

February 2022

COMPLIMENTARY

NASHVILLE

CHRISTIAN FAMILY

**FREE
Good
News**

*Heart
MATTERS*

***Faith, Family & Farmhouse
Social Media Influencer
Brendt Blanks***

FREE Good News



WE'RE MAID FOR THIS

30 Years and Still Keeping It Fresh and Clean



LET US CLEAN. WE'RE MAID FOR THIS.

- Professional Quality, Affordable Price
- No Contracts.
- 24 Hour Clean Warranty
- Call For A Free Estimate

10% OFF ANY SERVICE

New customers only. Cannot be combined with any other offer or discount. Participating locations only. Some restrictions may apply. Offer expires 02/28/2022.



MOLLY MAID™

a neighborly company



MOLLY MAID® OF S. DAVIDSON, WILLIAMSON AND MAURY CO

615-794-0200 • mollymaid.com

©2021 Molly Maid, LLC. Each franchise locally owned and independently operated.

NASHVILLE CHRISTIAN FAMILY®

Publisher: Robert Stringfellow • 615-815-8765

publisher@christianfamilynashville.com

Editor: Raymonda Jagers

Contributing Writers:

Kevin Anderson

Anthony “Tony” Boquet

Meredith Boyd

Larry L. Crain, Esq

Sally Cressman

Tammy Daughtry, MMFT

Ashley Farrar

Kevin G. Fehr, CSA, CDP

Dr. Ben Graham

Doug Griffin

Graham Honeycutt

Britney Krbec

Jason Lindsey

Kenneth Oosting, Ph D

Tina Pierriet

Dave Ramsey

Monica Schmelter

Rhonda Smart

Dean Schnakenberg

Ashton Tate

Cover Photo Credit: Bradley Burckel Photography,

www.bradleyburckel.com

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: Dasha Brandon/Administrative Assistant and Social Media Manager

Sales & Marketing: Robert Stringfellow,

Brenda Delgado/Marketing Specialist

Nashville Christian Family is published monthly by Clarion Concepts, P.O. Box 463, Spring Hill, TN 37174. The phone number is 615-815-8765. E-mail publisher@christianfamilynashville.com. Reproduction of any part of *Nashville Christian Family* without permission of the Publisher is prohibited. Distribution of this paper does not constitute and endorsement of information, products or services. Views expressed in *Nashville Christian Family* do not necessarily represent those of the Publisher. Every effort has been made by *Nashville Christian Family* staff to insure accuracy of the publication contents. However, we do not guarantee the accuracy of all information nor the absence of errors and omissions; hence, no responsibility can be or is assumed. All Rights Reserved. Copyright 2022 by The Christian Family Publication, Inc.

Unless otherwise noted, scripture taken from the Holy Bible, New International Version, copyright 1973, 1978, 1984 by International Bible Society. Use by permission of International Bible Society.

Circulation and Distribution: *Nashville Christian Family* is free and available at targeted, high traffic locations throughout the Nashville Metro Area and surrounding counties, Williamson, Wilson, Davidson, Cheatham, Sumner, Rutherford and Maury. Copies are available by subscription, \$75 for one year (12 issues). To subscribe, e-mail publisher@christianfamilynashville.com

– *Nashville Christian Family* is a part of The Christian Family Publication, Inc. celebrating 22 years of Good News! Visit www.ChristianFamilyNashville.com



OUR MISSION



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

FROM THE PUBLISHER

Take Joy in Expressing Our Love

Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13: 4-7 (New King James Version)

This month we celebrate Valentine's Day and it is appropriate to take joy in expressing our love to wives, husbands, children and grandchildren, boyfriends, girlfriends, relatives and very close friends. It is easy and natural to do, after all, it's Valentine's month.



God's definition of love includes loving not only those close to us, but if we take a close look at Jesus's teaching, it is evident that for Believers to truly love the way Jesus describes and did during his lifetime, it can sometimes be difficult for us. Loving the way God says we should in Scripture must be how we approach everyone in our lives each day.

As Christians, we should live in a way that consistently reflects God's love for everyone that we come into contact with. Think about it; situations arise in all aspects of our lives - work, home, family, school, friends, and church, that often require us to stop and think about how to handle a problem, a situation or a remark. In some of these instances, it may be difficult for us to behave in a loving manner. We let our pride, bias, temper, or selfish nature take over and dictate our reaction that can be “knee jerk” and can often times produce an unfavorable outcome, actually creating a worse situation.

To love as God wants us to is just not always easy.

Give it some thought; is there a situation that you are or have been involved in recently that you might want to rethink as far as how you handled it from the perspective of God's love?

Let's use this month of love to open our hearts and our minds to the Scripture and to follow Jesus's directives in our daily living.

Robert Stringfellow, Publisher, 615-815-8765
publisher@christianfamilynashville.com



February 2022

DEPARTMENTS

3 From The Publisher

5 Parent With Purpose

How to Love Your Child Through the Gift of Time

6 Mission Makers

Meet Grace With Understanding

8 An Encouraging Word

Heart Matters

9 The Home Front

Smartpest Residential Is Here!

11 Senior Scene

Hospice Myths:
5 Common Misconceptions

11 Hassle Free Zone

Install An HVAC That's New and Skip the R-22

13 Faith Under Fire

Facing Your Fear

14 Healthy Living

Be Happy, Be Healthy, Be Whole

14 Body & Soul

How To Never Have a Failed Resolution Again

19 Hassle Free Zone

Cleaning and Mental Health Go Together Like Hand In Rubber Glove

19 Body & Soul

Valentine Day

21 Money Matters

Where Should He Park the Money?

21 Our House

The Small Crack In the Basement Wall, No Problem Right?

22 Parenting Points

Single Parent LOVE

24 Faith At Work

God's Plan For Service: Generosity

26 Kid's Korner

Holy Ghost Bubbles

29 God's Plan For Salvation and Eternal Life With Him

30 About Our Advertisers



Photo Credit: Bradley Burckel Photography, www.bradleyburckel.com

ON THE COVER 16

Brendt Blanks shares how social media has become a platform to share Home Décor and God's Blessings. See page 16.

8, 19, 22 Heart Matters

1-32 Free Good News!

SPECIAL FEATURES

6 A Tribute To Christian Television Network Founder, Mr. Bob D'Andrea

7 Identity Politics and The Supreme Court

12 Music Industry Veteran Chaz Corzine Appointed Executive Director of Belmont's Fisher Center for the Performing Arts

NEXT ISSUE



Spring Is Coming And MUCH MORE!

NASHVILLE
CHRISTIAN FAMILY®

Your favorite monthly publication for
Christian content about Family, Parenting, Social Issues, Healthy Living and Much More!

READ ONLINE AT
ChristianFamilyNashville.com

CONTENTS

VOLUME 12, NUMBER 8



7



19



14

PARENT WITH PURPOSE

How to Love Your Child Through the Gift of Time

This article is part one in a five-part series on how to love your child.

Why is it that your child always desires your attention when you are tired or late for the next thing? Showing your child the love he or she needs comes in many facets. Over thirty years ago, Gary Chapman wrote a blockbuster book called *The Five Love Languages*, in which time is one of them. If you don't have the book, I highly recommend it.

Quality time. To clarify, we are talking about quality time not quantity time. I spent hours and hours watching my child swim at swim meets. The quality time happened during the car ride. To be fully present during these precious moments, we need to put the phone away, minimize the distractions, look into our child's eyes (unless you are driving), and give them our undivided attention. So many families spend time together looking down at their phones instead of at each other. If we want to spend quality time with our kids, intentionally place boundaries around that space.

Playtime. So much of family time is structured that we need to schedule unstructured time. If you catch your child playing on the floor, get down on his level and play with him. Go swing in the hammock with your child. Play catch or shoot bas-

kets. Ride bikes or scooters. Make a snowman or throw snowballs. Learn some new board or card games. With teenagers, consider a marathon movie night watching Star Wars or Avenger movies with popcorn, of course.

Snuggle time. Read together in a comfy chair or before your child goes to bed. Keep rest quiet, slow, and relaxed. Bedtime always brings up interesting topics when the child is tired and defenses are down (or avoiding sleep).

Teaching time. My dad and brother shared a love of cars. They spent time together as my dad taught my brother car mechanics. Teach your child a trade. Don't focus on perfection but enjoy the process and time together. Don't forget to learn from them too.

Date time. Date your child when they are young and until they marry. Your daughter will learn how a man should respectfully treat a woman, and she'll discover how precious she is to you. Your son can practice holding the door open for a woman. Ask questions, then listen to their thoughts and



feelings and the state of their heart. You will know your child better after these moments.

Prayer time. Prayer time is holy and sacred and binds the family in ways only God can know. Help younger kids think about those who need prayer. Guide your child to consider areas in her life where she needs God's help. Hold hands and pray.

As Chapman says in his book, "When you spend time with your children you are creating memories that will last a lifetime."

— Sally Cressman and her husband enjoy an easy rhythm of life as empty nesters. You can follow her on Instagram at @sacressman or read more from her at www.sallycressman.com.



