

August 2020

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Publisher: Robert Stringfellow • 615-815-8765

publisher@christianfamilynashville.com

Editor: Raymonda Jagers

Contributing Writers:

Baily Basham
Ben Birdsong, Ph D
Anthony "Tony" Bouquet
Larry L. Crain, Esq
Tammy Daughtry
Peter Demos
Ashley Farrar
Brittney Gebers
Doug Griffin
Darlene A. Kemp, MPH, MBA-HCM
Jason Lindsey
Kenneth Oosting, Ph D
Emma dela Pena

Marissa Sells
Monica Schmelter
Jessica Smartt
Laurie Stroud
Ashton Tate
Marc Tepner
Ron Tepner
Ralph E. Vaughn
Kelley Rose Waller
Ming Wang, MD, Ph D

Cover: Getty Images

Production and Art Direction: Wendy Satterwhite

Website Development, Digital Marketing & SEO Services:

Eric Crilly Web Design

Sales & Marketing: Robert Stringfellow, Brenda Delgado/Marketing Specialist, Dasha Brandon/Administrative Assistant and Social Media Manager

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OUR MISSION



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

FROM THE PUBLISHER

Usually at this point in the year, I am beginning to look forward to Fall and football, particularly college football. Vacations, if you were able to have one, are winding down. Parents, educators and children are looking forward to getting back to school and their school year routines. We get to Labor Day next month and from there it's downhill to the end of the year with the anticipation of Thanksgiving and Christmas and all the excitement and joy those holidays bring us.

But wait, thanks to Covid-19 our lives and society have been turned completely upside down bringing many questions that can't be answered – will my family members or friends get sick, when will school begin and will classes be in person, virtual or a mixture, when will college sports begin, or will they be shelved for the year or moved to later times, when will we be able to again freely visit friends and family and go to our place of worship, when will it be safe to actually enjoy a meal with friends inside a restaurant? On and on the questions go with seemingly no concrete answers.



Add to the effects of the pandemic the civil unrest that has thrown many cities into chaos and we wonder if our nation will ever return to "normal".

I have wondered as others have also, what hope does a non-Believer have to hold on to throughout these unprecedented times?

One certainty that we as Believers have throughout the pandemic and civil unrest, is that God is in control. This was no surprise to Him, although not on our timetable, He does have a plan for recovery, life may be different, but we will recover. As we know, whatever happens in our lives has an ultimate purpose that the Lord intends.

Our country is obviously experiencing some the most trying times that we have seen in our recent history, please pray for our leaders and for God to heal our nation.

We are One Nation Under God, may He continue to bless us.

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Nashville Predator Rocco Grimaldi talks about life here in Nashville, hockey and his walk with Christ. See page 16.

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August 2020

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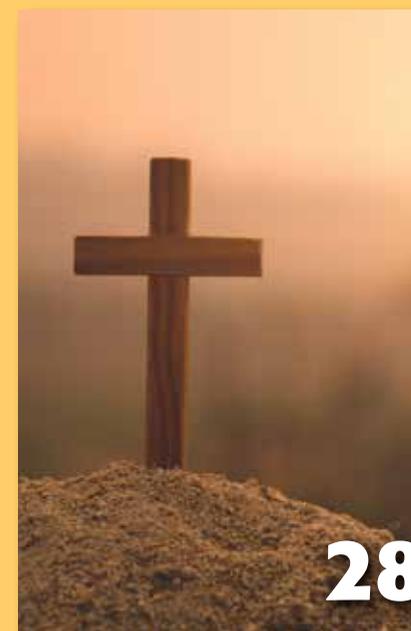


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SPECIAL FEATURE

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The Benefits Of A Special Needs Trust

Imagine that your loved one, or you, is living with a physical, mental or intellectual disability. You discover that your assets you have worked so hard to accumulate, an inheritance, or a financial settlement from a lawsuit could jeopardize your eligibility to receive government benefits for your basic care. Unfortunately, this scenario is all too common for people living with disabilities.



Many people, of any age with special needs, are becoming aware of various legal venues they may be able to use to protect their assets and potentially qualify for or maintain needed government benefits.

There are resource organizations focused on helping people, of any age, who are living with a disability, their parents and

caregivers, and the professionals who serve and guide them. These organizations help people to become aware and learn about the benefits of Special Needs Trusts while guiding them to qualified professionals who can assist in their time of need. These resources and referrals help individuals plan for the future while maximizing today's quality of life.

Determining who to manage a Special Needs Trust is an important part of the Trust procedure. At times, a family member may not be the best choice to serve as trustee over a loved one's financial assets (the beneficiary). Many people do not have the needed knowledge or



competency required to protect the beneficiary's eligibility for public benefits while using the Trust money for items or services these benefits do not cover. There are companies that can serve as the beneficiary's professional trustee, thus relieving the burden from a family member or friend.

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— Darlene A. Kemp, MPH, MBA-HCM is the Executive Director of Vista Points Special Needs Trusts & Resource Center.



AN ENCOURAGING WORD

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You Are Not Invisible

One day when I was feeling incredibly invisible and overlooked my devotional reading included a lineage. The last thing I wanted to read was a lineage. Instead, I wanted a scripture that would encourage my hurting heart. Nonetheless, I pressed forward with my reading. While I was reading who begat who and how many thousands waged war against the Hagrites, Jetur, Naphish, and Nodab, I had a thought I knew emanated from God. A lineage is more than a list of hard to pronounce names. It is a written record that God sees us. All of us. Every last one of us.



One of my favorite shows is Long Lost Family. Sometimes it is an adoptee searching for a birth parent. Other times the search is initiated by a sibling or birth parent. The stories are heartwarming and the common thread in each program is the human desire to be known.

We can take heart when we feel invisible because God sees us. "What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows." Matthew 10:29-30 NLT

This scripture speaks to your value and peace in Christ. When you let this scripture radiate in your heart you are filled with comfort because you know that you are valuable. You are not invisible. Your life and thoughts matter to God. He sees you. He loves you. Just think about how different your life would be if you rested in the truth that you are valuable to God? He sees your life and delights in your details.

I have lived many days believing the lie that I was invisible to God and people. The ache of feeling overlooked has filled my heart far too often. Then I encountered the lineage in my devotional reading. My initial resistance to reading the long list was replaced with the comfort that God sees me and you.

After reading the devotional I started to get ready for the day. As I brushed my hair I thought about the scripture where God says He numbers the hairs on our head. If you take one look at my hairbrush you can see that my daily hair count fluctuates. We are talking that is some serious counting. This scripture shows us that God is very present in every detail of our life. His careful attention to our lives means that we do not have to be afraid.

The long lineages with hard to pronounce names are there to help us see that God does not miss anything. We may not get the credit we deserve at work or home. We may feel invisible in certain areas of our personal or professional life. But God's Word declares he takes notice when a single sparrow falls to the ground. Then He says our lives have more value than the sparrow



When you feel invisible or overlooked pause and reflect on His truth. He sees you and your life is of great value to Him.

— Monica Schmelter is the host of Christian Television Network's daily show Bridges. Bridges airs in over 50 million homes and is available on ROKU and online at monicaschmelter.com



THE HOME FRONT

Simple Steps to Finding Comfort at Home

Feeling weary and burdened in these difficult days? Hopefully, you're finding solace on Sundays that helps carry you through the week. Prayer certainly makes a difference. Naturally, our behavior – all week long – matters too. When it comes to finding rest and comfort at home, simple steps make a big difference.

Have you checked your vents?

For example, it's hard to enjoy a good night's sleep or an afternoon nap when your bedroom is excessively hot – or the living room is freezing cold. The problem could be as simple as your vents. Check to see if they're open or closed. If the vents are fine and the temperature still varies from room to room, the issue might be your heating, ventilation, and air conditioning (HVAC) system.

An annual maintenance check-up can get the system running well, while lowering utility bills and keeping your whole house at the desired temperature.

Remember what Mom said

Ever hold your front door open to talk to someone outside? That kind of behavior leads parents to say, "What are you doing? I can't afford to air condition the yard!"

As it turns out, the door doesn't need to be open for cool air to escape and hot air to come in. If you can see light coming in from any of your outside doors, you're wasting energy. Weather stripping can fix that problem. Lee Company can help with that – but if your kids still want to stand there with the door open, well – we'll leave that to you.

Save your energy

Let's face it: The kids are home more these days. You're home more these days. That's still no reason for the HVAC system to run for exceptionally long periods of time.

If your air conditioner is running for extended periods, part of the problem could be the heat in your attic. Solar attic ventilation (SAV) with a solar attic fan can help you save money on utility bills, extend the life of your roof and air conditioning system, and keep your home comfortable efficiently. The right insulation, properly installed, can reduce energy costs, prevent moisture condensation, and enhance your air conditioner's performance.



