

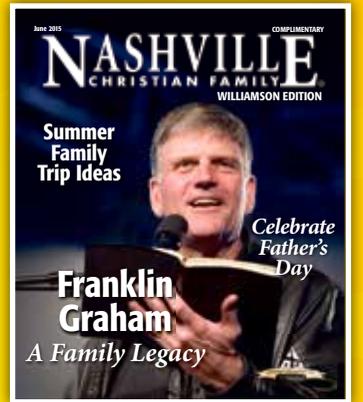
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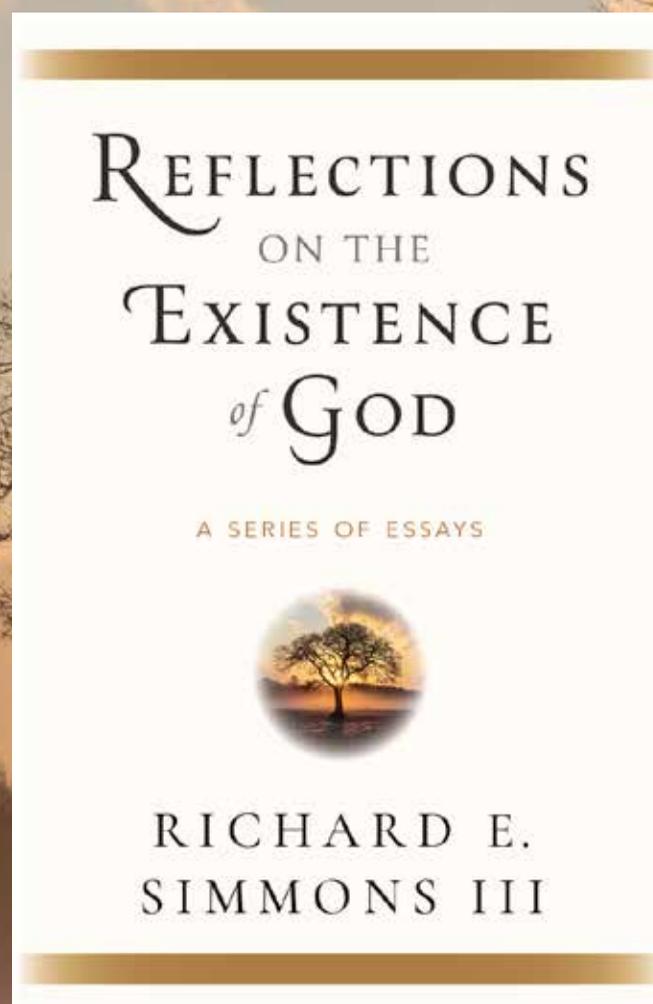
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OUR MISSION



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

I hope that you and your family are well and safe.

Our nation and the world are in the midst of experiencing something unprecedented in our modern history that affects us all in one way or another. This pandemic and the consequences are not a surprise to the Lord and we know that His ultimate purpose is good for His followers. At the same time, we know that He has a plan for recovery, that will happen on His timetable and not ours that may test our faith and our trust in our Lord.

The Bible offers many wonderful Scriptures that address fear and uncertainty about the future. I have my favorites as I'm sure you do. Four of my "go to Scriptures" in tough times are Jeremiah 29:11-12, Psalm 27:14, Proverbs 3:5-6 and Philippians 4:6-7.

Ultimately we know that whatever happens on this earth, as Believers, we have the wonderful promise and hope of spending eternity with God in a place of joy, happiness and peace. We should use this as an opportunity to reflect and refocus our hearts and minds on why we have that promise of eternal life with Him and what that really means to us during this time.

I look forward to the time when the Lord sees fit to begin to ease the pandemic allowing our community and country to begin a return to some type of normalcy. I trust that this will be sooner rather than later.

I am praying for you, the readers, your family and your work or business asking for God's protection from any lasting effects from the COVID-19 pandemic. I ask for your prayers as well.

God bless,

Publisher, 615-815-8765

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May 2020

DEPARTMENTS

4 From the Publisher

6 Our House
My "Stay At Home"
Thankfulness List

7 Body & Soul
Take Some Time

7 Faith Under Fire
Whatever It Takes

8 Mighty Men
Hope Lives On a Park Bench

10 Hassle Free Zone
Specialty Cleaning Matters

13 Faith At Work
Is COVID-19
Causing You a Crisis?

13 Healthy Living
Be Happy, Be Healthy, Be Whole

14 Legal Matters
Balancing Government Control
During a Public Health
Emergency With
Individual Liberties

22 Teachable Moments
"The Good They Ought To Do"

23 The Home Front
Crawl Space Waterproofing and
Encapsulation In Clarksville, TN

24 An Encouraging Word
You Can't Count On Emotion

25 Hometown Hero
She Moves Through the Fair:
A Volunteer Among Creatures
Great and Small

26 Teachable Moments
Lessons From the Pandemic;
An Awakening

**29 Gods Plan For Salvation and
Eternal Life With Him**

30 Calendar

30 About Our Advertisers



ON THE COVER 16

Nashville Christian Family celebrates 10 years of Good News. Read the cover stories from this past year. See page 16.

1-32 FREE Good News

SPECIAL FEATURES

9 Memorial Day: The True Meaning

11 To The Graduation Class of 2020

12 Local Artist's Music Helps Celebrate Caregivers In Inspiring Commercial

19 Trevecca Alumna Lands Dream Job With Circle Television Network

21 Mother's Day Salute

CONTENTS

VOLUME 10, NUMBER 11



NEXT ISSUE

Father's Day

AND MUCH MORE!

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— Ben Davis, CSA, Director of Outreach Select Pointe, LLC

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OUR HOUSE

My 'Stay At Home' Thankfulness List

I can't tell you how many times I've sat down to blog about this social distancing / self-quarantine sitch we are in. It's a lot. But I don't want to be the whine and complainer blogger—we have WAY too many of them. Distressing. So I'm going to list things I'm thankful for.



1. My family is together. I know of several families unexpectedly separated, and I think that would kill me. Grateful to be with my babies and my love.

2. Technology allows connection at an unparalleled level. We had

more than a dozen friends and family members watch as we live-streamed our daughter's first birthday cake smash. (It wasn't very smashy, TBH, more like a gentle, single-finger cake poke.) We played Bingo this morning with over a dozen kids. We did Star Wars trivia with our neighbors. We played JackBox with our besties. We Facebook video my mom and mother-in-law from our backyard swingset. My son had a Zoom meeting with his whole fourth grade class.

3. We are healthy. Despite my husband's medical career, we are all asymptomatic.

4. These are the best days of my dog's life. It's like early summer. MY BOYS ARE HOME, MY BOYS ARE HOME. But also, he's at some weird canine fat camp since my gym is closed. He's run soooo many miles with us, and it was an abrupt change from couch potato to elite athlete. Woof.

5. We have what we need. We are currently running a little low on produce, but this is such a great excuse to carbo load. Mmmm bread. Also, so many people are not able to access what their families need.

