

November 2021

COMPLIMENTARY

# NASHVILLE CHRISTIAN FAMILY®



## The Salvation Army

*Life Navigation Coaching  
Offers Hope*

FREE Good News



# Medicare Open Enrollment

October 15<sup>th</sup> through December 7<sup>th</sup>

(Effective coverage date 1-1-22)



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to questions  
you don’t even  
know to ask.”*

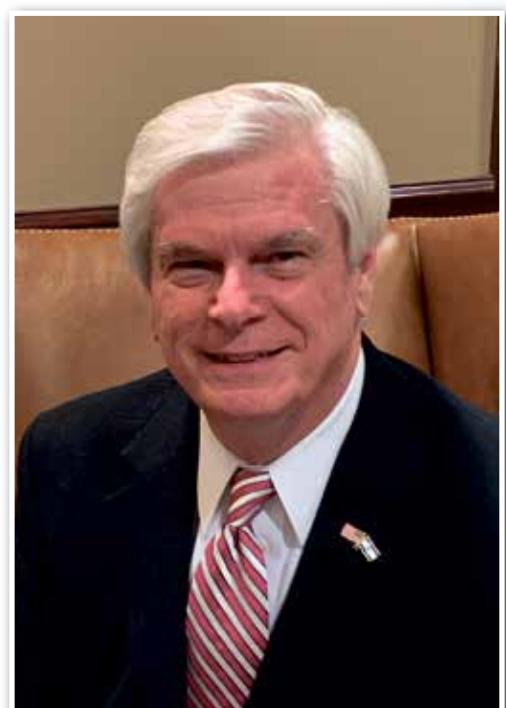
**Ben Davis, CSA**

Certified Senior Advisor

615-584-4946 cell

615-617-9953 office

[ben.davis@selectpointe.com](mailto:ben.davis@selectpointe.com)



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# NASHVILLE CHRISTIAN FAMILY®

**Publisher:** Robert Stringfellow • 615-815-8765  
[publisher@christianfamilynashville.com](mailto:publisher@christianfamilynashville.com)

**Editor:** Raymonda Jagers

**Contributing Writers:**

Kevin Anderson	Britney Krbec
Paul Batura	Jason Lindsey
Christen Limbaugh Bloom	Kenneth Oosting, Ph D
Anthony "Tony" Boquet	Regina Prude
Meredith Boyd	Jeff Siedentop
Larry L. Crain, Esq	Monica Schmelter
Sally Cressman	Steve Scott
Tammy Daughtry, MMFT	Rhonda Smart
Ben Davis III, CSA	Ashton Tate
Ashley Farrar	Marc Tepner
Kevin G. Fehr, CSA, CDP	Ron Tepner
Doug Griffin	Ralph E. Vaughn
Graham Honeycutt	Kelley Rose Waller
Darlene A. Kemp, MPH, MBA-HCM	Ming Wang, MD, Ph D
Mark Koch	

**Cover Story Images:** Courtesy The Salvation Army, Nashville

**Production and Art Direction:** Wendy Satterwhite

**Website Development, Digital Marketing & SEO Services:**

Eric Crilly - Web Design and Maintenance

Bowen Digital - Digital Marketing and SEO Services

**Social Media:** Dashia Brandon/Administrative Assistant and Social Media Manager

**Sales & Marketing:** Robert Stringfellow,

Brenda Delgado/Marketing Specialist

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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

### Year Round Thanksgiving

For some people, even many Christians, the Thanksgiving holiday is not much more than a one day or two event of gathering, catching up with friends and family, eating lots of good food, watching parades and football games and giving thanks, unfortunately perhaps in that order. In some cases, the “giving thanks” is done simply because it is expected before the Thanksgiving meal is served. As you and your family begin preparing for Thanksgiving Day later this month, make a conscious decision to do your best to give thanks every day of the year.



Giving sincere thanks to God is referenced and taught throughout the Bible. As God's people, each and every day of our lives should be a day of thanksgiving. Here are a few of many Scriptures that reference giving thanks to our Creator.

*“Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.” Psalm 100:4*

*“And when you offer a sacrifice of thanksgiving to the LORD, offer it of your own free will.” Leviticus 22:29*

*“Oh, give thanks to the LORD, for He is good! For His mercy endures forever.” 1 Chronicles 16:34*

*“We give thanks to You, O God, we give thanks! For Your wondrous works declare that Your name is near.” Psalms 75:1*

*“Do not be anxious about anything, but in every situation, with prayer and petition and thanksgiving, present your requests to God.” Philippians 4:6*

November is also the month that our country honors the men and women who have served in the armed services. Either on Veterans Day or sometime this month, spend quality time with a Veteran and thank them for their service to our nation helping to preserve our precious God given freedom.

A handwritten signature in black ink, appearing to read "Robert Stringfellow".

Robert Stringfellow, Publisher, 615-815-8765  
[publisher@christianfamilynashville.com](mailto:publisher@christianfamilynashville.com)





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SCAN ME

## SENIOR SCENE

### Cybersecurity Tips for Seniors- Avoid Getting Scammed!

Serving seniors is my calling. Protecting seniors is my mission. Protection can come in many forms, including physical protection, preserving emotional well-being and safe guarding against people and groups of people who look to exploit the vulnerable in our population. While children are often preyed upon in various situations, annually, older Americans are scammed out of nearly \$3 billion. Seniors are a perfect target for these wicked people because many have spent a lifetime accruing wealth and assets and with the aging process, some cognitive decline may be occurring, often leading to poor decision making. While 10,000 people a day are turning 65 in our country and as the older adult population continues to increase, this problem will likely continue to grow. Information and knowledge are key to protecting us all from falling victim to scams. Here are some cybersecurity tips to keep you and your identity safe.

- Choose a personalized password with 12 characters or more that uses a combination of numbers, letters, and symbols. Create a unique password for all accounts.
- Passwords can be stolen. Adding two-step verification to accounts provides an additional layer of protection.
- Communications that create a sense of urgency are most likely scams. If you're concerned, call the company directly. NEVER use the phone number or link within the original communication.
- Most businesses or organizations don't ask for our personal information over email or text. Beware of any requests to update or confirm your personal information.
- Keep your mobile devices in your possession at all times and always be aware of your surroundings. Lock all of your devices including computers, tablets, and smartphones with strong passwords.
- If you use social media sites, be sure to limit the amount of personal information you post online and use privacy settings to avoid sharing information widely. Avoid sharing your location.



- Avoid opening attachments, clicking on links, or responding to email and text messages from unknown senders or companies that ask for your personal information. Keep in mind that scammers can hijack phone numbers, email addresses, and social media accounts.
- Install reliable security software on your devices and update regularly. It can help protect your information if you run the antivirus software on a consistent basis.
- If something is too good to be true, then it probably is.
- It is important to add only people you know on social media sites. Adding strangers could expose you and your personal information to scammers.
- Public Wi-Fi hotspots are not secure. Avoid accessing private accounts while connected to the public internet. Using your mobile data is a safer way to connect to the internet while on the go.

Amada Senior Care has trained professionals available around the clock to consult with you on this topic. While we provide nonmedical home care as the backbone of our business, we never lose sight of our mission to protect seniors. Feel free to call our office at 615-933-7494 anytime to chat with our friendly staff.

Visit [www.consumer.ftc.gov/features/feature-0038-onguardonline](http://www.consumer.ftc.gov/features/feature-0038-onguardonline). if you would like more information. If you are the victim of online crime, you can file a complaint with the FBI's Internet Crime Complaint Center (IC3) at [www.ic3.gov/Home/ComplaintChoice/default.aspx](http://www.ic3.gov/Home/ComplaintChoice/default.aspx).

Resources: [cisa.gov](http://cisa.gov), [protectseniorsonline.com](http://protectseniorsonline.com), [consumer.ftc.gov](http://consumer.ftc.gov), [fbi.gov](http://fbi.gov)

— Kevin B. Fehr, CSA, Certified Senior Advisor President & CEO,  
Amada Senior Care

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## SPECIAL FEATURE

### It's time to Choose Your Side

I love the story of Gideon, the fifth Judge in the Old Testament. We read about his story in Judges 6 – 8. God's chosen people had once again begun worshiping idols and other gods, as a result they opened the door to being ransacked and ravaged by marauders who would steal their crops and attack and slaughter them. When they cried out to the Lord again, God raised up Gideon. We find Gideon hiding out in a winepress. Many would have seen this as an act of weakness and fear, which in many ways it was. It was also wise because Gideon could harvest his wheat without the enemy seeing him and therefore, he would be able to provide for his family. Either way, God saw a person He could use to accomplish His will.

The Angel of the Lord came to Gideon and called him a "Mighty Hero". This is almost laughable because at that time, Gideon did not seem mighty, much less heroic. However, God knew exactly where he was and called out his potential.

One of the first assignments God asked Gideon to perform was to tear down the Asherah pole and build an alter to the Lord instead. When the townspeople saw what Gideon had done, many people wanted to kill him – including his fellow Israelites.

We are living in a time when many Christian men and women are going to be required to stand against an ungodly government and corrupt leaders. Christian voices need to be heard among the noise and chaos. I pray first, for the strength required for Christian men and women to stand for Godly principles and the integrity needed to go against the mainstream. Secondly, that fellow Christians will support their brothers and sisters instead of attacking them when they are in the throughs of the battle.

The Bible speaks of a time when what seems right is wrong and what seems wrong is right. We are seeing this in our world today. The only way to really know Truth is by studying the Word of God.

Many Christian leaders believe we are in the Third Great Awakening\*. A supernatural move of God in historic proportions. As history repeats itself, the first and second great awakenings were not so much about good versus evil but more about "God's people" against one another. The time is coming that we can no longer be content to sit on the sidelines. It is time to stand for the Truth. The Israelites prayed to God to be delivered from the oppression they were under, and yet when God sent them a "way out", many of the Israelites

wanted to stone Gideon. Be aware of what side you choose.

Gideon put an army together. The 3000 men he originally began with was narrowed down to 300 men. The enemy panicked and, in the confusion, ended up killing each other. God showed Israel that the victory was won not in the size of the army or the strength of numbers, but in obedience to Him. May this be a lesson for us in today's craziness and mayhem. God is looking for a group of people that will put their faith in action.

The Victory will be won when we put our trust in God and God alone!

— Rhonda L. Smart, [rhondalsmart@gmail.com](mailto:rhondalsmart@gmail.com)

*\*The Great Awakenings were historic religious revivals. The first one impacted the English colonies in America during the 1700's. The second one was when the Protestant revival movement began in the 1800's. These movements came at a time when the idea of secular rationalism was being emphasized, and passion for religion had grown stale. ... The result was a renewed dedication towards God.*

## BODY AND SOUL

Brought to you by: 94 FM The Fish • [www.thefishnashville.com](http://www.thefishnashville.com)

### The Danger of Seeking Validation

The young man was frustrated. He truly sought to serve his team as a leader. His wisdom had been gained from surviving some of the toughest mental and emotional testing known to man. It had been refined in the crucible of war. When he spoke, men listened. Their very lives depended on it. His motives were pure: To complete the mission and to save lives, making sure these men came home to their families. They all did.

