

February 2023

COMPLIMENTARY

NASHVILLE

CHRISTIAN FAMILY

*FAMILY
Matters*

Valentine's
Day

Benny & Marilou Proffitt

***First Priority
Here and There***

FREE Good News



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

NASHVILLE CHRISTIAN FAMILY®

Publisher: Robert Stringfellow • 615-815-8765

publisher@nashchristian.com

Editor: Raymonda Jagers

Contributing Writers:

Anthony (Tony) Boquet
Meredith Boyd
Martina Brindley
Larry L. Crain, Esq
Sally Cressman
Tammy Daughtry, MMFT
H. Ben Davis, III, CSA
Ashley Farrar
Kevin G. Fehr, CSA, CDP
Jonathan Feldstein
Doug Griffin
Janel Hitson, MD
Ryan King

Ella Morrissey
Sheila Moss
Benny Proffitt
Misty Ratcliff
Monica Schmelter
Rhonda Smart
Byron Spradlin
Ashton Tate
Ralph E. Vaughn
Ming Wang, MD, Ph D
Rebekah Warren

Cover Story Photos: Courtesy Benny Proffitt

Production and Art Direction: Wendy Satterwhite

Website Development/Maintenance: A3 Marketing and Communications

Digital Marketing & SEO Services: Bowen Digital Marketing

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

Sales & Marketing: Robert Stringfellow,
Brenda Delgado/Marketing Specialist

Administrative Assistant: Emma Grace Hicks

Printer: Central Missouri Press

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@nashchristian.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 2023 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, \$100 for one year (12 issues). To subscribe, e-mail publisher@nashchristian.com

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

The Month of 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)



It is appropriate to take joy in expressing our love to wives, husbands, parents, 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. It is evident from Scripture that for Believers to truly love the way the Apostle Paul describes and the way Jesus loved throughout his lifetime, it can sometimes be difficult for us. Loving the way God says we should must be how we approach many situations in our lives.

We should live in a way that consistently reflects God's love and our love for those that we come into contact with, particularly non-believers. Think about it; situations arise in all aspects of our lives - work, home, family, school, friends, and church, which often require us to pause and think about how to respond to a person or a situation. In some of these instances, it may be difficult for us to act or reply the way Jesus would. We let our pride, bias, temper, or selfish nature take over and dictate our reaction that can be "knee jerk" and often times produces an unfavorable outcome, actually making an already bad situation worse.

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

Give it some thought; is there a situation and your response that you have been involved with recently that you now wish you could revisit as far as how you handled it from God's perspective?

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 and Loving.

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





ON THE COVER 20

Nashville's Benny and Marilou Proffitt bring the Gospel to young people through First Priority Global. See page 20.

7, 23 **Family Matters**

7, 11 **Valentine's Day**

1-32 **Free Good News**

SPECIAL FEATURES

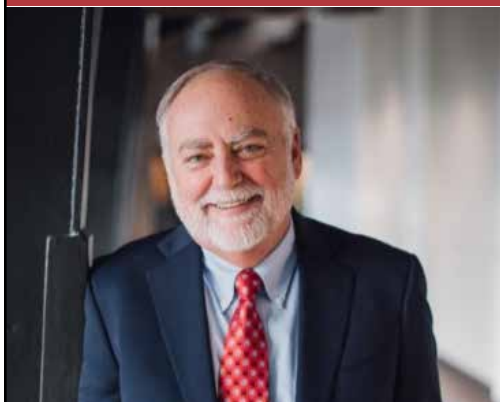
12 **Daron and Maricela Farrar: Molly Maid, A Clean You Can Trust**

14 **"What Israel Means to Me" Connects Christian Children With Israel**

15 **There Is a new Neuropathy and Chronic Pain Treatment!**

27 **Where Are The Fathers?**

NEXT ISSUE



Dr. Dan Boone, President of Trevecca Nazarene University and Much More!

February 2023

DEPARTMENTS

3 From The Publisher

The Month of Love

6 Legal Matters

Top Four Benefits of Hiring a Small Law Firm

6 Body & Soul

Secrets to a Better Tomorrow

7 Family Matters

Matters Of the Heart

8 Ask The Expert

Q & A Darlene Kemp, Vista Points Special Needs Trusts

8 City Scene

Trevecca Honors Walden College with Historical Marker

10 Mission Makers

Join Us for Our Spring Dialogue Series 2023

10 Tech Talk

Whom Should We Believe?

11 An Encouraging Word

Heart Matters

13 Business Today

Supporting Our Communities With Our Trades and Our Talents

14 Miracle Moments

The Essence of Worship

17 Healthy Living

Protect the Ones You Love- Improve Air Quality In Your Home

18 Senior Scene

To Drive or Not to Drive: Decision Making for the Sick and Aging

23 Parenting Points

How To Change the Health of Our Nation

25 Hassle Free Zone

How to Clean a Glass Stovetop

28 The Bible

What's New in the Ancient City of David

29 Healthy Living

Be Happy, Be Healthy, Be Whole

30 Faith Under Fire

You Are More Than Your Divorce

32 Business Today

Creating Jobs For America

32 Hassle Free Zone

Gain Control of the Wasps!

35 Mighty Men

Darkness To Light - Part Two

37 Monthly Spiritual Goal

ASK..... What Do We Expect?

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

38 About Our Advertisers

CONTENTS

VOLUME 13, NUMBER 9



10



23



28

.....

**DO
YOU SUFFER
FROM
NEUROPATHY**

Blue Umbrella Medical Center offers the latest in physiotherapy treatments for neuropathic pain. Our team of specialists will work with you to develop a treatment plan that meets your individual needs and helps you get back to living life without pain.

We understand that neuropathic pain can be debilitating, and our goal is to help you return to your normal activities as quickly as possible. With our proven treatment methods, we can help you find relief from your symptoms and improve your quality of life.

Contact us today to schedule a consultation and learn more about how we can help you manage your neuropathic pain.

.....

**INNOVATIVE
INTEGRATED
HEALTH SOLUTIONS**

(615) 610 6936
www.blueumbrellamedical.com

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



Top Four Benefits Of Hiring A Small Law Firm

When I graduated from law school, my first position was with a prestigious law firm in a tall, glass building in downtown Nashville. After several years of fighting the traffic every morning and afternoon, I persuaded a couple of like-minded attorneys to join me in opening a small law office in the suburban neighborhood of Brentwood. Nashville has grown considerably over the years, and today many new, tall glass buildings carve our city's landscape. The number of big firms occupying them has also grown, some with hundreds of lawyers. Today, my law office is just minutes from home. Several of my clients who appreciate not having to drive downtown and scramble for parking have since become longtime friends. And many continue to share with me the many benefits of coming to a small law firm to handle their legal matters. The following is a list of a few of their comments about some of the advantages they have found in Crain Law Group.

1. Dedicated Relationships and Service

"I felt like my case got lost in the shuffle," one client said who switched to us from a large, downtown firm. "The bigger firms may have greater staffing and resources, but it often felt cold and indifferent when I met with a different associate each time. I appreciate the personalized service I get from Crain Law Group, and the comfort of knowing that when I call about my case I am assured it is still in the hands of the same attorney and receiving the priority it deserves."

2. Focused Friendly Environment

"The friendly atmosphere at Crain Law Group, and the warm greeting I get whenever I call or come in the office makes me feel welcome, and lessens the anxiety that I have about my legal problem," one client shared. Our staff of secretaries and paralegals routinely receive this kind of positive feedback from our clients. Information on the progress of a client's case is updated regularly and available through a confidential, digital filing system enabling whomever takes a client's call to provide up to the last minute developments and information about the client's case.

3. Easier Access When Legal Help Is Needed

Whether the client lives nearby or travels some distance, access to the offices at Crain Law Group is much easier than it is to downtown firms. Several larger firms actually now require a photograph and some form of identification before allowing clients to access their offices. Walk in appointments are virtually impossible.

Crain Law Group strives to provide a family friendly environment in which clients are encouraged to bring their spouse or children. Clients are free to stop in without an appointment to drop off or pick up needed documents, or to simply inquire about the status of their case.

4. Greater Trust and Confidence

Few things are more important to a client than establishing a relationship built on trust and confidence in their lawyer's skill and ability. A smaller law firm allows for closer ties to the lawyer assigned your case, which lends itself to these relationship qualities. The importance of these factors at Crain Law Group is apparent in the video testimonials of some of our clients which may be viewed on our website at www.crainlaw.legal

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



Brought to you by: **WHTN/CTN**
www.ctntv.org



Secrets to a Better Tomorrow

I've always thought of the Bridges set as a safe space to talk about hard things. The first time Christy Neal was a guest on Bridges I knew our conversation would include hard things like adultery. Just mentioning the word adultery can elicit a myriad of emotional responses. The shame. The stigma. The scandal.

One day, Christy was offered this bit of advice about the affair she had during her first marriage, "Don't Ever Tell". Thankfully, Christy didn't heed that counsel. Instead, she bravely faced her life, choices, and consequences.

Accept Her Divorce and Single Mom Status

Facing her life meant that she had to quit blame shifting. Instead, Christy had to accept that her divorce and single mom status were a result of her own choices. When we are in particularly hard seasons, accepting our life "as is" is not always easy. However, when we accept what is and ask for God's help, He will answer. He stands ready to help, whether we are suffering as a result of our own mistakes – or if we are hurting because of the poor choices of other people. *So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.* Hebrews 4:16 NLT

Own Your Choices?

Owning our choices is not for the faint of heart. It's usually much easier to point to our dysfunctional upbringing, the failure of others, or you fill in the blank. However, accepting our lives right where they are – and owning our choices leads to freedom. Of course, there may still be consequences but His grace is sufficient, even when our actions created the mess. As Christy owned her choices she grew in strength, maturity, and character.

Choose to Use It for Good

Even though Christy made some poor choices in her first marriage, she determined to use what she learned for good. For example, she wrote a book for women titled *Don't Ever Tell*. The book is a message of hope, healing and restoration after adultery. Beyond the book, Christy is devoted to encouraging people to choose different.

So much of where we are today is the result of our choices – good or not so good. Even if we are suffering the consequences of poor decisions, we can change the course of our life by deciding to choose different today. We don't have to let the poor decisions in our past continue to decide our future. My conversation with Christy underscored in a fresh way that we can all choose to use what we learn for good. This is true whether the lessons we learn are from our failures or the failures of others that impact us. I am not afraid to discuss hard things on Bridges because I know God is good. He is a God of restoration and mercy. If you will accept your life as is – own your choices – and choose to use it for good – you will create a better life. As Christy says "You too could be one different choice away from a better tomorrow." Today's Secret from the Studio: You are one different choice away from a better tomorrow.

— Monica Schmelter enjoys sharing the secrets she's learned in the studio. "I've learned something significant from each and every Bridges guest and it's my honor to share what I've learned." Bridges is a daily show that airs in over 50 million homes on Christian Television Network. Monica serves as the General Manager of WHTN/CTN.



CTN.

www.NashChristian.com

FAMILY MATTERS

Matters of the Heart

The month of February focuses on matters of the heart. Valentine's cards and gifts bleed pink and red in the stores. But did you know February is also American Heart Month? A few years ago, my son was diagnosed with Wolf-Parkinson-White syndrome. Unbeknownst to us, he was born with an extra signaling pathway between the heart's upper and lower chambers, causing rapid heartbeats. These extra heartbeats triggered anxiety, nausea, and lost work days.



The symptoms appeared a few months before my son visited a doctor. While at the scheduled doctor's visit, she called in an appointment with a Vanderbilt cardiologist that same day. The cardiologist informed my son that the syndrome was an electrical problem and fixable. We waited another stressful three weeks before the procedure took place. With heart disease in my family, I prayed (and worried) during that time. Thankfully, an ablation resolved the problem.

