodgame family loves spending time together, often enjoying the

wealth of outdoor activities Middle Tennessee has to offer. “Our family takes advantage of being outside whenever we can,” he shares, “whether that means going on a spontaneous picnic at Percy Warner Park or planning a day trip to Fall Creek Falls.”

“Watching our kids grow and change makes life exciting and keeps us on our toes,” Goodgame continues. “Our children are very musical. Livi plays the fiddle and Ben plays the piano, while Jonah is on the chess team and loves running cross country. They each love to read, and of course we all enjoy Pixar and Marvel movies together.”

“This is a very busy season as a family,” he adds. “But Amy and I stay connected by going out to lunch once a week and leaving the kids at home once a month for a date at our favorite restaurant, which is currently Green Hills Grille.”

Like every family, the Goodgames face conflicts from time to time. “Amy and I try to lead the way by being the ‘chief repenters,’” he shares. “Getting angry and sinning against one another are inevitable in a family, but they are opportunities to participate in the beautiful, total forgiveness established by Jesus on the cross.”

“I love being a dad and I love the Gospel,” Goodgame says, articulating the motivation behind the Slugs & Bugs brand. Seeing families around the world impacted by Scriptural Truth set to music is gratifying, but watching his own children draw closer to the Lord in this way is the pulse of Randall Goodgame’s purpose.

“I am at my best as a parent when I remember that my kids are just like me, struggling into the journey of discipleship, just a few years behind,” he says. “If I can use my gifts to help parents navigate that journey with their kids, then that’s what I want to do.”

— Emily Kohl, *Turning Point Media*

For more information on Randall Goodgame, visit: www.slugsandbugs.com

Facebook: www.facebook.com/slugsandbugs/

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HASSLE FREE ZONE

True Love, Selfish Love; what is the Difference?

Wiser words were never spoken. All love is not created equal and identifying the difference between true selfless love and selfish love is not always easy to determine at first blush.

Many young lovers are faced with this dilemma and they are not prepared to handle this complex problem. Without the benefit of life's experiences to rely on one person could be experiencing true love while being preyed upon by someone consumed by selfish love. They will both experience

the stirrings of love in the form of emotions like happiness, excitement and pleasure which will entice more intimate relations to build. Through the reciprocal nature of love, both partners will display outward signs such as tenderness, warmth, and endearment even if the end game desired is poles apart. To complicate matters further, with all forms of love, these feelings will be returned to the one who initially offers them up regardless of the motives. Due to our body's hormone system, the way that we process any emotion naturally pushes the facts into the recesses of our mind so that they are rarely considered. The ultimate goal for both people can be vastly different while emotionally identical; a breeding ground for confusion. This leads to poor decision being made and negative outcomes that can last a life time.

Whether you call it love, like or just fondness, this is why people are encouraged to "date" potential future mates, employees, or friends for extended periods of time before making any serious commitments to one another. For any partnership to succeed selfishness must be diminished and the end goals must be shared and desired by all parties; when it isn't, someone will always be harmed. Emotions have a way of overriding our common sense causing us to downplay the flaws of those we have relationships with, guiding us to make decisions before considering the facts and cause us to follow people who wish to take advantage of our emotional blindness. These pariahs use our emotions against us get what they want despite the cost to the others.

In the workforce, whenever someone loves their job for selfish reasons they hoard the love that it returns in very shrewd and hurtful ways. That selfish love manifests itself in the form of sexual abuse, inappropriate hires and promotions, misappropriation of funds and bigotry just to name a few. These manifestations are not problems; they are symptoms to the problem of selfishness.

When we love our job selflessly we focus on the giving nature of that love. We provide guidance to others, offer positions to the right people for the right reasons and money is used appropriately at all times.

So when we "date" we should strive to find the right life partner, to hire and promote the right leader and to build a friendship pool of trustworthy people. By doing this the problem of selfish love will vanish away and so will the symptoms. When we find true love our partners will share the love of giving not getting.

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

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

"Selfish love makes us unappreciative and ungrateful because we attribute all we have to our own shrewdness."