Now it was a different time and a different "team". He was leading from a place of influence not position and what he knew was not only not being maximized, in some cases it was being marginalized. He was frustrated and it was warranted. He needed to learn a hard truth and I felt woefully unqualified to be the teacher in that moment. Then the real Teacher showed up.

Matthew 7:6 says:

*"Do not give what is holy to the dogs; nor cast your pearls before swine, lest they trample them under their feet, and turn and tear you in pieces."*

*The world is full of men who could explain this verse better but in this moment this was the verse I was given and it was mine to use to comfort.*

*Inside the Jewish society dogs were not pets. They were the lowest of the low and pigs were even worse. A dog would turn on you and a pig rolled around in*



*its own excrement, seeing no difference between a priceless pearl or a valueless pebble. Neither could be trusted with your best. They would never see the value of your "contribution".*

You may see where I am headed here.

As leaders many times we seek to have our leadership validated by those we have been called to lead. We seek the "atta boy", the recognition of our "value". We

want our "pearls of wisdom" to be absorbed, acted on and even repeated back to us. It says our leadership is being recognized. This desire is dangerous for leaders. If we don't receive this validation many times we begin to question the role God has assigned us. Stay in this place too long and it will affect your ability to lead well.

My advice? Stop. Don't allow those who do not see your value and do not understand your calling to determine your worth or effectiveness as a leader. Only God can truly validate you and He knows exactly what you are worth because he paid the price.

— Kevin Anderson, General Manager 94 FM The Fish Nashville



# BODY & SOUL

## Everyday Joy

### The 21-Day Joy Cure—Part 2

It's November! We exuberantly highlight November 25 as Thanksgiving Day. Even in these chaotic times, the Holy Spirit provides waves of comfort, defying all external circumstances. Like last year, time-honored traditions or gatherings may look vastly different. Perhaps established, longstanding customs and choices changed. Nevertheless, one of the many things for which we offer grateful praise is for the blessing of joyousness.



Some behavioral experts say that anything you do for 21 consecutive days becomes a life-changing habit. I propose that we continue the joy strategies launched here last month. Here is the final part of my "21 Day Joy Cure." See our website, [www.christianfamilynashville.com](http://www.christianfamilynashville.com) for the October article which highlighted days 1-7.

**Day 8**—Lift up frequent prayers of joy for family, friends, coworkers, or even strangers you encounter.

**Day 9**—Forgive! Forgiveness destroys weights and instantly anchors your peace.

**Day 10**—Just walk away. Take an actual walk or find a quiet place to put anxiety and stress behind you.

**Day 11**—Choose not to let life disappoint you. Instead, give thanks in all things.

**Day 12**—See God's faithfulness in every situation, even when things go wrong. Live and speak the words of the hymn: "Great is Thy faithfulness. Morning by morning, new mercies I see."

**Day 13**—Write your personal hymn in response to all annoyances. Mine is titled—"I can't hear you!" Avoid listening to negative words.

**Day 14**—Speak love. Tell someone you love them. Words have power.

**Day 15**—Know God's presence. See Him with spiritual eyes. Talk to Him. Know He's here, speaking meaningful answers to every question.

**Day 16**—Don't cry! As believers in Jesus Christ, we have no reason to give up and be sad.

**Day 17**—Start your praise party early this morning. "Put on the garment of praise for the spirit of heaviness." (Isaiah 61:3) That's key to overcoming any spirit of despair.

**Day 18**—Take a praise break every 2 hours. Frequent praise rivets our focus on the One Who is our Hope.

**Day 19**—Keep praising! We are in a battle against the enemy of our souls. When we lift Christ, the enemy flees. (Ephesians 6:12).

**Day 20**—Acknowledge Christ as your Mighty Warrior. He fights for you, no matter what battles you face. Our weapons are powerful in pulling down spiritual strongholds. (2 Corinthians 10:3-4). Joyous praise is your weapon of war!

**Day 21**—Change your spiritual atmosphere. Alter your focus from doubt to faith. The atmosphere changes when God is exalted. Make radiant JOY a habit!

Every revolution begins with a single act of defiance. Defiant joy shakes mountains, moves stones, prays out sweat, and conquers death. Jesus did it! Because of Him, we are capable of revolutionary JOY.

—Regina M. Prude is an author and inspirational speaker.

E-mail: [regina@reginaprude.com](mailto:regina@reginaprude.com), Facebook [www.facebook.com/reginaprude](http://www.facebook.com/reginaprude), Twitter [www.twitter.com/rprude](http://www.twitter.com/rprude). Write: PO Box 58795, Nashville, TN 37205.

## MONEY MATTERS

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### Ask The Expert

**Q: My mother wants a special birthday present, for herself. I do not have the cash for her present. May I purchase her birthday gift using my special needs trust money?**



A: I bet your mom is wanting something, for her birthday, that will make her very happy. I'm sorry to tell you though, the money in your special needs trust can only be used to purchase items or services specifically for you. This is required by law. If the trust were to pay for a gift for your mother, that purchase could jeopardize you receiving the government benefits you need, such as SSI and Medicaid. Please tell your mother that although you would like to get her that special birthday present, you are not able to do so, using your special needs trust funds.

For more information on Special Needs Trusts, please contact Vista Points, Inc. at [info@vistapoints.org](mailto:info@vistapoints.org) or call 888-422-4076.

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



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## SPECIAL FEATURE

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### Whatsoever You Do To The Least of These

The Supreme Court has scheduled arguments on December 1, 2021, in a potentially landmark case called Dobbs v. Jackson Women's Health Organization. This case challenges the constitutionality of Mississippi's Gestational Age Act which, with few exceptions, restricts abortions after 15 weeks of pregnancy. The lower courts which heard this case both ruled that the law violates Roe v. Wade and Planned Parenthood v. Casey.

A central question in Dobson involves the human life characteristics of an unborn child at between 15 and 20 weeks of pregnancy. Roe v. Wade was decided in 1973. Since then, there have been monumental advancements in medical science that now give us a front row seat to the pre-born children's level of early development at this stage. Actual videos of children in the womb reveal an active baby in the womb with a marvelously intricate spine, delicate hands with all five fingers which appear to reach and scratch an itch, and facial features with a gently sloping profile, fully formed lips and eyes that open and close. The baby can be seen actually breathing and exhaling amniotic fluid as it prepares for its life outside the womb. By sixteen weeks, the child's gender is easily detectable, and the child looks undeniably human. By nineteen weeks, the child hears noises and makes facial expressions when listening to music. <https://www.ehd.org/your-life-before-birth-video/>

In 1973, ultrasound was still in its infancy and now obsolete equipment could, at best, provide only murky, distorted views intra-uterine. Today, many families have proudly posted on their refrigerator ultrasound photographs of their pre-born baby that provide a shining preview of coming attractions.

The Court also recently heard arguments in a case out of Kentucky called Cameron v. EMW Women's Surgical Center involving a suit on behalf of abortion providers and their patients challenging a state law banning abortions by dilation and evacuation (D&E). Unlike abortions performed by suction in the first trimester, where the fetal bones are soft enough to collapse into a large bore suction catheter, unborn children at the gestational ages of fifteen to twenty weeks cannot fit into a catheter because they are too large and their bones have calcified, making them too firm to remove from the womb by suction alone. Therefore, dilation and evacuation (D&E) procedures are required to surgically dismember the unborn child in order to extract it from the womb. This case is now awaiting decision.

The law has been slow to keep pace with the advances in medical science. Virtually all states have recognized now that human life is deserving of protection while in the womb. For example, a pregnant mother's freedom over her body does

not legitimize the use of illicit drugs resulting in the death of her baby. Likewise, some courts have even held that an unborn child is entitled to certain property rights and are entitled to the appointment of a guardian ad litem to protect these interests. Courts have awarded damages arising out of intentional injuries or crimes committed against unborn children.

Grazie Pozo Christie is a diagnostic radiologist who has submitted a "friend of the court" brief in the Dobson case. She writes: "These are the patients I encounter daily in my work as a radiologist. Clearly human, clearly alive, no longer mysteriously hidden from the eyes and knowledge of man, they ask us to consider them not disposable nonhumans but valuable members of our human family."

The writer of Psalm 139 perhaps said it best. "You formed my inward parts and knitted me together in my mother's womb. I praise you because I am fearfully and wonderfully made." Our nation's highest court will now have an opportunity to either reaffirm this truth or reject it again, as it did in 1973.

— Larry L. Crain,  
Crain Law Group PLLC  
[www.crainlaw.legal](http://www.crainlaw.legal)



## SPECIAL FEATURE

Brought to you by: Ben Davis/SelectPointe [www.selectpointe.com](http://www.selectpointe.com)

### Medicare Open Enrollment Ends December 7th



So, what is Medicare Annual Enrollment Period (AEP) also known as Medicare Open Enrollment about? If you have a Medicare Advantage Plan (MAPD) or a Prescription Drug plan (PDP) you have the option to review how that plan & carrier has worked for you this past year. And if you need to make a change, you can do so during the time frame of October 15th through December 7th. Whether you make a change or not your new plan or your existing plan will have a start date of January 1, 2022.

#### How do I find out about the plans offered for 2022?

You have many resources (good news/bad news) in which you can find out.

- First, you will receive via mail from your current plan/carrier what the plan you are on now will look like in 2022. You should have received this in early October. It will tell you what changes (if any) will happen starting January 1, 2022. Once you have that information you can discuss with your Agent any questions you may have.

- Second, you will receive a bunch of mail/flyers/postcards about the benefits other plans will offer next year.
- Third, you can go to Medicare's website ([www.medicare.gov](http://www.medicare.gov)) type in your zip code and review plans there.
- Fourth, the *Medicare & You* 2022 publication from CMS is out and plans are listed in the back of the booklet.
- Lastly you can contact your Agent and review with him or her.

May I make a suggestion? Starting now any correspondence you get from your current carrier or Medicare or Social Security please at least open the letter to see what inside. If you have had an 'issue' with your plan or if your health circumstances have changed or gosh, I just want to know what's out there get with your Rep. Each year we must get certified to represent plans we are going to offer as well as continue to be licensed with the state of Tennessee.

There are a lot of options available in the Middle TN area. We are talking about your healthcare coverage. Make sure your coverage is right for you for 2022. Then next Fall we will do this all over again!

— H. Ben Davis, III CSA Select Pointe, LLC 615-584-4946,  
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# AN ENCOURAGING WORD

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## When Should You Give Someone The Benefit Of The Doubt

Misunderstandings. Ambiguity. Well intended comments that go awry. When these things happen our personal experiences and expectations tend to fill in the uncertain blanks.

When there is a potential for misunderstanding, it can be helpful to offer the benefit of the doubt. Offering the benefit of the doubt can build and strengthen relationships. So, the question is – how do you know when or if you should offer the benefit of the doubt? Today, I will share a few secrets that I've learned in the studio.

