

August 2019

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News**

Kathie Lee Gifford & The God Who Sees

*Finding Your
Purpose*



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OUR MISSION



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

FROM THE PUBLISHER

“Now it is always good to be enthusiastic about good—and not just when I am with you.” Galatians 4:18 (HCSB)

August is when I begin getting excited because in less than a month college football will kick off and another exciting season will begin. I love sports, but college football is my favorite of those that I follow.

I am a University of Alabama Crimson Tide fan through and through. My father attended there and then taught there for many years, my mother worked there and I attended as did a son. Add to that, throughout his life, my father was a college football fan, followed Bear Bryant's storied career that ended at Alabama, and until his death at 96, my dad got great enjoyment from following and watching college football and “our” team. So it is no surprise that friends and family would say that I am a very enthusiastic fan.



Over the years I have more and more come to understand that I should ask myself a couple of questions; as a Christ follower, in God's scheme of things, His plan for my life and His desire for me to be an example of a true follower of Jesus, is football or sports really that important? Does my enthusiasm for my team interfere with my example and calling as a Believer to spread the Gospel and witness? Do I get as excited when the Lord presents an opportunity for me to witness to a non-believer about Jesus as I do for a big game?

College football or sports in general may not be what gets you excited, but whatever we have a passion for other than serving God as a witness, should take a backseat as we ask ourselves those questions.

I believe that the most important thing that we as Believers must do, is to spread the Gospel and the Good News of Jesus Christ with as much excitement and enthusiasm as we can, remember, the Lord will provide not only the opportunity, but also help us with the words that we need to say.

“Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.”
Romans 12:11 (NIV)



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ON THE COVER 16

With lyrics straight from Scripture, set in the very landscape of Scripture, Emmy Award Winning Today show host Kathie Lee Gifford is fulfilling her mission of hope, grounded in God's Word. She is seen here directing her first of five short films in Israel. See Page 16.

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FAMILY MATTERS

Setting Up Crib (Again)

As a foster parent, I don't need instructions to set up and tear down a crib. Honestly, it isn't a simple process. You need a drill and all kinds of hex key tools. But this thing has been up and down enough times that my husband and I can say, "We gotta get Crib out again," and an hour later, there's the Crib. Boom. We bought the crib when we were pregnant for the first time, almost ten years ago now. So exciting! We set it up carefully, my husband following the instructions for the first time in his life because I was being a fanatic about safety. Then we did the thing where you try really hard to shake it apart, and when nothing clangs to the floor, you nod at each other like, yeah, nothing's going to tear this monument apart.

Our nine-year-old slept in the Crib in our old house for a while, then I cried the day I went in to get him from nap and he had chewed up the sides. I was heartbroken. Poor Crib!

Truth is, I was pregnant again and was picturing a new baby in this now less-than-pristine wooden Crib, and it made me angry. Turns out, she would never get the chance to sleep in the Crib, just safely in the arms of Jesus.

No one can stand an empty Crib, especially one that was to be filled, so we converted it to a toddler bed. A few years later, we were about to move and I was pregnant again, high-risk, and all of a sudden, I was recovering from a month-early C-section instead of helping our whole family move our house. I never got to say goodbye to the old house, but the Crib turned up in the new place with a new baby in it. I don't honestly know who set it up that time. But here was the Crib, ready to cradle another baby.

Just three short months after that, we got our first foster placement of a newborn and an eleven-month old, and suddenly the Crib had a bunch of co-workers! People said we looked like a daycare with now three cribs and a barely four-year-old just adjusting to life in a big boy bed.

Looking back, the Crib likely felt like he had it easy, as his occupant was a sweet sleeper, and the other two babies (who were in the midst of one of their young lives' great traumas) were experiencing physical symptoms and emotions they didn't understand. Endless crying and thrashing with all the strength their tiny bodies could muster probably made the Bonus Cribs shudder. Truthfully, the Bonus Cribs saw a lot of sadness, but—I hope and pray—maybe the beginning seed of some healing, too.

After we returned to a family of just four, the Crib became a toddler bed again briefly, then did a brief stint in the attic. The Crib was probably lonely, but not for long.

Another call and another baby, this one a micropreemie full of medical needs and uncertainty. But, oh—did that boy grow! Did he amaze us? Every. Single. Day.

As micropreemie turned into best-little-brother and precocious toddler, the Crib had to be moved into big brother's room—inseparable little buddies—because it was better to have the Crib in the same room than risk anyone climbing out of (or into!) the Crib to share the night. The Crib must have felt so much love in those cuddles.

That particular Crib occupant left us to live instead with his birth family, and



that pain is still a little fresh even a year later. I don't yet have a lot of words to describe that experience. Bittersweet.

Now, the Crib has stood solidly empty since last July as a salve for formerly-big-brother who was now missing his smaller counterpart. He solidly refused to have the Crib taken away, preferring to sleep with the empty Crib than all alone.

The Crib was empty and quiet for nine months. We only recently decided it was time to put the it back in the attic, adding a set of bunk beds in his place. Goodbye, Crib. Now the phone rings. And so it begins again.

Another baby.

Hey, Crib? It's me. I have the hex keys and the drill. I'll see you in an hour.

— Kelley Rose Waller and her husband Matt are foster parents and have two biological sons. She is the vice president of Masterpiece Marketing in Lancaster, PA. Her second novel, *Going Back Cold*, will be released in October 1, 2019.

Read more at www.kelleyrosewaller.com.

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.

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How Do You Decide?

Sometime ago, I heard a pastor in Arkansas comparing our daily decisions to the pixels on a TV picture. He said, “Think about the thousands of tiny pixels that make up a digital picture you are seeing on your high definition flat TV screen. Think of each day of your life, and the decision or decisions you make on that day, as being a pixel in the big picture of your life. Or perhaps we should think of each decision as a pixel. According to the way we live each day, or in accordance to how we make each decision, we are confronted with the question of how the ‘picture’ of our life will be. Granted, some decisions are of greater importance than others, but by the same token all big decisions are made using the same process we use in making the so-called ‘unimportant’ ones.”

As Christ-followers, we are often laughed at and mocked. One of the many reasons for this is our insistence on “praying about everything first.” We are asked to do something or buy something or go somewhere and we respond, “Let me pray about

it,” and those around us roll their eyes. Yet we do this because we learned it from our Savior and Lord! Jesus practiced three great priorities, every day of His life. They were:

- Time with the Father
- Time with His disciples, His future leaders
- Time with the multitudes

Someone once said that if you hem in your day with prayer it is less likely to become unraveled. Paul learned from his Lord, and in Romans chapter one he gives the winning decision-making plan.

Romans 1:9-10: Unceasingly, Paul was praying for his friends in Rome, and in those prayers he often requested that God would allow him to visit them.

Romans 1:11: Paul longed to do this; it was his desire.

Romans 1:13: He then said, “Often I have planned to come to you. I have been prevented thus far but it is still in my planning.”

Romans 1:15: He concluded, “When I do arrive, I plan to fulfill the proper motive: to preach the gospel to you.”

Here was his simple prescription for decisions. First, pray. Second, allow God’s peace and joy to build in you a desire for the thing you are praying about. As that desire “grows on” you, begin to plan. The plan may take time to unfold, but with diligent planning and patient waiting, the timing will be revealed. Then, when you do decide, include the Lord’s word and witness and testimony to others; allow it to come out in each decision you make. Do all things for the glory of God. That will help you greatly to make decisions that will contribute, day by day, to a life that is one of His great masterpieces—a winner of a “Best Picture” award!

— Mark Simpson

LEGAL MATTERS

Brought to you by: **Community Partner Crain Law Group** www.crainlaw.legal



A Lawyer’s View From The City Upon A Hill

In the Gospel of Matthew, Jesus said: “You are the light of the world. A city that is set on a hill cannot be hid.” Jesus was speaking generally of His followers’ special citizenship in a government headed by Christ that will shine throughout eternity. But there are also temporal implications from Jesus’ proclamation for present day Christianity.

As Americans, we trace much of our sense of nationalism back to an early pilgrimage in 1630 when a fleet of eleven ships sailed from England led by the flagship called Arbella. On board this ship was an evangelist chosen to be the

governor of the new Massachusetts Bay Colony, John Winthrop.

