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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

At press time for this issue, about five weeks will remain before our Presidential Election vote on November 3. It doesn't seem like hyperbole to say that the outcome of this election will certainly send our country in two completely and opposite directions.

At 71 years young, I cannot recall in my lifetime, civil and political unrest being at such a fever pitch in so many cities across America. This has not just been for a few days, but it seems that this conduct and behavior by certain segments of our population seems to be nonstop. Day after day and night after night, violent rioting, murder and mayhem take place. What happened to "peaceful protests" and what must happen for this to stop?



I certainly don't have all the answers. But I am confident in what the Lord tells us in Scripture addressing similar goings on within nations and people groups centuries ago. There are many Bible passages that speak of humbling ourselves, both as individuals and as nations, here are a few that I tend to fall back on in times like we are in, I imagine that you can add to these with some of your favorites. These are all taken from the New King James Version.

"Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering" Colossians 3:12

"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." 1 Peter 5:6-7

"If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

2 Chronicles 7:14

And finally, we know Who is in charge - *"having made known to us the mystery of His will, according to His good pleasure which He purposed in Himself, that in the dispensation of the fullness of the times He might gather together in one all things in Christ, [a]both which are in heaven and which are on earth—in Him."* Ephesians 1:9-10

As Believers, our hope in the Lord.

A handwritten signature of Robert Stringfellow in black ink, followed by the Christian Family Publication logo.

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ON THE COVER 16

Through the arduous and lengthy journey out of bad choices, domestic violence, and devastating betrayals, Nicole C. Mullen learned to forgive and came out of heart-breaking night seasons of life stronger than she's ever been. See page 16.

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TEACHABLE MOMENTS

Having Hope When You Feel Hopeless

There are moments in life when you may feel hopeless due to your personal situations. Sometimes you may even look at the state of the world and feel a sense of hopelessness. Well-meaning people may tell you to "have hope", which may lead you to the question, "How do I have hope when I feel hopeless?"

You may be facing job loss due to the economic difficulties caused by the global coronavirus pandemic or even financial emergencies that you did not foresee at the beginning of the year. Financial difficulties are enough to cause the pressures of hopelessness, however, there is always a reason to hope.

Perhaps you are suffering unimaginable grief due to the death of a loved one. Their death may have left you with more questions than answers and a sense that all your hope is lost. Watching the news can also trigger feelings of hopelessness and despair during this time of crisis as headline after headline often broadcasts doom and gloom. The good news is, even during your personal hardships, God is ever present and is the source of an endless amount of hope.

Romans 15:13 (KJV) says, "Now the God of hope

fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost." Our heavenly Father is the God of hope and He wants us to abound in hope, even when hopelessness surrounds us. When we rely on God and not our own strength, we allow Him to empower us to walk in hope through His Holy Spirit.

Steps to Finding Hope When You Feel Hopeless

1. Acknowledge your situation. Acknowledge that your situation is real and that you are experiencing difficulty. Even as a person of faith, hardships occur, and this is a time to allow God to help you through them so that He receives the glory.
2. Ask the God of hope to step into your heart and mind. Make a request to the God of hope to come into your heart and your mind to give you peace and clarity to grasp the hope that He has to offer.
3. Read scriptures about hope. Scriptures are a life-line to us, especially in times of great need. Psalm 130:5 states, "I wait for the LORD, my soul doth wait, and in his word do I hope." The Bible is filled



with scriptures about hope such as Psalm 31:24, Psalm 71:14, Psalm 119:114, and Psalm 130:5.

4. Ask trusted Christian friends or church leaders to pray for you. When we feel too weak to pray, it is great to have trusted Christian friends or church leaders to pray for us. This is a built-in support system that God intends to be a blessing to us.

Remember, the God of hope is always present, even when we feel hopeless. Even in our times of difficulty, God can see us through. Even in the face of great pain and tribulation, hope is possible.

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

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COVID 19 -How You Can "Leave It Better Than You Found It"

"Leave it better than you found it" is a borrowed expression that drives and shapes a lot of my personal and business decision-making.

We are currently several months into the COVID-19 "Pandemic" and it hasn't been easy has it? My faith declares that my struggles are for my good and His glory. While inherently I know this it does not mean I like it but I do believe it. I believe it so completely I felt compelled to write about it in a blog earlier this year. My statement then was. "We must leave this time in history "better than we found it".

I decided a few weeks ago that it was time for a personal momentum booster if you will. My personal history tells me that if I want to grow I must build new and vibrant networks. I genuinely love connecting relational dots and finding new opportunities for others through those connections. Now comes one of the most attention-getting phrases one can utter.

Here's how I am doing it...

I adopted an activity that my friend Jason Elkins, (trainer, speaker, coach, consultant and early social media trailblazer), has been teaching for years.

HASSLE FREE ZONE

Thank you, Middle Tennessee!



More referrals and more scheduling for reoccurring annual visits requires increased capability and doubling some resources.

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, bathroom vent fan/motors, Mattresses and more – visit www.jackrabbitcleanchoices.com & www.bar-b-clean.com/nashville for detail. JRCC helps extend the life and usefulness of grills, dryers, mattresses, fan motors, etc.

With several hundred cleanings completed in the grill and dryer vent category we have added the latest equipment to assure the very best results. Fun for the business is that no two grills or dryer/vents are the same. We use grills and dryers a bit differently. Some grill many times a week and some less, some dry clothes many times a week and some less, some grills are covered and some not, and dryer vents have variation in length with elbows turned up/down/sideways creating the road for dry or damp lint to travel. This means our experience evaluating condition, use, etc. helps us apply the right process and equipment to achieve the best results.

In contrast to inconsistencies with our dryer/vents and grills; type, brand, sizes, use, need for repair, and time since last cleaning are the following consistencies:

1. Dryer vents not cleaned are a leading cause of home fires.
2. Dryer performance, utility bills, and life of the dryer improve when the dryer can breathe.
3. Grills cleaned regularly reduce; carcinogens, buffets for rodents, clogged burners, grease flames, uneven performance, and more.



years and at this moment I am only in the beginning stages.

That was the Cliff-note over-view but there are nuances you will need to learn to do this with excellence. The great news is Jason Elkins will be conducting a workshop he calls the 30 Day Business Booster on October 27 at the Rutherford County Chamber Of Commerce in Murfreesboro. My team at 94 FM The Fish and Salem Surround Digital, our full service digital agency, is sponsoring this. Go to 100cups.coffee to sign up. Under the current restrictions we can only take 20.

I highly recommend this exercise but only for those of you who wish to help others grow in a time in history when many are struggling and only if you really want to "leave it better than you found it."