TINA PIERRET
REALTOR®

"May He send you help from the sanctuary and grant you support from Zion"

Psalms 20:2

We all need a little help, let me be that for you with your real estate needs.
~Tina Pierret

LifeHappensAtHome.com

615-335-3270 CELL
615-327-4800 OFFICE

3825 Bedford Ave. Ste 102
Nashville • TN • 37215

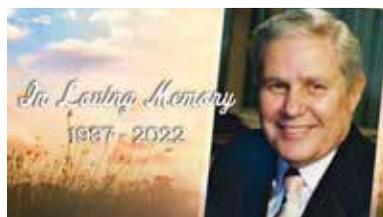
tina@lifehappensathome.com

**FRIDRICH
& CLARK**
REALTY, LLC



A Tribute To Christian Television Network Founder, Mr. Bob D’Andrea

I’ve had the privilege of interviewing many guests in the WHTN studio. One of my biggest honors was talking with CTN’s, Founder & President, Mr. Bob D’Andrea. Thankfully my case of the interview jitters didn’t squash the conversation. That was probably more about Bob’s gentle demeanor than my skills as an interviewer – but I am grateful, nonetheless. If you’ve ever had the chance to meet Bob, or watch him on CTN, you know that he is a very kind person. His life’s work was about souls. He couldn’t even talk about souls without crying.



more lessons. Sometimes I learned more by what Bob didn’t say – than what he said.

Typically, CTN brings the Station Managers together twice a year. The meetings were always a much-awaited reunion and update on the CTN ministry. Each meeting started with prayer, and then there was an opportunity for each Manager to share the needs of the CTN station in their community. With ever changing and costly technology, emergencies are bound to happen. Any good manager wants those problems solved yesterday. As the conversation quieted, all eyes were on Mr. D’Andrea for a response. He acknowledged the needs. Then in a tone barely above a whisper Mr. D’Andrea said, “Don’t get so focused on your problems that you forget why we’re doing this. We’re doing this for souls”.

Not a Single Paycheck in Over 40 Years

Reaching people for Christ meant so much to Bob that he opted not to receive a paycheck from CTN – not a single paycheck in over 40 years. Bob cared nothing about getting his name out there or building his platform. Perhaps, that’s what made talking with him easy – even though he was a pioneer in Christian television. Through his leadership, CTN grew from one local station in Clearwater, into a network that takes the gospel all over the world. When I received the news that Bob was in heaven my initial response was deep sadness. That sadness was quickly accompanied by the great joy of knowing Bob is in heaven. I am thankful for the 26 years that I worked for Bob. I will cherish the memories and reflect on the many secrets I learned in the studio on the day I interviewed him.

There is Always Enough Time

Left unchecked I can be a Type - A Monster Control Freak - Perfectionist who is always thinking about how much time there is, (or isn’t) to get everything done. When I asked Bob how he found time to raise a family and build a television network from the ground up he responded calmly, “there is always enough time to do what God wants you to do”. I would go on to learn many

Zero Interest in Christianity

Souls were Bob’s mission – his fervent prayer and life’s work. When my father in-law ended up sick in a Florida hospital Mr. D’Andrea volunteered to visit him. At that time, my father-in-law had zero interest in Christianity. Bob was not deterred. After my father-in-law was released from the hospital, Bob and his wife Jane picked him up for church. Eventually, my father-in-law accepted Christ as Savior. This miracle of salvation was made possible because Bob made souls a priority. While the challenges of this life need to be addressed – we cannot afford to miss the opportunity of reaching hurting people with the love of Christ. Today’s Secret from the Studio: Don’t get so focused on your problems that you forget about souls.



— *Monica Schmelter is the host of the Bridges television show that airs in over 50 million homes.*



MISSION MAKERS

Meet Grace with Understanding



Meet Grace. Grace is 16 years old and has a diagnosis of spastic quadriplegic Cerebral Palsy. She lives with her parents in a two-story home, but her living space is downstairs. Grace requires maximum assistance with all of her activities of daily living due to the severity of her Cerebral Palsy.

The most significant challenges facing Grace and her family are transfers and bathing. Presently, Dad is the only caregiver capable of lifting Grace as she is not able to assist and it is difficult for him. The parents also need a safe way to shower Grace as getting her in and out of the traditional tub/shower is very difficult and unsafe.

To assist this family, Tucker’s House completed the following modifications:

- Retrofitted Grace’s bathroom with a zero-entry shower so a mobile shower chair can be utilized.
- Widened doorways where possible and input expandable hinges on doorways where widening was not possible.
- Installed a wall lift that will allow Grace and her caregivers to be safe during transfers.

In order to complete the project, we relied on the assistance of the Village Church of Nashville who partnered with us to fund this project for this special family. Hiller also donated all of their plumbing services on this project. We are grateful to our partners who help us transform a child’s home into one that is safe and accessible.

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 Grace and their families have safe and accessible homes.

— *Graham Honeycutt, Executive Director of Tucker’s House, to learn more or to donate visit www.tuckershous.org.*

SPECIAL FEATURE

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



Identity Politics and the Supreme Court

The retirement of Supreme Court Justice Stephen Breyer, coupled with the pre-conceived and campaign-promised race and gender prerequisites for his replacement by the Biden Administration, have raised some interesting talking points surrounding a cultural phenomenon commonly referred to as “identity politics.” Identity politics constructs the world around race, gender, sexual orientation and other contingencies that are said to define who we are. It stands in stark contrast to the Christian precept that we are endowed by our Creator, who formed us in the womb, in the image of Christ with certain divinely chosen attributes which include our gender, race, and countless other unique DNA characteristics.

This seeming clash of world views should not be dismissed out of hand. It is important to understand why identity politics has become so deeply rooted in our culture and the concerns it raises for Christians and families in their interaction with our public institutions, including our schools and courts. It is also important that Christians have a response to this dogma du jour and its marginalizing effect on those who beg to differ with its virtuous claims of equality and inclusiveness. In the context of choosing a qualified jurist for the highest court in the nation, there are several practical considerations that make identity politics a poor mechanism of selection.

First, there are only nine seats on the court. It was never designed to be mathematically representative of our society. There is no “constituency” for justices on the Supreme Court. Currently, three seats are held by women. One justice is black; another is Hispanic. There are six Catholic justices. But there are countless permutations of mixed racial, ethnic and sexual orientations recognized today. When will a presidential candidate announce his or her promise to appoint the first Asian Transgender to the high court?

Second, an appointment based on identity politics is exclusionary. It necessarily excludes from the pool of possible candidates those who would make qualified contributions to the Court and who check all of the relevant boxes except for race and gender.

Third, pre-assigning a seat on the Supreme Court as a “black seat” a “female seat” or a “gay-lesbian seat” fosters an expectation that the person appointed to fill such a vacancy will serve as a representative or spokesperson for their minority. This runs counter to the important judicial principle that the law should be blind to self-interests. Neither race nor gender, nor for that matter religion, should play a role in a justice’s unbiased exercise of judicial discretion. The Court should strive for justice with a shared vision for all citizens, and not merely a truncated and divisive view of promoting the interests of one minority over another.

Fourth, a Supreme Court comprised of justices who are chosen based on their skin color or sexual predilections politicizes the Court. The overarching goal of judicial neutrality gives way to turf protection and sectionalism. The Court’s opinions, depending on which justice authors them, would be dissected based on their intersectionality and whether they further the minority interests they were appointed to represent. The Court loses a sustaining element of credibility because it has sacrificed impartiality to partisanship.

Identity politics is not inclusive. It is exclusive. It has its roots in defeatism; in a Marxist doctrine that classifies individuals who are oppressed because of factors over which they have no control. It runs counter to the Biblical truth that we do not determine our identity. God tells us who we are. It is a great gift to know that we were chosen for birth at a specific time, in a specific place and with certain features designed for His glory, and that He has a plan for each of our lives.

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



Your home is where our heart is



Sign up as a **Lee Company**
Home Maintenance Plan Member

Enjoy priority service and member-only discounts on replacements, parts and labor. Discover how well-maintained systems can help lower your utility costs.

ONLY
\$99*
PER YEAR

Just \$8.25
per month*
gets you
4 visits
per year.

*Price valid for one system.
\$99/year for each
additional HVAC unit.

Air conditioning tune-up
Heating tune-up
Plumbing inspection
Electrical inspection

\$20 OFF*

A SERVICE CALL
OF YOUR CHOICE

Heating and air conditioning (reg. \$79) Plumbing (reg. \$49) Electrical (reg. \$49)

*Residential service only. Cannot be combined with other offers or discounts.



visit us leecompany.com
or call 615.567.1000



AN ENCOURAGING WORD

Heart Matters

Valentine's Day, without a doubt, is one of my favorite days to celebrate. It is full of hearts, love and perhaps even a little chocolate.

The Bible has so much to say about love as well as our heart. "Out of the abundance of the heart, the mouth speaks." (Matthew 12:34).

Think of this as a glass being filled to overflowing – Whatever the glass is full of will begin to spill out; so, it is with our heart. Whatever fills our heart will automatically spill out. We have all heard the phrase, GIGO: garbage in, garbage out. Think of the sweetest people you know? They cannot help but be kind.

There have been intensive studies done in the last twenty years on the science behind happiness. And we know that the Bible tells us, "A merry heart does good like medicine." (Proverbs 17:22). The bottom line, happy people have less stress and less sickness. We get to choose what we are putting in our hearts. Spend your thoughts with good thoughts. Spend your time with positive people.

Author Jim Rohn, a professional entrepreneur and motivational speaker famously said, "We are the average of the five people we spend the most time with." What is filling your heart? Are you one of the "positive" 1/5 of your friends and family or would they count you as a "negative Nancy"?



Proverbs 4:23 tells us, "Above all else, guard your heart, for everything you do flows from it". It is more important than ever to stay intentional, almost vigilant about focusing on good and staying away from negativity.

Not only do we celebrate our hearts on Valentine's Day, but it is also a day to celebrate love. The two really do go together. We can look at the Bible as a giant love letter to us from God. After all, the author of love is God. It was His idea. It is the motivation behind everything He has done and will do for us. For God SO LOVED, He gave. (John 3:16). God's love for us is unconditional – there is nothing we can do that will make God stop loving us. We are the object of His affection.