Catherine of Siena

MIGHTY WOMEN

IN STITCHES

I love how God gave us callings for certain things and passions that lean us into them. If we look close, we can usually see a string woven throughout our lives that points to those special things... the ones we are personally equipped and created for.

When I look at my husband, our girls, and now our grandchildren... I can see it. It's as if God's hand patiently pushes and pulls each piece of our lives together with one thread... the pieces of the quilt are unique to us... knitting together the good seasons and the bad... unbroken.

The most amazing part of this is that once you stand back and take a birds-eye view... you can see how each of our quilts link up together as well, to make the most remarkable picture of life.

I used to love watching my husband's grandmother making a quilt. I thought about how she had to endure the painstaking and monotonous task of cutting up all the little pieces first. I would often offer to help, but I have to admit... I got bored fast and did not find any pleasure in that part of the process. And what a mess it would all be too. When she was in quilt making mode... you better wear your shoes... cuz needles were flying!

As I would sit thumbing through the small pieces of fabric, I often wondered how her color choices and shapes would end up pretty and not dull. As I sat with a question mark on my forehead... she would be singing and humming with complete merriment and confidence as she measured, cut, stitched, and sewed.

I finally realized why. Why every detail was worth it to her as she stayed oblivious to the mess. It was because she could see the end result before she started. She started with the entire picture in her mind as she envisioned the end result... seeing how the dull pieces would bring out the brighter ones even more, in a way that made every piece seem vital.

Like me with those quilts... we can't see the end picture, and how certain pieces of our lives can be weaved together for the perfected end result. I can't tell you how many times God has looked around the table for that one special piece of my life... only to find me over in the corner with wadded up hands full of fabric I did not want Him to use.

I learned a lot from watching her all of those years. But my favorite part was standing back after it was all done and finally seeing it... what I thought were only useless, colorless, old ragged scraps... when carefully threaded together with the bright and lovely ones... became something more than I could have ever thought of or imagined. Just like with my life... a mixture of the good stuff and the not so good in the hands of a Master Sewer becomes a masterpiece!