— Kevin Anderson has launched two radio stations. He is the proud leader of Salem Media Group-Nashville which includes 94FM The Fish. Salem Media is an organization that is dedicated to the growth of the businesses, non-profits and the audiences they serve.

www.thefishnashville.com.



CLEAN CHOICES^{LLC}

4. Grills cleaned regularly last longer require less repair/parts, and provide the cooking results you want for family and guest.

During this special time, we are all working to provide cleaner and safer environments. We play a part; we professionally clean BBQ grills and other stuff folks may not have time or equipment to clean like dryer vents. Custom processes, latest training, and fair pricing creates value.

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, Schakolad 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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Thank you pastors!

The Lord bless you
and keep you;
the Lord make his face shine on you
and be gracious to you;
the Lord turn his face toward you
and give you peace.

Numbers 6:24-26

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The Truth About Fasting

In recent years, fasting has become one of the hottest trends. While intermittent fasting has become very popular for weight loss, there are a lot who say we should eat every couple of hours to "rev up our metabolism." So is fasting legit or is it just some extreme fad we should stay away from? In this article, we look at the history of fasting to see what people have done for thousands of years.

Contrary to popular belief, fasting is not a new trend. It is actually an ancient practice that can date all the way back to the beginning of mankind. "Fasting is one of the most ancient and widespread healing traditions in the world."² "From earliest antiquity, peoples scattered all over the world have, for one reason or another, abstained themselves from food and drink for a shorter or longer time, as individuals or as a community. Instances collected from many books on ethnology and history of religion are abundant."³

Why have people practiced fasting for thousands of years? Many times it was for religious reasons. Other times, people viewed fasting as a crucial wellness practice. "Fasting and other dietary regimens have been used to treat epilepsy since at least 500 BC."¹ Interestingly enough, fasting has been used for thousands of years to heal the body. The father of modern medicine, Hippocrates wrote, "To eat when you are sick, is to feed your illness."² "Modern medicine" seems to have shied far away from what Hippocrates believed and practiced. He believed the body could heal itself, that many illnesses were caused by our lifestyle and diet.

Don't get me wrong, modern medicine does great good; it has advanced our world and saved many lives. However, if we use pills and medications as a substitute for a healthy lifestyle, we are doing ourselves an injustice. We must do everything in our power to partner with how our bodies were made.

Most of us live in a time of abundance. We have access to food whenever we want to eat, however, this has not been the case for most of human history. In ancient times, humans would have to go out and kill their food. They would eat that kill for one, maybe two days, and then they might not eat for several days until they found another meal. Their bodies would store its excess nutrients so they could survive until their next meal. Today, most people hate that we store excess food as fat, but if our bodies didn't store fat, humans would be extinct. The storage of nutrients as fat has kept mankind alive for thousands of years. In a time of abundance, we must keep up this lifestyle of fasting that our ancestors have practiced for thousands of years in order to live in a balance.

Key Takeaway: Fasting is not a new fad. It is a proven concept that has been around for thousands of years.

In next month's issue will take a deep dive into the current research behind fasting and how that can inform us on the right perspective to have.

— Ashton Tate is a Certified Personal Trainer, Nutrition Specialist and owner of Glory to Glory Fitness in Franklin, Tenn. www.glorytoglorystuff.com



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SPECIAL FEATURE

Medicare Open Enrollment 2021

So here we are again. In a year that has been anything but normal, Medicare Open enrollment is upon us. Starting October 15 and ending December 7, 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 December 31 and you should have received an 'Annual Notice of Change' (ANOC) letter stating the changes in your plan for 2021. If you have not had any issues with your plan and the changes for 2021 are acceptable to you, you need not do a thing – you will be renewed for the plan year 2021.



"However," states Ben Davis, CSA (Certified Senior Advisor) at Select Pointe, LLC "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 three options when it comes to selecting Medicare plans. Which option is right for you? "That depends, says Davis, and that is why you should seek out professional help to guide you to the best decision as it relates to your current situation". That is what he and the other agents at Select Pointe, LLC have 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 8+ 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.

There are four 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 2021' booklet that has just come out.

So if you need help, have questions, or you are just getting started with Medicare coverage give me 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

Is Fear Contagious?

Our family does Zoom church every Sunday now. Often in the afternoon, when everyone gathers for an inspirational thirty minutes. Lizzie, who is eight years old, selects and reads the scripture. Last Sunday, she wanted to learn how not to be afraid. By the time we signed off, I think we had learned more from Lizzie than she did from us.

Have you ever heard of fear contagion?

We feel inundated with news about the pandemic, the loss of precious lives, and global statistics of the impact. I decided to Google the phrase “is fear contagious.” The results are fascinating.

If I say something is “contagious,” that means a disease can spread from one person or organism to another, directly or indirectly, through contact. If an illness is communicable or transmissible, then other people can spread it to you.

A secondary definition of contagion, however, is that our emotions and attitudes also spread to others. Scientists are now saying that fear is contagious. It is called “emotional contagion.” We transmit our fears and deepest feelings to others through our actions, speech, and body language. When we are angry or anxious, it is easy to convey negative emotions and tension. As a perpetual smiler, I am always thrilled when I smile at someone and they smile back. That’s how contagion works in a positive way.



Fear has a natural purpose when it protects us from danger. The problem is that many unknowns about what lies ahead causes us to live on the brink of perpetual fear. That is not how God intends for us to live.

As we enter the fall season of 2020—what may be the most unusual year of our lives—let's refuse to be fearful.

Allow your God-confidence to show up on your face, and in your words, and your walk. God is speaking! Even in this crisis. He is calling for our total trust and dependence.

Let October be the month when others see, hear, and feel your words of faith, not fear. Believe that, despite the foreboding newsflashes, we rest in the middle of God's hand. Be a contagious carrier of the good news. God will not fail us!