Focus on the love of God and let that fill your heart. Celebrate His goodness and even savor a piece of chocolate as well!

Lots of love! Happy Valentine's Day!

— Rhonda Smart
rhondalsmart@gmail.com



Select Pointe LLC

"helping you know which way to go"

- **Medicare: Medicare Advantage Plans & Med-Sup Plans**
- **Extended Care - Also known as Long Term Care (LTC)**
Traditional, Hybrid LTC w/ Life Insurance, Hybrid LTC w/Annuities
- **Social Security Strategies - Married, Divorced, Single, Disabled**
- **Asset Protection - Trusts, Wills, POA, Estate Planning**



Ben Davis, CSA

Certified Senior Advisor
Director of Outreach
615-584-4946 cell
615-617-9953 office
ben.davis@selectpointe.com

"Get the answers to questions you don't even know to ask."

Serving the Senior Industry for over 20 years.

THE HOME FRONT

Smartpest Residential is Here!

The pest control industry is changing, and we are at the forefront of that change. Smartpest Residential offers a World Class customer experience with a unique digital presence and a more sustainable future. This game-changing service is designed to provide an enhanced customer experience as we protect their homes from unwanted pests and rodents.

SMART is an intelligent system that keeps an eye on the things you don't want to see. It works by constantly monitoring and instantly reacting, preventing costly infestations in an environmentally-friendly way.

How Does It Work?

Step One: A Waynes SMART Service Professional will thoroughly inspect your property, identify any pest infestations, and assess any damage. Based on our findings, we will establish a customized Smartpest plan.

Step Two: Your Waynes SMART Service Professional will perform a comprehensive initial service on your home. This includes treating within 10 feet of the foundation and providing treatment for critical areas within your home, and the installation of our digital SMART system. Our SMART system is strategically placed to detect rodent infestations and as-needed non-toxic traps that efficiently deal with the rodents.



Step Three: On-going exterior treatments will provide a comprehensive treatment around the exterior perimeter of your home punishing a wide variety of pests and are available on an as-needed basis to resolve interior pest issues.

During your initial and on-going treatments, your Waynes SMART Service Professional will web

brush your home to keep first floor eaves, doors and windows spider free. This service also enhances your home's exterior curb appeal.

If any activity is detected by our SMART system, it is tracked in our data hub, then we proceed to resolve the issue immediately, so you can relax and get back to enjoying your rodent free home.

It's Time to Get SMART

At Waynes, it is our commitment to providing a world-class experience for our customers. Our team is always looking at ways to improve so we can provide a quality service that sets the standard for not just the pest control industry, but the entire service sector. Many aspects of life are "smart" these days. Your phone, your doorbell, your heating system, your garage door. So why not smart pest control? If you're interested in our Smartpest solution, exclusive to Waynes, contact us today or give us a call at 866.WAYNES1!

— Meredith Boyd, Social Media & Marketing Coordinator
www.callwaynes.com

SPECIAL FEATURE

Do I Need REALTOR® to Sell My Home in this Hot Market?

It's no secret that much of middle Tennessee is in a robust "seller's market" – which is generally defined as anything less than six months' worth of homes available for purchase. In fact, in December of 2021 inventory in Williamson County saw an average of eight short days on the market and less than a one-month supply of inventory. It begs the question: in light of current demand and limited competition, is it still necessary to have an agent list and sell your home? Or can you do just as well with a For Sale By Owner (FSBO) approach?



As a 17-year veteran of this real estate market, I can emphatically state that good representation is often worth far more to a seller than just the commission amount – and here are some real numbers in support of having a professional at the helm.

89% = the number of FSBOs that eventually use a real estate agent. True story – the founder of ForSaleByOwner.com hired an agent after 180 days as a FSBO, and sold his condo for 7.5% more than the asking price!

\$46,000 = the average amount a seller will miss out on by not having an agent-assisted sale.

88% = the number of homebuyers that use an agent. The best way to get the most money for your home is to have the perspective of someone that knows what buyers (and their agents) are going to be attracted to in the current market.

1 = the number of times you want your home to go under contract. Even in a seller's market a wide variety of speed bumps can occur, and if not handled well they can lead to a deal falling apart. Those are the moments when having someone with experience in solving that problem or having those tough conversations with the parties on the other side can make all the difference in keeping a sale on track.

7AM-11PM = an important reality of selling a home. These are the typical hours during which various actions in real estate take place and items critical to a successful sale are being negotiated. You need a full-time advocate managing the buyers, agents and vendors that will be visiting your home and ensuring your contract deadlines are met.

And the strongest argument for having representation is this... even in a hot market your home needs to be priced correctly. Buyers using an agent will be very educated on what a fair market price looks like. And while many sellers are receiving multiple offers at over their asking number, the most likely way to see competing offers starts with a price that makes sense for the area. So if you are considering a sale to capitalize on the continuing high demand for homes in middle Tennessee, you need an experienced REALTOR® who has been highly trained to advise you on the best practices. You're welcome to reach me at 615-335-3270 or Tina@LifeHappensAtHome.com – let's get it right together!

— Tina Pierret

*Sales statistics sourced from National Association of REALTORS

CRAIN LAW GROUP, PLLC



**Dedicated to the Practice of Law
as an Honorable Calling**

Over 30 Years of Court Room Experience

**National Litigation Experience in Over 26 State
and Federal Jurisdictions**

WE SOLVE LEGAL PROBLEMS

CIVIL RIGHTS & CONSTITUTIONAL LAW

Our practice covers the complexities of discrimination, fair housing, abuse of power and more.

CHURCH & MINISTRY CASES

We seek to provide legal guidance from a Biblically-informed perspective and provide a wide array of legal services to churches.

PERSONAL INJURY

We carefully select legitimate cases and provide a client-focused approach and service along with our depth of experience.

ESTATE PLANNING

From Last Wills & Testaments, Power of Attornies, Advance Directives and Revocable Living Trusts, we have your future covered.

EMPLOYMENT CASES

Whether you are the employer or the employee, we have broad experience in dealing with employment concerns.

LEGAL ADVICE SERVICES

We gladly assist our clients to proactively address questions or concerns before they become legal issues or problems.

615-376-2600

Larry@crainlaw.legal | www.crainlaw.legal

5214 Maryland Way | Suite 402 | Brentwood, TN | 37027

SENIOR SCENE

Hospice Myths: 5 Common Misconceptions



One of the biggest hospice myths is that it's only for people who are expected to pass away in days or weeks. Common misunderstandings like this can discourage people from learning more about services that could improve quality of life for seniors and families. My goal is to explain what hospice is and share the truth about 5 common hospice myths that often stop people from asking if it would be helpful for their older adult. The main goal of hospice care is to make your older adult as comfortable as possible. Hospice combines pain and symptom management with emotional and spiritual support for seniors and families. Visiting nurses eliminate the need to go to the doctor's office and families can even get help with personal care tasks like bathing. On-call help and support is always available.

Here are the five biggest misconceptions about hospice care.

Myth #1 – Hospice is only for the last few days of life. The reality is that many people in hospice actually receive care for six months or longer. To be eligible for hospice under Medicare, seniors need to have Medicare Part A and have a doctor certify that they may not live more than 6 months. It's very important to know that this is completely different from saying that someone will definitely pass away within 6 months. After 6 months, if your older adult's condition has improved, they may be discharged from hospice care and return to a lower level of care. But if they still need the same level of care, the doctor and hospice team will re-certify that hospice services are still appropriate. And as long as the doctor certifies that your older adult meets the 6 month criteria, Medicare will keep covering hospice care.

Myth #2 – Once someone goes on hospice, they're going to die. Getting hospice care doesn't mean giving up hope or that death is around the corner. In many cases, hospice can help stabilize a patient's medical condition and better manage pain. If their health condition improves, patients can leave hospice care at any time and return if and when they need to should their condition decline.

Myth #3 – Choosing hospice means giving up all other medical treatment. The goal of hospice care is to improve quality of life by better managing pain and symptoms. Every case is unique, but in general, treatments that help manage pain and symptoms will be continued and aggressive disease treatments are more likely to be discontinued. However, it's important to be aware that each hospice company has their own policies. Always check that the specific medications or treatments your older adult needs or wants will be included in that company's services.

Myth #4 – Hospice care only happens at facilities. Hospice is a type of care and doesn't have to happen in a specific location. People can receive hospice care anywhere – at home, in a hospital, or in a care facility. Many times, hospice care is used in conjunction with non-medical home care companies, like Amada Senior Care, to provide the patient with comprehensive and consistent care.

Myth #5 – Hospice costs an arm and a leg. People who are covered by Medicare usually pay little or nothing for hospice care. Most insurance plans, HMOs, and managed care plans also include coverage for hospice. This is different from non-medical home care, which is not currently covered by Medicare. These services are paid out of pocket.

Along with serving as the President & CEO of Amada Senior Care, I also serve as a Certified Senior Advisor (CSA). In this role, I consult with families on a daily basis on topics like hospice, palliative care, home care, etc. If you have additional questions related to senior care, please don't hesitate to contact me at 615-933-7494. I hope this information was valuable and I'm prayerful for all families who are dealing with the topic of hospice care. Stay strong and God Bless.

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

HASSLE FREE ZONE

Install an HVAC That's New & Skip the R-22

Using your home's heating, ventilation and air conditioning system (HVAC) is simple. Adjust the thermostat and the temperature goes up or down. But if you have an older system that uses R-22, and it has developed a leak or doesn't cool properly, you could have a more complicated choice between repairing or replacing it.



Fixing a leak might sound cheaper, but that's just a temporary solution that leaves you with an older, potentially unreliable system that needs to be replaced sooner rather than later.