6. Around-the-house projects are getting done. The honey-do list is rapidly become a honey-done list.

7. I work from home anyway. The marketing firm I'm a part of is remote anyway. We are doing more Zoom calls, but generally, it's business as usual for me — albeit, with way more background noise.

8. AMAZON. AMAZOOOOON. AAAAAAAMAZON. Thank you, delivery peeps. Literally as I'm typing this, a man delivered diapers to my front porch.

9. My sons' teachers and schools. They are doing their best to connect with the kids in a massive way. My first grader's school even did a car parade where the teachers looped the neighborhoods beeping from cars decorated with funny GO BOBCATS signs.

10. My church. My church family is in CONSTANT communication. There are texts. There are videos. There are push notifications from the app. There are Facebook groups. There are Zoom Bible studies. We are hanging together as the body, despite a complete absence of the laying on of hands or any holy kiss.

— Kelley and her husband Matt are foster parents and have two biological sons. She is the Vice President of Masterpiece Marketing in Lancaster, PA. Her second novel, *Going Back Cold*, was released in 2019. Read more at www.kelleyrosewaller.com.

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Take Some Time

We all know, the Corona Virus is bad... really bad. When you are living with a chronic condition or a disability, no matter what your age, the feelings of anxiety can be even more strong. If you are living with a mental illness, the anxiety can grow into depression, just as it can with anyone. What can we do, as individuals, to control these feelings of anxiety and depression?

This question was posed to me recently from one of our clients. The gentleman, Roger, lives alone in an apartment complex. He is around 22 years of age and lives with mental illness along with recently being diagnosed with cancer. Roger has a special needs trust managed by a professional trustee.

My response to Roger's question was as follows. Take some time for yourself. Allow yourself to feel the anxiety and know you are not alone. So many people are feeling similar feelings. Pray for others and yourself. This is a difficult time for all of us.

Try to get some exercise. It will help to release some anxiety and stress being felt. Exercise will also help to improve your mood. If you can, get outside. Breathe some fresh air but be sure to maintain your 6-foot distance from others. If you cannot get outside, try to find an exercise video on U-Tube or online to watch. Chair exercises are very beneficial to our overall body.

Keep yourself occupied. Idle time makes the heart grow weary. Some things you may like to do is read a book, watch a comedy on TV, play video games, or try a new recipe. It is important to know how you are feeling and try to improve your mood. There is a new app people are joining on their phones



called Tik Tok. It is a fun diversion from the day-to-day routine. People post videos of themselves acting out a scene, signing a song, playing with their pets, and much more.

Maintain a routine. Being stuck at home can give you time to take care of some things you have been putting off starting or completing. Simple things such as rising at the same time every day, taking care of your pets as usual, eating at around the same time and going to bed at the usual time will help to keep you focused.

Avoid self-medicating. Sometimes, when people are not able to do the things they are accustomed to doing, they turn to alcohol or various drugs. They may over-medicate or under-medicate. Sticking to the usual routine of when to take medications and how much to take will help to keep you focused.

Reach out to others. Make some phone calls to friends and family you have not talked to in a while. Remember, they also are living through this Corona Virus, just like you. Show some concern and share your concern. Both of you will feel better from the call.

I ended our call by telling Roger a poem I heard. I don't know who wrote it, but its message rings true. "Dark days are necessary, just as important as the rest. For if we didn't have the worst, we couldn't recognize the best."

For more information on Special Needs Trusts, please contact Vista Points, Inc. at info@vistapoints.org or call 888-422-4076.

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

FAITH UNDER FIRE

Whatever It Takes

In the midst of these perilous times there He is. In the midst of your messed up life, there He is. In the midst of you losing your home and sleeping on your friends' couches', there He is!

Now, you have every right to be down, afraid, even depressed. God tells us in the Bible, we are not to waver in our faith. In fact, one of my favorite Bible studies by Kenneth Copeland ministries is called, "Bulldog Faith!" That's right. You know how once a Bulldog gets ahold of something that attracts its attention, it does not, under any circumstances let go! That bulldog locks down



with power jaws and refuses to give whatever it's bearing down on with all its might!

Did you ever stop to think that once GOD has your attention, not only will He do anything to get it to begin with, but to KEEP it and as His children, it our job to do our part to keep our "Bulldog Faith" so to speak!

No matter what is going on. Friend, this includes this pandemic covid-19. It's quite a sight seeing just about every store with their health and beauty section out of personal products we have ALL taken for granted.

My beloved family in Christ, is it possible that our mighty God is trying to communicate, even reveal through His mystery, to share the word yes, but KNOW this is no time to lose faith, because God Almighty will do whatever it takes, time and time again, He gives chances, AND warnings.

So, in closing, let's keep abiding by the social distancing guidelines our leaders tell us to do. Hanging there, as with all the other ups and downs that we have in this life. Keep your faith, obey, and your joy will not only bubble to the top, but God will do whatever it takes and get us through. Yes, our Lord God, master and keeper of His promises.

— Tammy Merritt

MIGHTY MEN

Hope Lives on a Park Bench

Have you ever questioned where hope lives? I have.

At a time when words like ‘pandemic’ and ‘social distancing’ are dominating conversations, maybe you are even asking now?

I once met ‘hope’ on a park bench in Tompkins Square Park in NYC. His name was José. Every day José woke up to the raw reality that his home was nothing more than a park bench in the corner of the park. Day after day he woke up and watched the world pass him by. No security. No assurance. No safety net. No idea what tomorrow held. José didn’t always call this bench home, but eventually the circumstances of life brought him to this place. No hope. Or so one would think.

José may surprise you though. José shared with me that he made the decision to wake up with a thankful and grateful heart every day. José came to the fulfilling understanding that who he is not the sum of what he does or does not have.

José told me his only need is the one thing that the world can’t give him and the one thing the world can’t take from him, Jesus. Because of that, to José,



Tompkins Square Park was his mission field. One in which he got to serve his neighbors, rich and poor, testifying and proclaiming God’s goodness.

Hope wasn’t just living in Tompkins Square Park but was also serving meals in an unassuming building nestled between Rivington Street and Stanton Street on Bowery in NYC. With a Brooklyn drawl and an endearing, contagious spirit hope’s name was Chef Rocco. A butcher by trade, Rocco found himself with ‘more than enough’. Yet Rocco woke up at 3:00 am every day to head to The Bowery, to prepare the kitchen to serve those who wouldn’t have a meal otherwise. Rocco discovered the same thing that José discovered, his life was not his own, but merely a conduit by which God’s goodness could spill onto others.

I know where hope lives because I’ve seen it all around Middle Tennessee, too. As we’ve navigated tornados and pandemics together, I’ve watched countless people completely giving their lives away in service to others. Serving out of their own need, and their own abundance. I get to watch it daily as nurses, doctors, grocery store associates, construction workers, teachers, sanitation workers, and so many others continue to serve our community with respect, dignity and pride despite the chaos around us. The servanthood of others reminds me that hope lives in the middle of the extravagant and unfailing love of God for us through His son Jesus Christ. Both in abundance and in nothing, in turmoil and in peace.

May we not only rest in and experience the only true source of hope we all have; but may we allow that hope to spill out onto every individual we meet. This world is not our home; and God is more than enough as we navigate through it.

