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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

Easter: The Gospel of Luke



Chapter 23

The Death of Jesus

44 "It was now about noon, and darkness came over the whole land until three, because the sun's light failed. The curtain of the sanctuary was split down the middle. And Jesus called out with a loud voice, "Father, into Your hands I entrust My spirit." Saying this, He breathed His last. When the centurion saw what happened, he began to glorify God, saying, "This man really was righteous!" All the crowds that had gathered for this spectacle, when they saw what had taken place, went home, striking their chests. 49 But all who knew Him, including the women who had followed Him from Galilee, stood at a distance, watching these things."

The Burial of Jesus

50 "There was a good and righteous man named Joseph, a member of the Sanhedrin, who had not agreed with their plan and action. He was from Arimathea, a Judean town, and was looking forward to the kingdom of God. He approached Pilate and asked for Jesus' body. Taking it down, he wrapped it in fine linen and placed it in a tomb cut into the rock, where no one had ever been placed. It was preparation day, and the Sabbath was about to begin. The women who had come with Him from Galilee followed along and observed the tomb and how His body was placed. 56 Then they returned and prepared spices and perfumes. And they rested on the Sabbath according to the commandment."

Chapter 24

Resurrection Morning

1 "On the first day of the week, very early in the morning, they came to the tomb, bringing the spices they had prepared. They found the stone rolled away from the tomb. They went in but did not find the body of the Lord Jesus. While they were perplexed about this, suddenly two men stood by them in dazzling clothes. So the women were terrified and bowed down to the ground. "Why are you looking for the living among the dead?" asked the men. "He is not here, but He has been resurrected! Remember how He spoke to you when He was still in Galilee, 7saying, 'The Son of Man must be betrayed into the hands of sinful men, be crucified, and rise on the third day'?" And they remembered His words. Returning from the tomb, they reported all these things to the Eleven and to all the rest. Mary Magdalene, Joanna, Mary the mother of James, and the other women with them were telling the apostles these things. But these words seemed like nonsense to them, and they did not believe the women. 12 Peter, however, got up and ran to the tomb. When he stooped to look in, he saw only the linen cloths. So he went home, amazed at what had happened."

Above Scripture taken from the Holman Christian Standard Bible

Please take time to worship with your family in the true meaning and spirit of Easter.

HALLELUJAH, HE HAS RISEN!!

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



April 2023

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The Trial of Jesus: A Perspective From A Trial Lawyer

This month, as we celebrate Easter, I invite you to pause and consider one important event leading up to the Passion: the trial of Jesus Christ. The Gospels provide four narratives of this trial. Matt. 26:47-68; Mark 14:43-65; Luke 22:47-71 and John 28:3-38. To better understand this remarkable trial, one of the most remarkable in the judicial history of mankind, one must look at the legal underpinnings of the case, and the Hebrew jurisprudence that governed a trial before the Great Sanhedrin – the Supreme Court of Israel in the time of Christ. The following are but a few of the procedural irregularities committed in the indictment and conviction of Jesus of Nazareth.



An Illegal Arrest At Night – Jesus had just celebrated the Passover Feast, probably in the home of Mark on the outskirts of Jerusalem. Scripture tells us that after that feast, Jesus and the eleven went to Gethsemane to pray. At the approach of midnight, a mob led by Roman soldiers, members of the Temple Guard carrying swords and torches, accompanied by Judas, arrest Jesus.

Privately Examined – Jesus was taken to Annas’ house, the brother of the High Priest Caiaphas, and there examined in private – a violation of Hebrew law.

The Proceedings Were Conducted At Night – The trial of a capital case was strictly forbidden at night. The analogy used in the Talmud was like the treating of a wound. Care was required to examine the evidence in the clear light of day.

Court Convened Before The Morning Sacrifice – The Great Sandhedrin convened court at the close of the morning sacrifice and had to conclude before the evening sacrifice.

The Proceedings Were Conducted On The Day Preceding The Jewish Sabbath. – Court could not be held on the Sabbath, or a feast day, or any holy day.

Trial Was Conducted In One Day. – To assure due deliberation and reflection, particularly where a human life was at stake, Hebrew law required that the trial should last a minimum of two days to allow time for the judges to sleep, fast, meditate and pray.

Sentence Was Pronounced On Uncorroborated Confession. – A fundamental principle of Hebrew law prohibited conviction of a crime based solely on the confession of the accused; the law required corroboration by two witnesses.

The Verdict Was Unanimous. – A simultaneous and unanimous verdict of guilt rendered on the day of trial had the effect of an acquittal. Bear in mind there were no advocates. The judges were deemed the defenders of the accused. Thus, a unanimous verdict meant the accused had no friend or defender on the panel. To the Jewish mind, this was the equivalent of mob violence.

Scripture tells us: “*And straightway in the morning the chief priests held a consultation with the elders and scribes and the whole council, and bound Jesus, and carried him away, and delivered Him to Pilate.*” (Mark 15:1).

This travesty of justice by the highest court in the land was little more than a political show trial in which a conviction for the capital offense of blasphemy was a foregone conclusion. And while we look back with disdain on this mockery of justice, this historic guilty verdict pronounced upon the One who embodied innocence was but a stepping stone in

God’s plan of redemption through the sentence of the cross. “*Mercy and truth are met together; righteousness and peace have kissed each other.*” Ps. 85:10.

— *Larry Crain is a trial attorney specializing in civil rights and constitutional law. He is a frequent speaker on the trial of Christ to church groups and gatherings.*



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TEACHABLE MOMENTS

Make This Easter Memorable

A new dress. An Easter egg hunt. Easter service. For the Christian family, Easter is the most important day on the calendar. According to a 2021 poll, 80% of Americans celebrate Easter. What does your family do to create memories leading up to this day? What could you do to make Easter memorable and holy?

Consider a family project. Think of the stories leading up to Jesus' death and resurrection. The clearing out of money changers in the temple. The woman who poured extravagant oil over Jesus. The washing of the disciples' feet. The Last Supper. Palm Sunday. If we look closely at these stories, a lesson can be gleaned. What if your family cleaned out closets, drawers, or pesky sins? What if your family gave up something extravagant and used the money to support a ministry or missionary? What if you role-played washing each other's feet or ate a Last Supper together? These moments reinforce Bible stories and bond your family.

Research what your church is offering during Holy Week. Some churches provide a resurrection journey where you experience Palm Sunday, the Last Supper, and the empty tomb. Some offer Easter egg hunts with the Easter story at the end. Others offer family devotions.

Read stories about the true meaning of Easter. Sally Lloyd-Jones includes several stories from Holy Week in *The Jesus Storybook Bible*. Picture books that share the true story of Jesus' death and resurrection are *That Grand Easter*



Day by Jill Roman Lord or *Easter is Coming!* by Tama Fortner. If you have older kids, read from the Bible.

Try a fast with your family. Alicia Chole, in her book *40 Days of Decrease*, offers unique fasts for each day of Lent that deal with matters of the heart. Instead of giving up chocolate or caffeine, what if your family fasted complaining, noise (electronics buzzing or beeping), or stinginess? Gather your family to decide what you will fast, then hold each other accountable. Talk about the fast and how it changed you or how hard it was.

Attend an Easter service. If you don't belong to a church or have watched online lately, consider attending an in-person service. One year, our family woke early for a Sunrise service (with a promise of donuts afterward). Another year we traveled for Easter and attended service at a small local church. When the kids were older, we took them to a Good Friday service. Another Easter, we hosted one of our kid's roommates from college. And we still take pictures as everyone dresses up for the Easter service. Whatever you do, celebrate Jesus' resurrection!

Let's make this Easter season holy and memorable.

— Sally Cressman writes about faith, family, and home on her website, www.sallycressman.com. You'll receive FREE Easter family devotions when you sign up. She'd love to connect on Instagram at @sacressman.

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MIGHTY WOMEN

Trending @ Trevecca: Pullen Using Doctoral Degree to Change Counseling Narrative for People of Color

Loosely translated, the Zulu word 'ubuntu' means 'I am because we are.' This is the motto at the heart of Ubuntu Counseling and Wellness, founded by two-time Trevecca graduate Dr. PaQuita Pullen. "It's a philosophy and a way of being," Pullen said. "We are all connected and this sense of interconnectedness is how we heal."