Here's why. If your HVAC system was manufactured or installed before 2010 it probably uses R-22 refrigerant, a chemical that is getting more and more expensive and harder to find. That's because R-22 depletes the ozone shield in the atmosphere that absorbs most of the sun's harmful ultraviolet light.

HVAC systems made since 2010 use a refrigerant known as R-410A. If you have a leak, you'll have to make a choice between making a repair using hard to find and expensive R-22 or going ahead and replacing your system. Lee Company has almost 80 years of HVAC experience, and our professionals can help you make the choice that's right for you.

Option 1: Repair your HVAC

Repairing an older HVAC system can be a risky choice. We guarantee the quality of our work with a one-year warranty, but if your system leaks again after that time, you will have spent money on a repair that didn't work. Keep in mind that the supply of R-22 is constantly shrinking and getting more expensive. There's no guarantee it will be available much longer. If you choose to repair your system, we'll bring it back to the original factory specifications and charge it with the 100% pure, virgin R-22 it is designed to use. Some companies offer a replacement known as MO-99, but it won't keep your house as cool. Some companies may even offer to retrofit your system to use a newer refrigerant like R-410A. Such modifications might not work and could end up costing you more than installing a new system.

Option 2: Replace your HVAC

If your system uses R-22, it was manufactured more than a decade ago and is probably nearing the end of its useful life. Replacing an old air conditioning system is always better for the environment, and it's financially smart, too. Your new system will be covered by a warranty. And it will be more efficient and cheaper to operate. The U.S. Department of Energy says if your system is 10 years old, you may save up to 40% of your cooling energy costs by replacing it with a newer, more efficient model.

Our HVAC experts are here to help

An HVAC system is one of the biggest investments we make in our homes. Call us and let us help you choose the HVAC system that's perfect for you.

— Dean Schnakenberg, HVAC Service Manager, www.leecompany.com

Music Industry Veteran Chaz Corzine Appointed Executive Director of Belmont's Fisher Center for the Performing Arts

On January 25, Belmont University named longtime music industry executive Chaz Corzine as the founding executive director of the Fisher Center for the Performing Arts. Located on Belmont Boulevard on the University's campus and completed last fall, the 1,700 seat multi-functional performance hall most recently hosted the nationally televised "Christmas at Belmont" concert featuring more than 600 student musicians. Through the leadership of Corzine and his staff, the Fisher Center will serve as another diamond in Music City's ring of performance venues, catering to diverse audiences with major concerts, plays, operas, dance, musical theatre and other performances. In addition to showcasing the exceptional talents and stories of Belmont students, faculty and alumni, the Fisher Center will also be home to one-of-a-kind appearances from the world's premiere experts, artists and performers and the site of unique collaborations.

A 35-plus-year music industry veteran, Corzine most recently served as a partner at The MWS Group, a creative content company he co-founded in 2009, which has served to manage the career and ancillary businesses of Michael W. Smith, CeCe Winans, Olympic Gold Medalist and commentator Scott Hamilton, author Frank Peretti and others. Corzine will begin his new position at Belmont on Feb. 14.

Belmont President Dr. Greg Jones said, "I first met Chaz several months ago when CeCe Winans so graciously and beautifully sang as part of my Inauguration festivities. In the months since, I've discovered what extraordinary experience Chaz possesses from his time in the pop, Christian and gospel music worlds, along with a deep network of entertainment industry colleagues and an ambitious vision that's visible in every endeavor he undertakes. Most importantly, Chaz shares the God-sized dreams we have for the Fisher Center to draw the world's finest artists, performers and storytellers to enrich and inspire our campus and community. The Fisher Center provides Belmont an extraordinary opportunity for something new to happen both at this University and in Nashville, and Chaz's experience and character is exactly what we need to get there."

Corzine added, "I could not be more grateful for the opportunity and experiences I've had working with artists like Michael W. Smith, CeCe Winans, Amy Grant and others. I've had the good fortune to work with legendary artists, and I now get to take those years of experiences and turn my focus to what will become a legendary venue. The Fisher Center for the Performing Arts at Belmont University is a world-class facility with unlimited potential. What a gift I've received to have had the career I've had and to now focus all I've learned on helping introduce the Fisher Center to the world."

As Executive Director for the Fisher Center, Corzine will lead the Fisher Center's artistic vision, help shape the strategic program direction and assist in building a brand that communicates the center as a place of hope-inspiring community engagement through art and storytelling.

Michael W. Smith said, "Working with Chaz over the past almost 38 years has been a blessing indeed. Not too many people can say they've had the same manager for that long. He will be greatly missed but I wish him nothing but



happiness and prosperity in his new role. Belmont is fortunate to have him on their team!"

Amy Grant added, "Everything about Chaz's personality and character are perfect for this job. As an artist manager for over 30 years, Chaz has brought clients into every size arena and theater across the country. He is a natural networker and has friends in every area of entertainment – music, sports, racing. He is kind-hearted and compassionate and has worked tirelessly on behalf of St. Jude Children's Research Hospital for decades. He has a great sense of humor and has never met a stranger.

He will give the same respect and consideration to the middle aged usher as he will the artist standing center stage. Belmont is lucky to have him."

A graduate of Greenville University, Corzine learned the business by working in many different roles over the years, including in artist management, tour promotion and as an event producer. Corzine has negotiated some of the largest and most effective endorsement and sponsorship agreements in the music industry; implemented and led some of the largest ticket selling and grossing concert tours; sold film rights and seen his projects gain theatrical release; and represented dozens of recording and book deals. He has also seen his artists garner

Grammys, American Music Awards, Dove Awards, Gold Medallion Awards and numerous other achievement and humanitarian awards. In addition to his career achievements, Corzine has remained an active contributor in the local community, serving on several nonprofit boards including The Nashville Symphony, Hope Clinic for Women, Rocketown of Middle Tennessee, The Gospel Music Association, The Scott Hamilton CARES Foundation and the PAB Board of St. Jude Children's Research Hospital.

In his new role, Corzine will contribute to the development, implementation and management of all of the center's artistic programs. This includes a robust and diverse annual schedule of music, dance, theater, original content, television tapings, etc.; as well as programs produced and/or presented cooperatively with other organizations; and programs associated with educational and community goals.

Partnerships with local arts organizations will be an integral aspect of the facility's identity, as Belmont seeks for the Fisher Center to be shared with Nashville and the surrounding region as a center for artistic storytelling, inspiration and celebration.

The Fisher Center completes a performing arts district along Belmont Boulevard. Moreover, the horseshoe-shaped hall promises ultimate adaptability with design features that make it a perfect fit for a wide variety of functions, from both acoustic and amplified music concerts to theater and dance performances and broadcast events. The entire facility has been acoustically designed to provide an optimal listening experience to all audiences.

— April Hefner, Associate Vice President of Marketing & Communications,
Belmont University

FAITH UNDER FIRE

Facing Your Fear

Matthew 6:25-34

How do you face your fear of the future, your fear of failure, your fear of rejection, or your fear of death. Remember fear is:

- F- False**
- E- Evidence**
- A- Appearing**
- R- Real**



Comedian Jerry Seinfeld says, “According to most studies, people’s number one fear is public speaking. Number two is death. Death is number two. Does that seem right? That means to the average person, if you have to go to a funeral, you’re better off in the casket than doing the eulogy.” The Bible says in Matthew 6: Take no thought” which means “Don’t worry” or “Don’t be anxious.”

What is worry?

Worry is to be uneasy in the mind, to feel anxiety about something, to fret. Interestingly, it comes from an Old English word that means “to strangle.” What an appropriate derivation! Worry strangles our peace of mind and our enjoyment of life. There’s a direct connection between fear and worry. God instructs us not to worry, and Scripture overwhelms us with reasons for not being anxious.

- Worry is unnecessary because of your Father (verse 26-30).
- Worry is unreasonable because of your faith (verse 31-33).
- Worry is unwise because of your future (verse 34).

There are several things you can do to help you overcome your worry and anxiety.

Meditate On God’s Word Daily

Plan a time daily when you can spend some time—even if it’s only fifteen minutes—reading the Bible. Think about what you read and go over the phrases. Put your name in place of the pronouns, applying each verse to specific situations in your life.

Condition Yourself To Relax

Choose a phrase from Scripture or a hymn that you can repeat to yourself at the first hint of anxiety. “Tell it to Jesus” or “God cares for me” or “The Lord is my Shepherd, I shall not want.” As you repeat the phrase, you will encourage yourself with its message and remind yourself to relax.

Listen To Soothing Music

Just as David’s music on the harp soothed King Saul’s anxiety and depression, hymns and spiritual songs are wonderful tranquilizers for us today. Haven’t you had the experience of hearing or singing a song that lifted your spirits and eased your mind?

— Dr. Ben Graham, Lead Pastor Of Music City Baptist Church
President, Graham Family Films



BOTT RADIO NETWORK
Quality, Christian Talk Radio



SERVING NASHVILLE

89.1 FM

1160 AM

107.1 FM

91.5 FM

Find Stations Nationwide,
Download Apps, Listen Live,
Worldwide bottradionet.com

BROADCAST MINISTRIES



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



Be Happy, Be Healthy, Be Whole

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

One month down, eleven more to go. How are the resolutions panning out? Still encouraged on your weight loss journey? Without question, every year, the most popular New Year's resolution is to lose weight. So here's a few tips I found to help you achieve your goal:

Chewing your food more can prevent you from becoming overweight

Mom always told you to take your time and chew your food, and now there's research which shows it could help you lose weight. A new study out of Japan found that chewing more leads to the human body expending more energy and increasing the metabolism of food in the digestive system.