Hope, joy and peace are for us, for today!

— Kyle Froman, Lee Company Chaplain
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SPECIAL FEATURE

MEMORIAL DAY: The True Meaning

Every Memorial Day we pause to remember and honor our veterans that have served our great nation to defend our freedom. Some of us simply stop to think about our fallen war heroes, some watch programs on television honoring our veterans and some say a prayer for the fallen. Also, many folks take time to visit war memorials around the country. People don't always immediately think about visiting and honoring the sacred ground where veterans have been laid to rest.

In Middle Tennessee on the Friday before Memorial Day, one cemetery in particular knows the true meaning of Memorial Day and has honored the sacred ground for many years on this important day. Williamson Memorial Gardens is located in Franklin, TN just south of Nashville

For many years the Stephens family and staff of Williamson Memorial along with VFW Post 4839 and the Franklin Elks Lodge #72 have placed flags on every veteran's grave in the cemetery. Many, many proud hands attend this even year to place flags on the various graves. Cemetery co-owner Pam Stephens says, "This is the least we can do to let all the families of fallen veterans know that they will never be forgotten."

Every volunteer will take as many flags as they can carry and place them beside every military marker. With thousands of graves throughout the twenty two acre property, many hands make for light work. "We have several thousand memorials on the ground here, but on this day, we are honoring those who made the greatest sacrifice. The flags stay in place for ten days



after Memorial Day to serve as a reminder to everyone that freedom does not come without cost. A great price has been paid to protect our country's freedom and it is on Memorial Day that we recognize and honor those great heroes."

Anyone from the community including children, adults and veterans are welcome to participate in placing the flags on the graves.

The event will be on Friday, May 22 at 5:00 PM.

— The Stephens family

"Treasure every single moment in life"



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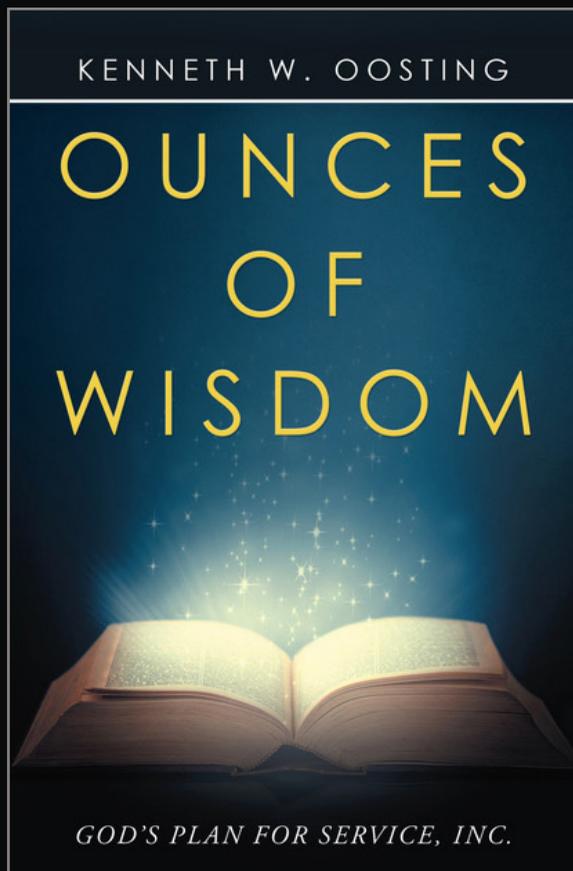
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It Is Spring Let's Clean And Sanitize Those Mattresses

Part II in May will focus on mattress cleaning. For now, are you “Sleeping like a baby”? Has family awakened with itchy skin, irritated eyes, stuffed-up nose, sneezes, wheezing, sinus ache, fatigue etc. all for no particular reason? Millions suffer from ALLERGYs that may be caused by mattress-based Dust Mites feeding on our Skin Flakes.

Visit www.Jackrabbitcleanchoices.com and view the Anderson Cooper video that addresses bad bed fellows and mattress cleaning. All of our mattresses can be habitats (beyond the mites) for kids, pets, coffee, soda, food – reasons for a good cleaning. Ask about multi mattress discount pricing. Marc is a certified Hygienitech service provider. Let's get back to “sleeping like a baby”. Let's eliminate the un-invited bed buddies, extend Mattress life and enhance a healthy life for all.

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

Marc is owner operator of www.jackrabbitcleanchoices.com which includes www.bar-b-clean.com/nashville, JRCC dryer vent cleaning, Hygienitech Green mattress cleaning/sanitization for Middle Tenn., and other special yard/home services.

Marc is a graduate of Abilene Christian University and brings a wealth of customer care experience from his time with Bridgestone, Schokolad Chocolate Factory, Greener Solutions lawn and yard, and more. Marc is constantly energized by his amazing wife Elise, son Cole, and their church and life group family.



SPECIAL FEATURE

To The Graduation Class of 2020

Clearly there are no words of consolation that I can offer you, the graduating class of 2020. I do not think anyone could foresee a global pandemic that could drag on for months, with no real end in sight. My heart goes out to you seniors who will not have a spring sports season, a prom, nor hear “Pomp and Circumstance” as you walk across the stage with your fellow seniors at your graduation ceremony.

My daughter was to graduate from college in May and was heartbroken when she was informed during spring break that her final semester of college was cancelled. I have watched her go through a period of real grief, but now she seems to have moved to a stage I would call “acceptance.” She realizes that she now needs to move on to the next season of her life, and she is doing it courageously.

You too will now be moving on to the next chapter of your life. I have two books that will be helpful on your journey.

The first is my newest book, *Reflections on the Existence of God*. It contains 57 short essays divided into ten sections. It is easy to read and understand. The book serves a number of purposes, including strengthening the faith of Christians as well as equipping students to go out and engage the skeptical culture we live in.

Pew Research did a study that sought to answer the question, “Why do some students abandon the church and their faith after graduating from high



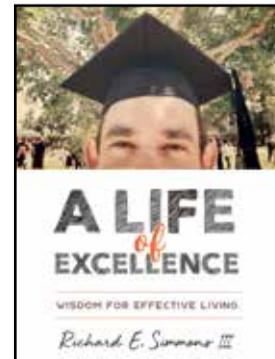
school?” One of the reasons they discovered was that students often had questions and doubts that no one ever addressed. This book answers those questions.

The second book, *A Life of Excellence: Graduation Edition*, is a book on living wisely and effectively.

Deep down, we all know that a life of excellence is

achievable, yet we often lack the will and discipline to follow through on what we know to be true. This book lays out three of the most important principles in life. These principles are not good nor bad, moral or immoral, they are simply true. When we live our lives in harmony with these principles we flourish.

My prayer for you, the graduating class of 2020 is that you would realize that if you want to have an exceptional life, a life of excellence, and truly reach the potential God has endowed you with; you must walk down certain paths that most people are not willing to walk. But when you do, it will make all the difference in the quality of your life and the legacy you leave behind.



