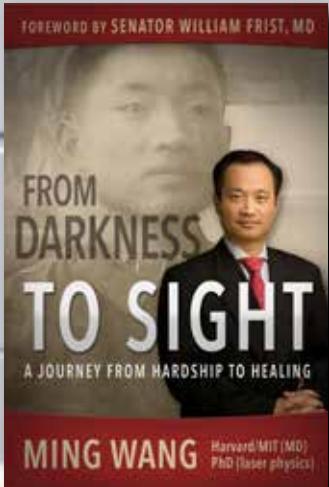


July 2018

COMPLIMENTARY

NASHVILLE

CHRISTIAN FAMILY®

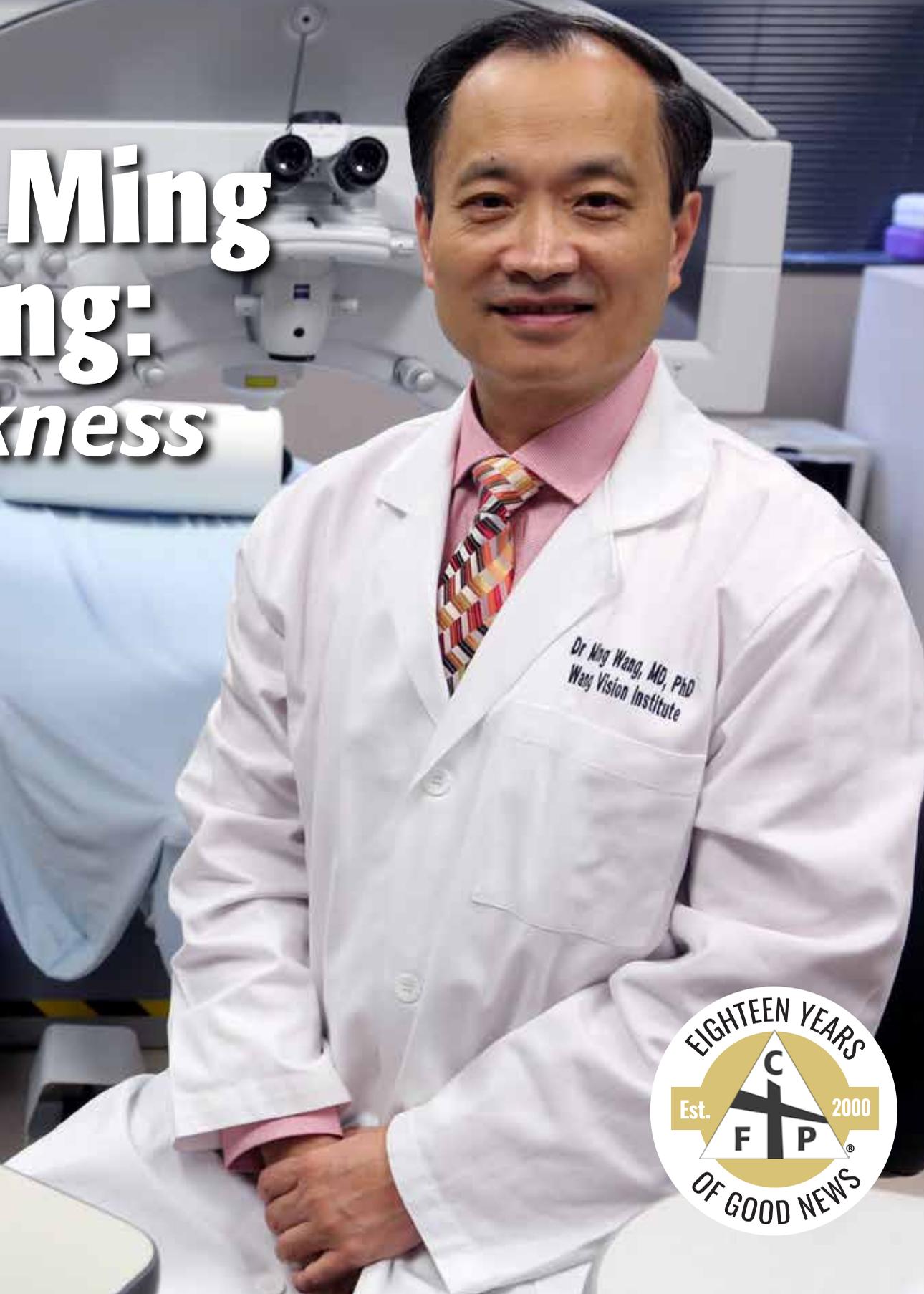


Dr. Ming Wang:

From Darkness to Sight

Finding Peace

Money Matters





SURROUNDED

A NIGHT TO WORSHIP, PRAY, AND BE AWAKENED

MICHAEL W SMITH

WITH FRIENDS, LOCAL PASTORS, AND LEADERS

BRIDGESTONE ARENA

AUGUST 30, 2018 | 7:00P START

FREE EVENT

PRESENTED BY

TBN

TO LEARN MORE VISIT
SURROUNDEDEVENT.COM



NASHVILLE CHRISTIAN FAMILY®

Publisher: Robert Stringfellow • 615-815-8765

publisher@christianfamilynashville.com

Editor: Raymonda Jagers

Contributing Writers:

Bruce Ashford, Ph D

Emily Bonomo

Ben Davis

Brenda Delgado

Ben Graham

Dr. Jack Graham

Doug Griffin

Brittney Griffy

Gina Hill

Darlene A. Kemp, MPH, MBA-

HCM

Jason Lindsey

Frank Odrobina

Kenneth Oosting, Ph D

Meg Provenzale

Regina Prude

Dave Ramsey

Susan Reinfeldt

Mark Simpson

Michelle Teague

Kelley Rose Waller

Production and Art Direction: Wendy Satterwhite

Website Development, Digital Marketing & SEO Services:

The 5by5 Agency

Printer: Franklin Web Printing

Sales & Marketing: Brenda Delgado, Marketing Specialist and Robert Stringfellow

Cover: Courtesy of Dr. Ming Wang

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

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

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

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

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

celebrating 18 years of Good News!

Visit www.ChristianFamilyNashville.com



OUR MISSION



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

FROM THE PUBLISHER

As we celebrate the birth of our nation 240 years ago, please take time away from the cookout, fireworks and other festivities to spend a few minutes discussing with your family about the formation of our country and how the men who authored our freedom through the Declaration of Independence, did so with the guidance and blessing of God, not knowing the outcome but by faith and trust in the Lord.

There was no doubt in their minds that they were being led in their efforts by Divine power from the Lord to establish a land where people could freely, openly and without fear of retaliation, exercise their Christian faith and belief in God.

We are One Nation Under God, may He continue to bless the United States of America.



Publisher, 615-815-8765

publisher@christianfamilynashville.com

July 2018

DEPARTMENTS

3 From the Publisher

5 Mission Makers

Thanks For Your Whole-Hearted Support!

6 Parent With Purpose

The Beauty of Surroundings

6 Faith Under Fire

The Pit Angel

11 Money Matters

I Wish I Had Known This Sooner

11 Healthy Living

Swimming Up Stream

12 Christian Soldier

A Veteran Helps To Improve Other Veteran's Lives

14 Body & Soul

How To Find Peace When You're Feeling Under Pressure

19 An Encouraging Word

- Time Alone With Him
- No Regret Zone

21 The Home Front

Sinking Concrete?

22 Faith At Work

Sometimes We Need Deep Prayer.... But How?

22 Kids Korner

Spiritual Buoyancy

23 City Scene

Fun For All!

24 Hometown Hero

Faith Through Volunteer Work

24 Mighty Women

The Final Frontier

25 God's Plan For Salvation

26 Senior Scene

Why Should I Buy Long Term Care?

27 Teachable Moments

God's Plan For Service – Achieving Excellence

27 Money Matters

- Teach Them While They're Young
- Controlling Your Cash

28 Christian Humor

30 Calendar

30 About Our Advertisers



ON THE COVER 14

Christian, long-time Nashvillian, philanthropist and world-renowned surgeon Dr. Ming Wang well remembers what it's like to suffer and have no hope. See page 16.

14 Finding Peace

11, 27 Money Matters

SPECIAL FEATURE

8 Samson Movie Review

NEXT ISSUE



**SEC Nation's
Lauren Sissler
& MUCH MORE!**

NASHVILLE

CHRISTIAN FAMILY

available online!

You're favorite place on the web for
Christian content about

**Family, Parenting, Social Issues,
Healthy Living and Much More!**
ChristianFamilyNashville.com

CONTENTS

VOLUME 9, NUMBER 9



5



14, 19



24

MISSION MAKERS

Thanks for Your Whole-Hearted Support!

Lee Company employees make a difference throughout the communities we serve, through the professional work we do and the public service we perform. One of the non-profit organizations we work with every year is the American Heart Association (AHA). Lee Company is a proud sponsor of AHA Heart Walks in Greater Nashville, Rutherford County, Bowling Green/Warren County and North Alabama.

Sarah Joynt, Sr. Heart Walk Director, says the Heart Walk in Greater Nashville is the organization's largest signature event, allowing the AHA to "celebrate with almost 10,000 Middle Tennesseans the work that our organization is doing to build healthier lives free of cardiovascular diseases and stroke, while educating participants that cardiovascular diseases are our number one killer worldwide."

"Our goal to reduce deaths and improve the overall cardiovascular health of Americans is propelled by the generous and unwavering support from the community, corporate partners and policy makers," Sarah says. "We are advancing toward our \$2 million Heart Walk goal and are thrilled to have Lee Company's support both financially and through employee participation."

Debbie Stinson, a Lee Company employee, recently shared that she lost both of her parents to heart disease. "Life is so short and to lose both my parents to the same disease was very hard. Knowing the American Heart Association is actively educating people and raising awareness though makes me a big supporter of the work they are doing."

The American Heart Association's tagline and the driving force behind their mission is, "life is why." For Christine Bradley, another Lee Company employee, her dad is why. "I started walking after my dad had several strokes. It's a way for us to honor friends and family members who have also been affected, especially those of us who may not live close to one another."

Along with the all-important goal of helping the American Heart Association, the Heart Walks also provide a fun venue for meeting and mingling with friends and neighbors, while coming together for a cause. Walking and talking is a great way to maximize relationships, while giving back to the community!



We appreciate the support of so many people each year: from the walkers to the people who make these events possible. The stories we hear from the people who approach us make it so worthwhile, some of them children, who remind you of their amazing strength despite their size. You never know who you'll meet at these events or who you may develop a personal connection with. Giving back to our wonderful communities is at the heart of what we do, and these walks are a big part of how we do it.

If you'd like more information on heart health, visit the American Heart Association website at heart.org.