Dr. PaQuita Pullen

Pullen's journey into the counseling profession began in her undergraduate years at Middle Tennessee State University, where she graduated with a degree in psychology and minors in mental health services and social work after realizing that her calling was to help people. "I don't know if I necessarily chose this career path as much as it chose me," Pullen said. After hearing about Trevecca through word of mouth, she enrolled in the Master of Clinical Mental Health program, graduating in December 2014. The advanced degree gave her the abilities and knowledge to be a highly-skilled therapist, and in 2019 she returned to Trevecca to complete her Ph.D. in clinical counseling with an emphasis on teaching and supervision. "From my doctoral experience, I learned research skills and how to check my biases," Pullen said. "It was vital to my success in completing my dissertation."

Pullen's dissertation was titled "An Examination of Racial Microaggressions and Endorsement of Strong Black Women's Schema as Predictors of Burnout with Self-Compassion as a Moderator Among Black Female Clinicians." "I am definitely passionate about mental health in the Black community. I say the Black community but really anyone who has traditionally been unheard, unseen or underestimated," Pullen said. "I'm a huge culture buff and Black people have historically fallen into all of those categories."

This unique commitment opened the door to opportunities for grants as she pursued her doctorate, including a Minority Fellowship Program grant from the National Board of Certified Counselors (NBCC) and a graduate student research grant from the Association for Counselor Education and Supervision (ACES). "Part of the reason I received the NBCC grant was that I proposed the idea of starting a clinic that was 'unapologetically Black,' in order to really serve the clients of color who were looking for clinicians of color," Pullen said. "There continues to be this narrative that Black people don't go to counseling, which is not true because Black people have been engaging in healing practices for centuries. I wanted to change the narrative."

Pullen signed the necessary paperwork in April 2020, and Ubuntu Counseling and Wellness was born. The process was not easy, requiring vulnerability, risk taking and hard business decisions. She explains it as a season of a lot of learning and unlearning, doing and undoing and pivoting. Now she's operating a practice with five other clinicians under her supervision, including two interns. She is passionate about training the next generation of counselors, both in her practice and as a professor at Yorkville University in Canada. She hopes her work prepares these individuals with the training and support they need to serve future clients.

Ultimately, Pullen envisions Ubuntu Counseling and Wellness as a place of healing and transformation for its clientele, and a trailblazer in the fight to expand mental health care in diverse communities. "My hope is that Ubuntu has longevity," Pullen said. "My hope is we can be a model of how to do this work in a culturally competent way and that we can inspire people to stand up for those who are historically underrepresented, unheard, unseen and underestimated. We want to be leaders and advocates that help change the narrative around mental health in the Black community."

— Rebekah Warren

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Darlene Kemp
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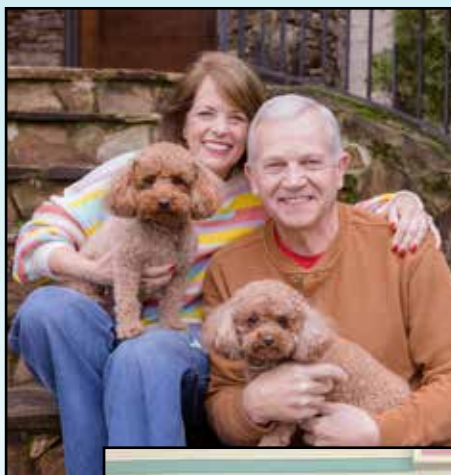
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Today I'm writing from Addis Ababa in Ethiopia where we are meeting with our First Priority leaders. We were in Amman Jordan last week and we are headed to Cairo, Egypt tonight. Our leaders in Cairo are committed to train 1,000 churches next year.



Then we go to London, England the first week of April. Then back home to Nashville.

Please pray for us and support our efforts to reach this next generation with the message of Hope we have in Jesus!

— *Benny and Marilou Proffitt,*
Founders and CEO,
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BODY & SOUL

The Truth Will Set You Free

If you grew up in church, like I did, you are probably familiar with the phrase taken from John 8:32b, “*The truth will set you free*”. However, taken out of context – one may miss several key items. The entire verse reads, beginning with the verse before (31), “*So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, and you will know the truth and the truth will set you free.”*”.

When we take a deep dive into this exchange from Jesus to the Jews, there are several key items worth noting. First, Jesus is sharing this statement to the Jews who had believed him. There were many people that Jesus encountered daily that knew about him, perhaps knew him from afar, yet they did not BELIEVE him. When he made shocking statements to the Pharisees or Sadducees, like if you have seen me then you have seen the Father, or I am the Son of God. This was hard for their religious minds to comprehend. They heard this but did not believe him.

Secondly, the only truth that will set one free is the truth they know. Not just



what they seem to know about or are vaguely familiar with. To know something means that all doubt has been removed and uncertainty has been eliminated. Truth is NOT based upon feelings or emotions, and it is not a moving target.

Truth does not exist apart from God. If we want to know Truth, we must look at the Word of God, this is where we find Truth. Apart from God, truth does not exist. He is the base of all Truth, and His Word is the written truth. This is where Truth begins and ends.

There are those that try to separate God from His Word. This is absurd. Many will claim to believe in God but have no idea what the Bible states.

We are so fortunate that we have full access to God through his Word. We can live a life of true freedom because the Truth does set us free!

— *Rhonda Smart, rhondalsmart@gmail.com*

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When Should You Give Someone The Benefit Of The Doubt?

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

When there is a potential for misunderstanding, it can be helpful to offer the benefit of the doubt. Offering the benefit of the doubt can build and strengthen relationships.

So, the question is – how do you know when or if you should offer the benefit of the doubt? Today, I will share a few secrets that I’ve learned in the studio.

Secret # 1 Decide in Advance

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

Secret #2 Trust Your Gut

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

Secret #3 Holding On & Letting Go

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

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

— *Monica Schmelter, host of Bridges on Christian Television Network, is a recovered fixer and people pleaser. Now, chocolate and grace fill her happy space. Watch Bridges on demand at www.monicaschmelter.com*



Special Needs Trust and Mental Illness

Q: What role does a special needs trust play in supporting a beneficiary’s recovery with mental illness?

A: A special needs trust can be used to pay for items and services to assist the beneficiary, such as rehab and therapy. It can pay for items that can help the beneficiary cope with certain types of mental illness. It can also pay for medications that government benefits or insurance do not cover.



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



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MONEY MATTERS

How to Sell Your House for the Most Money with the Least Stress

The decision to sell your home can be one of the most exciting and stressful decisions a homeowner can make. Whether you're upsizing, downsizing, or relocating, selling your home is often about balancing the desire to get the highest price while bringing the lowest stress to you and your family.

Maximizing the value of your home can be a fairly straightforward process if you follow a few simple guidelines.

Fix Up the Outside

Now is the time to tackle any repair projects that need to be addressed on the exterior of your home. Do a thorough walk around your property and evaluate anything that requires washing, patching, painting, and/or sealing. Consider hiring a professional to check out the areas you can't access- the roof and the crawl space.

You only get one chance at a first impression. Create curb appeal by trimming shrubs and hedges, planting flowers, and getting rid of any clutter or cobwebs around the front entrance. Painting the front door a fun, current color can be an hour well spent with your kids and spouse.

Fix Up the Inside

Now is the time to complete all those fix-it projects that you have been putting off in your home. Also,

fresh paint in a current color is the least expensive way to instantly update the look of your home. A good realtor can provide paint colors that will work best in your spaces.

And don't forget the flooring. Polish and deep clean all the floors, shampoo any carpets, or consider replacing any flooring that are too worn to clean.

Stage to Sell

Once a potential buyer enters your home, the goal is for them to see your home, not your things, and to envision themselves living there. Getting rid of clutter is one of the most effective ways to make the inside of your home inviting. Plus you can get a head start on moving by going ahead and packing early. The home you sell is different than the home you live in.

Your realtor may offer professional staging services which will ensure that your home is professional photo ready. Fresh décor, modern lighting, and good design are all part of the staging process.

Price Properly

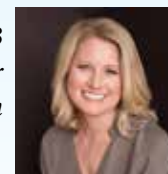
A good realtor will run the numbers on your property and present you with a CMA or Comparative Market Analysis. This will give you a picture of your market and where you home should be



price-positioned in the current market. It is also important to consider both the most likely buyer as well as the competition. Proper pricing is key to getting top dollar with the least amount of stress in any real estate market.