— Richard E. Simmons III

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“Charm is deceptive, and beauty does not last; but a woman who fears the LORD will be greatly praised.” Proverbs 31:30 NLT

Local artist's music helps celebrate caregivers in inspiring commercial

As a country music artist, Hendersonville's singer-songwriter Kelly Lang knows how story and song can touch lives. As a breast cancer survivor, she knows the healing power of music and a listening ear. When she learned that Ascension Saint Thomas wanted to shine a light on caregivers, she eagerly offered to lend her own story, her music and her experience as an Ascension Saint Thomas patient.

Inspired by true stories of patients and caregivers, the health system created a marketing campaign that celebrates caregivers and the emotional bond with those they serve. One powerful message sums up the healthcare providers' mission: "Your care is our calling."

Kelly saw that passion for caring when she was diagnosed with stage 2 breast cancer at the age of 36. She credits her care team at Ascension Saint Thomas with helping her navigate a time of fear and uncertainty.

"I knew I was in a fight for my life," she said, "and the compassion and love of my entire care team showed me I wasn't in that fight alone."

After her journey took her through a lumpectomy, radiation and chemotherapy, Kelly has been cancer-free for 15 years.



"Your care is our calling."

Kelly's songwriting talent provided the heartfelt song in the ad, "I'm Not Going Anywhere."

"I promised God if he let me live, I'd help others," she said. "I appreciate the opportunity to fulfill that promise."

"We're blessed to have caregivers who view healing as their calling," said Tim Adams, Ascension Senior Vice President and Ministry Market Executive for Ascension Tennessee. "We are excited about how this new way of sharing the story of Ascension Saint Thomas will inspire and uplift our community."

To learn more about the compassionate, personalized care at Ascension Saint Thomas, visit ascension.org.

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Covid Causing You A Crisis?

Whoever is reading this is in a crisis, about to be in a crisis or just finished a crisis. No one, not even that perfect family on Instagram is immune from this. With Covid-19 restricting our movements and the things that we normally are free to do, most people in this world are experiencing this crisis

My Crisis

One of the many examples of a crisis that I have had before Covid resulted in me lying on the floor of my office bawling uncontrollably. I was a new Christian, and I did not understand why God wasn't just fixing my problem.

A Simple Understanding

As I pulled myself off the floor and made my way to my computer, I was reminded of a Bible verse I saw years before when I wasn't a Christian.

Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. Matthew 6:34

I realized then that although I was falling to the rocks below and I was rapidly approaching, God has a bungee cord tied around my ankles to not let me hit the bottom. I may not spring up where I expect, but I will not hit the rocks either.

A Simple Solution

Then, I found another verse:

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; Phil 4:6

My brethren, count it all joy when you fall into various trials, James 1:2

In other words, to stop the anxiety caused by the crisis I was in, I had to be thankful to God.

So, start by writing out all things you are thankful for (limit to one page) and get on your knees and pray "God I am thankful for <read first line>" and continue this down each line til you are done. When I was done, Jesus slowly took these burdens away because thanking Him will help you in your crisis because Jesus led the way.

Now, during these months, when I start focusing on what I can lose, what I have to do, or what I am not allowed to do, I just stop and start thanking God. Joy and Peace within and thru Jesus is a choice. He won't make you have peace and He won't force you into joy. But, no virus nor the results therefrom can take my joy or peace away.

For further questions, please contact us through
www.afraidtotrust.com

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



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Be Happy, Be Healthy, Be Whole

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

Weight loss. A topic with no shortage of news, opinions, and advice. Here are a few reports I thought you would find interesting.

Seven Weight Loss Tips

According to Health Magazine, if you do follow these tips you'll shed a few pounds.

1. Eat portions the size of your fist.
2. Split your entree when dining out.
3. Serve meals on salad plates.
4. Store food in small bags.
5. Add fruit and vegetables to meals.
6. Ask for the smallest size.
7. Say no to super-sized bargains



Walk to curb sugar cravings

Walking for 15 minutes may help overweight people at least temporarily reduce cravings for high-calorie, sugary snacks. The German study (Ruhr University Bochum) said exercise may provide some cognitive stimulation that interferes with thoughts about the craved food.

Exercise excuses

We need to be exercising more, this we know. And according to a new survey the top reason we give for not working out is that we're too tired. Just over 60% give tiredness as the reason we don't exercise. The survey also uncovered some offbeat excuses for not exercising. Clients of personal trainers have told them they had to cancel because: their cat was on fire, their pancreas hurts, they exercised in their dreams, and, their body is allergic to sweat. (I love the last two excuses, especially exercising in my dreams, because I always seem to be running from something)

It's a journey - diet and exercise – weight gain and loss. My journey started in 2011 with Dr Lodge and the team at Cool Springs MD. They helped me lose 65 pounds in 16 weeks. Do you need help on your journey? Connect with Dr Lodge and Cool Springs MD, you won't regret it.

Dr Lodge and his team of personal trainers, dieticians and medical professionals are ready to help you with their stated goal for everyone to be "Happy, Healthy and Whole"

What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in a future article. You can email me at Doug@94FMTheFish.net or feel free to call me during my live radio show – weekdays between 3 pm – 7 pm on 94 FM The Fish. (800) 826-3637

— Doug Griffin

You can email me at Doug@94FMTheFish.net or feel free to call me during my live radio show, weekdays between 3 pm – 7 pm on 94 FM The Fish. (800) 826-3637





**Balancing Government Control
During a Public Health Emergency With Individual Liberties**

A Lawyer Examines COVID-19 Executive Orders

What right does a state or local government have to order the sequestration of its citizens from the public square and to close privately-owned businesses? Where in the U.S. Constitution do such governments derive their authority to suspend the First Amendment right of freedom of assembly or the freedom of communal worship? Do COVID-19 stay-at-home orders deprive citizens of their constitutional right to life, liberty and the pursuit of happiness?



If such orders are not a legitimate exercise of government police power, then what? Do citizens of a state like Tennessee, which has enshrined in its state constitution a constitutional obligation on the part of its citizens to resist tyrannical government, behave lawfully when they protest the government's prolonged shut down of private enterprises? These are not merely academic questions.

- A 25-year-old man was recently arrested and charged with a misdemeanor in Cincinnati for allegedly violating the governor's "stay-at-home" order after posting a video on Instagram Live showing an outdoors gathering.
- Eight pro-life sidewalk counselors in Charlotte, North Carolina were arrested outside an abortion clinic after refusing to comply with officers' orders to disperse.
- Nine people have been arrested in Hawaii for violation of stay-at-home orders, which can result in up to one year of jail time and a fine of no more than \$5,000.
- At least two ministers in Florida and Louisiana have been arrested for holding Sunday worship services in violation of "stay-at-home" orders.

Is there any constitutional precedent for such an exercise of police power by local governments? What are the limits of this power?

In 1902, there was a widespread outbreak of smallpox in the City of Cambridge, Massachusetts. The City adopted a regulation ordering that all local residents be vaccinated "for the speedy extermination of the disease." One resident, Henning Jacobson, refused the vaccination citing it a violation of his constitutional rights. The case eventually made its way to the U.S. Supreme Court. There the Court balanced Jacobson's individual liberties against the police power of the state and recognized "the authority of a state to enact quarantine laws and health laws of every description." The Court further held that the police power of a state must be held to embrace, at least, such reasonable regulations as will protect the public health and the public safety."

