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Publisher: Robert Stringfellow • 615-815-8765

publisher@christianfamilynashville.com

Editor: Raymonda Jagers

Contributing Writers:

Bruce Riley Ashford, Jr.,
Bree Barnett
Anthony “Tony” Bouquet
Larry Crain, Esq
H. Ben Davis
Peter Demos
Ashley Farrar
Major Ethan Frizzell
Brittney Griffy
Doug Griffin
Kelsey Hanson
Darlene A. Kemp, MPH, MBA-HCM
Jason Lindsey

Ashley Lauren McClain
John McKinney, Sr.
Kenneth Oosting, Ph D
Janet Rich Pittman, SCALA, CDP
Monica Schmelter
Marissa Sells
Stephens Family
Ashton Tate
Marc Tepner
Ron Tepner
Ralph E. Vaughn

Production and Art Direction: Wendy Satterwhite

Website Development, Digital Marketing & SEO Services:

The 5by5 Agency

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

Cover Photo: Kelsey Watkins Photography

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Visit www.ChristianFamilyNashville.com



OUR MISSION



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

FROM THE PUBLISHER

Time To Slow Down

“Be still and know that I am God...” Psalm 46:10 (NKJV)

A few years ago friends of mine moved their firm’s headquarters to a new location. The renovations done on the building created a beautiful new office environment for everyone with the company and for clients and guests.

One “benefit” that they didn’t really consider were the many geese that live around the pond just across the street from them. Apparently these geese arrived some time ago and decided to make this neighborhood their home. If you work in the area, you might be familiar with them.



A couple of times a day, in a normal routine, the geese begin to cross the street from the pond into the plant beds and parking lot of my friends building. Having seen this myself more than once, I can tell you that these birds do not move swiftly when crossing the street. In fact, they seem to be intentionally taking their time. They don’t cross as one gaggle, but waddle across one, two, or three at a time. It seems that they could care less about the heavy traffic that is usually on the street and must come to a complete stop to avoid hitting them.

Because the geese crossings take several minutes, some drivers who are in a hurry become, shall we say “frustrated.” In fact, my friend was telling me that he and others sometimes just watch the various reactions of drivers. They laughed as they told me that they see everything in upset drivers reactions from sitting on their horns (the geese are completely unfazed) to expressive hand gestures to screaming at them to pounding the dashboard.

We all seem to be in such a hurry all day, every day. We’ve just got important things to do, schedules to keep, and these darn geese get in our way!

“Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. And she had a sister called Mary, who also sat at Jesus’ feet and heard His word. But Martha was distracted with much serving, and she approached Him and said, “Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.” And Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.” Luke 10: 38 – 42 (NKJV)

Why can’t we follow the advice to Martha from Jesus and “chill out” for a few minutes? Whether its geese on the street, traffic jam or whatever, take the time to reflect, pray and just think about what is really important. Being a few minutes behind schedule certainly isn’t the end of the world. That event will occur when Christ returns and what a time that will be. I can’t wait, how about you?



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publisher@christianfamilynashville.com

October 2019

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The Rojas family has a true passion for the least and lost, and together, they're leaving a legacy of hope. See Page 16.

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**The Salvation Army-
Nashville**

AND MUCH MORE!

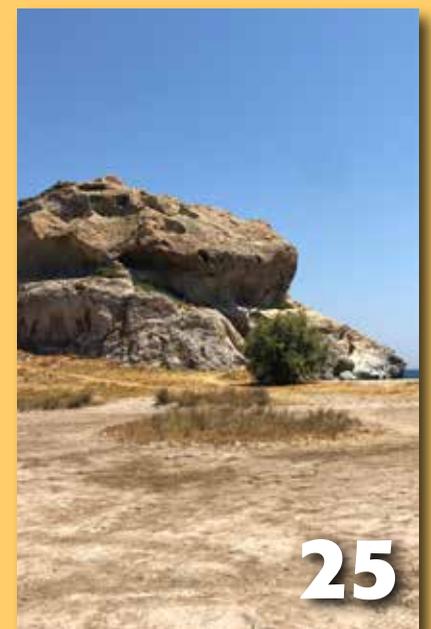
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ADVERTORIAL

A Guide to Breast Cancer Screening



Lindsay Keith, MD, fellowship trained breast surgeon with Saint Thomas Medical Partners - Murfreesboro Surgical Specialists

Early cancer detection can dramatically improve chances of survival and Dr. Lindsay Keith shares answers to some frequently asked breast screening questions.

When should I have my first mammogram?

Breast screening should begin at age 40, however, a high-risk assessment should be conducted by age 30. The earlier the disease is diagnosed, the easier it is to treat it and the more options you have for management. At Ascension Saint Thomas, we encourage women to perform periodic breast self-examinations, so they may become aware of changes in the look or feel

of their breasts and discuss such changes with their physician.

How do I know if I am at high risk for breast cancer?

The only way to know if you are at high risk for developing breast cancer is to talk with your doctor about your family history and personal health history. You can also work with a genetic counselor to better understand your risk factors. The Ascension Saint Thomas Cancer Care genetic counselors are specially trained in genetics and genetic testing.

How often should I be screened?

You should be screened annually for breast cancer. However, if you are at higher risk for the disease, you should talk with your doctor about frequency and the type of screening most appropriate for you. In younger women, mammograms may not be the most effective screening option.

What is the difference between a 2D and a 3D mammogram?

3D mammography is a new screening diagnostic tool designed for earlier breast cancer detection that can be done in conjunction with a traditional 2D digital mammogram. This allows the computer to produce a 3D image of your breast tissue in one-millimeter slices, providing enhanced visibility of the breast tissue detail. Ascension Saint Thomas offers this technology at several imaging centers across Middle Tennessee.



Schedule your mammogram today by calling 615-896-1234



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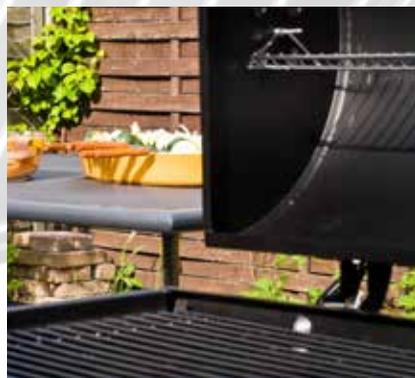
THE HOME FRONT

Specialty Cleaning Matters

Jack Rabbit Clean Choices (JRCC) is a local service that cleans items many of us do not want to clean. JRCC will do specialty cleaning jobs to include BBQ Grills, Dryer Vents, Mattresses and more – visit www.jackrabbitcleanchoices.com for detail. Marc, the owner emphasizes that JRCC exists to help extend the life of our stuff, like BBQ GRILLS, DRYERS, MATTRESSES, etc.

Creating A Healthy Grilling Experience

The Bar-B-Clean Process is the very best non-toxic process available. Marc researched several processes for cleaning grills as he was laying the foundation for JRCC. He was trained in Yorba Linda, CA. at the Bar-B-Clean headquarters where he learned to utilize industrial grade steam cleaners. This process is detailed at www.bar-b-clean.com/nashville. It can be summarized as a commercial and residential low cost, convenient grill cleaning solution utilizing a proprietary industrial grade steam cleaning system. The system pumps out 310-degree steam vapor at 75 psi. The service takes on average 2-3 hours and includes deep cleaning of the interior and exterior and inspection of the burner, ignition systems, etc.



Extending the Grills Life and Protecting our Health

BBQ grills can last a long time. If not maintained and cleaned regularly effectiveness is lost. The clogs, grease, gunk, corrosion, rust and rodent buffet take over a once beautiful and healthy cooking grill that is designed to produce amazingly prepared food for family and guests. We all need to clean our grills well and regularly. Carcinogens left behind by old food and rodent droppings can cause real health risks. ALERT, additional health and injury risk have been reported by folks using a steel bristle type brush – the bristles can loosen over time and stick to the grate and be absorbed into our food. Clean the grate with a bristle free brush and avoid the possibility of serving up those little wires that can cause serious internal problems.

It is Like a Make Over

The cleaning provided by Marc's Bar-B-Clean process will make your grill look newer and perform to its potential. BBQ will taste like it should and – the grill will last longer. Schedule this "Make Over", it is football time everywhere, so let's party safely with a cleaner, healthier BBQ Grill for guests and family.

Next Up

In future articles we will share information on the Jack Rabbit name, the fact that some of us may be sleeping with little enemies in our mattresses, and how we need to protect against fire by cleaning out that forgotten about and hidden dryer vent.

— Marc Tepner, 615-594-9052

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 a large church and life group family.



KIDS KORNER

THE ULTIMATE LAUNCH

BIBLE TRUTH

If we trust God, he'll launch us to places we thought we could never go

WHAT THE BIBLE SAYS

Isaiah 26:4

Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.

HANDS-ON EXPERIMENT

ALKA SELTZER ROCKET

INGREDIENTS

- Film Canister
- Alka Seltzer
- Water

INSTRUCTIONS

STEP 1: Fill the film canister ½ of the way with water. Describe and classify the water and alka seltzer by their observable properties.