Previous studies have shown that chewing well is good for digestion and even helps lower the chances of gaining weight. However, the factors behind this heat-generating effect that chewing causes has been unclear — until now. The new study reveals that oral stimuli, which has a connection to tasting food in the mouth, and the amount of time spent chewing both play a role in increasing how much energy someone uses while they eat. As a person chews their food longer, the body uses up more energy. This increases metabolism.

Puppy Gazing

Here's an easy way to boost your diet: Gaze at your dog. You'll melt belly fat five times faster if you spend 60 seconds before meals focusing on your pet say University of Miami scientists. Making yourself feel good before eating fuels the release of a hormone that helps you feel comfortably full on 44 percent fewer calories.

Breakfast Diet Secret

Want to lose some of that weight you put on after the holidays? Eat breakfast every day. Study after study shows eating a morning meal is one of the easiest, most reliable and enjoyable ways to lose weight. Researchers also discovered that adding just one egg to your morning meal leads to 65 percent more weight loss. While there is no shortage of tips & tricks, when it comes to getting serious about weight control, consistency and accountability are huge! That's why I point people to Dr Lodge and Cool Springs MD every day on my radio show.

The weight management program at Cool Springs MD is packaged as a 13-week process as they have found much success in breaking things down into small, manageable and attainable steps. Many of



their patients renew for additional terms until they've either reached their overall goals or also in an ongoing manner for accountability in staying on track with their new lifestyle.

Everything begins at your initial visit, which is designed to collaboratively outline your needs and goals and begin developing the foundation of your custom weight management plan. At your initial visit, they will review your complete medical history, current medications, perform an EKG, a physical exam, measure your resting metabolic rate, and obtain lab work if not already done. All of this is aimed at helping the Cool Springs MD consultants match you with the best program for success in meeting your goals.

If you are serious about weight loss, then I seriously encourage you to go when I've found my success. Doctor Lodge and his team at Cool Springs MD.

— Doug Griffin

You can email me at

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



Body & Soul

How To Never Have A Failed Resolution Again

Is January the perfect time for you to get healthy? Many think that January is the PERFECT time to start getting healthy for various reasons. But most never last. In this article, my hope is to teach you the biblical thinning around new years resolutions so that you never "fail" one again. I was talking with a friend of mine the other day and he was telling me how he hates the crazy surge of people in the gym for the new year. He went on to say how after a few months it goes back to normal after most of the people inevitably end up quitting.

Why is it that everyone wants to make changes in January? Many people tend to be extreme during the holidays so they think their change needs to be proportionally extreme to get back to healthy. Sometimes this change is made out of guilt because of any weight gain they have had over Nov/Dec. People think that eventually there will be some PERFECT time to start taking care of themselves. But then the busyness of January hits. They fall off of the extreme diet/plan they are on because it wasn't sustainable with their current schedule.

THEN they decide that January wasn't the best time... "EHH this isn't working, I'll start something when X happens..." or "Once my busy season is over I'll make a change". The cycle continues over and over. Month over month. Year after year. Until they get 10-15 years down the road and HAVE to make a change because the stress they have put their body through has finally caught up. This DOES NOT have to be the case for you. There is hope. But first, you MUST fix this harmful mindset. The mindset of thinking that there will be a



PERFECT TIME to start taking care of yourself. There will never be a perfect time.

The question you need to ask yourself is: "How do I know?" How can you know for certain that something else won't come up? Procrastination is really just a form of pride. It's thinking that you know for certain something that will be in the future. When you really can't. Let me back up some of what I am saying with what the Bible says about procrastination. "Do not boast about tomorrow, For you do not know what a day may bring forth." (Proverbs 27:1) "Come now, you who say "Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit; whereas you do not know what will happen tomorrow." (James 4:13-14)

The fact is, we do not know FOR SURE what will happen tomorrow, or in 3 months, or in a year. But we do have today. The best time to start taking care of your health is NOW. Do you have a window of opportunity to start taking the right steps in your health? Small, imperfect steps toward where you want to be will pay dividends in the long run. Getting to the root of the issue is key to FINALLY having lasting progress in our health.

— Ashton Tate is the founder of Glory to Glory Fitness. They help busy, productive leaders have more energy to meet the demands of leadership, so they can do everything God has called them to in every area of life.

www.glorytogloryfitness.com



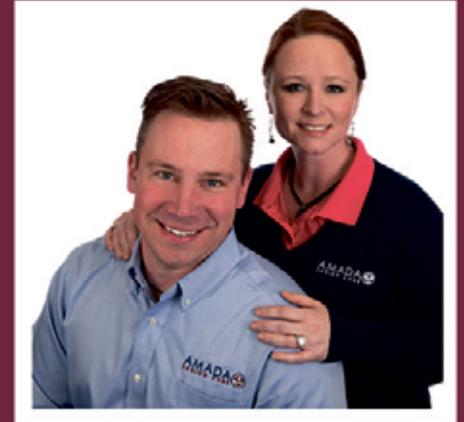
AMADA

SENIOR CARE



IN HOME CAREGIVERS

- Personal care
- Meal Preparation
- Medication reminders
- Light housekeeping
- Transportation services
- Exercise assistance
- Companionship
- Alzheimer's and Dementia



Owners- Kevin and Kelly Fehr

Long-Term Care Insurance Claims Experts- FREE Policy Review!

Review Policies and Verify Benefits

Long-term care insurance can help you or your loved one get the senior care you deserve, but it's important that you understand your policy and what it entitles you to. We will help you make sense of your LTCi policy and verify your benefits so you can be sure you are using them to your greatest advantage.

Process Claims and Submit Paperwork

The experts at the Amada LTCi Resource Center will walk you through the completion of claims forms and other paperwork, which can help you get quality senior care more quickly.

Your Personal LTCi Advocates

Members of our Amada family never need to feel stuck waiting on hold to speak with a representative of their LTCi carrier. We have built professional relationships with most carriers and administrators, and are happy to call our contacts directly to advocate for you.

Benefit Assignments and Payment Monitoring

We will help you use your LTCi benefits most effectively by assigning them to a care plan specific to your unique needs. We can also take over payment monitoring or even bill your LTCi carrier directly, so you have one less thing to worry about.



Free Care Needs Consultation!

Does someone you love need in-home care?



Proudly Serving all of Middle Tennessee
www.AmadaNashville.com 615-933-7494

Faith, Family & Farmhouse:

SOCIAL MEDIA INFLUENCER

Brendt Blanks

The moment that changed Brendt Blanks' life and career trajectory came in the middle of a church service. The popular lifestyle blogger and social media influencer sat in a pew when she heard the words from the pulpit: "Give it a go."

Blanks, who worked at the time as a marriage and family therapist, had been through some difficult recent days. While "there were wonderful moments," her work was taking its toll and her father was going through treatments for stage-4 cancer. "A stirring in my heart kept telling me that I needed an outlet to get my mind on other things," Blanks said, sharing that she'd long loved interior decorating and was often encouraged by friends to share images of her home on social media.

When the speaker at church said those words, "Give it a go," she knew that God was speaking to her. She didn't know much about Instagram or the blogging world, but the words inspired her to start a social media presence using the same phrase (www.shegaveitago.com and @shegaveitago on Instagram). Blanks began sharing pictures and she soon had a loyal following (with currently around 170K followers on Instagram) and then branched out into blogging. Four years ago, in the fall of 2017, she launched her website and made it her mission to make it a full-time job. Today, her blog includes posts on topics related to home decor, crafts, DIY projects, recipes, family, and faith.

"When the speaker said to give it a go, he challenged us to do it however that works in your life," she remembered. "It couldn't have been any clearer to me that God was saying 'I have a path for you, but you're going to have to just step out in faith.' That was scary because my step was running into a lifestyle brand in home decor that I didn't really understand yet."

Farmhouse Style. Blanks creates engaging and beautiful posts and photographs from a style she likes to call modern farmhouse décor- a trend that's become popularized by television shows, magazines, websites, and collec-

tions from designers like HGTV's Chip and Joanna Gaines. From her family's Ross Bridge home in Hoover, Ala., she tries to inspire other women on how to create a clean, uncluttered, stylish environment. "It's a mixing of the traditional look of chippy farmhouse style with a more modern, collected look," she explained. "A kind of country chic."

Blanks partners with companies and brands throughout the year by placing their home decor items in her home. "Brands are wanting to look for authenticity, and I think I'm good to work with," she said, "and I love brands I



can partner with long term.” Such brand connections with companies like Kirkland’s, Antique Candle Co., The Container Store, and Bed, Bath, and Beyond, are just one way Blanks hopes to grow her business. She’s recently added an official intern and staff members, and she and her husband Andy (who is publisher and co-founder of the faith-based YM360 and Iron Hill Press) are looking to expand into other areas.

For her business to succeed, Blanks said that daily diligence and connections with others is important. “It’s not just posting every day, but also growing a community through hashtags with similar people,” she said. “Those people know people, and it goes from there. Connections and relationships are important in any content-producing job.” Another step in her growth is to build on her reputation as a Christian influencer. “I’ve established myself as faith-based, whether that means using Bible verses or encouraging words. I want to continue growing in that way too,” she said.

Family Foundation. According to Blanks, the support of her husband and other family members has been key to her success and also a challenge for balance and perspective. She and Andy have four children, 17-year-old Saysay (Sarah Francis), 16-year-old Abby, 13-year-old Caroline, and 7-year-old Paul. They, especially the teenagers, have given Blanks a unique perspective on having a career based on social media. “It’s a fine balance with family, and I have to respect their teenage wishes,” she said. “Younger children don’t seem to care, but I’ve had to learn that teenagers don’t always want their names, pictures out there... It’s learning to balance privacy with being honest about what our lives are like,” Blanks explained.