— Emily Bonomo, Marketing Coordinator
Lee Company
www.leecompany.com

Long Term Care Insurance

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



Ben Davis, CSA

Director of Outreach

615-584-4946 cell

615-617-9953 office

ben.davis@selectpointe.com

*"Get the answers
to questions you
don't even know to ask."*



Premiums may be tax deductible - check with your Accountant/Tax Preparer for eligibility

The Beauty of Surroundings

In such a fast pace world it is hard to 'be still.' Taking a few moments to appreciate all the details that surround us. Sharing pictures of gorgeous scenery on social media has become the only enjoyment some get from God's amazing creation. We spend time looking at pictures from all over the world by scrolling social medias on our phones. What if we could get our children to sit on the porch and just take in the view around them or go camping to see how beautiful and complex nature is. Get them outside without the phones and filters. Until our children learn that pictures and filters can not do justice to God's eye they can't appreciate the reality.

Looking out the car window provides ample opportunity to see beauty around us but that is lost to all digital entertainment. If you were to take your child 2 miles from your home and drop them off. Could they get home? Could your child give directions if a friend's parent had to give him or her a ride home?

Imagine when they start driving. The younger generations have not been paying attention for the past 15 years to direction, courtesy, right of way, or anything else. When kids get their permits now they expect to hop in the driver's seat and be able to go. We learn so much through observation, things that aren't in the manual or a quick class. Those years of observing how to operate the car as well as how to show respect on the road are missed if teens

have been on a phone every time they were in a vehicle.

We use to laugh about giving directions in the South, we used landmarks. Maybe not your typical landmarks but turn at so-and-so's barn, past the tree that forks, before you get to Ginny's, and so on. Int town It may have sounded more like turn at the bank, pass the church, at the T intersection. Now all of these landmark directions sound like old sayings.

Kids no longer know how to get across town without GPS, guess where the GPS is... on the phone. This generation is still not looking out the windshield to familiarize themselves, they are staring down at their phone to see where the next turn is or if the app is reporting a cop ahead.

It is no secret our society is becoming more and more dependent on technology, it is a very vicious cycle. We see landscapes through the lens of a camera and a social media filter and direction comes through a map on our phones.

We say so busy we have task to complete and chores to get done. Those beautiful fields of crops are a tremendous amount of work to the farmer, that perfectly manicured lawn down the road is time consuming to the home owner.

— Brittney Griffy, Clarksville, Tenn.

FAITH UNDER FIRE

The Pit Angel

I have often wanted God to rescue me from certain pits. I don't like being "in the pits", emotionally or otherwise! Still, I have to have some time in the pit because that is where the Lord's powerful, rescuing angel is. (Dan. 6:22) Sure, the pit was there, lions and all: it was there before Daniel got there and it was still there when he left. He could have been helped by God to avoid it, yet he had to experience it to get the help! I want the Holy Spirit, the Helper, to come; but do I need help? I want the Comforter, but have I built myself such a cushion, such a complete comfort zone that I have made the Comforter unnecessary? I wonder if this is a reason why there is so little moving of God's Spirit in our churches today. We have toiled and strained in such a way that we can say, "I guess we really don't need You."

God did not rescue Daniel from the lion's pit; He delivered Daniel while he was in the pit.

I also have learned that I am in the pit for the sake of others. Others? What do they have to do with it? A confession came forth from King Darius that would never have happened—an amazing experience in God would never have revealed to him—unless Daniel had gone for a season into that pit. "I make a decree that in all the dominion of my kingdom, men are to fear and tremble before the God of Daniel; for He is the living God,

and enduring forever." (Dan. 6:26) An idolater was converted, and then impacted his whole kingdom, because of that pit. Paul and Silas had to get into the Philippian jail pit so that the whole family of the jailer could get saved. They found a song in the pit—not just an earthquake producing angel. "You will have a song in the night." (Isai. 30:29) In Peter's jail, he found a lock-picking angel that got him out. Remember: these servants of God found the angel, the help, in the pit.

One of the most amazing transformations and conversions in the Bible is the experience of Nebuchadnezzar, who started getting worked on by the Spirit of God due to the fiery furnace pit that Daniel's three friends passed through.

The pit is a proving ground that helps you and me graduate to the next level of fruitfulness! You might not be free from the presence of the pit but you can be free from the power of the lions. (Dan. 6:27) The key to being free is to be innocent, to be obedient, through the process. Dan. 6:22 says, "I was found innocent in His sight, and towards you, O King, I have committed no crime." If you scream and yell and abuse others, or abuse yourself by trying to escape with drugs or alcohol, or if



there is a legitimate reason that you are in the pit due to your own wrongdoing, nothing will change until you make it right.

Actually the pit was not that bad. When the experience was over, "no injury whatever was found on him, because he had trusted in his God." (Dan. 6:23) God is given the opportunity to prove Himself faithful to you, and you are given the opportunity to show yourself faithful to Him.

Are you in a pit that God led you into and put you in? There is a powerful angel messenger already there or on the way, and something amazing is going to happen if you maintain your innocence and obedience to Him.

— Mark Simpson and his wife Lois attend Joy Church in Mount Juliet



VETERANS COMMUNITY PROJECT

ABOUT VCP

Veterans Community Project (VCP) is a 501(c)(3) Missouri nonprofit corporation founded by Kansas City Veterans who were frustrated by rampant homelessness throughout the Veteran community. VCP is on a mission to eliminate Veteran homelessness by providing transitional-housing and enabling access to exceptional 360-degree service solutions. Through contributions and partnerships, VCP is creating communities of tiny-homes and onsite services to provide housing stability and address the underlying cause of the Veteran's homelessness. This combination of housing stability and onsite services will lead to more successful permanent housing outcomes.

“ VCP IS DETERMINED TO FULFILL THE UNMET NEEDS OF HOMELESS VETERANS, BY THE COMMUNITY FOR THE COMMUNITY. ”



LIFE

- Independent Living Skills
- Gardening Classes
- Cooking Classes
- Car/Home Repair
- Clothing, Food, Furniture

MENTAL/ PHYSICAL

- Counseling / Mental Health
- Substance Abuse Treatment
- Disability Claim Assistance
- Dental / Medical

LEGAL & ADVOCACY

- Legal Services
- General Veteran Advocacy
- Case Management
- Outreach Services

OTHER SERVICES

- Bus Pass Program
- Resume Workshops
- Employment Counseling
- Veterinary Services

Veterans Villages are transitional housing communities with onsite wraparound social services. Homes range from 240 to 320 square feet and are built on concrete foundations that meet all local city code requirements. All homes connect to city sewer, water and electric services.

DONATIONS & FUNDING

VCP is made possible through public-private partnerships, individual, and corporate contributions. Join us in ending Veteran homelessness.

8900 Troost Ave, KCMO, 64131
816.599.6503
veteranscommunityproject.org
info@vcp-kc.org

Movie Review: **SAMSON**

Nearly 70 years after Cecil B. DeMille release his Academy Award-nominated film, *Samson & Delilah*, directors Bruce Macdonald and Gabriel Sabbloff have reimagined the biblical epic for the big screen. Critics may say the story of Samson doesn't need a follow-up, but having previewed the new PG-13 film (released Feb. 2018 and now available on DVD, Blu-Ray & Digital) the cast broadens the material and deepens the message in enchanting and exciting ways.

English actor, Taylor James (*Mamma Mia*, *Christmas Eve*, and *Justice League*) stars as the youthful lad, chosen by God to lead his people, the Israelites, out of enslavement by the Philistines. Unfortunately, Samson's immaturity and pride put him in conflict with this directive.

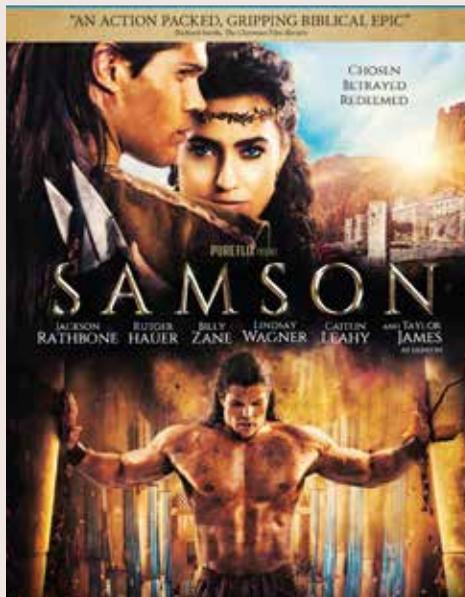
His supernatural strength is often no match for his impulsiveness and poor decision-making. The result is a life riddled with violence, sexuality, and betrayal. That is until Samson grasps the value of the gift God has bestowed on him.

Filmed in South Africa, the movie opens with stunning landscape vistas, lush with possibility, but inhabited with strife and slavery – perhaps a close metaphor to Samson's life.

After Samson's youthful ambition leads to a tragic marriage, his reckless attempts at revenge steer him away from his God-given mission into direct conflict with the Philistine army. He emotionally falls for a Philistine seductress who eventually betrays him. The betrayal comes in the form of cutting Samson's hair, which, in a vow to God, he promised never to cut. Chopping his hair would reduce his superhuman strength and indeed, it did.

The movie's spectacular climax may be a bit overextended but the underlying message is profound. Samson's heart was as vast as his strength. He needed only to use it to glorify God. The tale concludes with Samson asking Christ for forgiveness and the Lord heard his plea. The Philistine palace falls at the hands of Samson and God is indeed glorified.

We've most likely all heard the story in Sunday



school of Samson, his hair and his strength, but there is something about seeing the tale come to life on screen that elevates the message. When asked what compelled James to take on the iconic role of Samson, he replied, "My role in the film allowed me the opportunity to tell a story with a

rich thematic emotional, physical, and spiritual structure. Samson lived in turmoil between the life handed to him and the life he thought he wanted to live."

James noted, "William Shakespeare once said, some are born great, some achieve greatness and some have greatness thrust upon them. In my mind, to achieve greatness, responsibility, and accountability are paramount. When I am struck by laziness, lack of passion or self belief, when there are no external voices to motivate me and the inner voice has reduced to nothing but a whisper, the hesitation to complete the task in hand may seem insurmountable. It's in that moment that I remember that with great sacrifice comes great reward and to inspire others I need to look to those "greats" who have inspired me."

Caitlin Leahy, (*God's Not Dead: A Light in the Darkness*, *Black-ish*, and *Grace and Frankie*) plays Delilah, the

sort of villain you hope to despise but end up embracing. Under harsh treatment from her husband, Prince Rallah, Delilah is ordered to take Samson down. It is only after spending time with him and seeing his God at work, that Delilah has a change of heart.