### Secret #1 Decide in Advance

We can't control when uncertainty comes our way, but we can decide in advance to live with a renewed mind. When someone says something that you're not certain about you may want to start with the benefit of the doubt. Let's say you have a new friend that cancels at the last minute citing a family situation. Then later you hear from a third person, that the family situation was fabricated. You might not want to rush to judgment. There may be a valid explanation. If later you discover with certainty, that the excuse was fabricated it might be time to put on the brakes. When extending the benefit of the doubt is your first response, you avoid filling in uncertain blanks with suspicion and negativity.

### Secret #2 Trust Your Gut

As believers we know it's the Holy Spirit that gives us that cautionary red flag, or all is well green light. I remember talking with a Bridges guest whose math didn't add up. She said that in 1978 she couldn't feed her 4 children on \$100,000 a year. That math didn't add up for me. She seemed sincere, so I listened and asked more questions. What she meant to say was that in 1978 she was earning \$10,000 per year. With 4 children and looming debt she had trouble making ends meet. She was nervous and mis-spoke. Nit-picking this conversation would have been easy to do. But offering the benefit of the doubt gave room to strengthen the relationship and offer Bridges viewers a hope filled story.

### Secret #3 Holding On & Letting Go

Knowing when to hold on and when to let go is a complex task. Scripture encourages us to hold on to what is good – to think on all things good and noble. Scripture also instructs us to let go of the cares of this world and the weight of things that hold us down. It's a heavy load to carry suspicion and pick apart conversations with the hopes of finding a flaw. Of course, we don't want to live as the naïve or gullible, but with Christ's help we can look for the positive and give the benefit of the doubt unless we see that it is no longer a healthy option.

Today's Secret from the Studio: Offer the Benefit of the Doubt unless you're certain it's not a healthy option.

— Monica Schmelter, host of Bridges on Christian Television

Network, is a recovered fixer and people pleaser. Now, chocolate and grace fill her happy space. Watch Bridges on demand at [www.monicaschmelter.com](http://www.monicaschmelter.com)



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## SPECIAL FEATURE

Brought to you by:  
**Community Partner Vista Points**  
[www.vistapoints.org](http://www.vistapoints.org)



### From Rocky Top to River City: Vista Points opens two new offices to better serve clients across Tennessee

According to the CDC, one in four adults – about 61 million Americans – is born with a disability of some kind (cdc.gov, 2018). In Tennessee, one in three adults, or 1,705,934 people, have a disability (cdc.gov). The staff of Vista Points Special Needs Trusts believe each of these families deserves a valuable resource and an advocate.

## VistaPoints

The Special Needs Trusts & Resource Center

Vista Points helps individuals and families struggling with disabilities maintain independence and a quality of life. A recent case

illustrates the need: One gentleman client, in his 40s, has an intellectual disability. His wife also has a disability, and they have children with disabilities. Despite their obvious love and respect for each other, they were recently evicted from their home due to a lack of cleanliness and hoarding. Through Vista Points Special Needs Trusts, this client has worked with responsible case managers to learn the importance of cleanliness and how to keep a clean home and clutter-free. His family and he are now able to keep their new home clean and also have scheduled regular, professional pest treatment and home cleaning.

Vista Points meets these needs and many other needs, for families throughout the state. Vista Points is centrally located in Mt. Juliet outside of Nashville, TN. The organization recently opened offices in Knoxville and Memphis to better serve individuals living with a physical, mental, or intellectual disability and their families, as well as attorneys, and other professionals.

The Knoxville office opened July 23, 2021, and is located at 9111 Cross Park Drive, Suite D-200, Knoxville, TN 37923. The phone number is 865-658-1615.

The Memphis office opened August 10, 2021, and is located at 5865 Ridgeway Center Parkway, Suite 300, Memphis, TN 38120. The phone number is 901-902-5515.

"We are excited to offer our resources to more Tennesseans across the state, as we work to highlight the growing need for special needs trusts. We want to ensure a better quality of life for individuals and their families," Executive Director Darlene Kemp shared. "We also hope to grow our network of attorneys interested in adding special needs trusts to their practice, therefore making these services more accessible to all of those in need."

Lenny Harris, the long-time Financial Systems Coordinator, has had the privilege of serving many Vista Points' clients. "It is an honor to do this type of work," he says. "This expansion will reach more people, giving their families peace of mind and providing the person living with the disability a good quality of life." His genuine passion for serving people with disabilities is shared by all Vista Points employees.

"If you live anywhere across Tennessee, from Johnson City to Memphis, I invite you to schedule an appointment. The offices are open Monday through Friday, 9 a.m.-4 p.m. central time," says Kemp. ♦

## AN ENCOURAGING WORD

### 7 Benefits of a Grateful Heart

Do you remember last Thanksgiving? I grumbled a lot. We ate then mumbled through our masks. Later that day, I thought of all I had taken for granted over the years and found myself quietly thanking God. My mood shifted from mumbling and grumbling to gratitude.

Thanksgiving causes us to pause and focus on gratitude. Bestselling mental strength author, Amy Morin, wrote, "being thankful throughout the year could have tremendous benefits on your quality of life." Let's look at seven benefits to keep the attitude of gratitude going past November.



1. A grateful attitude is free and requires little time. A simple "Thank you," takes but a moment. A prayer of thanks takes a matter of seconds. We can all afford to change our grumbling to gratitude.
2. Gratitude reminds us of the giver of every perfect gift. Our God desires to give us good things. Why? Because He loves us. If we pause and take notice, we'll discover His gifts are everywhere. This weekend I noticed a child's laughter, wandering deer, a dog's welcome, a cool breeze on a hot, steamy day, and a glass of ice water after a strenuous day of moving.
3. A grateful heart produces joy for you and others. When we are thankful, we want to share with others. As a recipient of others' thoughtfulness, joy bubbles up in our spirit. I have a friend who loves to cook. If I tell her I don't need a meal, I steal her joy, and I don't experience the joy of receiving, which is a form of gratitude.
4. Thanksgiving ushers us into God's presence. The psalmist tells us to enter into His presence by thanking Him. Implement thanksgiving into your prayer life or daily routines to experience intimacy with God. After church service, I'm always in a better mood, but we can experience His presence every day.
5. When the brokenness of the world weighs us down, gratitude lifts us. When we seek thanksgiving in our chronic illness, a divorce, or a wayward teenager, our neighbors notice. They might even ask how we stay above the fray. We can then share God's goodness even during times of great adversity.
6. Research shows that a positive attitude results in a healthier body. Morin found that grateful people experience fewer aches and pains, take time to care for themselves, and sleep better. Who doesn't want that?
7. Recalling people and things we are thankful for reduces comparisons. In a social media-driven society, that is good news. Let's move into this holiday season, counting our blessings and continuing the habit throughout the year. It's for our benefit and others.

— Sally Cressman and her husband enjoy an easy rhythm in the empty nest stage of life. You can read more by her at [www.sallycressman.com](http://www.sallycressman.com).

# MIGHTY MEN

Brought to you by: **Mark Koch, First Hour For Men**



## Tithing Your Time!

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place where He prayed.*

Mark 1:35

It's interesting that in the Bible, there is only one thing that we are allowed to test God on, "Tithing", giving Him the first fruits of our income. I believe with all my heart that Tithing our time, giving Him the first fruits of our "Time" falls into this same category and is probably just as important to Him, after all He is our Father, and what Father doesn't yearn to spend time with his children.



Secondly as Christians with a desire to strive to be more like Jesus, the above scripture clearly shows that Jesus did just that... "Tithed His Time". He started His day off early in morning in prayer and intimate conversation with our Father.

The Bible tells us that God wants to bless our lives in ways that we cannot even imagine. As our heavenly Father He wants to fulfill His dream for our lives. So many times we miss God's best because we don't give Him the opportunity to guide and direct our lives on a daily basis!

With all the challenges us men face as Husbands, Fathers and providers, the stress can be unbearable at times. There is an enemy whose sole purpose is to rob us of our peace and Joy. I call the enemy Jr. "Joy Robber" because that's exactly who he is and is his entire M.O. Although many of us do not realize it, we're always wrestling against the unseen powers in the spiritual realm. There is an unending struggle and prayer is the weapon that will turn the tide! "Stay alert. Watch out for your great enemy the Devil. He prowls around like a roaring lion, looking for someone to devour." 1 Peter 5:8

People that know me are very familiar with two of my favorite slogans, Armor up.. or get slaughtered. "Put on the full armor of God, so that you will be able to stand against everything the enemy throws your way". Ephesians 6:11

The second is "There's power in the Hour". Spend your first waking hour "Tithe your Time" in prayer and reading the word of God and watch your life drastically change!

God has a pre-planned destiny for you and a perfect plan for your life. Spend time with Him at the beginning of each day, pray to Him, seek Him and ask Him to help you be the son He wants you to be. Talk to your Father each and every morning and Watch Him bless you with peace and joy in a way that you could have never of imagined. I challenge you to take the test!

— *Mark W. Koch is an Author, inspirational and Hollywood Film Producer. To order a Free Copy of, "The First Hour" for Men 30-Day Journey, Visit [www.thefirsthour.com](http://www.thefirsthour.com) and use promo code NCF*

# Can a special needs trust help you?



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Darlene Kemp  
MPH, MBA-HCM  
Executive Director

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## MISSION MAKERS

### Help Slay David's Goliath

Meet David. David recently turned 6 years old and is a sweet and spunky little boy. His grandparents are his guardians, and he lives with them and his older brother, Saxon, in a single-story home in Portland. David's Goliath was some needed home modifications to make his home safer and more accessible. David uses a manual wheelchair in the house. Due to his right arm's weakness, he propels his specialized chair with his left arm only. The layout of his home, especially his bedroom and bathroom, made it difficult for him to access these rooms. The bathroom door was too narrow for his chair to fit through.

The greatest challenge for David and his family was bathing. His grandmother is his primary caregiver, so she does his daily bath. She had to lift him manually over her shoulder and carry him to the tub. She then lowered him to the tub. Afterward, she had to pick him up while he was wet and carry him to the bedroom to dress him. This transfer was very difficult and unsafe for both David and his grandmother.

To assist this family, Tucker's House modified a new bathroom with a zero-entry shower and a roll-under sink that will allow David to be safer and more independent with these tasks. A new ramp was also built on the outside of the home for easier access to the house. The old ramp was too steep and not safe.



In order to complete the project, we relied on two major partners in completing the project. David Weekley Homes supported the project with funding and labor during their Build Month where they give back to the community. We also received financial support from the Sertoma Club of Nashville to complete this home modification project. We had great help in slaying David's Goliath!

We consider it a privilege to be a part of these family's stories and help provide dignity and inclusion for children and young adults in our community. We have a core belief that every child should feel at home and this drives us in everything we do.