As February focuses on the issues of the physical heart, let it remind us to be just as concerned with

our child's sin-sick heart. It's a predicament with eternal consequences. It's a condition no doctor on earth can fix. But what can we as parents do to guide our kids into the arms of our true Healer, Jesus?

Read the Bible with your child. His Word is "living and active" (Hebrews 4:12). The Scriptures

will pierce and break a child's heart more than our words ever will. Share your rescue story with age-appropriate language and discernment. Take them to Sunday school and church so they hear the Gospel story repeatedly. Discuss the Sunday school lesson or sermon at home. You never know when a story or conversation might convict and stick.

Pray scripture over your child. Here are a few verses related to the heart:

I pray my child would love the Lord her God with all her heart, with all her soul, and with all her strength. Deuteronomy 6:5

I pray that my child would confess with his mouth, "Jesus is Lord," and believe in his heart that God raised Him from the dead so that he will be saved.

Romans 10:9

Give my child a broken and humble heart, God. Psalm 51:17

Model what a relationship with Jesus looks like throughout your day. Whether you're discouraged or elated, let your child hear you call out to God. He will witness you lean on Jesus in all circumstances.

Just as my son's heart problems didn't appear until his twenties, your child may not immediately respond to the Gospel message. It will take time, this planting of God's word and sowing of prayer. But one day, in God's timing, all the planting and sowing will bring about a heart transplant by the Great Physician. And what a glorious day it will be.

— Sally Cressman writes about faith, family, and home on her website www.sallycressman.com. She'd love to connect on Instagram @sacressman.



THE SALVATION ARMY
NASHVILLE 2022
CHRISTMAS IMPACT REPORT
LOVE BEYOND CHRISTMAS

RED KETTLE CHALLENGE RAISED
\$517,081
2023 FUNDRAISING GOAL
3.5 MILLION

7,175
ADOPTED ANGELS

85
PEOPLE EXPERIENCING HOMELESSNESS
MOVED INTO NEW PERMANENT HOMES

\$147,875
FINANCIAL ASSISTANCE
THROUGH KROGER
FOOD ANGELS

THANK YOU TO EVERYONE WHO JOINED US TO SPREAD LOVE BEYOND CHRISTMAS & INTO THE NEW YEAR!
Learn More About Our Year Round Services at SalvationArmyNashville.org

ASK THE EXPERT

Brought to you by:
Vista Points • www.vistapoints.org



Special Needs Trust

Q: I have recently established a third-party special needs trust for my son. He has Autism. He will not be able to care for himself, as an adult, without additional assistance. The money I have gifted my son, in this trust, will take care of him in his future needs. I want to be sure the money is used correctly so any expenditure does not affect the government benefits he is receiving. What are some allowable expenses?



A: Although your son may not realize what an exceptional gift you have given him, your trustee is there to serve his needs so he can live a good quality of life. Many parents request services such as: respite care, and nonmedical care - allowing social interaction with someone other than a family member; housekeeping; additional therapies or services such as chiropractic care, acupuncture, and massage; the purchase of items such as toys; educational items or classes; therapeutic equipment and electronic devices such as computers, cell phones and gaming devices. All of these items or services can be paid from the special needs trust without jeopardizing your son's government benefits.

— Darlene A. Kemp, MPH, MBA-HCM,
Executive Director
Vista Points Special Needs Trusts,
www.vistapoints.org - 888-422-4076



VistaPoints
The Special Needs Trusts & Resource Center

CITY SCENE

Trevecca Honors Walden College With Historical Marker

Years before Trevecca planted roots on its hillside property on Murfreesboro Pike in Nashville, a college for Blacks made history occupying the same ground. From 1922-25 on what is now Trevecca's campus, Walden College endeavored to help freed slaves become citizens and scholars.

Founded in 1865 by the Methodist Episcopal Church, Walden College is believed to be the first Historically Black College established in the South. Its goal was to provide education to freed slaves. By 1900, 13 majors were offered including medicine, dentistry, nursing, law and industrial arts.

Last fall, Trevecca unveiled a state historical marker for Walden

College near the center of campus during a special ceremony. Speakers at the ceremony included individuals who had worked to establish the significance of the location and advocated for the marker with the Tennessee Historical Commission. Among them were Trevecca faculty member Iris Gordon and graduate Tynaisia Rush, who founded Trevecca's Walden Club in 2017 to continue the legacy of Walden College and foster community among Black students on campus.

"Walden represents who we are and who God made us to be," Gordon said. "This is an opportunity to celebrate the important contributions Walden College has made."

Dr. Steve Hoskins, Trevecca historian and associate professor of religion, explained the significance of Walden's rich history. "When Trevecca arrived on the Nashville campus in 1935, we had no idea we were stepping into a river of history already rich and deep—a history of Christian faith and educational accomplishment, of godly sacrifice and dedication."

According to Hoskins, Walden University came to the Nashville property in 1922 and stayed for three years near the end of an historic era of accomplished African American education in Nashville, a city that the Banner Newspaper called "the greatest center of Negro education in the world." After leaving the Trevecca campus, the college dissolved due to financial problems.

Walden's achievements were many, including helping to start Meharry Medical School. It educated defenders of the under-served and teachers who spread throughout the South to help children learn to read, write and achieve their dreams.

"Walden College helped create a better world of freedom for African Americans after the era of slavery and the Civil War," Hoskins added. "It provided a true example of Christian education and faithful service to God and humanity. We are grateful to be linked in our history to this groundbreaking school and all it accomplished."



— Rebekah Warren

Serving Middle Tennessee
Davidson, Williamson, Sumner, Rutherford and Wilson counties.

PURPOSE
The Tennessee Christian Chamber of Commerce is a faith-based organization with the sole purpose of advancing common business interests by transforming the economic and spiritual climate of the business community, invoking the principles of faith at work, and by providing resources for professional and spiritual development, improving business practices and equipping Christian professionals to affect change in the marketplace for Jesus Christ.

join us at a local event

VISIT US AT: tnchristianchamber.org

PARTNERING SPONSORS

FELLOWSHIP SERVICE EDUCATION



“Whoever Wins the Next Generation, Wins!”

Benny and Marilou Proffitt, Co-Founders
First Priority Global Ministries

There is a battle raging to win the hearts and minds of our nation’s youth.

2 Corinthians 4:4 describes it, *“the god of this world has blinded the minds of the unbelieving so that they may not see the light of the gospel of the glory of Christ, who is the image of God.”*

Most international mission organization’s research tells us over 2 Billion young people on earth today have never heard the true story of Jesus Christ (that’s over 2,000 X 1,000,000 youth and children) and that number is growing every day.

Who will tell them?

Mark 16:15

Jesus said, “Go into all the world and preach the gospel to every creature”

TO FULFILL THE GREAT COMMISSION GIVEN TO US BY OUR LORD JESUS CHRIST WE AT FIRST PRIORITY BELIEVE THE YOUTH IN THIS GENERATION MUST BECOME THE MISSIONARIES, MESSENGERS AND MINISTERS OF THE GOSPEL TO THEIR GENERATION.

A GLOBAL MOVEMENT WITH MILLIONS OF PASSIONATE, TRAINED, HOLY SPIRIT LED YOUTH LIVING AND SHARING WHAT THEY BELIEVE ABOUT JESUS IN EVERY SCHOOL, COMMUNITY, CITY, AND NATION

First Priority believes
the best messenger of the gospel to a 15 year old is a 15 year old

At First Priority Global, we have a plan!

First Priority Global Ministries is committed to Launching Youth Led Ministries with a “Peer to Peer” Evangelism and Discipleship Strategy In every Nation around the world Empowering that Nations Youth to Reach their Generation and Generations to Come

Visit FirstPriority.Global

Learn more about how you can be part of reaching the next generation for Jesus in every nation around the globe.

(Over the next 12 months we will be sharing amazing stories from different countries)



Join us for our Spring Dialogue Series 2023

The Salvation Army began the spring dialogue series in 2019 to bring together key community leaders and experts to promote open discussions on the most prevalent social and economic issues being experienced by our most vulnerable neighbors and the best way to solve those issues in a cohesive and collaborative manor.

We will continue the journey in 2023 with a focus on three community concerns that need collaboration between public, private, and non-profit organizations to effectively address so everyone in our community can experience the fullness of life as our city grows in size and prominence.

In March, we will look back on the impact the pandemic had on the homeless service sector, how it provided a launch pad for increased awareness, funding, and solution innovation in Nashville, and how we must continue to build upon that momentum if we want to see continued success and sustained impact.

In April, we will continue the journey as we explore what attainable and accessible housing look like for our commu-



nity and the steps, we need to take so all of our Nashville neighbors benefit from the opportunities provided as our city continues to attract the attention of new businesses and the population growth that follows.

Finally in May, we will discuss the educational and social challenges that youth are facing post-pandemic. Then, we will look toward the future to determine the best tools and support programs to help families overcome those gaps, followed by development of opportunities and experiences to trigger future aspirational plans and goals to set them on a path to a brighter more successful future.

For more information visit
www.SalvationArmyNashville.org/spring-dialogue

— *Misty Ratcliff, Development and Communications Manager,
The Salvation Army Nashville,
www.salvationarmynashville.org*

TECH TALK

Whom Should We Believe?

There have always been innumerable points of views, a myriad of beliefs, and only a very limited number of truths. They make up the messages we receive on any given day. This information, vital for making wise decisions, comprise a person's knowledge; obtained through education, experiences, and their ethical or moral beliefs.



The means of delivery and reception of this information has never changed, we communicate knowledge orally, by written text, and by expression. What has changed are the ways we transmit this material and the sources purveying the information, both of which have multiplied substantially through the years. As a matter of fact, the number of unverifiable sources continues to grow out of proportion and is the main cause of most man-made problems today. With the number of sources and the sheer volume of content, it is a literal explosion of information and the term "explosion" is used intentionally, because of the visual image that the word conveys.

When a bomb explodes, small fragments of "debris" are scattered in a radius around ground zero. These fragments will consist of pieces of the bomb but also bits and pieces of things having nothing to do with the bomb. If the bomb fragments represents ele-

ments of the truth, one would have to sift through tons of garbage, just to find shards of the truth and then, only if you were actually searching for the truth would you have the potential to recognize it for what it is.

That analogy sums up the problem for every Solutionary worldwide! Is there any wonder why we are making fewer and fewer wise decisions? For centuries, the true knowledge people depended upon was delivered by trusted sources; parents, schools, libraries, church leaders, journalist, and trusted friends. To be considered trustworthy was an honor that was treasured. The character of the person mattered, was cherished, and sought out. Only those trusted and known for the truth, were consulted for their knowledge.

Boy, have things changed! Today, strangers on social media are believed before the parents. Teachers are allowed to "teach" their opinions to the children while the facts are ignored. Journalist no longer verify what they report on; the groups and ideologies they support dictate what they tell us and in what context. I never thought I would say this about the United States, but even our history books are being rewritten to reflect what is acceptable as "truth". The golden questions become, "Who should we trust?" and "Why does the truth no longer matter? We each have to answer these questions, the first to narrow the search and the second to identify those who benefit from the lies being told.

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

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

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

*How is your loved one
with special needs this
Valentine's Day?*



Special Needs Trusts provide for your loved one's supplemental needs when you cannot.

A Third-Party Supplemental Needs Trust is established and funded by a person who is not the person living with a disability – hence the term "Third-Party." The Trust provides for the disabled person during his or her life while preserving funds for other descendants in the family upon the disabled person's death.

Vista Points is focused on helping people living with disabilities, their parents and caregivers, and the professionals who serve and guide them.