If you would like more tips on getting a property ready to sell, or if you are interested in the current value of your home, talk to a licensed REALTOR®

— Sarah Milligan, 615-545-1133
www.sarahmilligan.com or
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BUSINESS TODAY

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Lee Company's Upper Cumberland Story

Leon Lee founded Lee Company in 1944. Today, still family-owned, we are a \$350 million company, making life better by handling all your facilities and construction projects. With about 1,700 employees, Lee Company offers comprehensive services and trust-winning solutions: Our team of caring professionals builds on nearly 80 years of experience in everything from HVAC, plumbing, electrical, and appliance repair, to huge construction projects. Lee Company works with clients in government, institutional, commercial, healthcare, and industrial organizations. Our mission – and our expertise – is helping you.

But did you know that we're in the Upper Cumberland area? We started our Cumberland office in 2008, and that first office was not what you'd call fancy. Truth be told, we're using the word "office" very loosely. The first facility for the Cumberland team was a 50'x100' metal box building off the interstate, with a big Lee Company sign tacked up on the side and a warehouse. There was one toilet, foldout tables, and concrete floors.

The first goals were to get a foot in the door with new prospects, establish our Lee Company brand in a new area, and find the right team to pull it all together. As with any business, it's not always been perfect, and we don't always get it right the first time. But we stand by our work. Customers have told



us that if there are any issues, we are sure to resolve them as quickly as we can – and then, they use us for their next projects!

And along the way, we've learned a few things. For example, putting up walls on a job site is great. Putting up walls at the office isn't.

Lee Company is a family culture, a caring culture. We are our brothers' keepers. Some places, when you holler for help, people run the other way. If you holler for help here, it's not just one person who comes – several come, so you can meet the customer's deadline. We help each other out – all 35+ of us!

Working together, our entire Lee Company crew feels well prepared to handle whatever comes next. In fact, we'd love to tell you more of our story, have you join our team, or provide a service for your company. Visit us online at leecompany.com to learn more or email us at info@leecompany.com.

— C.W. Pointer, Account Representative and Travis Howard, Director of Industrial Business Development, Lee Company, www.leecompany.com



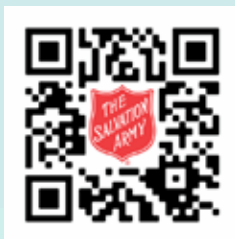


Camp Changes Lives!

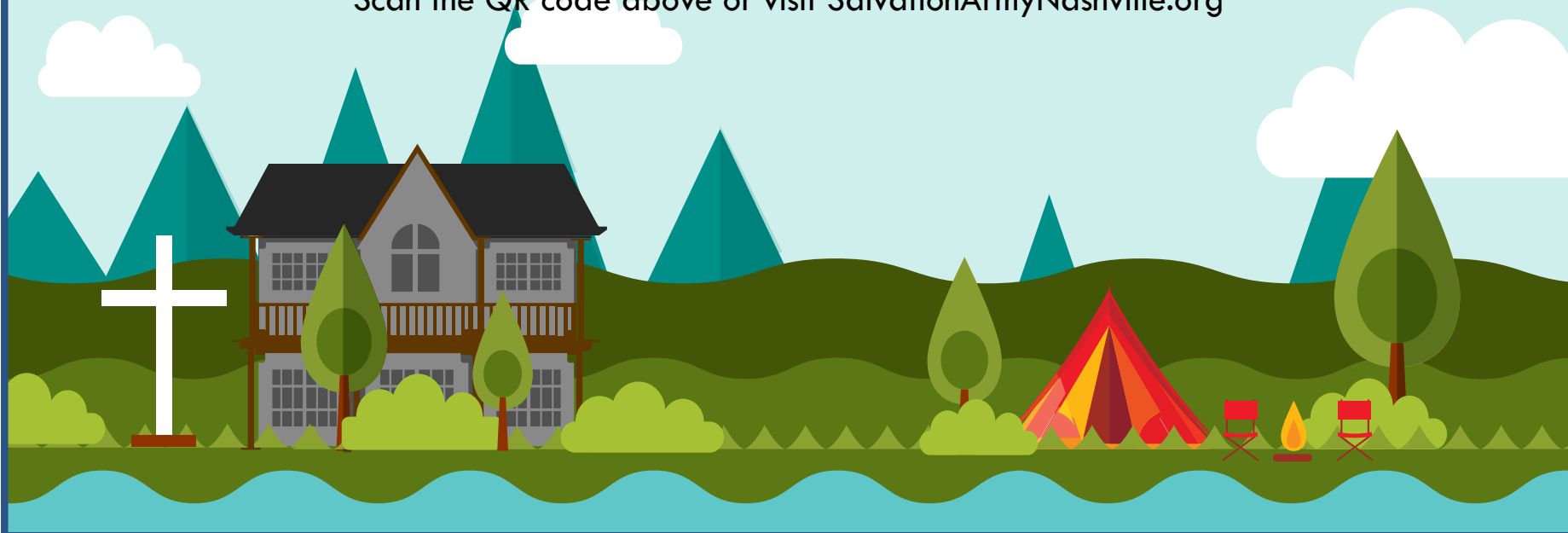
The Salvation Army firmly believes that camp has the ability to change lives and futures. Camp Paradise Valley, located on the shore of Dale Hollow Lake, provides an opportunity for our campers, ages 7 to 17, to get outside of the city breathe some fresh air, and embark on a trail to self-discovery. Throughout their stay at our sleep-away camp, campers get to enjoy a variety of indoor and outdoor activities. Campers have the ability to experience sports, small-scale farming, wildlife, rock wall climbing, music, art, and archery. Of course, Dale Hollow Lake provides a multitude of opportunities for our campers to get up close and personal with nature! Boating, fishing, and hiking are all on the agenda for our campers. Campers also have an option to become “seekers” who have decided to change their life through a personal relationship with God.

Will you join us to change a life?

By giving a gift today, you can ensure a camper from one of our programs gets to experience what so many other children in our community will this summer!



Scan the QR code above or visit SalvationArmyNashville.org



SPECIAL FEATURE

Brought to you by: Wang Vision Institute
www.wangvisioninstitute.com



From Darkness to Sight Film To Be Released This Fall

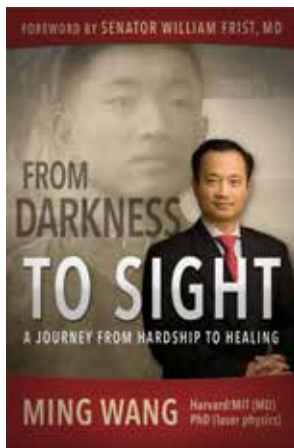


On Friday, October 13, 2023, in theaters across the U.S., Universal Studios will release the film *Sight*, based on the autobiography *From Darkness to Sight* of Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics), co-starring Terry Chen and Greg Kinnear.

The messages of the film are freedom, faith and common ground. The film has been nominated for 3 major awards by ICVM (International Christian Visual Media Association); best picture, best actor and best cinematography!

On Thursday, September 7, at 5:30pm, the Freedom Ball will be held at Boone Ctr, Trevecca University (333 Murfreesboro Pike, Nashville, TN, 37210), to benefit Wang Foundation for Sight Restoration. The stories of many of the foundation's blind orphan children are told in the film *Sight*. RSVP for the Freedom Ball, as well as the weekly Mon/Thurs private screening at Wang Vision: Ella Morrissey (ella@wangvisioninstitute.com, 615-525-3314).

Dr. Ming Wang is a Harvard & MIT graduate (MD, magna cum laude) and is one of the few laser eye surgeons in the world today who holds a doctorate degree in laser physics. The film *Sight* is based on Dr. Wang's autobiography *From Darkness to Sight*. 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.



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

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 help blind orphaned children from around the world.

— Ella Morrissey

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Lives Changed Through the Programs of The Salvation Army: Camp Changed Jenny's Life

Being a girl from the city, Jenny didn't really think The Salvation Army Camp Paradise Valley on Dale Hollow Lake would be something she would like. Being out in nature wasn't something she was familiar with, but she decided to give it a try.



Jenny signed up for the outdoor path at camp and soon realized that it wasn't at all what she expected. Having to catch frogs and learn about their life cycle and ecosystem... gross! But at the same time, that path introduced her to something she loved – archery.