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

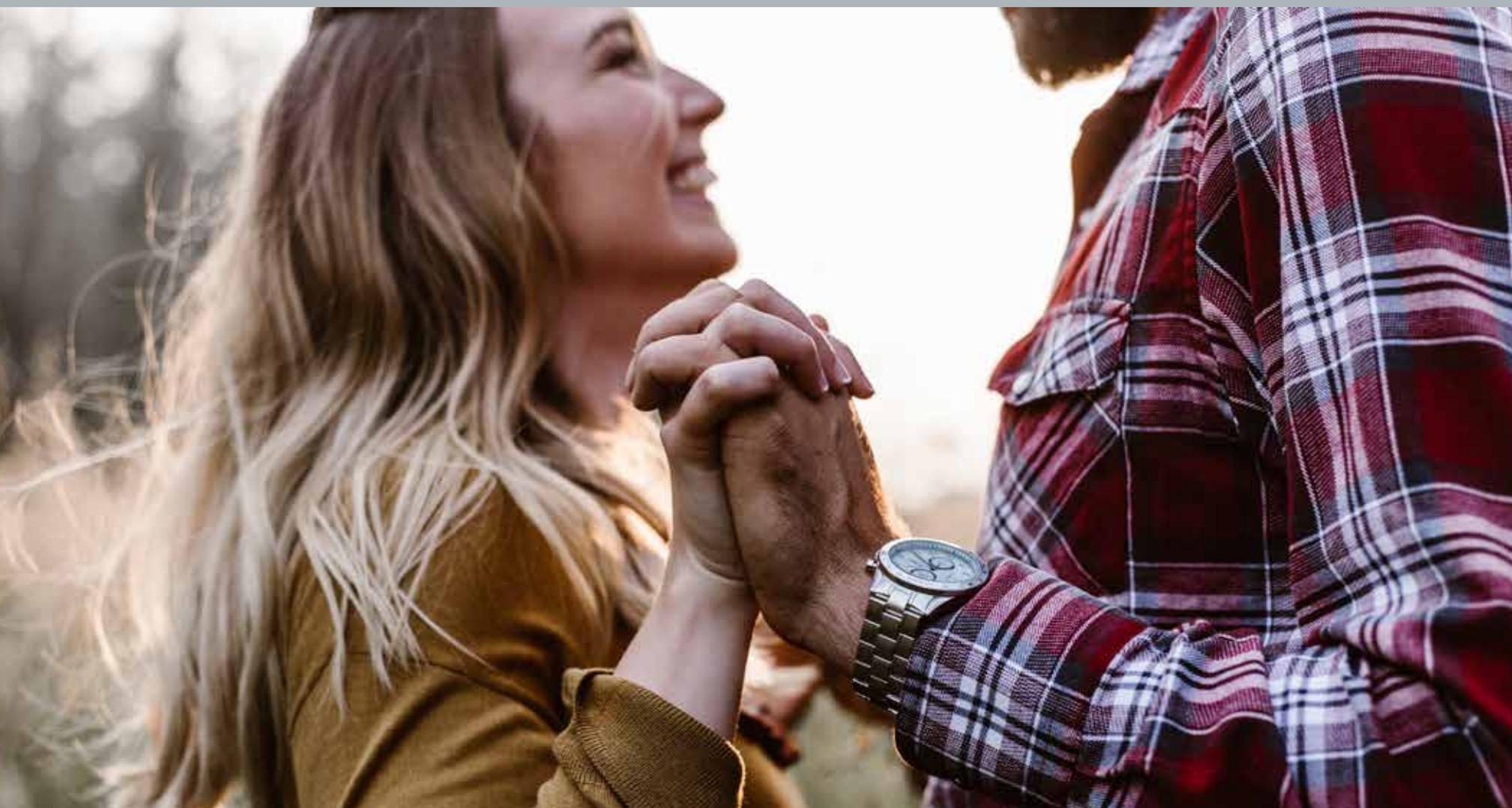


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HOMETOWN HERO

Freed Inner Beauty

Nashville's April Volunteer of the Month is **Tiffany Love Harden**, a visionary leader and inspiring presence in our community. Tiffany was raised in a poor family environment in Atlanta that included drug and alcohol abuse, domestic violence, and other difficulties. Instead of letting this environment control her life, Tiffany focused on her track and field pursuits. This resulted in a full scholarship to study Social Work at East Tennessee State University. Tiffany's path eventually led her to becoming the first African American Miss Tennessee in 2008. She used her platform to target Childhood Obesity and became a nationally renowned humanitarian at the time.

Tiffany's positive foundation was established by her family life and her faith. Her mother taught her the importance of intention with her mantra "a made up bed is a made up mind." This phrase emphasizes the importance of a simple morning ritual to tackle the day with a strong direction. In addition, Tiffany states that she "grew up in church," citing the influence of televangelist Dr. Juanita Bynum. Tiffany attends Mount Zion Church in Nashville and does community service work with the Clayborne Family of Faith Worship Center.

Beauty Behind Bars is one of the uplifting programs that has blended together Tiffany's faith and biography in a way that can inspire new leaders. It is described as "a life changing movement helping women become responsible role models in their home and communities while being leaders for the next



generation." Tiffany wants young women to recognize self-limitations that can be transcended, just as she was able to make great life changes due to her positivity and willpower.

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

— Zac Cooper

CITY SCENE

SWING INTO SPRING IN DOWNTOWN FRANKLIN!

April is the month Franklin and surrounding areas come alive! In addition to the usual tours and music, there's also Wildflower hikes on April 7th. Enjoy all the colors of the season as you hike Owl Hill, adults only please. Or if Birds of Prey are more your speed, the Natural Sanctuary at Owl Hill presents the Sky Hunters program. Watch as Hawks take to the sky for a flight demonstration. Learn about owls and the roles these birds play in our environment, April 7th from 10 am to 1pm.