Peace of mind does not have to cost a fortune.



Darlene Kemp
MPH, MBA-HCM
Executive Director

VistaPoints
The Special Needs Trusts & Resource Center

Vista Points, Inc. | Special Needs Trusts & Resource Center

1550 N. Mt. Juliet Road, Suite 203 | Mt. Juliet, TN 37122

888.422.4076

www.vistapoints.org



Daron and Maricela Farrar: Molly Maid, A Clean You Can Trust®

How does a cleaning service provide the basis for a marriage and a career? It seems that Daron and Maricela met at Molly Maid when Daron was in high school. Each learned the business inside and out and worked at all levels—from cleaning to middle and upper-level management. In addition to the cleaning business, they began a relationship that extends to 20 years of marriage and two children, Chris and Isabella. Daron contributes to their family’s church, Grace Chapel, by helping provide safety through the Safety Team. Daughter Isabella enjoys horseback riding, and son Chris is exploring interests and opportunities. In Molly Maid Maricela concentrates on day-to-day operations, vetting and hiring workers, while Daron focusses more on accounting and marketing. Daron is also active in C-12 Group, a networking group for Christian businesses. Meeting monthly, C-12 focuses on best practices and Christian values throughout the nation and even internationally. Both Maricela and Daron play pivotal roles in their Molly Maid franchise business, a business known as a neighborly company.



A Spiritual Focus

Daron mentions, “In our weekly meetings here at Molly Maid, part of what we focus on is a devotional where we pray for the needs of each employee and family. Last year we also began an Employee Care Fund which is a program that our employees can apply for to help cover emergency or unexpected expenses. The objective of our Molly Maid franchise is to be positioned to help meet the physical, emotional, and spiritual needs of our team members. We believe God has called us to meet those needs however we can.”

Miss Molly Foundation, A Different Kind of Cleaning

Daron and Maricela Farrar take their business beyond the norm: “We are honored to help support victims of domestic violence through the Miss Molly Foundation. It provides financial aid to such local shelters as Bridges of Williamson County. Every year, October is Domestic Violence Awareness month. We have a fund raiser for the Miss Molly Foundation and are proud to have contributed to the \$3 million dollars for domestic violence agencies and shelters in local communities since 1996.”

Fundamentals of Molly Maid

Service Trust (doing business as Molly Maid) is a family-owned business that was founded in 1993. There are over 400 Molly Maid franchises across the country. Daron explains, “Our Molly Maid franchise serves Williamson, Maury, and South Davidson County. There are other local franchises that serve Rutherford County, other parts of Davidson County, and beyond. At Molly Maid we aim to live by our Neighborly Code of Values: show respect for all people, behave with integrity in all dealings, and serve customers with enthusiasm. The bonus? We have fun in the process!”

Through Molly Maid, the Farrars recognize that having a clean home helps build a happy home, and they are pleased to offer comprehensive home cleaning services. While some cleaning companies use rotating cleaning plans, Molly Maid is equipped to clean your entire house every time they arrive for service. However, just because they can doesn’t mean they have to. They work with your cleaning preferences in addition to your schedule to ensure your needs are prioritized accordingly. Molly Maid provides a consistent, top-quality clean every time—without tying you to a contract. Their professional housecleaners are only as good as their last cleaning service. They have no reason to ask for your contractual commitment because they’re confident that you’ll love the work they provide. You have the freedom to schedule or cancel service at any time. Flexibility is just another reason to work with their team. The Farrars are pleased to offer top quality services to their nearby communities.

Protecting Customers and Employees

“We offer free in-home estimates so that we can better understand our clients’ cleaning needs. We customize a plan to free our clients to do what they enjoy most—which presumably isn’t cleaning! The protection process,” according to Daron, “includes all employees going through a multi-state background check. Each employee is licensed, bonded, and insured. Each member of our team undergoes extensive vetting and a thorough training process upon hiring.” There’s even more to the Molly Maid protection: “We offer a ‘Done Right Promise’ which is a 24-hour satisfaction guarantee that we will re-clean any area that may have been missed or may not quite meet our client’s satisfaction.”

Molly Maid, a neighborly company, closely monitors COVID-19 (coronavirus) and its impact in communities. Customers’ and employees’ health and safety are high priority during this time. Molly Maid acts with prudence in day-to-day operation with basic preventative safety measures following the guidance set forth by the U.S. Federal Government, Centers for Disease Control (CDC), and other health agencies. Molly Maid encourages customers to let them know in advance of an appointment if there are any concerns or special precautions.

Community Goals

Pleased with his company’s reputation, Daron explains, “Our vision is to provide a great work opportunity in our community by promoting a positive culture and attracting those that have a heart to serve and want to be part of a team that offers a dependable cleaning service. To that end we are very appreciative to have received the Franklin Sizzle Award for at least the last 10 years for the best cleaning company in Williamson County.”

Create your customized house cleaning plan today by dialing (800) 654-9647.

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

Supporting Our Communities with Our Trades and Our Talents

With a new year comes new possibilities, growth, obstacles, and paths to venture down. We do our best to navigate these waters with the experience of the past as a north star to guide us, and a yearning curiosity to find something new and uncharted. For our Lee Company team members, we consider ourselves as part of a family. That means we have opportunities to trust and love one another, all while striving to become better people each and every day. It has been said, “Those who are happiest are those who do the most for others.” At Lee Company we give back by volunteering, donating, and serving our communities with our trades and talents. But something that’s most important to us is we provide opportunities for our employees to thrive and support their families through their work.

The fact of the matter is, we need the trades. We all want our home to be warm in the winter and cool in the summer – likewise, we want our toilets to flush and the lights to come on. At Lee Company, we walk hand-in-hand with our community partnerships to help bring young men and women into the workforce with purpose. Career paths are the rule at Lee Company, not the exception – and we’re passionate about helping people navigate their journey. We eagerly teach individuals the concepts of the trades, and aid in their development of skills they’ll need such as perseverance, patience, and how to overcome challenges. You don’t just work with your hands at Lee Company – you work with your heart.



We are blessed to have our talented and growing workforce, made up of 1,700+ men and women, dedicated to our primary mission to honor God by serving people with respect, integrity, and compassion. The growth we have experienced in the last year in our Murfreesboro office alone has been tremendous. In fact, our Facility Services team doubled in size in that short time. Having witnessed this growth firsthand, I can truly say, “It takes a village.” With incredible support from our local community, our Rutherford Chamber of Commerce, the Murfreesboro TCAT College, and so many local businesses and customers, we are truly honored to represent our community and the state of Tennessee in the highest of regards.

If you’ve known Lee Company for any amount of time, you know we’re about taking care of our communities and providing world-class customer service. Giving back is not merely about the money we donate to charitable organizations, food drives, or volunteering at events. It’s in every action our team members display daily. Whether we come to your home or business, your store to purchase goods, your family member’s residence, or maybe we pass in traffic ... we hope it’s our culture of integrity that we are known for. We will continue to teach the trades for as long as we can, and now more than ever, we’re grateful to serve you, our customer.

— Ryan King, Service Manager for Facility Services, Murfreesboro,
www.leecompany.com



SPRING DIALOGUES 2023

JOIN US TO EXPLORE:

MAINTAINING MOMENTUM TO END HOMELESSNESS

MAKING ACCESSIBLE & ATTAINABLE HOUSING A REALITY

REFOCUSING OUR YOUTH POST PANDEMIC



Scan To Learn More

NASHVILLE



SPECIAL FEATURE

“What Israel Means to Me” Connects Christian Children with Israel

The Genesis 123 Foundation is launching a unique art contest for Christian children to connect with Israel Biblically, through their own eyes. If you are a parent of children under 18 or know someone who is, or want to connect children through your church, youth ministry, or other ministry, this is an opportunity not to miss.

“What Israel Means to Me” provides children 5-17 the opportunity to depict what Israel means to them, artistically. They may choose to depict a Biblical story or holiday, prophecies relating to Israel, modern Israel, the people of Israel, the scenery, food, and landscape of Israel, or something else. The contest will be held in four groups, pairing children of similar ages and developmental, educational, and artistic abilities.

Nashville resident Lydia Ingegneri is founder of Awaken Ministries International, and one of the “What Israel Means to Me” Ministry Partners, helping to promote the contest. “It is so critical for Christian children to understand the importance of Israel as well as develop a love for Israel. This art contest will afford children the opportunity to express the beauty and essence of the incredible nation of Israel in a diversity of ways. My hope is that every child who participates will grow deeper in their faith and closer to God in the process.”

Registration will be available at WhatIsraelMeansToMe.com from early February until April 15, 2023. A diverse panel of international judges will evaluate all the entries. Winners will be announced in a live event on May 14, the 75th anniversary of Israel’s declaration of independence, and restoration of Jewish sovereignty to the Land of Israel after almost 2000 years.

Exciting prizes will be awarded to first, second, and third place winners in each category. In addition to prizes, winners will receive international recognition, and be eligible to host an exhibit of all the winning entries.

Friends and family will also be invited to be able to vote on one entry per category. Proceeds from “What Israel Means to Me” will support orphans and at-risk youth in Israel, giving the children who participate from around the world the opportunity to connect with and bless their peers in Israel.

In order to help make sure the contest has the widest reach possible, the Genesis 123 Foundation invites all interested churches and ministries to join as a Ministry Partner to be sure that children in your church or community are able to participate. Please be in touch with at Gen123Fdn@gmail.com



to be included and recognized as a Ministry Partner and receive updates.

Special thanks to the program’s initial list of sponsors including the 613 Foundation, Dr. Scott and Mrs. Suzanne Baum, Binghamton Baptist Church, Jenna Calcaterra, Christian Friends of Israel, Host Ministries, The Isaiah Projects - Biblical Excavations, Jerusalem Nano Bible, Nathaniel Foundation, SON Broadcasting, Ten Gentiles, and Nashville Christian Family, connecting people in the buckle of the Bible Belt to the original Bible Belt.

— Jonathan Feldstein, Founder and President, Genesis 123 Foundation, www.genesis123.com

MIRACLE MOMENTS

The Essence of Worship

While people may attempt to categorize worship as public or personal (corporate or private), all worship is personal. Musicians may lead a congregation in corporate praise but, that which goes on in the heart—communication between God and the worshiper—can only be experienced personally. And every person’s worship experience is different. This is because worship is experienced in the heart.

The Psalmist reinforces this notion:

(The) one thing I ask of the Lord, this is what I seek; that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord, to seek him in His temple. (Psalm 27:4)

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. I call to the Lord, who is worthy of praise, and I am saved from my enemies. (Psalm 18:2-3)

Ultimately worship occurs when the core of a person recognizes their absolute need for God, repentantly and personally turns to God, reveres Him and cries out to Him, and looks to find their greatest satisfaction in Him. That is the essence of

worship, personally. As the essence of worship is realized, the worship experience is fully realized. The worshiper begins to enjoy a relationship with God that is cognitive and experiential. Scripture suggests that this happens because God initiates all things and in that, all that has to do with worship is initiated by Him:

1. History started at God’s initiation. “In the beginning God created . . .” (Genesis 1:1).
2. At His own initiation He created humankind to companion with Him (Genesis 1:26-28).
3. The moment Adam broke fellowship with Him, God initiated a redemptive program whereby humankind could return to a companioning worship walk with Him (Genesis 3:15).

And ever since, it is God who initiates and energizes our dynamic, personal relationship with humans. Throughout the Old and New Testament God initiates through prophets, priests, disciples, and preachers to provide:

1. His Law (Exodus 20).
2. His written Word (Psalm 119, 2 Timothy 3:16).
3. All that we need for daily living and life (Matthew 6:11; Acts 17:28).
4. Our salvation (John 3:16; 1 Corinthians 6:20;

Ephesians 2:8-10).