Delilah is a multidimensional character. As Leahy explains, "She is given the task to find the secret to Samson's strength and in doing so she finds his heart. She is caught between love and betrayal."

Samson, a Pure Flix film, was filmed in the stunning landscape of South Africa.

Playing Delilah was a stretch for the Midwestern-born actress, but she embraced the challenge. "If I could tell Delilah on thing, it would be to open your heart to kindness and compassion. Lead with love." Leahy certainly gives a powerhouse performance of young, conflicted love.

While we are aware of the story's main plot, we can't overlook the subplots that are rich with life lessons. Samson's parents, portrayed by Rutger Hauer and Lindsey Wagner, show viewers the intense struggle that ensues when parents attempt to guide children in the way they should go, but their children don't listen. Samson's parents, aware of his calling by God, try to steer him toward that which is noble and good, but Samson in all his immaturity can't be guided. What parallels we can find in society today!

Another subplot is the relationship between the Philistine King (William George Zane, Jr.) and his devious son, Rallah (Jackson Rathbone). The stark contrast between a leader who rules with wisdom and a ruler who leads with fear is poignant. Rallah is suspicious of everyone and intimidated by others, which in turn leads him to force his hand at every juncture and eliminate those who stand in his way. His father, King Balek, has a more stable and governed approach to leadership. We could all take note of this nuance.

Some would call the film barbaric and overstated. War scenes tend to last too long but they are counterbalanced by touching moments that never lose the thread of the story. In truth, the film is rich in meaning, candy for the eye, and medicine for the soul.

— Susan Reinfeldt is the owner of *The Write Word*, a marketing and public relations business designed to help small businesses and nonprofit agencies secure a strong presence in the marketplace



Taylor James
Instagram: @TaylorActionJames
Photo credit: Ksenia Kucheryavaya



Caitlin Leahy
Instagram: @CaitlinLeahy
Photo credit: Ksenia Kucheryavaya



COOL SPRINGS MD

life management medicine



TAKE BACK YOUR LIFE!



Our Story at Cool Springs MD is simple – We are Doctors, Nurse Practitioners, Registered Nurses and counselors who understand the emotional and physical needs of our patients and believe every person deserves to live a happy, healthy and prosperous life. Whether you are struggling emotionally with your weight, possible hormone imbalances, or simply interested in your general wellness.

LIFE MANAGEMENT MEDICINE BEGINS WITH US AND ENDS WITH YOU.

CALL FOR YOUR FREE, no obligation consultation, TODAY!

615.690.6600 | CoolSpringsMD.com

1642 Westgate Circle, Suite 100 • Brentwood, TN 37207

WEIGHT MANAGEMENT • NATURAL HORMONE THERAPY • PRP PROCEDURES • AESTHETICS



Now open!

Saint Thomas Medical Partners – Bellevue

Personalized care right in your neighborhood

A relationship with a primary care doctor is the best way to proactively care for your health. We invite you to call us or schedule your appointment online today with one of our doctors at Saint Thomas Medical Partners - Bellevue.

Saint Thomas Medical Partners - Bellevue also offers walk-in and sameday care at our Express Care Walk-in Clinic. Our new clinic is open Monday-Friday, 7 a.m.-7 p.m. and Saturday, 8 a.m.-2 p.m.

Schedule a visit at saintthomasdoctors.com/bellevue.

5700 Temple Road, Nashville, TN 37221



Third-Party Supplemental Needs Trust

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

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

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

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

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

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

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

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

HEALTHY LIVING

SWIMMING UP STREAM

Hot enough for ya? How many times do you hear that during a Middle Tennessee summer? I have lived here for 20 years now, and I have (mostly) gotten used to it, but it's still a major deterrent when it comes to exercise. Same for you? While exercise is a part of weight loss and good health, I have learned from the team at Cool Springs MD – when it comes to weight loss - it's more about what you put in your mouth, and how much – above how much you exercise.

How's your weight loss journey been going? After being “neck and neck” in our weight loss totals, I've moved a bit ahead of my wife. (5 pounds to be exact – but don't tell her I told you). Continuing from the last two month's column, here are a few myths associated with maintaining your weight and what I have learned from Cool Springs MD.

1. To maintain my weight loss, do I have to suffer?

NO! You can still have foods you enjoy with portion control. You can learn to control cravings by having a little. Maintenance is not about deprivation.

2. Do I have to deprive myself for a lifetime?

NO! Three out of four people in the NWCR weight loss study indicated that it was easier to maintain weight rather than losing. The longer weight was kept off, the more likely it stayed off. People in the study that maintained weight loss for two years or more, decreased the risk of weight gain by 50%.

Success. It's attainable, it's possible. Let's lose this weight together.

I would like to thank Judy for her encouraging note about our weight loss and sharing her story of losing 100 pounds – and then gaining 40 pounds back – saying “Grief triggers old eating habits and emotions. You, Sheryl and I will win this battle. Thank you always for your transparency. It helps me fight forward.” Judy, you are so right! We will win!



What will you commit to do this month that will contribute to your success next month?

For me and my wife, we want to get rid of excuses - so we are committed to finding time later in day, or even at night, to walk – and stop using the hot weather as an excuse. How about you?

I very much welcome your feedback, thoughts and ideas – you can email me at Doug@94FMTheFish.net or feel free to call me during my live radio show – weekdays between 3 pm – 7 pm on 94 FM The Fish. (800) 826-3637

CHRISTIAN SOLDIER

A VETERAN HELPS TO IMPROVE OTHER VETERAN'S LIVES

Chris Stout, Co Founder/CEO of Veterans Community Project, served in the U.S. Army with the 82nd Airborne Division. He was medically retired after being injured in Afghanistan. Since his retirement, Chris has served / volunteered with a number of Veteran organizations in an effort to improve the lives of Veterans moving forward.

Chris first thought about starting a new organization due to his frustration in working with Veterans through another non-profit in Kansas City where he was connecting Veterans to Veteran specific resources. He was frustrated with the parameters placed on him due to their definition of a Veteran. He knew there had to be another way.



Chris Stout with his service dog Tom.

Chris gathered a few of his Veteran friends and a new project was born. Veterans Community Project was designed to be an organization to say "Yes", to fill a gap in Veteran services. VCP is able to define a Veteran as any person who took the oath to serve because they run solely on private donations. This generous definition allows the VCP team to serve Veterans who often fall through the cracks.

The team at VCP is proud to serve Veterans through our free bus pass program, referral service, job placement, housing placement, free legal services, resume assistance, small food/hygiene pantry as well as our tiny house communities.

After a successful launch of the tiny-home community in Kansas City, Missouri, hundreds of communities have reached out to VCP to expand their services. After much consideration, Nashville, Tennessee was selected as the first expansion city.

If you are an individual, corporation or organization that would like to join VCP in their mission to end Veteran homelessness in Nashville - please email Info@vcp-Nash.org

— Gina Hill is the Executive Assistant and Director of Social Media with the Veterans Community Project. Gina is caregiver for her husband who is a 100% combat disabled Veteran



Your home is invaluable.
So is our home maintenance.



Your home is where our heart is

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

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

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

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

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



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

\$20 OFF your next service call

Your choice: HVAC, plumbing or electrical.

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



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

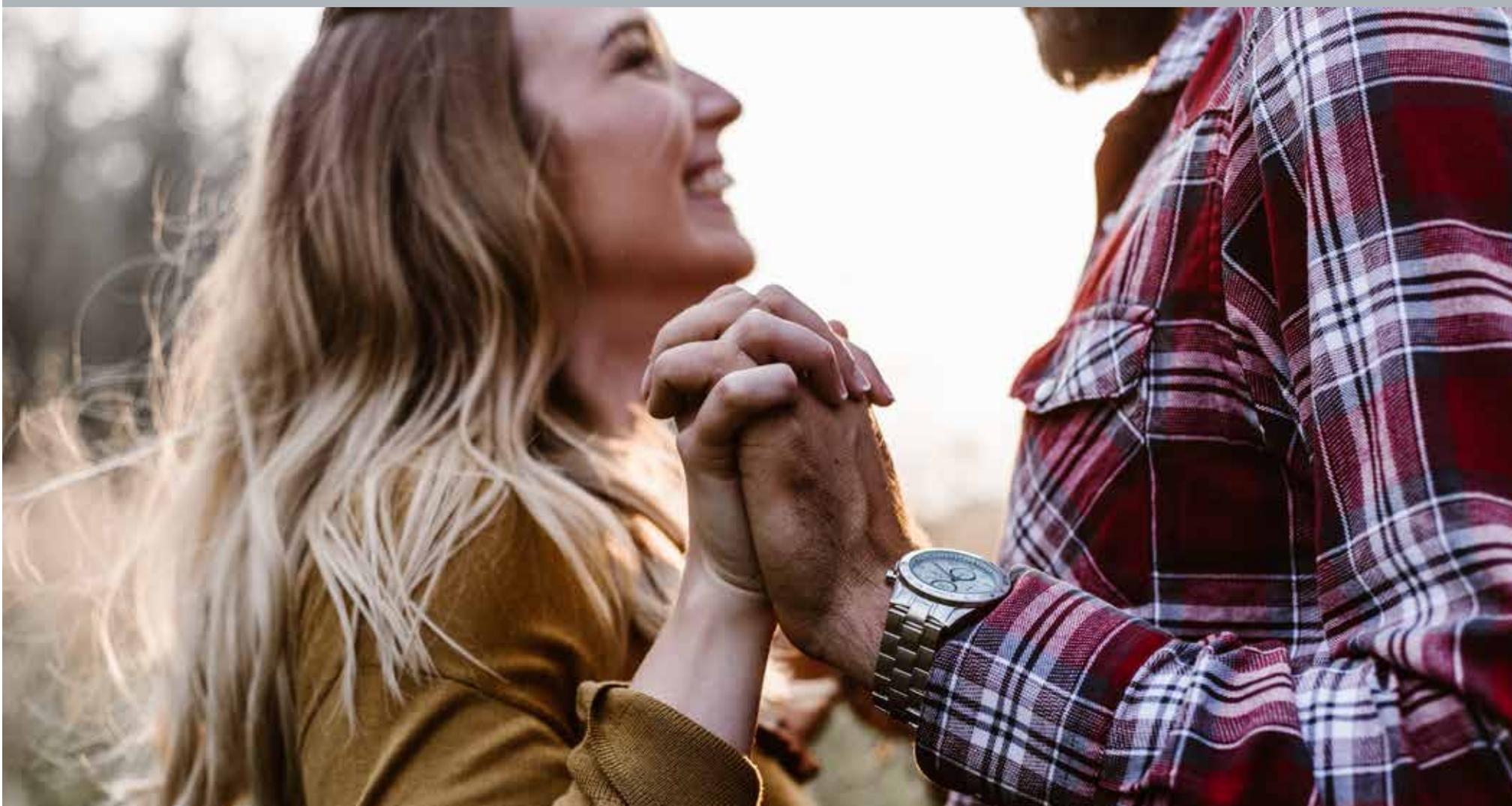
Or Visit: www.leecompany.com

THE
Right song
AT THE
Right time



UPLIFTING · UPBEAT · REAL®

◆ Listen to WAY-FM 88.7/89.9 Everyday ◆



HOW TO FIND PEACE WHEN YOU'RE FEELING UNDER PRESSURE

Why are people so stressed these days?