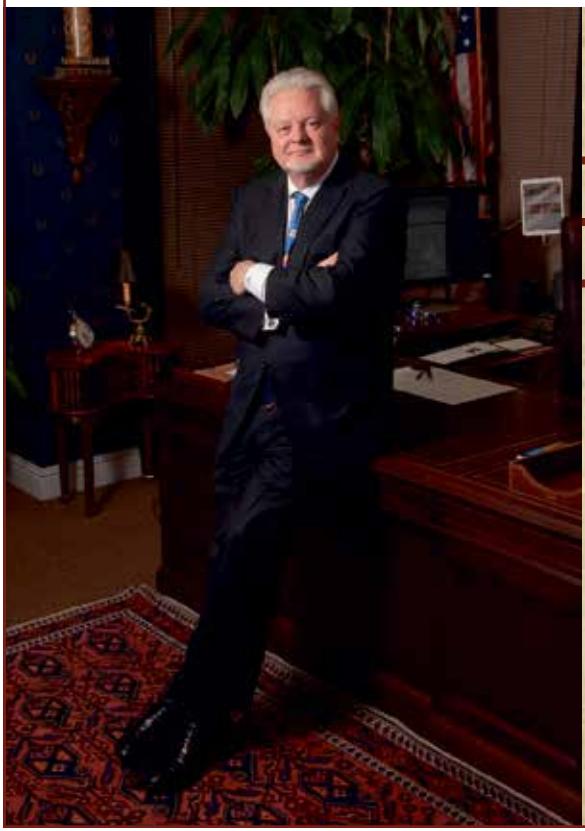
“Against all hope, Abraham in hope believed ... he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God has power to do what he had promised.” —Romans 4:18, 20-21 NIV

—Regina Prude is an inspirational speaker & author.

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SPECIAL FEATURE

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FALL FESTIVALS With Your Special Needs Child

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 nonmedical 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.

— *Congratulations to Darlene Kemp, MPH, MBA-HCM, as Executive Director of Vista Points – the special needs trusts and resource center – for her thirteen years of service.*

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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, health and exercise. Here's just a sampling of some recent reports.

Eating With Your Phone

This comes as a surprise: Turns out killing time on your phone while eating lunch at your desk actually helps you eat less. Researchers, reporting in the Journal of Nutrition, found that when people sat down to a meal for 15 minutes while playing a computer game, they ate 150 fewer calories than when they ate the same meal without tech or other distractions.

Heartburn Cure

Life these days is enough to give your heartburn. If you suffer from constant heartburn, put your fork down. Having heartburn can be a sign that you should try to shed a few pounds. Study after study, including those in the research journal *Obesity*, confirms that overweight and obese people frequently show more symptoms of indigestion, heartburn, and reflux than average-weight individuals — and losing weight generally alleviates the symptoms.

Tong Trick

Here's a weird way to watch your weight -- use tongs when you snack. According to new research, published in the research journal *Appetite*, using tongs on things like pretzels and chips forces you to slow down and pay



attention to how much you're consuming, helping you eat 30 percent less and feel fuller sooner.

Need more than just random tips? Consider connecting with the professionals. Dr Lodge and his team of professionals 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.

— 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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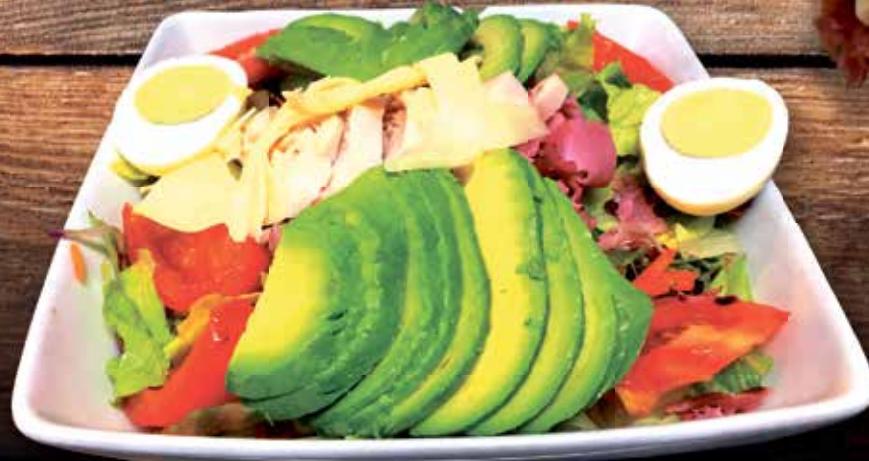
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It is also our heart that everyone come to a saving knowledge of the One True Living God, Our Lord and Savior, Jesus Christ. Through Him we have found life eternal and through Him we have hope!

Romans 10:9-10

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.

¹⁰ For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

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LEGAL MATTERS

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Conversion To Christ: Legal Grounds for Annulment

Our law office received a request a few years ago to represent a young lady in Youngstown, Ohio, Nishan Verdinek. Ms. Verdinek had been summoned to court to answer criminal charges for violating Ohio's bigamy statute. Born in Ohio, and thus a U.S. citizen, her parents were both natives of Pakistan.

In keeping with Muslim custom, her father arranged for a "nikah" (Islamic marriage contract) pledging his daughter in marriage to a man in Pakistan whom she had never met. The nikah was to take place upon Nishan's graduation from high school.

When she graduated from high school at age 17, her parents took her to Karachi, Pakistan, and pledged her in a betrothal ceremony to Javaid Hassan, the son of a prominent Muslim family. She and her family then returned to the states where her father promptly applied for an immigration visa for Mr. Hassan to come to the U.S. The arranged marriage was a deliberate effort to bypass U.S. immigration laws so Mr. Hassan could enter the country.

But Nishan had a secret. Without telling her family, shortly after returning to the U.S., the young girl accepted Christ as her personal savior. The

problems for her began when she declined to participate with her family in the celebration of Ramadan. Her father had arranged for her to travel during this Islamic holiday to Boston and there reunite with her betrothed husband. When Nishan refused to go and disclosed to her father that she was a born again Christian and follower of Jesus Christ, he began to physically beat her. She fled for her safety to a Christian family in Youngstown who her took her in.

Later, Nishan became engaged to a youth minister in Ohio. When her father discovered this, he and the family of the betrothed man in Pakistan swore out a "fatwa", an Islamic death warrant for her. Her father also instituted bigamy charges against her in the Court of Common Pleas in Ohio alleging that Nishan was already "married" to another man in Pakistan.

At trial, we presented testimony from Dr. Joseph Kickasola, a seminary professor from Liberty University and an expert on Islamic religion. Dr. Kickasola pointed out that under Islamic law, consummation of marriage through sexual intercourse was an integral part of marriage and the lack of consummation rendered the marriage incomplete. Nishan testified that she had never shared intimate



relations with Javaid Hassan.

In addition, Dr. Kickasola produced a text from Shari'ah law which provided that if either party to a nikah marriage contract "leaves Islam" the marriage is effectively annulled.

Not only had Nisha abandoned Islam, but by the time of trial, she had married the youth minister in Ohio, Daniel Verdinek.

At the conclusion of the trial, the charges against Nisha were dismissed. But the fatwa remained in effect. Concerned for her safety, the judge ordered a police escort for Nisha (and her legal team) as they left the courthouse to follow them to their vehicles.