If you and yours ever disagree over where the thermostat should be set, a programmable thermostat can put that argument to rest. Using your smart phone, you

can control the HVAC system no matter where you are.

You rest. We'll do it.

Even though we're all going through an unprecedented situation right now, we're all different. Some of us find household chores restful. Others feel "weary and burdened" just thinking about them. In keeping with our Lee Company value, "To honor God by serving people with respect, integrity, and compassion," we're here to assist you with any home services you don't want to tackle. If we can do anything to help you find comfort at home, please give us a call at 615.567.1000!

— Lee Company

For more tips from our experts, visit www.leecompany.com/resources



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TEACHABLE MOMENTS

Life Important

“The most important things are almost never urgent.”

— Matthew Kelly

I, like Matthew Kelly, believe that what is important in life is not always viewed as critical in our business life. When I was a younger man, I would have adamantly disagreed with that statement. Today, I not only agree but fully understand this life changing truth.

Through the years I have had the privilege of having many candid conversations with people who knew and accepted that their days on earth would soon come to an end. During these intimate discussions the person revealed things to me that they found too uncomfortable to disclose with those they loved. It eventually became clear to me that we all have regrets and that they too wished they had shifted some of their priorities earlier in their life.

We are a self-absorbed creature. We want what we want and live our life in pursuit to that end. It is what I call a blind clear focus. If you have ever used binoculars or a rifle scope, you will understand this analogy. As you peer through the lens your vision scans for the target of your intent. Your mind knows what you are looking for and everything



else is ignored as if you are blind to the rest of the images that can be seen clearly but in the movement of the search the images are seen as a cursory blur. We are so intent on securing our targets we are intentionally blinded by our internal wants. This is why we eventually wake up, after living decades of life, only to realize that we missed the key events, moments or people that were the most important parts of our daily life.

I count myself among the guiltiest. I was so focused on building a business, I missed many of my children's firsts. Their first steps, their first score in a volleyball match or their first broken heart. These firsts are irreplaceable moments I lost forever because they never made it to my calendar. I missed family moments like birthdays, weddings and funerals. Departure parties of friends leaving

for the service who never made it back. These were “life important” but they were not urgent because of my laser focus was on other targets.

I do not think this made me a bad person, because all the rewards earned from hitting my targets were for the benefit of those I loved. With that said, if given a do-over, I would do things a little differently so I could have been a better person.

- I would have shifted my schedule by including the Life Important moments.
- I would have scheduled opportunities to be more generous, humbler, more understanding and more tolerant.
- I would definitely have spent more time learning to speak with my heavenly Father.

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

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We Wear The Mask

By Paul Laurence Dunbar

*We wear the mask that grins and lies,
It hides our cheeks and shades our eyes,—
This debt we pay to human guile;
With torn and bleeding hearts we smile,
And mouth with myriad subtleties.*

*Why should the world be overwise,
In counting all our tears and sighs?
Nay, let them only see us, while
We wear the mask.*

*We smile, but, O great Christ, our cries
To thee from tortured souls arise.
We sing, but oh the clay is vile
Beneath our feet, and long the mile;
But let the world dream otherwise,
We wear the mask!*

Paul Laurence Dunbar was America’s first nationally acclaimed African American poet. He penned these words in 1895. Dunbar wrote of the mask of human guile, a covering of false bravado and deception worn to hide one’s true feelings. Today, there is a much more palpable debate taking place over masks.

David French, an attorney and national journalist with whom I had the pleasure of working for a brief time, recently said we are in the midst of a cultural

war today over government-imposed mask mandates. The controversy, being debated between generally conservatives and progressives, centers around deeply engrained values of personal freedom versus the power of government to impose “for the greater good” requirements based on scientific claims that such mandates will curb the spread of Covid-19.

What is the proper Christian response in the midst of this controversy? What instruction may we find in scripture to guide us?

Scott Sauls, senior pastor at Christ Presbyterian recently spoke on Paul’s teaching in Romans 14 as a contextual framework for the mask debate. Paul addresses a similar dispute within the church at Rome over whether it was proper to eat certain foods that had been sacrificed to idols. He admonishes followers of Christ not to judge those who are exercising their freedom to partake of such foods. With the same breath he also urges those who boast in their freedom not to assert it for freedom’s sake, but to avoid exercising them when they may be a stumbling block for the weaker brother.

Today there are contradictory reports surrounding the effectiveness of masks. The overwhelming consensus is that such devices provide a barrier to infection, particularly among those who are most weak and susceptible to infection. More than 30 states have imposed mandated face coverings. Repeat offenders

who violate these mandates can face increased fines and, in some cases, even incarceration. In Tennessee, Governor Lee has authorized local governing authorities in 89 counties to issue Covid-19 mask requirements.

Our office has received numerous calls for legal advice from some residents in outlying counties regarding the enforceability of such mandates. Some argue that such a requirement infringes upon their constitutional freedom. Others contend there is countervailing medical evidence that wearing a mask in hot, humid weather poses a severe health risk.

Like the lawyer Paul, I am able to appreciate both sides of this debate. I will candidly admit that I often succumb to frustration strapping on a mask in this summer heat, but if I am true to my Christian convictions I must realize that I wear it in service to others – the weak and vulnerable in our community, and in recognition of Christ’s teaching that “whatsoever you have done for the least of these, you have done for me.”

— Larry L. Crain,
Crain Law Group, PLLC
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HOMETOWN HERO

A Young Volunteer With The Drive To Change the World



Sassy Neuman, only twelve years old, is a prime example there is no age limit to giving back to the community. Uniquely, Sassy’s love for volunteering and serving others first began when she was in

the fourth grade watching a documentary on the devastation of children in the foster care system. Recognizing how thankful she was of the simple privileges some may take for granted, she developed a passion for serving foster care children. Sassy quickly took initiative by inquiring with the Service Director at her school about different ways she could get involved. Thus, Sassy founded and launched her service group, The Bunny Bag Girls, where she and her best friends team up to compile and deliver gift baskets to and through the foster care system.

The Bunny Bag Girls launched four years ago with their first project of gifting Easter baskets to children with Monroe Harding, a local non-profit organization which helps support and find homes for foster children in the Nashville community.

Sassy credits the success of her service to Monroe Harding as this organization has helped support their efforts since the first project.

Through serving with Monroe Harding, Sassy has been able to develop many connections and continues to meet people who inspire her. Amy Bond, the recent Event Coordinator at Monroe Harding, has become one of Sassy’s biggest mentors. She also credits Adele Holloway, the Service Director at Oak Hill Elementary, and her mother, Liza Byrd, for their support and guidance. She says these three women have consistently encouraged and supported her by inspiring her work, helping her find new ways to get involved, or just driving her around to deliver the baskets. Additionally, she credits the Owner of Magpies, Maggie Tucker, for also heavily inspiring her volunteer efforts. Sassy often collaborates with the local boutique to sell baked goods, lemonade, and bracelets to raise funds for their baskets. The mentors have brought a supportive and encouraging element to Sassy’s life. Through the years of volunteering, Sassy says “it’s been a humbling experience to learn about the foster care system,” and it’s evident her passion for helping grows stronger each day.

Since then, the Bunny Bag Girls have changed their name to Fostering Faith and strive to do just as their name states. Volunteering actively in all parts of her life, Sassy is a part of the Care Bears Club at her school which meets to knit hats for babies in Kenya, Africa who would not have the clothing otherwise. Sassy has also received the Presidential Service Award honoring her 100+ hours of volunteer work. She urges everyone to talk to someone they trust about getting involved in volunteering. She emphasizes volunteering does not need to be a grand gesture, but just “being kind to people is an act of service,” one of many ways Sassy embodies a service-oriented mindset. Sassy is the youngest person to date named Nashville’s Volunteer of the Month, and volunteers of all ages are celebrated by Doing Good and its partners. Doing Good is a local 501c3 nonprofit. To partner with Doing Good to celebrate those who do good or to nominate someone for Nashville’s Volunteer of the Month, visit DoingGood.tv.

— Emma de la Pena



Doing Good, a 501c3 nonprofit, provides marketing and public relations tools and opportunities to nonprofit and government agencies. www.doinggood.tv

PARENT WITH PURPOSE

Quiet Time with Kids?

For a long time as a mother, it felt like the right thing to do was to get up early and read my Bible before my kids awoke. That seemed like what “good moms” did, and it is what I had done all my adult life. It would have been a great plan, except that for the first few years of motherhood, I was seriously sleep-deprived. So, to be honest, many years went by where I wasn’t studying my Bible like I always had. I felt like I was going backwards in holiness. Because, I wondered, how in the world could I have a quiet time with little children around?