No doubt you'd roll your eyes at that question. After all, for most of us, stress is just as much a part of life as waking up every day. Yet I hope you also pause – yes, pause – and think about it: how did life get so fast and relentless all of the sudden?

The day-to-day life you live may hardly afford you the time to breathe, let alone think. Maybe you work long days and late hours, without so much as an acknowledgement that you even exist. Or maybe you constantly shuttle your kids from one activity to the next. School here, soccer there, ballet somewhere else, and somehow a karate class in there, too. You race home for a few minutes to eat dinner before heading to the next practice or event.

When you finally come home and fall into bed that night, you feel exhausted and on edge, like the day isn't really over. We all need to know how to take a break from that stress, to give our souls a chance to stop and breathe.

After all without any punctuation even a brief sentence like this one makes it exhausting to read.
See what I mean?

So how can you intentionally find peace in the middle of your crazy life without simply squeezing it in? Here are three ways you can take a break from the panic of pressure-cooker living, and enjoy a more peaceful life each day.

Pause to Pray

You and I have a choice every day: to fret or to pray. You can carry your concerns and try to fix them yourself, or you can cast them at the foot of the Cross – fully confident that God knows and

cares about your troubles and fears, and that He is with you. I suggest you take Paul's advice in Philippians 4:6: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Pause to Praise

Did you notice in the verse above that Paul not only prayed, but he prayed "with thanksgiving"? And did I mention he was also in a jail cell at the time?

When stress and worry start to overtake you, turn your eyes upon Jesus, as the old hymn goes. If the apostle Paul could find reason for thanks in a jail cell, persecuted for his faith to the point of facing death, then we can find reason for thanks in the midst of our day.

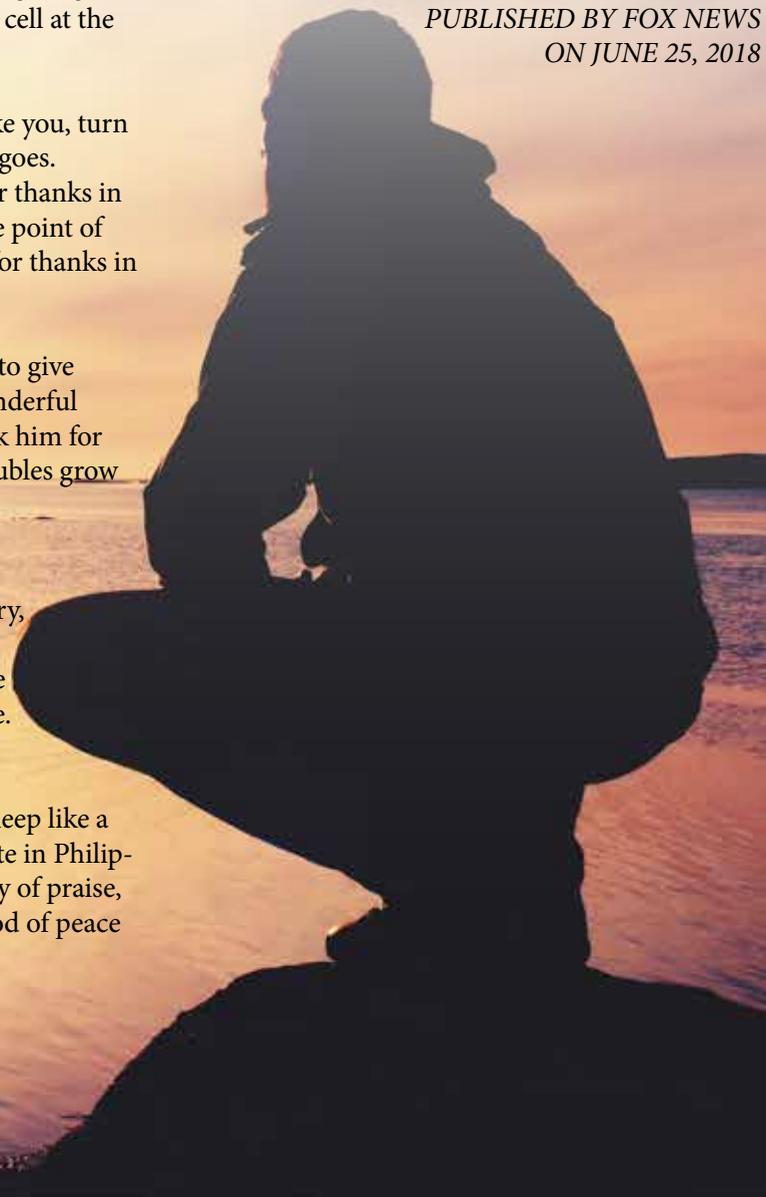
There's always something in every day to give him thanks for. Look fully into the wonderful face of your Good Shepherd, and thank him for something today. Then watch your troubles grow strangely dim.

Pause to Gain Perspective

Whenever I feel myself starting to worry, I quote Scripture. This often occurs at night, when I'm lying awake and all the concerns of the day rush on me at once. But as I mull over God's Word and remember his past faithfulness, I can pillow my head on his promises and sleep like a baby. Train your thoughts, as Paul wrote in Philippians 4:8-9: "If there is anything worthy of praise, think about these things ... and the God of peace will be with you."

As you hit the pause button to pray, praise, and gain perspective, you'll learn to exhale all that ails you and breathe in God's peace. Your soul will find rest and revival – and your body will thank you for the break.

— Dr. Jack Graham is the pastor of Prestonwood Baptist Church and the host of PowerPoint Ministries.
THIS ARTICLE WAS FIRST PUBLISHED BY FOX NEWS ON JUNE 25, 2018



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

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



MOLLY MAID

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

**Call today!
615-794-0200**

**MOLLY MAID
OF S. DAVIDSON,
WILLIAMSON AND
MAURY COUNTIES**

THE BEST SUMMMER EVER!

CAMPS >> DAY • ADVENTURE • OVERNIGHT • FAMILY



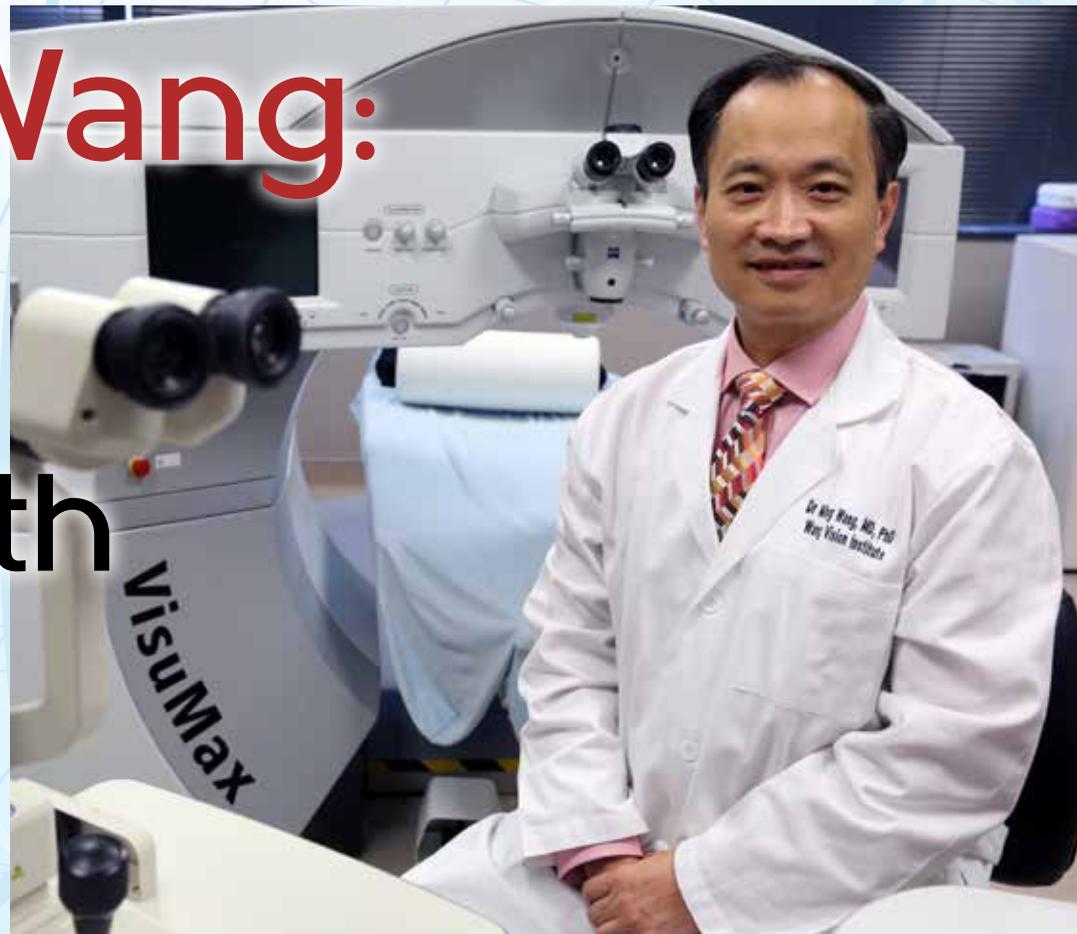
CAMP

SAVE 5% OFF YOUR CAMP REGISTRATION!

LEARN MORE AT DeerRun.camp/ncf

Dr. Ming Wang:

Focusing on Science Through the Lens of Faith



He's a Christian, long-time Nashvillian, philanthropist and world-renowned surgeon--but Dr. Ming Wang well remembers life as an atheist, subsisting on a family income of \$15 a month and immigrating to the United States. He remembers what it's like to suffer and have no hope.

In 1982, as a 21 year old, Wang stepped off a plane in Washington D.C. with only a student visa, \$50 and a Chinese dictionary. He earned his doctorate in laser physics from the University of Maryland, completed postdoctoral training at MIT and graduated magna cum laude from Harvard Medical School and MIT, earning first place with his Harvard graduation thesis.