Quarantine orders and executive orders banning children from attending public schools unless vaccinated have all been routinely upheld over the years based on a balancing test in which courts weigh individual rights against the "compelling state interest in protecting the public health and safety of its citizens."

Even in times of national health emergency, the police power of the state is not without limitation. For example, on April 7, 2020, Mayor of Louisville Greg Fischer decided to ban all religious services, "even if congregants remain in their cars during the service." He asserted, "It's not really practical

or safe to accommodate drive-up services taking place in our community." Drive-through restaurants and liquor stores were allowed to remain open. The On Fire Christian Church filed suit to block the enforcement of this order. The case landed before Judge Justin Walker. Applying the so-called balancing test, Judge Walker ruled in favor of the church and held:

"When faced with a society-threatening epidemic, a state may implement emergency measures that curtail constitutional rights so long as the measures have at least some 'real or substantial relation' to the public health crisis and are not beyond all question, a plain, palpable invasion of rights secured by the fundamental law. In this case, the City of Louisville has targeted religious worship by prohibiting even drive-in church services. It is violating the Free Exercise Clause beyond all question."

Courts, governors, mayors, and even presidents may disagree about where to draw the lines in balancing individual freedom against the power of government to protect public health and safety. But Executive stay-at-home orders, like all government restrictions on individual liberty, must be tempered by the fundamental, paramount rights secured by the U.S. Constitution.

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



WORDS OF WISDOM

"Everyone has noticed how hard it is to turn our thoughts to God when everything is going well with us... While what we call 'our own life' remains agreeable, we will not surrender it to Him. What, then, can God do in our interests but make 'our own life' less agreeable to us, and take away the plausible sources of false happiness?"

"True humility is not thinking less of yourself; it is thinking of yourself less."

"If you read history you will find that the Christians who did most for the present world were precisely those who thought most of the next. It is since Christians have largely ceased to think of the other world that they have become so ineffective in this."

"Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important."

— *C. S. Lewis*



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Here Are The Past Years Cover Stories. If You Would Like To Read Or Re-read One Of Them, Using Your Device You Can Access A Story Directly Using The QR Code. If You Prefer, Simply Use The Link Online.



JUNE

PETER DEMOS
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DUCK DYNASTY DAD
Phil Robertson On Faith, Family & Fatherhood



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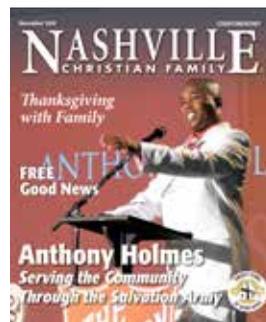


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SPECIAL FEATURE

Trevecca Alumna Lands Dream Job with Circle Television Network

Ashley Walling has always loved music—being born and raised in Music City has that effect.

When she was younger, she played the piano and the clarinet, and even now, her radio is on constantly. As what seems like one of the few who have yet to switch to online streaming services, Walling prefers tuning in to local stations where she can get her fill of the twangy tone of the fiddle and the narrative-driven songs of country music.

When she was young, Walling decided she was going to work in the industry. She wasn't sure what that would look like, exactly, but she was committed to making that dream a reality. When it was time to make a decision, Walling would do what she'd always done and let her love of music and home guide her to a place that felt right.

"Trevecca was that place," she said. "I wanted a school with a small campus, with small class sizes and a solid Christian atmosphere, and I also wanted to stay close to home. Trevecca was all of those things and more."

Walling, who graduated in 2019, said the foundation she gained through Trevecca's journalism program played a key role in making her dream a reality.

Walling currently works as the content coordinator with the Circle network, which launched in January this year. Circle airs original programming featuring the lives of country stars, as well as a weekly broadcast of the Grand Ole Opry. The network is a joint venture of Ryman Hospitality Properties and Gray Television.

"I receive the delivery of all these shows, and I'm in charge of original programming," Walling explained. "A typical day for me is usually spent working on content and development. Then, I also

have to think about these shows from a delivery standpoint. I never thought I would end up in television, but when I was at Trevecca, I wrote about wanting to do the work I'm doing now. To be a part of something like Circle is huge."

Seth Conley, professor of film and television, said Walling's path is a great example of what Trevecca's curriculum seeks to do. Using an interdisciplinary approach and opportunities for real-world experience through internships and on-campus organizations, each program is designed to help a student find exactly what they are called to.

"We design our programs to help students gain skills in a variety of areas while allowing flexibility to craft a schedule that can fit their specific career goals," Conley said. "Our hope is that our students leave Trevecca ready to tackle a number of specific jobs in the field of communications."

While at Trevecca, Walling worked as a staff writer for the campus newspaper, *The TrevEchoes*. She said that work, in addition to her journalism coursework, helped her develop an understanding of what it would take to do well in the news industry.

She's noticed a lot of similarities working at Circle.

The content development work she does draws on her experience generating story ideas for class assignments, and newspaper deadlines prepared her for the realities of the production side of entertainment.



"I'm always on deadline for something now, and writing for the newspaper really helped me understand how important [deadlines] are," Walling said. "If we don't have a show ready at Circle, we're going to have to scramble to figure out what can go in its place."

"Thinking back, Trevecca opened a lot of doors for me both on and off campus, and I'm really grateful," Walling continued. "It gave me what I needed to pursue the work I've always dreamed of, and whether I stay in this work or change paths in the future, I know I'll be prepared."

For more information about Circle, visit www.circleplus.com. Learn more about the programs Trevecca's Department of Communication Studies offers.

— Bailey Basham
Trevecca Nazarene University Graduate

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SPECIAL FEATURE

Mother's Day Salute

My mother—the former Betty Cantrell—was born and reared in DeKalb County near Smithville, Tenn. She was the one who insisted that I attend Sunday school and Church...and taught me about The Lord Jesus.

Mother had all the important qualities described in Scripture such as kind, gentle, long suffering, patient, trustworthy and willing to go an extra mile to help someone in need. Yes, she had those qualities...almost to a fault. She never wanted to hurt anyone's feelings.

She grew up during the Great Depression. Her dad was a share crop farmer of modest means. Mother was a great storyteller who had a crystal-clear mind until she passed in 2016. I got my love for storytelling from her; heard all her true stories over and over; still enjoyed every one.

One story that comes to mind now while I am writing this article includes my grandfather, a devout Christian. In the 1920s and 1930s there were only a few automobiles in that area.

It was common for traveling salesmen on foot to



simply show up at someone's front door selling products such as cough medicine, salves, food flavorings and other products that would fit in his suitcase. Sometimes they "would invite themselves" to have a meal on the host...or even spend a night while going door to door in the community where homes were few and far between.

One day, Mr. Vick came along. At least that was the name he gave. A neighbor in the community invited him to spend the night with the understanding Mr. Vick would get up early the next morning and be on his way. Mr. Vick never made it to the breakfast table.