I admire the courage of this young Christian and her steadfast faith. This case continues to serve as a reminder to me of the blessing of religious liberty we enjoy as U.S. citizens, and as an inspiration to heed Paul's exhortation to "stand fast in the liberty by which Christ has made us free."

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



MISSION MAKERS

Continuing To Support & Stay Connected To Our Communities

As we look back over the year, we are grateful for the opportunities we've had to support and stay connected to our communities. Sure, it's been tough with all that 2020 has brought to the table, but as the tagline from the beginning of the pandemic stated, "we're all in this together."

The work we do in our communities goes back to the heart of our mission, which is creating a place where our employees can thrive, and in turn, so can our communities. During these difficult times, staying connected can be challenging. Keeping spirits up, businesses running, and homes efficient has been more different than usual, to say the least. However, we've found that showing up, serving our customers in our communities, and offering hope wherever and whenever we've been able, has in turn, offered hope for us as well.

At Lee Company, being of service and creating an environment where people can thrive is at the heart of what we do and who we are. We are honored to put our resources to work for our community. Typically, the resources needed are time, talent, or financial support.

The recent challenges of not being able to get together like we normally would has created a chance for us to get a little bit more creative!

We've found that continuing to pour into our community partnerships and relationships we've developed through the local chambers of commerce, has strengthened the impact we can make. We are utilizing digital marketing opportunities including social media to provide our customers with information about the essential services we offer.

In addition, thanks to long-time partners like the American Heart Association, we are able to continue philanthropic work in our communities. Just in the month of September alone, we supported three virtual heart walks. These virtual events in our local communities promote good health habits as well as raise awareness of the American Heart Association.



And as always, our technicians are working hard to serve local homes and businesses with excellence while doing so safely. We couldn't be any prouder of our Lee Company team members for all they've done during these times.

Thank you to our fantastic employees and you, our loyal customers. Continuing to support and stay connected would not have been possible without you.

— Emily Bonomo, Brand Specialist, Bree Barnett, Communications Specialist with Lee Company www.Leecompany.com.



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REDEEMER

The God Who Sees

Night Seasons

Now the single mom of three beautiful and talented adult children, Nicole C. Mullen is familiar with broken relationships. She can relate to those who have walked through abuse, betrayal, and hurt—the “desert places and empty spaces.” Regardless of the expectancy of something good in a relationship, she experienced “hands that became cruel.” Through the arduous and lengthy journey out of bad choices, domestic violence, and devastating betrayals, Nicole learned to forgive and came out of heart-breaking night seasons of life stronger than she’s ever been. “She wishes she could go back in time and instruct her younger self not only to say to her abuser, ‘I forgive you,’ but ‘GO and sin no more . . . produce fruit in keeping with repentance.’” Nicole writes that she would like to have told her younger self “forgiveness is not void of consequences” (Luke 3:8a NIV). She learned in a very hard way that forgiving does NOT mean “pretending as if [the beatings] never happened.” Nicole felt fairly safe in public with her abuser since “he was such a charmer who cared about his reputation. To most, he had a great personality . . . they didn’t know about his cruel, foul demands for his conjugal rights” while he quoted scripture and sang religious songs along with beating her.

Nicole explains, “I became good at pretending, which is [really] a creative form of a lie. My vocabulary was so full of ‘christianese’ at the time that I had a hard time forming the words, ‘I need help. I’m scared’ . . . so, I glued on a smile.” She continues, “My intentions were right, but my definition of forgiveness was not.” Unfortunately, far too many Bible teachers and preachers promulgate that same error—misdefining forgiveness—and basically reinforce domestic abuse, its crime, and its consequences. “Forgiveness is not the same as healing; it can only make way for it,” writes Nicole.

Nicole C. learned “I don’t know how, but there’s power when I get on my knees.” God brought this little “thumb sucking, fast talking, bed-wetting, stuttering girl” from Cincinnati, OH, all the way to testifying through her song “I know my Redeemer lives” to hundreds of thousands of people. Born from life shattering and well-hidden experiences, “Redeemer” is sung worldwide. The year of 2020 marks the twentieth anniversary since the hit single’s release. Surely, however, her powerful “The God Who Sees” film is entering that domain.

When her abuser taunted relentlessly that she had no purpose in life, Nicole knew, even if she could not or dared not verbalize it to him, one major purpose in her life: “I want people to be healed, released, empowered, and encouraged. I want them to see the power of redemption and the relevancy of the Scriptures in their everyday living. I want to explore every avenue available to express this truth.”



It took a lot of living, but in His timing, God gradually brought that desire to fruition. One most powerful way He continues to do that is through “The God Who Sees” oratorio.



The God Who Sees

Nicole C states, “There is a beautiful truth that I know. For the things that have ended in ashes, God has given me beauty. Where there was mourning, He has given me Joy. For times when I have felt overwhelmed by fear and depression, He has given me clothes of praise. For all of the questions that are still unanswered and situations without closure, there is the hope of redemption. I have learned that God may not always still the storm that rages around us until He has done so with the [storm] within.”

In 2019 Nicole C. Mullen partnered with daytime TV-host, singer, songwriter, and actress, Kathie Lee Gifford, former host of *Regis and Kathie Lee* and NBC’s *The Today Show*, to pen what became another Dove-nominated song, “The God Who Sees.” Gifford soon became one of Nicole’s biggest cheerleaders and personally spent close to half a million dollars to add a 60-piece orchestra to the song and to shoot a twelve-minute, soul-gripping, heart-praising film. The oratorio solely features Nicole in the Holy Land, narrating and singing of God’s loving interaction with broken and hurting biblical characters whose stories are relevant to our own—as if “ripped from today’s headlines.” In this oratorio we experience Hagar, a single mother abandoned and discarded, perhaps representing today’s sex-trafficked women and girls; widowed Ruth, an emigrant with no future heading to a foreign land; anointed, powerful, but terrorized David experiencing fear and depression; and spiritually tormented Mary of Magdala agonizing with seven demons but freed by her Savior.

During their collaboration, Kathie Lee wrote a considerable portion of the

lyrics of “The God Who Sees” while one of Nicole’s most significant contributions was writing the narration in between the singing. Referring to herself as a Bible nerd, the majority of the oratorio came directly from Nicole’s heart as she stood behind the microphone. (See this music film at www.GodWhoSees.com. In these months of COVID-19 when so much of life has been put on hold and may have become faded or stagnant or may have brought death—even to worship—this author testifies to being brought to her knees in tears and holy worship through this film).