One day an older mom mentioned that one of her “educational” goals for her kids was for them to learn how to have a quiet time. This was a new thought to me. I guess I could teach my kids what it looks like to study God’s word! I did, after all, want them to learn to spend time with God. It took some planning, and it was more “lively” than prior devotional hours, but it was also incredibly rewarding. Here is how I did it:

I made sure to have our “quiet time” when the kids had their needs met. They had exercised, had a big lunch, and plenty of play. Next, I rounded up a bunch of kids Bibles. Storybooks, picture ones, ones with maps and charts...I laid them out on the floor and let them choose one. Then I had the kids each choose a comfy spot, with their pillow and blanket and a stuffed friend. Do I need to mention they couldn’t be on the same couch? If you’ve ever had kids, or been around them for seven minutes, you understand why. Then I got my coffee ready and gave them their “coffee,” which is to say I poured them or-

ange juice into fun kids’ mugs. I think a fun mug is really important. They need to know, like you, that this time is special. Finally, I told them the rule of our quiet time: you can’t talk when we read our Bibles! I told them I was setting my alarm for ten minutes. Then I read my Bible while they read theirs! It was like a Christmas miracle. Full disclosure: the first time I tried this, my toddler was napping. If you don’t try that tactic, I would include a super fun snack, and expect the “no talking” rule to be followed rather loosely.

I recently got out of the habit of our shared quiet time and my son said, “Mom, you know what we need to do? We need to do that thing when we all read our Bibles together.” It nearly made me cry! Shortly after this, my sister posted a sweet picture on Instagram. Both she and her little daughter were “reading” identical Bibles, and this was her caption: “When I got two of the same Bible for Christmas, I thought long and hard about which one of my friends would benefit from it...not sure why it took me so long to pick the perfect friend.” It may be shorter, more chaotic, and take more effort, but this devotional time is rewarding. Not only are we learning to spend time with Jesus, but so are our kids!

— Jessica Smartt
Former English teacher turned homeschooling mama of three, author of *Memory-Making Mom* and *Let Them Be Kids*, and motherhood blogger, “Smartter” *Each Day*.

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A Christian's View: Life and Faith

Larry Thrailkill, a well-known, respected and successful former attorney in Nashville agreed recently to my interview. The intent was to cover his career as a business and community leader...but as importantly...his Christian faith and how The Lord has been a foundational part of his life since youth. The following includes my questions/comments and his responses.

What has the Lord shown you during the pandemic?

“That God is sovereign and we are not. That the most powerful nations on earth have been stopped by a virus we cannot see. That fear causes us to respond in ways we never thought possible. That people crave fellowship and personal contact, even in the age of technology. That families really enjoy being together. That children and parents need time with each other.”

When did Jesus become really real?

“I was raised in a Christian home. My grandfather was a Baptist pastor who lived next door. I was always in church from my earliest memories. I accepted Christ as Savior when I was 12 and was baptized. I think the reality of Christ was always there, but it took my early years in the Air Force to really bring that home. I had always lived a “good” life through high school and college and law school, but when I entered the service, I strayed from some things I knew were right. That’s when I recommitted my walk with Christ.”

Tell some things about your career.

“After graduating from law school, I practiced in Nashville briefly before entering the Air Force as a Captain in the Judge Advocate Corps spending four years in Texas. I returned to Nashville in 1975 and practiced over the next 40 years. In 1992, I was asked to represent the son-in-law of Edward DeBartolo, owner of the San Francisco 49ers. The son-in-law was a doctor who owned several pathology clinics. I sold the clinics to Corning and then provided counsel to Mr. DeBartolo’s daughter when their real estate company [regional malls] created a REIT. Subsequently, I did estate planning for her and that led to helping with her father’s affairs. I discovered an issue with Mr. DeBartolo’s planning that we corrected before his death, saving the family a substantial tax liability. After Mr. DeBartolo died in 1994, I was asked by his daughter and son, Eddie, to become COO of their various corporations which were in difficult financial condition. This led to reorganization, selling properties, reducing debt, and ultimately merging their REIT with Simon Properties. During this time, Eddie, who managed the 49er operation, was indicted in Louisiana, making him unable to continue managing the team. In 1998, the president of the team, Carmen Policy, left to join Al Lerner in seeking the Cleveland Browns franchise. I was asked to serve as interim president for the 1998 season. I left DeBartolo in 1999 and returned to my practice in Tennessee; then retired December 31, 2013.”

Tell about your work on behalf of Belmont University.

“Around 1980, a fellow lawyer needed an office space which I had. Randy Smith was also the music minister at Blue Grass Baptist. He was leading a



Thrailkill served as President of the San Francisco 49ers football organization during the 1998 season, after which he returned to practice in Tennessee.



choir tour to Japan and needed some funding. He was the son-in-law of Dr. Herbert Gabhart, president of Belmont. Dr. Gabhart was nearing the end as president and asked me to join the board. Bill Trout was called as the new president. Bill and I became good friends and I served as chair of the board during most of his presidency. I chaired the committee that hired Bob Fisher and have continued on the board, taking a year off from time to time as term limits require.”

How did The Lord inspire your quest for Bible study?

“As I said, I was raised in a Christian home and attended church from infancy. My grandmother read to me from the Bible. My grandfather, the minister, would give me quizzes and had me memorize verses each week. While in the Air Force, I was asked to teach a class at First Baptist in Wichita Falls. After returning to Nashville, I started teaching at Brentwood Baptist; am still teaching after 45 years. “

Share some things about your retirement.

“When I retired, I promised a few clients that I would be available to counsel with them in their businesses, but not serve as their lawyer. Most of my retirement has been involved with grandchildren Thomas and Julianne. I have continued serving at Belmont and also teaching Sunday school and leading Bible studies.”

In closing, please comment about your life generally.

“Well, when I was picked as president of the 49ers, we were residing in Brentwood; then needed an office and apartment in Youngstown, Ohio where the DeBartolo company was headquartered, had an office and condo in Santa Clara, California where the team was headquartered, and flew close to 100,000 domestic miles in one year. I was also teaching an adult class at Brentwood Baptist. To keep my life in order...it was Christ first; Jan and family second and then career.”

— Ralph E. Vaughn



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BODY & SOUL

Productivity

We all have felt that after lunch funk before. You have so much to do, but you don't have the energy to get it done. Your stomach is full. You feel bloated. Foggy. A nap sounds fantastic! But you don't have the time. You must get that work done!



I get it! But what if there were a way you could eat that would help you be as productive as possible? There is! And it's not just about WHAT you eat; it's about WHEN you eat.

The way you schedule your day has a significant impact on your productivity. When you eat, your body diverts a lot of energy from your extremities and your brain to your digestive system. This is good for digestion, but not so good for your mental energy, especially if you are eating a meal crammed with carbs and processed foods.

It takes a lot of energy to digest and absorb the food we eat. Our bodies divert blood flow and energy to make sure that our digestive system functions correctly and efficiently. This is great for digestion and the absorption of nutrients, but not so great for our productivity as it takes blood flow and energy away from our brain.

Here is what seems to be the best eating schedule for productivity:

It is essential to schedule your most creative tasks during times where your body is not digesting food. For most, this means first thing in the morning. This requires us to fast in the morning. Doing creative tasks such as content creation in the morning ensures that your brain is rested and fully functioning. It also allows all of the energy to be devoted to your thinking rather than digestion.

We have found it helpful to schedule non-critical meetings right after lunch. Regular meetings where your mental capacity does not have to be quite as high. Not that these meetings don't matter, they might not be as creative. Meetings like catching up with a friend or giving an update to your leader. Meetings that are reflective and don't require you to go as deep in thought.

You can also schedule tasks or errands that are pretty mindless. And your mental state won't affect the quality of the result. You either get them done, or you don't. These types of tasks are great to do after a meal because you don't have to think a lot.

The other big factor to consider is what you are eating. The types of food you are eating can also have a big influence on how you feel for hours after a meal. Eating a meal that is high in carbs, and that doesn't have many nutrients isn't going to set you up for success the rest of the day. Eating a fresh, clean meal can help take away that afternoon lull many of us have felt.

Everyone is different. You know when you have the most mental energy. You know what the essential things are that need to be done. Whatever timing you prefer, partner your eating, and schedule together to be your most productive self.

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



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Be Happy, Be Healthy, Be Whole

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

As I put this column together, can you hear the dogs barking? I don't mean my two King Charles Cavaliers, Noah & Chloe, no; I'm talking about the dog days of summer. It's this time of year that is my most challenging when it comes to exercise ... Because it's too stinkin' hot! Can I get an "Amen!?" So if the heat, and other things, are keeping you in, let's look at few tips for weight loss without the sweat.