Blanks learned many of her lessons on family and faith from her grandfather who was a pastor at Dawson Memorial Baptist Church in Homewood, Ala. as well as her parents and other relatives who were strong Christians. “Andy and I have sought counsel many times from our family, and we’ve tried to bring that into our own family,” she said. Blanks came to her own faith at the



“Having a ‘neutral base’ is my decorating advice for any space in your home,” says Blanks. “When larger pieces are neutral, refreshing your spaces seasonally is a breeze and budget friendly. Simply add splashes of seasonal color with throw pillows or blankets, or add seasonal faux or real plants and stems. You can use smaller-scale decor items to carry your home from season to season.”



Brendt and husband Andy Blanks recently launched “The Big Full Fun” podcast, which gives an insider look into their lives and how they balance work, parenting, marriage, and faith, and still have a lot of fun doing it. The couple’s children range in age from second grade to senior in high school!

fruit of this,” she shared. “It’s amazing how God can use any avenues, even social media.”

age of 8 while attending a Girls in Action (GA) camp, and her church and youth group became vitally important in her life. “My involvement in the youth group was huge,” she remembered. “I just had a solid group of friends, we could hold each other accountable, and it helped me grow so much in faith.”

Faith-Based Influence.

Today, Blanks tries to incorporate her faith in an industry that might on the surface seem antithetical to such values. When Blanks was just entering the blogging side of her business, she admits she questioned whether being a Christian would hinder her

success. She had a conversation with a friend that still resonates with Blanks. “I wondered if my faith was going to limit me and she asked me: If you didn’t have faith as part of you, wouldn’t that take away who Brendt is? That really clarified things for me,” she recalled. Blanks wants people to receive positivity from and be encouraged by her blog and social media accounts. And she wants them to wonder where her positive and affirming attitude comes from. “And then when they see something that is more overt about my faith, I want them to be able to say more and ask me about it,” she said. She adds that she’s asked the question, “Can I pray for you?” on her accounts and knows that some followers have no experience with prayer or other spiritual matters. “It’s led to conversations and it’s such a cool

— Cheryl Wray

Cheryl is a freelance writer and book author. She’s married with three daughters and six grandchildren.



PEST



LAWN



MOSQUITO



TERMITE

callwaynes.com | 866.WAYNES1

Cleaning & Mental Health Go Together Like Hand-In-Rubber Glove

The thought of home should make us happy. While the cleanliness and tidiness of our home is a personal choice, there's plenty of evidence that a clean and organized home has a positive impact on our mood and energy levels. Whether the very act of cleaning makes you feel less anxious, or the results make you smile, there's no doubt that a clean home makes every day brighter.

Cleaning and Mental Health

Researchers have found that getting your hands dirty and cleaning can quickly improve a person's mood. The sense of control over your environment, satisfaction at seeing a job well done, and the repetitive motion of cleaning can all have a calming effect on your mind.

There Are Physical Benefits to Cleaning Too

One of the strongest indicators of physical health is cleaning. One study by Indiana University researchers found that the tidiness of a person's home was the strongest indicator of that individual's physical fitness. The cleanliness of the home proved more telling than even their neighborhood's walkability score or other variables. Researchers believe that spending 30 minutes a day cleaning served as an effective form of exercise and that those who lived in tidy homes were less affected by seasonal changes in the weather.

The Relationship Between Clutter and Productivity

A messy, disorganized home can be distracting. For some, it's enough that they can't focus on other projects until things have been cleaned up. For others, clutter has a bigger impact on mood. People are less distracted, less anxious, less irritable, and more productive when they're in a clean and organized room.

How to Clean Up and Wind Down

Cleaning improves your mental health, that's a fact, but it's challenging to prioritize cleaning in your already busy life.

Use these tips to help:

- **One Thing at a Time.** The most accessible way to clean is in small chunks of time. Build in 5-, 10-, or even 30-minute blocks to focus on a particular cleaning or organizational task. Don't try to take on more than you should. Do just enough that you feel a sense of accomplishment, not rushed to fit in all your cleaning for the day.
- **Treat Yourself.** Turn 20 minutes of cleaning into 20 minutes of "me" time. Listen to fun music, turn on a TV show while you clean, or tune into a podcast that is calming, informative, or energizing to set yourself up for whatever task comes after your tidying session.
- **Get the Family Involved.** Ask your spouse, kids, or even a friend to take on a cleaning task with you. It's an excellent opportunity to catch up, be active, and make conversations feel more natural. This is an excellent way to get people in your life to open up without the pressure of sitting down face-to-face!

We're Here to Lend a Hand

Need help taking care of cleaning your home to be able to spend more time doing things that you love? Call the experts at Molly Maid today to schedule an appointment at 615-794-0200 or 615-603-3766, today www.mollymaid.com/s-davidson-williamson-maury-counties/about-us.

— Ashley Farrar

Ms. Molly Foundation

Molly Maid is proud to fund and support the Ms. Molly Foundation, which supports domestic violence agencies and shelters in local communities. We're proud to have raised over \$3 million dollars since 1996.

BODY & SOUL

"Holy Marriage Is Worth Dying For!"

— Saint Valentine

Every February 14th, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday?

Here are 2 different legends ... Enjoy!

The first legend, and perhaps the best known, began in Rome, when the Emperor, Claudius II, was involved in many bloody and unpopular campaigns. "Claudius the Cruel" as he was called, was having a difficult time getting soldiers to join his military leagues. He believed that the reason was that Roman men did not want to leave their loves or families. So, he cancelled all marriages and engagements in Rome! The year was 269 AD. A couple of good priest, not yet saints in Rome; Saint Valentine together with his friend Saint Marius, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, he was sentenced to be beaten to death with clubs and to have his head cut off. But while in prison, it is believed that Valentine fell in love with a young girl, who may have been his jailor's daughter. It is said she visited him daily during his confinement. Before his death on the 14th day of February, it is alleged that he wrote his love a letter, which he signed, "From your Valentine".

Another lesser known legend says that Valentine's Day started not as Valentine's Day but...in ancient Rome, on February 14th, as a holiday to honor Juno. Juno was the Queen of the Roman Gods and Goddesses. The Romans



also knew her as the Goddess of women and marriage. Then, the following day, February 15, began the Feast of Lupercalia; a feast pre-dating even the Romans.

In those days, the lives of young boys and girls were strictly separate. However, on the eve of the festival of Lupercalia, the names of Roman girls were written on slips of paper and placed into jars. Each young man would draw a girl's name from the jar and would then be partners for the duration of the festival with the girl whom he chose. Sometimes the pairing of the children lasted an entire year, and often, they would fall in love and would later marry.

Both legends are based on real people and real occurrences. Regardless the legend you wish to believe, in 496 A.D., Pope Gelasius set aside February 14 to honor St. Valentine.

Just to include a more recent bit of trivia; in the United States, Miss Esther Howland is given credit for sending the first valentine cards. Commercial valentines were introduced in the 1800's and now ... well... you know what love has to do with it...

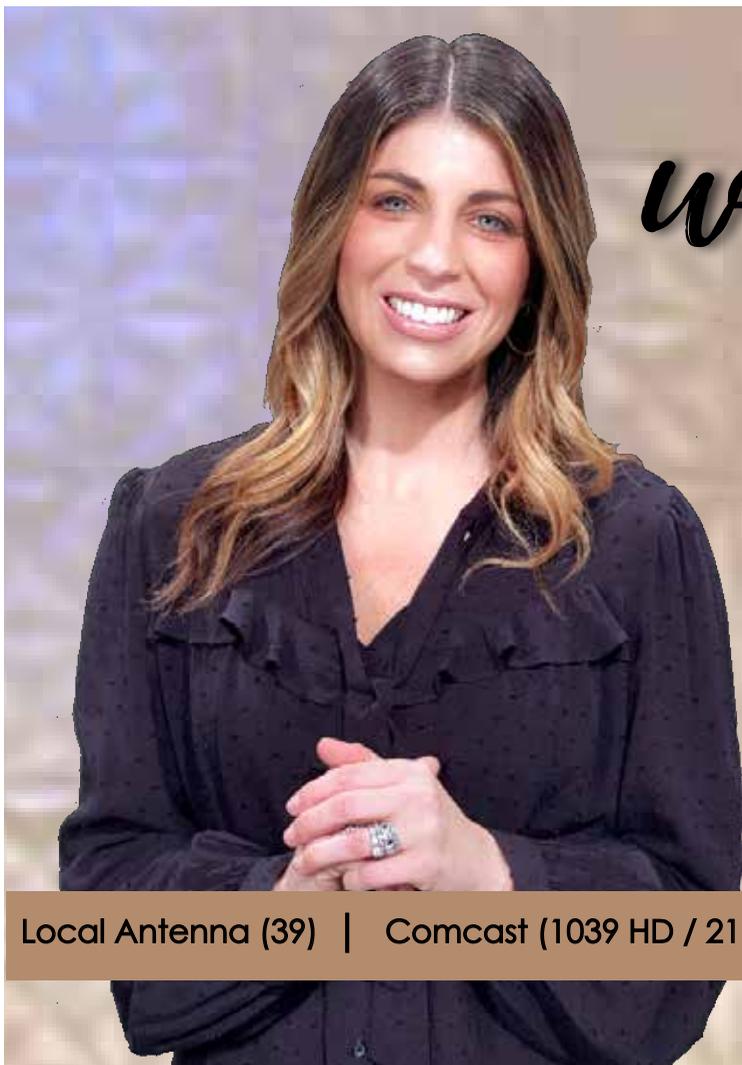
Anthony "Tony" Boquet, A Modern Solutionary
www.modernsolutionary.com

LET ALL THAT
YOU DO BE
DONE IN LOVE.