Tucker's House is a 501(c)3 non-profit in Middle Tennessee that serves families who have children with disabilities by making their homes safer and more accessible. We receive no state or federal funding and our ability to perform services depends on the support of our Middle Tennessee community. The average cost of a project is \$15,000 and your continued support goes to help children like Bree and their families have safe and accessible homes.

— Graham Honeycutt, Executive Director of Tucker's House, to learn more or to donate visit [www.tuckershause.org](http://www.tuckershause.org).

## MIGHTY MEN & WOMEN

### What Can I Do?

Once a month, a woman comes to my house and watches my toilet flush. She also stands on a chair and presses all the test buttons on my smoke alarms to make sure they work. Among other things, she also runs my shower, with her hand under the water to make sure it gets hot. Now, at this point, you're either wondering why I have such weird friends or you're familiar with a foster care home evaluation.

Yes, my husband Matt and I are licensed Pennsylvania foster parents, and have been for over 8 years. We were blessed to make one of them a permanent part of our family when our daughter's adoption was finalized last July.

November is National Adoption Month. I'd like you to imagine with me a little girl who has been neglected in every memory she has. She's spent more nights than she can count cowering under her bed, at least when she had a bed and wasn't homeless. There's a revolving door of adults who only stay nice for the first few weeks, and she's learned that the only thing she can do is shut down and endure their abuses until she wakes the next day to face it again.

Now what I need you to know is this vulnerable girl is now 22 – and she's the mother of a toddler who just came into foster care. So often, we imagine today's children without putting their lives

in the context of the years and generations before. This is not an excuse, but I hope it changes your perspective – and helps you imagine the way a family tree could be changed forever if you step up to interrupt a cycle of generationally broken lives with the light of the gospel and a stable, safe childhood environment.

Of course, God does not call foster and adoptive parents to be the saviors of vulnerable children ourselves. We are, like all parents, servants who have the opportunity to provide a place where a child can meet Jesus Christ, the Savior we all need.

While your charitable giving budget may already support foster care and adoption, I encourage you to look for ways to get involved personally. First, pray for this monumental need, lifting up the vulnerable children and the families that serve them. Secondly, support foster and adoptive families practically as we walk this journey. Matt and I have seen time and again the face of Jesus shining at us through the steadfast care of faithful friends and family members.

Thirdly, please prayerfully investigate becoming a



foster parent. You can call your county's Children & Youth agency or go through a private foster care agency as we have. You might be thinking, "School just started and the holidays are coming, Kelley, now is not a good time for me." But I promise you, now is NOT a good time for a lot of children in need.

Hear my cry, on behalf of these children, please get registered as a foster parent. You can do long-term placements as we have, or become a respite family for just a few days at a time. In a normal year, there are 400,000 kids in foster care – that's 1 in every 184 children living in the United States.

But the question we face is not, "What can our nation do to help hundreds of thousands of children?" The question is, "What does Jesus call me to do to change one child's life?"

— Kelley Rose Waller and her husband are Pennsylvania foster parents. She is the author of two novels, *The Senator's Youngest Daughter* and *Going Back Cold*. Kelley is Vice President of a marketing firm. Her goal is to live, work, and write to glorify the name of Jesus Christ. [www.kelleyrosewaller.com](http://www.kelleyrosewaller.com)

## BUSINESS TODAY

### Lee Company Has a Labor Shortage Solution

Lee Company's FM2 team provides reliable facilities management and maintenance. As a post-pandemic labor shortage looms for businesses across the Nashville region, owners and managers are wondering where they'll find the staff they need to manage their facilities. For many of them, the solution is not to hire anyone at all. Instead, they're focusing on their core business without distractions and letting us at Lee Company handle the details of keeping their facilities running smoothly.

Our Facilities Management and Maintenance team (FM<sup>2</sup>) performs HVAC, electrical, and plumbing service and repairs, as well as general maintenance and projects.

We have a serious skilled labor gap in the entire country. It's hard for companies to keep workers with those skills in-house. For some customers, our FM<sup>2</sup> staff members are on-site every day. Other businesses may need help for a few days or weeks, or as briefly as a few hours.

FM<sup>2</sup> team members can assist with tasks of all sizes, from rewiring electrical circuits to climbing a ladder for someone uncomfortable with heights. In an emergency, the FM<sup>2</sup> team is available 24/7.

We exist so our clients can concentrate on doing the work they love!

Our technicians bring decades of experience when they walk in the door, but with such a diverse customer base, they know it's important to learn about each one before beginning work.

We have to start from a place of vulnerability and transparency. What does a successful day for an NFL team look like? Or a hospital or a barge company? We sit down with our customers, who co-create the solution with us.



Our technicians in the field can call on our Virtual Support Center to help craft solutions, which saves time and money for customers. Technology, like our own brand of smart thermostats, can continuously monitor facilities and provide instant alerts.

It's like virtual boots on the ground 24/7 and provides actionable data!

Our technicians are part of a 1,500-person-strong, family-owned company that is committed to creating opportunities for its employees and supporting its communities. A lot of companies can send a tradesperson to a site. The difference is the culture that we bring. We have the skill sets to provide the service they need and a national industry-leading safety record. We have a team who are on their game every day.

— Steve Scott, Senior Vice President of FM2 Business Development,  
Lee Company, [www.leecompany.com](http://www.leecompany.com)



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# Happy Thanksgiving!

Devote yourselves to  
prayer, being watchful  
and thankful.

Colossians 4:2



## SPECIAL FEATURE

### Why Does God Care What We Think?

*The Lord God then called to the man and asked him: Where are you?*

Genesis 3:9

This is the first question our all-knowing God asked of humanity. You might think, "He didn't need to ask Adam that question. He knew exactly where Adam was." So why did the author of Genesis portray God in an inquisitive manner?

The short answer is to establish God and humanity's relationship as it pertains to the parameters of our free will and He did so with three little words.

To understand the lesson behind the story of humanity's first sin we must examine the nature of God and man. This is the first story that depicts God as the Father of all humanity. Every loving parent and every child can relate to this story of a child having done something wrong. In the short history, told in the creation story of humanity, Adam enjoyed a face-to-face relationship with God. At no time before man and woman's sin did God have to call out to them. The story leads us to believe that Adam was always eager to see God. As a father returning home from work; his children would run to greet him, eager to spend time with him. So, it was with Adam; that is, until things changed. Still today, when we sin, the relationship between those we sin against changes.

Think about the times your children did something wrong. Were they eager to greet you upon your return or did they hide until you called out to them? Even the youngest child does not want to face the ones they love after they hurt them. The first face-to-face confrontation is painful because it requires us to address a conflict between what we wanted versus what is right. This



impetuous conflict can be found at the heart of every sin; our struggle to control our selfish nature.

When they heard the sound of the Lord God walking about in the garden at the breezy time of the day, the man and his wife hid themselves from the Lord God among the trees of the garden (Gen. 3:8).

What is interesting, is that the Hebrew translation is: they heard the voice of the Lord God walking. This translation would suggest that after sinning, humanity lost the ability to see God face-to-face. From that moment, our communion with God depended on the Word of God until the Word was made flesh again in the humanity of Jesus. Only Jesus could repair what was lost by Adam and Eve's sin.

With the coming of Jesus, we once more are shown the power questions have in coordination with our free will. Jesus is the Master at answering a question with a question. In the Bible, Jesus asks three hundred and seven questions. These are examples of how God "leads us" to the places He wants us to go, things He wants us to do, and the person He wants us to be. This inquisitive method reinforces God's relationship with our free will while guiding our thoughts to the words and actions He desires for us. Jesus, in many ways, through the gospels and in life today, ask the same question God asked Adam. "Where are you?"

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

## BODY & SOUL

### The Holiday Mindset

The holidays are some of the most amazing times of the year. There is nothing like spending time with family, taking time off work, and food. Oh, the food! While the holidays can be a great time for growing closer to the Lord, many people tend to check out and walk the flesh more than ever.

Often this happens because we lose focus when we are comfortable. We lean on our own understanding. We push everything back till the new year. Which isn't always bad. There are seasons to rest and seasons to harvest.

One of the biggest areas people lose focus in is their health. People diet and try to gain ground ALL year and then when the holidays come they just let go of any progress they have seen. We tell ourselves that once the new year comes we will "get back on the wagon". And we repeat this cycle year after year, getting a little worse off each time. By the time we get older this backward progress catches up with us and we have serious health issues that could have been prevented.

So many people aren't able to fully step into the calling God has for them because they don't steward their bodies in the way that God made them. But I am here to tell you that God wants to bring revival to your health. He wants to end those cycles of guilt, shame, and regret. He wants to help us partner with the way he made our body so we can walk in the calling He has for us.



Your next opportunity to gain ground is this: Don't wait till the new year to make changes. There will be no perfect time to see freedom in your health. Start making small changes in your health NOW to gain momentum going into the new year. Even through the feasting of the holidays, God wants to give you the grace to gain ground and end those harmful cycles.

Your transformation can start now. And just think, if you can make simple changes during the holidays when things are hard, just think how easy the rest of the year will be! End those cycles you have walked in by taking small consistent steps toward the person God has called you to be in your health. And get help if you need it. We can't do this alone!

— Ashton Tate is the founder of Glory to Glory Fitness. He partners with biblically-based companies and leaders to align their health with the vision God has given them.



## Tucker's House

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Middle Tennessee by making their  
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[www.tuckershous.org](http://www.tuckershous.org)



## How to NOT Invite Pests into Your Business This Fall!

While the fall season is all about football, plaid, and pumpkin spice here in the South, to many pests, fall signals a need to find a warm place to spend the winter. Our Commercial Pest Professionals want to remind business owners of the importance that fall pest-proofing can play in keeping pests from making their home your office!

### COMMON FALL INVADERS

#### • Cockroaches

Since cockroaches are nocturnal, you probably won't notice their increased presence this fall until they've established a large infestation. German cockroaches can be vectors for harmful bacteria like E. coli and Salmonella, and they can also trigger allergies in some people. They often seek shelter and breed in, and around natural materials found in most commercial environments, such as wood and cardboard.

#### • Rodents

Like cockroaches, rodents also can carry pathogens that cause disease. They can also leave by unsanitary droppings that can contaminate products and equipment, but more importantly, can threaten the health of workers, customers, and visitors.

Mice and rats will eat just about anything, so it's no surprise they can gnaw on structures, wiring, merchandise, and food--even if it is stored!

#### • Spiders

Arachnophobia is one of the most common and widely known phobias to this day. Not everybody likes these 8-legged pests, especially the venomous ones! A common one this fall can very well be the venomous brown recluse spider. Known for their secretive behaviors, brown recluses are less reclusive during the fall. Often seeking out shelter and food during the cold months. If bitten by one, bites can take three hours to develop and up to three weeks or longer to heal!

#### Prevention Tips

Since the biggest issue with fall invaders is that they are looking for a winter rental, it is important to combat the issue early in the fall season. Our Commercial Service Professionals recommend these tips to help.

- Seal any cracks in foundation, doors, and windows (even rodents can enter the tiniest of cracks).



