

September 2023

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## OUR MISSION



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

## FROM THE PUBLISHER

### Anticipating Fall

*“While the earth remains, seedtime and harvest, cold and heat, winter and summer, and day and night shall not cease.”* Genesis 8:22 (NKJV)

September is an enjoyable month for my wife and me.

The kids are back in school, Labor Day signals the end of summer, daylight grows shorter, flocks of geese are occasionally beginning to honk overhead and another football season is underway. Fall is in the air and I am invigorated. Even our cat, