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A Father's Undeniable Impression

Dad, your dad was right; you do have a great family. Those were the words my son used after meeting his grandfather for the very first time in his life at the age of nine years old. You're probably thinking why did it take nine years for your son to meet your dad.

When I was growing up, my dad was my hero. All of my memories consist of him being the dad that did everything for his children. He provided for us, took care of us, coached us in our sporting activities and went all out when it came to Christmas.

During my teenage years, all of that came to a very abrupt ending. My dad and mom had been struggling in their marriage. My dad eventually left my mom. The last time I saw my dad was on my sixteenth birthday. He soon moved away and remarried and started another family.

Although I missed my earthly dad, this was the season of my life where I was introduced to my Heavenly Father. After the divorce, my mom started making me go to Church. It was at a youth summer camp where I had a real experience with God for the very first time in my life. It was

during worship that I was standing with both hands raised in the air. I heard a voice say, "Adonis, I'm drawing a line in front of you, either step over it and follow me or stay where you are." I knew that was God talking to me. I took a giant step forward as if I was crossing a line in front of me and I felt a peace like I had never felt before. That day I chose to follow my Heavenly Father and I've been following Him ever since.

I eventually went on to get married and have two beautiful children. Being a father myself, quickly brought things back to perspective. I would do little things with my children that my dad did with me and it brought back so many great memories of my dad.

Now, it had been thirty-one years since I had seen my dad's face. I began feeling a strong push from my Heavenly Father telling me that I needed to reconnect with my dad. My first response was, no God. It will be too awkward for the both of us and



Adonis Lenzy and his family.

it's been too long. But God kept pushing and I eventually obeyed.

My family flew to Las Vegas to see my dad and his wife. We had dinner the first night and my dad kept saying throughout the night that I had a

great family. He was so happy to meet his grandchildren and daughter in law for the first time. My son overheard that and that it was brought about his comment at the beginning of this article.

Our reconnection journey has just begun, but the impressions he left on me as a child has lasted a lifetime.

Happy Father's Day to all the Dads out there.

Keep letting your Heavenly Father guide you as you continue to leave lasting impressions on your children that will last for generations to come.

— Adonis Lenzy



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— Marc Tepner (615-594-9052)

Marc is owner operator of Jack Rabbit Clean Choices which includes Bar-B-Clean, Jack Rabbit Dryer Vent Cleaning, Hygienitech Green Mattress Cleaning & Sanitizing Systems for middle Tennessee, and other special Yard and 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 energized by his amazing wife Elise, his son Cole, and his church and life group families.



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Caring For A Sibling With Special Needs

Over the last two months, families have generally spent more time together due to the quarantine related to the Coronavirus. Some families have had their family member, who is living with a physical, mental or intellectual disability or has special needs, return home from a residential facility. The individual may not have been permitted to remain in the facility, for the time-being. The constant contact and interaction between family members may have brought about questions such as: Who will care from my loved one when I am gone? How can I financially help my family member? How do I plan for a safe, happy and productive life for my loved one? Through proactive planning, a third-party special needs trust can be created to allow money, in the form of a gift, to be deposited in the trust, for the sole benefit of the person living with the disability or special need.



Third-party special needs trusts are established with assets of someone other than the beneficiary (the person living with the physical, mental or intellectual disability or special need). The beneficiary can be of any age, from infant to senior adult. Many times, the trust money is gifted by the parents or family members. Other times, money may be gifted into the special needs trust by friends, church groups, or interested parties. All money deposited in this type of trust is required to be used for the sole benefit of the beneficiary. A third-party special needs trust can be established either while the person gifting the money is alive or it can be established through a will. The key benefit, of this type of trust, is that there is no Medicaid-payback provision. Due to the assets never actually belonging to the beneficiary because the money is a gift, the government guidelines state that no money will be required to be paid to the state, at the beneficiary's time of death. If any money remains in the third-party special needs trust, at the time of the beneficiary's death, the remaining money can be given to whomever is listed in the legal document that established the trust.

A recent client learned about special needs trusts through the residential facility where the man's younger brother resides. The younger brother is living with Down's

Syndrome. The brother was sent home during the Coronavirus due to the facility closing during the quarantine. During this same time, the men's father died leaving them both a substantial amount of money. The older brother realized that some special planning needed to be made for his sibling so the brother's government benefits (Supplemental Security Income and Medicaid) would not be taken away.

The brother established a third-party special needs trust for his younger brother. The money from the inheritance was placed in the trust. The brother was able to help in planning how the trust money would be invested. He worked closely with his specialized attorney and the professional trustee in designing some special activities, purchases, therapies, and future. This careful planning gave the brother peace of mind, knowing his sibling would vacations his brother could benefit from now and in the be cared for throughout his lifetime.

It is essential that families who have a family member who is living with a physical, mental or intellectual disability or has special needs become involved in proper planning from a professional who understands special needs trusts. By working with a qualified attorney and choosing a professional trustee, the family can feel reassured in knowing that their family member will receive professional service and be able to qualify or maintain the government benefits that are needed to enable their relative to receive the healthcare necessary to sustain life and have the financial means to live a good quality of life.

**For more information on special needs trusts, please contact Vista Points, Inc. at 888-422-4076 or info@vistapoints.org.*

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

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FAITH UNDER FIRE

Trust in God in the Hard Times

At times, life can be great and filled with moments of happiness and celebration. At other times, life can be hard and filled with painful lows and grief. Whether we are in a season of happiness or sadness, trusting God is essential and is a choice to make in the face of any season of our lives.

Psalm 62:8 says, "Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us. Selah." In this passage of Scripture, the Psalmist encourages us to trust in God at all times. During the good times, the bad times, seasons of lack and seasons of plenty; God is worthy of our trust.

Many of us are facing uncertainty as we navigate the global crisis of the COVID-19 pandemic. Some of us have lost loved ones, jobs, businesses, and a sense of normalcy, all of which can lead to painful grief. In such times it can be tempting to not trust God because of circumstances. I once heard a pastor say, "Trust God even when you can't trace God." When you cannot seem to figure out what God is doing, trust in Him.

When we enter into more joyful times, falling into trusting our own power can be tempting. We must trust God to sustain us. Trusting in God must be our guiding light. Our guiding light should not be our strength, our education, our righteousness, our connections, our family, our bank account, or



our understandings. All of these things can be blessings, yet, to place our trust in them is faulty at best.

Our circumstances may change but Jesus Christ does not change. The Bible says in Hebrews 13:8, "Jesus Christ is the same yesterday, today, and forever." Although we may have trouble in this world, Jesus Christ remains the same. Jesus said in John 16:33, "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." Though Jesus made this statement over 2,000 years ago, it is still applicable today because He does not change.

The key is to trust in God instead of ourselves during the good times and the hard times. No matter what we are facing, may we trust in God today.

— Dayna Lovelady, M.Div., MBA, is a minister, intercessor, writer, musician, and communicator. She recently graduated from Regent University with a Master's of Divinity and works full-time at The Christian Broadcasting Network. www.Linkedin.com/in/DaynaLovelady

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The Virus Crisis Reveals Our Need for Common Ground

The coronavirus outbreak has revealed how critical it is for all of us to find common ground in today's polarized world.

There has been a dramatic difference in the success of various countries in fighting this virus. In South Korea, the leaders assembled quickly, resolved their differences, implemented essential measures and effectively controlled the infection. In contrast, discord and disunity in Italy led to inaction in the critical first few weeks of the outbreak, resulting in thousands of lives being lost.



In our society today, we are often incapable of overcoming our differences in order to find common ground. Our social climate is toxic. The merit of an issue is often not considered as important as power alliances—political, ideological or otherwise. The ever-present media has us glued to our TV sets, watching 30-second dramatic images that short-circuit our imagination and independent judgement, and polarize us. Civil discourse and debates that are focused on the issues themselves--without insulting the opponent--have become rarities.

When I came to this great country many years ago as a poor student, with only \$50 and having recently survived China's Cultural Revolution, what attracted me the most about America was the freedom conveyed in the saying: "I may not agree with what you say, but I will defend to my death your right to say it." Unfortunately, since then we have departed from the principles of free speech and mutual respect, and have instead replaced them with intolerance and intimidation. We are becoming a society that is increasingly fixated on our differences, rather than appreciating what we have in common.

Now the wake-up calls have come! When a natural disaster strikes, such as the recent tornado, we find ourselves in need of the most prepared and experienced disaster-response teams. Similarly, when a crisis such as the coronavirus outbreak occurs, we realize that our ability to deal with it is critically dependent upon how prepared and experienced we already are to overcome

our differences and come together as a nation.

The ability to find common ground in a polarized world is only achieved through years of learning and practice. We must first learn to listen, so that instead of trying to score rhetorical points through well-rehearsed sound bites, we may learn valuable information—even from our opponents—that may propel both sides toward breaking the gridlock which is the hallmark of our current national discourse. Solutions to difficult problems will come only through collaboration, not alienation, so that not only are we ready to deal with a crisis like this, but also to solve our society's problems in

general as well.

For the first time in a very long time, we have all come together. We have found the common ground, which is this: we as human beings are all vulnerable, and the only way to survive is to find a way to work together.

It is my hope that this viral crisis, and the valuable lessons it has taught us as such, will inspire all of us to make fundamental changes, in improving our ability to overcome our differences and find common ground in our lives.

— *Dr. Ming Wang, MD, PhD, is the co-founder of the Common Ground Network. He can be reached at drwang@wangvisioninstitute.com, www.drmingwang.com.*



Dr. Wang is a Harvard and MIT graduate (MD, magna cum laude) and one of the few cataract and LASIK surgeons in the world today who holds a doctorate degree in laser physics. Ming grew up during China's Cultural Revolution – during which millions of innocent youth were deported to remote areas to face a life sentence of poverty and hard labor. Ming had to play the Chinese violin erhu and learn to dance in order to escape labor camps. He eventually made his way to America with only \$50 and graduated with the highest honors from Harvard Medical School and MIT.

Dr. Wang founded a 501c(3) non-profit charity, the Wang Foundation for Sight Restoration, which to date has helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. He was named the Kiwanis Nashvillian of the Year for his lifetime dedication to helping blind orphan children from around the world.

Dr. Wang is the co-founder and president of the Tennessee Immigrant and Minority Business Group, and the co-founder of the Common Ground Network, a 501c(3) non-profit organization that focuses on Dr. Wang's lifelong mission to help people find common ground and solutions to our society's problems.

From Darkness to Sight, Dr. Wang's autobiography, has inspired the upcoming movie Sight.

If something in this month's issue of

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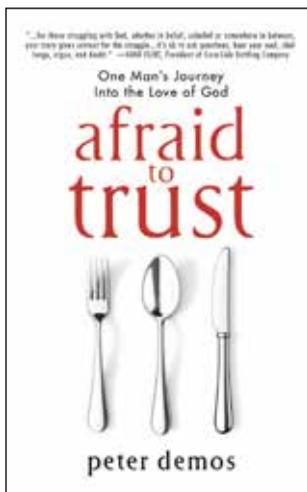
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How Can We “Trust Jesus”?



In my book, *Afraid to Trust, One Man's Journey Into the Love of God*, I tell the story of crises in my life. Some of these were personal, some professional, but all felt horrible as I was living through it. It was simple for people to say, “Turn it Over the Jesus”

Yet, what does this mean? It is not like I want to hold on to it. I would love to give it away like I can give away a pen or my watch. But how??

Christian speak is a problem that all Christians have. We say words knowing it is true, but we don't give the practical advise during that time. I had to learn what it meant to turn something over to Jesus.

In 1 Peter 5:7 Peter says to cast your anxieties to Him because he cares for us, but in verse 6, Peter says that we must humble ourselves before God.

Combined, the verse reads....

”6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you.”

So, how do we express humility? Humility is the opposite of pride.

We must have humility to cast these cares on Jesus. We cannot cast them to Him if we come to him in pride. By saying “Me do it.”

When I am unwilling to submit to authority because deep within me, I believe I could make better decisions than the person God has placed over them. So, I may submit outwardly but inwardly I struggle to accept the subordinate position I am in.

Therefore, the best way I have found in turning my pride into humility is through the act of praise. When I openly express praise to God the Father, Jesus His Son and my Lord, and the Holy Spirit my advisor, then I have to admit through that praise that God is on top and I am below.

Whenever we are struggling with a crisis and I am searching for help, I start with praise, and even though the circumstances my not change, my attitude does as Jesus starts taking my cares on His shoulders.

— Peter Demos, President of Demos' Brands of Restaurants which includes Demos' Restaurant, PDK Southern Kitchen and Pantry, Demos Family Kitchen, speaker and author of *Afraid to trust: One Man's Journal Towards the Love of God*



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Trevecca To Offer Free Professional Development Training In Remote Instruction For Educators

The COVID-19 pandemic brought the classroom instruction to a screeching halt across the country, while K-12 educators scrambled to convert their teaching plans to remote teaching modules.

In Nashville, nearly 90,000 students were affected by the move to remote instruction. Across the state of Tennessee, the 22nd largest school system in the nation, just over 1 million kindergarten through 12th grade students made the shift.

Trevecca wants to help ease the stress of our state's educators and help them get back to doing what they love: teaching. That's why the University will offer a free online professional development training that will help teachers learn the ins and outs of designing classes for remote instruction, using technology to enhance learning outcomes, how to use a variety of learning management systems and more.

"This free, online training will help equip Tennessee educators who serve our state's K-12 student population with the necessary tools and skills needed for remote instruction," said Dr. Dean Diehl, dean of Trevecca's School of Graduate and Continuing Studies. "It will also provide a valuable opportunity for teachers to network with other educational professionals who are facing the same challenges and better equip them for the education methods of the future."



Created with the help of leading Tennessee school districts, universities and leadership from the online learning consortium, participants will learn from proven leaders who excel in digital literacy. One of those leaders is LaMetrius Daniels, the director of Trevecca's Center for Innovative Instruction. Daniels leads a team of five full-time instructional designers to develop online courses for the University. She also serves as the director of the University's Master of Science in instructional design and technology, a program that equips educators and instructors in all industries to build everything from online educational courses to digital training seminars.

"Through this professional development course, participants will be able to get hands-on experience and practice what they're learning through project-based assignments," she said. "We want educators to walk away from this class with skills they can immediately put into practice as they build rich digital learning environments for their students."

Daniels, who is developing the professional development course, knows what she's talking about. Prior to the COVID-19 pandemic, Trevecca boasted more than 1,500 fully online students, more than any other Nashville-based institution of higher education.

When COVID-19 made in-person classes unwise, Daniels and her team helped Trevecca faculty members convert more than 500 face-to-face courses to remote instruction, bringing Trevecca's online student population to just over 4,000.

The self-paced, online training will take place in four modules. The modules will cover such topics as:

- **Module 1:** Participants will explore trends in instructional software, online resources, how to use technology for communication between teacher and students.
- **Module 2:** Participants will be introduced to learning management systems and explore selecting a learning management system for their environment and how to release the course to students.
- **Module 3:** Participants will explore the concept of universal design for learning is introduced in teaching and learning to address any problems of exclusion from education, including supporting students with impairments.
- **Module 4:** Participants will learn to build engaging, interactive content including video, simulations or animation.

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- Implement a specialized IEP plan for content creation
- Improve teaching resiliency

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Life is so weird right now. We're all in a strange movie. It's lonely and boring, but we're making it work... because we're aware of how much worse it could, and might, get.

So, how is foster care different under social distancing and self-quarantine and generally living in a COVID-19 world?

1. Courts are closed. Along with basically everything else, family courts are mostly closed. Emergencies are still being tended to, but a lot of things are getting 'reviewed' or 'continued' — basically a bunch of paperwork gets shuffled around but nothing changes. The heavy back log that most courts already deal with is only going to get worse. Adoptions that families have been counting down to for months, even years, have been postponed.

2. Visitation is suspended. For families separated during this time, I can only imagine how much scarier this situation is. Many caseworkers are trying to do digital visits for bio parents to 'see' their kids, but we all know it isn't the same. Siblings who are in different homes aren't able to connect the same way, despite video chats.



3. Home visits are digital. Caseworkers are calling foster parents on Skype, Zoom, Google Hangouts, and even Facebook messenger to check in. They watch us play, and I pan the camera around her bedroom so they can do their safety check through the screen.

4. We are getting a lot of mail. And email. Like, a lot. This policy has been changed; that new policy has been updated; the state has modified its recent recommendation; the CDC has asked that we remind you; the news reports you're hearing may recommend; we're now suggesting that...

5. (Hopefully) we are meeting our goal of keeping kids safe. While I won't pretend that foster care is an ideal situation for everyone, everyone seems to agree that the best thing for each individual and for society as a whole is to isolate for the time being. Talk to your kids about the realities we face, teach them good habits of health, and pray together for the countless people suffering under this awful plague.

So, stay with your own crew, wash your hands, and look for ways you can love each other and flourish in this strange and unprecedented moment in history.

— Kelley Rose Waller 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.

THE HOME FRONT

It's In Your Power To Keep The Power On. Here's How.

There is no good time for the power to go out. And since it's difficult to foresee the extent of a power outage, it is critical to know what matters most to you, your home or your business.

Here are some helpful questions to ask yourself prior to the next one:

- Do I need to keep the refrigerator and other appliances running?
- Will my property get cold or hot?
- Is there essential equipment that I require to stay on?
- Which devices need electricity for me to continue working from home?

Generators are in demand as rising temperatures bring storms, high winds, heavy rains, and power outages. During this time of year, people are thinking of safe, convenient, and unobtrusive ways of maintaining an uninterrupted power supply during an outage.

You can maintain control with the automatic support from a generator. Today's generators are just as safe as the electricity supplied by local utility companies and are installed outside with no odor

or harmful chemicals while in use. Additionally, there are options available for designing a solution to address your unique needs. You remain in control by choosing which items to power. It can be a select number of appliances or even running your entire home or business.

How does it work? Once you decide which appliances or systems are essential, you can determine the size and type of the generator needed for your unique situation. For example, a 20 kw generator can power an HVAC system or appliances that you rely on. A 40 kw generator can power all the systems and appliances in an entire 3,600 square foot property.

Our team of experts can explain the process and requirements, and help you select the right generator for your home and needs.



Remember that a generator installation should be performed by a licensed electrician. Along with helping you select the right emergency backup generator for your needs, we'll clearly explain the entire process – from laying the pad, to running the gas line, to hooking up the electricity. Give us a call at 615.567.1000!

— Lee Company – leecompany.com



The Refuge Center For Counseling: A Ministry Of Vision And Faith

I have the honor of representing a number of non-profit ministries and organizations in Tennessee and across the country. Recently, I had the privilege of serving as attorney for one in particular that impressed me with their commitment to rescuing those who are hurting, or who find themselves in a dark place. Their clients are people who surround us every day in the workplace, or in our churches and in the marketplace, who quietly experience paralyzing loneliness or despair, all the while feeling hopeless and reluctant to share with others about their pain. The name of this non-profit ministry is appropriately called The Refuge Center for Counseling. It was founded by Amy Alexander and Jennifer Gillett in 2005 in Franklin, Tennessee.

The name for the center was inspired by a passage in Isaiah which says, “It will be a shelter and shade from the heat of the day, and a refuge and a hiding place from the storm and the rain.” (Isaiah 4:6) Beyond being a place to receive affordable and professional counseling services, The Refuge Center has also become a place where people are able to find hope and healing from the storms of their daily lives.

The Center is in the midst of an exciting time of expansion as it looks ahead to relocating to a new counseling center on a 7-acre tract on Long Lane in Franklin, Tennessee. My introduction to The Refuge Center arose from its need for legal representation in the face of some early well-meaning, but misguided opposition to this new expansion from some who lived in the vicinity of this planned new development. Now that these hurdles are behind them, and the City has approved its relocation, the Center is poised to provide an even greater level of help to those in need in our community and beyond.

The Refuge Center for Counseling values systemic health, affordability, excellence, Christ-centered faith, education and hope.

HEALTHY LIVING

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Be Happy Be Healthy Be Whole *A monthly column on diet, exercise and my weight loss journey.*

A summer like no other.

2020 is certainly a year for the books, for a lot of unpleasant reasons but I am encouraged by one report I see, where half of us plan to continue our new-found habits and activities in life after lockdown — including online fitness classes, and walking more often. In the survey of adults, 43 percent feel they have “changed their ways for the better” and plan to continue with their improved behaviors even after restrictions are lifted.

The other side of the coin is those of us who have eaten our way through the “safer at home” time. The phrase “COVID 15” for the extra pounds we’ve put on. Or 20 or ... but let’s stay positive.

So whether exercise has been a part of your “new normal”, or it’s going to be – Keep at it. Movement and exercise is key to good health and weight loss.

Along with exercise, what we eat is also very important. According to a new study in the International Journal of Obesity - Eating two eggs for breakfast can increase weight loss by 65 percent. When combined with a reduced-calorie diet, eggs help people lose weight when compared to another breakfast



with a similar number of calories. People in the study who ate eggs for breakfast reduced their BMI by 61 percent more than a comparison group. They also reported having more energy.

Of course, another big help in weight loss is accountability and NOT going it alone! I attribute my weight loss success to Dr Lodge and the staff at Cool Springs MD. From nutrition counseling to personal trainers and more, you won’t have to go it alone with Cool Springs MD. Dr Lodge and his team 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.

— 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





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The Tagovailoas

Lean on Faith & Family



Taulia, Taylor, Galu, Diane, Taysia and Tua Tagovailoa pose for a family portrait.
Photo: Courtesy Tagovailoa Family

Tagovailoa rose to prominence when he entered the 2017 national championship game at halftime as a true freshman and rallied Alabama to defeat SEC foe Georgia 26-23 on a gutsy, now legendary 3rd-and-26 pass to Devonta Smith in overtime. Tagovailoa's celebrity shot through the stratosphere as he led the Crimson Tide to another national championship game the following season and smashed records--43 touchdowns in a single season, 87 career touchdowns--on his way to compiling a 22-2 overall record. Parents Galu and Diane Tagovailoa watched their son's ascension to the top of the sports world from the stands, proud of not just his success but also of the way he gave glory to God and credit to his family. "Every time, the biggest thing that helped me was my faith. Praying through the series kept me calm," Tua Tagovailoa said after his national championship-winning performance. "My poise comes from my faith. I just pray, asking God to let His will be done in me, and the rest will follow."

Faith and Family. The Tagovailoa bond is built on faith and family, and grew from the insistence Galu and Diane had in raising Tua and their other children Taulia, Taylor Ann, and Taysia in the strongly-spiritual American Samoa tradition. "Family and faith are everything," Galu (pronounced Na-loo) Tagovailoa said. "It's part of our Samoa culture. We're strongly taught back home that family is so important and how we stick together is everything."

Diane was born in Hawaii and Galu Tagovailoa was born in American Samoa--an unincorporated U.S. territory located approximately 2500 miles south of the Hawaiian islands--and moved to the state when he was five. The couple settled in Ewa Beach, a small city on the island of Oahu and raised their children amongst a large extended biological and church family.



Galu and Dinae Tagovailoa enjoy a moment with Taulia and Tua at the 2018 Heisman Trophy Ceremony where Tua finished runner-up.
Crimson Tide Photos, Kent Gidley

The community cheered Tua Tagovailoa on as he led Saint Louis High School in Honolulu to the 2016 state title and became the No. 1 dual-threat quarterback recruit in the class of 2017; it then followed closely his journey to select a college destination.

Intertwined in the Tagovailoa's family life is a reliance on religious values and church life. At Message of Peace Church in Ewa Beach, where Tua's aunt and uncle serve as pastors, the Tagovailoa family raised their children on the values of Christ. At home, the family continued that spiritual upbringing, gathering every afternoon for prayer services in their home. "At 6 o'clock, we get together. Every afternoon," Galu Tagovailoa said. "Our family gets together and prays. We rely on the Holy Spirit to guide us. And that's the same thing we do here in Alabama."

Tagovailoa said there's no option to not practice faith; it's integral to everything his family does. "Our faith comes from our upbringing," he said. "In Samoa, church is everything. Everyone goes to church and we are together teaching our children the importance of church and God. We've done everything we can to continue to carry on that

It's a simple fact. Tua Tagovailoa--the quarterback who rewrote the record books at the University of Alabama, endeared himself to sports fans around the world, and was selected fifth overall in the 2020 NFL Draft--is one of the greatest college players to ever play the game.



Prayer is an essential part of Tua Tagovailoa's life. Here he is joined by his family in prayer in the locker room at halftime after injuring his ankle in the second quarter against Tennessee in October.
Crimson Tide Photos, Kent Gidley

legacy with our children." With that faith comes an understanding, Tagovailoa said, that God can equip you with the values to get through any circumstances whether positive or negative. "Faith comes with a lot of important values," he said "Love, respect, being kind, but also being honest and upfront. It also means knowing that you can glorify God through everything."

That leaning on faith and family was on display throughout Tua's years at the University of Alabama, and continued just this April when he was drafted by the Miami Dolphins. "I think the motivation for me getting this far is my family. It's not just me out there. It's me carrying my family's name and everyone who's helped me be who I am today," he said at a press conference announcing that he'd forego his senior year to enter the draft. "I've heard my parents say many times that it takes a village to raise a child. When you get where you're going, don't forget to turn back around and help the next in line."

Coming to Alabama. Tua Tagovailoa had his pick of offers to play collegiate football, but said ultimately that Southern hospitality and Nick Saban's character were integral to his decision. As was a prophetic word given to him by a relative that he'd play football in Tuscaloosa. The faith-based decision led the entire Tagovailoa immediate family to relocate to Alabama, where they settled

in Alabaster and enrolled their younger children at Thompson High School. They also joined the Church of the Highlands, which Tua had discovered early in his move to Tuscaloosa and excitedly told his parents about.

Being close to their son was the only decision they felt comfortable making. “We love the Alabama people, we love it here, and it’s our home now,” Galu Tagovailoa said, noting that he has been uplifted and encouraged by the love extended toward Tua and his entire family. He takes that acceptance seriously, he said, and challenges everyone in his family to be real and true in their dealings with others—especially the Tide faithful. “We’re just regular people, and we don’t need to be lifted up because of what Tua’s doing. It shouldn’t change us, and it shouldn’t change what people think of us,” he said. “Fame won’t change the Tagovailoa family. We live in Christ, and are just so grateful for the platform so we can allow others to see what God has done for us.”



University of Alabama Athletics

Tua Tagovailoa left Alabama with the most career touchdowns in the history of the school, and now heads to the Miami Dolphins where he was selected as the Fifth Overall Pick in the NFL Draft.

The attention thrust on the family grew with every new success achieved by Tua—but then took a different turn, when a devastating injury took Tagovailoa out of the 2019 matchup against Mississippi State. The dislocated hip and posterior wall fracture sidelined him for the rest of the season and put into question his future at Alabama and in the NFL.

Looking to the Future. Galu Tagovailoa said that the injury and ensuing uncertainty was a challenge—but that his family looked to God’s guidance through it, as in every other situation. He recalled waiting for Tua to wake up from the surgery to repair his hip injury, wondering what his son’s attitude

and countenance would be. “When he woke up he asked me, ‘Are you all right? Is everything okay?’ He was worried about his mother,” he said. “He started laughing and singing. He had a positive attitude that he would continue to glorify God through everything.”

“With things like the injury, you want what’s best for your kid and your heart goes out to them,” he said. “But then you take a step back as parents and allow God to calm everything down and tell you, ‘That’s life. What are you going to do about it now?’” Tagovailoa said that experience reminded him that he can learn from his children. “It’s an uplifting feeling when you see those things in your kids. You learn a lot through them,” he said. “My wife cried, seeing him support us and support his team and brother and family. It was a beautiful thing.”

As Tua looks to his future in Miami, his father said that the message to his son is still the same—to honor God and use his reputation as a platform. “Tua knows he can’t let this fame and the things happening in his life change him and who he is as a Christian,” he said. “The most important thing is that now he has an even bigger platform for God. Look at the effect that he has. And we remind him about that, and also realize that we need to do the same thing. It goes both ways, and we have to be accountable to God as well.”

— Cheryl Wray is a freelance writer who covers sports for the Alabama Media Group. She is the coordinator of the Southern Christian Writers Conference.

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HEALTHY LIVING

Is Fasting Good for You?



Fasting, meaning going without food for a restricted amount of time, can seem somewhat overwhelming to the regular American diet of three meals a day and two snacks - on average. Somehow over the decades, we have been “fed” (pun intended) lies about our nutrition and our health is paying for it. Most of today’s diseases can be traced to the health of our gut and the staggering problem of obesity.

While this is entirely not an article about being

overweight, it would be impossible to explore fasting without including our diet. Fasting has been around for thousands of years. We know Jesus fasted along with other patriarchs in the Bible, many times to seek direction or clarity for their life. Along with clarity, fasting brings a host of other health benefits, like lowering blood pressure, curing Type 2 diabetes, improving early signs of Alzheimer’s and memory loss, improving inflammation, acid reflux, as well as losing weight, and many other compelling benefits.

There are many forms of fasting. Intermittent fasting is one of the most widespread ways to fast and perhaps one of the easiest ways to begin. A person will fast for an extended period of time and then eat in a shorter period. Individuals are either in a state of fasting or feeding at all times, regardless if they have purposely chosen to incorporate a lifestyle of fasting.

We fast while we sleep and upon waking, we consume our first meal – ‘breakfast’ – we break our fast. Intermittent fasting extends the fast that we began during our sleep and skips eating a meal or drinking a sugary drink first thing in the morning. One of the most popular time frames of Intermittent Fasting or IF is 16/8... meaning, fast for 16 hours (including the average of seven hours sleep) and feed within eight hours. Caution – this does not mean nonstop eating for eight hours – it is eating sensibly and healthy within this restricted time frame. Once the eight-hour window closes, the 16-hour fasting window begins. During the fasting timeframe, water, black coffee, and black or green tea are the only refreshment. Everything else is strictly prohibited. However, during the feeding window – nothing is prohibited.

Other recommended forms of fasting include a one day on – one day off, as well as extended days. The benefits of any form of fasting are undeniable and would be worth investigating to see if this would be a healthy alternative to the regular American diet. As with all health-related changes, it is recommended to seek the advice of a professional. For more information, I recommend the following books, *Delay Don’t Deny*, Gin Stephens and *Life in the Fasting Lane*, Jason Fung, MD, Eve Mayer and Megan Ramos.

Yes! Fasting is good for you!

— Rhonda Smart

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Cleaning Tips For Hoarders

While full-blown hoarders may be rare, all of us likely know someone who has a tendency to keep things that most people would throw away without a second thought. Having all that extra stuff lying around can make it hard to clean. With these tips, you can keep a cluttered house sanitary and help the hoarder in your life conquer their packrat tendencies.



How to Help a Hoarder

Up to 5 percent of people display clinical hoarding behavior. This can have harmful emotional, physical, financial, social, and even legal ramifications. True hoarding is rare, but many people have packrat tendencies that negatively affect their life.

If you're concerned about a loved one who has difficulty throwing things away, even if they have no value, follow these suggestions to help a hoarder improve the health and safety of their cluttered home.

- **Don't confiscate their possessions.** Removing clutter against your loved one's will doesn't fix the underlying issue. In fact, it could cause severe emotional distress, making your good intentions backfire. To prevent harming your loved one or threatening your relationship with them, refrain from taking anything from their home without permission.
- **Don't encourage the behavior.** You might not be able to force someone to stop hoarding, but make sure you don't enable it, either. For instance, if your friend compulsively collects antiques, don't invite them to go antiquing. Never offer to store hoarded belongings for a loved one, and if the hoarding individual lives with you, don't allow their possessions to overtake the house.
- **Praise any progress.** Years of hoarding can't be reversed in an afternoon. To make your loved one feel motivated to keep improving, celebrate small victories. Offer praise any time they throw something away or when they refrain from buying something new.
- **Help sort, but don't do it for them.** Volunteer to help your loved one go through their possessions to get the de-cluttering process started. If you and the person you care about feel daunted by the task, consider hiring a hoarding cleanup company. However, don't take any steps to intervene until the hoarding individual is ready and asks for help.
- **Get your loved one professional help.** Many different options are available for treating hoarding disorder. The International OCD Foundation has some valuable resources for helping your loved one get the therapy they need. Keep Your House Clean with Help from Molly Maid

While Molly Maid doesn't offer hoarding cleanup services, we can help maintain a clean, sanitary house once all the clutter has been removed. We can deep-clean your home one time, offer occasional cleaning help, or provide services on a recurring basis. Whatever you choose, trust our team to go above and beyond to keep your home clean and tidy.

Contact your local Molly Maid – 615-794-0200 or 615-603-3766, today to discuss a cleaning plan that's right for you.
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— Ashley Farrar



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What Causes Foundation Problems?

Most foundation issues come down to one thing: soil. For one or more reasons, the soil underneath your home can no longer bear its weight. This can happen due to excessive moisture, drought or the inadequate compaction of the fill soil placed there by the developer who built your home.

Another problem is contractors who mistakenly assume the soil they're building on is competent. This happens more often than you'd think because most residential developers don't employ geotechnical engineers to assess the soil prior to construction the way commercial developers do.



It's the soil.

Here's the real dirt on foundation problems. You might think your home rests on "solid ground." But, the ground beneath your home is actually made up of many different layers of soil, each with its own properties. Over time, these layers can wash out, soften as they are wetted or shrink as they dry out, causing your home's foundation to settle and crack.

Softening Soil

While sandy soils are generally immune to moisture issues, clay soils are not. As clay soil gets wet, it retains water and becomes very soft. This soft soil can be weak, causing the home to sink down into it. Think of it like stepping onto

a muddy field. Your foot "squishes" into the soil. When clay soil becomes wet and soft, your home's footing essentially does the same thing.

Soil Washout

During a heavy rainfall or a large snow melt, large amounts of water enter the soil surrounding your home. In rare cases, the speed and amount of water ingress can cause soil to wash away around or under your home, leaving empty space that cannot support the massive weight of your home and the structure above it. This can lead to part of your home's foundation cracking and settling as it sinks into these voids.

Soil Shrinkage

While too much rain can cause major problems, the lack of rain can cause its own issues. When dry periods extend for months or years, clay soil dries out and shrinks. As the amount of soil around your house shrinks, it creates an empty space for your home to settle into.

Poorly compacted fill soil

A common practice when developing neighborhoods involves removing soil from hilltops and placing it in valleys to create flat, buildable lots. When this fill soil is not well compacted, it can compress under the weight of the home, causing settlement. That means that entire neighborhoods can be prone to foundation settlement.

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Ascension Saint Thomas is fully prepared to care for patients

Ascension Saint Thomas is now fully prepared to provide all the care and procedures that patients might need — from elective procedures and surgeries to vaccinations, and from routine checkups to important health screenings. Hospitals, clinics and facilities are now open to deliver care — with the safety precautions to minimize exposure risks.

“We believe that compassionate care is safe care, and we’re committed to keeping patients safe when they’re receiving care,” said Tim Adams, President and CEO, Ascension Saint Thomas. “We’ve put strong safety precautions in place to protect both our patients and our caregivers.”

Balancing care with caution, Ascension Saint Thomas safety precautions include:

- Screening doctors, nurses and care teams before they enter a facility.
- Cleaning and sanitizing all areas extensively and more often.
- Designating separate emergency triage and care areas for patients with symptoms of COVID-19.
- Maintaining proper social distancing in waiting rooms.
- Continuing to wear appropriate personal protective equipment (PPE).

Emergencies are still happening. Avoiding care can make these conditions worse or recovery more difficult. Delaying care for chronic conditions, routine appointments and screenings could also impact a person’s long-term health.



Whether it’s rescheduling a delayed visit or scheduling care for a new health concern, overall health is too important to delay.

“Our doors have remained open to patients who have needed us urgently,” said Adams, “and we are now scheduling for all types of care. Regular follow-up visits, screenings, surgeries — whatever the need, we’re here for you.”

Ascension Saint Thomas has added more options for receiving care, including new ways to see doctors by phone or video, when it makes sense. It’s always best to discuss the right option for care with a doctor.

It has been a difficult time to take care of healthcare needs. Ascension Saint Thomas won’t stop working to keep our communities healthy while continuing to care for those who need us most.

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MIRACLE MOMENTS

Music Row Led to a Pulpit

The scene happens over and over again on a regular basis. Starry-eyed young men and women with hopes of making a career in the music business arrive in Nashville; most often with no job, little cash, and a heart full of dreams.

While they have probably heard it before, somehow it still does not sink in that over 1,000 guitar pickers are in Music City, USA. While pursuing their dreams, a reality check reminds them that a low-paying job usually is part of the picture. After all, it takes money to pay the bills.



Matthew Anderson was born and reared in Washington, North Carolina; began singing as a youngster in church, was part of a youth choir, and took voice lessons. While in college, he majored in music and voice.

With his formal education completed, he believed Nashville was truly calling his name. He recalled, "Somehow, I just thought it was my destiny although I had never been to Nashville, knew no one there, had no job waiting...but had a peace about the move".

Just 22 at the time, Matthew rented a 300 square foot apartment and began his search. Two-weeks later he landed a job with a recording studio. The only catch...it was a non-paying intern position. He asked himself, "Why did I come to Nashville?" A few months later, he was still asking.

Finally he landed a paying job; selling telephone systems, a far-stretch from the music business, but it paid the bills and allowed him to continue networking.

He joined the Nashville Choir, which sang regularly with the Nashville Symphony. Another member of the choir, Clay Faircloth was pastor of Shelby Avenue Baptist Church. Faircloth asked Matthew to join him as Music Director. A year later, Faircloth became pastor at Faith Baptist Church in Mt. Juliet. He wanted Matthew to be youth minister.

Matthew recalled, "I had never thought of myself as a youth minister. After all, I believed my calling was the music industry." When he arrived at Faith Baptist, his youth department consisted of only four students. Not to be discouraged, he literally rolled up his sleeves and helped the group grow spiritually and in numbers to 30 members.

"At that point, I knew without a doubt that God's plan for my life was to be a youth minister. It took 10 years for me to discover it", he remembers.

Today, he is the full-time ordained Youth Pastor at Barfield Baptist Church in Murfreesboro. Together with his wife and two young daughters, their home serves as a focal point for the youth of Barfield to gather, share stories of faith and fellowship in what they call "hang time". The youth do mission trips, volunteer for community projects, encourage each other to grow in knowledge of The Lord and to take on leadership roles with their faith.

Matthew fills the pulpit when needed...and shares his voice and musical talents to lift up The Lord to the congregation. Music has truly been his platform (road) to serve and honor The Lord.

— Ralph E. Vaughn

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Your Comeback

Do you remember having a favorite band or artist that you were so crazy about that you had every record they ever made? Your wallpaper was had become quite creatively covered by every poster, picture, fan club freebies, well, after all you and only you were their biggest fan! Some of us (ok, here comes the truth after all these years) were even crowned with the responsibility of the title of "Fan Club President!"

Several years pass, your band that had number one hits as numerous as the stars seem to disappear mysteriously from the face of the earth! Huh, well ok, and you don't give it another thought.

And then some thirty years later, still married, soon your kids are about to graduate, house is almost paid off, you've moved on. As you are driving down the road with the radio on, the D.J. gives an update that shocks you senseless! The So and So's have just released their first album in twenty years! Hot off the press, the media gets wind of this tip, and the release of this news spreads like California wildfires that within minutes has burst into flames out of control!

What does this have to do with YOUR life?