Before setting foot in the New World, Winthrop preached a sermon called “A Model of Christian Charity.” In his sermon, Winthrop said: “We must consider that we shall be as a city upon a hill.” His reference to the Great Sermon was not accidental, but intentional. Those on board, all of whom were studied in the Word, were reminded of their great responsibility to all other peoples then living and to history and to the future. They were not merely running from religious persecution, but were ordained to spread the great message of the Gospel

and bring freedom to the New World.

John F. Kennedy, years later, on the eve of his inauguration as President echoed this same refrain in a speech he gave before the Massachusetts General Assembly: “I have been guided by the standard of John Winthrop set before his shipmates on the flagship Arbella three hundred and thirty-one years ago, as they, too, faced the task of building a new government on a perilous frontier. “We must always consider,” he said, “that we shall be as a city upon a hill – the eyes of all people are upon us.”

Kennedy drove his point home when he concluded with the words of Jesus from the Gospel of Luke: “Of them to whom much is given, much will be required.”

This notion that as a follower of Christ, and as a citizen in this shining city upon a hill, I am vested with not only its benefits, but also share in its responsibilities, has shaped my view of the practice of law. It has a very practical application. It means that I am inescapably burdened with the responsibility to help others. It also means that I should view my vocation as an opportunity not just to argue lofty precepts in court, but to spread the great message of freedom borne out of the Gospel, and, when led, to offer my services to those who may be unable to afford good, legal representation.

I have a painting in the lobby of my law office that

I commissioned years ago from a Russian artist called “Refugees.” It depicts a ship that just made shore in the New World. Standing on the sea bank is a minister clutching a Bible as he gathers his family around him and looks toward heaven. It serves as a daily reminder to me of my calling and purpose.

As Christians, we should never view our freedom as a reason for vainglory, but as a great commission to service. This is not a new concept; it is bedrock to God’s relationship with His people. In Genesis, chapter 12, God speaking to Abraham said that he will use him to bring the nation of Israel into being, but he makes clear that the point of it is so that Israel will “be a blessing to others.”

Eric Metaxas writes in his splendid book, *If You Can Keep It*, an encouraging, but strident reminder that we in America have been blessed of God with a unique role as a “nation of nations.” But, as Metaxas warns, we stand in danger of losing this role if we forget the obligation entrusted to us by our founders. I would take his admonition one step further. Our obligation of benevolence and service to others was not bestowed merely by our founders, but our founders’ God.

— Larry L. Crain, Crain Law Group, PLLC - larry@crainlaw.legal



SPECIAL FEATURE

Brought to you by:
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Choosing A Trustee

What does a person look for, when a financial trustee is needed? There are many criteria that fall into this category. However, the first place to start is to know what type of trustee a person is needing.

If someone is living with a physical, mental or intellectual disability or wants to establish a trust for a relative or friend with this condition, then a special needs trust is what is needed. The trustee will manage one of three types of trusts: the pooled special needs trust, the first party/self-settled special needs trust, or the third-party supplemental needs trust.



In choosing a reputable trustee, the first thing a person should look at is if the trust company is registered with the Better Business Bureau (BBB). Check the company's rating. An A+ is the highest rating the BBB gives a company.

Review the services the trust company offers. Many companies provide a wide range of services. Decide if a company that focuses on trusts or a company that provides many services is best for what the person needs. Then, look at the size of the company and consider if the staff will be able to work individually with each client.

Check the longevity of the trust company. A company that has been in business for many years will have the experience to work effectively. Consider the fee structure associated with the type of trust that will be established. The fees should be transparent, with no hidden charges. The fees should not be too low, so the company cannot survive, nor should the fees be too high, as to cause a large drain on the individual trust.

Look for a company that is accessible, responsive and flexible. Ask questions about how to contact the company and what is the average response time. Take into account how decisions are made, for the individual trust requests, and what is an average amount of time before a request is paid. It is good to remember that not every request will be approved. The trustee has a fiduciary responsibility to determine if the request falls within the guidelines of the trust, if the request is reasonable and if the request is for the sole benefit of the trust beneficiary.

There are many trust companies that are legal entities working as a fiduciary, agent, or trustee on behalf of a person living with a physical, mental or intellectual disability. These companies perform management and administration of various types of trusts. When there is a need for a trustee, choose wisely. The trust company will help the beneficiary live a good quality of life and provide the family with peace of mind.

– Darlene A. Kemp, MPH, MBA-HCM,
Executive Director of Vista Points Special Needs Trusts
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Swanson Direct offers inspirational gifts such as Bible Covers, Boxed Greeting Cards, Drinkware, Home & Office Décor, Hats, Umbrellas, Jewelry, Puzzles and much more. In addition, Swanson Direct offers a wide variety of church supplies – including everything from Communion Supplies to Usher Badges.

Swanson Direct is headquartered in Murfreesboro, Tenn., along with its worldwide corporate Distribution Center. While business is what Swanson's does – their primary passion is for the ministry that God has called them to do, which is to share the Gospel wherever they go and help others to do the same through the products and services they provide.

In addition to offering over 2500 gifts, novelties and church supply products – Swanson Direct can help you whenever you need a large quantity of custom logo printed items for your school, church or other organization or event.

“With the closing of many Christian retail stores in the last several years, consumers need a way to find quality faith-based gifts at a fair value from a supplier they can trust.” states John McKinney, Sr, President of Swanson

Products/Swanson Direct. “Consumers need to have trust in the companies they deal with, and Swanson's offers over 80 years of service as our backbone to our trusted success.” added McKinney.

Swanson's operates as a 501c3 ministry organization. They have supported Samaritan's Purse Operation Christmas Shoe Box program through various toy donations. In addition, Swanson's has partnered with the Rutherford County Corrections Department by employing low-risk inmates to work in their Distribution Center picking and packing orders. Swanson's was the initial pilot partner with Rutherford County on this special program six years ago, and since that time has seen many women come through the doors of their Distribution Center. While employed at Swanson Distribution Center, inmates work within a faith-based environment, participate in prayer and Bible Study.

Check out Swanson Direct and the many inspirational gifts that they offer by logging onto www.swanson-direct.com



— John McKinney, Sr., President, Swanson-Direct.com

MISSION MAKERS

Finding Purpose in the Midst of Trials

Jordan Thomas, founder of the Jordan Thomas Foundation, has dedicated his life to ensuring a high quality of life for amputees. At the age of sixteen, Jordan fell victim to an accident that changed the course of his life. He was involved in a boating accident that resulted in the loss of both of his legs. It was this accident that spurred a fire in his heart for helping people who have lost limbs and require prosthetics. Before leaving his hospital bed, Jordan decided to start the Jordan Thomas Foundation.



Jordan Thomas with a couple of the children who have received the benefits of the Jordan Thomas Foundation.

The Jordan Thomas Foundation is a non-profit foundation which provides prosthetics to kids who would not otherwise be able to afford them. Jordan explained that prosthetics place a huge financial burden on the person receiving them and their families, especially when the person receiving the prosthetic is under 18. The burden is heavier for them because kids outgrow their prosthetic every eighteen to twenty-four months. The financial burden of prosthetics is what pushes Jordan to keep volunteering and to keep striving to change the way insurance companies view prosthetics. To him, there



is nothing like watching a little girl take her first steps ever, using the prosthetic his foundation was able to provide.

Jordan continues to work so passionately because of the joy that he sees in the kids when they are getting to run and play like a “normal kid.” It is in those moments and through volunteering that Jordan feels a sense of meaning, purpose, and perspective in his life. Jordan expressed “the fulfillment of being of service to other people is beyond any sort of other sensation that I have experienced in my life.”

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 volunteers. For additional information about Jordan, Doing Good, or other volunteers, visit the website www.DoingGood.tv or @DoingGoodTV on Facebook, Twitter, Pinterest, Instagram, or YouTube.

— Katie Christ, Creative Writer

FAITH UNDER FIRE

When Life Hurts

I get lots of calls, letters, and emails requesting prayer. Each request is different. Some requests just really stand out. That's the case with "Frieda" who asked for prayer. After 16 years of marriage her husband wanted out. He met another woman online. He felt "alive" with the other woman and wanted a new life. Despite her tears, and prayers the marriage ended. Why such needless suffering? Frieda was suffering, and her children were confused. With more questions than answers they marched forward but the profound sense of loss and suffering continued.