STEP 2: Add the alka seltzer to the film canister. Snap on the lid to the film canister. Turn the film canister upside down and watch. Did mixing the two substances result in a new substance?

EXPLANATION

When the alka seltzer is added to the water, a chemical reaction happens, which creates carbon dioxide gas. The carbon dioxide gas fills the film canister, launching the film canister into the air.

BIBLE CONNECTION

Just as the chemical reaction, in the rocket, creates a gas, so much so, eventually launching the rocket into the air, when we trust God, he becomes the chemical reaction launching us to places we thought we could never go.

— Jason Lindsey, STEM Certified Educator and Meteorologist
Hooked on Science | www.hookedonscience.org
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NASHVILLE
CHRISTIAN FAMILY

Honoring Our Veterans

Veterans Day Service

Spring Hill Memorial Funeral Home and Cremation Services takes pride in honoring our veterans. Each year a Veterans Day celebration takes place in the chapel of the facility, this year the service will be on Sunday, November 10 at 2:00 PM.

This service has been well attended throughout the years. Various groups of veterans are invited to attend along with the general public. Names are announced of any family member that has a loved one that is currently serving in the military. The oldest veteran that is in attendance is always honored. Guest speakers and special music is provided. The Keynote Speaker will be a local Veteran from a branch of our Armed Forces.

We hope that you will be able to attend this meaningful event.



— The Stephens Family
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Sunday, November 10, 2019
2:00 PM at Spring Hill Memorial

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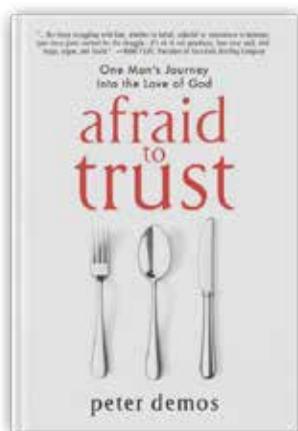
BEST BOOKS

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How Can We “Trust Jesus”?

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



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

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

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

must humble ourselves before God.

Combined, the verses read....

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

So, how do we express humility? Humility is the opposite of pride. We must have humility to cast these cares on Jesus. We cannot cast them to Him if we come to him in pride. By saying “Me do it.” When I am unwilling to submit to authority because deep within me, I believe I could make better decisions than the person God has placed over them. So, I may submit outwardly but inwardly I struggle to accept the subordinate position I am in.

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

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

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

SPECIAL FEATURE

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Nashville Celebrates the 11th Annual Rodgers Awards

Honoring Christian Civic Leadership & Lifetime Achievement Recipients

The Operation Andrew Group (OAG) honors three Nashville leaders for their outstanding service at the upcoming 11th Annual Joe & Honey Rodgers Awards, held at Lipscomb University's George Shinn Center, on Monday, October 21st, at 6:00pm. The 2019 honorees are characterized best as innovators who recognize and serve the needs of others first.

The Rodgers 2019 Christian Civic Leadership Award honorees are: Jackie Patillo, Executive Director and President of the *Gospel Music Association*, and Michael W. Smith, singer-songwriter, Grammy, Dove and American Music Award winner.



Jackie Patillo



Michael W. Smith



Charles Strobel

Charles Strobel, founder of *Room In The Inn*, will be honored with the Rodgers' 2019 Life Achievement Award. Charles, as a parish priest here in Nashville, developed a ministry to serve homeless individuals in local churches, which is now modeled across the US and Canada. Michael Nolan, OAG President, focuses on the unity we have as we serve together in Nashville, through the power of the Gospel. Christian leaders are sensing heightened capacities in 2019 to serve the needs of others. Marked by humility, all three Rodgers Award recipients focus on their faith as the driving component behind their journeys.

Amy Grant, a Rodgers Award recipient in 2016, will be a special guest, along with friends who call Nashville and Middle Tennessee home. The 11th Annual Celebration underscores the vision of how the Operation Andrew Group is equipped to serve churches so together, through the unity of the gospel, they can serve the city of Nashville, Middle Tennessee, and beyond. Partnering with the OAG ministry supports:

LINC: Pastors and ministry leaders to have conversation with civic, business and industry leaders in Nashville.

Oak Project: Christian business leaders of today mentoring Christian business leaders of tomorrow.

United4Hope: Building church community partnerships with Metro Nashville Public Schools.

UnitedNPrayer: City-wide prayer initiatives.

The good news increases as churches and believers stay focused on recognizing and serving the needs of others across the greater Nashville in 2020. For more information about Operation Andrew Group:
www.operationandrew.org

— Larry Crain, Esquire



MISSION MAKERS

75 Reasons Lee Company Gives Back

If Leon Lee could see where we are now – 75 years after he went to work in his garage – we think he'd be delighted that Lee Company is respected as an industry leader, and a top workplace in the state of Tennessee.

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Our mission: To create a workplace where our employees can thrive. To be committed in finding innovative and original solutions, thoughtfully and reliably, to meet the specific needs of every customer. Our values: To honor God by serving people with respect, integrity, and compassion.

Being of service is at the heart of what we do and who we are. We are honored to put our time, talent, and financial resources to the service of our community. You can find our team members handing out water to runners at half marathons and 5Ks, or encouraging participants as they walk for a special cause like the American Heart

Association. Our entire team participates in our annual Vans4Cans program, a food drive that allows us to partner with our customers to benefit Second Harvest Food Bank and the thousands of people it serves. We work here, we live here, and our goal is to make a meaningful contribution to the people and the communities around us. It's about being part of something bigger than ourselves.

Coming together for a cause

Celebrating 75 years in business gives us a lot to be grateful for. We appreciate our employees and our customers who have made our business what it is today. To celebrate this tremendous accomplishment, we've decided to give back! We are giving 75 grants of \$10,000 each, to local non-profit organizations in celebration of our 75th anniversary as a company.

"The reason we are able to give back the way we do, is a direct result of our hard work and effort in service. Our employees' work expands beyond our company's workload and into the communities around us," Justin Braden, Vice President of Construction Sales.



We have worked with many of these non-profit organizations for years, and are delighted to partner with them in support of their missions. We have seen a lot of change in the Nashville area over the last 20 years, and to be part of the growth for these organizations has truly been a blessing.

We are thankful to all our employees who make Lee Company epic by building a team that values trust, excellence, and the heart to give back. Each day we are thankful for the opportunity to serve our communities. Thank you.

— Bree Barnett, Communication Specialist and Emily Bonomo, Marketing Coordinator, Lee Company – www.leecompany.com

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Special Needs Trusts

Angela Abraham stated it best when she described autumn as "...our garland, the grand finale of a successful season. It is the parade we cherish, a grand dance of the foliage that came to brighten our days. It is the time of seeds bequeathed to the soils, of that which takes flight from branch to earth to become new earth itself. It is the gift of the old to the new, supporting, enriching, bringing health as is the natural way of life." Experiencing autumn, with a special needs child, can be a wonderful and memorable experience.



A child can be diagnosed with "special needs" if he or she has a physical, mental or intellectual disability. A special needs child is one who has been determined to require special attention and specific necessities that other children do not. The state may declare this status for the purpose of offering benefits and assistance for the child's well-being and growth.

Special needs should not exclude a child from participating in fun events, such as fall festivals, pumpkin patch activities, hayrides, and much more. These events may need to be transformed to fit the child's needs. For example, John is an eight-year-old boy living with Down's Syndrome. He is a happy boy but can be frightened easily by things he is not used to seeing or experiencing. John's mom, Susie, enjoys taking John to the local pumpkin patch, picking out just the right pumpkin to take home and carve. Sometimes, there are people dressed as scarecrows that walk through the crowd. Most kids like the scarecrows, but not John. He is scared by them. Susie works around this by calling ahead and seeing when a time is available when the scarecrows will not be present. She also makes the day even more special by taking John on a picnic lunch.

Jason is a young man, 22 years old, with Cerebral Palsy. His dad, Mike, likes to take Jason to the lake to go on boat rides and see the beautiful fall colors. As Jason has grown, Mike now has trouble transporting Jason by himself. Mike has a nonmedical caregiver accompany them on their boat rides. The caregiver helps transfer Jason from the car to the boat and also is there to give Mike any assistance that he may need.

Mabel and Gunther are both 82 years old. They have a daughter, Elaine, with mental health issues. Elaine is paranoid, has PTSD, and hallucinates. Mabel and Gunther want to take Elaine on a fall color cruise to Vermont in October. They have learned, over the years, that with the help of Elaine's counselor and having a non-medical caregiver accompany them on the trip, they all can have a wonderful time.

Each of these families are experiencing different issues related to their children who are living with special needs. The one thing each family has in common is they have opened a third-party special needs trust for their family member. Each child has a special needs trust that is funded with monetary gifts for their sole use. Other family members and friends have been able to add financial gifts to the trusts.