- Repair any window screens that could be damaged.
- Store all open food in airtight containers, glass or hard plastic preferred (roaches and rodents can chew through most soft items).
- Take the trash out regularly.
- Keep shrubs and bushes near your building trimmed back.
- Remove commercial trash, like cardboard boxes, if there is no use for them.

All these tips can contribute to a pest free work environment this fall, but the best solution is proper, trusted pest control. If you have an issue, you aren't sure you can maintain, contact us today at 866.WAYNES1! A trusted Waynes service professional has all the training to ensure a pest free fall!

— Meredith Boyd, Social Media & Marketing Coordinator at Waynes Pest Control  
[www.callwaynes.com](http://www.callwaynes.com)

## HEALTHY LIVING

Brought to you by: Cool Springs • [www.CoolSpringsMD.com](http://www.CoolSpringsMD.com)

### Be Happy, Be Healthy, Be Whole

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

Weight loss and the holidays is my most challenging time of year. Is it the same for you? I love all the events, the time with family, the time off work – but oh the caloric temptations.

I love that people make a lot of gifts at home, in the kitchen, but a lot of times those extras make their way into the break room at work. Oh, the temptation. It looks so good, and it's the holidays, and it's small, and then I have eaten seven.

However, I confess, I'm guilty in the other direction also. When my wife Sheryl says, "Hey honey, take these to work so they doesn't tempt us", I'm just following orders.

So, instead of sugary treats, we are hoping to stock up on citrus this year after reading in the Journal of Lipid Research that citrus fruits, like tangerines and oranges, increase weight loss and stop the development of type 2 diabetes and heart disease.

Another weight loss tip I found involves one of my favorite things – Music! According to research journal, Psychological Reports, when music is played during a meal, diners eat about 18 percent

less and report enjoying their food more.

So, is there a place for chocolate in a healthy diet? An article in the FASEB Journal, a medical research publication, says – yes ... for breakfast! Put down that bran muffin and pick up a Hershey bar. Eating chocolate in the first hour of the day could boost fat loss and lower blood sugar. A study found that consuming 3.5 ounces of chocolate within an hour of waking up helps with burning fat, reducing blood glucose levels, and decreasing stress. (Note to self- 3.5 ounces is NOT the whole bar.)

How has your weight loss journey been going? Is someone helping you stay healthy? It's hard to go it alone. Remember, if you need help, I recommend the people who have helped me and my wife lose weight, Dr. Lodge and the staff at Cool Springs MD.

So – here's hoping we all can keep our head in the weight loss game over the holidays. My challenge



will be to remain disciplined to exercise portion control. I don't want to feel deprived but I can't over indulge. What's your biggest challenge over the holidays?

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  
You can email me at  
[Doug@94FMTheFish.net](mailto:Doug@94FMTheFish.net) or feel free  
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# THE HOME FRONT

## Concrete Repair

You probably do not spend much time thinking about the sidewalk in front of your home. It is not so much for you as it is for the pedestrians around your neighborhood. However, the sidewalk on your property is your responsibility to maintain.

There are a few factors that could cause a sidewalk to need repairs. Rain can wash away the dirt underneath the concrete sidewalk slabs, causing them to sink or settle. In dryer months, the soil can dry out and shrink. This can cause concrete to crack and potentially become a trip hazard.

Regardless of the reason for repairs, the safety of your sidewalk is important. Many people use the pathway, whether it is to get to work or to exercise.

Children might use your sidewalk to get to and from school.

In many places, it is the homeowner's responsibility to repair the concrete sidewalk on their property. Often times, the sooner you get it fixed, the less expensive the cost will be.

Our company has helped countless homeowners by lifting their sunken sidewalk slab, repaired their cracked driveway and, ultimately, restored their curb appeal and safety around their home. Contact us today for a free, no-obligation inspection.

— Britney Krbec, Marketing Manager  
Frontier Foundation and Crawl Space Repair,  
[www.trustfrontier.com](http://www.trustfrontier.com)



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# LIFNAV: Resourcing The Hope Of Individuals Living Outside Of Shelter

The Salvation Army LIFNAV (Life Navigation Coaching) program offers street level engagement and support for our neighbors living outside shelter, while helping them navigate their path to rapid rehousing. We do this by engaging with them by providing basic needs and resources to build relationships of trust and belonging. Then we empower them to design their own personal stories and develop SMART plans of action to reach their goals. Finally, we equip them with the tools and resources needed to put their plans into action.

The Salvation Army's strength has historically risen up from simple meetings on the streets. From General William Booth to Joe the Turk, the Slum Sisters, to the ringing of the bells in San Francisco, the call of Salvation, Life is found outside with our people. LIFNAV serves from this place of passion. LIFNAV, simply asks the age-old question, "How may we help you experience the fullness of life?" Our neighbors respond with three unique Quality of Life Goals and then we work together to achieve their goals. LIFNAV continues the tradition of resourcing the hope of those we love.

And in The Salvation Army way, we continue to evolve our services to best serve our neighbors, leveraging modern technology to create connections, community, and change in the most easily accessible ways possible. Connections are created through LIFNAV Hospitality Hubs on a street corner. NAV Packs connect us by providing a Smart Phone with 24-hour access to our community through LIFNAV Texting, and the LIFNAV App.

In the spirit of Nashville, we write our songs and our stories together. Already, more than 10,000 journals have been shared across the country...that's 10,000 new additions to The Salvation Army's ever continuing and evolving story of "Doing the Most Good."

"The greatest joy is seeing despair in a person's eyes fade away as hope brings new light and life," shares Major Ethan Frizzell. "This is an opportunity to change not only individual lives, but our whole communities' approach to housing our neighbors." Most importantly, LIFNAV gives opportunity for community connections, corps connections, salvation connections...life connections.



**Cyndi, seen here with her ESA dog Sassy and Metro Nashville Police Officer Johan Kinberg, recently moved into her new apartment.**

**Hear the stories of neighbors who's lives have been changed:**

#### **Meet Cyndi and her ESA Sassy**

Cyndi had been on the streets since she was 13 years old. After leaving a home full of trauma and hopelessness, she joined the carnival and was able to make ends meet for years. Then, something unexpected, a stroke, brought it all crashing down. Cyndi found herself in Nashville and calling its streets her home. Sleeping in a hammock through the hard cold winters, hidden away in the woods forgotten and alone.

Cyndi found a career with the Contributor, and began selling newspapers. She then connected with a LIFNAV coach who walked her through the steps of gaining access to assistance and information she needed to improve her life.

One cold morning in January of 2021, she made a very special journey to The Salvation Army escorted by Metro Nashville Police Officer Johan Kinberg, a member of the Quality of Life team. This journey ended with keys in hand to her new apartment where she and her ESA dog Sassy can live in warmth and safety as they continue their journey to a brighter future. That day, Cyndi walked out to the doors of The Salvation Army with a renewed HOPE and TRUST!

#### **Meet Jay**

Jay had been on the streets of Nashville on and off for many years. His struggle with addiction to alcohol made it hard for him to be able to function in daily life. Jay had a long relationship with one of our LIFNAV coaches, Tiffany, well before she joined our team. There were many nights when she would find him downtown and had to call an ambulance because he was so intoxicated that people were stepping on and over him as he lay on the sidewalk.



**Jay has reconnected with his family after completing the LIFNAV program.**



**After battling addiction for most of his adult life, Eric was finally able to move into his own rental home, thanks to The Salvation Army and the LIFNAV program.**



**Gary is a veteran who is building a new life for himself and his family, thanks to the LIFNAV program.**

Prayers were answered in the spring of 2021, when through our LIFNAV program, Jay was able to move into a rapid rehousing apartment and begin his journey to a better and brighter future. He began to ease back on his bad coping habits and develop better ones. Most importantly, he was able to re-establish a relationship with his daughter Sam after many years of being an absentee father.

Their relationship was repaired to such a point that she and her husband offered Jay a home with them to further work on his recovery and healing.

Before leaving to journey home with them, he hugged Tiffany and said "Thank you for every time you showed up and loved me. Thank you for the grace you gave me every time I was high. The Salvation Army saved my life and gave me hope in more ways than I can say." That day the chapter of despair was closed and the door to renewed HOPE was opened!

#### **Meet Eric**

Eric is a Nashville native who was raised by his mother and grandmother, both of whom were addicts, in MDHA housing. His father had never been in the picture. As a child, his family was evicted and began to live in abandoned homes and on the street.

Eric would eventually get into drugs himself, and battle addiction throughout his adult life. He has slept on park benches in downtown Nashville, and in the corners of The War Memorial.

Eric has been in and out of jail, with a past that was so rough other agencies in town weren't able to help. Eric has been told by many others that he would never qualify for a section 8 voucher, or an apartment with his arrest record. When Eric signed up for the LIFNAV program in December of 2020, we promised Eric that if he didn't give up, we wouldn't give up either and we would work through everything together.

After 10 months, Eric won over the landlord to a rental property, and the gracious landlord stated "I don't care that you have felonies, as long as they are not for killing your landlord. You seem to be a respectful man, and you have the backing of The Salvation Army. I will rent to you." Not only did the landlord rent to him, but he also reduced the rent enough to meet Eric's budget with his section 8 voucher because he saw the change in Eric. That day the 22 year wait for a home ended and his new future began.

#### **Meet Gary**

Gary is a veteran who had been living in encampments for many years. When we meet him, he was depressed and hopeless...wondering how he would find the strength to carry on. He was estranged from his young children in East Tennessee because he didn't have the resources to go visit them and had recently been diagnosed with stage 4 colon cancer.

Through working with his LIFNAV coach, Gary was able to move into an efficiency apartment. Then he found comfort and companionship with his ESA puppy. Then he built connections with his neighbors, establishing an AA meeting in the parking lot of the complex and once again stepping on to the path of sobriety.

Today, Gary has moved into a senior apartment community, his cancer is in remission, and he has regained custody of his children. Today, Gary has overcome the ghosts of his past and is building a new life for himself and his family.

— Major Ethan Frizzell, Commander  
Misty Ratcliff, Development and Communications Manager  
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## THE BIBLE

### Turn To Your Bible

The Bible is the bestselling book in world history, with an estimated 5 billion to 6 billion printed in more than 700 languages. But how many Bibles are actually opened and read, and how many just gather dust on bookshelves, their contents hidden from us?

You can find incredible value in this ancient book — sometimes in very surprising ways, as a bookstore owner I know recently told me. My new friend Ben ran an online store for used books, but almost nine years ago he decided to close it and open a brick-and-mortar version, selling used books on North Academy Boulevard in Colorado Springs.

It's a small shop called 2 Buck Books, located in a long strip mall, close to a Target and a host of other retailers, including Chuck E Cheese. It's the kind of bookstore many of us grew up with, before Amazon and other online retailers did to many bookstores what cars did to horse-drawn carriages.

If you were to step into Ben's shop, you'd see exactly what you'd expect — aisle upon aisle of dusty titles, all neatly organized. Ben knows where everything is and happily shows you around. "I'm short on novels and classics," he said. "Business has been brisk ever since the pandemic began."