April 14 is the 6th Annual Willpower 5K. Franklin's most popular 5K. Race will start and end on the square in downtown Franklin. For details go to willpower5k.com

There's Franklin's Framers Market at the factory on April 21st, and the Mainstreet Festival on April 28th. One of the largest Festivals in the State! It's a fun-filled weekend of arts, crafts food and childrens activities, with crowds of 120,000 expected. If you need to escape the heat or the crowds at anytime, you can always pop into Hyundai of Cool Springs. Like the people of downtown Franklin, we're friendly and easy going. There's plenty to see here too! Like the all new 2019 Hyundai Veloster, take an exciting test drive today! Have a coffee or a cold drink, and don't forget to say Hi! Everyone's a neighbor...at Hyundai of Cool Springs.



— Frank Odrobina, Owner of Hyundai and Genesis of Cool Springs -
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Holy Strength

BIBLE TRUTH

Through God all things are possible!

WHAT THE BIBLE SAYS

Matthew 19:26

New International Version (NIV)

26 Jesus looked at them and said, "With man this is impossible, but with God all things are possible.

HANDS-ON EXPERIMENT

Wind Bag

INGREDIENTS

- Diaper Genie Refill

INSTRUCTIONS

STEP 1: Remove 6 feet of Diaper Genie refill and cut.

STEP 2: Tie a knot in one end of the Diaper Genie refill, creating a wind bag.

STEP 3: Using two fingers and two thumbs, hold open the untied end of the wind bag.

STEP 4: Hold the wind bag 6 to 12 inches from your mouth, gently blow a stream of air into the wind bag, and observe.

STEP 5: Hold the wind bag 6 to 12 inches from your mouth, with more strength, blow a stronger stream of air into the wind bag, and observe. Compare the effects of the different strengths of your breath pushing on the motion of the air in the wind bag.

EXPLANATION

As the stream of air, from your mouth, pushes into the bag, more air is pulled into the bag, creating a super breath.

BIBLE CONNECTION

When you put a space between your mouth and the bag, you were able to create a super breath, which allowed you to blow up the bag with one



breath of air. God is your super breath and through Him all things are possible.

— Jason Lindsey

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Developing Good Habits

Habits. What is the first thing that comes to mind when you think of that word? Do you automatically put the word “bad” before it? Every one of us have habits! Many of us have had to break bad habits in the past and some of us have habits now that need to be broken. We must use habits to our benefit. We were created to develop habits so that we can sustain a lifestyle for a lifetime. The question is: Are your habits good or bad?



We must focus on developing good habits that will last a lifetime. If we don't, then we will slowly wear over time. Our brains like routine, some more than others. Every one of us has a weekly routine that is filled with habits that we have created over the years. Some of these bad habits may have been caused by laziness or apathy. If we are not diligently seeking to develop and sustain good habits then our habits will never be fully put to use. We must use habits as an asset and not an enemy.

Think for a moment about some bad habits that you have developed over the years. Is it food? TV? Sports? Sleep? Habits at their core are just addictions to a certain thing or way of doing something. Addiction may be a little extreme of a word to use but my point is that addiction is really just a dependency on something. If we depend on and focus on things that are good, then our lives will be filled with good habits that will bear fruit over a lifetime. Good habits are just as hard to break as bad ones.

It is never too late to develop good habits! Don't ever tell yourself that you missed your opportunity or that there is nothing that you can do, there is! Step by step you can build a foundation of a good habit by just having practical action steps. Set goals that are attainable and then have an action plan to reach those goals. Along the way you will feel that it becomes easier to follow that action plan as it becomes more of habit. A habit is just a regular tendency that we are inclined to. Some-

times we just have to incline ourselves to a particular goal even when we don't feel like it. Eventually, our feelings will come into alignment with our actions.

So whether it is implementing an exercise plan into your life, starting to control what you are eating, or even making sure that you are getting the right amount of sleep... think about goals in your life and set action steps to achieve them! Eventually those action steps will turn into good habits that will sustain you for a lifetime.