Another discovery happened when Jenny was introduced to singing songs as a part of a performance. Having never been exposed to live music, she had no idea the gift that God had given her was just waiting inside to burst free. This newly found talent did more than uplift the spirits of others. She was able to use her voice as a springboard to a better education being accepted to into a local arts

magnet school. Then her gift has enabled her to do something many of her friends could only dream about....travel. Jenny was able to travel to Chicago to a music camp and later her voice would lead the way to a trip to Africa.

When looking back on camp, Jenny says, "They taught me I shouldn't be afraid of what I believe in, and that I am going to be a successful person." Her camp experience has not only built lifelong memories but has opened doors to a brighter future than she would have known if she had never been given the opportunity to learn what was possible.

*names have been changed

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

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5 Germiest Things in your House & How to Clean Them

If you think the toilet is the germiest place in your home, think again. This fixture has a dirty reputation, but it doesn't even rank among the top six! This might have you questioning whether you're spending time cleaning in the right places. Rethink your priorities with this list of the six germiest things in your home and how to clean them.

Kitchen Sponges

This is the single germiest item in the whole house. According to a study from the National Science Foundation (NSF), 75 percent of kitchen sponges test positive for coliform bacteria, an indicator of fecal contamination. To clean sponges, wet them and place them in the microwave for two minutes. Do this daily and replace your sponges every two weeks. Better yet, trade out sponges for washcloths you can toss in the laundry and scrub brushes you can run through the dishwasher.

Kitchen Sink

It's an oft-forgotten place to clean, but the kitchen sink is easily one of the germiest places in your home. NSF researchers found coliform bacteria in nearly half the sinks they tested, and yeast or mold was present in 27 percent of cases. Disinfect your sink once a week by scrubbing with an all-purpose cleaner or natural cleaners such as baking soda, hydrogen peroxide, or lemon juice. Also, sanitize the drain with one teaspoon of white vinegar diluted in one quart of water.

Toothbrush Holder

You may use a toothbrush holder to keep the bristles clean, but the moisture inside the holder harbors bacteria growth. You're far better off skipping the holder altogether. If you insist on using one, wash it by hand or run it through the dishwasher once or twice a week. You can even pop your toothbrush in the dishwasher on occasion! Then, remember to replace your toothbrush every three months and after you've been sick.

Cell Phones & Other Electronics

Cell phones and tablets gather germs out in the world and bring them into your home. Shared electronics such as remote controls, video game controllers, and computer keyboards also harbor thousands of bacteria. Wipe down electronics with wrung-out disinfecting wipes once a week. Use cleaners designed for touchscreen surfaces to prevent scratches.

Pet Dishes & Toys

Pets are dirtier than we would like to admit. The NSF ranks their bowls and toys high on the list of the germiest things in your home. You should disinfect your pet's dishes daily. Either put them in the dishwasher or scrub them by hand under hot, soapy water. Then, clean your pet's toys once a month. Scrub hard toys with a mild dish soap and water solution and put soft toys in the wash on a



hot water cycle.

Fight the Germs in Your Home with Help from Molly Maid

If you need help cleaning the germiest places in your home, look to the housekeeping professionals at Molly Maid. We can provide one-time deep-cleaning, occasional help around the house, or routine assistance with household chores. 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. www.mollymaid.com/s-davidson-williamson-maury-counties

— *Ashley Farrar*

MS. MOLLY FOUNDATION

A portion of Molly Maid's sales support victims of domestic violence in the communities we serve. To date, Ms. Molly has proudly raised more than \$3 million – and we are not slowing down! This non-profit organization aims to increase public awareness of domestic violence and to provide victims with support. We believe everyone deserves to feel safe in their homes. The Ms. Molly Foundation strives to empower communities to end the cycle of violence in the home. It's our goal to help give victims of domestic violence a second chance at happiness.



“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.

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

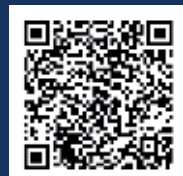
At First Priority Global, we have a plan!

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](https://www.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)



Hospitalization & Dementia: The Role of the Caregiver and Advocate

Inevitable as the progression of the disease itself, hospitalization will happen to a person with Alzheimer's disease or related dementia. Physical problems increase with age; studies show that one-third of the people discharged from the hospital are 65 or older.

With a diagnosis of Alzheimer's disease, the chance of hospitalization increases dramatically. Older individuals are more likely to have multiple conditions and weak immune systems. Whether a planned stay or the result of an emergency, the caregiver needs to be prepared to manage a stay in the hospital. Hospitalization is disruptive and frightening for everyone; for someone with Alzheimer's, the hospital is, indeed, a scary place.

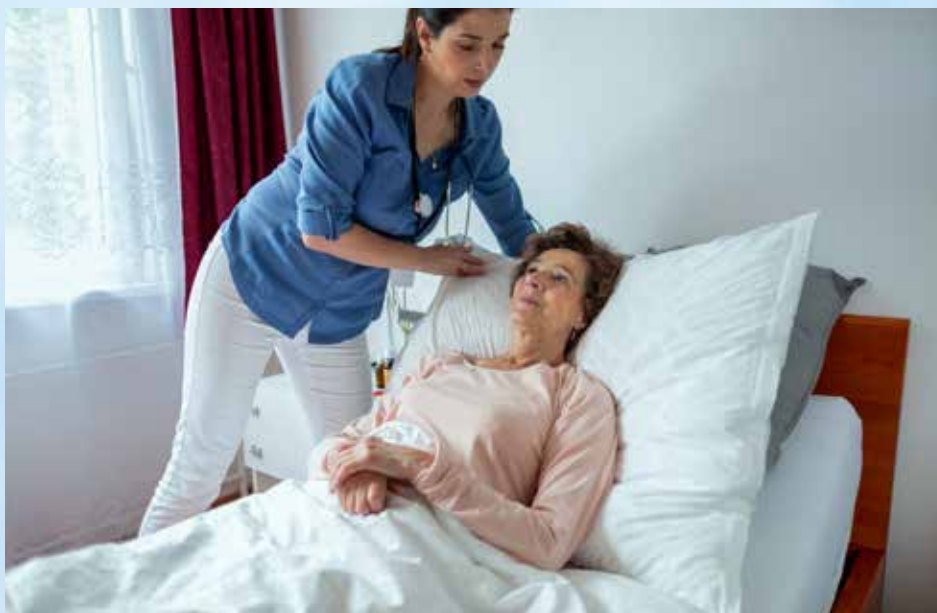
You might assume that a hospital staffed by healthcare professionals is a safe environment. Unexpectedly, the hospital requires more vigilance and special skills by the caregiver. The very nature of a hospital and the needs of a person with dementia are not highly compatible.

Hospitalization requires even more care than normal from the family; the following guidelines should help you to prepare for and survive a hospital stay. Provide coverage 24x7; do not leave the person alone, even (especially) at night.

The hospital routine runs 24x7, and as anyone who has ever been hospitalized knows--does not respect sleep or night time hours. Ask for the rules for overnight visitors and if needed, have the doctor write an order that allows you to have someone with the patient at all times. Some families hire a caregiver to cover the night shift for them; others rotate the responsibility among siblings or a few close friends. Remember the patient is already in a world he or she cannot manage; now he or she is in an alien environment with strangely garbed creatures who glide in and out of the room at all hours. The person with Alzheimer's Disease or related dementia needs an advocate at all times.

Every common hospital routine such as drawing blood, hooking up an IV, going to the bathroom, or being transferred to go for an X-ray is bewildering to the person with dementia and may result in anxiety driven behavior. Pulling out the IV, getting out of bed with a catheter inserted, or refusal to cooperate with treatment may result. Toileting is a challenge in the hospital as there may be a catheter or an IV that involves special care. A person with Alzheimer's is not going to remember that he or she needs help to get out of bed. This can result in falls, torn IVs, and urinary tract infections. An advocate who is able to talk with staff and solve problems should be ever-present. If you are fortunate enough to have others helping you as a patient advocate, be sure to leave the records and doctors' names with them.

Do not assume that the staff understands the realities of caring for someone with dementia, much less the specifics of your loved one.



The call button, the device that alerts the staff to come to the room, is useless to a person with dementia. Learning to use a call button is typically beyond the learning of anyone with dementia, except in the earliest stage. An advocate has to be there to interpret your loved one's needs and to actively get help.

Keep a written record of all medical information.