Wang came to Nashville in 1997 as founding director of Vanderbilt's Laser Eye Center, began his own practice in 2002 and today serves as director of Wang Vision 3D Cataract & LASIK Center and CEO of Aier-USA, which brings in investment from China and creates jobs in America. He's a pioneer in less invasive treatments, performing the world's first laser artificial cornea implantation, and is the only surgeon in Tennessee offering 3D SMILE & 3D LASIK (18+), 3D KAMRA (45+), 3D Forever Young Lens (50+) and 3DLaser Cataract Surgery (60+). This spring, he performed the first laser floater removal.

Known the world over for his scientific breakthroughs and success as a leading eye surgeon, and called "the doctor's doctor" because more than 4,000 physicians have trusted him for their care, Wang is also passionate about another type of vision—helping others see the importance of science and faith and why they must be considered together.

To understand his fervency, one must first understand how freedom to study science opened Wang's eyes to the existence of God and how Jesus Christ captivated his heart. His story began more than 7,500 miles away, in Hangzhou, China.

Wang's parents didn't believe in God. They did believe in education and taught him that it was the key to a secure, happy life. Wang put his hope in learning and worked hard and made top grades, but Mao Zedong, chairman of the communist party, put an end to Wang's education. Mao's Cultural Revolution resulted in the closing of most universities across the country. As a child, Wang saw with his own eyes the horror of the Red Guard taking over the medical college where his mother and father taught and witnessed soldiers beating teachers with iron clubs until their skulls

cracked open. His mother was beaten, but miraculously survived, only to be sent away from her family for two years for attempting to save the college's laboratory.

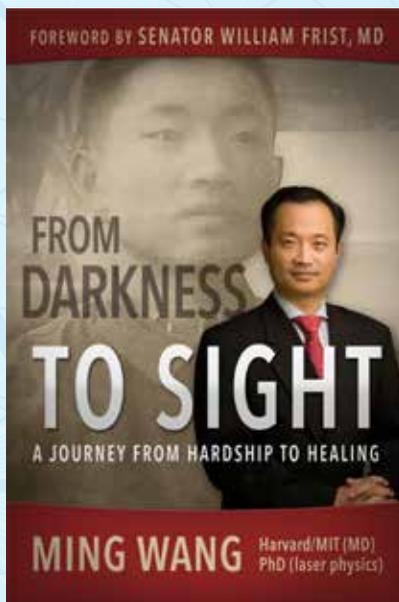
The communist Chinese government began deporting the country's youth to labor camps in rural areas. Families with more than one child were allowed to select one child to remain at home. Wang's parents chose him, hoping the atrocities would end before his younger brother was old enough to be taken. But even as "the chosen one," Wang had to drop out of school and find a job to avoid deportation.

In 1974, at the age of 14, Wang left school as a 9th grader with no hope for his future. Attempting to get a job in the city with a communist propaganda troop to avoid deportation, Wang learned to play the erhu, a Chinese violin, and practiced dancing. Then, on September 9, 1976, Mao Zedong died and the government began to reopen universities.



June 6, 1991, Dr. Wang received his MD (magna cum laude) from Harvard & MIT and the first-place award in MD graduation thesis.

To enter a university, Wang had to graduate from high school. His parents warned him universities could close again at any time and only 12th graders would have a chance at the openings. They urged him to skip grades and re-enter high school as a senior. They secured old tests for him to study and, too poor to print copies of the tests, copied them by hand onto old scraps of paper. Wang studied 15 to 20 hours a day to master the material he would've covered in 10th and 11th grade, returned to school a senior, graduated, passed the university entrance exam in the top 0.01 percent and was admitted to the prestigious Chinese University of Science and Technology. By age 21, he wanted nothing to do with communist dictators. A visiting American professor, impressed by Wang, helped him secure a teaching assistantship at the University of Maryland.



From Darkness to Sight chronicles the remarkable life journey of Dr. Ming Wang, a world-renowned laser eye surgeon, Kiwanis Nashvillian of the Year and philanthropist.



to science and technology. They are here to stay and they have transformed the way we live and vastly improved the quality of our lives. Science will only have an increasing role in the future.

“Christians need to be part of the debates,” he adds. “We must educate ourselves about what science proposes and what the Bible says—and pray that God gives us light to discern His Will, so we can speak from a position of knowledge.”

Wang believes conflict between science and faith is one of the greatest challenges we face today because medical science has ushered in a wide range of new possibilities. “We can manipulate stem cells and cure illness in unprecedented fashion. We can extend human lives. But invariably, when science is breaking new ground, it brings along moral and ethical faith questions,” says Wang.

Wang found himself at the center of a science-faith conflict as a student researching ways to reduce corneal scarring. He learned adult eyes heal slowly with scars that cause blindness, children’s eyes heal faster, but a fetus heals

fastest--without scarring. He wanted to understand how a fetus heals to improve outcomes for children and adults. He prayed for wisdom and felt God led him to James 1:4—persevere. He persisted, did not give up, and continued to study and research, looking for a way to apply the healing power of fetal tissue without harming a life. After years of searching, he found it. “I retrieved a bloody placenta from the hospital, brought it into the laboratory, started experimenting and behold--an amazing thing happened.”

“Ming, what do you see across the street?” the professor asked.

“A car,” Wang answered.

“What is the difference between a car and a human brain?”

“The human brain is a lot more complicated,” answered Wang.

“Okay,” said the professor, “Can you imagine a pile of random metal assembling itself into a car?”

“No way,” Wang relied.

“Then how about the human brain?” the professor asked.

“The professor opened a window in my mind that opened my heart,” Wang says. “I became a Christian and started my walk with Jesus Christ.”

At this point Wang began to recognize that science and faith are not contradictory--we must consider them together. “The scientific community is largely atheist,” says Wang. “I have to tell my scientific friends, ‘Don’t be presumptuous. We did not create ourselves. There is a Creator!’”

To his fellow Christians he urges, “Work harder to bring science and faith together. Science should be guided by faith. Don’t shut your mind

fastest--without scarring. He wanted to understand how a fetus heals to improve outcomes for children and adults. He prayed for wisdom and felt God led him to James 1:4—persevere. He persisted, did not give up, and continued to study and research, looking for a way to apply the healing power of fetal tissue without harming a life. After years of searching, he found it. “I retrieved a bloody placenta from the hospital, brought it into the laboratory, started experimenting and behold--an amazing thing happened.”

Wang discovered that a unique piece of tissue—the amniotic membrane that surrounds the fetus--has the same wound-healing properties as the fetus. This membrane is typically discarded along with the placenta. Wang began collecting donated amniotic membranes and transplanting them into injured eyes. The eyes regenerated without scarring. This led to the invention of the amniotic membrane contact lens and today one donated placenta has the power to restore sight for 100 adults. To Wang, this medical breakthrough is an answered prayer.

“Science must be guided by faith. Can we have the strength to believe Him and trust that He will show us in His way at His time?” asks Wang. “There are times when the solution is not obvious, but what I’ve learned as a Christian is, don’t give up, be patient, persist.”

Wang has been published in the world-renowned journal, *Nature*, and holds several U.S. patents for his invention of new biotechnology to restore sight. He has published nine textbooks and more than 100 scientific papers. He’s been named NPR’s Philanthropist of the Year and has received the Honor Award from the American Academy of Ophthalmology, the Lifetime Achievement Award from the Association of Chinese American Physicians and an honorary doctorate degree from Trevecca Nazarene University.

Wang says that his years of hopelessness and darkness have enabled him to emotionally connect with his patients and understand the loss of opportunity and control their declining vision causes them. Today, much of Wang’s hardship has been turned to joy. He has been able to honor his parents by taking them into his home to enjoy their sunset years. The musical instrument he mastered to avoid deportation, he now plays to express his appreciation for God’s blessings. His dancing is now a hobby and he won the national championship for ballroom dance for his age group in April. He’s combined the music and the dance he loves into a fundraiser, aptly named The Eye Ball, which raises funds for the Wang Foundation for Sight Restoration. The nonprofit has provided vision-correcting surgeries, free of charge, to indigent patients from 55 countries and 40 states who no one else could help. Wang also has a heart for the people of China, where 95 percent of the country’s 1.4 billion souls are atheist. His Wang Foundation for Christian Outreach to China distributes Bibles there and pairs recipients with Christian pen pals.

You can read more about Wang’s fascinating story, accomplishments and insights in “From Darkness to Sight,” an autobiography he released in 2016. All proceeds from the book go to the Wang Foundation for Sight. For more information, go to www.FromDarknessToSight.com.

— Julie Kincaid Ward is a PR specialist with Mitchell Communications Group, a freelance public relations consultant and an award-winning writer. She also matches high school exchange students with host families in Middle Tennessee as a local coordinator for International Cultural Exchange Services (ICES). She and her husband, Jim, live in Nashville.

You can reach her at Julie@JulieWardPR.com.

For more information about Dr. Wang, download these PDF files:

www.wangcataractlasik.com/forms/Dr.Wang_music_medicine_201108.pdf

www.wangcataractlasik.com/forms/neatnashville_mar2016.pdf

www.wangcataractlasik.com/forms/drwang_medium_20180412.pdf

www.wangcataractlasik.com/forms/connect_20170526.pdf

Better drives
US | HYUNDAI



2018

Hyundai Santa Fe

\$30,850 Starting MSRP¹ | 18/25 City/Hwy MPG²

¹MSRP excludes destination charges, tax, title, and license fees. Destination charges and actual dealer prices may vary. Vehicles displayed may contain optional equipment at additional cost. ²2018 Santa Fe SE FWD: 18 City/25 Hwy/21 Combined. AWD: 18 City/24 Hwy/20 Combined. 2018 Santa Fe SE Ultimate/Limited Ultimate FWD: 17 City/23 Hwy/20 Combined. AWD: 17 City/22 Hwy/19 Combined. EPA estimates. For comparison only. Your actual mileage may vary with options, driving conditions, driving habits and vehicle's condition.



Your Neighborhood Hyundai Dealer

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

America's Best Warranty^{*}
10-Year/100,000-Mile
Powertrain Limited Warranty

HYUNDAI
Assurance



GENESIS

2018

Genesis G-80

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

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



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

COMPLIMENTARY SCHEDULED MAINTENANCE

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

No Regret Zone



Let me start by saying that there are certainly decisions in my life I tend to regret, and I still, at times, wish I would have taken a wee bit different turn here and there. However, the older I have gotten, the more I have also realized that all things...in the end... have generally shaken out for the better.

“For the better,” meaning that with God’s help, incomprehensible mercies, lavish love, and grace beyond grace, He took the messes I placed in His hands and made all things new from them. In fact there has not been one particle that I have trusted Him with, that He has not been used to weave wonders, healing, redemption, and restoration from. Not one thing.