Each family uses the third-party special needs trust to pay for items or services, for their child. The trust can reimburse Susie for the entrance fee to the pumpkin patch and John's lunch. Mike uses Jason's trust to pay for the nonmedical caregiver to accompany them on the boat trips. Mabel and Gunther use Elaine's trust to pay for her counseling, clothes for the cruise, and the nonmedical caregiver. All families have peace of mind, with the help of a special needs trust, knowing their loved one will be cared for now and after they are gone.

For more information on special needs trusts, please contact the Vista Points office at info@vistapoints.org or call 615-758-4660.

— *Darlene Kemp, MPH, MBA-HCM, Executive Director of Vista Points, the special needs trusts and resource center. Darlene is celebrating twelve years of service with Vista Points*

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instruction of God's word to Haitian artists. This gives them a hope that most have never had. It creates a skill and craft that they can improve upon and earn money for themselves and their families.

The Haitian Hand-Made Metal Wall Art is available in 12 different designs. To see the entire collection, visit www.swanson-direct.com and search for "hand hammered".

Swanson's has recently partnered with one such organization which is working to teach homeless and unemployed people in Haiti, specific design and creative artisan skills. As a result, Swanson's is now offering a unique line of Hand-Hammered Metal Wall Art. These incredibly artsy home décor items are handmade crafted from steel drums by locals in Haiti. Using only hand tools, these pieces of art are handmade with the final decoration being completed using only a hammer and nail.

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

— John Mckinney Sr, President of Swanson Products/Swanson Direct

Swanson Direct is headquartered in Murfreesboro, TN, 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.

11th Annual Honorees



JACKIE PATILLO



MICHAEL W. SMITH



CHARLES STROBEL

Monday, October 21, 2019

George Shinn Event Center, Lipscomb University

JOE & HONEY RODGERS

Celebrate the 11th Annual Christian Civic Leadership Awards hosted in Nashville, recognizing leaders who exemplify service and honoring one another in all walks of life.

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I Struggled With Anger and Fits of Rage



My closet isn't as organized as I would like. I start out with great organizational intentions. At some point, I abandon my great organizational intentions and move on to another project. It's like that with me. I start. I stop. I move on. Usually with household organizational projects it's just not that big of a deal. But when it comes to matters of the heart it's an entirely different story.

Several years ago, I struggled with anger and fits of rage. After one of my loud outbursts I would resolve to never yell again. I would say a prayer or two.

Over time something else would happen that would trigger my temper. With a raised voice I would shout my concerns only to later regret my lack of self-control. Years would pass before I would acknowledge that I needed help sorting it all out.

For me sorting it out meant foregoing what I would call the quick fix. No more getting angry, screaming and offering a lame apology. I needed a deep down to the heart of the matter healing,

of my bruised and battered heart. That healing came as a result of concerted prayer, obedience, and repentance. At first, I had no idea why I was so angry. As I prayed about my bouts with anger, I began to see that I was harboring bitterness, resentment, and un-forgiveness underneath the surface. Then when some life event bumped that area of my heart I exploded.

Spending time in prayer sorting it all out helped me see what was going on in my heart. Then in obedience to God's Word I confessed my sinful behavior – no excuses – no justification – no explanation for why I felt or acted the way I did – just sincere repentance. As I repented and asked God for His grace He answered my prayer.

Please don't misunderstand my "messy" anger didn't dissipate after the first amen. It was a process. I had to ask for God's help each day and depend on Him to find new ways to communicate.

One of the things I started to do was to take 30 minutes each day to be quiet. During that time, I sorted through my day and asked God to show me what was in my heart. He showed me where I needed to forgive and areas in my life that needed healing. My 30 minute "sort through" time gave

me perspective and strength. Over time my explosive bouts of anger subsided.

There are times that I still get angry. What I don't do anymore is scream and yell. With God's help I recognize my anger, and state how I feel respectfully and clearly. That's a major miracle in my life – and one my family is oh so glad about.

When life gets "messy" it's easy to issue blame and look for justification. Sometimes sorting it all out means lots of prayer, obedience and repentance. I co-authored a book called Messy to Meaningful that is all about acknowledging our messiness and allowing God to help us find the Meaningful life God intended. You don't have to let your "messiness" keep you from God. God is not afraid of messy and He wants to help you discover a truly meaningful life.

— *Monica Schmelter is forever grateful that God is not afraid of the "messy" in our lives. She is the General Manager, WHTN Christian Television Network. You can learn about her book Messy to Meaningful by visiting monicasmelter.com*



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Be Happy Be Healthy Be Whole

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

In the course of doing a daily radio show, a lot of information comes across my desk, much of it having to do with diet and exercise. Here's just a sampling of some recent reports.



- **Keeping a food log of diet and exercise habits can double weight loss**, according to the Journal of Medical Research. Writing down food consumed and any exercise done helps to make people aware of their habits. Making more detailed notes can lead to even more weight loss. The process of keeping notes does not have to be complicated — in fact, most people find it easy. Simply sending a text message or email is enough.
- **Sniff a banana, apple, or peppermint.** You might feel silly, but it works. When the Smell & Taste Treatment and Research Foundation in Chicago tried this with 3,000 volunteers, it found that the more frequently people sniffed, the less hungry they were and the more weight they lost — an average of 30 pounds each.
- **Jog for junk mail.** Turn clutter into a challenge: For every piece of junk mail you pull from the mailbox each day, do one lap around your house or building, or up and down a flight of stairs. You'll burn between 35 and 140 calories per session.
- **Hang a mirror opposite your seat at the table.** One study found that eating in front of mirrors slashed the amount people ate by nearly one-third.
- **Light a vanilla-scented candle after dinner.** The aroma has been shown to dampen dessert cravings. One group of 160 volunteers actually lost an average of 4.5 pounds each by wearing vanilla-scented patches.
- **Surround yourself with blue.** There's a good reason you won't see many fast-food restaurants decorated in blue: the color functions as an appetite suppressant. Researchers have found that people eat 33 percent less in a blue room.
- **Turn the lights up and the tunes down.** Restaurants don't just dim the lights to create a romantic atmosphere; they do it so you order more food. Low lighting lowers eating inhibitions. As for music, soft tunes playing in the background actually encourage more leisurely chewing and goes against hurry-up, stress-related, mindless eating patterns.
- **Eat three fewer bites of your meal.** Or one less treat a day, or one less glass of orange juice. Doing any of these can save you about 100 calories a day.

Need more than just random tips? Consider connecting with the professionals. Dr Lodge and his team of pros at Cool Springs MD. Eight ago, I lost 65 pounds in 16 weeks and haven't looked back. If you are frustrated with your weight loss journey, consider partnering with the knowledge, and encouragement that comes with physician driven weight loss at Cool Springs MD.

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

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It's Medicare Open Enrollment Season!

Yes it is back again. Medicare open enrollment time. Starting Oct. 15th and ending Dec. 7th if you are on a Medicare Advantage (MA) Plan you have the option to make changes to your current carrier. This includes MAPD (Medicare Advantage Prescription Drug) plans or PDP (Prescription Drug Plan) or MA plans. Your current carrier's plan is good through Dec. 31st. You will be receiving an 'Annual Notice of Change' (ANOC) letter (in late September or early October) stating the changes in your plan for 2020. If you have not had any issues with your plan and the changes for 2020 is acceptable to you, you need not do a thing – you will be renewed for the plan year 2020.

“However” states Ben Davis, CSA (Certified Senior Advisor) “this is a great time to look at the other options available in your county/area”. He has been in the Medicare arena since 2005 and has seen many changes since MA plans started being sold in the middle Tennessee market. “Drug formularies change, tier co-pays change, co-insurance amounts change, and providers may change”. “It can be a bit overwhelming for the over 65 age group especially for those folks that are new to Medicare”.

There are 3 options when it comes to selecting Medicare plans. Which option is right for you? “That depends and that is why you should seek out professional help to guide you to the best decision as it relates to your current situation” says Davis. That is what he has done since 2012. Do you want to have original Medicare (Parts A, B, and D), or add a Medicare Supplement (also known as Medi-gap), or is a MA/MAPD (parts A, B, C, and D) plan right for you? “We have been helping people for the last 7+ years by asking them questions they didn't even know to ask and then make a decision based on

that information”. Making sure Hospitals, Doctors, and providers accept a MA/MAPD plan is very important.

Medicare Advantage plans have been in the Nashville area since 2006 and here is what is covered in these plans. There are 4 parts to Medicare: Part A is Hospital insurance coverage, Part B is Medical insurance coverage, Part C Medicare Advantage coverage, and Part D is Prescription Drug coverage. The types of Medicare Advantage plans are Health Maintenance Organizations (HMO), Preferred Provider Organization (PPO), Private Fee-for-Service (PFFS), and Special Needs Plan (SNP). This information as well as other information can be found in the 'Medicare & You 2020' booklet that has just come out.

So if you need help, have questions, or you are just getting started with Medicare coverage give Ben a call and let's get the process started.