When it comes to suffering there are no easy or "pat" answers. There isn't a scripture verse that is going to jump out at us and make everything all better. However, when life hurts, we can trust His Word. His Word assures us of His:

Promises Purpose & Perspective

God Promises to Help

His promise to help when we need it most is a great comfort. He says we can come to Him boldly and receive mercy and grace when we need it most. This promise is for you and me. Hebrews 4:15-16 New Living Translation (NLT) *15 This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. 16 So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

God Fulfills His Purposes Amid Suffering

In the midst of suffering, God's purposes for our lives are fulfilled as we trust and obey Him by faith. Even Jesus suffered and what He suffered brought Him through as a perfect leader. Hebrews 2:10 NLT *God, for whom and through whom everything was made, chose to bring many children into glory. And it was only right that he should make Jesus, through his suffering, a perfect leader, fit to bring them into their salvation.*

God's Word Gives Us Perspective in Our Suffering

What we are going through right now will not last forever. This give us perspective and comfort though to know that one day everything will be made right. 2 Corinthians 4:16-18 (NLT) *16 That is why we never give up. Though our bodies are dying, our spirits are[a] being renewed every day. 17 For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! 18 So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.*

If you are in a season of suffering take some time right now reflect on God's Promises, Purposes, and Perspective. Allow His Word to encourage you and fill your heart with hope. When Life Hurts You can trust His Promises Purposes and Perspective.

Monica Schmelter, General Manager, WHTN
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“Zombie Eating” is a Sure Sign of a Coming Social Apocalypse

A recent survey of America’s eating and screen usage habits confirms what most of us have observed at restaurants and even inside our own homes – the typical diner is more likely to stare at their phone or tablet than converse with the person across the table.



According to the survey sponsored by Snack Factory’s Pretzel Crisps, 88 percent of those asked admitted to using some type of screen while eating. The explosion of smartphone and tablet use is revolutionizing culture and daily life in ways almost too numerous to mention. From accessibility to communicability, many of us have a love-hate relationship with our phones and technology.

After all, because we can be reached anytime and anywhere, we’re more likely to work in unconventional places – including our dinner table or even at a restaurant while we’re out with friends. “Hold on. I just need to respond to this one,” we might say, looking away from the person in our actual presence, and down to the email, text or post on our phone.

There was a time when the lines were more clearly drawn, of course. It’s not that people weren’t ever interrupted or distracted during mealtimes – but if it was the exception then it’s the norm now. What’s curious to me is that so many of us think what’s going on “out there” is more interesting than what’s going on right in front of us.

It’s a lie – and one with deadly consequences.

That’s because it would be impossible to overstate the importance and benefits of eating and socializing together, especially for children in a family setting.

Research has revealed that kids who eat dinner with their parents from five to seven nights per week are three times as likely to have a strong relationship with their mom and dad and twice as likely to have good grades in school than those children who do not follow a similar routine. All the typical “vices” decrease also, including smoking, alcohol use and drug abuse.

Television legend Larry King, a guy who has interviewed over 60,000 people and may know more than anyone about the art of conversation, regularly laments that dinners out with friends usually devolve into the other person being engrossed in their phone rather than his company.

In response and as a sign of protest, King only uses an “old-fashioned” flip phone and refuses to text. But the problem is hardly limited to the Hollywood glitterati. The average American home is confronted with managing the effects of digitally distracted children and spouses.

What can be done about it?

It’s time to put down the phone, look up at the person across from you – and talk. For some, this may seem like a daunting task, especially if you’ve become so accustomed to virtual living or are something of an incompetent conversant.

My mother used to say she learned the art of conversation from listening to talk radio. She particularly liked Arlene Francis, the former actress turned interviewer who held court on WOR Radio in New York City for nearly a quarter-century. Non-controversial, Francis could get anyone talking by asking them easy questions – and following up on their answers.

Dr. James Dobson, my old boss and a member of the National Radio Hall of Fame, likens good conversation to having a game of catch. “If I throw you the ball – if I ask you a question – you need to throw it back it to me in the form of an answer. I can then take that answer and ask you another related question.”

That’s good advice.

But we can’t just expect the other person to put down their phone. We have to make sure that when they do and look up – we’re ready to actually engage them in worthwhile conversation.

My friend and colleague Tim Goeglein, who served in the Bush White House, likes to repeat the advice his late mother once gave him. Back in the day, the Goegleins used to hold wonderful dinner parties in their Fort Wayne, Indiana home. “If you’re going to entertain, Tim,” his mother told him. “You have an obligation to be interesting!”

In the end, I think that’s the antidote to “Zombie eating” – invest in the person or persons at your table by asking them about their lives (They’re alive! They’re alive!) – and sharing about yours. Don’t take the people next to you at the dinner table for granted. After all, time is fleeting, and life is fragile.

— Paul J. Batura is vice president of communications at Focus on the Family and the author of “GOOD DAY! The Paul Harvey Story.” He can be reached on Twitter @PaulBatura or by email at Paul@PaulBatura.com.

THIS ARTICLE WAS FIRST PUBLISHED BY FOX NEWS

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.

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Grief Help



Helping Yourself Heal

At its heart, grieving well begins with allowing yourself to mourn. But there are other important realizations, behaviors and expectations you should recognize and understand. We invite you to

learn more about the many things you can do to help yourself heal after loss.

Accepting a Loss

The experience of loss is an inevitable part of our lives, and each provokes grief. Accepting a loss, a goal in healthy grieving, essentially involves the awareness of this inescapable truth. Read this to learn more about loss and the importance of acceptance.

Grief

Healing is a process of allowing ourselves to feel, experience, and accept the pain. In other words, we give ourselves permission to heal. Allowing ourselves to accept these feelings is the beginning of that process.

The Grieving Process

The loss of a loved one, you could say, wounds us

deeply. Whether you are helping yourself heal or a friend or child, this section will be helpful for you.

When Your Parent Passes

The emotional response to the passing of a parent can be surprisingly complex. To help in grieving what is, for many people, a major loss; we offer insights gleaned from our personal and professional experience as well as specific bereavement guidelines you may follow.

Children's Corner

How much should you tell a child about the passing of a family member? How should you explain death, and how involved should children be in the planning of a loved one's funeral? Get insights and answers from our experts in our Children's Corner.

For more information about our services and facilities, please visit www.williamsonmemorial.com or call 615-794-2289. For more information regarding Grief Help, please visit www.williamsonmemorial.com/Grief_Issues

— Mandi Marlin,
Third Generation Funeral Director

Williamson Memorial and Spring Hill Memorial Funeral Homes and Cremation Services are a family owned, third generation business located in Williamson County.

Among the many valuable services that we offer, below is some information regarding Grief. If you or someone that you know are currently dealing with the loss of a loved one, we are sorry for your loss and hope that the following will be of help to you. If you are not experiencing this situation now, the information may be useful to you at some point in the future.

Grief Counseling

People can get lost in their grief. When bereavement is especially difficult, it can help to arrange for grief counseling. We invite you to read this page if you're looking for extra support in grieving, or need our professional recommendation for local grief counselors.

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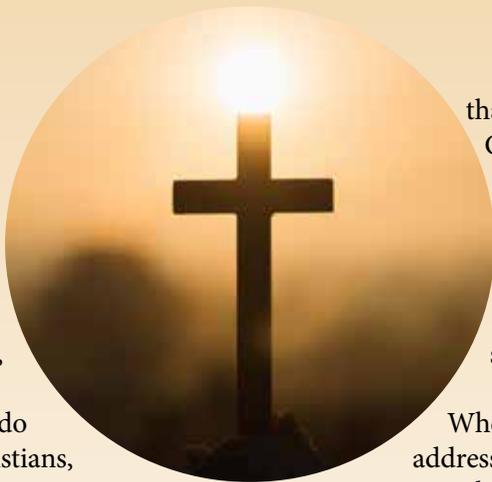


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Gracious Speech

I have had several people tell me that they don't want to have anything to do with Christianity due to Christians. They see the way people in the name of Christianity (Not necessarily Christians) act and react and use these few examples as a means of rejecting Christ. I get it. I really do. I spent many years making that same argument. In reality, my rejection of Christians and Christianity was strictly on my shoulders. It had more to do with my own rebellion than it did other Christians, but I wasn't mature enough to admit that.



that our words don't become an excuse for anyone to turn their back on Christ. We want all to be saved and see His glory, and that won't happen if we keep silent or use Christianity as a weapon against non-believers.