In the process of de-messing my messes, Father God was faithful to teach and show me the path I should go on. It was like each mess up had a label: See other side for upgrades in wisdom, understanding, and character. As I entered these upgraded zones... I began to see I could offset perceived setbacks by working from this new foundation.

Here are just a few of the things God has used to help me experience less regret and mishaps in my life:

- Being kind no matter what...even, and especially, when I don’t feel like it.
- Forgiveness... this one pretty much gets the Emmy, if you will, for best way to stay in the no regret zone, and not one time have I ever... ever... regretted forgiving someone. Or myself for that matter.
- Being consistent... and I have many things I have applied this to over my lifetime... and in each area... boom! No regrets!
- Spending time with God... and this one always yields the best crop! Whatever time you pour into this area of your life, the dividends are unending and incalculable.
- Making time for family... both individually and as a group... and second to time with God or our spouses (if we have one), the fruit from this is priceless.

Time Alone With Him

The crowds sought Him out! Everyone wanted to be with Him! They wanted to hear Him, ask Him a question, or get Him to heal a loved one. He was sought from daylight to dusk. When the crowd knew He was in town, they found Him. Never a moment alone—unless He made it happen.

Several times in the Bible we see Jesus getting away from the multitudes and sending them away: “*And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away. And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.*” Matthew 14:22–23

“*And he left them, and went out of the city into Bethany; and he lodged there.*” Matthew 21:17

“*And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.*” Mark 1:35

Lonely is one of the most dreaded words. Loneliness does not come from being alone. Loneliness comes from forgetting the presence of God. Psalm 46:10 tells us to “be still and know that I am God.”

- Community with others... especially since we were not created to live on an island. And if we do try to, not only will we find ourselves in the high weeds of self-centeredness rather quickly, but will also eventually end up in some form on insanity. No bueno!
- And ultimately I know one thing... that **God desires us to live entirely in the No Regret Zone...** and since He came to give us LIFE and life more abundantly, let’s continue to let go of the old regrets... and embrace the NEW upgraded perceptions of those experiences that He so graciously gives us! Who’s with me?!

Prayer Point:

Father God thank You so much for not allowing me to settle into mediocrity in any area of my life. Even in the places and spaces I have messed up... You are there to make all things NEW! I desire to embrace all You have for me...and to not rely on how I see things, but on how things actually are through Your eyes and heart for me. I choose to live from Your standard of no regrets! I also believe You have a way out from any and all of my messes. And... as I give them to You... You are faithful to shepherd me, and my heart, into places of healing, understanding, redemption, and restoration. Thank You Lord...

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

Contact info: MichelleTeague.com 615-219-5420.



Jesus’ routine was to go out to the mountains to pray and then into the cities to minister. Some people spend all their time in the city with people and no time out on the mountains alone. The secret is time alone—Jesus had it. Jesus loved God and loved people. He spent time with both. He knew how much time to be with people and how much time to be with God. God creates a desire for intimate companionship inside of everyone. The problem is that people try to fill that void with other people and things instead of God. Jesus spent time alone. Do you?

— Dr. Ben Graham, Senior Pastor Music City Baptist Church, Mount Juliet, Tenn.



ALL THINGS **BASEMENTY!**

& **NASTY CRAWL SPACES TOO!**

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



Frontier Basement Systems
Foundation Repair & Waterproofing Specialists

\$200.00 OFF

Any project
of \$2500 or more.

Cannot be combined with any other offer.

Contact us for a
FREE ESTIMATE

615-547-8701
ChristianBasement.com

THE HOME FRONT

Sinking Concrete?

Mudjacking vs PolyLevel

PolyLevel is the permanent solution.

Sinking concrete

Mudjacking and PolyLevel are both techniques used to lift and level concrete. A hole is drilled into the slab a material is injected underneath the slab until slab reaches desired level. Both are less expensive than busting and replacing concrete.

Hazards. Anything greater than a ¼" height difference in a walking path is considered a trip hazard. Leveling those dangerous areas protect your loved ones or if you are a business owner your customers so you can focus on the things that really matter.

What is mudjacking?

Concrete water mix that looks like this mud injected under the current slab to raise the concrete

What is PolyLevel?

High density polyurethane foam. 2 separate liquids are pumped through separate hoses when they mix a chemical reaction creates a high-density, expansive foam.

Fix: The fix is a simple four step process. It is important to have an experienced professional complete the project. Technique and skill are a large part



of reaching the desired results for your concrete.

- Install injection ports
- Inject the foam
- Raise the Slab
- Caulk and Clean up.

Protect. Fix current hazards but you can also protect concrete from future problems. Most concrete is not sealed leaving those pores exposed to the elements. Concrete should be sealed to protect it. However most of the time it is not. Expansion joints are important especially in areas that have extreme weather from wet to dry or hot to cold. Soil is also a concern because of settling, root damage, or erosion.

An inspector looks for signs of damage, changes, voids, and proper spacing. Sealing the joints with proper flex caulking allows for the movement and protects the concrete. A proper seal on the concrete also protects from all of these elements and the everyday wear and tear.

Long Term

PolyLevel is a permanent, safe, environmentally friendly solution for slab lifting. Mudjacking is a little more expensive and only lasts about 5-7 years on average

— Brittney Griffy, Marketing Manager with Frontier Basement Systems

WOULD YOU LIKE TO INCREASE YOUR SALES IN 2018?

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

NASHVILLE CHRISTIAN FAMILY

COST EFFECTIVELY REACH FAMILIES WHO NEED AND CAN AFFORD YOUR SERVICES

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

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

AND THEY ARE READY TO THANK YOU FOR IT!

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

Tennessee Christian CHAMBER OF COMMERCE
Bringing Ministry to the Marketplace

JULY LUNCHEON

Tuesday, July 31
10:45am - 1:00pm
Inman Conference Center
Belmont University
Wedgewood Avenue, Nashville

EXHIBIT SPACE AND SPONSORSHIPS AVAILABLE

REGISTER AT tnchristianchamber.org

PARTNER SPONSORS

FELLOWSHIP SERVICE EDUCATION

SOMETIMES WE NEED DEEP PRAYER... BUT HOW?

I woke up early one morning a few weeks ago. When I glanced down at my cell phone, I noticed I had missed a call from a dear friend. That was surprising! My phone was on, resting next to me on the nightstand, and it never rang. Despite the fact that I was watching one of the early morning network news shows, I wasn't that distracted.

Then, I noticed Roy had left me a voicemail message. When I clicked the message icon to listen, I was stunned at his words. "I have some sad news," my friend said. "Our son died last night; Joan and I are leaving immediately for Denver." What? I played the message again, confident that somehow I misunderstood his words. Our families had been close for decades. We watched Roy and Joan's son grow into a handsome, strong, tall, young man with incredible skills, now a husband and father to two boys. I know young people die, but this news seemed strangely incongruous.

I literally felt the penetrating sadness that I knew engulfed them. Roy was a pastor and Joan a devout Christian co-servant; there was no doubt their deep faith would carry them through. Yet, the suddenness of their sadness was palpable.

Some seasons require prevailing prayer. Then, there are times when we sense a profound call to travailing prayer. In those times, God calls us to Him, expecting a prayer that approaches His presence out of the depths of our emotions. Travailing prayer is the example we see in Jesus at Lazarus' grave (John 11:32-34), not in hopelessness but confidence.

When we engage in travailing prayer, we implicitly expect something miraculous from the God who births wonders in our lives, wonders which come whenever we entrust to Him the most traumatic events of life. That's the prayer I needed to lift up for Roy and Joan. They buried their only child precisely one week and one day before Mother's Day while embracing a young daughter-in-law and holding two grandsons in their arms.

How do we reach deep enough to encounter travailing prayer? It happens when we create a place for love and intercession in our daily lives, declaring victory despite any evidence to the contrary.

— Regina M. Prude is an inspirational speaker, SiriusXM radio host, syndicated columnist and author. E-mail comments to regina@reginaprude.com. Follow her on Facebook (www.facebook.com/reginaprude) and Twitter (www.twitter.com/rprude)

Spiritual Buoyancy

BIBLE TRUTH

God keeps us afloat during difficult times.

WHAT THE BIBLE SAYS

Isaiah 43:2

New International Version (NIV)

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

HANDS-ON EXPERIMENT

Salty Egg

INGREDIENTS

- 2 Clear Plastic Cups
- Water
- Salt
- 2 Uncooked Eggs
- Digital Scale

INSTRUCTIONS

STEP 1: Fill the one of the clear plastic cups half of the way with water. Describe and classify the water by its observable properties. Using the digital scale, determine the mass of the water.

STEP 2: Place an uncooked egg into the water. Does the egg sink or float?

STEP 3: Fill the other clear plastic cup half of the way with water. Add half a cup of salt to the water and mix. Describe and classify the water by its observable properties. Using the digital scale, determine the mass of the salt water. Is the salt water denser than the water without salt?

STEP 4: Place the other uncooked egg into the water. Does the egg sink or float?

EXPLANATION

Adding salt to the water makes the water denser than the egg, allowing the egg to float. The egg sinks in the water without salt, since the egg is denser than the water.

BIBLE CONNECTION

God is the salt that keeps us afloat during the difficult times in our lives.

— Jason Lindsey - STEM Certified Educator and Meteorologist
Hooked on Science www.hookedonscience.org
Executive Director/Founder/
E-Mail: jlindsey@hookedonscience.org, 573-270-7539



CITY SCENE

Fun For All!

Here's how to start your July off with a bang in and around the Franklin area! The Franklin Lions Club presents Franklin on the 4th from 10 am to 10 pm. Complete with food fun and Fireworks display.

There's Hometown Hero days July 5th 6th and 7th at Lucky Ladd Farms with free admission to Tennessee Firemen, police officers, active and retired military and veterans and their immediate family. Must present valid ID. The Anne Moses Summer Music Festival, a performing arts venue for young musicians takes place at Conservatory of Annie Moses | ManAlive Studios | with final performances at The Factory at Franklin July 8th through the 15th. For more information go to festival@anniemoses.org July 11th is the aspiring artists showcase as the singers and players of the Annie Moses Summer Music Festival take the spotlight in another role: as singer-songwriters and composers of new music. Show start at 7:30 tickets \$25.00. Merry Christmas Uncle Scrooge is July 14th hosted by actor John Rhys-Davies, with Jaci Velasquez, Krissy Nordhoff, and Annie Moses Band. Matinee Performance at 2:30 and evening performance at 8pm..

There's a Farm-to-Table Dinner at Gratitude Ranch on July 21st. Where those who make a donation to the non-profit are wined and dined with amazing food while enjoying live music! Your five-course meal will be locally sourced, organic, and absolutely delicious and healthy. A maximum of 24 guests on each night by reservation only. A portion of the proceeds benefit SAFE, a local non-profit serving foster children and families in need.