6 FOODS THAT MAKE YOU FEEL FULL AFTER JUST A SNIFF

Here are a few things to keep on hand, so when temptation strikes, you can ... sniff them. According to a new report, you can control your appetite by just smelling certain foods. Here are 6 good sniffers to help you with your diet: • Extra Virgin Olive Oil • Garlic • Green apples • Bananas • Fennel (has a hint of licorice) • Grapefruit

STRUGGLING WITH WEIGHT LOSS? BE SURE YOU'RE NOT EATING DINNER TOO LATE

Losing weight can be hard, there's no doubt about it. While poor diet and lack of exercise are often the primary culprits in weight gain, recent research shows that eating a late dinner may also be to blame. The study (in the Journal of Clinical Endocrinology & Metabolism) finds that people who eat a late dinner burn less fat overnight. They also have higher blood sugar levels than those who eat dinner earlier. Results show that fat burning is reduced by 10 percent and peak blood sugar levels are almost 20 percent higher in late dinner eaters compared to early dinner eaters. They also found that these effects are most pronounced in people who regularly go to bed earlier.



SNACKING STRATEGY

If you've been snacking more than usual, here's a way to stop - Think happy thoughts.

According to research from Cornell University, recalling vacations and celebrations switches your mind from craving the instant gratification of junk food to wanting to achieve long-term goals like staying healthy.

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. How much weight would you like to lose? Connect with Dr Lodge and his team and they will show you how.

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.

— Doug Griffin

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



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SPECIAL FEATURE

Known by Our Love

“They will know that we are Christians by our love.” The words to the song penned by Peter Scholtes remind us of our mandate: love. Our desire as Christians to change the world, transform the culture, reach the lost, and bring God’s kingdom must all come from the heart of love. When we lose love, we have lost the heart of the gospel.

We live in a moment where the world needs to see the love of Jesus displayed through the church. For many years, Christians have been more easily defined by what we stood against than Who we stood for. As parents, we should be teaching our kids the power of love and inviting them to join us in displaying that love to those who our culture has forgotten.

In Luke 15:4-5, Jesus tells a parable which pictures love in a very real way: *“What man of you, having a hundred sheep, if he has lost one of them, does not*

leave the ninety-nine in the open country, and go after the one that is lost until he finds it? And when he has found it, he lays it on his shoulders, rejoicing.” From this simple story, we see three truths that help us to lovingly engage those around us:

1. Love for Others Comes from God’s Pursuit of Us. On one level, we are the lost sheep. There was a time in our lives that we were lost and far from God’s grace. God sent Jesus to leave heaven to come and rescue us and restore us to Him. We can lovingly engage with others because we have first been loved at a great price.

2. Love Requires Leaving Important Things Behind. On another level, we are like the man with the sheep. We have 99 other important things that we could do. The responsible thing would be to stay with the 99 sheep, yet love calls us away from our comforts and responsibilities to chase after

the one who is lost, disconnected, forgotten, and alone.

3. Love Results in Celebration. Once the lost sheep comes home, the party begins. The man rejoices that the sheep has been found. Christian love for others results in a celebration because it is in our love that people see the work of Jesus in and through us.

For your family this week, who is someone that you can love? Who is someone who has wandered off into the darkness of depression, the lair of loneliness, or the hole of hopelessness? Will you leave responsibilities and convenience behind to show them the transforming love of Jesus?

— Dr. Ben Birdsong
Writer, speaker, and minister,
www.benbirdsong.com

HASSLE FREE ZONE

Who is currently demanding our time, energy and concerns?

For now, it’s “protecting and extending life”!

Jack Rabbit Clean Choices (JRCC) is a local service that cleans items for those who may not have time, expertise, or desire to clean. Specialty cleaning includes BBQ Grills, Dryer Vents, Mattresses and more – visit www.jackrabbitcleanchoices.com & www.bar-b-clean.com/nashville for detail. Marc, the owner emphasizes that JRCC exists to help extend the life and usefulness of grills, dryers, mattresses, etc.

Around our home we spend time listening to health experts about how to protect our loved ones, friends and ourselves. Times are challenging as we navigate social needs with physical distancing, mask, product shortages, and how to properly clean & sanitize. It’s a great time for specialty cleaning. My business does just that as we professionally clean dryer vents and BBQ grills.

When ask what do you do, we have a simple first response, “we extend the life of your dryer and your grill”! Then when asked how we make that happen we are delighted for the opportunity to differentiate ourselves. We share about our unique and custom processes, our training, results to expect, and the value proposition for the customer.

More important than extending dryer and grill life is knowing we may be extending real lives. Here are some examples:

1. REDUCE FIRE HAZARD – Cleaning lint and debris out of the dryer and vent. Reports WARN that heat from lint build up is a top cause of home FIRES (visit u-tube). A dryer that can breathe runs cooler, dries clothes as designed and lives longer.

2. REDUCE THE CHANCE OF CARCINOGENS IN THE GRILL – Regularly schedule cleaning and parts if needed. Too much grease combined with bloody old and charred food particles is hard to get out of our minds.



CLEAN CHOICES^{LLC}

3. REMOVE THE RODENT BUFFET – This nasty little buffet occurs primarily through the winter and cleaning creates the best opportunity for safer more effective grilling for family/guest.

During this time where many are working from home and are focused on healthy cleaning think about gifting a specialty cleaning service to a friend, family member, or someone who otherwise may not be aware of our services. Ask Marc about special bundled pricing when buying more than one service or gifting a service like the one you are receiving.

Ask Marc about;

- (1) bundled pricing when buying more than one service
- (2) gifting a service to a friend or family member
- (3) Why it’s almost impossible for most folks to effectively clean a grill or dryer vent (training, process, equipment, experience, and more).

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

Marc is owner operator of www.jackrabbitcleanchoices.com which includes www.bar-b-clean.com/nashville, JRCC Dryer Vent Cleaning, Hygienitech Green Mattress Cleaning/Sanitization for middle TN., and other special Yard/Home Services. Marc is a graduate of Abilene Christian University and brings a wealth of customer care experience from his time with Bridgestone, Schokolad Chocolate Factory, Greener Solutions Lawn and Yard, and more.

Marc is constantly energized by his amazing wife Elise, son Cole, and their Church and Life Group Family.





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Manna Café Ministry Expands Horizons For Their Outreach

Clarksville beloved Manna Cafe Ministry purchased an old warehouse to be the home of Manna Village.

Kenny York, Founder and his wife Vicki were excited about the purchase and the opportunities this property would offer but knew it needed some work. To create that safe place in their vision and for the protection of all involved permanently stabilizing the structure was of high priority.

Manna Café Ministries serves people in need in Clarksville/Montgomery County through a soup kitchen on wheels, food box distribution, and other vital resources. Propelled chiefly by volunteers, Manna Café strives to restore hope, dignity, self-reliance, community, and the love of God through Jesus Christ.

Volunteers help cook meals, driving trucks or serving food. Manna Village is a place, a community of like-minded people and agencies who are committed to restoring the lives of those who need a hand to get back on their feet. A village — a place of hope where folks can be loved, counseled, and supported all at the same time.

Now that they have Manna Village it is important to ensure the safety of the staff, volunteers, and guests. The safety of the structure was the first step to ensure this was a safe place for all the plans they have for this location. There are multiple phases to the rehabilitation of this property to meet the expectations of Manna Cafes vision.

We see stair step cracks in multiple locations of the warehouse both interior and exterior. The floors inside were not level and showing many areas of sagging.

Year Constructed	Building 3
1900	- 7,821 sqft space - Masonry walls
Total Size	Building 4
44,400 sqft	- 6,000 sqft space - Masonry walls
Building 1	Solution:
- 22,758 sqft space	Permanently Stabilize Floors
- Freight elevator	Install:
- Brick exterior walls	SmartJack, 1-3' 17
Building 2	Supplemental Beam 180 ft
- 7,821 sqft space	Sistering Joists 10 ft
- Masonry walls	

Sistering joists help reinforce the current support joists by helping carry the weight and redistributing the load. They are good to use when the load is not properly distributed or if the current supports have lost some of their integrity. Most floor joist are made of wood and can get soft over time, hot humid temperatures with a heavy load will cause a board to warp overtime much like creating a barrel. Mold, rot, or softening are also concerns that effect the integrity of the wood. Sistering beams are add-ons placed against the current joist on either side.



The grider, or supplemental beam, is a zinc-plated structural steel I-beam to ensure the system will never be susceptible to mold, moisture, and wood rot.

SmartJack supports carry loads from above. SmartJacks are the best opportunity to lift the above floors and walls back to their original position. The engineered footing transfers the load beyond the troubled soils. The SmartJack is strong and adjustable. The system has been laboratory tested to support loads of more than 60,000 pounds. The steel column and components are assembled and connected to a steel girder and the SmarJack system is tightened into place. The girder and floor joists are immediately stabilized and lifting the above floors and walls back to level can be completed.

Foundation vents were also closed and sealed to help control the environment of the warehouse space. Humidity control is important to protect the materials that make up the structure but also the supplies and food Manna Café collects and distributes.