The hospital thrives on records; be ready to provide all the information they need – repeatedly. Keep a list of medications, dosage levels, doctors' names and phone numbers, past hospitalizations, and current conditions. Your documents help to insure

that accurate information is in the records. Realize that each time medical information is transferred, the possibility for error increases. When going from the emergency room to a regular bed, coming from a nursing home to the hospital, whatever the route, verify each time that the medical record is correct. Take notes with each visit, as most likely you will need to coordinate issues among various specialists. This is a critical aspect of the caregiver-advocate role. Keep track of questions as they arise and have your notes available when the doctor arrives, which may be at 7 a.m. or 10 p.m. or anytime in between.

Take time to get to know the nursing staff. Many hospitals will be grateful for your ongoing presence as it can make their job easier. Help the staff to understand your loved one's preferences—limits as well as capabilities. Be direct about the person's abilities and limitations and identify any specific needs.

Be respectful of the times for bathing, medication, and other hospital routines. Of course, just as you get one nurse familiar with your situation, the shift for the week will change and you start all over. Bring a treat or flowers now and then for the nursing station. Show your appreciation and acknowledge the job they are doing.

As a caregiver for a person with Alzheimer's disease, recognize that a trip to the hospital is highly likely. Prepare in advance as much as possible; have the medical records up to date, be ready with a family member or back-up caregiver who can be an advocate, and pack your bag as you are the constant in your loved one's care.

— *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.*





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Sean BE:

Let Your Light Shine



Let your light shine before others so that they may see your good works and give glory to your Father in heaven. Matthew 5:16

Sean BE demonstrates such a strong desire to fulfill Matthew 5:16—to let God’s light shine before others ... to give glory to his Father—that he adopted the designation BE in his name. BE reminds Sean and those around him to “be” God’s light in a dark world. Among myriad ways to do that, Sean lets his light shine through family, music, and mission to the world.

Music and Ministry

Sean BE, chart-topping singer-songwriter and WieRok Entertainment recording artist, was among the star-studded lineup for recent Winter Jam 2023, a 40-city nationwide outing—one of Christian music’s biggest annual tours. To have been included in this year’s Winter Jam is quite an honor. Sean’s view of Winter Jam is “Community. The tour brings together youth groups, youth leaders, families, and churches. It offers music for all ages, and everyone can have fun worshiping together. Most importantly, the Gospel presentation is at the center of everything Winter Jam does. I’ve known of the tour my whole life, and I’ve seen artists I’ve looked up to over the years on the Winter Jam stage, so I’m humbled God allowed me to be a part of it. “A highlight of the tour for me was speaking with and praying over youth leaders from each city before the show. That was particularly special because I share their hearts for student ministry. And after the show when people stopped at my table and shared their stories, they brought so much excitement that allowed me to see how God is working in their lives.

“The tour stopped in Nashville on my daughter’s third birthday. I cut a song from the end of my set and called Angelina up on the stage, and the whole arena sang Happy Birthday to her! It was a special memory!”

Without consistent and dedicated communication, the family could lose touch during tour times. Sean is grateful for FaceTime and other modern methods to participate from afar. “My wife Marina has a great circle of friends, and we have a supportive family. My grandma has been strong in helping build Marina’s faith, and she also helped me learn to put God first. For a long time, my grandpa was a traveling evangelist, so my grandma understands absence. She’s mentoring Marina through this season to see that we come through it even stronger.

“Marina was ‘all in’ during my time on Winter Jam—the short-term sacrifice in the long-term mission. She isn’t looking at the next three months; she’s looking at the next three years when maybe we’ll have our own bus with the family traveling together. Marina is growing herself, and that inspires me to grow myself as well. Even though we’re apart logistically, our hearts are together, elevating each other.



Decision and Transition

“I loved being in children’s and youth ministry. Many of the youth in that church are now in ministry themselves, and one of them joined me on Winter Jam as my tour manager. Music has always been a goal for me. I took a lot of shots at music, but in Colorado it never worked out. I had some letdowns and got discouraged. It was my wise grandma who counseled, ‘If you feel that strongly that you’re supposed to do music, then you probably are supposed to do it. You need to pray with a sincere heart that He will guide your path in music, but that if it doesn’t happen, you will serve Him faithfully wherever He has you.’

“That’s a hard prayer because I don’t want there to be an ‘if it doesn’t happen.’ However, I did pray that prayer and devoted myself fully to working in the church. As I started to see the lives that were being impacted and the growth of the church, I realized, ‘Wow, God really is using me here for this season.’”

“My transition to full-time music came quickly. When we had our daughter, I was getting ready to pull back from music and maybe do a few local shows a year. However, I felt God telling me, ‘Go do this.’ I had never thought about going to Tennessee, not even visiting Tennessee, but I felt led to go. Before visiting Nashville, I prayed and fasted and developed a long observational list. God hit every item on that list and even more. I called Marina to tell her, ‘I think we can do this. I think it can really happen, but before it can, we’ll probably have to move here. The next words out of her mouth were, ‘Okay, I’ll go start packing.’ We were in our Nashville apartment little more than a month later.

“One of the hardest parts about moving to Tennessee from Colorado was not having our family 15 minutes away. It was a tough transition because we moved here with no job—trying to figure life out.

“More Than a Conqueror” and The Good Fight

In addition to his recent Winter Jam feature, Sean BE’s newly penned song “More Than a Conqueror” will be showcased in the upcoming 2023 box office film *The Good Fight*. Starring actor and recording artist John Schneider with an appearance by hip-hop hitmaker Steven Malcolm, Sean BE makes a cameo in the Holleyland Productions movie. He explains, “‘More Than a Conqueror’ was inspired by Romans 8 and serves as a reminder that when we’re fighting the good fight with God surrounding us, there is no battle too great to overcome. My hope is that when people hear this song and watch the movie, they’ll be encouraged by the reality that God ultimately conquers our battles.”



It’s amazing how this song ended up in the film. “‘More Than a Conqueror’ came to me while I was driving. Just over a week after I recorded it, my manager called to ask if I’d be interested in his pitching it for a movie. ‘Yeah, of course.’

“We went to West Virginia to *The Good Fight* shoot, met the director, and about 15 seconds into the track, he said he loved the vibe. Then, he paused, and I thought, ‘Oh, no, he doesn’t like it.’ He said,

‘You’re not going to believe this, but the tagline for the movie is to be more than a conqueror, battles must be fought. I love this song; we want to use it!’ ”

Invitation to “Step into My Story”

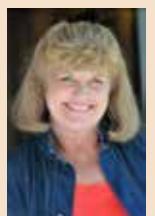
Sean BE’s 2022 song “Step into My Story” chronicles the artist’s journey of surrender, offering encouragement for all who struggle. This former children’s pastor and youth leader, whose high-energy live performances now captivate audiences around the country, inspires a new generation to find its identity in Christ.

“I want my music to create an environment of joy, inspiration, and encouragement, and I want my life to be proof that God gives direction to a wandering heart, humility to a prideful spirit, and forgiveness to a broken past. He uses every situation—good or bad, past or present—to lead us where He’s called us. He makes our story bigger than we are because He makes our story impact people around us. God has purpose for our future, but He redeems our past.

Sean explains, “‘Step into My Story’ is a prayer against pride that can lead us to believe we can make it on our own; pride will make us keep trying until we’ve made a huge mess and end up in places we never wanted to be. This song is my prayer asking God to prevail over pride. I hope people who have been there—like I have—will pray this with me.

“God works in our stories to give purpose to everything we’ve been through, showing us we didn’t come this far just to come this far.”

— 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



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How to Choose the Best Contractor for Your Project

Finding the right contractor for your project can be a challenge. You heard all these horror stories of overpaying, crew not showing up, or they don't call you back for days. How do you know the company is reliable and will do the job right? How can you be sure that you're not just throwing your money out of the window?

We understand that spending much money on major repairs can make you, as a homeowner, sweat a little. You want to be sure you are investing your hard-earned money into quality that will last many years. To make this decision process a little easier, we prepared a list of questions you can ask your contractor before you commit and sign the contract.

What is the size of the company?

The size of the company doesn't always matter, but you should consider the type of project you are hiring a company for. Is it a one- or two-man job like tiling a bathroom, or does it require an entire crew of people for a project such as a roof replacement? Companies with at least a few employees working in dedicated roles are usually better prepared to deal with projects on a larger scale.