Bluegrass Along The Harpeth will be on July 27-28 in downtown Franklin.

Finally, Bluegrass along the Harpeth happens on July 27 and 28th in downtown Franklin. The historic backdrop is the perfect place for a weekend of music in honor of Franklin's own Grand Ole Opry stars Sam and Kirk McGee. This festival is put on and operated by old time musicians and dancers.

Friday night features some of the best bluegrass bands around for a relaxing evening and end to the work week. On Saturday, you will find some of the best musicians anywhere competing in individual instruments and band contests. There are many more events than we listed here, you'll always find something to see and do in Franklin area.

The important thing is that you get out and mingle with your friends and neighbors, and that includes stopping by to see your friends at Hyundai of Cool Springs.

— Frank Odrobina, Owner of Hyundai and Genesis of Cool Springs
1-877-886-8448

HyundaiOfCoolSprings.com, GenesisOfCoolSprings.net



CALL TODAY FOR A
FREE HOME ESTIMATE

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



FEAR NOT.

MOLLY MAID
WE'RE MAID FOR THIS
a Neighborly company

WE GOT THIS. PAWS AND ALL.

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

Visit us at MollyMaid.com to learn more.

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

Faith through Volunteer Work

Jeremy Bradford has been nominated as July's Volunteer of the Month. His desire to give back to the community goes unnoticed in the many organizations he volunteers for. These organizations include, The Nashville Sports Council, The Fellowship of Christian Athletes, Boys and Girls Clubs of Middle Tennessee, Big Brothers Big Sisters of Middle Tennessee, The Country Music Hall of Fame, and Nashville Area Chamber of Commerce.



Jeremy's drive to help others began at a young age when he started volunteering at his family's church. Working as a youth leader as well as worship leader, Jeremy emphasized how important the group of thirty students was to him, "I tried my best. It wasn't because I wanted money it's because I cared about those 22 or 25 and I wanted them to have an experience. I wanted to take the initiative and give, even at that early age, give to that church."

His childhood and the circumstances he grew up in inspired him to give back to others.

"There are a lot of great people that have invested into my life whether it was in middle school, high school, my church or my parents, so I just felt like it was time for me to give back as much as I could into the community of Nashville and to other people's lives. I really felt that calling and that responsibility."

This responsibility Jeremy carries all comes down to his desire to serve the Lord and His people. "At the core of it God is great so I want to be great too. I believe that giving back to the community and serving the people around you is a key ingredient to being great and whatever you do. I really believe that."

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

— Meg Provenzale

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



My sister and I were listening as our oldest four children played "Space Station." This make-believe included specific ranks (Commander, we need more oxygen in the science bay! Ok, Lieutenant), math for strategic rationing (We only have one box of food left until we get back to base, and there's four of us, so we each get one-quarter food.), and pretend names: Michael, Charlie, Mae, and Neil.

A Facebook mom's group I'm a part of recently posed a question, "What would your child's future career be based on their current obsession?" People gave answers like firefighter, veterinarian, mommy, and police officer. Others said paleontologist, archaeologist, dolphin trainer, and—yes—astronaut. Everyone gave thumbs-up with comments like "awww reach for the stars, Khaleesi." The tone of the conversation made me feel like they all believed we were raising assistant-to-the-regional-managers.

In case you aren't familiar, our kids were playing Neil Armstrong, Mae Jemison, Michael Collins, and Charlie Duke during their "Space Station" make-believe. I hope they all get to wave at me from the ISS someday, if that's what God has for them. Don't get me wrong—if my kids love and honor Jesus, I don't care if they find a way to support their family as professional elbow models or salesmen for pocket lint. But my point is that somebody, somewhere IS raising a future president. Somebody IS raising a future astronaut. Somebody IS raising a future head of the UN. Somebody IS raising a future five-star general. Somebody IS raising an Olympian. Somebody somewhere IS raising the inventor of the whatchamacallit that changes the world. Odds are, it isn't me. But you better believe I want to live my life like it might be. I'm going to answer every question they ask, nurture every dream they imagine, and check out books until my library card is declined. I'm going help them shoot for the moon even if they miss.

Speaking of missing the moon, my favorite line in one of my favorite movies (Apollo 13) is delivered by astronaut Jim Lovell's mother (the actress, sidebar, is actually the mother of Ron Howard, the director of the movie). In a movie full of "Houston, we have a problem," and "Failure is not an option," my favorite line is probably less memorable. The family is holding back tears because Jim's ship is basically drifting in space after an explosion. Jim's mom turns to her granddaughter and says, "Are you scared? Well, don't you worry, honey. If they could get a washing machine to fly, my Jimmy could land it."

There's a mom who never told her son he wouldn't be an Eagle Scout. Who never told her son he wouldn't get into the Naval Academy. Who never told her son he wouldn't graduate first in his class. Who never told her son he wouldn't be a test pilot. Who never told her son he wouldn't be an astronaut. Something tells me that when he got home after Apollo 13 finally landed, when those parachutes thawed and the carrier brought him home... something tells me she still told him he could go get the moon.

I'm going to be poetic here, but Kirk and Picard are wrong. The Final Frontier isn't space. The Final Frontier is my kid's future, stretching endlessly before him.

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

NASHVILLE CHRISTIAN FAMILY®

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?

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 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.

We believe this is the most important decision you can make for yourself and your family. We encourage you to see out a bible-based church in our community.

SENIOR SCENE

Why should I buy Long Term Care Insurance?

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

John was in a serious car accident. Hurt very badly the Doc’s said he’d be lucky to walk again. He had one thing going for him – he was a healthy guy. He was in the hospital for several weeks, then several months of rehab, and John’s spirit was upbeat – most of the time. The medical bills were adding up but with John’s good insurance from work they soon met their max out of pocket

so most of the further health expenses would be paid for. Mary tried to keep John’s lawn looking nice but that didn’t always work. Her flower garden started having a few issues – not time enough to water, bugs started having a feast on the unprotected things of beauty, and where did those moles come from? Neighbors and friends and Church members were always asking how they could help, brought over meals, and watched John so Mary could have some ‘me’ time. But in a few short weeks that dwindled down to phone calls and maybe getting a meal or two from their Church and a neighbor or two. Stop me if you’ve heard this before...

You see it’s the unexpected things that can really mess up our future life. And even though John and Mary had their act together, no one along their path of life had mentioned what happens if John can’t work or if Mary needed health care services for a very long time. Oh they had the life insurance in place but that is for/when one of them dies. How are you going to pay for long term health care? Spend all that hard earned money you have saved? You could. Or how about let’s sell our home and downsize and use the profits to pay for it? You could. *Let Medicare pay for it!* Wrong!



Medicare only pays for a part of skilled nursing in a facility and after day 100 you pay for it all. *I’ve heard that we can spend down our assets and then Medicaid will pay for John’s care.* You could. Of course you lose all control of who and where John will be cared for.

One real good solution is getting long term care insurance (LTCi). Especially between the ages of 40 to 60, and yet rates can be affordable even up to age 70. There are more options today than we have ever had when it comes to buying LTCi. You can purchase traditional LTC, or a hybrid LTC, or an annuity with LTC built in, and there are even a few products that you can only purchase if you are over the age of 65 and cannot perform 2 of 6 ADL’s (activities of daily living)! Which is right for you? There is a 70% chance that you will need some form of long term care once you reach the age of 65. That’s just around the corner.

— Ben Davis, CSA 615-584-4946
ben.davis@selectpointe.com

INTEGRITY
QUALITY
BRN
SERVICE
STRENGTH

**BOTT
RADIO
NETWORK**

Quality Christian Talk Radio

Serving Nashville
89.1FM 1160AM

Stations Nationwide, Mobile Apps, Listen Live Worldwide: bottradionet.com

BroadcastMinistries

(from left) Jim Daly, Alistair Begg, Janet Mefferd, Tony Evans, James MacDonald, Greg Laurie, Anne Graham Lotz, Rick Warren, Chip Ingram, Crawford Loritts, And More! Visit www.bottradionet.com for a Program Schedule.

TEACHABLE MOMENTS

God's Plan For Service

Achieving Excellence

How might we go about achieving excellence and what are the obstacles in our way.

Don't confuse excellence with success. Excellence means achieving the highest possible (within our abilities and circumstances) level of quality in what we do. Success tends to be defined by society through counting wealth or other accumulations or achieving a specific goal. Excellence, the very best we are capable of doing, is what God expects. What we achieve in excellence varies by the activity and by the gifts and talents we possess. A major league baseball player might have more talent than any of us in hitting home runs but we might achieve greater excellence in another activity in which we are gifted. All of us are gifted in something.

None of us ever achieve our full potential for excellence. So what are the obstacles? Experience and observation over the years suggests four barriers we might possess:

First, lack of clear purpose. When we have only a vague idea of what we want to accomplish, only a vague or remote chance exists that we will accomplish it. The clearer the purpose, the greater the likelihood of reaching it. We cannot achieve excellence without a clear purpose (goals).

Second, laziness or lack of motivation. Even with a clear purpose, not much will happen if we are not strongly motivated to do the work to attain it. Avoiding work might be a stronger motivation than our purpose or goals. To have motivation, a person must care deeply about something

Third, incompetence. The third reason for not achieving excellence is lacking the competence to bring it to completion. Gifts and talents must be developed through education and experience. Even when we have a considerable competence in one area but we lack a level of competence in other essential areas as well, achievement of excellent is not likely unless we team with others having that competence. The more competent we become, the more clearly we will see our purpose. Excellence is impossible without competence.

Fourth, ego imbalance. Lack of excellence being achieved could come from insufficient confidence (lack of adequate ego) or it could come from an excess of ego. When we either choose or deny a path of action due to ego (too much or too little), a good result is not likely. We need to achieve a proper ego balance. We must believe we can do something but not exclude options in our decision making because it does not fit our ego. A person who can make the right decision consistently is likely to have his or her ego in balance. The effect of consistently making right decisions will enhance the ego in the long run. While we must have sufficient ego strength, too much ego prevents excellence.

Could any or all of these be a barrier to excellence for you? Christians should want to achieve excellence as defined by God. If you have barriers, what steps do you need to take to achieve excellence in your life?

Study questions are available for this program. You can obtain them by writing to info@godsplanforservice.org or calling 615.268.7223. May God continue to bless you.

— Kenneth Oosting, Ph D.



MONEY MATTERS

Teach Them While They're Young

Dear Dave,
My wife and I want to begin teaching our son how to make a budget and live on one. He's 16, and he has a part-time job and a hand-me-down car. Is this a realistic idea?