Nicole has never forgotten that her mom encouraged her to sing for an Audience of one and remembers one of her earliest prayers asking God that if it were His will for her to ever sing lead again, to put her “around great people so [she could] learn.” Later, she became a background singer with H. David Mullen, Amy Grant, Michael W. Smith, Cece Winans, The Newsboys, and even the voice of Larry Boy (theme song) of Veggie Tales. Over the years she has graced the stages of Dr. Billy Graham, Franklin Graham, Women of Faith events, governors, heads of state, businesses, prisoners, women’s conferences, churches, and non-profits. Nicole has appeared on The Today Show, Marcus and Joni Lamb/Table Talk on Daystar, has several recordings on TBN Praise, broadcasts of Better Together with Laurie Crouch, Life Today with Shelia Walsh, and other media outlets. Although there is a buzz over what Nicole is currently doing, conversations and requests always include “Redeemer,” her comfort song. The stories shared about its effects are countless, some even miraculous, further confirming that although Nicole is the sole writer, its origin is timeless and from above.

The God Who Sees Continues

Nicole says she never wanted to chase trends and therefore avoided praise albums. However, the Lord kept putting praise music on her heart and gradually motivated her to offer people music to worship with her. Sometimes pain becomes God’s mechanism of entering into praises with His people. Nicole’s music of the soul exemplifies the following words: “Like every human being born into this world, the Positive Woman has her share of sorrows and sufferings, of unfulfilled desires and bitter defeats. But she will never be [totally] crushed by life’s disappointments because her positive mental attitude has built her an inner security that the actions of other people can never [fully] fracture” (Phyllis Schlafly, mentor to Bobbie Patray).

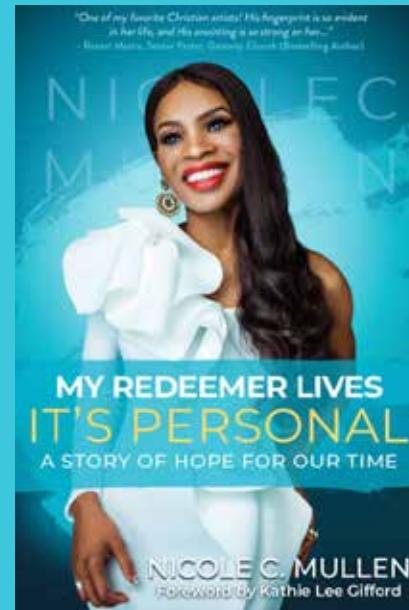
Nicole tours around the globe as a highly sought-after speaker and singer. Her ministry and travels include France, Belize, England, Jamaica, many nations on the continent of Africa, and throughout the USA.

Nicole concludes with, “My story—your story—is still being written. What looks like the night is actually the first signs of morning where the sun is beginning to break through. It’s like redemption where one side signifies a deed that is complete while all at once, the other side declares a promise in motion. Because I have been redeemed, the details of my life are being worked together in such a way to prove that it is so.”

“I am in a redemptive season of life”—words of wisdom spoken by Nicole C and offered to you, too.

— Sheila E. Moss: author of *Living to Matter: Mothers, Singles, and the Weary and Broken; Interrupting Women: Ten Conversations with Jesus; and international publications from teaching Bible and Christian ethics in Africa, Ukraine, and Venezuela; teacher of Bible classes for over 35 years; mother of three daughters and two sons; and grandmother of eleven grandchildren.*





**My Redeemer Lives,
It's Personal:
A Story Of Hope
For Our Time**

(Released April 20, 2020)

Kathie Lee Gifford (Television Personality, Bestselling Author, Director, Songwriter) writes: The life events that inspired the Christian anthem—Redeemer—resulted in a memoir by multi-award-winning, platinum artist and songwriter, Nicole C. Mullen. A tear-stained and triumphant story shows Nicole’s willingness to keep singing, praising, and believing through disappointment and heartache year after year of crying out to God to deliver her. Hallelujah! She knows her Redeemer lives, and she knows He sees YOU, too! For people going through a life storm and looking to find clarity, this book points to grace in the storm. Nicole has a unique way of shedding light and hope on such topics as benefits in suffering and purpose from pain. *My Redeemer Lives: It's Personal, A Story of Hope for our Time* is a compelling, transparent, and heart-felt work of Nicole C. Mullen.



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Serving God's Purpose

Part Two

Part One of my interview with Coach Les Steckel was featured in the September edition. A resident of Brentwood, he is retired after a storied career that included a Head Coach in the NFL, assistant coaching positions and National President/CEO of the Fellowship of Christian Athletes. Below is the conclusion of my interview...featuring questions/comments and his responses

Share some highlights from your time as National President/CEO of the Fellowship of Christian Athletes.

There are so many special memories with FCA (2005-2017). As a young coach I was introduced to FCA in 1972 as a huddle leader at an FCA camp in Estes Park, Colorado, and then... a second camp at the Naval Academy where I heard Roger Staubach, Heisman Trophy winner and future NFL Hall of Fame quarterback of the Dallas Cowboys share his faith in Jesus Christ. From then on I was hooked on the ministry of FCA, offering financial support and doing camps throughout my coaching career. When I was offered the position of National President/CEO of FCA in 2005, I determined

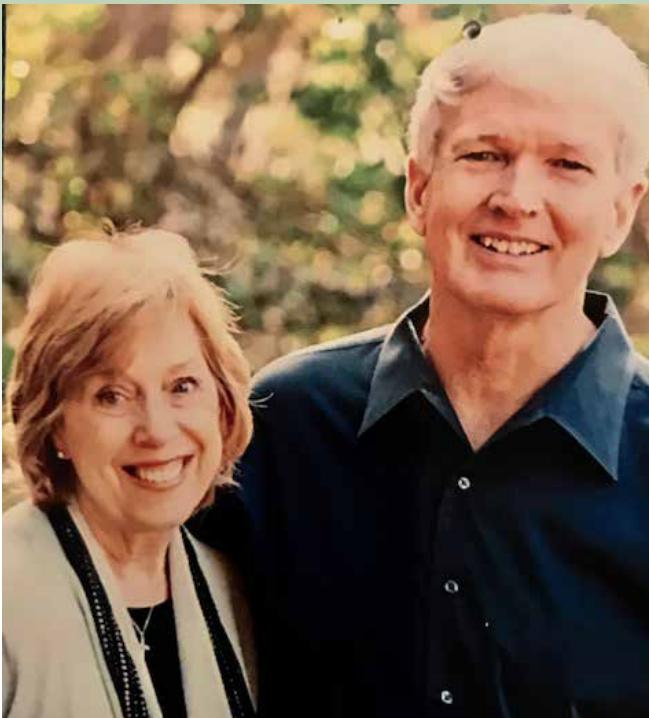
that this was the position God had been preparing me for all along. With the responsibility of raising support, building morale and expanding the reaches of the ministry, Chris and I began to travel nearly 200 days a year, meeting with staff and donors, doing banquets, and events on college campuses, and encouraging coaches and their families throughout the country. Over the twelve years, our ministry expanded internationally so that today it reaches people in 84 countries. Proverbs 16:3- "Commit your work to the Lord, then it will succeed."