Frontier Basement Systems is excited to help secure and stabilize the structure of this compound to help Kenny and Vicki and the community of Manna Café reach these high expectations. They are doing big things in the Montgomery County community, helping ensure the structure of their home base is safe. Providing the peace-of-mind so they can focus on what they do best, loving the community and their ministry.

— Brittney Gebers, Frontier Basement Systems
615-547-8701, www.ChristianBasement.com

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— Chaz Corzine, Partner - The MWS Group

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Rocco Grimaldi's diminutive size might be the most noticeable thing about the Nashville Predators forward when he takes the ice, but it's his giant-sized faith and magnanimous personality that have made him a fan favorite.

At 5'6", Grimaldi is the shortest player currently in the NHL; he was also the shortest at the 2011 NHL Draft combine coming out of the University of North Dakota, but that didn't keep him from being selected 33rd overall by the Florida Panthers.

His grit, speed, and skill--evidenced most recently in his team-leading scoring during last year's Stanley Cup Playoff appearance against Dallas--quickly made him a Music City favorite, and his faithful witness has found admirers across the league. "The fans have been really great to me and my family, and have taken a liking to me," Grimaldi said of Nashville, which will be his home for at least the next two years after signing his recent contract. "It's special to have that love from them, especially since I'm not the star player on the team."

Grimaldi's journey to Nashville has taken plenty of twists and turns, but it's his faith that's led him the entire way--and that is leading him through the recent challenges from the coronavirus pandemic as the NHL season has been put on hold.

An early faith

Grimaldi's testimony developed from the foundation of a Christian family and an early desire to accept Christ and know him better. Grimaldi became a Christian when he was just four years old, when his mother asked him if he wanted to have Jesus in his heart. "I'm grateful to have lived in a Christian home," he said. "My parents were both police officers and I spent a lot of time with my grandmother who was a real prayer warrior."

Soon after, he began what became a lifelong quest to learn more from the Scriptures. When he was in third grade, Grimaldi felt the Holy Spirit leading him to read through the Bible; it took him four years to complete the quest, and has since read through it "probably five or six times"--most recently during the coronavirus. "A month or two before the virus, I saw a plan and app called the 30 Day Shred," he explained. "I like tech and I thought maybe I'll do it over the Summer. Then this happened and I said what better time than now? I had a hard copy in my hand and then would listen to it. It went through about two times the speed and it kept me focused."

Grimaldi said that Christians need to remember that Bible reading and prayer shouldn't just be religious tasks. "God doesn't want you to read to check off a box," he said. "We close ourselves off when we do that. Instead it should be a practice of really opening yourself up." Grimaldi said that each time he reads through the Bible he learns something new--and this time was no different. "Something I learned this time was how God requires obedience from us. Obedience is often overlooked because we put so much emphasis on grace," he said. "God's given me grace, that's true and important. But the Old and New Testament states the same thing, that he requires obedience. True followers will follow no matter what, despite the circumstances."

The recent circumstances surrounding the coronavirus pandemic challenged the lives of athletes like Grimaldi, as they saw seasons cancelled and postponed. The NHL season is currently at a standstill, with plans to start soon under a phased reopening. Grimaldi said that the time off gave he and his wife Abby special time together, and gave him the chance to devote time to both spiritual pursuits and private workouts and conditioning. "The biggest thing is that I've tried not to waste my time. I could basically have this time to do nothing, but I'm going to try to grow my faith and to try and grow physically in the gym," he said. "I'm going to try to do everything I can to keep growing and getting better."

Rocco Grimaldi's Game Changing Faith





During the time off since the Predators last played a game on March 10, Grimaldi has worked out every day, read through the Bible, read five books, listened to podcasts on hockey and other topics, and spent time virtually with teammates. “I’m very regimented and it’s helped to be on a schedule,” he said. “I set things throughout the day. I always work out at 10, I always eat breakfast and then meet with my buddies to work out together on FaceTime. I’m especially grateful to our trainer, because we’ve still been able to do weight work. I’ve just tried to continue to learn, to grow my mind and my body.”

A love for hockey

Grimaldi said that he loved hockey from the moment he first put skates on when he was 4 years old. No one in his California family had ever played hockey, so it surprised his father when he took so quickly to the game. “Dad said that when he first took me ice skating, I just pushed him away and started skating on my own,” he said. “I had played baseball, but when I played hockey I just automatically loved it. It fit my personality.”

Grimaldi said that his size should have been a disadvantage in playing hockey, but that he instead used it as a challenge. He also said that his size--combined with his speed--has been an advantage in certain types of playing situations. “I never had a victim mentality,” he said. “I never thought, ‘I’m small, so they’re gonna think I’m not good enough.’ I wasn’t raised that way. My family always taught me that it doesn’t matter. You have a fair chance if you do the work,” “I always expected to make it,” he said.

He, in fact, took his size and turned it into an advantage. With his speed and size, he can be low on the puck; players can find difficulty going up against small guys, he said, because they’re low and it’s hard to take penalties on them. Grimaldi played on United States junior teams, leading the under-17 national team in scoring with 40 points in 36 games during the 2009-10 season and then leading in scoring with 34 goals and 28 assists in 50 games during the 2010-11 season. He scored the tying and winning goals against Sweden in the gold medal game of the 2013 IIHF World Junior Championship.

He played for the University of North Dakota, where was named rookie of the year in 2012-13, led the team in scoring the next year, and was then drafted in the second round by the NHL’s Florida Panthers. He saw his first Stanley Cup Playoff action for Florida in 2016 and then played for Colorado



and San Antonio before being signed by Nashville as a free agent on July 2, 2018. “I just love the game of hockey,” Grimaldi said. “It’s a really cool culture and hockey players are really genuine. There’s not a lot of flashiness.”

A place in Nashville

Grimaldi has been welcomed with open arms by Predators fans, and in turn he has played some of his best hockey during his time in the city. He finished the 2018-19 season with 13 points (five goals and eight assists) in 53 games and reached double figures in goals for the first time in 2019-20. He was rewarded for his play with a two-year contract signing on Feb. 24, 2020. “It’s a special town and the fans have been really great to me and my family. They’ve taken a liking to me, and it’s special to have that love from them,” he said.

Grimaldi said that he tries to reach out to fans with a generous, Christ-like attitude and witness. “It’s just treating people the right way, especially those who aren’t going to be able to repay you,” he said. “As an athlete, people are always watching you. To just take the time to talk to someone, sign something, smile at them. It’s not really even what I say. I mostly try and be a kind person and not act like I’m better than anyone else.”



Rocco and Abby Grimaldi were married in 2016.

Grimaldi and his wife, Abby--a classically-trained musician who also leads worship and is releasing an EP within the next year--were married in 2016 and today enjoy their life in Nashville. He said that their marriage is another example of God’s plan and wisdom. “We’ve already been through a lot of struggles together, even though we’ve been married for just four years. It’s been a blessing to go through those things with her,” he said. “They’ve made me a better player, but also a better man.”

Grimaldi uses his relationship with Abby to explain how a relationship with God should work. “I’m married, but what if we only talk once a week or twice a month. Or what if I don’t listen to her? We expect to be spiritually led, but we don’t even talk to God everyday,” he said. “We don’t understand that being a Christian is a relationship.”

As the NHL season moves into its next phase and hockey returns to Nashville, the team looks to build on three consecutive victories and move forward to possible post-season play. And Grimaldi--whether the team wins or loses--will continue to be a shining witness in the city.

— Cheryl Sloan Wray lives in Birmingham, Ala., where she covers sports for the Alabama Media Group. She is the coordinator of the Southern Christian Writers Conference (learn more at www.southernchristianwriters.com).

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Cleaning Kitchen Cabinets

Keeping kitchen cabinets clean can feel like a full-time job for anyone who spends a lot of time cooking at home. From the spills that are bound to happen to dirty hands reaching for another ingredient, kitchen cabinets always take a beating. We have tips for keeping those cabinets clean on a day-to-day basis, as well as simple step-by-step instructions for deep cleaning.

The following tips will help you keep your cabinets as tidy as possible between your Molly Maid cleans.

- Keep the doors and drawers closed: It may seem minor, but keeping your kitchen cabinets and drawers closed will decrease the buildup of crumbs and dust inside.
- Avoid water exposure: There's no way to keep water out of the kitchen, but letting water sit on any type of wood for more than a short period of time will result in damage! Be careful to keep your cabinet shelves dry, and don't hang wet towels over the cabinet doors.
- Wax your cabinets: Furniture wax work wonders on kitchen cabinets, creating a protective barrier that prevents oil and grime from building up. Apply the wax every six months by spraying it onto a microfiber cloth and rubbing it over each surface of the cabinets.
- Wipe up spills: It seems simple, but if you notice a spill on your cabinets, wipe it up right away! A wet drip of sauce will always clean up quickly right away, but once it dries, you'll have to put in some elbow grease.