How long has the contractor been in business?

Consider how long a contractor has been in business. What's more important is how long they have been doing the work they proposed. Just because a contractor has been in business for thirty years doesn't mean this is what they've specialized in the whole time.

Is the company licensed?

Make sure the company that you're considering has a license. Contractors who are serious about their work and have been in business for many years will have a license. It's required by the state of Tennessee, and don't let any eloquent salesman tell you otherwise. Holding a license proves the company has met the industry's standards and maintains those standards to uphold the license. By hiring a licensed professional, you are avoiding certain risks in the quality of the work and sometimes legal and financial consequences. Licensed contractors make sure everything is up to local codes and can acquire the necessary permits needed for the job.

What kind of warranty is offered?

The best contractors stand behind their work with some warranty. The warranty should be transferrable to future owners and be warrantied directly by the company, not only by the manufacturer. The warranty shouldn't include annual fees unless maintenance is included. Be definitive on the warranty period – what does “lifetime” mean anyway? What happens if the business changes its legal name? Read all the fine print and ask questions.

How long does it take for a project to be completed?

Watch out for contractors who show up the first day, start the work, and disappear for weeks. Some companies promise they can begin immediately to beat the competition, take your deposit, do a little work, and don't show up



the next day. Then there is nothing else homeowners can do but wait and hope the crew will reappear and finish their work. Read the reviews where previous clients share their experience with the company you're considering to avoid this unpleasant situation. There is more to consider and watch out for! The quality always hides in the details.

Attitude and communication of the company's representative matter.

You can tell if a company cares about its customers by the way the representatives communicate with you. They should be responsive and commu-

nicate clearly. If the person on the phone was rude to you, the salesperson didn't email you the estimate in the timely manner he promised, or they haven't returned your call in several days, imagine how this company would communicate with you if there was a problem. Little details matter; the best contractors will be professional, punctual, and polite.

Is the company accredited?

Depending on your state, contractors need a license to charge money for services, so verify an active license with the state. To obtain accreditation, a business has to meet high-quality standards set by an accredited organization. Search the company on Better Business Bureau, Trustdale, or HomeAdvisor, to name a few, and if it shows in their search, you can have confidence that the company you're considering has been verified by the accrediting agency. Read the reviews – what experience did previous customers have?

Do a little research and see what previous customers said about the company you're considering. You can find them on the company's site, Google, BBB, Angi's List, and other platforms. A happy customer will most likely leave a review. On the other hand, unhappy customers don't hesitate to leave a negative review to warn others to stay away from the contractor. It's important to see what exactly happened and how the company reacted to negative feedback. Did the company ignore the customer complaining or did they admit they made a mistake and try their best to correct it? Read the reviews and the company's responses carefully.

Pricing

Last, but not least, one of the most important decision-making point for most homeowners is pricing. It's always good to get several opinions and estimates from different companies to compare the pricing and all the points mentioned above. Remember that nothing comes for free and that quality is worth paying for. Most contractors will match bids from other contractors, so don't be afraid to ask a contractor you like, who gave you a higher bid, if they could go down with the price.

However, be careful of anyone who offers you a dramatically lower bid! Contractors who offer significantly lower bids will likely take shortcuts along the way.

— Martina Brindley, Marketing Coordinator,
Klaus Roofing Systems of Nashville



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Lessons Learned through Painful Inflictions

What was Jesus trying to teach us by his passion?

The word passion means to suffer for those you love. Remember, Jesus had options. He allowed Himself to be bruised, beaten, and scraped to demonstrate to us that we shouldn't avoid the mistreatment by those we love when we stand up for the Truth. He never fought back, never recanted, or tried to avoid the consequences of his words. Unlike the faithful Jews of the times, he continued to love those who would not agree with the truth, even when their God was right in front of them. It must have broken his heart to not be accepted by those he loved so deeply; the chosen people. Even when rejected, He never stopped doing what He had to do; leading people to the Truth; showing mercy to those who rejected the Truth. Jesus did and continues to teach us that even if people act out against you for following the Truth, it is not the person they are rejecting; it has always been the Truth that they feared. Jesus was a non-threatening man, a man of peace; clear evidence that it was not Him that they feared. Through His acts of mercy, He mirrored a Loving Messenger of His Truth. His Righteousness is Love above all else!

After the fact, the divine intervention of God the Father, turns the crowning with thorns into a manifestation of the kind of leader Jesus is. As Jesus revealed himself as the Messiah, we are all called to lead by example, never denying the Truth to avoid the pain and humiliation inflicted upon us by those whom we serve. The crown, a symbol of leadership, represents to the world the status of a King, a Leader. The use of thorns to create the crown implies a lowly, demeaning status which contradicts the symbol of authority. The thorny branches of the Euphorbia Milii bush was the likely plant used to make the crown. Readily available in the area, the thorns would have ranged from a quarter inch to three quarters of an inch long. It would have been very painful but not deadly. Unknowingly, the mockery expressed by the soldiers acted to further enrich the image of a suffering servant not the regal warrior King the Jews were expecting. The protocol of the Roman army, at the time, held that the soldiers served the King or Emporia but in Jesus' "army", it is the King who serves the entire kingdom. Once again, the Truth must and is revealed by the original Loving, Servant Leader. The lesson exposes the Truth of Servant Leadership and our journey is to exemplify His Holiness by following His examples.

Both the scourge and the crown of thorns, tells us that Pilate had no intention of killing Jesus. The Romans would never have wasted their time and energy on a dying man. It was the pressure of the crowds that swayed Pilate's decision toward the final infliction on the living body of Christ. The unimaginable pain of hearing Jews scream for His death must have broken His heart. With three iron spikes, Jesus is physically attached to human suffering. Today, the miseries we inflict on ourselves and others, through our thoughts, words, and deeds as well as those inflicted upon us when we learn, profess,



and live the Truth, binds us to His Holy examples.

As any student of leadership will tell you, a good leader must selflessly share in the pain, suffering, and discomfort of their team. It is through this common selfless bond of courage that leaders earn the respect, admiration, and loyalty needed to lead through tough times. Jesus knows what it means when He asks each of us to "pickup your cross and follow me". He understands the level of courage we need to overcome the fears we face in our lives.

It is through our shared pain, born of our Savior's Passion, that we should be inspired to show selfless love and mercy to our self, our neighbor, and the God who loves us so completely. If we are truly to become the Loving, Selfless, Servant Leader that Christ

leads us to become, then we need to willingly apply the lessons of His three inflictions to our everyday life.

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"*

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— Tammy Daughtry, MFT, Co-Founder The Center for Modern Family Dynamics, Founder Co-Parenting International



How To Avoid Information Overload About Your Health

By the time I was a junior in high school, I was almost 300 lbs. I was prediabetic, had horrible heartburn, and very low confidence. This had gone on for years until I was finally fed up with living like that and being made fun of in school. I ended up losing over 100 lbs by the time I graduated high school and never looked back. Throughout that journey, God started showing me how he has made our bodies and how if we partner with that design and steward our body well we would be able and available to serve others better and to do all God has called us to.

Since then, over the past 10 years, we have helped hundreds of adults and thousands of students understand how to build a solid foundation of habits in their health. One main problem we see when people try and live a healthy lifestyle is information overload.

We don't have an information problem in America today that is keeping people from being healthy. Anyone can go on google and look up "How to be healthy" and 50+ million results pop up. It can feel so confusing!

Many times the more information we take in the less we actually apply. Add on top of that the thousands of different articles and opinions that contradict each other that are out there and it becomes super confusing. Not to mention how hard it is for us to not compare ourselves to other peers and people on social media and feel pressured to look a certain way or eat a certain way.

Our goal should be to build actual habits we can apply into every season of life so we can serve God and others better. Let's talk through some solutions in the way we think about this problem.

Solution:

We must focus on application over information. Having simple frameworks that break health down into easy-to-follow habits is crucial for



success. Health isn't just about learning the right things to do, it's about thinking the right way about health. After all, transformation comes by the renewing of the mind. (Romans 12:1-2)

No matter what stage of health you are in be encouraged today! If you focus on the simple things you can actually apply to your life and be consistent in those day in and day

out, you will see great results that last in every season.

— Ashton Tate is the founder of Glory to Glory Fitness and the creator of The F.O.R.M. Curriculum. He works with schools all over the country to help students build a solid foundation in their health.