The area around Ben's cash register is cluttered with knick-knacks and tchotchkies of all kinds — superhero figurines, a magnifying glass, to name just a few. "All of these things come from the boxes of books people bring in — you'd be amazed what you find," Ben told me. "I even find marijuana leaves — often in college textbooks."



"Ever find anything really valuable?" I asked him. "My old colleague, Sandy, once took in a big box of books, most likely from an estate sale. It contained a Bible," Ben replied. "A valuable Bible?" I asked.

"Once she opened it up, she realized it was hollowed out — and it contained \$2,000," Ben said. Book safes are difficult to make but not all that uncommon. "I think Sandy tried to find out the owner, but never did," he added.

I've been thinking about the person who brought those books to Ben's store, never realizing that the Bible had \$2,000 in cash inside — because he or she never bothered to even crack the cover of the most powerful and most important book ever written. A book that has changed countless lives for the better.

Year in and year out, the Bible remains the world's bestselling book. It's estimated that over 100 million are printed each year around the world, and 20 million are sold in the U.S.

Chances are you have one in your house. Or even two or three. How much wisdom and insight is at our fingertips — if we'd only take the time to open it up, read its pages and ponder its eternal truth?

A Bible on a shelf untouched does nothing. An opened Bible that you read can be a priceless treasure that changes your life.

It was Augustine of Hippo who said, "The Holy Scriptures are our letters from home."

John Wesley, the 18th-century English cleric and evangelist, once said: "I want to know one thing, the way to heaven: how to land safe on that happy shore. God himself has condescended to teach the way; for this very end he came from heaven. He has written it down in a book! Oh, give me that book! At any price, give me the book of God! I have it: here is knowledge enough for me. Let me be: A man of one book."

So if you have a Bible in your house, open it up. You might just be surprised what you find inside. And you might never be the same afterward.

— Paul J. Batura is a writer and the author of seven books, including, "GOOD DAY! The Paul Harvey Story." He can be reached on Twitter @PaulBatura or by email at Paul@PaulBatura.com.

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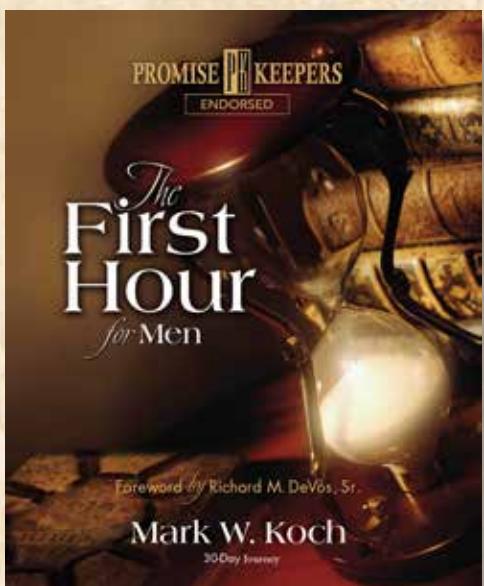
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## The Best Way To Clean Your Instant Pot (And Keep It Clean!)

### Are Instant Pots Easy to Clean?

The more you use your instant pot, the more often you'll want to clean it. Giving it a light scrub after every use is a good start, but the intense pressure and heat associated with this style of cooking means you'll want to go a bit deeper to ensure your food doesn't pick up old flavors. Luckily, those quick cleans are easy, and even a deep clean doesn't take too long, either.

### Here's How Often to Clean an Instant Pot

There are a few parts to the instant pot you'll clean every time you use them.



- Inner Pot.** This large, stainless-steel pot is where the magic happens! It comes in direct contact with foods like rice, curries, and soups, so you'll want to wash the pot with warm, soapy water every time you use it.

- Steam Rack.** For steamed vegetables especially, this steel component touches the food directly. You can put the rack in the dishwasher, but it can be easier washing by hand, just as you would the inner pot, to get small bits of food that might be stuck in the grate.

- Steam Valve.** That release valve might be made to release steam, but it can get clogged by tiny bits of food, too. When you give the whole exterior of the instant pot a wipe, pay extra attention to the steam valve to get any particles lodged in the valve. This is a quick process and all you'll need is a clean, damp cloth.

### The Best Way to Clean an Instant Pot (And We Mean Really Clean It)

Especially if you cook a lot of different types of food, you'll want to give your instant pot a deeper clean. This includes getting after a couple of the more hard-to-reach parts of the pot.

The best way to clean an instant pot is to take it apart and clean each piece separately. Give your instant pot a more thorough cleaning whenever you see spots of food, signs of discoloration on any of the components, or if you notice a change in how long you need to set your timer for. Under- or overcooked foods may be a sign of contamination or an issue with one of the following components.

### How to Clean an Instant Pot Lid

There is a lot going on at the top of your instant pot. Remove the lid and turn it over. You'll first remove the rubber seal that circles the inside of the lid. Next, take a damp cloth and soapy water and scrub around the edges. It's often helpful to use a toothbrush to get into the nooks and crannies on the underside of the lid.

Next, clean the anti-block shield. This is the small round or oval element that looks like a one-inch-wide pasta strainer. Gently press it toward the rim of the lid and it will pop off. Scrub the anti-block shield in hot water and soap and rinse it well before putting it back on.

### How to Clean the Rubber Seal on Your Instant Pot

That rubber seal is another easy lid component to clean. Scrub the ring with hot, soapy water, or let it soak in hot water. Some instant pot fans like to at least scrub their rubber seal after every use. Others use a different seal for spicy foods and sweet foods to make sure odors don't affect different dishes.

You can also clean your instant pot rubber seal ring by running your instant pot through a steam cleaning cycle. With your instant pot put back together, add two cups of water and a tablespoon of lemon zest to the inner pot. You can also use white vinegar instead of water. Run your instant pot on the Steam setting for

two minutes and quick release the valve when the time is up. With the lid off, let all the components air dry.

### How to Clean the Instant Pot Heating Element

The heating element is the toughest part to clean. First, always make sure your instant pot has completely cooled off before attempting to clean the heating element. You'll also want to unplug the unit entirely. Don't use anything wet or damp on the heating element itself. Even a small amount of moisture could ruin the electric components if it is still damp when you go to use it. Instead, use a dry cloth or a moderately abrasive pad, but don't press too hard or you could damage the burner. The best way to keep this part clean is to avoid exposing it to food particles, so be careful whenever you remove the inner pot!

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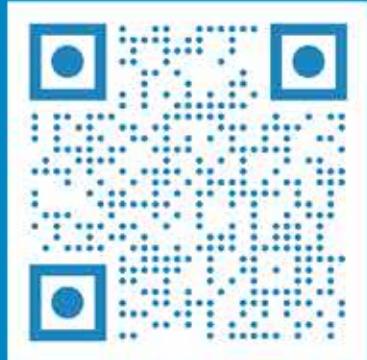
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# FAITH UNDER FIRE

## Fueled by Faith

Last month I wrote about Willie and Shirleen Mangrum in Columbia, Tenn. and her bout with Pancreatic Cancer discovered in 2020. This article is the second of my two-part interview with them. My questions/comments are in bold with their responses.

**Shirleen** - "When we met with Dr. Idrees on July 22 at Vanderbilt, he explained that based on my test results, it was probable that the mass on my pancreas and spots on my liver were malignant. A surgical biopsy was recommended and scheduled for July 27. He explained that they would test the spots immediately...and if cancer, they would insert a 'port' in my chest to aid in the treatment."

### Please tell what happened next.

**Willie** - "An appointment with Dr. Rajiv Agarwal confirmed Dr. Idrees' findings and the different types of treatment. Dr Agarwal asked if we wanted to wait a few weeks and then get started. Shirleen responded, 'No, may we start as soon as possible?'

"Friday, August 7, 2020, was definitely a different world than we were accustomed to. It was our first day of appointments- and we didn't have a clue. First, check-in...then the Lab.

"Soon, Dr Agarwal came in, reviewed the lab results with us, described the treatment process and did an exam of Shirleen. It is a three-drug treatment that takes about six hours; sometimes causing severe nausea and diarrhea. Also, severe energy loss is noted and oh yeah, something called neuropathy.

"Up to the Infusion Clinic we go. One bag, done. Second bag, done. Now, they hook up a small pump that will be Shirleen's "friend" for forty-six hours. It very slowly pumps chemo into her body. When done, we disconnect the pump- at home. On Monday, a booster shot is administered.

"Shirleen and I had a discussion that we will refer back to many times. That discussion involves a Condo Building in Panama City Beach. The shoreline at that Condo is Shirleen's favorite place on earth. We likened that top floor to our brains- the ability to have more impact on the building below...or the 25th floor.

"Shirleen's 25th Floor has been through times that could collapse the floors below. Not Shirleen's top floor- God lives there.

"One thing that has not changed since that first treatment day- we made a pact to start the treatment day laughing and keep right on laughing, until the day is done."

**Shirleen** - "During another visit, we were in the waiting area when approached by a man named Mike. A very outgoing man who was going around talking to people and handing out little chocolate bars. It didn't take long before he was telling his story of being diagnosed with a brain tumor when he was in Germany 13 years ago. At that time, he was told he had six months to live. He went on to talk about how God is the One in charge. Mike said that his goal is to see that people know God and place their faith



Willie and Shirleen Mangrum

in Him. He followed up our conversation by sending me several pieces of encouraging notes and scriptures. What a blessing it was to meet him!"

### How is this journey further defining your lives?

**Shirleen** - "This journey is defining me as a Christ follower, Disciple, Encourager, Supporter and Witness. I want to be an influence on people like Collin, Jackie and Mike.

"Then God showed me how I can use the things that I have been blessed with to bless others. I typed out the verses that Collin gave me and put that paper inside the cover of a book called "The 199 Promises of God". My sister had sent me a picture of her facemask

that says "In this family, no one fights alone". I had silicone wristbands made with that saying on them. I put the verses, the book, four wristbands and a pair of "kicking cancer's butt" socks in a packet. Packets have been made for adults and kids and given to the staff at Vanderbilt.

"My desire is to encourage people to not let a discouraging diagnosis get the best of them."

**Willie** - "Pancreatic Cancer is a SILENT KILLER. Silent in that it has very few, if any, symptoms. The symptoms that cause an ultrasound to be done are symptoms caused when it spreads to other organs- most times the liver. Almost never is Pancreatic Cancer found before it spreads. When it spreads, the cancer is incurable. Make a point to ask your Medical Professional to check your GI Tract and specifically your Pancreas and Liver- by getting an ultrasound done as part of your annual Physical."

**Shirleen** - "This is a path that we couldn't have envisioned being on. However, it has been one that has brought us relationships and blessings that we would not have otherwise experienced. I'm in the hands of The Great Physician! He's got great things to accomplish through me and all I can say is, "Here I am, send me!"