— H. Ben Davis, III, CSA, Select Pointe, LLC 615-584-4946
ben.davis@selectpointe.com www.selectpointe.com



BRAIN DIETS IN ACTION – Diets for Brain Health

The first step in getting the cognitive decline stopped and leveled out in Ann's mother, who was living with her, was 1. hire home health care to help with activities of daily living and activities in her Alzheimer's reversal protocol plan and 2. subscribe to delivery of fresh Keto meals and snacks.

Bob's cognitive impairment was slight, he had difficulty concentrating and completing sentences. He also had Lupus, bad skin rashes, was way over weight and had severe arthralgias (joint pain). A keto diet was definitely not for him. After a few weeks of cleaning up his diet with full elimination of two particular foods along with healing his gut, his 'head brain' issues snapped into shape and his joint swelling and pain subsided. After 9 months, the weight dropped off, his lupus went into remission and his skin became clear.

Everyone's beginning dementia is different based on their DNA, their lifestyle and the foods they eat, specifically what they eat now combined with



what they have historically eaten.

According to Dr. Dale Bredesen, developing an individual's Alzheimer's/dementia Reversal Protocol begins with what they eat. Dr. Dale Bredesen was the first MD research scientist to scientifically reverse 109 of 110 patients/participants under clinical trials suffering cognitive impairment in 'beginning to middle' Alzheimer's.

From his training, I follow his direction. After learning what participants in the Alzheimer's/dementia reversal program eat, I suggest making small changes inroad to getting their gut in gear as well as making lifestyle changes.

And making these changes for most is huge, even significantly life altering. But that is what we want, correct? A definite change in our cognitive behavior, a return to 'normal' thinking. Our brain function has changed for the worse, now we must change it back to the better.

And that change does not happen out of the gate. A colt is not going to win the Kentucky Derby without winning a few preliminary races.

So getting the gut in gear for cognitive impairment, it's a slow steady process. It is very doable and the key to success without sacrificing any gastronomic desires is to make 1. smart choices and 2. easy substitutions. Taste buds change, you begin to feel the difference. Pretty soon the good food choices start to crowd out the bad where there is no question of what to eat.

No cookies after every meal? No nightly ice cream before bed? No cream in my coffee? Yes, this first step, making the small dietary changes, is the hardest.

Here's where I suggest people start. I've put it together in an easy to consume (get it?) Gut in Gear guide with 5 easy food swaps to better health – even before you take on the diet.

Get the guide on my website, www.JanetRichPittman.com/gut-in-gear

— Janet Rich Pittman, SCALA, CDP
Dementia Practitioner for Prevention and Reversal

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The Rojas Family:

A Legacy of Hope



Kelsey Watkins Photography

As a troubled teenager addicted to drugs and on the brink of suicide, Joseph Rojas could've never imagined the stunning turn his life would take. In fact, had God shown him then that he would become a Dove Award-winning recording artist, a successful music business entrepreneur, a loving husband of two decades, and a devoted father to three sons, it's likely Joseph wouldn't have believed it anyway.

These days, Joseph doesn't shy away from sharing his powerful testimony, whether it's from the concert stage or on television programs like "The 700 Club." "I didn't have a concept of what a father was," he admits. Raised by a single mother in Victoria, Texas, one of Joseph's earliest memories is of his father leaving after abusing his mother. A string of abusive caretakers left Joseph and his brother traumatized and coping however they could. "I just wanted the pain to stop. Even at 12, I was thinking about suicide."

That desire to numb the heartache led to a life of drugs and crime. By the end of his teenage years, Joseph was addicted to cocaine, had been convicted of his first felony, and was spiraling downward on the fringes of society. His mother—desperate for healing in her own life—visited a church with a friend and began a personal relationship with Jesus. From that day forward, she fervently prayed for her son's salvation. Her prayers would be answered after she walked in on Joseph overdosing on cocaine in an attempt to end his life.

"Music speaks to people in ways that other things never could. We want to write lyrics that let people know that they're not alone. Even though they may be in the darkest place they've ever been, this is not how it ends."

"In the back of an ambulance, I felt the hand of God, and I gave my life to Jesus," Joseph remembers. The experience would root a deep passion in his heart for the outcasts of society.

Joseph's prayer-warrior mother continued to pray him through two years of becoming fully clean, a journey that brought him to a Bible college in Dallas—and to his wife, Lori. The two met in the early summer of 1999, helping a mutual friend move.

They quickly struck up a friendship, spending more and more time together. "One day he said, 'what are you thinking?'" Lori recalls. "And I said, 'I don't know, what are you thinking?' And finally, he answered, 'I'm thinking I could marry you.' And I said, 'me too!'" Joseph and Lori married in August, just three months after being introduced, but Joseph says without hesitation, "I knew she was my wife the minute I saw her."

That same summer, Joseph's band, Seventh Day Slumber, was gaining momentum. Lori, however, was completely new to the music world. "Sometimes girls will like you because you're in a band," Joseph laughs. "But I just wanted someone who loved me for who I was. I didn't want someone to love me because I was in a band. And it was almost like she loved me in spite of me being in a band."

Finding true partnership, the couple worked together—Joseph on stage and Lori behind the scenes—to grow the ministry of Seventh Day Slumber. To-

day the Dove Award-winning band is approaching sales of nearly half-a-million records, and they have five #1 singles to their credit. The couple's 18-year-old son Blaise now serves as Seventh Day Slumber's drummer, ushering a new generation into the "family business."

In fact, Joseph and Lori's middle son Kaden (15) helps with lights, while youngest son Sage (12) pitches in to load and unload gear each night on the road. Everything the Rojas family has achieved is the direct result of the purposeful unity Joseph and Lori share. "She and I are one," he says. "Both our hearts are in it. Both our blood, sweat and tears are in this ministry."

In addition to the band, the couple has become successful music business entrepreneurs. They founded Nashville Label Group last year, quickly signing a stable of talented rock, hip-hop and pop artists, while continuing to facilitate a series of popular Christian rock tours that canvass the nation each year. Lori serves as tour manager, overseeing multiple bands on tours with thousands of attendees. "She has no idea what she does for not just me, but for all of these bands on a daily basis on tour," Joseph shares. "They will all tell you there's nobody that serves like she does and works as hard in this industry."

For Joseph, the added joy of working alongside his sons has built a unique bond he never had with his own father. "I told my kids, 'I never want you to feel like you have to do what daddy is doing or be a musician to make daddy proud of you. Whatever you want to do, just do it with your whole heart, and mommy and daddy will support you.'"

With that freedom, Blaise has embraced his own ministry calling. At the age of 10 he began playing drums, and he was on stage with Seventh Day Slumber a mere three years later. "For as long as I can remember, I always knew music was what God had for me," Blaise says. "I knew God was going to use me through music to teach people about Him and to help hurting people. I just didn't always know exactly what I would be doing in music."

"I know people always say you shouldn't work with family, but it's honestly not difficult at all to balance work and family time," Blaise adds. "We still find time on tour to do fun things together and not just work all the time. I love it, and I wouldn't change anything about it."

If anything, the unique family dynamic has strengthened the character of everyone involved. "You don't realize how much they're soaking it in behind



Kelsey Watkins Photography

the scenes," Lori shares. "Seeing Joseph interact with people at concerts and hearing their stories—nothing shocks our kids, and they have such a heart and compassion for people."

Joseph echoes that same pride in the individuals his sons have become as they've grown up on the road. "Our kids are well-rounded. And they have a work ethic that's amazing. They get up and they do their job. They know that their daddy takes pride in what I do, so they take pride in what they do."

Simply put, the Rojas family's desire is to share God's love with people who are hurting—much like Joseph was as a

youth. "Music speaks to people in ways that other things never could," he shares. "We want to write lyrics that let people know that they're not alone. Even though they may be in the darkest place they've ever been, this is not how it ends."

"God has us out here to spread His Word, to be there for hurting people, to show His love and be a light in this dark world," Blaise adds. "I want people to know they aren't alone, there are people out there—including us bands—going through exactly what they're going through."

"To see how Joseph—or now even Blaise—can write a song lyric, it's amazing how they're able to relate to people," Lori echoes. Being part of that mission has ultimately changed her life as well. "It moves me to see how this ministry affects people. It opens my eyes to have a greater understanding."

Joseph's honesty and vulnerability is a hallmark of his ministry, and one of the reasons he's able to connect so authentically with fans. "We're flawed individuals and we know that. But even though I'm flawed, there is a perfect God in heaven who loves me perfectly. I can rest in that when I'm writing lyrics to people who are hurting."

Although he's worlds away from the broken, troubled teenager he once was, Joseph can't forget the desperation that not only drove him to rock bottom, but ultimately brought him to Christ. And while the old Joseph would have likely been surprised to see himself as a husband, father, musician and entrepreneur, it's his family's unity in ministry that might have surprised him most. The Rojas family has a true passion for the least and lost, and together, they're leaving a legacy of Hope.