5. Energy to live before Him daily (Philippians 2:13).

Worship is the substance of real encounters between God and human beings. This is where human beings respond back to God and in faith acknowledge Him. There are two simple points here concerning worship as “encounter.” First, worship phenomena are real encounters and, second, worship phenomena are relational encounters.

By stating that worship phenomena are real encounters, I mean they are as real as any human-to-human encounter. The encounters God has with people are not imaginary, fantasy, or hallucination. His encounters and the relationship that develops between Himself and human individuals are as substantive and viable as any other sort of relationship humans might have. In other words, interaction between God and humans is relational. Miraculously and wonderfully it operates through the same relational resources that humans relate to other humans.

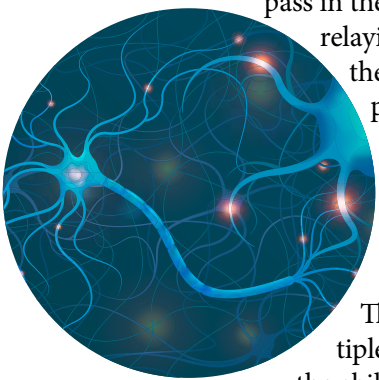
— Byron Spradlin

SPECIAL FEATURE

There Is A New Neuropathy & Chronic Pain Treatment Using An Innovative Electric Cell Signaling System

So many who suffer with Neuropathy and Chronic Pain have been told there is nothing that can be done and often the only treatment they are offered is various forms of pharmaceutical pain killers. While that has been the case for many years, innovations in healthcare technology are now offering a new hope to these patients! Even better, these treatments are now covered by insurance, including Medicare!

Neuropathy, commonly called peripheral neuropathy, is a nerve problem that causes pain, numbness, tingling, swelling, or muscle weakness in different parts of the body. It usually begins in the hands and feet. However, these damaged nerves can be repaired. Electric Cell Signaling (ECS) is a device that promotes the dilation of blood vessels, increases blood flow, and reduces inflammation to repair and regenerate the nerve cells for healing. Using electronic signals or electrotherapy at specific wavelengths, the ECS system breaks the pain signals that pass in the nerve cells (also called axons). As a result, they stop relaying the pain stimulus, giving patients relief. Essentially, the ECS device reprograms the nerves to “forget” the pain patterns they have learned. It is used in combination with a series of injections of a proprietary blend of vitamins. The injections enhance the treatment by giving the nerves and tissues the building blocks they need to restore and repair.



There is one ECS device that has been published in multiple medical journals and used in clinical research proving the ability to reverse painful peripheral neuropathy and regenerate nerves. The average person starts noticing changes after 6-15 treatments. Some notice changes earlier or later depending on the area receiving treatment and level of damage, but it is necessary to receive a series (multiple treatments) for the treatment to be effective. While the results of ECS treatments have proven to be extremely successful, there is no guarantee. Neuropathy symptoms will be more likely to improve and less likely to return if the patient makes the recommended lifestyle changes in conjunction with treatment. Furthermore, early indications are pointing to the effectiveness of incorporating PRP (Platelet Rich Plasma) to enhance the health and healing of the affected areas!

ECS CLINICAL BENEFITS

- Safe, effective, and non-invasive
- Covered by most insurances
- Minimal potential for side effects
- Extremely high patient outcomes and satisfaction

FDA CLINICAL INDICATIONS FOR ECS

- Management and symptomatic relief of chronic (long-term) intractable pain
- Adjunctive treatment of post-traumatic pain syndromes
- Adjunctive treatment in the management of post-surgical pain conditions
- Relaxation of muscle spasms
- Neuro-muscular reeducation
- Prevention of muscle atrophy
- Maintaining or increasing range of motion

“The system is used to successfully treat circulatory issues, all types of acute and chronic pain (including neuropathy), long-term (intractable) pain and drug-resistant pain. Electric Cell Signaling also offers specific signaling for effective neuromuscular reeducation, muscle strengthening and relaxation of muscle spasms.”

- RSTSanexas

— Dr. Jae Hitson, Clinical Director of Blue Umbrella Medical Center

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

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

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

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





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

Protect The Ones You Love – Improve Air Quality In Your Home

Do you or your family members have asthma or allergies? You should look into the air quality in your house! When the first signs of allergies appear, like a runny nose or watery, red eyes and a cough, the first thing any doctor prescribes to us is an allergy medication. No one comes to your house to inspect and measure the air quality. This is the most common and often overlooked problem that causes allergies in most households.



You may clean your house thoroughly every week, but it still doesn't improve your allergies.

Dusting, vacuuming, and mopping only deal with dirt on the surface of the floor, furniture, and cabinets, but don't remove tiny particles from the air. The most common air pollutants in a household that have an impact on our health are mold, bacteria, viruses, and pet dander. For example, pet dander is tiny, microscopic flecks of skin shed by our beloved furry or feathered animals. Pet dander can remain in the air for an extended period of time and easily stick to fabrics, bedding, and furniture. They are impossible to see with the human eye due to their microscopic size. While larger particles get stuck in your nose and you may be able to get rid of them by simply blowing your nose, the tiniest particles are breathed in. They get in your lungs and are absorbed into your bloodstream.

Aspen Air Purifier can get rid of the tiniest particles in the air caused by pets, dust, smoke, chemicals, bacteria, viruses, and much more. Aspen cleans the air and gets rid of 99.99% of particles and removes pollutants 10,000 times smaller than a human hair!

Aspen Air Purifier filtrates the air in three stages:

1. Allergy filter. The first filter is located on the bottom and targets particles causing allergies. This filter removes dust, pollen, pet dander, mold spores, dust mite droppings, asbestos, fiberglass insulation, and sneeze droplets.
2. Activated carbon filter. The second filter removes chemicals and odors from the area, tobacco smoke, VOC's from cleaning products, paint, and other chemicals, formaldehyde. This filter is located in the middle of Aspen Air Purifier. Particles get trapped in microscopic pores inside the activated carbon granules and won't get back into the area where you live and breathe the air.
3. The third filter is the HEPA filter. Located on the top, this filter removes more than 99.99% of the tiniest particles, like smoke, smog, bacteria, viruses, and ultrafine dust, bacteria, and viruses. Nothing gets through it!

Each filter has a custom design and can be easily removed and placed back in. We recommend changing the filters every year. A little red light will go on to let you know when it's time to change them. You will be surprised to see how dirty the filters are after just one year of use!

Aspen Air Purifier draws air in from the bottom and releases clean air from the top, purifying the whole room. Aspen can clean up to 1,500 square feet of space! We recommend putting one downstairs or upstairs, in a bedroom, or in the family room. You can carry Aspen around the house thanks to a built-in handle, which makes it easy to pick Aspen up.

Our customers who live in houses with a basement or crawl space like to add Aspen Air Purifier to their homes in addition to SaniDry Sedona dehumidi-

fier that purifies air under the house. Air rises, so it's important to have clean air under your house as well because that's the air you breathe in. The combination of Aspen Air Purifier and SaniDry Sedona guarantees ultimate indoor air quality!



For more information visit our website www.christianbasement.com or call 615-547-8701. We provide free basement and crawl space inspections and estimates.

— *Martina Brindley, Marketing Coordinator
Frontier Foundation & Crawl Space Repair*

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

To Drive or Not to Drive: Decision Making for the Sick & Aging

Many individuals believe getting that first driver's license a right of passage – a testament that adulthood and freedom have arrived. In light of increased scrutiny and legislation concerning older drivers, caregivers and aging patients are both starting to wonder when to continue driving, when to slow down, and when to stop driving altogether. Physicians have joined in the ranks of those who are questioning the safety of older adults behind the wheel of a car.

There are valid reasons for concern. The Federal Highway Administration (FHWA) states that drivers over age 75 have the highest motor vehicle fatality rate than any other driving group with the exception of drivers under 25. In addition, this same driving group has more motor vehicle accidents per miles driven than any driving group except teenagers. Finally, as age increases, drivers are less able to cope with the complex driving conditions and are more likely to be involved in multiple vehicle accidents at intersections.

Some studies have suggested that changes in the vision field can contribute to the increase in older drivers who are involved in accidents. Both visual acuity and visual depth perception are affected, resulting in lowering the overall field of view for the aging driver. Reaction time or the ability to adapt to changing driving conditions also changes with age, although some studies are unclear as to the complete effect this changing condition has on the ability of an older adult to safely drive.

Prescription medications can also have an effect on someone's ability to drive. Seniors take more prescriptions daily than other groups, with studies estimating this number between two and seven. Some drugs interfere with hearing and someone's ability to react to driving conditions timely enough to avoid an accident.

Family/Caregiver Responsibility

Many family members or caregivers are understandably hesitant to tell their loved one that it's time to cut back on driving or stop driving all together. Staying independent in the home as long as possible can keep spirits high and decrease someone's susceptibility to depression. Still, there are some circumstances that warrant a caregiver taking steps to ensure their loved one's safety and well-being.

One of the best ways to determine if an older driver is having problems driving is to be in the car as a passenger to observe what happens during real driving conditions. It may take several trials to get the full scope of what could happen. Driving abil-

ity could vary by the time of day, how soon a person drives after taking medication, or at night.

There are several questions caregivers can ask when looking at whether or not it's time to limit or stop driving:

1. Does he/she fail to stop at red lights or stop signs?
2. Is there confusion over the gas or the brake pedal?
3. Are there unexplained dents in the paint of the car, mailbox, garage, or other objects/vehicles at the home?
4. Can he/she read and understand traffic signs?
5. Does the driver stop for no apparent reason?
6. How do other drivers react to the older driver on the road?
7. Are turns, especially left ones, difficult to navigate?
8. Is he/she aware of potentially dangerous situations or activity on the side of the roadway?

While these are not the only areas to consider, they will provide the caregiver with a method to begin evaluating how well the older driver is navigating on the roadway on their own. An objective evaluation is necessary in order to take the steps to keeping loved ones safe while on the road.

Some older drivers start to ask for help or naturally slow down in their driving innately as they become more uncomfortable. For instance, some will stop driving at night if they have difficulty seeing. Others may only drive during early morning hours when they feel like their faculties are sharper. Still others may ask for a co-pilot when they make regular trips to the doctor or grocery store as a way of "checking themselves." Caregivers should also consider these cues when making an evaluation.

Next Steps

After the caregiver or family has decided that the driver should limit or stop driving, begin to have honest conversations with them about their ability to drive. Defensiveness about driving ability is common and older drivers often feel as if their independence and livelihood are threatened by handing over the keys.

Another way to approach the situation could be through the driver's physician. The physician can evaluate for specific medical conditions that are hindering a person's ability to drive. For example, a person with cataracts may be able to have surgi-



cal intervention that could increase their field of vision and improve their driving skills. After a thorough exam, a physician may also decide that a person is no longer able to drive. Hearing the news from a doctor could be easier to accept than when a loved one provides the same message.

Laws vary from state to state regarding continued licensing of older drivers and a quick call to the state's transportation or public safety office could give more in-depth information. For example, some states require drivers to retest after they reach a certain age or have more frequent eye examinations. Others may require a physician's letter stating they are physically fit. By the same token, other states are silent on the issue, leaving it up to individual responsibility to decide if they are fit to continue driving. The doctor may also be willing to provide a statement for the family that can be attached to the person's driving record noting restrictions as well.

If he/she fears losing the driver's license as a valid form of identification, all states offer the option to provide a legal ID card that does not include driving privileges. Generally, these IDs are provided by the same office where someone would apply for a driver's license.