1 Corinthians 16:14 ESL



WHTN · Christian Television Network // www.ctntv.org



what if . . .

An All New Video Podcast
with host, Ashley McClain,
to answer your "what if" questions.



THURSDAYS @ 8:00 PM
FRIDAYS @ 8:00 AM

Local Antenna (39) | Comcast (1039 HD / 21 SD) | Dish Network (39) | Spectrum (10)



MONEY MATTERS

Where Should He Park the Money?

Dear Dave,

Our son is 13, and he has been doing some part-time work for a friend of the family. He makes \$40 to \$60 a week, and he would like to begin investing the majority of what he earns. Do you have a suggestion for a good place he could put his money?

Lindsay

Dear Lindsay,

Well, here's the thing. At this point in his life, the goal of this investment isn't wealth. Number one, it's not a lot of money. Number two, well, it's not a lot of money. The goal is to create knowledge, reward his interest in the subject and teach him how to handle his finances when he's an adult.

I've got no problem with you helping him open checking or savings accounts at a local bank or credit union. There are lots of good lessons to be learned in reconciling a bank statement, and the value of spending, saving and giving. Then, you could get with a good financial pro, one with the heart of a teacher, and let him open a mutual fund for \$50 a month with you as the custodian. He could learn about compound interest, how to calculate the value of his shares and other things, and all that would be a good learning exercise, too.

We did these things with our kids. But keep in mind that over the course of a year—and when you're 13, that's an eternity—there's not going to be a lot of action on the investing side of things. It could be kind of boring for him at times. But he's better off to learn now that good things don't always come with flashing lights and whistles.

When it comes to wealth building, things aren't sexy. Slow and steady wins the race!

— Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of *The Ramsey Show*, heard by more than 18 million listeners each week. He has appeared on *Good Morning America*, *CBS This Morning*, *Today Show*, *Fox News*, *CNN*, *Fox Business*, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.

OUR HOUSE

That Small Crack In the Basement Wall? No Problem!

So, that foundation crack in your basement—the one you discovered last summer? You know the one: just a few inches long, barely there, probably just due to your home “settling.” Well, if you check again the next time you are doing laundry, you will notice that it is a little bit bigger than it was last year. Not much, grant you, but definitely bigger.

But there are so many things that are more pressing, right? There's the sticking windows and doors on the second floor and the ceiling gap that is developed near the fireplace. You should probably attend to those and put off fixing your foundation for another year or two... right?

Well, you could. But here is the thing: foundation problems do not get better with time. That means they will never be less expensive to fix than they are today. And you will need to fix them eventually. Either when they become so bad your home's structure is in danger or when you sell your home. And those sticking doors and windows and ceiling gap? The good news is, they are likely caused by your home's foundation problems and can be fixed when your foundation is lifted back to its original position.

Speaking of selling your home, realtors tell us that foundation problems force them to discount homes up to 30 percent come sale time—so the cost of a repair is usually much less than the amount you will lose on a discounted sale. And you can forget about hoping the prospective buyer will not notice if you do not tell them; the Real Estate Seller Disclosure Act requires you to make any foundation issues known before selling your home. So, you need to really think long and hard about this. Do you fix your foundation problems now, or do you wait and fix them later when they are much more expensive?

You have probably already realized that, both financially and structurally, it just makes sense to fix your foundation problems right now. Yes, foundation repair can seem daunting, and it can be somewhat expensive, depending on the extent of the problem. But most reputable foundation repair contractors will offer financing that can divide your cost into easy-to-handle monthly payments. So, there is really no reason not to do it sooner rather than later.

— Britney Krbec, Marketing Manager Frontier Foundation and Crawl Space Repair, www.trustfrontier.com



NASHVILLE

CHRISTIAN FAMILY

Contact us today to see how we can help you SPREAD GOOD NEWS and GROW YOUR BUSINESS in 2022!

615-815-8765

Here's what one of our advertisers has to say about their experience with Nashville Christian Family:

“As the founder and senior partner of Crain Law Group, PLLC, I am proud to be a Community Partner of Nashville Christian Family. It is a beacon of Christian values shared through the testimonies of Christian business men and women who have dedicated their lives to being salt and light. Robert Stringfellow has done a magnificent job of creating a forum for people from all walks of life to share how their relationship with Christ has both impacted their spiritual journey, and given meaning to their chosen profession. Each month, the articles in NCF focus on real life stories of fellowship, hope and encouragement. I highly recommend this publication to all who share a commitment to Christian values, but even more to those who may be seeking answers to questions regarding the Christian faith.”

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



PARENTING POINTS

Single Parent LOVE

As I investigated the origination of Valentine's Day, I found various stories that have different explanations of where the day came from and what it used to stand for. As a single parent, celebrating LOVE is a 365-day commitment. I encourage any single parent reading this to focus on the blessings of your children, the unique and wonderful characteristics of who they are. Maybe your children are little, and they still snuggle and like to have books read to them at night. Maybe your kids are teenagers and sometimes are difficult to understand. Wherever you are in your single parent journey, my hope is you will enjoy the moments and not let them pass by.



I have a daughter who is now 22 and it literally seems like a few months ago she was in the middle of being little. We used to paint together, read books and on occasion we would go outside in the rain and puddle stomp. Some of those days it seemed like we had "forever" until she would be grown and gone. I was working full-time, going to grad school, and then seeing clients at the counseling center – it was a very big load for me as a single mom. Physically I was exhausted but I always tried to make the most of mealtime or holidays, even when financially there was not much extra. For dinner I would sometimes light a candle and put on music like it was a fancy meal, even though what was on the plate was often very simple and put together

quickly. Cooking was never my strong suit. However, looking back I believe the effort of slowing down and being together and talking about our day (at school and work) was a blessing to us both. I didn't want her to grow up in front of a TV during mealtime or only remember the drive thru. I sincerely wanted to make our mealtimes relaxing and purposeful.

For Valentine's Day I encourage single parents to make a fun day of it for your children. Take them out on a parent/child date – go see a movie together or visit an art gallery. Maybe consider having breakfast for dinner and make chocolate chip heart-shaped pancakes? Small, intentional details

to a day can feel significant to a child. Memories don't have to be expensive, the moments can be meaningful and memorable for years to come, no matter how much money is spent. And as you walk through this year, here are a few "gifts" to intentionally give your children 365 days of the year: L (laughter), O (openness), V (validation) and E (encouragement). May L.O.V.E. be present every day!

— Tammy Daughtry, author of "Co-parenting Works! Helping Your Children Thrive after Divorce" resides in Nashville, TN. See CoParentingInternational.com for more information.

Looking for some Good News?



Read & Share Good News 24/7
at www.ChristianFamilyNashville.com

We are your local resource for all things family - including health and wellness, spiritual growth, parenting, education options, entertainment and more!

NASHVILLE

CHRISTIAN FAMILY

Tennessee Christian
CHAMBER OF COMMERCE

FEBRUARY LUNCHEON



Tuesday, February 22, 2022
11:30am - 1:00pm
Cornerstone Church
726 W Old Hickory Blvd
Madison, TN 37115

Keynote Speaker
Charles Alexander
Director
TN Small Business Development Center
Volunteer State Community College

Guests Welcome!
Luncheon Sponsorship Available

REGISTER AT tnchristianchamber.org

PARTNER SPONSORS



FELLOWSHIP SERVICE EDUCATION



COOL SPRINGS MD

life management medicine



stop dreaming.

NEW YEAR. NEW START. NEW BODY.

Our program is not a diet; it's a lifestyle change. Get off the dieting roller coaster and rejuvenate your life! Our trained professionals help make your weight loss journey stress free and uncomplicated. It's true! Physician-supervised and clinically-proven approach that helps our patients learn to live healthy and lean for a lifetime!

*Call today for your **FREE in-depth consultation.***

615.690.6600 | CoolSpringsMD.com

1642 Westgate Circle, Suite 100 • Brentwood, TN 37207

WEIGHT MANAGEMENT • NATURAL HORMONE THERAPY • PRP PROCEDURES • AESTHETICS

God's Plan For Service Generosity

Generosity describes the behavior of a person or organization in the process of deliberately sharing earthly possessions with others with a need or desire to have what the donor is willing to provide. Scrooge, the character created by Charles Dickens, is thought of as the ultimate change in a man from being miserly to that of being generous. Think about what the big change was in Scrooge. His wealth did not change. He turned away from a lonely life in which he focused on himself and creating money and other wealth to a life which included people like Tiny Tim, love and the needs of others. Generosity requires a focus upon other people and the world around us.



toward helping another person to brighten his or her day. Being generous in our time and energy could encourage another person to in turn help someone else.

While there might be some ego boost by claims of what money and possessions we have accumulated, ego is helped even more when we know that we have helped others. Generous people tend to be happier people because they bring happiness to others. You literally cannot take it with you. However much or little you have, think about how you can brighten the life of others through your generosity. We were created, in part, to help others. Are you able to make a

list of five people you have helped in the last 24 hours?

How can we go about making a drastic change like Scrooge did? Trusting in God is the starting point. We should be confident that God will take care of us rather than spending our days in worry about what disaster might befall us. Instead, God gives us opportunities to help others. The widow who gave her last mite was considered blessed because she was thinking about God and others (Mark 12:41-44). Do you remember the song, God Will Take Care Of You by Walter Stillman Martin? The first verse has these words: "Be not dismayed what e'er betide, God will take care of you." The more we rely on God, the less we are preoccupied by our bank account and more prone to think of others.