— Mary Nikkel is a freelance writer based in Memphis, Tennessee, and founder of www.rockonpurpose.live.



Joseph and Lori's sons, Kaden (15), Sage (12) and Blaise (18) are all involved in the ministry of Seventh Day Slumber.



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An Offense To Quality Of Life

Sometimes it is in the simplicity of life that we can become the most complex. Not because the answer is difficult to understand, but because we choose not to deal with the difficulty of the question. It is easier to fill a conversation with noise than make the decisions that challenge our values. Add in political, cultural, or class polarization and you can have years of meetings that resemble the old feuds that caused dismay, long past the memory of the offense.

The offense that I refer to is people panhandling on Broadway, partying under the pavilion at Centennial Park, people sleeping in the park while realtors show the new condos nearby. These are an offense to the quality of life of the city, the community, and our neighbor citizens. This offense is real, costly, and we collectively choose to pay that cost.

I then wonder about the offense that has been caused to the panhandler, those gathering under the pavilion, or those people sleeping in the park. When did their community of support break down? When did their reality change?

When we listen, we may hear of young adults that grew up in unstable environments and find the park a safer place to live than their home. People finding family more welcoming in tent encampments than neighborhoods. We may hear from young adult entrepreneurs who are investing their dreams and resources through a downtown business that provides for their future family. We may hear of a senior who moved to the city for cancer treatment and could not afford housing in the city of the hospital that would serve him.

We may hear of another senior buying a condo in downtown Nashville in order to have quality time with their children and grandchildren. A couple that has always given through their faith community but is challenged by the behavior towards their family on a Saturday afternoon. We will hear frustration from police officers who recognize that there is sludge in policy and practice when confronted daily by our neighbor citizens with



different histories and hopes.

Can you hear it? I can and have for more than twenty years. This feud that polarizes neighbors in a conclusion of differences instead of the unity of a community. If we are going to feud, let us feud together. It is better than simply adding to the noise. The simple solution is to see and hear each other so that together we might design our quality of life. The solution is simple. The work is hard. But, Tennesseans are rightfully known for working hard. I am offended. I trust you are.

Might we join together in this Fight for Good? Give me a call (615-933-9305). Let us enjoy the simple solution of listening to each other over a cup of coffee.

— Major Ethan Frizzell serves as the Nashville Area Commander of The Salvation Army.
www.Salvationarmynashville.org
Originally Printed in *The Contributor*

PARENTING POINTS

Americans Could Benefit from Ubuntu

Yesterday, I had the privilege to speak with a young man who came to America as a student from South Africa. He has been here two years so I inquired what has been the most notable difference between the two cultures? He answered without hesitation, "The lack of respect that American children show toward their parents." He went on to say that he thought this contributed to many of the other problems facing the US today.

In Africa, children are truly raised by a village, if someone sees someone doing something wrong they do not think twice to bring it to the attention of the youth; not as a reprimand but as a method of putting him/her back on the right track. The youth would dare not disrespect the adult for doing this because the culture of respect is grounded in what is called "Ubuntu". Translated it means, "I am because you are". Like any child, they may not like experience but they will understand why the adult did it and they will honor that person by stopping the offensive action. Here in America, he has heard it said, "it takes a village" but it is merely words with no understanding. He says that American children are allowed to do as they please and are allowed to disrespect others. He was shocked to hear from his American peers who are in the teaching profession that they cannot correct the students for fear of retribution. He asked me, "How can this be? The teacher is the parent while the student is in the class."

We talked for a long time and I explained that it was not always this way. I shared that I was raised in a small village too and it sounded like my youth was much like his. The culture changed slowly, reaching this point over many years.

Will the teachers be treated with the same respect? It starts with our children learning from their parents and guardians. The parents must first know, then profess and finally, live the truth to be able to guide the child. As an example, my African friend pointed out the unethical stance of supporting the legal murder of an innocent life. Our Country contributes to its own ethical detriments by not living to our own moral standards. Too many people want

ethical behavior only when it benefits them. In the African culture, the truth never changes, no matter the situation or the price one must pay because of it. Instead, due to a culture of indifference, we allow people to rationalize the truth to be whatever an individual wants it to be.



All people seek to be defined, accepted and live a fulfilling life. Yet, unlike plants or other animals, because of free will, we have the ability to choose, change and alter the course of our purpose. Sometimes we allow our emotions to override our true purpose, altering the position that we take even if the position may not be grounded in truth. Our emotions can drive our thoughts, words and deeds both positively and negatively and in that random moment or for extended periods of time we can stray from the truth.

Regardless of our motivation, it is our deeds that define who we are and the purposes that we will serve. This reality requires great care so that our thoughts, words and actions always support the truth. For a fruitful, rewarding and lasting society we must remain grounded in truth. Our children need this confusion free guidance and we owe it to them. Somewhere along the journey, parents stopped demanding respect, thus losing the trust needed to lead with authority. Without trust, the children do not understand why they should abide by the parents rules. They live their personal truths and that is very dangerous.

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

HASSLE FREE ZONE

HOW TO UNSHRINK A SWEATER

Due to the falling temperatures outside, you probably spend more time inside during the winter than any other season. You may love wearing wool sweaters to help you stay cozy while keeping a lid on your heating bills. Of course, you need to wash wool garments occasionally to remove sweat, skin oils, and stains. Fortunately, wool fibers are self-regulating, so you don't need to launder your sweaters as often as other clothes. However, if you forgot to follow all the right tips on cleaning and caring for wool, your favorite sweater may have shrunk. This can happen if you wash the garment in warm or hot water or run it through the dryer.

You may feel like crying when you discover that your beautiful wool sweater now looks like it would fit a four-year-old. Don't donate your shrunk sweater just yet – you may be able to make it fit again with these tips on how to unshrink wool.

Unshrink a Sweater in 7 Steps

1. Fill the kitchen or bathroom sink with tepid water and two tablespoons of fabric softener or gentle wool detergent, such as Woolite. You can also use a capful of baby shampoo or hair conditioner.
2. Submerge the sweater and let it soak for 10 to 20 minutes. Normally, soaking wool for this long is a no-no because it relaxes the fibers and makes them stretch. Of course, that's exactly what you're going for when you want to unshrink a sweater!
3. Drain the soapy water from the sink. Unlike regular washings, refrain from rinsing the sweater with clean water.
4. When the sink is empty, gently press the sweater against the sides of the basin to squeeze water out. To avoid uneven stretching, don't wring out the garment. Instead, roll it up in a towel to remove as much excess water as possible.
5. Gently stretch the sweater back to its original shape and size while it's still

damp. This process, called blocking, pulls the unlocked wool fibers away from each other so the clothing stretches out.

6. Lay the sweater on a large cork board. Pin the garment in place to keep it stretched to the proper size.

7. Give the sweater time to dry. Make sure it's laying flat and positioned away from direct sources of heat or sunlight.

Keep Your Sweaters from Shrinking

Now that your sweater has regained its proper shape, keep it that way! Hand wash wool clothes or run them through the washing machine on the gentle, wool, or hand wash cycle. Then, use a mild detergent designed to clean wool. Only wash wool sweaters in cold or tepid water, and never put them in the dryer.

Take Back Your Free Time with Housekeeping from Molly Maid

Now that you know how to unshrink a sweater, you may feel empowered to take on other projects in the laundry room and throughout the house. However, this can easily take up all your free time and leave you feeling exhausted by the end of the day.

Our team of professionally trained housekeepers can tackle the most tedious tasks so you have more time to spend doing the things you love. Our services are flexible, allowing you to choose between a single deep-cleaning, occasional cleaning, or routine assistance with household chores.

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

— Ashley Farrar

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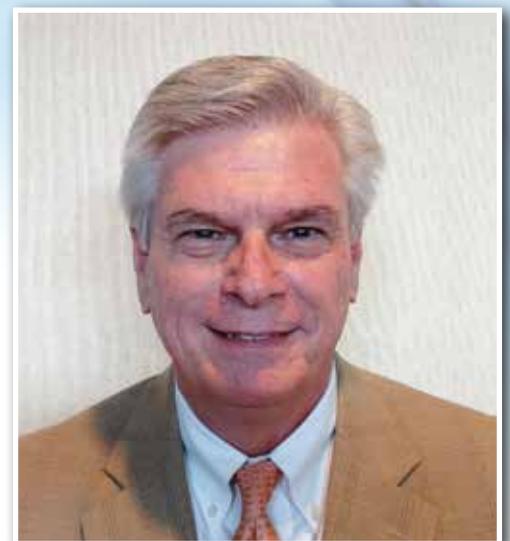
Ben Davis, CSA

Certified Senior Advisor

615-584-4946 cell

615-617-9953 office

ben.davis@selectpointe.com



Tips and Tricks for Interviewing - from the HR Standpoint

Looking for a new job can be very stressful. Whether you were just laid off, moving across the country, or just looking for a career change. We have all been there and I know we all needed some guidance on what to wear, how to act, what should we bring up, etc.