This can be a challenging time for many families. If you would like to speak with a Certified Senior Advisor, please call Amada Senior Care at 615-933-7494 for a complimentary discussion regarding your situation. Amada Senior Care offers non-medical in home care for seniors or adults with disabilities. Services range from physical assistance with daily living activities to meal preparation, light housekeeping, running errands and even specific care for those struggling with dementia. Amada Senior Care has been serving all of Middle TN for the past eight years and are A+ rated by the BBB and A+ rated through the Home Care Standards Bureau. Help is a phone call away!

— *Kevin B. Fehr, CSA, CDP, President & CEO, Certified Dementia Practitioner, Amada Senior Care Nashville, www.amadanashville.com America's trusted resource for caregiving and long-term care insurance claims advocacy.*





FROM CALLING TO becoming

Ready to discover your life's greater purpose
in a place where you're loved, respected,
challenged and encouraged?

This is where you're meant to be.



LEARN
MORE



TREVECCA
NAZARENE UNIVERSITY

trevecca.edu

Benny and Marilou Proffitt:

First Priority Here and There

Even when people cannot see it, God is always working. He has plans and purposes far beyond the obvious. Over the past fifty years, when He entwined a bi-vocational youth pastor, a high school teacher, a basketball coach, and a growing family, He has revealed His mission.

Meet the Proffitts

The couple of His choice in this instance is Benny and Marilou Proffitt of Thompson Station, Tennessee. They have three married children and nine grandchildren. In 2023 they will celebrate their fiftieth wedding anniversary. Knitted within those fifty years are multitudinous, world-wide endeavors.

Benny Proffitt grew up in a loving Christian family and modest home in East Tennessee. His father was a World War II veteran, and his mom ran a private kindergarten in their home. Marilou grew up in West Frankfort, a small Southern Illinois coal mining town. Her father was a local politician and business owner while her mother taught in a one-room school house and continued to teach in public school for 40 years. The Proffitts learned strong parenting principles from their parents who were married 59 and 68 years, respectively. Meeting at Belmont University, their relationship was directly based on their commitment to work in ministry and to find God's will for their lives—an example of a budding Christian family committed to following Jesus and reaching youth with the Gospel. When Benny penned a book on parenting, *Charting the Course*, he wrote, "Parents must steer a course for their children that points directly at Christ."

At Belmont University where he was on a full basketball scholarship, Benny prepared to become a teacher. He sang in a contemporary Christian music group that traveled America, attended Southwestern Baptist Seminary in Ft. Worth, Texas, and worked as a youth pastor, all of which prepared him to be a bi-vocational youth pastor, high school teacher, and coach for his sport, basketball, at the local Father Ryan High School and at Hendersonville High School. He served as youth pastor at Nashville's White Bridge Road Baptist Church and Judson Baptist Church. Before returning to Nashville, the couple had been in Texas where Marilou began her elementary school teaching career and their first of three babies was born.

Breaking Up Unplowed Ground (Hosea 10:12)

Two experiences at high schools made a lasting impression on Proffitt's life and became the seeds of *First Priority*. Benny had witnessed two separate student-led revivals where hundreds of students committed their lives to Christ. Knowing there was something else he needed to do with his life and being drawn to mentoring youth, Proffitt went through a three-year period of frustration and discouragement and disappointment and feelings of failure. He simply could not unite the churches to reach the youth, and the school was not an option at that time.

Proffitt had seen his own generation become consumed with self-indulgent living, sexual revolution, and the drug culture as it rejected America's moral foundation. This new freedom excluded religious and moral restraints, and he saw the destruction of the family. His generation became self-absorbed with the divorce rate skyrocketing.

In his high school teaching years, Proffitt experienced the declining role of generational historical Christianity. Sexual promiscuity, hopelessness, rebellion, violence, and suicide became epidemic among teens—now frequent family tragedies—along with moral apathy and spiritual complacency. Amid this national tragedy, Proffitt cried out to God, "Show me what You want me to do or release me from this calling." At that moment "God gave me the dream and the vision of First Priority to reach the next generation for Christ. This was the cry of my heart, my plea unto the Lord. How do we unite the churches in my city? How can we take the message of the Gospel to every student?"

Proffitt needed a strategy to go with the vision. God does not call His people to a task that He does not equip them for. So it was with First Priority: "train and send the young people into their schools—their world—as the messengers of the Gospel to their peers: so simple yet so profound; so doable yet so difficult."

In 1985, Proffitt launched *First Priority* in Irving, Texas. *First Priority* is "a strategy for training young people to live and share their faith in school." In 1990 in Birmingham, Alabama, an entire city implemented the strategy. God used



Benny's decades of experience as a bi-vocational youth pastor, teacher, and coach to form a ministry that grew into *First Priority of America* (www.fpofamerica.com). The vision of *First Priority* is "The Hope of Christ in Every Student."

First Priority in Greater Nashville

The goal of the local leaders who launched *First Priority Greater Nashville* is to be in every school in every community in the Greater Nashville area. Its strategy unites the body of Christ around the schools in six counties that have over 140,000 teenaged students in public and private schools. Many Christian students here have been empowered to become missionaries, messengers, and ministers of the Gospel to their generation. Greater Nashville Schools—Davidson, Maury, Rutherford, Sumner, Wilson, and Williamson Counties—need your prayer, support, encouragement, finances, and personal involvement. (Visit www.firstpriority.club) Proffitt encourages all of Nashville's churches, Christians leaders, and parents to get involved here locally.

In 1995, Proffitt began traveling across the USA to teach others how to organize First Priority groups in hundreds of other communities, becoming First Priority of America. *First Priority* will only come to places by invitation, usually by a pastor, a youth pastor, a parent, or even a student. Here in America, it is founded around the First Amendment of freedom of speech and freedom of assembly. According to Proffitt, the government cannot establish a religion because of the establishment clause in our constitution. Volunteer, student-led initiatives are not government sponsored, so students can openly share their beliefs even at school. Over the next 15 years, Proffitt and the FPOA team traveled to all 50 states, speaking and training in over 1,000 USA cities.

God's Extended Appointment

In 1999, Proffitt led a group of 40 college students who traveled to all 50 states and 183 cities in their "What's Up America Tour" with the goal of "Looking at America through the Eyes of Our Youth." On April 20, 1999, they were driving toward Columbine High School in Littleton, Colorado, when they heard about shootings. Within two days Proffitt and his group were on campus to minister to and counsel with the students and community. That same year he met Rachel Joy Scott's mother, Beth. They became steadfast friends, and Proffitt began working with Beth to share Rachel's story. In 2009, Rachel's mother asked Proffitt to help her make a movie about her daughter's life and death. Even before the movie began filming, Rachel's story had reached over 22 million people.

A movie was filmed here in Nashville, featuring this young girl who was massacred. Proffitt became the executive producer of the movie, *I'm Not Ashamed*. The film depicts the incredible true story of Rachel Joy Scott, a 17-year-old girl who was not ashamed to share her faith in Jesus—even to her killers—in the Columbine massacre of 1999. One year before the shooting, Rachel wrote in her journal, "I am not going to apologize for speaking the name of Jesus. I am not going to hide the light that God has put into me. If I have to sacrifice everything, I will." She did.

Rachel Scott was the first person killed in the Columbine shootings. She was outside the school counseling with a classmate whose parents were divorcing. According to her school reputation, Rachel, through the struggles of being a teenager and wanting to follow Jesus, became a devout Christian with a never-wavering desire to share about Jesus's love with people. The shooters, who worshipped Hitler, approached her and her friend, and knowing that she was a Christian, challenged her to deny Christ and not be harmed. She stood firm in her belief and would not submit to their demand. She was executed on the spot, and the boy who was with her was shot nine times. He lived and when he awoke from a two-month coma, he shared with her mother what Rachel said and how she died. Because she was the first person shot and because of the impact of the Columbine shootings, her funeral was covered on CNN to its largest audience in history.

This astonishing story is clear spiritual insight into Rachel Scott's extraordinarily transformed life. After Rachel's death, Beth Scott discovered her daughter's journals that expressed her faith, friend-



ships, and challenges. Rachel had been keeping journals since the age of nine, and they were current until fifteen minutes before she died. These journals have been likened to the diaries of Anne Frank and helped to

establish Rachel Joy Scott as the first teenage martyr in American history. Her life was about immovable, unwavering faith that touched millions. Her journals included the trials of her fellow students, and since her death, hundreds of schools have established anti-bullying programs. Proffitt affirms, "It was the perfect story of why we do *First Priority*."

An addendum to her story comes through Scott's mother who was moving the furniture in her daughter's room. She found a drawing on the back of a dresser. Eight-year-old Rachel had traced both her hands and written, "These hands belong to Rachel Joy Scott and someday they will touch millions of people's lives." Her last journal entry was a picture of two eyes that cried thirteen tear drops that turned into blood drops. Thirteen people were killed at Columbine.

As Rachel testified, we cannot be ashamed to speak the name of Jesus. God used *First Priority Ministries* to bring Jesus to the world through Rachel's story and so many other students who have dedicated their lives to be a witness to their generation. Because of its powerful message, the movie helped build a new platform to tell the *First Priority* story, to expand it into countries around the world, and to engage more young people.

Global and Celestial

In 2010, *First Priority Global Ministries* was officially begun. Benny and Marilou left FPOA in trusted hands, and since then, they and the FPGM team have literally traveled around the globe many times sharing the vision and training, and launching First Priority in over 70 countries on five continents. *First Priority Global* has solidified global relationships and trained leaders in such countries

as Nepal, Sri Lanka, Malaysia, Vietnam, Thailand, Indonesia, India, Pakistan, England, Greece, Ireland, Kenya, Uganda, Zambia, Malawi, Egypt, Ethiopia, Tanzania, Cuba, Haiti, Peru, Columbia, Nicaragua, Spain, and many more. They are in most African and Asian countries and many European and South American countries. More countries contact them daily. Their goal is to be in every country in the world. Tens of thousands of youth are a part of First Priority serving the next generation in their countries. The *First*

Priority children's strategy, known as Jesus Said and whose focus is on first through fifth graders, has expanded in the USA and other nations.

Proffitt summarizes, "This year begins my fortieth year since the Lord clearly gave me a vision for doing my part in reaching the next generation of young people through the *First Priority Strategy*—first in the USA and now around the globe. Everyday I'm on the phone with youth leaders from a country somewhere around the world asking us to come help. They are already committed to Jesus and to reaching the youth of their nation but are overwhelmed by Anti-Christian cultures, lack of resources, and discouragement. They are the boldest, most faithful, most amazing Christians I have ever worked with. They serve Jesus in the most challenging and difficult places in the world. They need our prayers, our encouragement, and our help."

"We at *First Priority Global* live everyday with the reality that over TWO BILLION young people on earth today have never heard the true story of Jesus." Two questions linger: "Do you believe that every child deserves the opportunity to hear about Jesus in a meaningful way? If you do, what are you willing to do about it?" After all, "Whoever wins the next generation, WINS."

To learn more about *First Priority Global*, how to get involved, or to support financially, go to www.firstpriority.global or contact *First Priority Global* Ministries at benny@firstpriority.global

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

Download the
WayFM app and
listen anywhere!



88.7
89.9

PARENTING POINTS

How To Change the Health Of Our Nation

America. What an honor it is to live in a nation like ours. The freedoms we have. The rights we have. The ability we have to freely express our love for God in public. The success and growth of the nation we call home has made our lives better in many ways. But it has also made them more challenging. Our physical and mental health has seemed to decline steadily over the past 30 or so years. It is estimated that by the year 2030 that 86.3% of adults will either be overweight or obese.¹ When I saw that number I was shocked. That is almost 90% of adults! It can make us feel hopeless. Like there is really nothing we can do. But there is hope!