A member of the family knocked on his bedroom door; no answer. Mr. Vick had passed away during the night. With no identification or any means to

contact survivors, neighbors agreed that Mr. Vick should have a proper burial. Some men in the community made a casket; actually a wooden box. Then they dug a grave at Dale Ridge Cemetery located near Center Hill Lake.

My maternal grandfather, William George Cantrell, was called on to open the service with prayer. A local preacher concluded the funeral by surmising that The Lord had surely sent the deceased to the community to be shown Christian hospitality and given a proper burial.

Think about the "good ole days". Mother said her parents were married in 1918; had \$10 in cash; rented a house for \$2 per month and set up housekeeping with furniture given by family and friends.

Times have changed. But, success and happiness are also subjective and relative. Are we happier than those who preceded us? I sometimes wonder.

— Ralph E. Vaughn



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TEACHABLE MOMENTS

God's Plan For Service

"The Good They Ought To Do"



There are chapters in the Bible that become the source of many sermons and could take a long time to consider in all of their implications for our lives today. One of them is James 4. Our title this month comes from the last verse, James 4:17. But first, let's look at some of the earlier verses. James mentions the disagreements we have with others. He asks, "Don't they come from your desires that battle within you?" Rather than blaming others or being angry with them, we should consider how the issues we face in life might come from within us.

We are told to "ask and you will receive" (Mathew 7:7). And James reminds us that we must ask God if we wish to receive. However, when we don't receive, it is "because you ask with the wrong motives" (James 4:3). These wrong motives, James asserts, are because of our "friendship" with people of the world who do not love God. God provides the Holy Spirit to "dwell in us" (James 4:5) so that we will have the right motives and will not seek to place friendship with the world before God. God is willing to forgive our sins if we will ask as a result of God's grace.

Accepting God's grace and asking for forgiveness of sins means placing God first in our lives which is hard for many of us to do. The Beatitudes (Matthew 5) tells us of the importance of humility but the world tells us and encourages us to place ourselves above all else. When we do this, we make our decisions based on what is good for me and maybe those who surround me. The difficult step toward worship of God for many of us is the act of submission to God and others (humility). Humbling ourselves before God is our act of submission.

When we achieve the act of submission to God and others, we are in a position to think of how our thoughts and actions might be centered on what we can do for God and others. When we are instead centered on self, our responsibilities to others receive little attention. Which leads us to our title and James 4:17: "If anyone, then, knows the good they ought to do and doesn't do it, it is a sin for them." When we know the good that we should do, what would keep us from doing it? It could be a lack of confidence, a lack of faith, a conflict with ego, other things considered more important for our time and effort or just laziness. God will not tell us we "should do" if we are not competent or lack the opportunity. What we "should do," we must do.

To do what we must do, we need the submission that says whatever God wants becomes number one in our priorities. God wants us to serve Him and others. But being centered on self tends to preclude a devotion to serving God and others on a sustained basis. As opportunities to serve God and others come to our attention, what is our response? James 4:17 tells us that to turn away is a sin. As Christians we are told to avoid sin. So what is your opportunity to serve God and others?

— Kenneth W. Oosting, Ph.D.

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Crawl Space Waterproofing and Encapsulation in Clarksville

Since Carol moved into her Clarksville, Tenn. home in 2015, she knew her crawl space needed help! Now, fast forward 5 years and help is an understatement. Carol knew her space had a moisture issue that needed to be addressed. Her uncovered soil ground was consistently moist and this was damaging her wood beams. The moisture from the ground had evaporated into her home and caused the pink insulation to mold and her wood to decay badly! This led to bouncy floors above that had her very worried about the health and structure of her home. Upon inspection, we had also discovered an open vent, a rusting and warping crawl space door, and spider eggs!

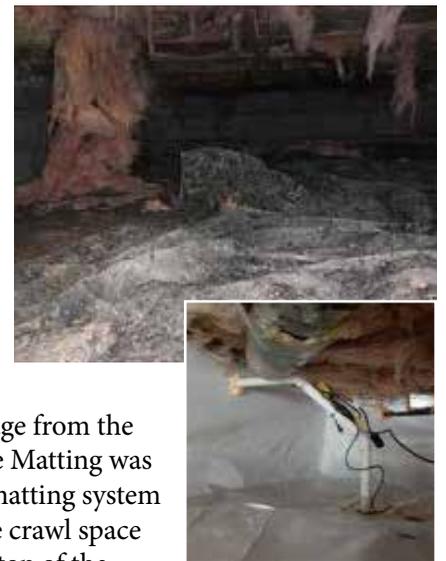
Carol was in need of waterproofing and encapsulating geniuses and she thankfully found the right company for the job! To address the constant moisture issue, we installed WaterGuard along the perimeter of the crawl space to collect water from the ground and walls and direct it to the Triple-Safe Sump Pump. This pump has three pumps that will automatically change based on Carol's space's needs! Pump 1 is a heavy-duty 1/3 horsepower (HP) cast-iron Zoeller pump that does most of the pumping, handling up to 2,600 gallons of water per hour. Pump 2 is a 1/2 HP pump that operates automatically if Pump 1 fails or if greater pumping volume is needed (up to 6,200 gallons per hour). Pump 3 is a battery-operated pump that turns on automatically if power fails. The TripleSafe will pump the unwanted water out of the home, through our IceGuard product, which allows water to escape from a sump pump discharge line if the pipe freezes or becomes blocked for any reason, far away from the home and out through our grated LawnScape Outlet. This discharge line outlet is designed to blend in with your lawn and landscaping.

We also made sure to install our encapsulation products to ensure moisture is reduced in Carol's crawl space. First, we installed 120 ft of our CleanSpace Wall System, which is very similar to our vapor barrier and also works with our WaterGuard system to collect seepage from the walls. Next, 700.48 sq ft of our Drainage Matting was installed, which is a dimpled drainage matting system that's designed to collect water from the crawl space floor and direct it to a sump pump. On top of the matting, we installed 700.48 sq ft of our CleanSpace Vapor Barrier, a super durable 20mil thick, 7-layer polyethylene composition, with polyester cord reinforcement. This barrier is made to reduce moisture in your crawl space!

Our crew had to get rid of Carol's old rusty crawl space door and replace it with our nearly indestructible 2.5' x 3' EverLast door made out of 1/2-in.-thick PVC plastic. Our door will never warp, crack, shrink or require maintenance or painting. An air and water seal is certain, thanks to the heavy-duty weatherstripping that comes with each door!

Carol now has a dry and healthy crawl space that is worth bragging about!

— Mikaela Lopez, Marketing Communications Coordinator
Frontier Basement Systems, www.teambasementsystems.com



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AN ENCOURAGING WORD

You Can't Count on Emotion

Emotions are real, no doubt. They can feel absolute. Emotions can make us do things we shouldn't or not do things that we know we need to do. Many times, if we go by how we feel, we look back and see the choice that needed to be made, regardless of how we felt. You may be asking the question today, "Why can't I be consistent in my health?". It could be because you are going by how you feel in every situation instead of making the choices that need to be made. If this is you, there is hope!