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--Zinah (Nashville In-Home Caregiver)

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Have You Been Told By Your Doctor “There Is Nothing That Can Be Done”

As clinical director at Blue Umbrella Medical Center, I sit down with every patient to listen to their health concerns and help create a treatment plan. Having worked with so many over the years, patients are consistently telling me that they have been dismissed by multiple physicians and told, “there is nothing that can be done” or “you are just getting older”. What is astounding is that for the vast majority, there are viable treatment options that are easy, effective, affordable, non-invasive, require no down-time, and even covered by health insurance. So, the question is, why have they not been told about these options?

First off, many physicians who operate in the world of insurance have extremely limited time with each patient. Many PCPs and family doctors are only being allowed 5-7 minutes with each patient due to poor reimbursement rates. While this is enough time to address minor concerns, complex chronic conditions require far more time. My experience has been that most chronic health concerns (anything that has been going on for longer than 90 days) appear to be untreatable until you dig deep enough to find the root cause, and this simply can't be done in 5-7 minutes. These are great nurses and doctors who are not being given the time and tools they need to be able to do their job the way they want to do it.

The second issue is that many solutions require changes to the patient's lifestyle. When the answer is to change the diet, improve exercise, quit smoking, or address some other destructive daily habit, those recommendations cannot be covered appropriately in the narrow time frame allowed by health insur-



ance companies. Even if your doctor or nurse knows this would make a difference, they simply cannot do more than offer superficial recommendations. And over the years, even when they do devote the time a large population of patients fail to follow through with their part, so the provider doesn't want to risk their schedule getting behind (i.e. the other patients getting mad and the staff frustrated) for nothing. This has conditioned many of your healthcare workers to not engage and leave their patient with the message that

nothing can be done.

Lastly, many highly effective treatment options struggle making their way into the mainstream medical model. Pharmaceutical companies spend billions to make their treatment options foremost in the minds of providers and patients alike. It is very difficult for some of these newer therapies to get their message out there when they do not share the same marketing budget. Furthermore, because these treatments are less understood, they require more time for explanation to the patient when time is already an issue. Most providers get frustrated by patient skepticism and revert to their old ways.

The truth is, there are options out there and patients should never give up hope. Keep searching, have an open mind, and with your efforts, the results can be quite amazing!

— Dr. Jae Hitson, Clinical Director at
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CITY SCENE

Gala Events Mark the 75th Anniversary of Israel's Statehood



The International Christian Embassy Jerusalem (ICEJ) will celebrate Israel's 75th Diamond Anniversary with two gala events in May. The events will be held in Nashville on May 7 from 6–9 p.m. at the Factory at Franklin, Liberty Hall, 230 Franklin Road, Franklin, Tennessee, and in Washington, D.C., on May 17 from 6–9 p.m. at the Hyatt Regency on Capitol Hill.

Seventy-five years ago, on May 14, 1948, Prime Minister David Ben-Gurion read Israel's Declaration of Independence at the Tel Aviv Museum. For the first time in more than 1,800 years, there was a Jewish nation in the Middle East. Israel had been reborn. "We in the Christian community celebrate Israel's existence for a number of political, moral, and spiritual reasons," said Dr. Susan Michael, director of ICEJ USA. "But most importantly, Israel's thriving existence is evidence of God's faithfulness to fulfill His promises to the Jewish people. He planted them in the Land of Promise, and they are becoming a light to the nations, leading the world in science, technology, innovation, and volunteerism. That is to be celebrated."

The two events will each have a different focus and lineup of guests: At the Nashville gala, Hananya Naftali, a leading member of Israeli Prime Minister Benjamin Netanyahu's social media team, will serve as the keynote speaker. "Hananya will address the importance of taking a stand for Israel in the public space, including on social media," Michael said. "He is a young, vibrant, and important voice, and we are blessed to have him." Two Dove Award-winning singers and songwriters, Nicole C. Mullen and Aaron Shust, will perform in Nashville along with the Nashville Praise Symphony.

For the Washington, D.C. gala, the keynote speaker is Jason Greenblatt, architect of the Abraham Accords, a peace treaty normalizing relations between Israel and several neighboring Arab nations. Brokered by the U.S. and signed initially by Israel, the U.S., the United Arab Emirates, and Bahrain on September 15, 2020, other signees now include Morocco and Sudan. "One facet of what we celebrate is the Abraham Accords," Michael said. "These accords are a tremendous miracle and achievement in peace." The ICEJ will also honor Virginia Gov. Glenn Youngkin for his stand against antisemitism.

Both 75th anniversary events are cohosted by the ICEJ, the Swanson Companies, and the American Christian Leaders for Israel (ACLI) network. ACLI collectively represents tens of millions of Americans and seeks to provide a unified voice of truth to the American public in support of Israel and the Jewish people.

Platinum Sponsors for the events include The Friends of Israel Gospel Ministry, Israel Allies Foundation, Kenneth Copeland Ministries, CBN Israel, NRB TV, Israel Ministry of Tourism, and the Nashville Praise Symphony. The Gold Sponsor is Infinity Concepts, a brand communications agency. The events are open to the public, and the cost to attend is \$125 per person. To register for eADD either event or to become a sponsor, visit www.icejusa.org/Israel75.

About the International Christian Embassy Jerusalem (ICEJ)

The International Christian Embassy Jerusalem (ICEJ) was established in 1980 in recognition of the biblical significance of all of Jerusalem and its unique connection with the Jewish people. Today, it represents millions of Christians, churches, and denominations to the nation and people of Israel. www.icejusa.org

— The ICEJ Staff

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3:00 a.m. Friends for Single Parents and Stepparents... Find Three and Be One!

Are there people in your life that you can call, any time of any day? These are what I call, "3:00 a.m. Friends" who know us well, who care about us and who especially will tell us the truth, even when it is hard to hear. As a single parent or a stepparent, I believe it is important to have several of these type people in your life and to BE one for someone else. Here are a few reasons why.

Waving good-bye to our children as they spend time with the other parent is not an easy task and having a 3:00 a.m. friend to call or see when that happens, especially for a long spring break or summer vacation, can help the transition be healthier for us and protect our children from unneeded emotional pain when they leave us. Having an appropriate adult to talk to about these difficult experiences protects your children from becoming your counselor or confidant (it's not their job).

When it comes to dating again, after a divorce or the end of a previous relationship, having a Godly and sound-minded friend to hold us accountable to the goals we have for our life is an important part of protecting yourself from a "rebound relationship" that may end up being another painful experience for yourself and your children. Having someone who walks alongside us and asks important questions can be a meaningful way to guard your heart when becoming single again. It can be tempting to date too soon when we are not ready, a trusted friend might be helpful to talk to about this, knowing that friend has our very best interest in mind.



An important topic to discuss with a 3:00 a.m. friend is related to how you "filter" the type of person you are looking for and what you are not looking for. Be careful and take it slow to see how has that person processed their past pain and relationship? If they are a co-parent with someone and will be dealing with them for years to come it is important to see if they have been able to move to a healthy way of engaging or if the toxic pain of their past relationship will cause unhealthy dynamics in your new relationship. Will that person be able to compartmentalize their pain and do they protect their shared children from the hard part of divorce between adults, or do they put them right in the middle of it? Take your

time to observe this process and be open with a friend about all the details – there is wisdom in Godly counsel.

Lastly, we want to BE an amazing 3:00 AM friend to others. Look around in your life and see if there is a person who could deeply benefit from your wisdom and experience. We are not made to do life alone and being in healthy, Godly community is a significant part of how we stay stable and become the very best parent for our amazing children! They need this from us.

A companion in the co-parent journey,

— Tammy Daughtry, MMFT – Founder, Coparenting International and The Center for Modern Family Dynamics, www.CoParentingInternational.com



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Embodying Grace

“I call upon you, for you will answer me, O God; Wondrously show your steadfast love, O Savior of those who seek refuge from their adversaries at your right hand. As for me, I shall behold your face in righteousness; when I awake, I shall be satisfied with your likeness”
Psalm 17:6a, 7 & 15 (ESV).

When it comes to personal evangelism, feelings of obligation, guilt, and duty have never been effective motivators for me. On the other hand, experiences of God’s provision, accessibility, love, and forgiveness naturally flow out of me in Gospel witness to others.