For years we have helped adults to transform their health by applying biblical principles to health. And we have seen great results! Who would have thought that applying the wisdom of the Bible and stewarding the body God has given us would actually work! Just practicing simple habits when it comes to our health can fix most of the health problems most Americans face.

As we started seeing these results with adults we continually felt like we weren't fixing the root cause of the health issues in America. While helping people in their 40's, 50's, and 60's I couldn't help but ask the question, "Why aren't we teaching our kids these things in school?" Most of the time we aren't teaching our kids simple principles for healthy living in school. They are learning LOTS of information but not how to practically apply these things to their life. So they grow up. Have kids. Get a full-time job. But they don't understand how to fit a healthy lifestyle into their day to day lifestyle. It seems to be this cycle we have seen for years where they grow up without a foundation

WHAT IS F.O.R.M?

F.O.R.M is an interactive and turn-key health and PE curriculum that teaches students how to build a solid foundation in their health.



in health and have to fix everything when they get older. But there is a better way!

I believe the way to change the health of our nation is to equip the next generation. We must teach our kids how to live a healthy lifestyle in a sustainable way while they are young so they don't depart from those ways when they grow up. We must teach them about how to move well, eat properly, sleep and rest, and surround themselves with the right people to sustain that in any season. By changing the

health of our generation we will slowly regain the health of our nation one generation at a time.

Whether you are a parent or teacher, you can equip the next generation by being a good example and giving them the resources they need. We have tons of free resources to help get you started on our website. There is hope for the health of our nation!

— Ashton Tate is the founder of Glory to Glory Fitness in Franklin TN, and the creator of The F.O.R.M. Curriculum, a turn-key and biblically based health curriculum for schools and families.

1. Wang Y, Beydoun MA, Liang L, Caballero B, Kumanyika SK. Will all Americans become overweight or obese? estimating the progression and cost of the US obesity epidemic. Obesity (Silver Spring). 2008;16(10):2323-2330. doi:10.1038/oby.2008.351



Join Our Team!!



Amada Senior Care is hiring wonderful caregivers all throughout middle Tennessee! We care for seniors in areas such as Nashville, Franklin, Brentwood, Murfreesboro and beyond. We offer FREE online and in person training, flexible schedules that work for YOU, competitive hourly rate, paid time off and so much more! Call 615-933-7494



Apply today!



Scan this to apply
or go to www.AmadaNashville.com

Here are a few of our 5-star reviews by Amada employees:

One of the best (if not the best) places I've ever worked for. The job is incredibly easy to adjust to and if you have any needs or accommodations, they will be met! In addition, the support from my employers is incredible, and there are so many benefits. I love working here and being able to connect on a deeper level with my clients. Highly suggest working with Amada, you will feel taken care of and accomplished knowing you're making a difference!

--Reyna (Nashville In-Home Caregiver)

I never thought you could "love" your job. Amada has proven me wrong. I absolutely LOVE this job. I've only been employed here a little over a month and I feel like I've been a part of their company forever! The staff is A+ and I love getting to make a difference and positively care for those who need. Every one of my clients are amazing, and I can't wait to see them each week, every shift. Thank you, Amada!!

--Breanna (Nashville In-Home Caregiver)

I've been working for Amada for almost one year. They are one of the BEST employers I've ever worked for! What employer calls you to ask how THEY can improve? This company just did! Amada makes me feel valued & part of the family. That encourages me to keep working for them. They even sent a card when one of my loved ones passed away. One week, I received 3 thank you cards & some included gift cards just to thank me for doing a good job. Amada even calls just to give me praises. They are also attentive & communicate very well. That's a necessity when you work for a company. They are truly an impeccable example of amazing service to their clients & employees. I give them 20 stars!

--Zinah (Nashville In-Home Caregiver)

What are you waiting for?! Join the Amada Family today! Call 615-933-7494

615-933-7494

www.AmadaNashville.com

402 Uptown Square Murfreesboro TN 37130



**CHRISTIAN TELEVISION NETWORK
WHTN - NASHVILLE**

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

CHRISTIAN TELEVISION



582 LEBANON ROAD



**We are forever grateful for you our viewers!
Thank you for all your generous support over this last year
that allowed us to do some much needed renovations!**

**If you or your church is interested in launching a ministry show on
CTN, please email us to learn more about our studio and
broadcast services - whtninfo@ctnonline.**

HASSLE FREE ZONE

Brought to you by: Molly Maid of South Davidson, Williamson and Maury Counties

How To Clean a Glass Stovetop

A smooth glass stovetop is an attractive choice for your modern kitchen, but unfortunately, repeated spillovers while cooking may have turned your once-pristine stovetop into a grimy eyesore. If now is the time to clean up unsightly spots of burnt food before that special someone comes over for dinner, here's what you need to know to clean a glass stovetop.

It's important to clean a glass stovetop with care to prevent scratching or discoloring the cooking surface. Just follow these steps for deep cleaning a glass stovetop to remove burnt-on food:

- Make sure the stovetop has cooled completely since the last time you used it.
- Dampen a microfiber cloth with white vinegar and wipe down the glass surface to remove loose chunks of food.
- Sprinkle a liberal amount of baking soda over the entire stovetop.
- Cover the surface with an old towel dampened with hot water. Leave it for 15 minutes to loosen any stubborn spots.
- Scrub the surface with the towel until there is no baking soda left on the stove.
- If burnt-on food or liquid is still present, carefully scrape the glass surface with a metal spatula. Hold it at a 45-degree angle and use slow, gentle strokes to loosen the most stubborn debris.

- Finish up by wiping the glass surface with a damp microfiber cloth to make it shine.

Cleaning a Glass Stovetop to Prevent Spots

With a little effort on a daily basis, you can keep your glass stovetop looking like new with less frequent deep cleaning required. The trick is to keep the surface clean between cleanings by wiping up messes as they happen. Here's what we suggest:

- Apply a few drops of ceramic stovetop cleaning cream or spray the surface with glass cleaner or white vinegar.
- Wipe the stovetop with a clean, non-abrasive microfiber cloth or paper towel to remove food particles and degrease the glass.
- Grab a second, clean cloth or paper towel and buff the glass to remove cleaning residue from the surface. There's no need to rinse.

Preventing Damage from Future Spillovers or Melted Plastic

Leaving a sugary spill to solidify on your glass stovetop is one of the worst things you can do. The other is to accidentally set a plastic container on the cooking surface while it's still hot, melting the plastic in the process. To combat these problems, follow our advice:



- Immediately turn off all cook units and set hot pans aside on potholders.
- Put on an oven mitt to protect your hands and grab your trusty metal spatula.

• While it's still hot and malleable, carefully scrape as much of the spill or melted plastic as possible to a cool area of the stovetop. Promptly wipe away the mess with a damp paper towel and throw it in the trash.

- Leave any remaining stuck-on debris until the cooking surface cools completely. Then, before using the stovetop again, follow the tips above for deep cleaning the glass surface to remove burnt-on food. Your quick response should eliminate the debris before it has a chance to get any worse.

Now that you know how to clean a glass stovetop, you can keep this kitchen appliance looking great for many years to come. Whether you'd like a one-time cleaning or a weekly recurring cleaning plan, our custom cleaning plans are designed to work around your schedule and budget. Contact your local Molly Maid, 615-794-0200 or 615-603-3766, today to discuss a cleaning plan that's right for you.

— Ashley Farrar

www.mollymaid.com/s-davidson-williamson-maury-counties



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





COLD FLOORS ?

Get warmer floors without higher heating bills.

INSULATE YOUR CRAWL SPACE!



BEFORE



AFTER

- ✓ Waterproofing
- ✓ Concrete Lifting & Leveling
- ✓ Foundation Repairs
- ✓ Humidity & Mold Control
- ✓ Nasty Crawl Spaces, too!

FREE ESTIMATES

1/2 OFF

LABOR FEBRUARY

Not to exceed 8% of project. Cannot be combined with any other offer. Must be presented at time of inspection. Limitations may apply. Expires 02/28/23.

frontier

FOUNDATION & CRAWL SPACE *Repair*

SCAN ME!



Judy, Dustin, & Layne Gebers
OWNERS

615-547-8701 | ChristianBasement.com

Where Are the Fathers?

I don't remember you hugging me. I don't remember you kissing me. Did you tell me how much you loved me? Did you ever toss me up in the air and swing me around by my arms? Did you ever tickle me, making me laugh until I almost peed on myself? I don't remember you reading to me or telling me stories about your childhood. We never had a pillow fight, snowball battle, or built a sandcastle. I do remember you buying me a bike, that mom helped me learn to ride. I do remember you telling me you were going to take me for my first haircut, but I'd still be waiting if grandma had not taken me. You told me you would be at my 8th grade championship basketball game; I kept looking, hoping you would walk through the gym doors, but you never showed. You promised you would meet mom and I at juvenile court. I've learned to have no expectations. Of course, something came up and you could not make it.

As they put the hand cuffs on me and took me into custody; I could look into her eyes and could feel her pain. We had just buried her sister's son two days ago who had been sexually abused by his stepfather and the shame and pain of it, caused him to take his own life. As she sat in the court room and wept I could hear the anger and agony in her voice ... "I tried to tell his father how much he needed him."

Do you have the memories of your father telling you how special you were? Affirming your special gifts and talents. Did he have a special name for you and your siblings, like ... Pretty girl, Monie Pie, Happy boy, Mighty Manny, Princess etc? Do you have fond memories of family trips, outings, reunions, and times you would sit around the dinner table and laugh?

The dinner table was always central in our family. One time dad was sitting at the head of the dinner table enjoying the evening meal, when suddenly he burst out laughing. We were all sitting at the dinner table, and someone pooted letting out the after-effects of the chili beans and rice dinner we had just eaten. Dad laughed so hard, that the whole family erupted into laughter until tears ran down our cheeks.

When everyone finally settled down, he quietly, looked at mom with a playful grin on his face, and said "I'm sure you feel better after expelling that gas but next time let's regulate such activity to designated private places". To which mother responded, "I don't know why you are looking at me when everyone around the table knows it was you who let it out!" There were no cell phones allowed at our dinner table. It was a special time for family to interact with one another.



Teach them the Word



Uncommon Leadership Award presented to Onnie Kirk, Jr



Sons Enrichment Trip 2022

I trust you will embrace the following truths of family and fatherhood.

Every human on earth is a trichotomy; spirit, body and soul. These three components come together through conception, and determine the person we become. Our spirit comes directly from God our Father. We know this to be true because the Bible gives reference to this in Ephesians 1: 4, "He has chosen us in him before the foundation of the world, that we should be holy and without blame before him in love." The location of the human spirit is also referenced in Ecclesiastes 12:7, "Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it." Our spirit has been abiding in God awaiting the appointed time to be born on earth with its' designated soul and body.

The human embryo is formed when the sperm of the father germinates with the egg of the mother. At conception the child's body begins to form. The first organ to form after conception is the heart. The first of the five senses to develop is the hearing a child hears inside of its' mother's womb around 12 weeks.

A child in the womb can hear exterior sounds at 24 weeks. This is why when Mary the mother of Yeshua (Jesus) was greeting her cousin Elizabeth ... the baby heard the salutation, while in Elizabeth womb (John was at the 6 month period) he leaped and

his mother Elizabeth prophesied. (Luke 1:41-44, "And it came to pass, that when Elizabeth heard the salutation of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Ghost: And she spake out with a loud voice, and said, "Blessed are you among women, and blessed is the fruit of your womb. And whence is this to me that the mother of my Lord should come to me?"

Where are the Fathers? part 2 will appear in the March issue.