Now that you are officially retired, what is the Lord teaching you in this season?

After three exciting and enjoyable careers, I view this as the 4th quarter of my life. The game's not over. The Book of Ecclesiastes speaks of seasons of life and scripture never mentions "retirement". It was finding the "purpose" for my life that drew me to Jesus when I first heard the Gospel. It is my passion to continue to be in his Word, to seek the leading of the Holy Spirit and use the platform he has given me to share the abundant life he has promised when one surrenders to Jesus Christ. As a kid who played one year of high school football, never stepped on the field as a college walk on but went on to call plays in two Super Bowls and helped coach his son's high school football team to a state championship, I am a true believer that God gives each of us a story to be lived and told for his glory. Jeremiah 29:11 - "For I know the plans I have for you says the Lord. They are plans for good and not for evil, to give you a future and a hope".

What has the COVID-19 crisis shown you?

For a guy who has a hard time slowing down, this hasn't been easy. Our adult kids remind us, regularly, that Chris and I are "elderly". Time with the Lord at greater depth with fewer interruptions has been a blessing. It's been



Les and Chris Steckel, a dynamic team in serving God.

a time to appreciate the special relationships in my life: my wife, my children and grandchildren, and all the special friends God has brought me. God is our hope in the midst of uncertainty. It's all in his hands. Psalm 46:10 - "Be still, and know that I am God. I will be exalted among the nations; I will be exalted in the earth."

As you reminisce...name some "good" things that came from the times of your life.

When Chris and I wrote our book, "One Yard Short... Turning your Defeats into Victories", it forced me to look back on my life and think about the "good" lessons God was teaching me. I didn't grow up in a Christian home and as the oldest sibling by ten years, I often felt alone. I attended five different schools from 4th grade to 8th grade and had a 5am paper route everyday throughout my teen years. I learned discipline, perseverance, and that no one was going to do it for me.

As a college walk-on football player, who hitchhiked over a thousand miles from home to

Kansas University, I learned that no matter how discouraging and difficult the effort, nothing could make me quit. While I eventually earned a scholarship for my tenacity, I never suited up for a game. The greatest "good" without question; meeting Jesus Christ at a Campus Crusade event. My life was changed forever.

From my first job as a graduate assistant, making \$150 a month, and sleeping on a cot in an unheated garage in Colorado, to a head coaching job and 23 years in the NFL, I learned to be a student of the game and let God do my "politicking". The greatest "good" in my life, just behind my relationship with Jesus, is my 46-year marriage to wife, Chris. Proverbs 31:10a, 12 - "When you find a truly good wife...she will not hinder him, but help him all her life."

— Ralph E. Vaughn

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Undaunted Courage

Do you have UNDAUNTED COURAGE? Stephen E. Ambrose, well known for his biographies of Dwight Eisenhower and Richard Nixon, wrote the book, *Undaunted Courage*. In this New York Times Bestseller, he describes the courage initially of Thomas Jefferson and then Meriwether Lewis and William Clark. Jefferson had attempted earlier to send explorers to find a land route to the Pacific Ocean but without success. Once the Louisiana Purchase was completed in 1803, the United States had legal right to property of which the boundaries were unclear. What was in this territory was largely unknown except for the lower parts of the Missouri River and previous contact with Indians in what is now South Dakota.



Thomas Jefferson became the United States President in 1801 and thus gained the authority to make an expedition possible with the support of the government. The British had previously had some success in exploring western Canada thus motivating Jefferson to initiate an expedition to thwart the efforts of the British who Jefferson thought might come down into what is now Oregon. Meriwether Lewis became the Secretary to Jefferson and lived in what later became known as the White House. Lewis was a natural choice to lead the expedition. By nature a wanderer, he enjoyed travel where wild animals, sources of water and food were unpredictable and encounters with Indians were likely.

In the first year, Lewis gathered supplies with support of the Army (Lewis was made a Captain) and individuals (a contractor made a keel boat). William Clark joined him and they set out with a group going up the Missouri River. After a winter encampment, they set out into unknown territory keeping a log of flora and fauna as well as rivers and streams as they went. Eventually they reached the Columbia River and came to the Pacific Ocean.

The Bible has stories of undaunted courage. Think of Moses when he encountered the burning bush. Peter asked Jesus to command him to come to Him when Jesus was walking on water and Peter took the first step out of the boat. Joseph was a person of undaunted courage when sold into slavery by his brothers and taken to a foreign land.

Undaunted Courage is the title and theme of the Ambrose book. In spite of the enormous task of entering unknown territory with scant supplies (only what they could carry), their courage was undaunted. Now take a look at your courage level. Courage is impacted by knowledge, experience, curiosity, motivation, personal and general attitude toward the possibilities and worthiness of the goal. How well do those factors impact you as you look at what is in front of you each day, week and year?

The product of undaunted courage can be success. Lewis and Clark were successful in reaching the Pacific Ocean by building pieces of success during the expedition as they recorded new knowledge and perceptions to be given to President Jefferson. They had success each day that they stayed alive. Each of us can have "undaunted courage" each day as we build on our successes and work with courage toward an ultimate set of goals. But like Paul in the New Testament, we must have perseverance in that courage even when the situation is discouraging and we are tempted to turn back.

What is the level of your "undaunted courage"? Will it take you to completion of your goals? Are your goals sufficiently clear? For Lewis and Clark, for Moses, for Peter and for Joseph, the challenge was very clear. How much do you want your challenges to be resolved as God intends? Do you have "undaunted courage"?

— Kenneth Oosting, Ph.D.



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RISK VERSES REWARD

I have been a student of life for nearly fifty-nine years. I have read literally thousands of books, met thousands of people and traveled to many distant lands. Each of these experiences have pushed, pulled and in some cases cut away the clay of my existing self. During this lifelong transformation process I have come to understand the complexity of what is truly meant by the statement; risk verses reward.

Following my mantra of the Power of the Wisdom of Three; once more we are given a blueprint comprised of only three dynamic components. When we put them in context, they make the difficult simple. We have to deal with the risk to reach the reward but it is what is in the middle that sets us apart. For even if we know the actual risk and we know the final reward, it is the unknown between the two that shapes who we really are.