You see, that is what happens when you make a comeback. Maybe you once had a God-sized dream. Because it scared you, it WAS BIG ENOUGH. Then life happened. Even still, you stood on the promises of God. All the years, etc. have taken a little toll on you, and it still hasn't come into fruition. You might even question why you were a fool to have such a dream. Perhaps you might even dare to believe that was a sick joke and a major setback, after all the proof is in the dream!

Well let me deliver some surprising good news. Dear friend that God-Sized dream that you might have given up on, Behold! Change Your Mindset! Instead, you better start praising Him for all His miracle work behind the curtain, because you are royalty of the King, and He delights in setting up "Your Comeback!"

Just remember this: If you think that all your dreams or visions are long gone, look at things from the angle that usually when a series of



challenging events have taken place in your life, that means Mr. Devil is working major overtime to steal your joy! He does not want you happy! He does not want you to even crack a smile! But God governs the outcome! You are on the brink of something that is about to happen to you that makes the dreams you once believed equivalent to a tiny pebble.

It's His timing and He's ready for YOUR COMEBACK.

He delights in your dreams because you included your Lord into them! "Delight yourself in the Lord, and He will give you the desires of your heart." - Psalm 37:4 (NSV) God Bless You. Amen!

— Tammy Merritt currently resides in Columbia, Tenn. She truly delights in writing and speaking for Jesus Christ.

BODY & SOUL

The Three Approaches To Your Health

We know that most people want to live a healthy lifestyle. But living a healthy lifestyle consistently is one of the hardest challenges that we can come up against in our health. Many people have the wrong perspective and approach to living a healthy lifestyle. The truth is, living a healthy lifestyle starts in the heart and mind.

In Mark 4:13-20, Jesus gives the explanation of the parable of the sower to his disciples. He explains that the seed is the Word and the three types of responses we humans can have as the Word hits the soil of our hearts. For some, the Word or seed lands on the soil, but sin chokes it out. Some receive it, but they don't have roots and a foundation, so they only endure for a short time.

But there are some, who when they hear the Word accept it and bear much fruit! Not just in the short term, but in the long run. You might be thinking "What does this have to do with my health?" It is actually amazing how this biblical principle can apply to so much more than just hearing the Word of God. It can be applied to our health.

There are usually 3 main approaches to personal health:

1. Someone who doesn't really care about their health.

2. Someone who is able to do a health craze for a short time, but can't endure for the long haul (fad diets, cycles of losing weight and gaining it back).

3. Someone who makes the changes they need to make in a balanced way and is able to sustain a balanced, healthy lifestyle for all their life. They get results and sustain them.

Do you see how these 3 people line up with the parable? **The first person** hears about how they need to take care of themselves but never makes any changes at all. It might even be affecting others in their life, but they still never do anything about it.

The second person knows the importance of health. But they try all the new extreme diets for all the wrong reasons. They're never able to sustain their progress because they never had a solid foundation of healthy practices to sustain them. They might last for a short time, but they always fall back into their old ways of doing things.

But **the third person**, they make habits that will last. They see the importance of health and decide to do it for the right reasons. They make small



changes every day that are sustainable and allow their roots to go down deep. Hard times come

and they are able to lean on the solid foundation they have built-in their health. They enjoy life and live in a balance while helping others to do the same.

Can you see how this parable not only relates to spiritual things, but to every aspect of life as well? Spiritual, mental, emotional, physical. They are all intertwined. Ask yourself, "What person am I today, and what person do I want to be?" Hopefully your answer is #3. If it's not, start building a solid foundation in your health by making small changes every day and building healthy habits that will last.

Be encouraged today! You were created to be healthy! You can build a foundation that lasts. Check out our website for free resources about how to practically live a healthy lifestyle.

— Ashton Tate is the owner of Glory to Glory Fitness in Franklin, Tenn. His passion is helping people live a healthy lifestyle by applying biblical principles to health. Ashton@glorytogloryfitness.com

THE SINGLE LIFE

Dad and Step Dad – Are You at War or Working Together?

Why are there many bio dads and step dads that feel they need to “out do” each other and not work as a team? Why do kids sometimes feel they cannot love both the men in their life?

Kids struggle with loyalty binds and competing attachments, meaning that sometimes they don't feel comfortable between the two men who matter most to them. Quite often bio dads get intimidated by a “new guy” in their child's life and new step dads sometimes only see the negative about the bio dad.

From a child's viewpoint, if the war between adults continues throughout their childhood it has the potential to put them at risk for future negative outcomes. Kids who live in high conflict divided families are more likely to struggle with their education, relationships and future families.

What can the “Dad team” do to protect the children they both love?

- Protect the shared children from any negative conversations between each other
- Intentionally speak positive about the other dad to the kids
- Advocate for the children to love the other dad and enjoy their time with him
- Invite the other dad into the conversation when it comes to children, it's not a competition
- Support the expectations and boundaries of the other dad – never undermine their authority



- Even if you have different parenting expectations, verbally back each other to the kids

The old saying goes, “When two elephants fight, it's the grass that suffers.” We don't want to trample the grass” (Ron Deal). Kids need freedom and emotional permission to like and love each of you. If not, the kids will live with anxiety and stress and feel pulled between those that love them.

Co-parenting from a positive place can only come as a voluntary decision. Many times the other dad never gets on board to fully support and embrace the existing team; however, even one dad can make a positive impact with the mindset of healthy co-parenting. Taking the high road and trying something new and positive can positively impact the shared children. This Father's Day allow kids to celebrate both their bio father and their step father – it's not a competition, kids of divided families have the capacity to love their natural father AND their stepfather and they need the FREEDOM to do so 365 days a year!

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



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HOMETOWN HERO

Giving a Voice To Children in the Foster Care System

Cara Finger, the founder and chief bag giver of the non-profit organization My Bag My Story, is bringing great awareness and care to children in the foster care system. Having been adopted herself, she developed a special love of volunteering for children through the encouragement of her parents. Originally from Texas, Cara has lived all over the United States where she was able to leave her mark by finding ways to help many organizations that support children in need.

Currently, Cara resides in Nashville, Tennessee where she and her husband, Christian, are raising three teenagers, two of whom are adopted. Her youngest son, Christian, was adopted from Russia, while her middle child, Corrinne, was adopted from China. Cara's oldest, Caroline, is currently finishing her first year at Samford University. Even before adopting her family, Cara felt that she wanted to take the initiative and be a resounding voice for children in the foster care system. In 2016, she and her husband made the generous decision to continue giving back to children in the foster care system by applying to be foster parents. Since then, her family has cared for three children in the foster care system and provided them with bags to carry their belongings from My Bag My Story.

Volunteering is an act that Cara says has been "embedded in her DNA." She's been encouraged and taught to give back to others throughout her entire life which she credits to her parents. Cara has volunteered all over the United States and has a passion for caring for children specifically. When she was just six years old, her mother took her to volunteer at the Buckner's Children's Home in Lubbock, Texas. She vividly remembers the joy in a child's eyes when receiving a new pair of shoes. Since then, Cara believes those lessons and experiences have led her to contribute to society in her own way, one of those being, My Bag My Story.