So, how are we to do this?

Colossians 4:6 says, "Let Your speech be gracious, seasoned with salt, so that you ought to know how to answer each person."

Whether we are to answer an attacker, share the Gospel with the lost, or address a Christian who is going down the wrong path, we need to let our speech be gracious. Be transparent and show them the change in your life. Pointing fingers means they point back. Showing them God's grace in your life allows them to see the potential in their life.

But now, as I Christian I hate the idea that I might in any way contribute to someone's distorted view of God. Yet, I realize that as a Christian, I am far from perfect, and people are looking at me and judging Christ based on my imperfections too.

PRAYER

Our Father in heaven, Forgive me for the times when I, as a bearer of your name, have misrepresented you. Help me to forgive those in your family that have hurt me with their words or actions. Teach me how to hold myself and my brothers and sisters accountable when we wound others. I pray my words will be "gracious, seasoned with."

We have a duty to other Christians to address behaviors that aren't Christ-like, and we have an obligation to non-Christians to share the Gospel with them. This is God's call for us. Not that we would sit in judgment of others but that we would call them to live a life that glorifies God. Once they meet the Living God, it is His responsibility to convict them of wrongdoings.

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

Remember Jesus is the ultimate judge of us all, and we have to be careful



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Woof – woof ... Hear that? It's the dog days of summer barking and this month is my most challenging when it comes to exercise ... Because it's too stinkin' hot!

Can I get an "Amen!"?



So when this info came across my desk at the Fish – I received it gladly. Anyone who wears a Fitbit knows that 10,000 steps a day is your goal. Why 10,000? Turns out it's an arbitrary number. No science has confirmed that 10,000 steps is the magic number for

weight loss and overall health. So what's the right number of steps you should take every day? Scientists have found that we should aim for a minimum of 7,500 steps. That info comes from the International Journal of Behavioral Nutrition and Physical Activity So the plan is now to adjust my daily step goal – to 7,500 – and hopefully celebrate for "victorious" days, then "failure to achieve" days.

And, while it's challenging to exercise in August, there is one thing we can all do to lose weight – and that is limit our intake of calories. One way to do that is by keeping a food journal. The scientific journal Obesity reports new research that says keeping a food diary is linked to weight loss. Just fifteen minutes per day making a note of each meal or snack boosts people's awareness of what they are eating. People in the study who did this each day lost an average of 10 percent of their body weight. Food dairies can double weight loss. There are many apps available for you to use, my personal favorite is "My Plate" from Live Strong.

So, how is your weight loss journey going? Need encouragement, knowledge, and accountability? Let me point you to the place I've found success – Dr Lodge and the crew at Cool Springs MD. In 2011, I met with Dr Lodge and 16 weeks later lost 65 pounds and now 8 years later I have been able to keep most of that weight off.

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

— Doug Griffin



MONEY MATTERS

Are You Prepared for Home Repairs?

One of the realities of home ownership is upkeep. Things break – it's not a question of if, it's when. Water pipes burst. HVAC systems stop working. Roofs get damaged and leak. Are you prepared if the unexpected happens and a major repair is needed? An emergency fund can bring you peace of mind.



It pays to prepare

Most of us know that products often have an expected lifespan. You can reasonably expect a hot water heater to last 7-10 years or an HVAC unit to last up to 10-12 years. Planning for replacements is one thing. The bigger challenge can be planning ahead for those times when a major home appliance or system breaks down unexpectedly.

Putting money aside in an emergency fund is essential. It's like wearing a life jacket; the money is there to help you in case of unforeseen expenses. With an emergency fund for home repairs, you have quick access to cash, without the need to touch long-term investments. It can be the difference between a minor setback and a financial nightmare.

Unfortunately, many Americans aren't well prepared. According to the Federal Reserve's recent "Report on the Economic Well-Being of U.S. Households," four in 10 adults in 2017 would have had to borrow money, sell something, or wouldn't have been able to pay if faced with a \$400 emergency expense. These days, it doesn't take a huge problem to run up a \$400 bill.

Build your fund

To establish an effective emergency fund, first determine the amount of money you need to save. It is recommended homeowners set aside 1-4% of your home value. For example, if your home is worth \$150,000, then it is recommended you set aside \$1,500 to \$6,000 for home repairs and maintenance.

Based on that, determine what amount you need to stash away in a savings account, so it can readily be transferred to a checking account. Using the above example, if you want to create an emergency fund of \$4,000 in 12 months, you need to save about \$335 per month.

The easiest way to do that may be the "set it and forget it" method. Create an auto-transfer to move the money into a special savings account. Keeping the home repair fund in a separate account can help ensure you don't dip into the funds for expenses not related to home repairs.

Enjoy all the benefits

When the time comes and you are faced with a household issue, having an emergency fund provides peace of mind. It also finances a complete fix of the problem vs. a Band-Aid approach that can actually create more expensive issues later on. As we tell Lee Company customers, home repairs are easier to take care of and less expensive when the problem is first noticed!

This year, take the steps necessary to keep your home – and your finances – in great shape. Create a home repair emergency fund and be prepared for the unexpected.

— Lauren Painter, Director of Financial Operations with Lee Company,
www.leecompany.com



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Kathie Lee Gifford:



Grounded in God's Word of Hope

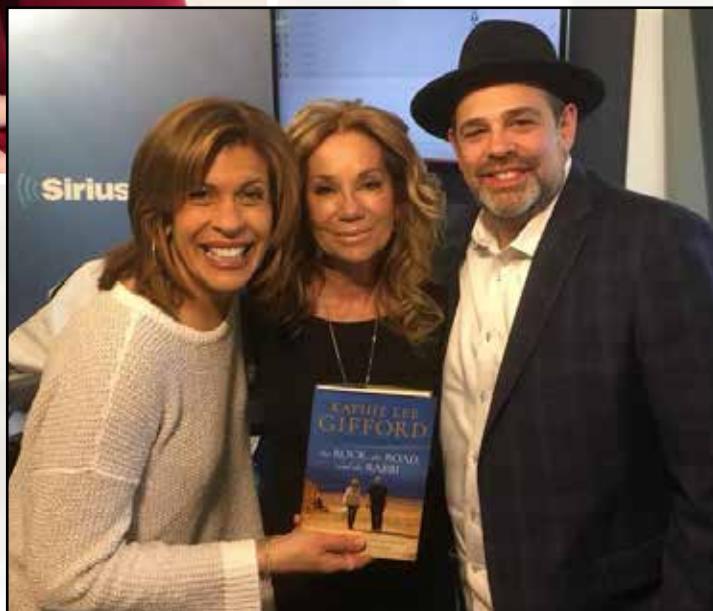
"Trust Him. Let Him love you like He wants to love you."

Those were the parting words of hope that Kathie Lee Gifford left millions of viewers with earlier this year on her last day as a part of the Today Show. Her final words were backed up with God's Word as she quoted on the air Jeremiah 29:11, a verse God called her to share. "I was praying that morning. I just said, 'Lord, this is another opportunity... Not because of me but just because of You, your faithfulness. Let me leave people with hope. Literally let me leave them with hope.'"

Gifford recounts her nearly eleven years on the Today show as a mission of hope often played out during a time of personal deserts. "It was not about my career. It was about what I represented to people. What people had come to expect and know from me. I realized what they were tuning in for everyday in their own ways, all over the country, all over the world. They were tuning in for hope. Somebody to say the Word of God. Somebody to say the Word of Jesus with no shame. Somebody to be bold about the Word. It was a great privilege to serve there."