— Ralph E. Vaughn

If something in this month's issue of  
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## FAITH @ WORK

### Be Open To Hearing From The Holy Spirit In New Ways

Most of us err on the side of caution when it comes to hearing from God. The Bible clearly tells us we can't fathom the mind, power and deep mysteries of God (Job 11:7), yet the majority of us tend to put the Almighty in a box when we think about how He will communicate with us.

Whether you're a brand new believer or someone who has been a follower of Christ for many years, you've likely questioned at some point how to know when God is really speaking to you.

Most of us err on the side of caution when it comes to hearing from God, and there is wisdom in that approach. God does tell us in 1 John 4:1, "Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world."

We must be very careful not to mistake our own instincts (which can be swayed by our flawed emotions – or worse – spirits that are not of God) for the voice of God. Yet, as I've grown my relationship with the Holy Spirit, I've discovered that there is such a thing as being too cautious, rigid, and dare I say unbelieving when it comes to hearing from the Holy Spirit; and this lack of freedom in our relationship with Him robs us of immeasurable blessings and joy that He has in store for us.

God gracefully began to pull me out of my unknowing disbelief in this area several years ago when my husband and I joined a church that prioritized being led by the Holy Spirit. I remember the first time a pastor asked to pray for me. She started describing a vision she was seeing in real time which, without outright saying, she implied was being given to her by the Holy Spirit as a message of encouragement for me.

The picture she described resonated deeply within me and I found myself eager to learn how this pastor had received not only an amazing supernatural gift, but the discernment to know it was actually an image from God and not just her own imagination. I asked her these questions over coffee a few weeks later, hoping to find a clear-cut answer on how I, too, could receive this type of revelation from the Holy Spirit.

She reassured me that my desire to fully understand this type of experience was coming from a good place, and that she herself had these same questions when she first began to seek different gifts of the Holy Spirit. She reminded me that the Bible tells us every truly good thing comes from God; she coupled that with 1 Corinthians 14:3, which tells us messages from God are meant to be shared among fellow believers to encourage one another and build one another's faith.

Perhaps most importantly, she told me that when she first began to ask the Holy Spirit to speak to her in new ways (like showing her pictures in her mind's eye), her first instinct was to question the images. Were these scenes simply being recycled by past experiences or her mind's own creativity? But when she sought counsel from an elder pastor, he reassured her that when we ask God for good gifts with pure intentions in our hearts, He does not give His children a stone in place of bread. And who are we to think God can't use our past experiences or our creativity to communicate something to us? At the end of the day, faith must play a role in our ability to receive revelation from the Holy Spirit.



I decided to take her advice soon after when I prayed for my dear friend, Molly, on her birthday. I began by asking the Holy Spirit to increase His presence within my mind. As I prayed, I pictured Molly walking alongside Jesus and her dad, who had recently passed away. I saw Jesus place a crown of sunflowers on her head, saying, "This is Molly, my sunflower whom I love." The imagery was beautiful and simple, yet my knee-jerk reaction upon opening my eyes was to doubt what I'd seen had really come from God. I thought, "Molly has a cheery disposition and blonde hair, I'm sure my imagination simply brought a sunflower to mind because of those things."

Because of my doubts, I was hesitant to share what I'd seen with Molly, but the Holy Spirit reminded me of my pastor's advice, and I decided to send what I'd seen in my birthday message to her. She wrote me back immediately, telling me she had tears flooding down her face; I could hardly believe what I read next. Molly told me that hardly anyone knew this, but growing up, her dad's nickname for her was "my little sunflower!"

I was absolutely astounded by the sweetness of our God! Not only did He give my friend a tangible piece of her father on her first birthday without him, He was gracious enough to allow me to be a part of that process, which deeply increased my own faith and encouraged me to continue pursuing words from the Holy Spirit.

If you are interested in hearing from the Holy Spirit in new ways but something is pulling you back, I encourage you to ask God to give you the faith you need to freely receive the gifts He has for you. You will be amazed by what happens.

"If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"(Luke 11:13).

— Christen Limbaugh Bloom is the creator of *Haplous*, a Christian blog for women seeking peace in a stressful world. Her writing focuses on practical "baby steps" individuals can take when pursuing a relationship with God. Christen is a Missouri girl turned Manhattanite who loves God, her husband, iced coffee year-round, and connecting with other women. You can follow Christen's blog on Instagram at @haplous\_official and her website at [www.haplousofficial.com](http://www.haplousofficial.com).

THIS ARTICLE WAS FIRST PUBLISHED BY FOX NEWS



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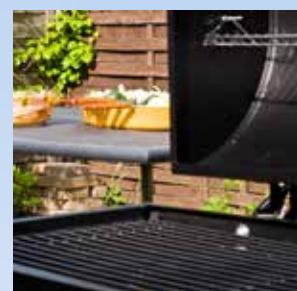
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With several hundred cleanings completed in the grill and dryer vent category we can assure we approach each opportunity with the latest training, equipment and experience. A fun challenge for us is that no two grills or dryer/vents are the same and we all use our 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 lint to travel. This means our experience evaluating condition, use, etc. helps us apply the right process and equipment to achieve the best results.

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1. Bundled pricing when buying more than one service.
2. Gifting a service to a friend or family member.
3. Why it's difficult to effectively clean a grill or dryer vent (training, process, equipment, experience, and more).

— Marc Tepner, 615-594-9052

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. [www.bar-b-clean.com/nashville](http://www.bar-b-clean.com/nashville) [www.hygienitech.com](http://www.hygienitech.com)



## AN ENCOURAGING WORD

### Who You Are Working With Is More Important Than What You Are Working On

#### Can you tell us a story about an individual who was impacted or helped by your cause?

I remember quite clearly the day I heard about Kajal. My team received news of a patient, 6 years old from Calcutta, India. She lived in one of the worst ghettos in the world. If that wasn't enough, her stepmother intentionally blinded her by pouring acid in her eyes to make her a blind child beggar. Within weeks of this terrible event, she was left to die at a train station but was rescued by religious nuns.

When a doctor receives news like this, we have to manage our emotions. On the one hand, my heart went out to this little girl and I experienced anger toward a world that could do such a thing. On the other hand, I needed to treat this as a strictly medical case. With Kajal, I was pulled into her story immediately and felt a personal connection to help her see again.

Soon, the Wang Foundation for Sight Restoration took over Kajal's case and we brought her to the United States. I remember meeting her and giving her a special music box and introducing her to several host families. She was so frail and timid, but she had a kind of strength in her that was special. I then began to assemble a team of medical professionals to help save her sight.

When I got into the operating room and opened Kajal's eyes, I found that the damage was beyond repair. I was angry. How could an innocent child experience such an unspeakable atrocity? I was also angry at my God, for not having answered my prayer to help this little girl. I felt hopeless.

Then at the Wang Foundation's annual benefit event, the EyeBall, something remarkable happened. While I was on stage introducing Kajal and the generous host families that took care of her during here time in the U.S., I realized something profound. Perhaps my prayers were answered. One after another, people came to the microphone and gave testimony of how Kajal had made a beautiful impact on their lives. She emanated joy and this was infectious. The children that spent time with Kajal experienced joy and certain thankfulness for their own sight. The adults were inspired by her fearless gentle spirit that embraced the pain of her blindness but nevertheless did not lose hope. Kajal showed me that when darkness surrounds us (physically, emotionally and spiritually), light can still emanate from within.

When I handed the microphone to Kajal she broke into a big smile and what she did next surprised everyone present including myself. You see, when she was blinded, her stepmother wanted her to sing on the streets begging for a hand out. But Kajal didn't have a very good voice. So she was abandoned. Ever since she came to America, she wanted to learn how to sing. She wanted to prove that she was worth keeping. So, when she grabbed the microphone, she began to sing a song. And you know what song she chose? The same tune that was playing on that music box so many months earlier. She sang "Jesus Loves Me." Her voice was beautiful and precious. You could hear a pin drop when she finished. Then suddenly, 500 people began to cheer and applaud this special little girl.



Dr. Ming Wang

As is mentioned by the character portraying Dr. Wang at the end of the movie "Sight:" "Kajal has opened my eyes. She is teaching me every day that there is more to life than what we see." The reason that Kajal is able to let go of her tragic past, and embrace the present, is because she sees that there is more to this life than what we see!

#### What is your "one thing I wish someone told me when I first started" and why.

Who you are working with is more important than what you're working on. With the right business partner, you might be able to do the right thing; but, with the wrong partner, you will never be able to do the right thing.

In my career as a doctor and eye surgeon, I have worked on many difficult cases. I have tackled seemingly impossible situations and have climbed the heights of ingenuity and creativity on many projects. However, I have never been able to do more, effect more people, and personally live a more fulfilled life then when I am working with men and women who share my same vision and passion for life.

activity on many projects. However, I have never been able to do more, effect more people, and personally live a more fulfilled life then when I am working with men and women who share my same vision and passion for life.

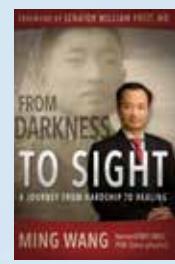
I remember investing in working with a business partner who had an incredible business but we simply did not share a common vision and purpose in life. Our values were different. The business just didn't go anywhere. Since then, I try to focus on my business partners first and the work or opportunities second.

#### Can you please give us your favorite "Life Lesson Quote"?

"A frog at a bottom of a well."

Each of us is a "frog at a bottom of a well," only seeing a small patch of sky and our judgement (of whether the sky is clear or cloudy) is limited by our limited prospective. Always recognize that limitation and frequently "come up to the ground" and "see the rest of the sky" to be sure! When I look at a situation in my practice, I often ask myself: "Do I have all the facts?" If not, I will gather more info and talk to more people, to make sure that I am indeed "coming up to the ground level," and "seeing the rest of the sky," before I make my assessment.

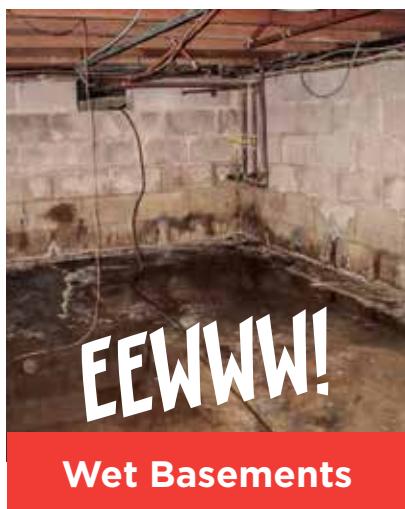
— Ming Wang, Harvard & MIT (MD, magna cum laude); PhD



"SIGHT," a movie based on his inspiring true story is slated to release in 2022. Starring Oscar-nominated and Emmy-winning Greg Kinnear and Terry Chen, the film chronicles Dr. Wang's rise from poverty and violence growing up in 1960's China, to his migration to the U.S. He overcame racial discrimination to become a leading surgeon and medical entrepreneur who would design new technology to help restore sight in millions of people's lives.