Mike

Dear Mike,
Your son is at a great point in life to learn how to make money behave. Even in his situation, when he's still living at home, there are plenty of things he can include in a budget. There's gas for his car, along with maintenance and insurance. He'll need to save a little money — maybe even for college — and I'm sure he'll want some spending cash, too.

Sit down, and teach him how to make a written budget by figuring out the upcoming month's income and expenses ahead of time. Also, make sure he knows how to properly balance and reconcile his bank account. It's still your responsibility to provide him with the basic necessities at this point. But I love your willingness to teach your son how to handle money intelligently. The sooner he learns some basic money management principles, the sooner he'll be able to handle his finances responsibly in the real world!

—Dave

Controlling Your Cash

Dear Dave,
How do you have a wedding without debt?

Brooklyn

Dear Brooklyn,
It's pretty simple. To have a wedding without debt you must be creative and think within your budget. In other words, you pay for a wedding with the money you have. There's absolutely nothing wrong with a small, inexpensive wedding. Once you realize and understand that fact, and start thinking about things with a budget in mind, you'll realize you can scrimp and save and still have a great small wedding. Lots of people have beautiful ceremonies, and even small receptions, for well under \$1,000.

Sure, you can go into debt by renting the fanciest venue, and buying a \$9,000 wedding dress to wear for just a few hours on one day. Or, you can realize it's not the place and the clothes that make a wedding special. What about an outdoor wedding at a friend or family member's house? When it comes to a dress you can opt for something simple and inexpensive, or even one that has been worn once, for just a few hundred dollars. If you think that's awful, let me tell you something that's worse — going tens of thousands of dollars into debt for an event that lasts just a few hours!

Most people don't have lavish, expensive weddings, and guess what? Years down the road they're still happily married, very much in love, and they look back on their wedding as the best day of their lives.

—Dave

— Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. *The Dave Ramsey Show* is heard by more than 14 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and Twitter at @DaveRamsey.



The Back Pew - Jeff Larson



In their 35 years as neighbors on Earth, Arnie and Bart never knew they were both Christians. **FUNNY** isn't it? *Do your neighbors know what you believe?*

TOTAL LANDSCAPE SOLUTIONS

Landscaping

- Custom Designs
- Installation
- Full Line Nursery Stock
- Rejuvenation

Water Features

- Ponds/Streams
- Spas/Hot Tubs
- Waterfalls
- Lighting

Hardscapes

- Decks/Patios
- Retaining Walls
- Gazebos/ Arbors

Reclamation/Renovation

- Drainage/Irrigation
- Grading/Sculpting
- Swells/Burns
- Erosion Control



Landscaping by **JOEL**

Creating Custom Environments
at a Price You Can Afford

Joel Angulo
615.642.4492
20 years experience

**MEET US
BEFORE
WE MEET
YOU!**



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



PEST ELIMINATION SERVICES OF TENNESSEE

615-851-4912
www.pestinc.net

Serving the Greater Nashville area since 2001

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

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

**Check us
out on
Angie's List**



If something in this month's issue of

NASHVILLE

CHRISTIAN FAMILY

has awakened in you a desire to learn more about the **Freedom** and **Eternal Life** that Jesus Christ offers, we encourage you to seek out a **Bible-based church in our community.**

***We believe this is the
MOST IMPORTANT DECISION
you can make for
yourself and your family.***

God Bless You!



www.ChristianFamilyNashville.com



www.facebook.com/NashvilleChristianFamily

July 2018 Calendar



List Your Event!

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

July- Free Activities at Timberland Park
Williamson County Parks and Recreation invites you to visit Timberland Park for free family activities in July. Located on the historic Natchez Trace Pkwy., Timberland is open daily from 9:00 a.m. to 6:00 p.m. Admission and parking are free. The rustic wooded preserve has a staffed, 2000-square-foot interpretive center and trails for hiking, bird watching and wildlife observation. In July, Timberland will offer several special programs. Symbolism in Nature will be the topic of a free hike on Friday, July 13 from 4:30 p.m. to 5:30 p.m. Learn what the ancients believed about the powerful oak tree and the wise owl. Register for activity #12290. On July 27, enjoy a very special full moon hike from 9:00 p.m. to 10:00 p.m. See the park at night and learn about nocturnal creatures. Please let us know you are coming by registering for activity #12291 at www.wcparksandrec.com. Timberland Park is located at mile marker 437.2 on the historic Natchez Trace Parkway, just south of the Highway

96 entrance. For more information call (615) 232-4154

July 16- Fall Youth Volleyball Registration Ends

Registration ends July 16 for the Williamson County Parks and Recreation Department's Fall 2018 coed youth volleyball leagues (ages 7-15). The coed Introductory League (\$65) is for ages 7-9 and focuses on building basic volleyball skills. The coed Intermediate League (\$90) is for kids ages 10-12 who are beginners or not participating in a school or travel volleyball team. The coed Advanced League (\$90) is for ages 13-15 who have middle school or travel volleyball experience. There will be a coaches' draft on July 24 for intermediate and advanced leagues only. Weekly practices (beginning August 6) will be held at area schools, and participants must register for a practice location: Brentwood, Franklin or Nolensville. All games (beginning August 25) will be played on Saturdays at Academy Park Gym, 120 Everbright St. in Franklin. Online

registration is available at www.wcparksandrec.com. For more information, contact Adrian Ludwig at (615) 786-0200, ext. 2416 or AdrianL@williamson-tn.org.

Summer Tiny Tots Soccer Camps

Register now for July session - The Athletics Division of the Williamson County Parks and Recreation Department is now accepting registration for six Tiny Tots soccer summer clinics to be held July 23-27 at the Indoor Arena at Crockett Park, 1485 Volunteer Pkwy. in Brentwood. Ages 2-6. For more information, contact Daniele Stewart at DanieleS@williamson-tn.org. Registration is on-line at www.wcparksandrec.com.

ONGOING

Tennessee Christian Chamber of Commerce - Monthly Luncheon

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



Coming in AUGUST

Back To School -

- August 1 - Maury County And Wilson County
- August 6 - Cheatham County, Hickman County, Sumner County
- August 7 - Davidson County
- August 8 - Rutherford County
- August 10 - Williamson County

ABOUT OUR ADVERTISERS

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

Ben Davis - www.selectpointe.com, 615-584-4946

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

Cool Springs MD - www.coolspringsmd.com, 615-283-7291

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

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

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

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

Landscaping By Joel - 615-642-4492

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

Michael W. Smith - www.surroundevent.com

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

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

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

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

Veterans Community Project - www.veteranscommunityproject.org, 816-876-6594

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

Wang Vision Institute - www.wangvisioninstitute.com, 615-321-8881

WayFm - www.wayfm.com, 615-261-9293

SMILE Debuted Statewide in Nashville

New and Minimally-invasive Surgery for Myopia (Nearsightedness) is First Major Advance in LASIK Technology in 25 Years, Reducing Dependence on Glasses and Contacts



The first major advance in LASIK technology in 25 years, the SMILE procedure, was performed in Nashville recently at Wang Vision 3D Cataract & LASIK Center by its director, internationally renowned ophthalmologist Dr. Ming Wang, Harvard & MIYT (MD, *magna cum laude*); PhD (laser physics).

“We are extremely very excited to be the first again to introduce the next generation laser correction procedure to the state, helping out patients with this new and minimally invasive procedure,” said Dr. Wang.

Myopia is a common eye condition in which close objects can be seen clearly but distant objects are blurry without correction. LASIK and PRK have been the main stay treatments for myopia for over two decades. But SMILE, which stands for **S**Small **I**ncision **L**enticule **E**xtraction, has unique advantages over LASIK.

The SMILE surgery is minimally invasive as the surgeon needs only to create a small, precise opening to correct vision. No flap is needed. The laser incision is smaller than 5 millimeters for SMILE, compared to approximately 20 millimeters for LASIK. This helps the cornea to retain more of its natural strength and reduces

the risk of rare flap complications. Dry eye after SMILE is also reduced compared with LASIK, as nerves responsible for tear production during the cornea remain more intact in SMILE.

One of the state’s first SMILE patients was Margaret Coleman, 34, a manager of the world-famous Bluebird Café, in Nashville, which was prominently featured in the ABC TV drama *Nashville*, among others. Ms. Coleman has had poor eyesight all of her life, legally blind in both eyes without correction. Ms. Coleman’s 3D Laser SMILE procedure went beautifully and she is thrilled to have her crystal clear new vision and newly gained independence on glasses or contacts and being one of the first patients in the state to receive SMILE!

“I am so happy!!!” exclaimed Margaret at her postop visit.

The U.S. Food and Drug Administration approved the VisuMax Femtosecond Laser for SMILE procedure for -1 to -8 D myopia with up to 0.5D astigmatism. During a SMILE procedure, a femtosecond laser with precise short pulses is used to make small incision in the cornea to create a disc-shaped piece of tissue. This tissue is then removed by the surgeon through the opening

which causes the corneal shape to change, permanently changing the prescription.

SMILE has a proven track record of success. It has been used internationally since 2011 and more than 750,000 procedures have been performed worldwide. Dr. Wang noted that currently, the procedure has not been approved to treat large amounts of astigmatism and cannot treat farsightedness and that LASIK is still a better option for a majority of the patients seeking laser vision correction.

Dr. Ming Wang, a Harvard & MIT graduate (MD, *magna cum laude*), is the CEO of Aier-USA, Director of Wang Vision 3D Cataract & LASIK Center and one of the few laser eye surgeons in the world today who holds a doctorate degree in laser physics. He has performed over 55,000 procedures, including on over 4,000 doctors. Dr. Wang published 8 textbooks and a paper in the world-renowned journal *Nature*, holds several US patents and performed the world’s first laser-assisted artificial cornea implantation. He established a 501c(3) non-profit charity, Wang Foundation for Sight Restoration, which to date has helped patients from more than 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. Dr. Wang is the Kiwanis Nashvillian of the Year.

**Dr. Ming Wang can be reached at:
Wang Vision 3D Cataract & LASIK
Center, 1801 West End Ave, Ste 1150
Nashville, TN 37203, 615-321-8881
drwang@wangvisioninstitute.com
www.wangcataractLASIK.com**

Choose Your Path



Can a special needs trust help you?

Special Needs Trusts safeguard personal assets and provide for services or items that public benefits do not cover – all without jeopardizing eligibility for government benefits and public assistance programs.

Vista Points is focused on helping people living with disabilities, their parents and caregivers, and the professionals who serve and guide them.

*Vista*Points

The Special Needs Trusts & Resource Center

Services Offered Nationwide

Call Toll Free 888-422-4076 • www.vistapoints.org

Peace of mind does not have to cost a fortune.