Since leaving the Today Show, 65-year-old Gifford's life has not slowed down and her mission is still the same. Most recently she is at work creating, directing and promoting a series of short films/modern oratorios. The first, *The God Who Sees*, is Gifford's first film to ever direct and is based on a song written by Gifford and Grammy nominated, Nicole C. Mullen. With lyrics straight from Scripture, set in the very landscape of Scripture, Mullen journeys through Israel recounting stories from the Bible that Gifford explains are "like ripped from the headlines of today." Since releasing in April, the film has struck a chord with nearly a million people who have viewed it online at www.godwhosees.com. "Apparently it is unheard of in the Christian world now to have this kind of reaction. We are just in awe of God's goodness and faithfulness."

The birth of the film, and four more yet to be released, began as a prompting Gifford received during time spent in God's Word. "I've learned not to think it's weird anymore when God puts something on my heart. It means He is



Hoda Kotb, Gifford's former co-host on the Today show is seen here with Gifford and Rabbi Jason Sobel at the release of their New York Times best selling book, *The Rock, the Road and the Rabbi*. *The Rock (Jesus Christ), The Road (Israel) and the Rabbi (God's Word)*.

preparing something for me and He put Hagar on my heart, like crazy." Gifford took this prompting into a ninety-minute writing session with Mullen whom she had never met. "I said I have Hagar on my heart and this Scripture [Zachariah 2:5], and I said I think there's something there. We just prayed and she got out her guitar," remembers Gifford. The two wrote the first verse and the chorus and agreed to get back together.

"I went home and started working on it and all of the sudden it also became about Ruth, and then it naturally moved to David. All the desert experiences that Hagar had, that Ruth had, that David had, they were so different and centuries apart but yet the same God met them there in their desert experience... And now because of Ruth and David, it naturally led to Jesus, who meets us all in our desert experiences." Gifford believes this is where people connect with the film, but more importantly with the very Word of God. "We

all have deserts. We all have those times when we are in the lonely, broken places where the God who never changes, meets us there.”

“All of the sudden we got back together again in Nashville and we didn’t know what we had,” explains Gifford with an excitement in her voice that is contagious. “Who writes an eleven-and-a-half-minute song and think that’s God’s will? But He did.” Gifford asked Mullen to do something she had never done before- provide narration. “You know the Bible. Just lead us into each piece and I’ll write it later. No big deal. It’s a demo,” says Gifford adding that Mullen tentatively agreed and at the end of the 11 1/2 minutes, “under the Power of the Holy Spirit, 90 percent, maybe more of what’s on the film Nicole said in the Holy Spirit that day. I was stunned... Sal, who is our engineer and producer friend, he was crying, tears streaming down his face, hands trembling on the keyboard. I said, ‘not your typical, demo type of day, right Sal?’ And he said, ‘No Kathie.’ We all just knew God was doing something.”

Gifford felt compelled to turn the 11 ½ minutes into a short film. “I said I’ve got to do this in Israel. I have got to do a film of this.” Gifford saw this as an opportunity to help others to experience learning God’s Word from the Holy Land and plant a desire to go. “I have been trying to get people to come to Israel forever and learn the way the Scriptures were originally written in the Hebrew and in the Greek. The reason we don’t have power in the church today, is because we are not reading the Scriptures the way they were meant to be read and we are not quoting the Scripture, the actual Scripture. We are settling for a fast food lunch as opposed to the feast God wants us to eat on every day.”

Gifford funded the film through her 501c3 foundation, The Rock, Road, Rabbi Charitable Trust Foundation, established “as an evangelistic tool seeking to share the Word of God...using the arts to produce films and music that will bring the glorious experience of learning Scripture from the Holy Land to a needy world.” All the royalties from Gifford’s 2018 book, *the Rock, the Road and the Rabbi* (W Publishing), written with messianic Rabbi Dr. Jason Sobel, went into Gifford’s foundation. “Everything I do for the Kingdom goes back to Kingdom,” explains Gifford adding, “I’ve been going to Israel since I was 17 years old and I know it so well and love it so much and I couldn’t wait to share it with the world.”

God Who Sees is the first of five oratorios Gifford has in the works all to be filmed in Israel. Funds for each will come from donations to The Rock, Road, Rabbi Charitable Trust Foundation. Gifford just finished recording *The God of His Word* with contemporary Christian singer, Danny Gokey and hopes to film in Israel in September. “I feel like the Lord allowed me and Nicole, just in our willingness to be vessels, He allowed us into this brand-new paradigm that is obvious-



The song, God Who Sees, was recorded in Studio A at Ocean Way in Nashville, not far from Gifford’s new home in Franklin. The studio is built in the sanctuary of a 100-year-old church, with a massive main room and 30’ ceilings.



Kathie Lee Gifford with her children Cassidy (25) and Cody (29). Both have traveled to Israel with their mother where they were baptized in the Jordan River.

things that will remain private, heart break- heart ache after heart ache after heart ache. And you just kind of go. ‘I’m in the desert Lord. I’m here.’ and He says, ‘Good. I’ll meet you there.’”

Gifford explains that it was in those deserts God gave her a message of hope in Christ to share, particularly on the Today show. “When Frank died, and then when Billy Graham died, these were just opportunities that I had to take advantage of and just share my hope. You just have to share your hope. I knew millions of people would be watching.”

And she’s quick to point out that being able to do so was not of her own strength it was the time she spent in the Word. “You cannot get through it unless you study the Word,” says Gifford. “For 40 days and 40 nights He [Jesus] was there. How did he get through it? Quoting Scripture back at Satan. He didn’t have to look it up. He didn’t have to google it. He knew it. He was the Word and so He knew the word. So that’s the only way we can get through it. Quote it back, throw it in his [Satan’s] face, that’s the only way you can do it.”

— Laurie Stroud



Gifford says the death of both husband Frank Gifford and dear friend Rev. Billy Graham, gave her a powerful opportunity to share with the world her hope in Christ.

THE

Right song

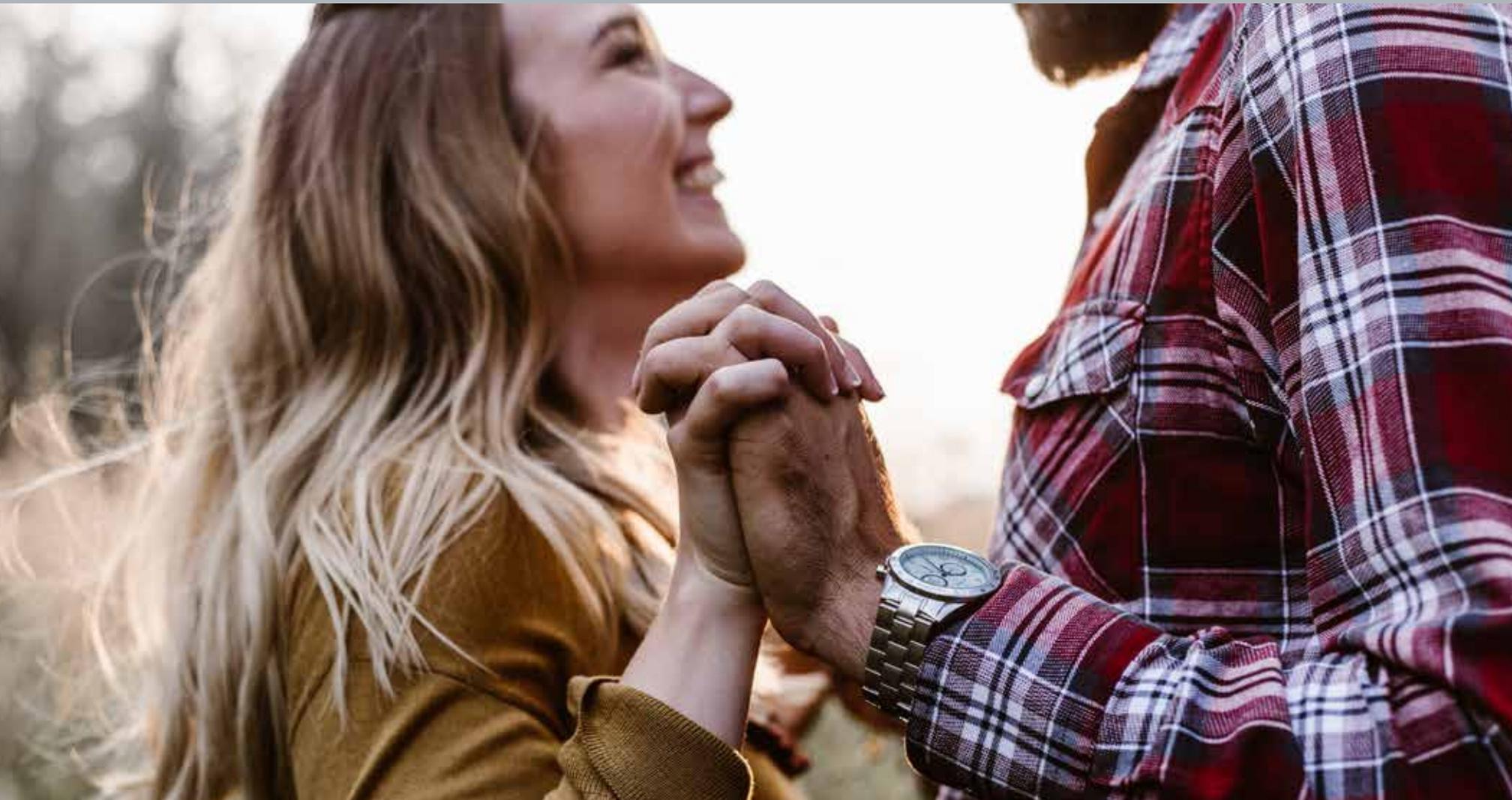
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A Doctrine Driven Life