First up, your resume. Resumes are a very important part of looking for a new job. It is the first thing the employer looks at. It is essentially your first impression to the employer. Make sure you are 100% accurate on dates of employment. If there is a gap in your employment history, feel free to put the reason in your resume. They would rather see a reason why you were not working opposed to just seeing you had a 2-month gap. List at least 3 professional references (name and current phone number). Do not use your family members, unless you work for them. If you include a cover letter to the employer, it also makes a world of difference. For example: Dear "Business name", I am very interested in your company, especially the BLANK position. I am interested because..." Don't be afraid to make it personal. Tell them exactly why you are applying with them and why you feel you would be a great fit for their company.

Next is the phone interview. The employer should reach out to you by phone. If you do not hear from them, check your email. It is very possible in this day and age that they will email some interview times or even some homework for your first interview. If you are speaking to them on the phone, remember to talk very clearly. Try to refrain from saying "ummm or uhhh" a lot. Make sure you are very professional in the way you talk.

Planning for the First Interview. This is a big one and it can be very scary. What if I do something embarrassing? What if I forget what I'm trying to say? What if I stumble? What if they can see me sweating from nerves? Will I make a good impression? Will I get the job? What if I don't look the part?

Here is some advice for those scary questions.

- **What to wear- a good rule of thumb.** Wear one step above what you anticipate the dress code to be. L.E. If you are applying in a warehouse- the dress code is most likely casual. A step above that would be a nice pair of jeans (no holes or frays) and a nice polo or button-down shirt. If you believe the dress code will be business casual, one step above would be nice slacks, a button-down shirt, and dress shoes, and so on.
- **Nerves- Take a deep breath.** They perform interviews very often. They know people get nervous and even stumble a little. It is okay. Just keep going like you are a Rockstar. Be confident in yourself and all your accomplishments. I could tell you the old line like "Just picture them in their underwear". I think we have all tried that and it isn't always the greatest at getting nerves to come down.
- **Be prepared for off the wall questions.** It is good on the HR side to see if you are a quick thinker. So, be prepared to be mentally tricked.
- **Research the company you applied at.** It is so awesome when someone comes in and knows about the company and what they do. Also, while researching you may decide you do not like the look of the company or the services they provide.
- **Don't be afraid to have a list of questions ready for them.** (It is also okay to be upfront about the pay) It is a huge thing for the interviewee and the



interviewer to be on the same page when it comes to compensation.

- **Be on time! I can not stress this enough.** If you can not make it on time, call them. If you get lost on the way, call. They would rather have open lines of communication than you rolling in 10 minutes late for a scheduled interview.
- **Rescheduling.** If you need to reschedule or cancel for any unforeseen reason. Call them. It goes with the open communication. We are all humans and life happens.

When you get there, treat the receptionist or whoever greets you like they are the ones who will be interviewing you. They are a big part of any company and should be treated just as well as everyone else you meet while there. Also, make sure to have a firm handshake. Yes, that seems a little old school, but it is a good test to see how confident you are. Ask your list of questions. Ask what will happen next and when you should be hearing from them. Complete any homework they assign. Smile, shake their hand, and thank the Receptionist.

Take a deep breath and go rock the interview. Remember you are a Rockstar and you did all those things to prepare!

— Kelsey Hanson, HR/ Job Recruiter with Frontier Basement Systems

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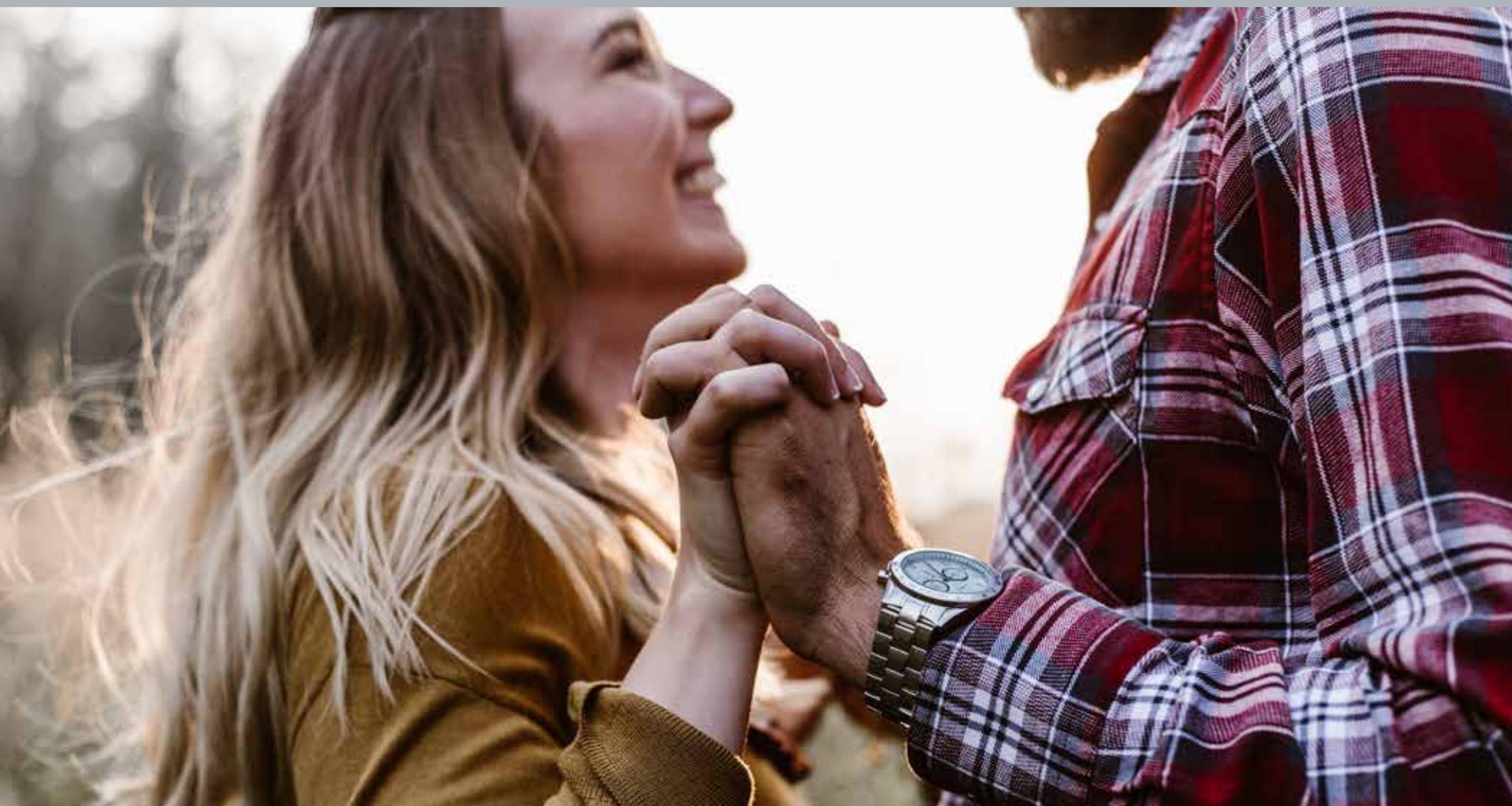
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Establishing A Christian Culture

We can establish a Christian culture wherever we are - the home, place of work or sitting on a log in the woods. A culture, as the term is used here, sets the norms for human behavior within a small group, a church, a home, a workplace or any place where people interact with one another.

Parents set the culture within the home. A boss or supervisor tends to set the culture in the workplace but it is influenced strongly by the function of the organization and the type of people who are hired. To some extent, both home and workplace are influenced by the local culture where they exist.

A culture sets the standard for what is expected and what is acceptable. For example, I grew up in a home in which profanity was never heard and we always used correct English. We prayed before we ate and we read the Bible or some other Christian piece after we ate. Father was the head of the household but my brother and I got most of our direction from our Mother. In a home like just described, a sibling quarrel would never result in a string of profanities because it was outside of our culture. Each home culture is different just as every work culture is unique.

So how do you go about establishing a Christian culture in the home, workplace or somewhere else? It is about what you expect and what you



accept. Every culture is impacted by other cultures. Children are at school or in the home of friends where a different culture exists. If a child hears profanity in a friend's house and then comes home, he or she will not use the profanity if the expectation of the home culture is sufficiently strong. In such a case, the child knows that his or her parents expect profanity free language and if they chose to use it anyway, the parents would not accept such behavior. In a culture of any size, deviations from the culture carry penalties. A person who raises his voice in a work culture that does not accept raising your voice will soon learn from others that it is not acceptable even if not a word is said but there is turning of heads and facial expressions.

To set a Christian culture in the home, read the Bible visibly. Pray with the others. Talk about your faith with others. Go to church together. If we live our lives the way the Bible instructs us and if we demonstrate love to everyone, those around us will sense the culture of what we expect and what we will accept. Make decisions based on what the Bible teaches. The culture should be as if Jesus were present. Do you contribute toward creating a Christian culture wherever you are?