— Onnie Kirk, Founder and Executive Director, Family Foundation Fund

What's New in the Ancient City of David

2 Samuel verse 11 recounts the beginning of the relationship between King David and Bathsheba. Wouldn't it have been fascinating if, as part of his plan, David sent a letter to Uriah (Bathsheba's husband) after he left for battle, so as to provide plausible deniability for Uriah being killed so David could marry Bathsheba? What if that letter was not only never delivered, but if it were found today, complete with King David's seal, and if it were marked in ancient Hebrew with the phrase "Undeliverable. Return to sender." Where would David's letter be returned to?

If such a letter were discovered, it would be just one of numerous archaeological finds in recent decades pointing to the veracity of the Biblical account of King David in specific, and his and the Jewish people's unbreakable connection to Jerusalem. Until the City of David was discovered some 150 years ago, and excavations began just a few decades ago, people could legitimately point to the lack of actual proof of King David's existence, making Biblical narrative speculative. Since then, the indisputable proof of all the evidence makes it impossible to refute with any integrity, and casts a cloud of dishonesty on those who would still deny David's existence, building his kingdom in Jerusalem, and being the center of Jewish life for 3000 years.

The City of David is exactly where King David's palace existed. That's where his letter to Uriah would have been written, and be returned to. Standing there, reading the account of his seeing Bathsheba, you can imagine exactly where that took place. In recent decades, the archeological evidence unearthed has been extraordinary. It includes something as mundane as an ancient toilet from which scientists have been able to determine what Jerusalem's residents ate while under siege. It includes the excavation of the Pilgrim's Road, upon which millions of Jewish pilgrims walked as they ascended to the Temple. The millions included average Jews coming to fulfill their Biblical obligation, and more famous ones such as Jesus, coming to Jerusalem from all over the Land of Israel. Among the remarkable evidence discovered on the Pilgrim's Road are first century coins, and a bell from the garment of the High Priest. But there's much more.

Recently, I asked Ze'ev Orenstein, director of international affairs for the City of David, "What's new in the ancient City of David?" Other than talking about the continued excavations of the Pilgrims Road, which is not yet open to the public, he shared some fascinating ancient things being newly unveiled in the modern time. Prior to our conversation, I had a private tour with Shira, an outstanding guide, who brought to life what was the original Jerusalem. This included walking along much of the Pilgrim's Road which is not yet open to the public, and seeing how the excavations are continuing to take place.



Ze'ev shared that in addition to those continued excavations, during the last weeks of 2022, plans were announced to excavate the remaining two-thirds of the Pool of Siloam, a Biblical site significant to Christians and Jews. The Pool of Siloam sits at the lower foot of the Pilgrim's Road and is the place where the millions would participate in a ritual purification before ascending about half a mile to the Temple itself.

Christians point to the Pool of Siloam as the site at which (according to John 9) Jesus healed a blind man. Indeed, there's little if anything about the City of David that's not as significant to Christians as much as it is to Jews. Jesus was a first century Jew and literally walked and worshipped there. Understanding his life and the centrality of the Temple as part of Jewish Biblical history is significant understanding the Jewish roots of Christianity.

Miracles are not uncommon in Jerusalem, but even some seem unbelievable. Ze'ev also shared the miraculous way in which the Pilgrim's Road was found to begin with: through the bursting of a modern sewage pipe, and excavations to make the necessary repairs.

Affirming the veracity of Jerusalem's Biblical history is not just a matter of affirming one's faith, although that is very important. Today, when people don't know history, or know and deliberately revise history to fit their own narrative, the thousands of years old evidence from the

City of David debunks that. Denial of Biblical history in Jerusalem is particularly egregious because it undermines the faith of billions of Jews and Christians. It is also a tactic used by antisemites who deny Israel's right to exist, who make up and propagate nonsensical thoughts that Jews have no history in or connection to Israel in general, and Jerusalem in specific. This is a narrative often promulgated by Palestinian Arabs, at the UN, and among others, seeking to erase the Jewish people from the Land that God deeded them.

In the City of David, it's possible to play a Biblical version of connect the dots. One can see landmarks and artifacts that point to numerous Biblical verses, and to historical records by Josephus and others. If one needed a proof text for the Text, the City of David embodies that.

In a few years, 21st century pilgrims will be able to walk the full length of the Pilgrim's Road, starting at the Pool of Siloam up to the southern steps of the Temple Mount. While not yet able to buy things needed for offerings in the Temple at one of the many shops along the way, this is significant because it affirms Biblical scripture in the exact place in which that took place. It puts undeniable proof of the Biblical account of King David and the connection of the Jewish people to Jerusalem, literally at the feet of everyone. When this happens, it will be the first time in two millennia, since the Romans conquered and destroyed Jerusalem and the Temple, that this path will be open. I want to be there and so should you.

— Jonathan Feldstein

HEALTHY LIVING

Brought to you by: **Cool Springs MD**
www.CoolSpringsMD.com



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:

VANILLA WEIGHT

The nose knows when it comes to this tip - Enjoy the smell of vanilla. It tricks your brain into thinking your appetite is already satisfied, report British researchers. And that can lead to losing four-and-a-half pounds in four weeks - without dieting.

EAT BREAKFAST TO LOSE WEIGHT

If you're trying to lose weight, breakfast really is the most important meal of the day. 78 percent of people who've lost 30 pounds or more and have kept it off eat breakfast every morning.



WALK BACKWARDS

Want to lose weight? Walk backwards. Normal walking can help you maintain a healthy weight but walking backwards makes you lose even more fat. According to the University of East London, people walking backwards burned 40 percent more calories than those walking facing front.

MESSY KITCHEN & FAT

Organization is the key to this weight loss tip - Organize your kitchen and you'll start shedding pounds. A study published in Environment & Behavior, suggests that a disorganized kitchen can add to stress levels and lead to unhealthy, high-calorie food choices.

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.

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.

What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in the coming months.

— Doug Griffin

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



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.

You are More Than Your Divorce

I was invited to speak at a women's conference in Oregon and the overall theme is "Made for More." Immediately, God gave me the title for my presentation: "You are More Than Your Divorce." For anyone reading who has walked the divorce path (and for those of you who have not, I'm sure you love "more than" a few people that have), it is critical that we do not allow the experience of a past divorce to paralyze our future. God can truly use all things for His good when we seek Him and allow Him to. Don't get me wrong, I am not an advocate for divorce. I am an advocate for Godly marriage and family where everyone can live and enjoy a whole and healthy home. When couples are in crisis, I always recommend marital counseling and to invest in resources to sustain the marriage. Sometimes there are circumstances beyond a person's control that lead to a divorce and sometimes our human pain and sin can lead a person to divorce. The hope we have on the other side is that God is never "done" with us. We are always a work in progress. He is the Comforter and the Sustainer of all life. "The Lord is close to the brokenhearted and saves those who are crushed in spirit (Psalm 34:18)."



no matter the past mistakes or grievances. If you have been struggling with your identity as a divorced person, I encourage you to set that aside and dig into the Word. Seek the Truth of what the Word says you are. Look to the Bible for your identity. Sometimes we can be our own worst enemy and we run "invisible tapes" in our head about the past, including labels or hurtful words others may have said to us. We need to switch out those tapes and rewrite the words we speak about ourselves and to ourselves. "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do (Ephesians 2:10)." I am twenty-two years down the road, maybe a few years ahead of others, and I have seen and know that God is faithful and He does

not remove His love. "We know that in all things God works for the good of those who love him, who[a] have been called according to his purpose (Romans 8:28)."

— Tammy Daughtry, MMFT, Founder, Coparenting International and The Center for Modern Family Dynamics

God does not remove His love from us because of a divorce and He does not cast us aside. He is willing and able to forgive, and we can all be made new,

FORM CURRICULUM



FormCurriculum.com
Hello@glorytogloryfitness.com
615-488-8203



A
Biblically-Based
Health Program
Your Kids
Will Love!

You can give your kids everything they need to have a biblical foundation in health so they can better serve God and others.

- Animated Lessons
- Movement Videos
- Devotional Guide

Scan the QR Code
to preview the
program for free!



OVERWHELMED DOING EVERYTHING?

- ✓ Teacher
- ✓ Parent
- ✓ Cook
- ✓ Worker
- ✓ Wife/Husband
- ✓ Cleaner



LET US HELP!

Why Molly Maid®?

- Affordable Pricing
- Professional Quality
- Call For a Free Estimate
- No Contracts
- 24-hour Clean Warranty

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 02/28/2023.



MOLLY MAID®

a neighborly company

MOLLY MAID® OF SOUTH DAVIDSON, WILLIAMSON AND MAURY CO

615-794-0200 • mollymaid.com

Creating Jobs for America

Aier Eye Hospital is the world's largest private eye hospital group with 800+ locations in 3 continents (600+ in China, 100+ in Europe, 11 in Southeast Asia, 7 in Hong Kong and 1 in the U.S.), employing 80,000 and servicing 3 billion population worldwide.

Dr. Ming Wang, director of Wang Vision Institute in Nashville, Tenn., is the CEO of Aier-USA. He also serves as the president of the Tennessee Chinese Chamber of Commerce and is a co-founder of the Tennessee Immigrant and Minority Business Group.

Dr. Wang wants to bring jobs back to the America from countries like China, and in his opinion, with respect to a country like China, bringing jobs back to America can be achieved in two ways:

1. Selling more American goods to China.
2. Reverse job loss in the U.S. to China by creating jobs here in America, by encouraging Chinese companies such as Aier to establish branches here in the U.S. employing Americans.

According to Wang, like Nissan, Aier-USA is also headquartered here in Nashville, and plans to

HASSLE FREE ZONE

Gain Control of the Wasps!

Wasps get a bad rap. They are like bees in more than just their looks -- they are important pollinators and act as population control agents for other insects. Wasps are also rarely aggressive unless they feel threatened. While wasps have a significant ecological contribution to our world, that doesn't mean you want them nesting on your front porch (fun fact: all yellow jackets are wasps, but not all wasps are yellow jackets!). If you want to get rid of a wasp nest safely, here are a few things you can try.

Hang Wasp Traps

Wasp traps are a common DIY method for wasp removal. These hanging traps are filled with a sweet liquid that attracts the wasps, where they get stuck and drown. These often work but can be a less-than-pretty way to accessorize the outside of your home. These traps will also need to be frequently replaced.

Wasp Spray

Most home improvement stores carry wasp spray. It's safer to spray the nest in the evenings when all the wasps are present and dormant. Once the wasps inside the nest have been killed, wrap the nest shell in a trash bag and seal it tightly. Like

build many centers throughout the U.S. It will not only provide American patients with more access to eye care, but it will also help reverse our job loss to China by creating jobs here in America.

Dr. Ming Wang is a world-renowned laser eye surgeon, philanthropist, and co-founder of the non-profit Common Ground Network. As a teenager, Ming fought valiantly to escape China's Cultural Revolution, during which millions of innocent youth were deported to remote areas to face a life sentence of hard labor and poverty. He came to America with only \$50 and earned two doctorate degrees, one in laser physics and one in medicine, and graduated with the highest honors from Harvard Medical School and MIT.

The amniotic membrane contact lens, which Dr. Wang invented and for which he has two U.S. patents, has been used by tens of thousands of eye doctors throughout the world in nearly every nation, and has restored eyesight for millions of patients.



Wang Foundation for Sight Restoration has helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. Dr. Wang was named the Kiwanis Nashvillian of the Year for his lifelong dedication to helping blind, orphaned children from around the world.

The film "Sight" is based on Dr. Wang's autobiography "From Darkness to Sight" and co-stars Greg Kinnear.

For more information:
drwang@wangvisioninstitute.com,
www.drmingwang.com,

Wang Vision Institute – an Aier eye center,
 1801 West End Ave, Ste 1150, Nashville, TN,
 37203, 615-321-8881 (phone), 615-321-8874 (fax).