In finance, risk verses reward is a common refrain. The riskier the investment, the more reward potential on the other side. It makes it sound simple to the investor when in essence the trail to the reward is a complex path littered with pitfalls, traps and snares. That is why the reward is not guaranteed; most investors need to rely on the skills of an experienced, educated and ethical advisor; a Solutionary, to take them through the unknown obstacles. In life, we encounter countless examples of risk verses reward situations; many of which go unnoticed; that is, until the reward becomes a peril. This world presents us with innumerable invisible risks but the seen rewards are just as plentiful when we are willing and able to challenge the obstacles. It is proven that we have to take risks if we desire the big rewards but only when you are free to make those choices can we control the outcomes of our desires.

As I look at this pandemic world of today, I see a plethora of scared people unwilling to conquer their fear. Cowering people do not take risks because the fear of the unknown is greater than their will. Likewise, they are barred from reaping the big rewards not because they are not free to do so but because they choose to be captive to their fears. They are not willing to endure the potential of the imagined pain. Conversely, a free society filled with reward driven people will never succumb to fear for very long. It is not in their



nature to do so. That is why some people are thriving while others choose to remain captive. The fearful will see opening up the economy as reckless, the reward driven will take on the risk, overcoming their fears to reach their just reward. The fearful refuse to admit that one can be courageous without being reckless to themselves or others. That is not the America of our ancestors. It is all about one's definition of life. Our ancestors faced perils every day but their dreams were worth the risks. They knew that they may not realize their dreams but they were willing to die trying. During the trek across the American wilderness of the 1800s; fathers, mothers and children journeyed into the perilous unknown, many never arriving to their destination. If they could have seen what became of this great Country, I believe they would do it all again.

I too choose to live free; as if every day maybe my last. I am educated to the risks, willing to mitigate them where possible but willing to face them head on. In my world, I refuse to live as if I am already dead.

If this is my last post, I want all to know there was only one purpose for all that I have written; to have made a positive difference in the lives of others.

— Anthony “Tony” Boquet, the author of “The Bloodline of Wisdom, The Awakening of a Modern Solutionary” and Vice President, Education and Development at The American College of Financial Services

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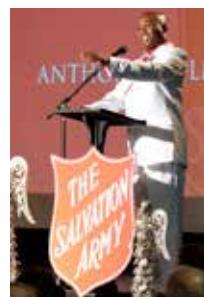


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THE HOME FRONT

PolyLevel Lifts Concrete Like Magic... But Is It Environmentally Friendly?

We've all seen PolyLevel videos on YouTube: heavy sunken concrete driveway slabs moving back up to their original position as if lifted by some supernatural force. It's fun and fascinating to watch. So, what's the catch? Is it expensive? No, not particularly. Is it rare? Nope. As an exclusive dealer, we've got all the PolyLevel you'll ever need. Aha! It's probably bad for the environment, right? Actually, no.

How PolyLevel Interacts With the Environment
PolyLevel foam is a lightweight, durable and, above all, amazingly strong high-density polyurethane foam. The reason it works so well is, it runs like water when first injected under concrete, finding even the smallest crevices. But then it quickly expands, and the force of that expansion is enough to lift those heavy concrete slabs back to their original positions. And, when PolyLevel cures, it cures basically forever. High-density polyurethane foams such as PolyLevel have been the subject of several studies over the years, including one conducted by the Department of Energy (DOE), and they've found a couple of interesting things:

- PolyLevel is a non-ozone depleting two-part polyurethane foam that is chemically inert once it cures. That means, once it sets, it does not react with anything around it, so it won't leach into the soil or otherwise impart chemicals into the environment.
- PolyLevel does not biodegrade. This means it doesn't break down over time and affect the environment around it. It is also highly resistant to microbial attack due to its chemical and physical structure.
- PolyLevel provides no nutritional value, and as such, it is not likely to be broken down by animals or insects.
- While polyurethanes can degrade over time when exposed to UV radiation, because PolyLevel is never exposed to sunlight, this is not an issue. Basically, once it cures, PolyLevel is no different, from an environmental point of view, than the concrete it stabilizes.



PolyLevel Helps Reduce Waste and Pollution

One of the best things about PolyLevel, though, is that it helps keep tons of concrete out of our landfills — literally. Think about it; if your driveway is cracked and sunken, your two main options are to repair or replace it. PolyLevel offers a fantastic solution for the first option. But when you replace a driveway (or any concrete), you not only have to wait a week or more for it to cure, but all that old concrete must be jackhammered into smaller pieces, torn out and hauled off to the local landfill, where it will remain for pretty much the rest of time.

In the end, PolyLevel allows you to lift and permanently stabilize your concrete while helping reduce waste and pollution. See? No catch!

— Brittney Gebers, Director of Marketing
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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 unforgiveness 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 monicaschmelter.com



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How to Clean an Office

Whether you're cleaning your home office or tidying up your desk at work, Molly Maid wants to help you keep your office tidy, clean and disinfected. Learn how to organize an office and clean an office from our cleaning experts.

Cleaning Your Office

While sitting at a desk over sustained stretches of time, we do a lot more than just work. We chew, sneeze, cough, touch and spill – day after day. It's no wonder that home offices quickly become a microbial zoo. On top of the germs lies the clutter and mess from our busy lives that needs to be organized and cleaned.

1. Dust. Use a damp microfiber cloth to wipe down all surfaces. Remove your papers, file folders, calendars, stapler and other objects so you can wipe down your desk. Don't overlook areas like power strips behind your desk, fan blades, window sills, the top of your monitor or the tops of picture frames.

2. Vacuum. Work top to bottom. You should alternate between the upholstery brush, narrow attachment, and carpet attachment to thoroughly vacuum each and every surface on your desk and in your office. Pay attention to the areas you dusted, and vacuum up any loose dust the cloth didn't capture.

3. Disinfect. Sitting at our desks, we do lots and lots of touching, creating new micro-bacteria colonies with each keystroke, mouse click and phone call. Disinfect that mouse and office phone: the keypad, headset, mouthpiece, the whole thing.

4. Consistency. Put a reminder on your calendar to clean and organize your desk weekly or bi-weekly. A cleaning routine will make it easier next time. Even better, keep disinfectant wipes near your desk so you can give everything a quick wipe-down between cleaning days.

How to Organize an Office

- Create two "zones" on your desk: one for computer work, the other for non-computer work.
- Every office desk needs a place where items that don't have a home yet can live. Dare we say "junk drawer"? Use a document tray or a file drawer for these items instead of a pile in the corner.
- Use zip ties to bundle electrical cords together and keep them from creating a cord nest.
- Use stacking document trays to free up space and provide separation for documents: one for mail, one for documents that need signatures, one for documents that need to be filed, etc.
- Go vertical. When you run out of desk or drawer space, free up space by using walls to hang shelves or whiteboards.