This month we will explore what it means to have A DOCTRINE DRIVEN LIFE. Much has been written and said in recent years in Christian circles about the desirability of having a purpose driven life. We accomplish much from having clear purposes in our life. However, while the evangelist Billy Graham had led a purpose driven life, the gangster Al Capone also had a purpose driven life. The difference between the two was what the purposes were based upon. Al Capone's values included making a profit from illegal operations that negatively affected many other people. He cared little about others as long as he acquired what he wanted in life (his purposes).

In contrast, look at the life of the evangelist Billy Graham who died not long ago. We can look back at a life that was certainly purpose driven. Mr. Graham had a focus, a purpose that was centered on bringing people to Jesus Christ thus allowing them to spend eternity in Heaven. The difference is that Billy Graham, in addition to having a purpose driven life, based his purposes on Christian doctrine found in the Bible.

Christian faith is based on how we understand and act on the basic tenets of the faith, Christian doctrine. Christian doctrine includes our concept of God, Jesus Christ, the Bible, the nature and mission of the Church, faith, repentance, baptism, the Lord's Supper, prayer, giving, the second coming, Christian love, sin, Satan, Heaven, hell, the two Covenants, pardon, person and gift of the Holy Spirit, spiritual gifts and worship. There are other tenets as well, significant for a group of believers to base a church on one or more

doctrine. Our Christian faith comes from our understanding of these doctrines. Where do you stand on each of these doctrines? What you do in Church on Sunday, and the way in which you show your Christian faith during the week, is a reflection of your understanding of these doctrines.

Christians must be doctrine driven before we consider being purpose driven. Our understanding of these doctrines is central to our personal value system. What a person values, what he or she believes in, is the essence of our faith that in turn determines our behavior and purposes in life. Purposes in and of themselves are neutral. If they are purposes that honor the doctrines relating to God, they are good purposes. If they honor Satan, they are not good purposes. If Al Capone had not had a purpose driven life, society would have been better off. Look at your purposes in life. Are they based on the whims of the day, on what others tell you should be your purpose, your personal desires, or are they based on solid Christian doctrine? Think about the essence of your Christian faith and then consider whether the purposes that drive you are based on your faith, your Christian doctrine.



— Kenneth Oosting, Ph D

Visit www.christianfamilynashville.com and find the Study Questions for this article.

THE HOME FRONT

The Purpose of the Inspection

Most contractors offer a free estimate or free inspection. It is understandable that a homeowner may want to call, give some measurements, and get a rough estimate over the phone. This may work for flooring or something of the like, but not for most home repair projects. An expert should talk to the homeowner to understand what is wanted and expected. The contractor really needs to see the space they are working with to understand the scope of the project, because accurate measurements are important for accurate quotes.

Trying to make an educated guess based on phone descriptions rarely pan out for either party involved and usually ends in confusion and frustration. Imagine if you explain what you want done to the best of your understanding and you get an estimate based on the rough square footage of your home. Then when the crew gets out to do the work the scope of the work is very different and the measurements are off by 100 square feet... now that estimate is way off. Maybe you are worried about mold, wouldn't it be best to find out the source of the mold instead of just treating the mold? A proper inspection can diagnose the cause and the contractor can give you the best permanent solution to prevent future mold.

Having that contractor come out is also a great way to meet someone who represents the company. You can decide if you trust them to be in your home and are able to communicate throughout the project. Do they represent themselves and the company they work for well? Make sure he or she gives you the full attention you and your project deserve. Homeowner and Contractor is a 2-way relationship; expectations and communication are important.

The value of the inspection:

- Truly understand the needs and expectations.
- Confirm what the homeowner is asking is in fact what needs to be done.
- Ask any additional questions or suggestions based on findings.
- Educate the homeowner on their home and recommended work.
- Actual cost vs guess.

When you purchase a home there are multiple factors that determine the cost, such as size, location, and amenities. With construction projects the cost of the products don't change based on the address it is installed in, same with labor cost. As



a homeowner you also choose what your priorities are; just a fix for the problem or if you also want the most attractive solutions based on how you use that space. A family looking for waterproofing may choose dif-

ferent solutions for a storage area versus a finished living space.

Inspection, estimate, quote, whatever the company calls it is usually free. Give the contractor the necessary time to come out, take a look at your concerns or project, help you make the best decision for your home, and also give you real numbers.

It is okay to have high expectations for contractors you work with. Remember, it is important to work with them to create your best experience. Set your relationship up for success with proper communication from the very start.

— Brittney Griffy, Marketing Director at
Frontier Basement Systems,
www.frontierbasementsystems.com

FASCINATING FAITH FACTS



50 Years Since We Landed on the Moon

Did you know that some of the first words spoken on the moon were the words of Jesus? July 19, 2019 marked the 50th anniversary of the Apollo 11 moon landing! This is still an accomplishment that amazes us. And did you know communion was held on the moon after that first landing?

After they touched down, Astronaut Buzz Aldrin led the nation in giving thanks as he radioed back to earth, "I'd like to take the opportunity to ask every person listening in, wherever and wherever they may be, to pause for a moment and contemplate the events of the past few hours and to give thanks..." Then he turned off the radio, had communion, and read aloud from the Word of God: "I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing" (John 15:5). Aldrin said he had planned to read the Scripture passage on the radio back to earth, but at the last minute NASA requested he not do it.

They were in a legal battle with Madalyn Murray O'Hair over the Apollo 8 crew reading from Genesis while orbiting the moon at Christmas! Even in 1969, the forces of secularism were trying to trample on religious freedom.

Aldrin documented the importance of it in Guideposts magazine saying, "The very first liquid ever poured on the moon, and the very first food eaten there, were the communion elements." It is very comforting to know that there is literally nowhere that is so far away that it is beyond God's reach or His presence—even the moon! Thank you to these brave explorers.

— Franklin Graham

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Is There Anything I Can Do?

“Let me know if there’s anything I can do. “ I have heard this compassionate request from my friends hundreds of times in the last 30 years. It came as our family experienced numerous crises with our disabled daughter. It came during four pregnancy losses and again as our newborn son battled for his life. It followed the death of our daughter and two other relatives shortly after. And, we heard it as my husband battled the cancer that took his life.

This sincere offer is a natural response from people who feel helpless, yet want to make it better when someone they care about is suffering. But it is a question that often finds the receiver at a loss. However, there truly are a multitude of “anythings” that can be done to comfort, assist, and encourage in traumatic times. Consider these ways to reach out to families and friends in crisis.

1. Prepare A Meal. Find out when it would be most welcome. And deliver in disposable dishes!

2. Help with child care. But be specific about when you are available. Don’t let friends experience the frustration of accepting a vague offer only to discover you have other plans.