How to Clean Kitchen Cabinets

Every once in a while, all kitchen cabinets need a good deep clean to keep them in tip-top shape. These step-by-step instructions for cleaning your kitchen cabinets make it easy to tackle this project.

1. Empty your cabinets inside and outside.
2. Make a cleaning solution by mixing equal parts white vinegar and warm water in a spray bottle. If your cabinets are particularly grimy, add a few drops of liquid dishwashing detergent. If you have stone or granite cabinet knobs, swap the white vinegar with rubbing alcohol.
3. Spray the outside of the cabinet doors with the cleaning solution, letting it sit for a minute or two.
4. Using a microfiber cloth, wipe the cabinet doors clean. If dirty spots remain, repeat the process a second time.
5. Open the cabinet doors and spray the inside of the doors and the shelves with the cleaning solution.
6. After letting it sit for a minute or two, wipe the cleaner off with a microfiber cloth.
7. Get out a clean cloth, wet it with clean water and wipe all the surfaces you cleaned.
8. Use a clean towel to dry all surfaces thoroughly.



Feeling overwhelmed with the mess in your kitchen? If you'd like to spend more time cooking and less time cleaning, contact your local Molly Maid – 615-794-0200 or 615-603-3766, today to discuss a cleaning plan that's right for you. www.mollymaid.com/s-davidson-williamson-maury-counties/about-us/contact-us/

— Ashley Farrar



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Navigating Christian Money Management In The Aftermath Of COVID-19

Finances can be a difficult concern for Christians to navigate, especially when there are countless avenues to take. Wealth is a resource provided by God, to be used for His glory, and in spite of other differing opinions, many Christians agree that they desire to honor God with their money.

According to a newly released 2020 study conducted by Masterpiece Research, the overwhelming majority of Christian participants agreed that they consider their personal money management to be strongly connected to their faith. When asked to share investing priorities, 37% said “investing in companies I believe share my values” was top. An additional 30% said their priority was “earning the highest return.” This indicates that Christians want to honor God with their investments, but don’t believe their returns need to suffer in order to do so.



22% of Christians, according to the Masterpiece Research survey, was stated to be, “I like to do my own research and pair that with professional advice, then manage myself.” Of this 22%, the majority were females aged 25-34. While this method is not everyone’s preference, the survey revealed that there are a significant number of people preferring the DIY approach.

For 16% of Christians, their ideal method was stated as, “I would like to set up initial parameters for my investments, but then be hands off while it rebalances itself according to my preferences.” These findings are indicative that some Christians desire to be heavily involved in the management of their own finances and – though they may consult experts at times – ultimately control and invest as they deem

most prudent.



The good news is that Christians can invest in companies that share their faith-based values without having to sacrifice a high return. There are two prominent ways to accomplish this.

One way to achieve this goal is through a managed approach. According to the study, the ideal investing method for 34% of Christians was stated to be, “I have frequent contact with trusted financial professionals to understand their management of my finances.” For 26% of Christians, it was stated as, “I rely on certified professionals to manage my finances and communicate with them infrequently.” Financial advisors can be invaluable resources for those seeking an extra measure of experience and guidance for their investments. Working with an advisor provides face-to-face interactions and meaningful conversation and counsel.

According to Inspire ETF, Ambassador Advisors is an independent Registered Investment Advisory (RIA) firm that decided to transition their entire \$520M firm into biblically responsible investments. The Lancaster, PA, based company is a faith-based financial consulting firm that practices this managed approach with their clients from six locations. They help clients navigate strategy and implementation, and through individual sessions, their specialists provide direction and guidance for financial management.

The second way to increase investment return in a faith-based system is through a do-it-yourself (DIY) approach. The ideal investing method for

According to Statista, 46 million people currently use virtual investing tools, and that number is expected to grow to \$147 million by 2023. Although few tools exist for Christians looking to manage their finances this way, Align Investments’ virtual investing tool Align My Finances is an entirely biblically responsible virtual investing option. Their online dashboard simplifies the investing experience for beginners or DIY investors by directing all funds towards companies and businesses prioritizing faith-based principles and morality. The DIY approach results in lower fees and a greater amount of personal freedom when making financial decisions.

According to the survey, over 80% of Christians said that they would put effort into changing their investments if they found out a company in the portfolio contradicted their faith or values. Influencing the decision to change that investment for 83% of respondents is primarily the personal importance of the issue is on which we disagree, such as abortion, firearms, tobacco use, or pornography. 38% would be influenced by the time involved for them to make the change.

IDEAL INVESTING METHOD

26.95%	I rely on certified professionals to manage my finances and communicate with them frequently
34.04%	I have frequent contact with trusted financial professionals to understand their management of my finances
22.70%	I like doing my own research and pair that with professional advice, then manage it myself
16.31%	I would like to set up initial parameters then be hands-off while it rebalances according to my preferences

(c) 2020 Masterpiece Research

Christians need not be discouraged or overwhelmed by their finances. It is not necessary to sacrifice a high return on investment, due to the desire to invest in companies that don’t conflict with faith-based values. Because wealth is an extension of God’s blessing, it is not only honorable, but necessary, that Christians seek the methods best suited for maximizing their goals for His glory.

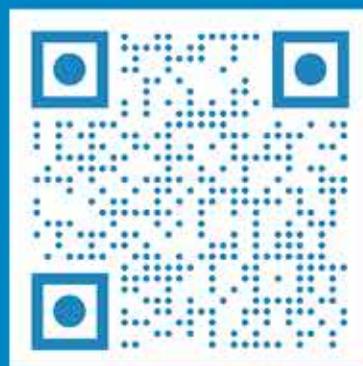
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FIND HOPE



88.7
89.9



LISTEN
NOW!



A Vision For Finding New Common Ground In A Polarized World

Our nation is polarized.

We have run into gridlocks and have made only limited progress over the years on many important national issues, such as race relations.

I believe the best way to resolve gridlocks and much more effectively address such major national issues is to find common ground. Common ground is the cornerstone to resolving all human conflicts. It is not a compromise or one side wins and one side loses; it is much more than that. Common ground is discovered through a collaborative co-creative process, generating a new vision that is larger than anyone's single vision. How do we find common ground?



First of all, we must make a commitment to having a genuine appreciation and understanding of opposing viewpoints. The SALT principle, advocated by Dr. Rice Broocks who is the co-founder of our non-profit Common Ground Network, is a great starting point: S (start a conversation), A (ask a question), L (listen) and T (talk).

Secondly, we need to speak in the "language of the listener," not in our language as the speaker. The goal of communication is not solely to express our opinions, it is also to make sure our listeners do understand what we are saying, and the best way to do that is to speak the language of the listener. Thirdly, we must be willing to examine the basis and validity of our own narrative. One of the most effective ways of doing this is to ask ourselves this question: "Is there a chance I could be wrong?" And even if there is only a small chance that the answer is yes, then we should ask ourselves the next question: "Why do I think I might be wrong?"

Fourth, we need to trade places and look at an issue from our opponent's perspective. As Jonathan Haidt pointed out in his seminal book, *The Righteous Mind*, we all have an innate bias and value system and we see the world through our own set of tinted glasses.

Finally, focus on even 1%, since even if we can only find a small area of common ground (1%), it may have a large, transformative effect overall. Going through the process of finding common ground as such has many benefits. By communicating and exchanging ideas, we will be able to build bridges and break down barriers. We will learn to understand each other's perspectives, build better relationships, and we will all be closer to the truth. Why isn't common ground a mere compromise or overlap? This is because finding common ground is a co-creative process through which we may discover new and unexpected common areas of interest. How is this possible? This is due to the fact that each of us has a limited set of information based on our own limited life experience, so our views based on that information can be incomplete. When we get together with people who have a different life experience (and hence different viewpoints), we will most likely be able to expand the size of our own information base and learn new things. In fact, we learn the most when we communicate with people who have views that are opposite our own!

In the search for common ground, we need to eventually move from each of our own point of view to a joint common viewing point, i.e., to higher ground, so that we may gain a broader perspective in the context of the bigger picture and discover unexpected solutions.

Winning does not mean someone else has to lose. Life should not be "you or me" but rather "you and me." No matter what racial or ethnic group we come from, we all have a shared humanity, and we will all benefit from being partners, rather than opponents, in our shared journey on Spaceship Earth.

Through the process of finding common ground, we will not only be able to find new, creative solutions to issues such as race relations, but even more importantly, we will also be inspired to change and become better human beings who are more willing to work together with others.

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



If something in this month's issue of

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Showers Of Blessings

BIBLE TRUTH

God will send showers of blessings.

WHAT THE BIBLE SAYS

Ezekiel 34:26

I will make them and the places surrounding my hill a blessing. I will send down showers in season; there will be showers of blessing.