— Ashley Farrar

Molly Maid of S. Davidson, Williamson and Maury Counties

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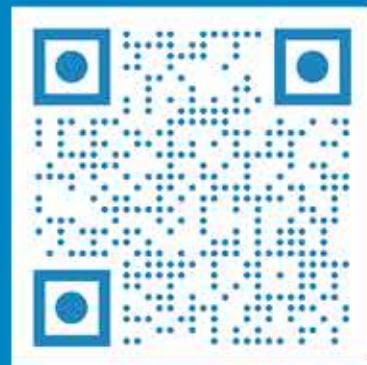
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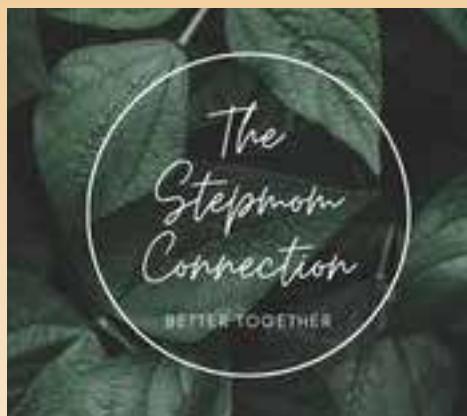
Stepmoms Unite!

Are you a stepmom, bonus mom or blended family mom? Are you dating a man who has children from a previous relationship? If so, there are many days you might feel a bit overwhelmed or frustrated in your role because it is ever-changing, always adjusting and a continual learning process.

The good news is that you don't have to go through the journey alone. There are books and resources as well as conferences and opportunities to connect with experts and other stepmoms who are further down the road. Being a parent is a daunting task and being a step parent can some days seem very overwhelming. There are step parent coaches and counselors who are available locally and around the country who can listen and help you navigate the complexities.

There are no two step families that are exactly alike; however, there are common challenges and factors that many stepparents have experienced and, like any new role a person is asked to play whether it is a job or a relationship, we can often learn important strategies from those with more experience.

Children in a step family will experience life differently than children in a traditional home. It is often helpful to gain insight from experts who work with children as well as adults who have grown up in step families. There is much to learn about the complex dynamics that everyone experiences, both the kids and the adults, and in realizing that what everyone is experiencing is normal. Normal does not always feel pleasant however normal can be manageable.



If you're a stepmom or thinking of becoming a stepmom, please connect with us this month at The Stepmom Connection and enjoy presentations from 15 different leaders. You can join us virtually on October 24th and watch the live stream conference from the comfort of your own home. Registration includes 30 days to enjoy the presentations via on demand as well.

We believe in stepmoms and the important role we play in the family.

Don't journey alone - come and find your stepmom tribe as we unite in common purpose with hope and strategy and vision for the future!

Find all the details at www.TheStepmomConnection.com.

— Tammy Daughtry, MMFT
Founder, Co-parenting International & Founder of The Stepmom Connection

Join us on October 24 for The Stepmom Connection Virtual Conference
featuring 15 guest experts from around the country.
See details at www.TheStepmomConnection.com

HOMETOWN HERO

Fishing Offers Hope And Help

Michele is being celebrated as Nashville's Volunteer of the Month – not just for her volunteerism but her ability to apply what she has learned to those she serves since she has walked in their shoes. Today she joyfully serves women who have been trafficked. Her life has come full circle – from being trafficked then rescued and is now thriving, and from being the client served by volunteers to being the volunteer serving clients.



As Michele experienced traumas in life, she developed a unique coping method named Dissociative Identity Disorder, or split personalities (unlike schizophrenia). In un-clinical terms, she created a new personality to deal with each trauma. This survival skill worked at the time but left the rest of her life confused and unpredictable, never knowing when a personality would arise. Today she continues counseling for this through Thistle Farms, the nonprofit which offered her physical, mental, and economic freedom. There Michele submerged herself in its two-year program for women survivors of human trafficking to have a safe place to live, a meaningful job, and a sisterhood of support. Today Michele has graduated from the program, continues counseling, is working, has renewed her relationship with her young adult daughter, and is studying to achieve her Master of Social Work. She also volunteers locally for Nashville Anti-Human Trafficking Coalition and Magdalene City Group through Christ Presbyterian (to serve Thistle Farms).

Prior to being trafficked, Michele had heard of God yet never attended church. Yet throughout her journey, she has experienced Him, become a

Christian, joined the church of local volunteers who served her, and now serves through the church. "Michele's story is such a picture of how we hope and pray our City Groups will flourish and lead to lasting impact in our city. Michele's heart to now serve with the group that helped shape her will be such an example and encouragement to the women currently in the Magdalene program," says Mary-Claire Bryan, the Connect and Serve Coordinator with Christ Presbyterian. Michele says she is especially excited about an upcoming annual fall activity where the women go fishing at a private lake. For most it is their first time to hold a fishing pole, bait the hook, or catch a fish. This experience helps light the way to hope which Michele exemplifies. "Anyone can rise above whatever their circumstances may be," says Michele. "All they need is help."

Nashville's Volunteer of the Month celebrates all volunteers. Some serve periodically while others, like Michele, are dedicating their lives to service. All are equally important to Doing Good, the local nonprofit behind Nashville's Volunteer of the Month. To nominate someone for this or another recognition, email director@doinggood.tv or visit www.doinggood.tv.

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



PLAN OF SALVATION

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.

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?

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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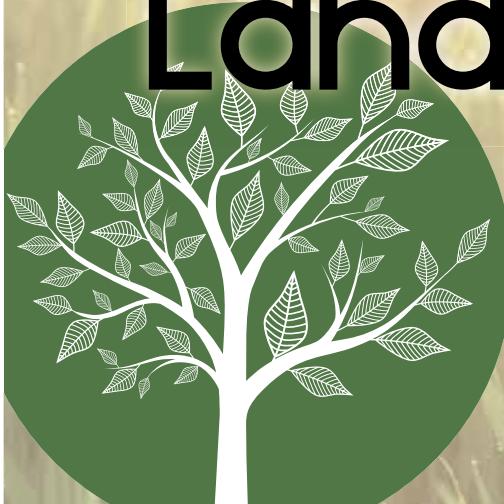
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OCTOBER 2020 Calendar



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

October 24

The Stepmom Connection Conference – Join stepmoms from around the country for an inspiring virtual conference. Registration includes a 30 day access to all 15 sessions. Details at: <https://thesteppmomconnection.com/>

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