— Ella Morrissey



wasps' traps, this DIY method can eliminate wasps, but it doesn't prevent future wasp problems from occurring.

Here are some steps you can take that will reduce your risk of wasp squatters.

Preventing Wasp Problems

There are several ways to minimize the risk of wasps in and around your home. They are often looking for food, shelter, and a nice place to build a nest. This is the one time you want to actively make your home less appealing! Here's what you can do:

- Seal any entrances, such as small gaps near a door or window.
- Don't leave food leftovers lying around, even outside. Protein-based food sources can attract wasps, like leftover meat on a grill.
- Regularly throw away sugar sources, like soda cans or fallen fruit from a tree.
- Minimize plants with blue, purple, white, and yellow flowers near your home. Wasps are especially attracted to these!

- Keep your eyes peeled for new nests. The quicker you remove them, the better!

Tip: Plants like pennyroyal, marigold, wormwood, mint, basil, and geranium are natural wasp repellents!

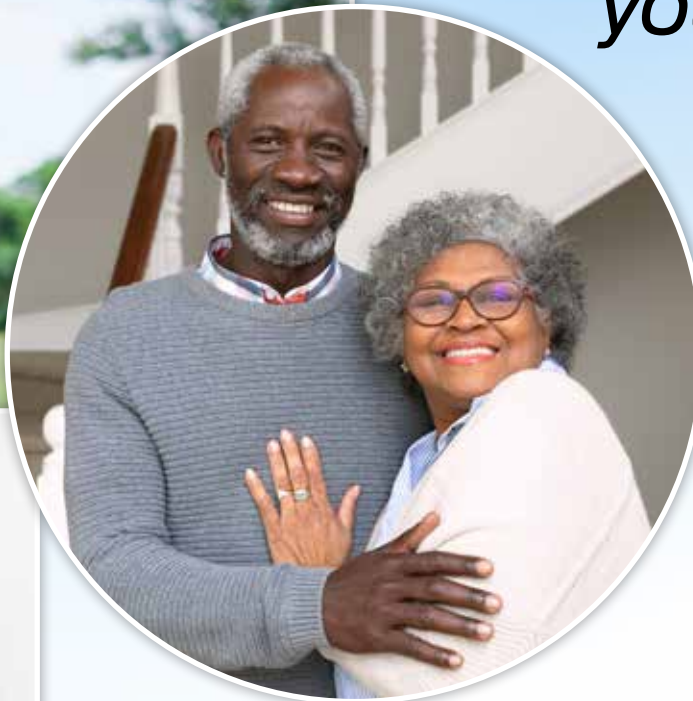
Wasp Removal & Prevention, All-In-One

You may have heard of other home remedies, such as using vinegar or essential oils, but these methods are the most unreliable.

If you want a long-term pest solution, call Waynes at 866.WAYNES1 or visit our website callwaynes.com! This year is our 50th anniversary. Celebrate it with us by getting \$50 off a new pest agreement. We can protect the inside and outside of your home from current and future wasp infestations – as well as any other pests!

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

- **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**



*“Get the answers
to questions
you don’t even
know to ask.”*

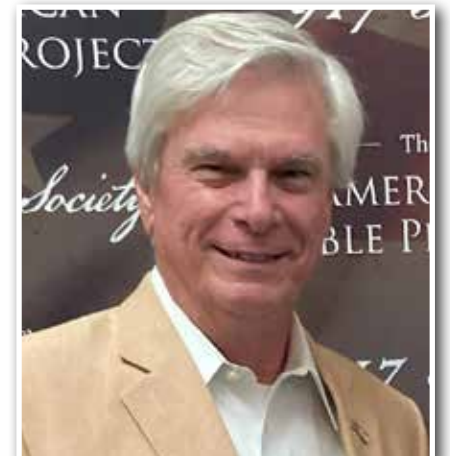
Ben Davis, CSA

Certified Senior Advisor

615-584-4946 cell

615-617-9953 office

ben.davis@selectpointe.com



“helping you know which way to go”



COOL SPRINGS MD

life management medicine

NO WORRIES,
JUMP.

TURN BACK TIME
VOTIVA

We offer a safe, gentle, effective treatment
for feminine health.

Our cutting-edge feminine health procedures are non-invasive, uses gentle radio frequency energy to induce rejuvenation benefits and have been shown they deliver instant, lasting results to our patients. Votiva is becoming a popular solution for incontinence and intimacy issues.

Call us today, to find out how Votiva can change your life.

615.690.6600 | CoolSpringsMD.com

1642 Westgate Circle, Suite 100 • Brentwood, TN 37207

LIFE MANAGEMENT • NATURAL HORMONE THERAPY • PRP PROCEDURES • AESTHETICS

Darkness to Light

Last month I wrote about Alex, 67, who was physically and emotionally abused as a child, as a young adult...and for many other years. While searching for meaning and purpose for his life, he drifted into a gay lifestyle along with alcohol/substance addiction.

Being born in the Chicago area...and then living in several other states...he found himself back in The Windy City...still searching. After a few years, for whatever reason...Alex felt the call to “go West young man”. He returned to The Golden State.

While on a crystal meth high one night, he drove with the intention of crashing into a forest fire to end it all...winding up on Santa Claus Lane. “I do not know how I was able to get there, but I did. Then early the next morning...the sun was about to rise...I either had a dream...or saw a vision...I was not sure which. Three men dressed in white appeared. Not sure if they were doctors taking me to the looney farm...or...spiritual beings from God to help me get my life together.

“I began scrambling, trying to make sense of what was before me. I stumbled into a nest of bees...getting stung...which helped to bring me down from the high on drugs. This experience caused me to think further about my spiritual condition.”

As everyone knows, the most constant thing in life is “change”. Alex’s life has included almost everything: highs, lows, even marriage...and now a Born-Again Christian. “My mother and two brothers had moved to Tennessee. I decided to make the move also.”

The power of Darkness soon reared its ugly head again. He sought solace in gay bars in Music City. He would live at times wearing women’s clothes... then dress as a man. Back and forth...while still lost in a confused world with unanswered questions.

“One day two young men from the Mormon Church approached and said they wanted to share Jesus with me: giving their literature. More than anything I wanted to be straight. I followed that path for five years as a member of the Latter Days Saints/Mormon Church. I believed that God had a plan for me.”

Alex also believed that the enemy (Satan) was trying to confuse and confound his spiritual journey. Not totally aware about the meaning of God’s grace or salvation, he thought being a good person included volunteering to a worthy cause. He began at Vanderbilt Hospital. Later, he learned about the new Hope Lodge of The American Cancer Society. He served well, with no financial compensation for 16 years.

Alex has also volunteered time and service to Second Harvest and Room in The Inn...just to mention a few. His generosity earned him the honor of accredited Tennessee Volunteer.

He slowly began to see The Light of Jesus Christ like never before...but the glass was still a little empty. “The emptiness continued to spook me...as I was dressing in women’s clothing once again.”



COVID 19 emerged. The world almost came to a standstill. The time gave Alex a reprieve: reflection on his spiritual and physical health; was told he was headed for mortality because of cancer, HIV and heart disease among others. He saw “the man in the mirror” and asked ...what next...what must I do?

While at home and figuratively twiddling his thumbs, Alex realized his life was being wasted. He sought for a clear answer. Even though in the flesh...he was still on the side of the veil...Alex believed that deep in his heart Jesus was calling. He remembered that some visitors at The Hope Lodge had invited him to a Baptist Church.

“I visited the church...and inquired about becoming a member.” A wise pastor at the Church, with a female leader present, explained to Alex about God’s grace and what it means to be a true follower of Jesus Christ. The seeker responded with an analogy of having a bag of marbles. Alex said, “I want to put all my marbles in God’s basket...but there is one...a large marble I can’t put in that basket.” He then confessed his former gay lifestyle, alcohol/drug addiction and gender confusion.

Patiently...but while being anchored in God’s Word...the pastor has walked for three years with Alex (now straight as a male) to depend on Divine goodness that comes from belief in Jesus Christ as the Son of God...salvation by grace...not just trying to be “good” as humans define the word.

Alex would be the first to confess to being gullible most of his life which led him into darkness (sin). He now is renewed in mind and spirit, standing boldly in The Light. He praises The Lord and says, “I am in love...in love with God’s love for us...proven by His grace...taking me from darkness to Light.”

— Ralph E. Vaughn



PEST



LAWN



MOSQUITO



TERMITE

callwaynes.com | 866.WAYNES1

Spiritual Goal For The Month

Ecclesiastes 2

ASK...what do we expect?

The writer of Ecclesiastes, recognized as the Teacher, tried to fill his life with pleasure...and was sorely disappointed. He said, "I denied myself NOTHING my eyes desired. I refused my heart no pleasure. My heart took delight in all my work. Yet when I surveyed all my hands had done...and what I had toiled to achieve...everything was meaningless...like chasing the wind."

CONCLUSION: Only in God does life have meaning and true pleasure. Without The Lord, nothing has permanent satisfaction and enjoyment. We must acknowledge and revere God. The Lord gives wisdom, knowledge and happiness.

Prayer: Lord, thank You for Your Absolute Wisdom...and Truth. Thank You for sharing Your wisdom, life, and grace with us. Please help us to enjoy this "meaningful" Monday with fellowship and peace with You. Lord Jesus, let it be. Let it be.

— Ralph E. Vaughn

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@nashchristian.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 ncfpublication@gmail.com.

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
Awana – www.awana.org, 630-213-2000
Ben Davis – www.selectpointe.com, 615-584-4946
Blue Umbrella Medical Center – www.blueumbrellamedical.com, 615-610-6936
Bott Radio Network – www.bottradionetwork.com, 615-871-1160
Cool Springs MD – www.coolspringsmd.com, 615-283-7291
First Priority Global – www.firstpriority.global, (615) 435-9471
Fisher Center For Performing Arts, www.thefishercenter.com, 615-460-5555
F.O.R.M. Curriculum www.Formcurriculum.com, www.glorytogloryfitness.com, Hello@glorytogloryfitness.com, 615-488-8203
Frontier Foundation and Crawl Space Repair – www.christianbasement.com, 615-547-8701
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 Fish 94FM - www.94fmthefish.net, 615-367-2210
The Salvation Army – Nashville Area Command: www.salvationarmynashville.org, 615-242-0411
TN Christian Chamber of Commerce, www.tnchristianchamber.org, 615-815-8765
Tn Voices – www.tnvoices.org, 615-269-7751
Trevecca Nazarene University – www.trevecca.edu, 615-248-1200
Vista Points – www.vistapoints.org,
Wayne's Pest Control – www.callwaynes.com - 866-WAYNES1
WayFm – www.wayfm.com, 615-261-9293
WHTN TV – www.ctntv.org, 615-754-0039

EXCITING THINGS ARE HAPPENING AT

NASHVILLE

CHRISTIAN FAMILY



Check out our new and updated website at
NashChristian.com

AND OUR APP AVAILABLE
 FOR ANY SMART PHONE



**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!**



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

THE FISH

SECRET SOUND

THE FUN, FREE MONEY GAME!

*Listen
and
Win!*



UPCOMING EVENTS 2023

The Fisher Center at Belmont University



Mark Lowry and Friends
March 3 | 7:00 PM

One Vision of Queen ft. Marc Martel
March 31 | 7:00 PM



Our Planet Live in Concert
April 2 | 7:30 PM

Cory Asbury
April 13 | 7:00 PM



The Fisher Center at Belmont University

615.460.5555
THEFISHERCENTER.COM
@THEFISHERCENTER



SCAN TO SEE ALL
UPCOMING EVENTS