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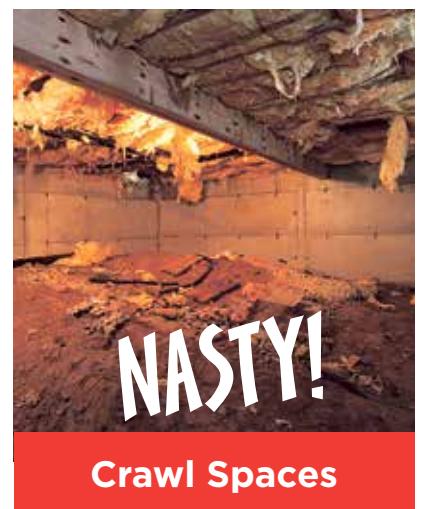
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# MIRACLE MOMENTS

GOD'S PLAN FOR SERVICE

## Ten Significant Thoughts

This the second edition of preparing extraordinary thoughts that could have an impact on our lives. Some are from the Bible and others from a wide range of sources. Think about each one.

**1.** “Love is patient, love is kind, it does not envy, it does not boast, it is not proud. It does not dishonor others; it is not self-seeking but rejoices with the truth. It always protects, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.” 1 Corinthians 13:4-7 Paul is giving us a definition of love by giving us examples. If we act with love, it will be evident to others. If our actions are outside of these characteristics, we must assume responsibility for acting without love. Action without love will likely have its undesired consequences.

**2.** “As long as we live, there is never enough singing.” Martin Luther Singing tends to bring out the best in us. We are expressing ourselves in beautiful ways.

**3.** “If everyone had the same level of honesty and forthrightness that we have, would this be a better world? Anonymous If our level of honesty and forthrightness is high and in keeping with the teaching of Jesus, this could be a wonderful world assuming there is also love and faith.

**4.** “There is beauty all around us – trees, grass, flowers, mountains, meadows, people, horses, bridges, buildings, sunshine, rain, grain growing, art works, photos, rainbows, rocks, churches, museums, seas, lakes, smiles, friendships, and many more. We have the opportunity to either enjoy them or ignore them.” Anonymous Do we appreciate these great attributes of God’s world? Beauty and function are all around us.

**5.** “A puzzle, either in real life or out of a box, is an enigma – we can make our best effort to solve it or we can walk away without any benefit from a puzzle solved.” Anonymous One of our satisfactions in life is a job well done. If we only pick the easy puzzles, our level of satisfaction will be in proportion to it.



will lead to misfortune.

**8.** “Mankind must put an end to war before war puts an end to mankind.” John F. Kennedy One wise observer said that if there is a third world war, the fourth world war will be fought with sticks. Greed and national pride led to the first two world wars and is harshly present today. It is up to those who love peace to prevent the next world war.

**9.** “Sooner or later everyone sits down to a banquet of consequences.” Robert Louis Stevenson There are times when we escape the consequences of evil and foolish actions but the consequences tend to live on. The most severe consequence can be a sense of guilt.

**10.** “Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity.” Reportedly said by General George S. Patton There are many ways to do a good thing. When the primary goal is clear and when individual ingenuity is encouraged, individuals take ownership and responsibility for doing their part in reaching that goal.

There is much to contemplate in these statements and even more when we apply them to our everyday lives. Find a quiet place to contemplate.

— Kenneth Oosting, Ph D

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— Mark Koch  
First Hour for Men



### God's Launcher

#### BIBLE TRUTH

Through God all things are possible!

#### WHAT THE BIBLE SAYS

Matthew 19:26

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

#### HANDS-ON EXPERIMENT

Potato Launcher

#### INGREDIENTS

36-inch Wooden Dowel Rod

24-inch Copper Tube

Potato

Yardstick

#### INSTRUCTIONS

STEP 1: Push one end of the copper tube into the potato. Pull the tube out of the potato.

STEP 2: Push the other end of the copper tube into the potato. Pull the tube out of the potato.

STEP 3: Use the wooden dowel rod to push one of the potato plugs about 6 inches into the copper tube.

STEP 4: Push the dowel rod into the copper tube



and observe. Using the yardstick, determine how far the potato plug launched.

STEP 5: Repeat steps 1 through 3. This time, using more force, push the dowel rod into the copper tube and observe. Using the yardstick, determine how far the potato plug launched. Describe the effects of different directions of pushes and pulls on the motion of the potato plugs. Provide evidence that a pattern can be used to predict the future motion of the potato plugs.

#### EXPLANATION

As you push the dowel rod into the copper tube, the volume of the trapped air decreases, while the pressure increases. This forces one of the potato plugs out of the tube, into the air.

#### BIBLE CONNECTION

God is the force, which launches us to places we never thought were possible.

— Jason Lindsey

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*Big Science Experiments for Little Kids* hits bookstores on November 9th. In the book, entertainment meets education with thrilling science experiments for kids. Young children are naturally curious and love to discover new things about the world around them.

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(from left) Jim Daly, Chuck Swindoll, Anne Graham Lotz, Colin Smith, Alistair Begg, Adrian Rogers, Tony Evans, Charles Stanley, Janet Mefferd, Richard Hamlet, Michael Youssef, Robert Jeffress And Many More!

## 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. If you do not have your own Bible, email [publisher@christianfamilynashville.com](mailto:publisher@christianfamilynashville.com) and we will make sure you receive one.*

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## **The Gospel of John**

*Holman Christian Standard Bible*

16 "I have told you these things to keep you from stumbling. 2 They will ban you from the synagogues. In fact, a time is coming when anyone who kills you will think he is offering service to God. 3 They will do these things because they haven't known the Father or Me. 4 But I have told you these things so that when their time[a] comes you may remember I told them to you. I didn't tell you these things from the beginning, because I was with you.

5 "But now I am going away to Him who sent Me, and not one of you asks Me, 'Where are You going?' 6 Yet, because I have spoken these things to you, sorrow has filled your heart. 7 Nevertheless, I am telling you the truth. It is for your benefit that I go away, because if I don't go away the Counselor will not come to you. If I go, I will send Him to you. 8 When He comes, He will convict the world about sin, righteousness, and judgment: 9 About sin, because they do not believe in Me; 10 about righteousness, because I am going to the Father and you will no longer see Me; 11 and about judgment, because the ruler of this world has been judged.

12 "I still have many things to tell you, but you can't bear them now. 13 When the Spirit of truth comes, He will guide you into all the truth. For He will not speak on His own, but He will speak whatever He hears. He will also declare to you what is to come. 14 He will glorify Me, because He will take from what is Mine and declare it to you. 15 Everything the Father has is Mine. This is why I told you that He takes from what is Mine and will declare it to you.

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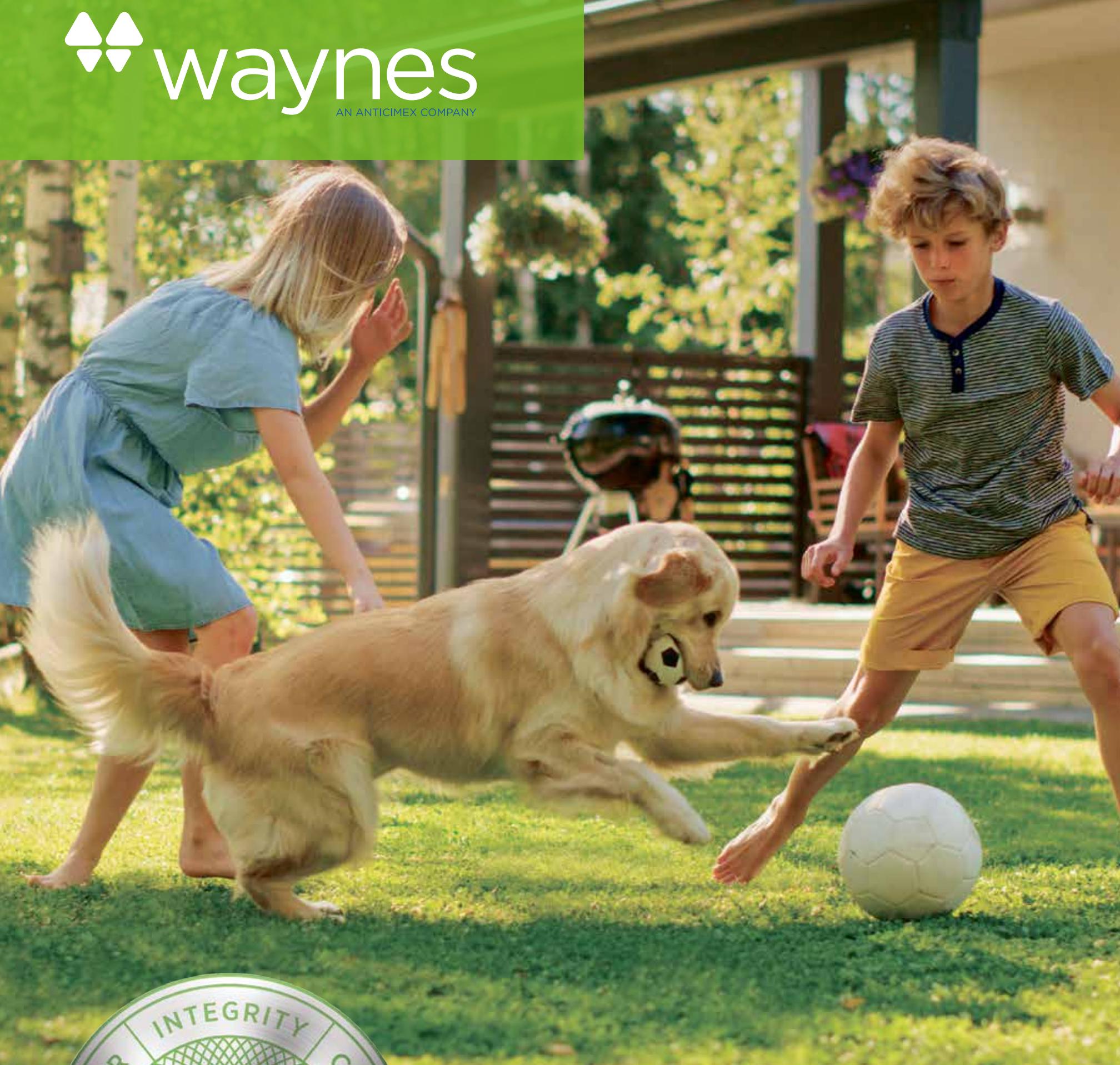


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- 2 Start a Peer to Peer Digital Kettle Campaign.
- 3 Get 5 friends sign up as \$20 recurring monthly donors.

## What is Your Impact?

The \$1,000 raised in your kettle can provide 100 meals to individuals as we work with them on Rapid Rehousing solutions. Or it can cover 1 months rent to keep a family in their home. Or it can keep the lights and heat on for 2 families by covering a utility bill. Or it can provide hours of educational support to a family in our Emerging Youth Program. The ability to impact and change lives is endless!

## Sign Up Today



[SalvationArmyNashville.org/red-kettle](http://SalvationArmyNashville.org/red-kettle)