Firstly, we must count the cost of living a healthy lifestyle. Is it worth it? Yes! Is it easy? Nope. But nothing worth doing is ever easy. If that were the case, then everyone would be living a healthy lifestyle. Counting the cost is key because it wraps our minds around what it will take to make a change and sustain that change over the long run. If we don't count that cost and pay the cost every single day, we will fall back into the same old cycles.

Make the right small choices over and over again. Don't try to make one huge change all at once, you may get good results at first, but usually, they don't last. You must build a foundation first that will last. This is done by making small decisions over and over again until those right decisions become habits. The way I know someone is living a healthy lifestyle is when they are making all of the right choices, but they don't even have to think about it. It's just what they do. They have created the habits, and it has paid off!



Making a change is not just about behavior modification; its about changing the way we think. If we are thinking the right way, then our actions will reflect our thinking. We must rewire our minds from an old way of thinking to a new way of thinking. If we make the small choices over and over again, no matter how we feel in the moment, we will create habits that will last decades.

Here is a practical step for you today. Ask yourself the question, "How will I feel after...?" How will you feel after you do whatever it is you are feeling like doing in the moment? If it is a good decision, you will feel great later; if it is bad, you won't feel so great about the decision. We must have control over what we feel like doing rather than it having power over us. Take how you know you will feel later about the choice you are making and bring it into the present. This allows us to make decisions without focusing solely on immediate gratification. Be encouraged! You don't have to live confused and discouraged in your health. You were created to be healthy!

— 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



CHRISTIAN HUMOR

Scholars: 'A Day Is Like A Thousand Years' Actually Reference To Church Staff Meetings

U.S.—According to new findings by biblical scholars published Monday, the phrase "a day is like a thousand years," found in 2 Peter 3 and originally thought to refer to God's patience in bringing judgment upon the earth, is actually better interpreted as a reference to the slow passage of time in church staff meetings.



"See, we always assumed from the context that Peter was talking about the Second Coming, but after a closer look at the Greek, it's clear that he was prophetically describing the agonizingly slow minutes during regular church leadership meetings," Dr. Carl Wesley of Grace Evangelical University told reporters. "A minute can pass in the outside world, but in the mystical realm of the church board room, it can feel like days."

"When a staff member takes a fifteen minute chunk of time to address a grave concern like the rules for posting announcements on the bulletin board in the foyer, literally years of a pastor's life are sucked away," the professor added.

The nation's pastors were not available for immediate comment, as the vast majority were still languishing away in meetings that seemed to go on for hundreds of years.

— The "Babylon Bee"

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She Moves Through the Fair: A Volunteer Among Creatures Great and Small

The Williamson County Fair is a favorite of many in and around the area. Complete with food, entertainment, art, animals, and more, the fair runs smoothly on account of its many participants and volunteers. One of those volunteers is Leah Kennedy, a fifteen-year-old student at Fairview High School. On her own she raises and shows chickens, but as a volunteer and a friend, she has worked with many other animals, including livestock and horses, both in the show rings and in the barns.

Having been an avid member of 4H since youth, Leah now serves on the Williamson County Junior Fair Board, holding the position of Secretary and Vice Chairman. Both positions have showcased her leadership skills and her knowledge of how the fair functions. She loves the work she does and knows what it takes for the fair to flourish each year. Her observations have led her to partake more and more each year in various aspects of the fair. "Once I saw all the work that went into the event, I felt that I needed to serve my community and give back to them," Leah says.

In addition to working with the animals and in the show rings, Leah has also helped in the youth art section, assisted the judges, worked on setting up and tearing down, as well as organizing the Funnel Cake 5k Run. Eager and happy to serve, Leah can always be counted on to assist wherever needed. She also works at events like the Tennessee Farmers' Cooperative Meeting, and helps other organizations like the Nashville Rescue Mission. Her passion for volunteer work goes beyond the fair and beyond her love of agriculture. "I am not going to ignore a chance to achieve more to help others thrive," she says.

For example, she loves working with children. The Williamson County fair allows Leah the opportunity not only to spend time with children but to help

them learn and explore different topics like farm animals and agriculture in the community. She enjoys introducing them to some of the fair's animals and answering their questions. "I love working with little kids and seeing their faces light up. It is the most rewarding thing," she says.

More recently Leah has found ways to give back to her community. Due to the recent pandemic, a need for medical masks has arisen. Leah has been making some of these masks and delivering them to local EMS workers and also some of her family members. It is actions like these that display the joy she has for helping her community and the heart she has for those working hard around her.

Leah is named Nashville's Volunteer of the Month for her generous heart. She and other volunteers like her are 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 www.DoingGood.tv.

— Emerson Loudenback



Doing Good is a 501c3 non-profit which provides marketing and public relations tools, resources, and opportunities to non-profit and government agencies to celebrate their volunteers. www.DoingGood.tv



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TEACHABLE MOMENTS

Lessons from the Pandemic: An Awakening

People who know me, will say that I believe God speaks to the people through others and through life experiences. He does this through what I call “Awakenings”. This pandemic is one of those awakenings that speaks to each of us in different ways.

There are some people who believe that God created this virus to cause the people of the world to wake up. I disagree that He caused it but He does allow it to exist. The loving God that I know created all things that are good. A virus is not a mystical living thing; it is a molecule of protein wrapped in a layer of fat created by nature as a byproduct of the good things’ nature gives to us.

Let’s look at the big picture; God created the world with an atmosphere that gives us our life-giving environment. For this environment to exist it takes the same energy that causes the gravity we need to keep us grounded to earth while holding the oxygen gas levels close to the ground so as to sustain life. These life-giving forces create the same pressures that spin off storms causing great damage to life and property. The thing is, we cannot have one without the other because the alternative would be no life at all.

The God that I know, does not bring pain or suffering. He does however, allow it to happen, just as He allows nature to occur. The weather we enjoy on the nice days can also be seen as fury on the bad days. As creatures of the planet, we must take the bad with the good. During the bad times, we turn to the “Father” and ask Him to help us. The reasons we pray are more for us than for Him. When we pray, we become a closer resemblance to the person He created us to be. When we help our brothers and sisters in need, we follow his ultimate commandment to love all. “Love God with your whole mind, heart and soul; and love your neighbors as yourself.” We are called to be selfless, specially when others are in need during times of a pandemic.

Another assumption that we make is that God controls all things. I do believe that He created all things so He indeed can control them but each creation does what it is designed to do without His interference. He gave us majestic lions, who when hungry can kill a man. He does not allow this to happen to punish the prey; it is nature doing what it does. He made all things to be good, yet sometimes we can’t see the good when it goes against our personal will. Consider how He gave us free will which we love to use in contradiction to His will. Then, when we realize that we screwed up, we beg for God’s intervention and believe it or not, He always answers our prayers. Like every good Father, the answer may not be exactly what we thought it should be. A question that might be asked is “Since He allowed this virus to damage our bodies, the economy and the lives of many in different ways; when we ask Him to fix the damage, Why would He?” The simple answer is because He has infinite wisdom. He knows just what “damage” needs fixing and once more, it might not be the physical or financial damage we believe is so important to fix. He sees a much bigger picture than we could ever imagine.