3. Meet practical needs—provide transportation, run errands, do yard work, wash and fold clothing, vacuum. Find out what needs to be done.

4. Be Creative. A retired gentleman in our community takes coolers filled with ice to families involved in funeral and burial preparations, so they will have enough on hand for families and guests.



- A generous supply of disposable tableware is welcome in crisis moments when people are coming and going.
- Preparing and delivering breakfast foods can be an unusual and welcome treat.
- Utilize personal skills. Are you a barber or hair stylist? See if anyone needs a haircut.
- General car repairs from a mechanic or even an experienced amateur could be truly helpful. Consider filling up the gas tank!
- What about yard work? Mowing and trim work can be a real gift to a family caught in the pressure and time crunch of hard times.

5. Love A Child. Reach out to young family members. If children are involved in traumatic circumstances, such as the hospitalization of a sibling or parent or the loss of a family member, offer them a brief refuge from the situation. Include them in an outing, take them for a snack, invite them over for an afternoon. Give focused, personal attention. Listen if they offer to talk, but don’t pry.

6. Pack A Bag. Hospital gift bags are appropriate for the caregiver and the patient. Give the caregiver current magazines, fruit, snack items, and change for the vending machine. A young patient may enjoy crayons, drawing pads, stickers, puzzles or colorful socks.

7. Make It Personal. Does your friend enjoy reading? Give a suitable book. Do they love your chocolate pound cake? Bake them one.

8. Keep In Touch. Timely, well-chosen cards convey a world of caring and can give a lift to drooping spirits. A brief phone call reminds your friends they are in your thoughts and you remember their struggle.

9. Hang In There. Remember that grief, stress, or pain has no uniform timetable for recovery. Be sensitive to the need for comfort long after the initial crisis or loss.

10. Remember To Pray. Be a committed listener and faithful prayer intercessor. Focus on needs, emotions, and conversation direction when you are together. Provide a “safe “ place for recovery.

The scriptures call us to encouragement, to meet needs, to bear one another’s burdens. Our Heavenly Father is the God of all comfort. He will be faithful to guide us to the most meaningful, appropriate, ministry to the hurting people in our lives. Perhaps it is to Him we need to take the question, “Is there anything I can do?”

— Lettie Kirkpatrick Burress is the mother of four sons and a daughter in heaven. She is a writer, speaker, and conference leader from East Tennessee. Learn more at www.writingforhim.com

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PARENTING POINTS

You Might be a Stepmom If...

Recently we gathered with stepmoms from nine different states and spent a day together talking, laughing and being inspired about the many unique pathways women journey along as a stepmom. We started the day by asking the audience, "You might be a stepmom if" and here are some of the comments we received:

- The kids call you by your first name
- Mother's Day makes you nervous
- The children's mother really dislikes you
- You feel awkward at the kids' sporting events
- You are a great multi-tasker and make more stops than Uber
- You are the "clothes police" between Dad's house and Mom's house
- If you need a spreadsheet to keep track of which items go to each home (clothes and toys)
- You're often treated like you are invisible
- You feel like an outsider much of the time, though you desperately try to connect
- You live in the shadow of a "perfect mother" who passed away and sometimes it feels like you will never measure up to what everyone expects you to be
- The children are not as happy about you marrying their dad as you are
- You're told "You're not my real mom" about 3x a week
- If there are kids in your wedding photo that belonged to your spouse or yourself before getting married

And these are only part of the story – With each of these comments comes an underlying joy and many times a sorrow. There is no magic equation,



timeline or perfect recipe to always get the perfect "blend" – however, there are two important tips that can help a stepmom not lose sight of her unique role:

1. All stepfamilies are formed out of loss for the kids: death, divorce or the disappearance of a parent. Kids adjust very different to the new stepmom based on what happened to their own mom. So much of the painful part for kids has nothing to do with the new stepmom and mostly to do with the loss of their mom (to death) or the disapproval of their mom (if parents are divorced) or the abandonment of their mom (if not involved at all). For the new stepmom it's hard to not take things personal but trying to remember that the first several years for the kids is going to be a bit of an emotional roller coaster and they need you to be patient with them (especially when they act rude or hateful to you).
2. You have an important role to play in the family system but sometimes it will feel like you are an "outsider" even in your own home. This is very normal the first few years and finding some other stepmom friends to talk to can be a very helpful support system. Find people who are a few years further down the pathway but who are willing to help you, not just add fuel to the fire.PART 2 will be continued in September's issue...

— Tammy Daughtry, MMFT – Stepmom and Founder of *TheStepmomConnection.com* and *ModernFamilyDynamics.com*. She and her husband live in Nashville and have a blended family of four!



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How To Clean A Crystal Chandelier

You love the way your crystal chandelier sparkles in the light, but you probably don't love the cobwebs and grime that collect on all the tiny pieces. Not sure how to clean your crystal chandelier? There are two methods: cleaning the chandelier while leaving it in place, or taking it apart to clean the individual pieces. Here's everything you need to know.

How to Clean a Crystal Chandelier without Taking it Down

This is the easier of the two methods. If you keep up with routine cleaning, the chandelier may never become dirty enough to require taking it apart. Here are some tips to help the process go smoothly:

- Lay a blanket on the floor under the chandelier to catch any pieces that might fall and prevent them from breaking.
- Turn off the chandelier as a safety precaution. Place a piece of tape over the light switch to prevent anyone from accidentally turning on the fixture while you're working. If needed, set up an alternate light source so you can see what you're doing.
- Create a solution of one part isopropyl alcohol to four parts distilled water.
- Put on white cotton gloves to prevent transferring your fingerprints to the crystal prisms as you clean.
- Climb onto a ladder to reach your crystal chandelier, if necessary.
- Spray your homemade cleaner onto a clean, lint-free cloth, such as a microfiber cloth. Don't spray directly onto the chandelier—this will only make a mess.
- Gently wipe each crystal piece with the damp cloth. Then, to prevent water spots, immediately follow up with a dry, lint-free cloth.

Best Way to Deep Clean a Crystal Chandelier

For a more thorough cleaning, you'll want to take the crystal prisms off the chandelier. This allows you to more easily reach every nook and cranny of the frame. Many crystal chandeliers have quite complicated hanging patterns, which might make you nervous about taking it apart. Follow these tips for the best success:

- Start by taking photographs, drawing pictures, and writing down notes to ensure you can put everything back together exactly the way it was.
- Use the same solution as outlined above (one part isopropyl alcohol to four parts distilled water), or create a mixture of lukewarm water and dish soap.



- Remove chandelier pieces one manageable section at a time, and hand-wash each piece.
- Dry immediately with a lint-free cloth to prevent spotting.

Other Useful Tips for Cleaning a Crystal Chandelier

- Dust your chandelier every two to three months with a feather duster or lamb's wool duster. Then, complete your chosen cleaning method about once a year.
- Avoid ammonia-based cleaners, which can remove the finish from the gold- or silver-plated hooks that hold the crystal prisms in place.
- Never rotate the chandelier to reach each section. This

could loosen the fixture's supports, which could eventually cause it to fall. Instead, move your ladder around as you clean.

- While you're at it, consider replacing the light bulbs, especially if the chandelier is hard to reach.

If your chandelier hangs too high, or the design is so elaborate that you don't feel comfortable taking it apart, you may need to call a professional cleaning service. That's where Molly Maid comes in! Our team can tackle a whole host of household chores, including cleaning your crystal chandelier. Let us handle the time-consuming tasks around the house so you can enjoy doing the things you love.

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— Ashley Farrar

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GOD'S SPRING

BIBLE TRUTH

Although it may not seem possible at the time, if it is God's will, He will spring into action, launching you beyond any obstacles, making the impossible, possible.

WHAT THE BIBLE SAYS

Matthew 19:26 *Jesus looked at them and said, "With man this is impossible, but with God all things are possible."*

HANDS-ON EXPERIMENT

Notebook Spring Launcher

INGREDIENTS

- Plastic Spiral Notebook
- Dowel Rod
- Ruler



INSTRUCTIONS

STEP 1: Remove the paper from the plastic spiral notebook spring.