Created in 2016, her non-profit organization works to provide bags for children in the foster care system. Cara's inspiration for this self-run non-profit started when foster children would come to her home with nothing but a trash bag to hold their personal belongings. Noticing that this was unusual,



Cara took the initiative to have bags made to give to children. She says that she chose backpacks because they "give the child self-respect and dignity," something to hold on to, even when they were moving from house to house.

Cara Finger is working in a number of ways to be a voice to the children in the foster care system, and her valiant efforts are creating change day by day. Cara says, "We can't make all the difference, but we can make a difference" and she encourages everyone to do their part and serve however they can. Cara is named Nashville's Volunteer of the Month for her magnanimous 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 DoingGood.tv.



— Emma dela Pena

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

TEACHABLE MOMENTS

Investing In Others

We invest in many things: a house, a car, clothing, hobbies, vacations. But how much do we invest in the lives of other people? Investment means taking something we have and utilizing it to assist some other person or entity with an expectation of a return on the investment.. What we have is time, talent, money and opportunity. The return we anticipate is a positive event in the life of the person or event in which we have invested.

Probably the most often used excuse for not investing in others is that we are too busy. Yet when we look at volunteer activities in the church and the community, we find many very busy people. Busy people get a lot done by planning their time and setting priorities among their obligations and their opportunities to serve others. Busy people take care of their families including their extended family, have

time for friends and relaxation, take care of their health, are active in their church and still have time for others.

When we say we are too busy, what is it that we are so busy doing? Is the real reason that we are busy focusing on things for ourselves? Or could it be that we are afraid if we offer to help, we could be rejected? Or maybe if we offer to help others, we won't know how to do what is needed or that it will cost us some money? It could be that we are concerned about the time that helping others will take away from our leisure time and we aren't willing to part with that luxury.

Those who find the time, the talent, the money or the opportunity tend to find that investing in others is very rewarding. There might not be a thank you for every thing that we do, but people

generally appreciate what is done for them. Investing time with a group at a local elementary school will have the reward in the children's eyes as you assist them with a story or helping them solve a math problem or how to write a sentence. There might even be a few hugs. Helping seniors who need meals brought to them is rewarding when you see their situation and how the meal is essential to their well-being. Most volunteer work does not require any expenditure of money but it does require some time. It can be scheduled to fit your time requirements.

Even if we think we are too busy and the rewards of helping others are not important to us, as Christians we are told to love one another (John 13:34). If we love one another, we will want to invest time, energy and money in helping others. What might you do to show love for others by investing in them this week?

— Kenneth Oosting, Ph D

KIDS KORNER

Sin Crusher

Bible Truth

Sin stands between you and God obstructing a critical relationship.

WHAT THE BIBLE SAYS

1 John 1:9

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

HANDS-ON EXPERIMENT

Can Crusher

INGREDIENTS

Empty Soda Can
Hot Plate
Bowl
Water
Ice
Tongs



INSTRUCTIONS

STEP 1: Fill the bowl with ice and water.

STEP 2: Place one table-spoon of water into the empty soda can. Turn on the hot plate, to high, and place the soda can on the hot plate.

STEP 3: Wait a few minutes for water vapor to appear above the can.

STEP 4: Using the tongs, grasp the sides of the soda can, quickly flip the soda can, and dip it immediately into the cold water. Make observations and explain how this process is similar to how the sunlight on Earth's surface creates weather.

EXPLANATION

When the soda can is turned upside down and submerged into the cold water, the water vapor inside the soda can is cooled and condenses. This decreases the air pressure on the inside of the soda can, causing the higher pressure on the outside of the soda can to crush the soda can.

BIBLE CONNECTION

Be the higher pressure that crushes sin, so you and God can develop a personal relationship.

— Jason Lindsey - STEM Certified Educator,
Science Multimedia Journalist, and Meteorologist
EMAIL: jlindsey@hookedonscience.org
WEBSITE: www.hookedonscience.org





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High Moral Character and Diversity

I was recently watching a television show with my eight-year-old grandchild. At one point in the show, the performers dressed in skeletal costumes. The child pointed out this fact to me saying, “Gramps, don’t those costumes look real?” I quickly replied, “Is that skeleton their costume or did they take off their real costume and they are showing us what they really look like?” I went on to tell him, “You see, everyone is really the same, no matter what they look like on the outside, we all have the exact same bones and muscles on the inside.” He thought for a second then said, “Wow, so everyone is wearing a costume all the time.” I replied, “Yep, that is what I believe.”

I was blessed to have grown up in a little town, seventy miles southwest of New Orleans, Louisiana. We are no stranger to costumes in South Louisiana. On top of that, I grew up in a little town of twenty-five hundred people; we attended the same schools, played the same sports and our parents knew one another. Still, we did not always get along or see eye to eye on every issue but on most of the important ones, we were in sync with one another.

I believe, that like in all matters, we can take things too far; making the cure worse than the illness. The same can be said for our handling of the subject of diversity. We are all one people; created by God. It should not matter if we are white, red or black, short or tall, American or French or male or female. Our interactions should be based on what matters most; the moral character of the person and which side of the line they stand on when it comes down to the truth. If someone’s character is weak or if their actions go against what is right and true, the way others interact with them could be construed as bigoted or racist; even if it has nothing to do with the color of their skin, the language they speak or the person they have sex with.

In today’s society, our uber-obsessiveness toward political correctness has restricted us from questioning the character of those we have dealing with



under the guise of avoiding a preconceived prejudice yet this is critical to getting to the heart of the trust factor. Are we so thin skinned that we can no longer take honest criticism of our character? I hope

not but we must first be sure we can stand the personal scrutiny our self. If any of our individual biases take precedence our process of developing our liking or trusting of someone; it might be showing signs of prejudice and thus need to seek assistance as to why this is.

We should never lose focus on those things that offer opportunities to bring us closer together. Look around during this pandemic. Everyone is wearing masks, a costume. People go out of their way to find a mask that has an unique look. Some are more colorful, look like an animal’s face or has various messages emblazed across them. Those unique characteristics don’t change what the mask is made to do, protect the wearer, but it does change the way the viewer sees the wearer. Universally, we like to be viewed as unique yet we want to be recognized as one of many when it suits us. This is the stumbling block that hinders our common embrace of diversity. I pray, as Dr. Martin Luther King did, that one day we will all grasp that it is not the color of our skin that matters but instead the character we hold in our hearts.

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, Vice President of Business Development for
The American College of Financial Services
Author of “The Bloodline of Wisdom, The Awakening of a Modern Solutionary”

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.

JUNE 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

June 21
Fathers Day

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.

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