This is probably true for most of us. After encountering God in loving, unhindered ways, sincere believers earnestly desire to tell their friends and family what the Lord has done in their lives. This is an example of a clear Gospel witness that embodies God’s abundant grace.

The truth is if we don’t “embody” His grace (i.e., experience it, feel it, viscerally connect with it) we will not fully trust in and love Him. I find this “embodied experience” of God’s reality creates more affection for Him, more trust in Him, and more attraction to Him. And evangelism easily flows out of these experiences. In fact, I’m convinced that unless we experience God’s love for us, in us, and through us, we won’t really “do” evangelism at all.

So, in practical terms, what does this mean for believers? In brief, it’s clear to me that to grow in evangelism we don’t need to focus on evangelism. We need, rather, to practice focusing on God, in Christ, who works through His Spirit and into and through the circumstances of our every-day lives. This transaction, in a very real sense, is “the embodying grace” or the grace of God moving into and through our being.

So how can we experience this perfect and loving embodiment of God’s grace? Let me suggest three practices based on the dynamic reality of God . . .

FIRST, practice focusing on the reality of God’s love to reclaim us to Himself. The Apostle Paul wrote, “For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died” 2 Corinthians 5:14 (ESV). Paul was so overwhelmed by God’s active love that he was “controlled” by it. He was so moved by God’s love that could nothing else but love God back and serve Him.

SECOND, practice faithing in the presence of God. I define “faithing” as the moment-by-moment exercising of one’s faith. For instance, I often tell the Lord out loud, “Father, I am exercising my faith in You this very moment.” Then, without telling Him how He should work, I imagine His perfect will being fulfilled. I process both my rational knowledge of Scripture and my actual faithing in Him that moment.



Typically, I soon thereafter see the results of my faithing and His working. And the result? I’m deeply moved by the fact God worked as a result of 1) my trusting in His love, and 2) my faithing in the fact of His presence and His powerful working. This sense of His presence, coupled with the sight of His working, overwhelms me with a deepened sense of His Love in me and my delight-filled response and love for Him. I am filled with joy, gladness, and delight – all the manifestations of how we love someone.

THIRD, practice declaring the works of God that He’s demonstrated in your life to others. 1 Peter 2:9 says, “But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.” Isn’t “proclaim(ing) the excellencies of him who called you” the work of evangelism? Isn’t this what “evangelism” means?

You and I don’t need to be theologians (in the technical sense). We just need to know and be interactively involved with Jesus and lean into His love for us every minute of every day. And when we see Him work – in so many ways and in so many of our circumstances – we cannot help but declare the works we’ve seen Him doing.

Since, though, this habit doesn’t automatically happen; we must practice it. That is, we must intentionally set about telling others what we are seeing God do in our lives. Evangelism isn’t a debate. Evangelism is simply telling others about your interactions with God through Christ and His Spirit. In other words, don’t make it so complicated!

When we are overwhelmed with the loving work of God in our daily lives, we will spontaneously tell others. But to reverse the life-patterns of self-reliance we must trust in two ground-zero realities about Him repeatedly: God loves us, and God indwells us. Then, based on these two realities about God, we must . . .

1. Practice focusing on the reality of God’s love; then
2. Practice faithing in the fact of God’s presence in the moment; then
3. Practice declaring the works of God He’s demonstrated in our lives to others.

When you practice these three things you will see three other things happening in your life:

1. You will experience the embodied love of God,
2. You will love God more for it; and
3. You will then love others with that same kind of love.

Believers throughout the centuries have experienced this. And you can too.

— Dr. Byron L. Spradlin, Founder and President, Artists in Christian Testimony, www.actinternational.org

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Be Happy, Be Healthy, Be Whole

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

Over the last few months, there has been no shortage of news crossing my desk having to do with weight loss. Here are just a few reports I thought you would find interesting.

Failed Your First Attempt at a New Diet? That's Normal

Don't worry if you fall off the diet wagon — initial failure is a necessary step to a successful diet. It's very common to put weight back on as soon as a diet is over, but researchers at York University in Canada conclude that this may actually not be a bad thing. Instead, their study finds that a diet setback can act as a learning experience which can help achieve sustained weight loss in the future, and overall improve your health.

Stand & Talk

Want an easy way to lose some extra tonnage? According to the book *The Little Book of Detox Tips*, you'll lose four pounds in a year if you stand instead of sit whenever you're on the phone.

Peanut Power

Trying to lose weight? Make sure you have a jar of peanut butter handy. Health experts say that peanut butter helps you drop excess pounds. According to an article in *Men's Health*, this is because eating a spoonful or two of peanut butter can help you fight off hunger and contributes to consuming fewer calories later.



Party Effect

Trying to lose weight? Beware of the party effect. According to an article in *Glamour*, people eat about 44 percent more when they're around other people than when they're alone.

Now, while all these tips and tricks are interesting food for thought, you and I both know that nothing is going to change without taking deliberate action and going it alone is hard. Do you need some extra help in your diet and exercise goals? Let me point you to the people that helped me lose 65 pounds in 16 weeks – the staff at Cool Springs MD. Dr Lodge and his team of personal trainers, dieticians and medical professionals are ready to help you with their stated goal for everyone to be “Happy, Healthy and Whole”

What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in a future article. You can email me at Doug@94FMTheFish.net or feel free to call me during my live radio show – weekdays between 3 pm – 7 pm on 94 FM The Fish. (800) 826-3637

— Doug Griffin

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What Type of Trees Should I Plant in my Yard?

Does it feel like your yard is missing something? You've got beautifully green grass, some nice landscaping near your front door -- but you still want to add that finishing touch.

Have you considered planting a tree in your yard? Many trees are low maintenance yet add beautiful flowers and curb appeal to homes. If you think a tree might be just what your front yard needs, here are a few of our favorites.

Crepe Myrtles

Crepe myrtles are particularly popular in the South, and for good reason. Crepe myrtles are heat, humidity, and drought tolerant, making them a low maintenance tree option. The best part is, while these trees are beautiful year-round, they boast stunning flowers in the warmer months.



Serviceberry (Juneberry)

Serviceberry trees, also called Juneberry trees, offer a lot of curb appeal and a beautiful spring bloom. You may have to prune a few crossing branches in the first few years, but otherwise these trees don't take much work.

Dogwood Trees

Dogwood trees are another favorite in the Southeast, and one of the most popular trees for front yards. Dogwood trees are adaptable and drought tolerant and provide nice shade when in full bloom. These trees also offer several different flower colors!

Evergreen Trees

The benefit of planting evergreen trees in your yard is in their name. They look great year-round and are most often low maintenance. If you're looking for evergreen trees for a smaller yard, we recommend hollies, junipers, or arborvitae.

Chinese Pistache

Chinese Pistache trees are very rugged and are great for adding a shady space to your yard. These trees' deep green leaves turn a show stopping red orange in the fall, and won't wither during dry seasons. As a bonus, these trees are highly resistant to pests and diseases.

Caring For Your Lawn, Year Round

Whatever elements you decide to use to create your perfect lawn, we're here to help. Waynes offers lawn care services such as weed control, tree & shrub care, aeration, fertilization, pre-emergent, and more! Call us today at 866. WAYNES1 or visit us at callwaynes.com to learn more about how we can help you create the Barefoot Good lawn of your dreams.

— Meredith Boyd, Social Media and Marketing Coordinator, Waynes
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Type of Art Accepted:

They can paint, color, draw or illustrate a Biblical story, prophecies relating to Israel, the modern State of Israel, the people of Israel, the scenery and landscape of Israel, or something else that connects them to Israel in a Biblical and age-appropriate way.

Details:

The contest will be held by age:
5-6, 7-9, 10-12, and 13-17.

Parents must register their children and submit their entries by 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.

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Genesis 123:

The Genesis 123 Foundation invites all churches and ministries to join as a Ministry Partner to be sure that children in your church or community are able to participate. Details on the website!

WWW.WHATISRAELMEANSTOME.COM



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.

DO YOU HAVE YOUR OWN BIBLE?

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



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MUSICIAN

Other invited speakers include Governor Bill Lee and State Senator Mark Pody

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We cordially invite you to join our gala dinner celebrating Israel's 75th Diamond Anniversary. Your participation and possible sponsorship will allow us to gather for this historic milestone in Israel's history. We hope to see you at our Diamond Anniversary celebration for Israel.

**THE FACTORY
FRANKLIN, TN
MAY 7, 2023**



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