HANDS-ON EXPERIMENT

SODA SHOWERS

INGREDIENTS

- 10 Mentos
- Sheet of Paper
- Tape
- Index Card
- 2-Liter Bottle of Diet Soda

INSTRUCTIONS

STEP 1: Create a soda showers launcher tube by rolling the sheet of paper into a tube. Make sure the tube is a little bigger than the diameter of the Mentos. Use the tape to hold the paper in place. Describe and classify the Mentos by their observable properties.



STEP 2: Open the 2-liter bottle of diet soda, place the soda on the ground, and put the index card over the opening. Describe and classify the diet soda by its observable properties.

STEP 3: Load the Mentos into the launcher tube.

STEP 4: Place the launcher tube directly above the opening of the 2-liter bottle of diet soda. Keep the index card between the bottle and your launcher tube.

STEP 5: Quickly remove the index card allowing the Mentos to fall into the 2-liter bottle of diet soda. Stand back and observe soda showers. Did dropping the Mentos into the diet soda result in a new substance?

EXPLANATION

When the Mentos drop into the soda, the carbon dioxide gas bubbles, in the soda, attract to the tiny dents on the surface of the Mentos creating a physical reaction. When this happens there is a rapid release of carbon dioxide gas creating soda showers.

BIBLE CONNECTION

God is the Mentos, sparking a reaction, causing showers of blessings in your life.



— Jason Lindsey
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Journalist,
and Digital Meteorologist
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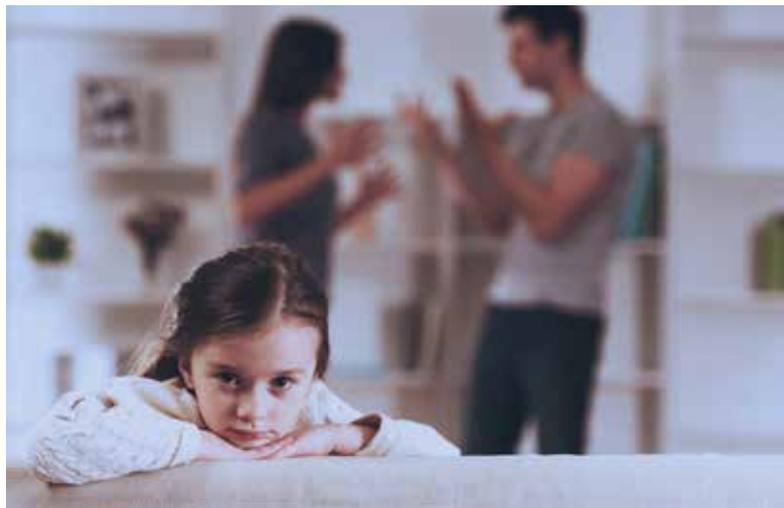
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PARENTING POINTS

Masking My Words, Not Just My Mouth – Filtering My Words To Protect The Children!

Being a divorced parent or a step parent presents us with thousands of opportunities to either “tell the truth” or to filter our words to protect the kids. Many times we have a difficult co-parent (or ex-spouse) who constantly undermines us or tries to make things look bad about us to the children.

I continually remind my clients that the only person you can control is yourself. You cannot make the other parent do the right thing or stop doing the wrong thing. You can't make the other parent show up on time or stop saying negative things about you... however, what you CAN control is what you let out of your mouth in response.



Like all the facial masks we are wearing right now, they are intended to protect us from what is around us AND they are intended to protect others FROM us (if we have germs that are not healthy). In co-parenting, there are a critical moments we REALLY need to utilize a “mask” - - not a tangible mask but a verbal filter that keeps things from being said that will hurt the kids in the long run.

- If you have a co-parent that is consistently negative about you, be the exact opposite and tell your kids positive things about that person.
- If your co-parent changes the schedule to try and make you look bad to the kids, don't get entangled in the details of trying to explain it to the children – instead, make the most of the time you do have together and address the co-parent privately when the children are not around.
- If your co-parent is jealous of your new partner (the kids' new step parent) try to deflect the situation and remind the kids that they can never have too many people who love them (instead of telling the kids why you are no longer living with their other parent).
- Listen more, talk less: when kids are expressing their pain or confusion about coming back and forth between homes, ask them how they feel and let them talk. Always look for a positive way to give them permission to like and love everyone in their complex family.

... Many times it's **not** what we say, it's what we leave **UNSAID** that helps protect children the most! They will grow up and remember who was negative and who was nice. Rise above and be nice every chance you can!

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



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(from left) **Chuck Swindoll, Robert Jeffress,
Anne Graham Lotz, Adrian Rogers,
Tony Evans, And Many More!**
Visit bottradionetWORK.com for a Program Schedule.



Is There a “Cure” for Worry?

I have talked with so many people who battle anxiety and fear. Some of them lose sleep or have stomach issues while others self-medicate with prescription drugs or alcohol. Although I am not condemning those that do so, I have found that even when you do nothing or do something, they are still not “cured” from anxiety. This is not a 21st century problem

Jesus asked, *“Which of you by worrying can add one cubit to his stature?”* Matthew 6:27

Worry and anxiety were tools satan used against first century Christians and his tactic hasn’t changed much since then. So, how does one handle the pressures of life? By being thankful!

Now, I am not saying that you can just pretend to be happy and all things will be good. You still have things you have to address, and problems don’t go away by sticking your head in the sand.

So, when you get to the point of being overwhelmed, the first thing you should do is focus on God. *“Seek First His Kingdom AND His righteousness...”* Matthew 6:33



“Do not be anxious of anything, but in prayer and supplication, with Thanksgiving, submit your requests to God.” Phil 4:6

So, turn to Him with thanksgiving. Write on one sheet of paper a list of everything you are thankful for. The more you are anxious, the harder the first few lines will be. After about ten, the list should flow.

When you end the page, get on your knees and thank God for each of the items individually. Peter tells us to cast our anxieties on him through humility. 1 Peter 5:6-7

Then, if you are still overwhelmed and anxious, write out your problems, and ask God to help with each of the problems. Invite Him in to these as He has already taken away our shame, worry and sickness on the Cross through His Son.

Then, be diligent. Rank them in order of importance, and start working on them one at a time doing what you can do first. *“The plans of the diligent lead surely to advantage, But everyone who is hasty comes surely to poverty.”* Proverbs 21:5

Remember, you are a child of God, well loved, highly favored. God wants more for you than to get to Heaven. He wants you to transform to the image of Christ and His righteousness. The path is hard and full of obstacles, but be diligent, and don’t give up. His reward for you will be great.

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



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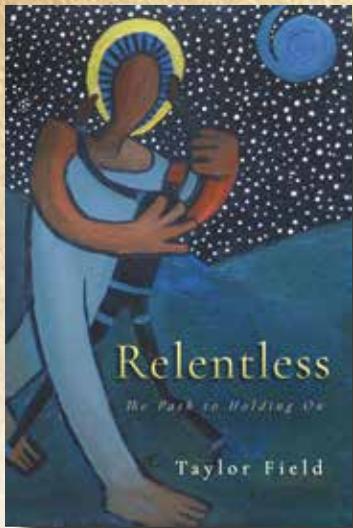
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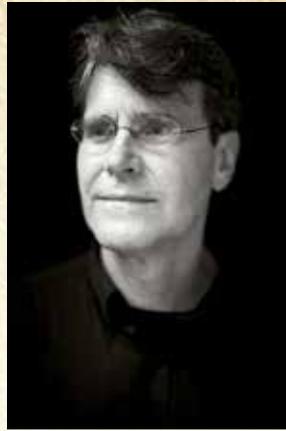


There are some moments in life when you just want to give up, but don't! Like Jacob, keep wrestling. Like the persistent widow, keep persisting. Just when you feel like giving up, God may relent and let you win.

Relentless is a scriptural reflection for those about to give up. Through the biblical stories of some of Scripture's most persistent and gritty people, *Relentless*

- inspires courage in the discouraged;
- develops grit in the fainthearted; and
- helps you see when God is pressing you.

Learn how to recognize when God is pressing you and how He eventually appears to "lose." He loses so you can be a winner.



For more than thirty years, Taylor Field, a Send Relief missionary with the North American Mission Board, has served as the pastor director of Graffiti Church and Community Ministries in New York City. He has worked for more than forty years in cities with people who are homeless or in difficult situations. He has seen firsthand what qualities help someone survive.

For more than forty years, author Taylor Field has worked in cities with people who are homeless or in difficult situations. He has seen firsthand what qualities help someone survive. *Relentless* is about one of the most important of those qualities and how you can acquire it.

Relentless is available wherever books are sold.



FASCINATING FAITH FACTS

Hymns of Faith

Born in Yorkshire, England, Frederick W. Faber began his career as an Anglican priest, but converted to Catholicism three years after his ordination. Recognized as a man of true faith by both Catholic and Protestants alike, Father Faber was even memorialized by the evangelical author, A. W. Tozer. In *The Pursuit of God*, Tozer wrote: "Father Faber's love for the Person of Christ was so intense that it threatened to consume him. It burned within him as a sweet and holy madness and flowed from his lips like molten gold."