In our society, we tend to be very conscious of material gain. How can we gain greater "financial security" as we are wont to call it? If we receive money from earnings or a gift, we need to be conscious that this is not a demand to spend it. We should make a distinction between our needs and our wants. Our wants should be satisfied after we have given our tenth to God, put another amount into savings and met our needs. When we discipline ourselves in this fashion, we can have greater confidence that we will be OK if a rainy day comes because we will know that we honored God along with meeting our basic needs.

Generosity has its own rewards. As we give freely, we are being more conscious about the needs of others and less about our own wants. We can see the blessings that come as our generosity is put to work. Helping others can be great therapy for our own problems. We can feel good about ourselves because we have exhibited love for others. 1 John 4:7-12 tells us, "Let us love one another, for love comes from God."

Two other parts of generosity are time and energy. We can be generous with our time by volunteering with an organization such as our Church in programs designed to help others or a community organization. Another part of generosity is the use of our energy. It takes very little energy to smile or lend a helping hand to a person in need. The smile and hello could go a long way

How many of your "wants" could be used to help others through generosity? Probably all of us have more than the widow who put the mites in the collection. You are likely to meet someone every day with greater needs than yours. When God takes care of you, are you willing to be generous in sharing your wealth, time and energy? When you arrive in Heaven and are asked, "What have you done for others?," what will you say?

Study questions are available for this program. You can obtain them by writing to kwo@oosting.com or calling 615.661.9870. May God continue to bless you.

— Ken Oosting, Ph.D., kwo@oosting.com

**ADVERTISE HERE
and Get Results!**

**Robert Stringfellow • 615-815-8765
publisher@christianfamilynashville.com**

NASHVILLE
CHRISTIAN FAMILY

COLD FLOORS?



Don't get COLD FEET.

Get warmer floors *without* higher heating bills.

INSULATE YOUR CRAWL SPACE!



Judy, Dustin, Layne Gebers
OWNERS



BEFORE



AFTER

Frontier

FOUNDATION
& CRAWL SPACE *Repair*

\$150 OFF

Your Project

Not to exceed 5% of total project. Not to be combined with any other offer. Presented at time of signing. Expires 1/31/2022.

FREE ESTIMATES

931-202-3413

ClarksvilleFrontier.com

KIDS KORNER

Holy Ghost Bubbles

God keeps us afloat during difficult times.

WHAT THE BIBLE SAYS

Psalm 23:4

New International Version (KJV)

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

HANDS-ON EXPERIMENT

SWIMMING ORANGE

INGREDIENTS

- Two Oranges
- Large Transparent Bowl
- Water
- Digital Scale

INSTRUCTIONS

STEP 1: Fill the large transparent bowl half of the way with water. Describe the water by using its observable properties.

STEP 2: Remove the peeling from one of the oranges. Describe the oranges by using their observable properties.



STEP 3: Using the digital scale, determine the mass of the orange without the peeling and the orange with the peeling. Using this measurement, identify the oranges based on this property.

STEP 4: Drop the orange without the peeling in the water. What happens? Drop the orange with the peeling in the water. What happens?

EXPLANATION

The orange without the peeling sinks, while the orange with the peeling floats. The orange peeling is filled with tiny pockets of air, which makes the orange less dense than water, causing it to float. When the peeling is removed, the orange becomes denser than water, and sinks.

BIBLE CONNECTION

God represents the orange peeling, who keeps us afloat during the difficult times in our lives

— Jason Lindsey, Executive Director/Founder/K-12 Science Educator

Hooked on Science, www.hookedonscience.org

jlindsey@hookedonscience.org



www.MyGospel365.com

Playing Great Gospel Music 24 Hours a Day!

Listen anywhere in the world!

Want to hear your favorite song or artists?

Check out the
REQUEST SECTION at

www.MyGospel365.com

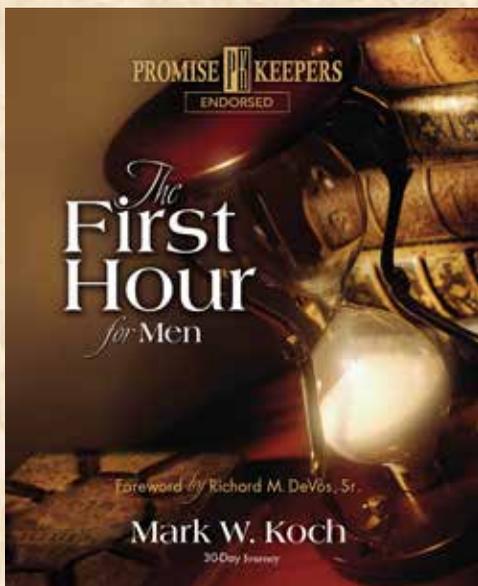


Stay tuned for an Important Announcement Soon from Nashville Christian Family!

Check Our Facebook and Instagram and Our App During The Next Couple Of Weeks



Heal the Man... Heal the Family... Heal the Nation!



FIRST BOOK FREE

Over 300,000 distributed!
The book that's sweeping
the nation!

Men's lives all across the nation are being radically transformed through *The First Hour for Men* 30-day journey. Mark W. Koch gives men a simple pathway that will help the reader become a true man of God in every area of their lives. This unique and simple 30-day study guide instructs men how to pray, what to pray for, how to spiritually guard and protect themselves and their families, and how to grow closer to God in their everyday lives.

There's POWER in the Hour!

A MESSAGE FROM THE AUTHOR:
Marriages are being healed, relationships with children are being restored, miracles are happening in all areas of the lives of the men who are earnestly seeking God and spending their first hour with Him daily. God promises to answer the prayers of the righteous and to those who diligently seek him. I challenge you to find out for yourself!

Order your FREE BOOK now!
www.TheFirstHour.com

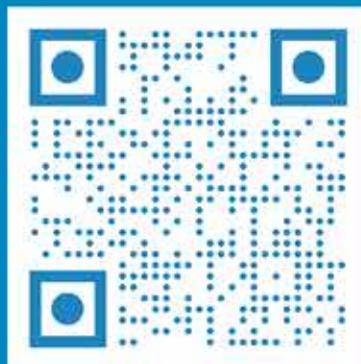
USE PROMO CODE 316 AT CHECKOUT



Nashville's *uplifting*



88.7
89.9



*LISTEN
NOW!*

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 and we will make sure you receive one.

DO YOU HAVE YOUR OWN BIBLE?

If you would like to receive a Bible at no cost,
email ncfpublish@gmail.com.

TOTAL LANDSCAPE SOLUTIONS

Landscaping

- Custom Designs
- Installation
- Full Line Nursery Stock
- Rejuvenation

Water Features

- Ponds/Streams
- Spas/Hot Tubs
- Waterfalls
- Lighting

Hardscapes

- Decks/Patios
- Retaining Walls
- Gazebos/Arbors

Reclamation/Renovation

- Drainage/Irrigation
- Grading/Sculpting
- Swells/Burns
- Erosion Control



Landscaping by JOEL

Creating Custom Environments
at a Price You Can Afford

Joel Angulo
615.642.4492
20 years experience

ABOUT OUR ADVERTISERS

Please support these local businesses that support Nashville Christian Family with their advertising. Support us by patronizing them.

Amada Senior Care Nashville – www.amadanashville.com, 615-933-7494

Ben Davis – www.selectpointe.com, 615-584-4946

Bott Radio Network – www.bottradionet.com, 615-871-1160

Cool Springs MD – www.coolspringsmd.com, 615-283-7291

Frontier Foundation and Crawl Space Repair – www.christianbasement.com, 615-547-8701

Jack Rabbit Cleaning Services – www.jackrabbitcleanchoices.com, 615-594-9052

Landscaping By Joel – 615-642-4492

Larry Crain – www.crainlaw.legal, 615-376-2600

Lee Company – www.leecompany.com, 615-567-1000

Molly Maid – www.mollymaid.com, 615-794-0200

My Gospel 365 – www.mygospel365.com, 615-375-1212

The First Hour For Men – www.thefirsthour.com

The Fish 94FM – www.94fmthefish.net, 615-367-2210

Tina Pierret – www.lifehappensathome.com, 615-335-3720

TN Christian Chamber of Commerce – www.tnchristianchamber.org, 615-815-8765

Tucker's House – www.tucker'shouse.org, 615-310-5224

Wayne's Pest Control – www.callwaynes.com - 866-WAYNES1

WayFm – www.wayfm.com, 615-261-9293

WHTN TV – www.ctntv.org, 615-754-0039

If something in this month's issue of

NASHVILLE

CHRISTIAN FAMILY

has awakened in you a desire to learn more about the **Freedom** and **Eternal Life** that Jesus Christ offers, we encourage you to seek out a **Bible-based church in our community.**

We believe this is the MOST IMPORTANT DECISION you can make for yourself and your family.

God Bless You!

www.ChristianFamilyNashville.com



Special Thanks to our Community Partners who directly impact the ability of Nashville Christian Family to reach people with the Good News of Jesus Christ!



The Special Needs Trusts & Resource Center





COOL SPRINGS MD
life management medicine





a neighborly company



93.7 | 94.1 | 104.9







CRAIN LAW GROUP, PLLC





WANG VISION
CATARACT & LASIK CENTER

Become a Partner & Spread Good News!
To find out how your company can become a Community Partner, Visit ChristianFamilyNashville.com/Partner or Call 615-815-8765 • Limited to 16 Partners

Now's the time to
GET YOUR BRAVE ON
with Amanda Carroll

*Inspiring you to live
a strong and
courageous life*

Middays
10am - 3pm

amanda 
GET YOUR **BRAVE** ON! **Carroll**





Tucker's House

...so every child feels at home.

Serving families of children with disabilities throughout Middle Tennessee by making their homes safer and more accessible.

Learn more or donate at www.tuckershous.org