— Kenneth W. Oosting, Ph.D, *God's Plan For Service*

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Patmos – A Pilgrimage

“I, John, your brother who shares with you in Jesus the persecution and the kingdom and the patient endurance, was on the island called Patmos because of the word of God and the testimony of Jesus.”

Revelation 1:9, New Revised Standard Version

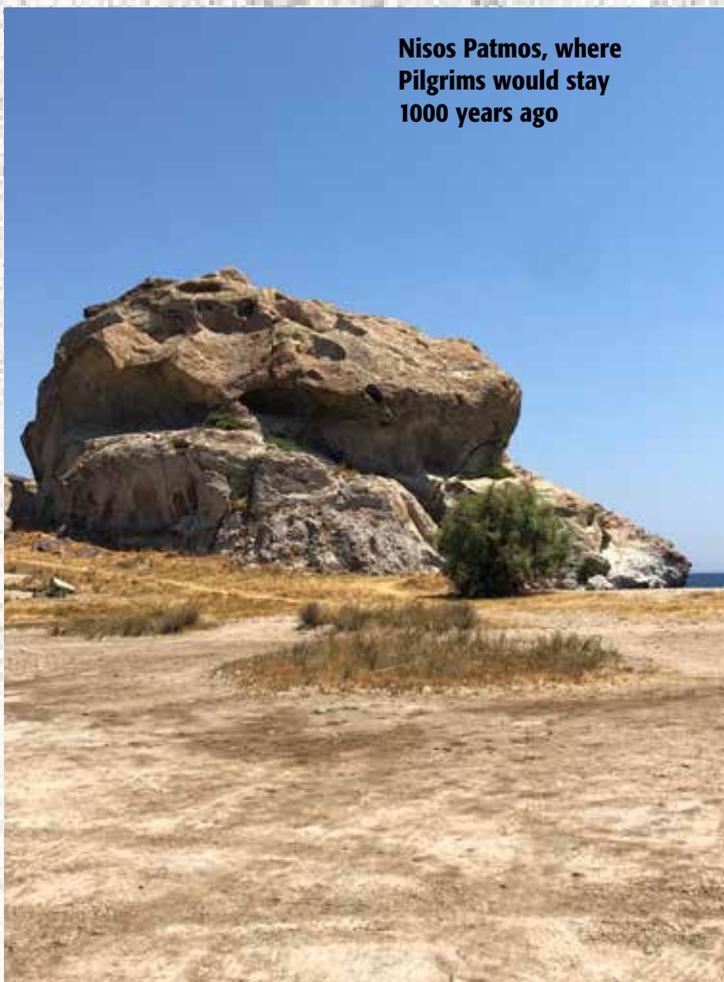
In the southern Aegean Sea, west of the shores of Turkey by 30 miles or so, lies the small island of Patmos. While exiled by the Roman Emperor Domitian from Ephesus (in modern day Turkey) in a small grotto on the island of Patmos, John experienced what we know as the Book of Revelation. There is debate among historians and theologians whether John at Patmos is the Apostle John, author of the Gospel and several Epistles, and there is debate on what year the Book of Revelation was written, but what is not in dispute is that the author of the Book of Revelation was on the island of Patmos, where his visions were recorded.

The island is hilly, dry and rocky; a creative mind may see the island’s outline as resembling a seahorse. Today, there are approximately 3,000 inhabitants, primarily associated with tourism but sponge fishing is also a part of the economy. Low lying grape vines, olive trees, fig trees, pine trees and, oddly, quite large Eucalyptus trees (planted by the Italians in the 1920s and 1930s) are the primary greenery.

I was compelled to travel to Patmos; leaving my family while we were all on a vacation to the Greek islands of Santorini and Ios. This pilgrimage to Patmos is well worn by Christians from the 4th century; the Cave of the Apocalypse and literally above it the Monastery of St. John the Theologian – founded in 1088 by the Blessed Christodoulou - are physical places offering spiritual fulfillment like few others. I have been blessed to have visited many Holy places: the Cathedral of St. Andrew in Amalfi, the Vatican and St. Peter’s Basilica, and the Patriarchal Cathedral Basilica of Saint Mark in Venice; however, Patmos offered to me the most vivid and tangible Christian experience yet.

With many reasons but the historical presence of pirates among the greatest, the Monastery is a fortress. The inside walls are adorned with spectacular frescoes dating from the 11th through 19th centuries and beautiful icons. My guide was able to secure my admittance to the library, a rare and honored privilege, as the library houses among other manuscripts the oldest existing fragments of the Gospel of St. Mark, from the 500s.

Below the Monastery, the Cave of the Apocalypse itself is very small, perhaps 15 feet deep and 20 feet wide; having been remade with the addition



Nisos Patmos, where Pilgrims would stay 1000 years ago

in the 17th century of a church-like structure, but imagining what John experienced is easy to do. The overhanging stone entrance of the cave is like three rounded paws – it is said that John’s booming voice caused the formation in homage to the Trinity. A hole in the wall of the cave nearly perfectly resembles a place to rest one’s head, together with a smaller hole resembling a crutch for one’s hand, both of which are now adorned with an external silver lining. I have read that John’s visions were realized when he placed his hand in that hole. Today there is a railing around where his head would have rested.

When I arrived at the Cave of the Apocalypse, a worship service had begun and the priest was chanting and moving back and

forth to and from the iconostasis. Sitting quietly, the incense and the Greek chanting was nothing if not beautifully primitive, evoking the first Christians. After the service, I was completely alone, my guide having walked out to converse with the priest. The silence in this holy place, the morning light filtering into the smoky room, the lingering smell of incense and the dry air contributed to the understanding of what this place means; a palpable expression of serenity and peace. “How awesome is this place! This is none other than the house of God, and this is the gate of heaven” (Genesis 28:17 (NRSV)).

Whether John of Patmos was in fact the Apostle John or whether he was another, he surely was not more than one step removed from Christ Jesus. The visions John of Patmos, and the lasting impact upon the Christian world are incalculable. He was here, in this cave, on this island, in this spot, touching this stone wall.

I was moved by the experience. There was some holy-peaceful-ethereal sense in the cave, some feeling of salvation that can neither be explained nor understood

but only known. My blessings in this life are legion; I can only wish others can experience the blessing of visiting in person the Cave of the Apocalypse.

— Brooks R. Smith



Entrance to the Cave of the Apocalypse



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3 Things American Citizens Could Learn from Christian Missionaries

We live in a volatile age.

The last decade in American politics and public life has been increasingly dysfunctional, polarized, and vitriolic. Especially troubling is the incivility that increasingly characterizes public discussion and debate.

We shouldn't be surprised.

We live in a secular age. Many or most Americans deny transcendent moral absolutes, viewing morality as subjective or as having developed out of the evolutionary process. Thus, when we debate morality and its application for politics and public life, we have no agreed-on point of reference. All we can do is shout each other down.

We live in a polarized age. We find our nation not only more divided politically than at any time since the 1960s, but also divided along lines of religion, race, age, gender, geographic location, economic status, and educational background.

We live in a hateful age. The public arena is viewed as nothing but war, with those on one side of the aisle often viewing those on the other side as reprehensible persons in whom little or nothing good can be found. The effect is that citizens are tempted to justify unethical behavior—insults, mockery, partial truths, and even lies—as a necessary means toward the end of “winning.”

Learning from Missionaries

As believers we have an irreplaceable opportunity to help our nation find a better way forward, especially in the tone of our public discourse. And, as I argue in *Letters to an American Christian* [read TGC's review], all of us—politicians, talk show hosts, and everyday citizens—could stand to learn from Christian missionaries.

A Christian missionary typically moves overseas to minister among a group of people who differ from him or her linguistically, religiously, socially, culturally, and politically. The missionary's goal is to minister to the people's needs and to persuade them to consider the claims of Jesus Christ. But in spite of—even because of—these deep differences, good missionaries are known for refusing to caricature the people's religion, mock their culture, or impugn their motives.

Instead, missionaries generally do three things that we—everyday Americans—ought to imitate in our



coffee shop conversations, Facebook updates, blog posts, and other forms of public discourse.

1. Exhibit Genuine Concern

Christian missionaries move their families overseas at great financial cost, sometimes risking their own lives in volatile environments, for one reason: They genuinely care about the people there. As Christians in the public square, we must exhibit the same genuine concern for the people with whom we discuss and debate public matters. Politics should be done out of a desire for the common good, not to humiliate or crush the people with whom we disagree.

Truthful words without a gracious disposition make us political bullies and jerks. Gracious dispositions without truthful words make us political wimps and nonentities.

A good way to think about this is in terms of truth and grace. Truthful words without a gracious disposition make us political bullies and jerks. Gracious dispositions without truthful words make us political wimps and nonentities.

But truth and grace together—that wonderful combination exhibited by our Lord—enables us to break society's ability to classify us and dismiss us as the hypocritical and bigoted special-interest arm of a given political party.