STEP 2: Hold the dowel rod by placing your thumb and index finger at one end of the dowel rod. Slide the plastic spiral notebook spring onto the other end of the dowel rod.

STEP 3: Using your hand, barely compress the plastic spiral notebook spring against your thumb and index finger. Release the plastic spiral notebook spring and observe. Using the ruler, determine how far the plastic spiral notebook spring launched. Use this evidence to construct an explanation relating the speed of the plastic spiral notebook spring to the energy of the plastic spiral notebook spring.

STEP 4: Using your hand, completely compress the plastic spiral notebook spring against your thumb and index finger. Release the plastic spiral notebook spring and observe. Using the ruler, determine how far the plastic spiral notebook spring launched. Use this evidence to construct an explanation relating the speed of the plastic spiral notebook spring to the energy of the plastic spiral notebook spring. Compare the effects of the different directions of the pushes and pulls on the motion of the plastic spiral notebook spring. Provide evidence that a pattern can be used to predict future motion of the plastic spiral notebook spring.

EXPLANATION

When the plastic spiral notebook spring is compressed, energy is stored. Potential energy is stored energy. When the compressed spiral notebook spring is released, potential energy is transformed or changed to kinetic energy, and launches across the room. Kinetic energy is energy of motion.

BIBLE CONNECTION

Pulling the plastic spiral notebook spring back, stores energy and when released launches across the room. Just as the spring launches across the room, if it's God's will, he will give you the energy to launch across any obstacles making the impossible, possible.

— Jason Lindsey
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God's Plan of Salvation

God created us to honor and serve Him

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

Each of us has sinned against God

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

The penalty for sin is eternal separation from God and Heaven

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

Good works cannot ever earn God's forgiveness and Salvation

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

God loves each of us

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

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

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

We each must accept Jesus Christ as our personal Savior

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

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

To accept Christ into your heart and life, pray a simple prayer along these lines - "Dear God, I know that I am a sinner and I am sorry for my sins. I know that Jesus died for my sins and the sins of the world. Right now, I ask Jesus into my heart and receive Him as my personal Savior. Forgive me of my sins, thank you for saving me through the blood of Jesus. Please Lord, help me live for you. In Jesus name, amen."

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

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Brain Drain Foods

Life can be busy so we eat on the go to stop the hunger. Seeking a 'stomach coating' we don't pay too much attention to what we inhale. Yet because of the convenience of junk foods laden with synthetic toxins, preservatives and dyes, this not natural 'fake' food, over time, starves our brains, causing brain damage. We are causing BOTH of our brains to be malnourished.

Yes, we have two brains in our body, a gut brain and a head brain. And even though the majority of us are overweight, 75% men and 60% women in US according to Institute for Health Metrics and Evaluation (IHME) as reported in the medical journal Lancet, we are starving both our brains.

In order to understand how to 'feed' our two brains the correct nutrients, the correct foods, to prevent this starvation, let's first look at how they interweave with one another.

The first brain we all know, the mass behind our eyes between our ears, where we thought neurotransmitters were created along with our neurons. But research in the last few years tells us that we have a second brain, our gut. Yes, this is where the

majority of our neurotransmitters like dopamine, serotonin, acetylcholine and gaba are created based on the foods we eat. In fact, we create more neurotransmitters in our gut than in our head brain.

What are neurotransmitters?

Neurotransmitters are messenger molecules created from the synergy of our DNA and the foods we eat. And they must be in balance for our brains to function properly.

We've all known of the physical connection between our two brains, between our gut brain and our head brain. Because of the presentation, performance or key meeting coming up our gut tightens, we cannot concentrate, we pop out in a sweat, maybe we get shaky. If the nerves are really strong, some of us throw up or cannot eat a thing. If our worry builds over days we may get constipated or have diarrhea, maybe break out in hives.

Now, science tells us that if we combine low level worry with our daily intake of high carb wheat cereal or syrupy waffles, down the food line of the day eating frozen and other processed foods,

snacking on more carbs, diet soda and sugared candies... no natural foods, our 'brains' do not function properly. They are suffering from a never-ending blood sugar imbalance and from chronic or hyper inflammation.

Trouble is we've eaten this MAD (Modern American Diet) for our entire lives. We don't need a presentation to make our 'brains' not function properly, it's the food we are eating. Toxins (aluminum, fluoride, arsenic—yep, it's in there), preservatives, pesticides, bleach, excess gluten, genetically modified grains and hydrogenated oils; these are in all the processed foods we eat. None of these ingredients are good, brains healthy, for us.

To learn more on how these foods drain your brain and what brain foods to eat, read an ebooklet I authored, 9 Signs You Are Experiencing Brain Drain and How to Keep Your Brain Fully Charged found on my website www.JanetRichPittman.com.

— Janet Rich Pittman, SCALA, CDP
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AUGUST 2019 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

Through August 26 – Homeschool Kickball Program Registration Now Open.

The Athletics Division of Williamson County Parks and Recreation will be offering a six-week kickball program for homeschool students in Middle Tennessee. This coed program (for ages 7-15) will be held at the Indoor Arena at Crockett Park, 1485 Volunteer Parkway in Brentwood on Friday afternoons, September 27 – November 1 from 1:00 to 2:30 p.m. Cost is \$35 per child with a \$10 discount for additional child(ren). Registration is now open and will continue through August 26 at www.wcparksandrec.com. Registration code #14672. For more info contact Mike Arnold at (615) 377-6530 ext. 6602 or Mike.Arnold@williamsoncounty-tn.gov.

WCPR's Rhythm & Spirit - Dance, Tumbling And Cheer Program Registration Now Open For 2019-2020

Classes At Five Locations - Rhythm & Spirit is Williamson County Parks and Recreation's (WCPR) fun, affordable and quality Dance, Tumbling and Cheer program. Classes are available for ages 3 and up, and include Ballet/Tap, Jazzy Tumble, Hip Hop, Ballet, Tap, Jazz, Cheer/Tumble, and more. The 2019-2020 instructional program begins Friday, August 9 at the Franklin, Enrichment Center, Longview, and Nolensville locations. Classes begin Wednesday, September 11 at the Fairview location. Schedules for each facility, as well as online registration, are available at www.wcparksandrec.com. Registration ends October 1 or when full. Classes are available at five WCPR locations. For more infor-

mation about the Rhythm & Spirit program, contact Katie Adams at (615) 377-6530 ext. 2117, Katie.Adams@williamsoncounty-tn.gov (Nolensville, Fairview) or Kristi McDonald at (615) 377-6530 ext. 2118 Kristi.McDonald@williamsoncounty-tn.gov (Franklin, Enrichment Center, Longview).

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

Register Now For Fall Tennis Clinics

Clinics - The Athletics Division of the Williamson County Parks and Recreation Department is now registering for fall indoor and outdoor tennis clinics. The nine-week fall sessions will run August 19 – October 19. For more information contact: Ann Marie Flynn at (615) 370-3471, ext. 2113, AnnMarie.Flynn@williamsoncounty-tn.gov; or Kylie Preston at (615) 370-3471, ext. 2116, Kylie.Preston@williamsoncounty-tn.gov.

ONGOING

Tennessee Christian Chamber of Commerce – Monthly Luncheon

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

Coming in

September 7 – 'Bark 'N Splash Bash'

Williamson County Parks And Recreation (Wcpr) Teams With County Animal Center For 2nd Annual 'Bark 'N Splash Bash' on Saturday, September 7. Due to popular demand, this year's event will be held at two WCPR locations: the Longview Recreation Center at Spring Hill, 2909 Commonwealth Dr., from 9:00 to 12:00 noon, and

the Williamson County Recreation Center at Nolensville, 7250 Nolensville Rd., from 1:00 to 4:00 p.m. Evan Hampton, Aquatics Coordinator for WCPR said his staff is excited to host the event. Registration will open August 1. Participants must pre-register at www.wcparksandrec.com. The entry fee is \$20 per pet. Space is limited. To register for the Longview/Spring Hill location, use registration

code #14961 or registration code #14962 for the Nolensville location. Proof of rabies is required for entry (no exceptions), and participants should review all rules and waivers during online registration. The event is sponsored by Scott Poe Properties. Rain date is Sunday, September 8.

SEPTEMBER

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