It seems that Faber was concerned that Catholics



had no collection of hymns as could be found like the Anglican church. Therefore, he made it his lifelong mission to write hymns of the faith for that purpose. He wrote 150 hymns in all, including "Faith of Our Fathers."

Many today assume Faber's hymn is about America's founding fathers. In fact it is not, nor was it written about the early church fathers. The author was actually commemorating those Catholics martyred during the reign of Henry VIII in the early years of the Church of England.

The hymn's refrain, as it is now often sung, was

added by James G. Walton in the songbook he published in 1874.

***Faith of our fathers, living still
In spite of dungeon, fire, and sword:
O how our hearts beat high with joy
When-e'er we hear that glorious word!***

Refrain:

***Faith of our fathers! Holy faith!
We will be true to thee till death!***

FACT: The Protestant adaptation of the hymn, which includes a rewriting of the third stanza, is often sung in United States churches in celebration of Memorial Day. 🌟

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PLAN OF SALVATION

Has something in the magazine or something you have discussed with someone or some thoughts that you have had or something that you have heard, brought you to a point of realizing that you want and need to know Christ in the truest and personal sense?

If so, below is a simple outline for someone of any age who is not a Believer to act on their desire to accept Jesus Christ into their heart as their Savior.

God's Plan of Salvation

God created us to honor and serve Him

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

Each of us has sinned against God

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

The penalty for sin is eternal separation from God and Heaven

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

Good works cannot ever earn God's forgiveness and Salvation

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

God loves each of us

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

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

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

We each must accept Jesus Christ as our personal Savior

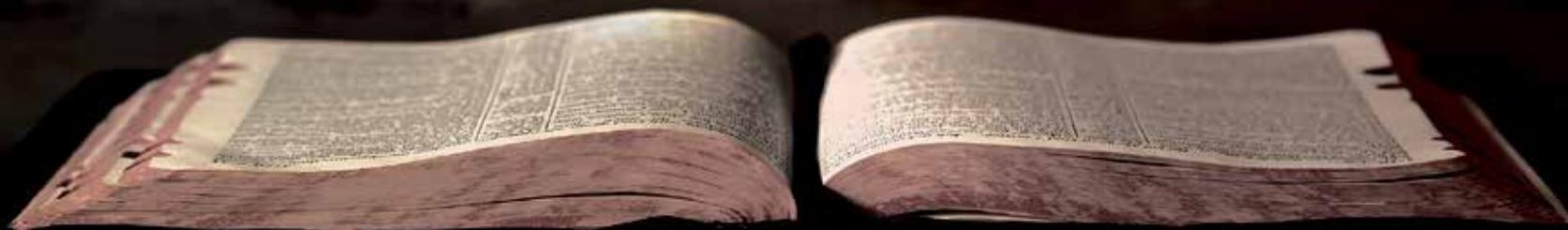
Romans 10:9: that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

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

To accept Christ into your heart and life, pray a simple prayer along these lines -

"Dear God, I know that I am a sinner and I am sorry for my sins. I know that Jesus died for my sins and the sins of the world. Right now, I ask Jesus into my heart and receive Him as my personal Savior. Forgive me of my sins, thank you for saving me through the blood of Jesus. Please Lord, help me live for you. In Jesus name, amen."

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



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God's Plan For Service

You Sat In My Pew!

As a Christian we have important rights and we have responsibilities. Our greatest right is assurance that we will spend eternity in Heaven. Another right is to be able to live a life in which we know that the Holy Spirit is with us at all times. While we continue to sin, we know that God will forgive those sins if we ask for forgiveness. In this life we will be persecuted by nonbelievers, but still have a model of righteousness (the Bible) that we can follow each day. We have the right to pray to God to ask for help, to praise God, to thank God and just to talk with our friend. We can go to a Christian church to worship with others and enjoy that time of worship through participation. We can enjoy the company of Christian friends. We know we are loved and our faith tells us how to love others by what we say, think and do each day.

With such great rights with our Christian faith, what are the responsibilities? The New Testament explains these to us. We are told to love one another (John 13:34). We are told to obey God's Commandments. We are told to share our faith with one another and to live a life that demonstrates that we wish to live in a manner as close as we can to what Jesus Christ modeled for us and told to us. There are also some responsibilities given for what we should NOT do. We are told to avoid hatred, jealousy, bitterness, arrogance, deceitfulness and any other behavior that shows a lack of righteousness.

Among these rights and responsibilities there is no mention of a church pew. We are told to be joyful and praiseworthy but we are not told in the Bible as to where we should sit when we arrive for a church service. In early America people paid for their family pew in the church building and it was reserved for them. Servants and slaves might be able to sit in the balcony. More democratic practice came in the 19th century which meant all pews were opened to everyone. By habit today we do tend to sit in the same place or at least the same area every Sunday but it does not mean we have a right to a certain pew in the church. Precedent or tradition does not mean ownership. Christianity is open to every one and seats are not reserved except for handicapped or hard of hearing persons in some cases. We cannot say, "you are sitting in my pew" because we don't have a pew. There are no reserved seat tickets in church.

In fact, it would be better to move around the sanctuary to meet and greet other people. It could be better to get a fresh perspective on the church service by sitting in a different area. Wouldn't it be best to be happy that someone is there (where you sat last week) instead of not being in church? It would be best not to wait until one minute before the service to arrive and then find someone sitting in your favorite place. Most importantly, we need to remember why we came to church. This is a worship service. We came to worship. If we are upset about a pew, we are not ready to worship. We did not come just to sit in that pew. The point of this is that we must have the proper attitude in order to worship when we come to church.

We can worship wherever we are. Worship is an opportunity, more than meeting an obligation. The church (the building, the pew, the service) belongs to God, not us or our family. Be joyful, be ready for worship. An attitude of worship requires that we stress our opportunities to joyfully worship which means we do (and sit) wherever we fit into the group of believers. We should enter thinking of our responsibilities to God, our thankfulness to God and not about what we are entitled to as a part of that church. How might you add to the appropriate focus in the next worship service you attend?

Study Questions

These study questions are intended for use with God's Plan for Service, Program #456. The primary purpose of the study questions is to help the listener/reader to more fully grasp the significance and implications of the topic. Recipients may send responses to God's Plan for Service by email to kwo@oosting.com or mail to GPS, 1226 Knox Valley Drive, Brentwood, TN 37027.

1. *Do you and those with you sit in the same place in church every Sunday? Why is that? Might you fellowship with others by moving around some?*
2. *What are your responsibilities as a Christian?*
3. *What would you do if someone came to you before the church service started and said "You are in my pew (seats)?"*

— Kenneth Oosting, Ph D

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AUGUST 2020 Calendar



List Your Event!

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

ONGOING

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

First Friday of Each Month

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

www.facebook.com/benourished4life or email Celeste, thewellnessworkshop@msn.com

Last Tuesday of Every Month

Tennessee Christian Chamber of Commerce

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

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September 7 - Labor Day

October 23-24 – The Stepmom Connection Conference

Join stepmoms live or by live-stream Oct 23-24th featuring 12 unique voices addressing topics relevant to being a stepmom. Everyone is welcome. For info visit: www.thestepmomconnection.com

CHRISTIAN HUMOR

Kids Say The Funniest Things

Dear God, In Sunday School they told us what You do. Who does it when You are on vacation? — *Jane*

Dear God, I think about You sometimes even when I'm not praying. — *Elliot*

Dear God, Did You really mean "do unto others as they do unto you?" Because if you did, then I'm going to fix my brother. — *Darla*

Dear God, I didn't think orange went with purple until I saw the sunset you made on Tuesday. That was cool! — *Eugene*

Dear God, I read the Bible. What does "begat" mean? Nobody will tell me. — *Allison*

Dear God, Are you really invisible or is that a trick? — *Lucy*

Dear God, Is it true my father won't get in Heaven if he uses his bowling words in the house? — *Anita*

Dear God, Did you mean for the giraffe to look like that or was it an accident? — *Norma*

Dear God, Instead of letting people die and having to make new ones, why don't You just keep the ones You have now? — *Cindy*

Dear God, Who draws the lines around countries? — *Nan*

Dear God, The bad people laughed at Noah - "You made an ark on dry land you fool". But he was smart, he stuck with You. That's what I would do. — *Edward*

Dear God, I went to this wedding and they kissed right in church. Is that okay? — *Neil*

Dear God, What does it mean You are a Jealous God? I thought You had everything. — *Robert*

Dear God, Thank You for the baby brother, but what I prayed for was a puppy. — *Joyce*

Dear God, Why is Sunday School on Sunday? I thought it was supposed to be our day of rest. — *Tom*

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