2. Find Common Ground

Christian missionaries work hard to find common ground with their conversation partners. There are always things on which both parties agree. From that common ground, missionaries find it much easier to persuade their conversation partners on other matters, precisely because they do so from

a point of mutual understanding. Christian missionaries work hard to find common ground with their conversation partners.

As Christians in the public square, we must do the same. Consider economic policy, for example. As a politically conservative Christian, I think a responsible free-market economy is most conducive to human flourishing and poverty alleviation. But instead of demonizing or mocking people who are socialists or big-government liberals, I can start from common ground: the shared desire to see humanity flourish and poverty alleviated. Thus, even in

the midst of a sharp disagreement, we'll often find we share genuine concerns and commitments despite our divergent solutions or conclusions.

3. Play the Long Game

At their best, Christian missionaries play the long game. If their conversation partner isn't receptive to their ministry and message, they don't quit and go home. They don't insult the person's intelligence or impugn their motives. They don't caricature the conversation partner as a thoroughly reprehensible person in whom no good can be found. Instead, genuine concern causes them to persevere in the long run.

Similarly, as we participate in politics and public life, we shouldn't allow our anxieties and fears to cause us to blow our fuse, compromise our character, or walk away. Instead, we should cultivate a sustained and comprehensive social and political witness over decades.

And if our public posture is characterized by these three things, we won't undercut our ultimate goal—an objective we share with Christian missionaries—of sharing the love of Jesus with everybody in our nation.

— Dr. Bruce Riley Ashford, Jr. is the Provost and Dean of Faculty at Southeastern Baptist Theological Seminary, where he also serves as Professor of Theology and Culture. Follow him on Twitter @BruceAshford, www.bruceashford.net

THIS ARTICLE WAS FIRST PUBLISHED BY THE BIBLE COALITION

Life is More Interesting Than Art

Art highlights the ups and downs of life, making the story interesting, enticing, sometimes relatable, and always with a message. In the case of Misha Harris, Nashville's Volunteer of the Month for October, her life is more than art could create.

Misha and her mother moved to Nashville a few years ago while Misha was a freshman in high school. Due to life circumstances, they lived at The Salvation Army of Nashville located on Dickerson Road. Misha fondly remembers the volunteers who served them, fed them, and talked with them. She also remembers celebrating Christmas while participating in the annual Toy Giveaway. Her memories are positive and appreciative.

This teenager attended high school as her mother found her footing. Soon they began volunteering in the same way others had served them, including at the same annual Toy Giveaway. If someone was not aware of her backstory, it might sound naïve when Misha says, "It could be you needing food, shelter, or clothing. Why not give back to others?" Yet, I daresay we should humbly listen. Misha goes on to say, "All we need is love – that's the best thing we could for others and ourselves and the human race."



Misha graduated high school and now attends Belmont University as a Bridges to Belmont scholar. She is the first in her family to attend college. While in college, she became pregnant, named her son Zion, and has continued attending college full-time while working full-time. Her plans are two-fold: to graduate with her doctorate in sports psychology and open clinics throughout Nashville; and, to open a consulting business to work with athletes.

Her commitment to succeeding is matched by her commitment to volunteering. "Volunteering is hard," she says. As a full-time student and mom with a full-time job, "there's always something holding you back from volunteering." But, "I hate to sit back and watch others not get what they need. I want to help them. Everybody needs somebody, and I want to be that somebody for people." Misha puts it simply. "It just takes a phone call or email. People love it when you call and offer to volunteer."

Doing Good is a local 501c3 nonprofit which celebrates those who do good. For more information or to nominate someone for Nashville's Volunteer of the Month, visit DoingGood.tv.

— Marissa Sells

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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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OCTOBER 2019 Calendar



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October 1-21

Homeschool Flag Football Program Registration – The Athletics Division of Williamson County Parks and Recreation will be offering a six-week flag football 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, November 8 – December 20 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 October 21 or until full at www.wcparksandrec.com. Registration code #14673. For more information contact Chris Podunajec at (615) 377-6530 ext. 6602 or Chris.Podunajec@williamson-county-tn.gov.

October 10

Invitation To Fast And Pray– On September 18th, Governor Bill Lee made a historic announcement calling the entire state of Tennessee to a time of fasting, repentance and prayer on October 10th, 2019. This invitation for a time of fasting and prayer has been extended to other Governors across the United States of America by Governor Lee as well. Their response has been enthusiastically received. What Can We Do To Support Governor Lee? As believers who live in Tennessee, we have the opportunity to support our Governor with our prayers and participation. Volunteer to Help -The response from congregations across the

state has been incredible. They are calling the Governor's office saying they will host prayer meetings on that day in their homes, churches and in town squares. Reach out to government and church leaders for information on prayer gatherings in your area.

October 24 - November 2

Little Women: The Broadway Musical– Trevecca Nazarene University proudly presents the exuberant, high-energy family musical based on the beloved novel by Louisa May Alcott. Looking for a good story to "read"? Dive into one of America's most beloved stories, set to the power and richness of Broadway musical theatre. Little Women is what the New York Sun calls a "Broadway musical designed for the whole family!" Join the extraordinary March sisters--Meg, Jo, Beth, and Amy--as Alcott's charming classic leaps onto Trevecca's stage to tell the enduring story of family, the strength of friendship, and the discovery of one's own voice and life-calling. Benson Theatre at McClurkan, Trevecca Nazarene University, 333 Murfreesboro Road, Nashville, TN 37210 Tickets: Adults – \$15, Children (10 and under) – \$10. Senior Adults (age 65 and older) – \$10. For tickets, visit the Trevecca Bookstore on campus or call (615) 248-1370 or you may purchase tickets at the door. www.trevecca.edu/theatre

ONGOING

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.

Coming in

NOVEMBER

November 10

Veterans Day Service – 2:00 pm. Spring Hill Memorial Funeral Home and Cremation, 5239 Main Street, Spring Hill, TN

November 28

Thanksgiving Day

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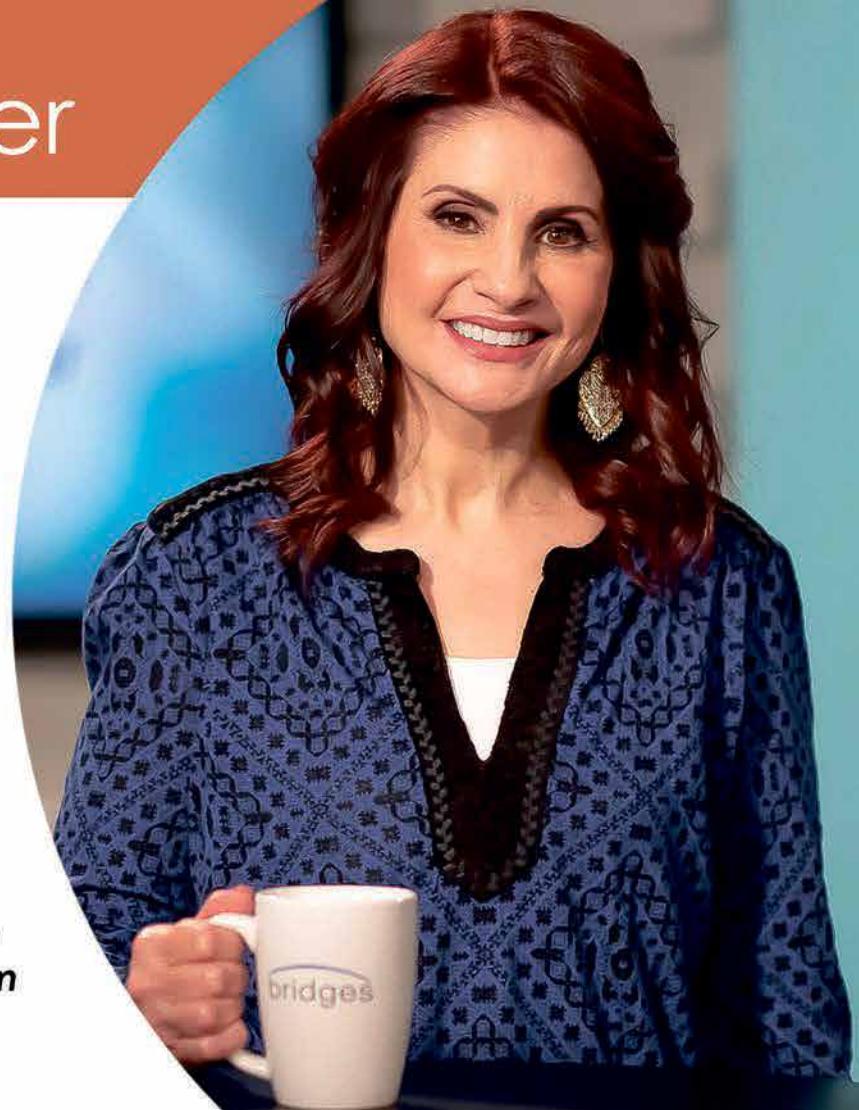
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