— Ashton Tate is a Certified Personal Trainer, Nutrition Specialist and owner of Glory to Glory Fitness in Franklin, Tenn. His passion is helping people live a balanced and healthy lifestyle by making fitness uncomplicated. glorytogloryfitness.com
glorytogloryfitness@gmail.com



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.



April 2018 Calendar



List Your Event!

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

Sunday, April 22 • 1 to 5 pm

Family Day At Deer Run - \$10 per person — ages 4 & under: free Experience a day filled with fun camp activities for all ages! Find yourself laughing, cheering each other on and creating memories that last a lifetime. Facilitated activities include pedal karts, climbing tower, archery & BB guns, crafts, hover ball, wiffle ball with organized event, and wagon rides. Activities on your own are catch & release bank fishing, creek splash-in, playground, self-guided hiking, gaga ball, carpetball, cornhole, sand volleyball, nine-square-in-the-air, and a preschool play area. Additional rec options are available for grades 3 & up: leap of faith (no cost; register in advance), giant swing (\$5), archery tag (\$5) and zip line adventures (\$20). Info and registration: <https://deer-run.camp/events/family-day/> or call 615.794.2918. Advance registration is highly recommended; space is limited for some activities.

HELP WANTED

Summer Jobs With Williamson County Parks And Recreation Department
The Williamson County Parks and

Recreation Department is now accepting applications for temporary/seasonal jobs for summer 2018. Temporary, part-time positions are available in several divisions. Williamson County Parks and Recreation offers a fun working environment and can provide an excellent opportunity for real life experience. If you are interested in working in the field of recreation, please apply!

Temporary/Seasonal Summer Jobs - 2018

Williamson County Parks and Recreation is seeking camp counselors to work in several different capacities. Summer Day Camp: Counselors needed to work a 9 week program in the Franklin and Nolensville communities. Positions involve directing and supervising children ages 5 to 12 in a variety of recreational activities (indoors and outdoors), as well as on field trips offsite under the direction of the campsite Head and Assistant Leaders.

Pool Cashiers

Williamson County Parks and Recreation is seeking outdoor pool

cashiers for locations in Fairview, Franklin, Nolensville and Spring Hill. Customer service related positions. Day and evening hours; week day and weekend hours required. \$8.50 per hour. Cashier applicants must be at least 16 years of age. Background check required. For more information contact David Schuster in Fairview at (615) 799-9331 ext. 2311 or DavidSchuster@williamson-tn.org; Gail Chiaravalle in Franklin at (615) 790-5719, ext. 2043 or GailC@williamson-tn.org, Daneen Newkirk in Nolensville at (615) 786-0200, ext. 2411 or DaneenN@williamson-tn.org or Michelle Foster in Spring Hill at (615) 302-0971, ext. 2211 or MichelleF@williamson-tn.org.

Pool Positions - Lifeguards

Williamson County Parks and Recreation is seeking lifeguards for locations in Brentwood, Fairview, Franklin, Nolensville and Spring Hill. Lifeguard applicants must be certified and at least 15 years of age. Background check required. For more information contact Evan Hampton at (615) 790-5719, ext. 2013 or EvanH@williamson-tn.org.

Sport Officials

Williamson County Parks and Recreation is looking for Adult and Youth Umpires! Applicants must be self-motivated and sports-oriented, with umpiring or playing experience (preferred). Applicants must be 18 years of age or older. Background checks required. For more information contact Chris Podunajec at (615) 370-3471, ext. 2121 or ChrisP@williamson-tn.org. To apply contact the Williamson County Government Human Resources Department at (615)591-8504 or visit <http://www.williamsoncountyttn.gov/jobs.aspx>.

ONGOING

Tennessee Christian Chamber of Commerce - Monthly Luncheon

Last Tuesday of every month except December. E-Groups - Networking/Leads Meetings held in these locations: Brentwood, Cool Springs/Franklin, Downtown, Hendersonville, Mt. Juliet, Murfreesboro. For more information, visit www.tnchristianchamber.org or email rstringfellow@yahoo.com.

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