As a father myself, I now get it when God is likened to a father. Sometime things I create through my thoughts, words and deeds could have other consequences beside the one I designed it to do. The man who created the gun, a tool to keep his family safe, can also be used to cause harm but that was not the creator’s intent nor is it his fault. You might also think of death as a bad thing but is it? We all must die whether by a virus or an accident. If you believe Jesus was the son of God, he suffered and died as an innocent man at the hands of others. He submitted freely and asked forgiveness for those who had a hand in His death.



This topic of discussion has to include Acts 10:34. It is the passage where Peter says, “God shows no favoritism” and I believe that to be true. He created all living things to eventually die but

by giving us His Son, we now can share in His eternal life. Jesus was sent as a sacrifice for our original sin; the sin of selfishness. If this is true, what difference does it make how we eventually die on earth, as long as we are in good grace with the Lord when it occurs. Just like the example of the storm causing harm based on acts of nature so too mankind was given free will that allow us to harm others and to even turn away from the Father who created us. I believe the Lord will continue to work miracles in our lives through awakenings; trying to turn us back to Him...I know that is what happened to me personally. I was quick to ask God for something I wanted but he would continue to give me something different over and over again. As an experienced parent and now a grandparent I know, sometimes not giving the child what they are asking for is the better gift. The problem with people is that we think we know better than God...we are so foolish. Now, when I pray it is for God’s wisdom; I pray for Him to intercede if it is His will to do so and if not, may he bless the people with the grace to deal with whatever they are faced with. As Jesus said, “Not my will, but yours be done.”

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

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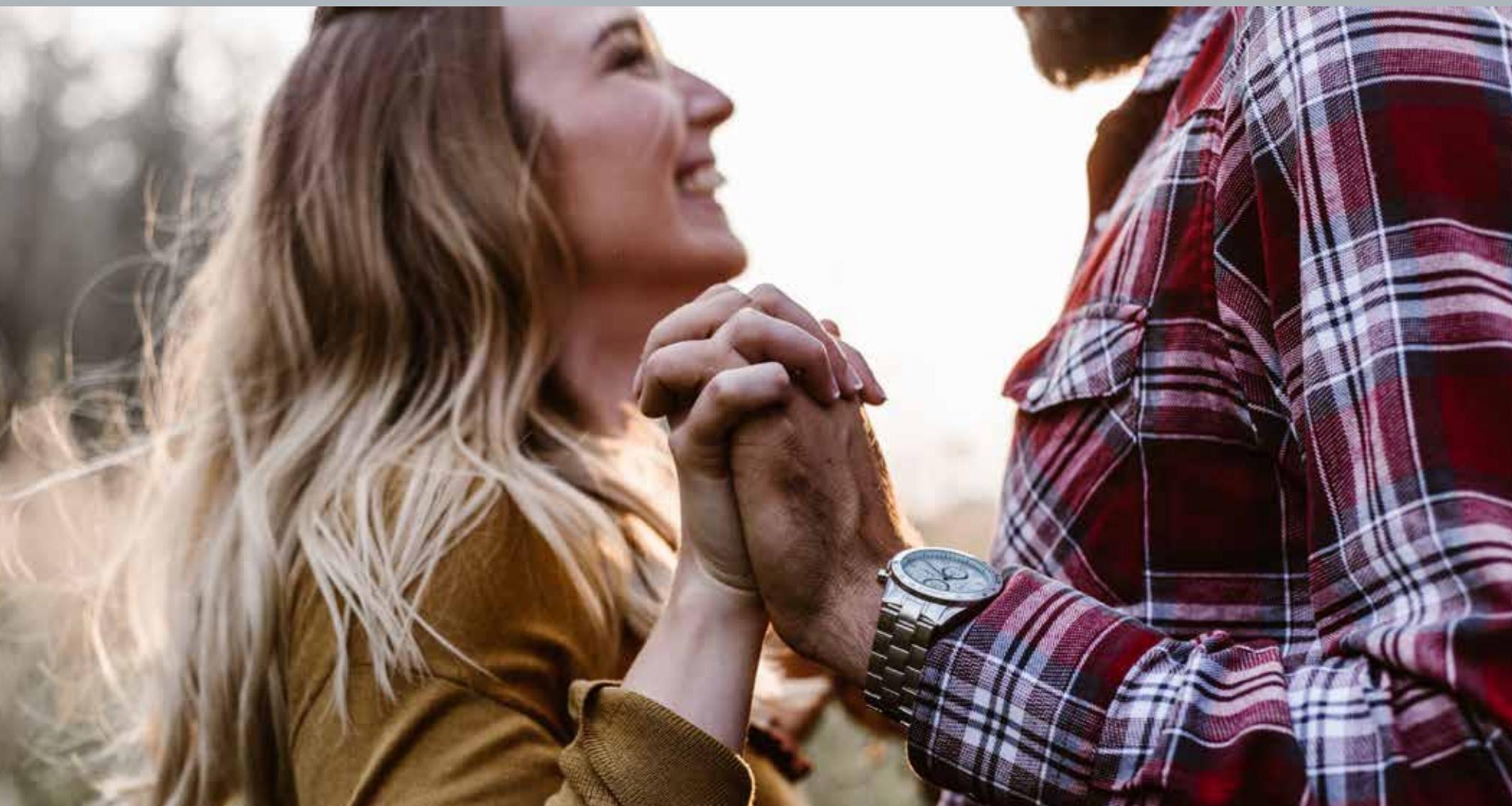
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PLAN OF SALVATION

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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MAY 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

May 10
Mother's Day

May 25
Memorial Day – Please Take Time To Honor Our Fallen Heroes Who Fought And Died To Protect Our Freedom

ONGOING

NOTE: The events below are subject to the COVID-19 Federal and State guidelines

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, thewellness-workshop@msn.com

Last Tuesday of Every Month
Tennessee Christian Chamber of Commerce Monthly Luncheon – Last Tuesday of every month except December. Connection Groups - Networking/Leads Meetings held in these locations: Brentwood, Cool Springs/Franklin, Downtown,

Hendersonville, Mt. Juliet, Murfreesboro. For meeting locations, times and dates or for more information about the Chamber and events, visit www.tnchristianchamber.org or email rstringfellow@yahoo.com.

Coming in

JUNE

June 21 –
Father's Day



FASCINATING FAITH FACTS

The Bible Left Behind on the Moon

The Apollo Lunar Surface Journal (ALSJ), an official NASA record of all the Apollo missions, reports that Apollo 15 commander Dave Scott left a Bible on the Moon in 1971. Writer Andy Chaikin also mentions it in his book, *A Man On The Moon*.

Scott sat the small Bible on the control panel of the lunar rover that they left behind, and he wrote to the ALSJ years later confirming the anecdote, adding that it can be seen in one of NASA's photographs.

Scott's Bible moment is even depicted in a painting by artist and space enthusiast Ed Hengeveld.

It's helpful to know that if you ever go for a holiday on the Moon and forget to pack your Bible, there's one waiting there for you—just like the Gideons Bibles in hotel rooms around the world! ☪



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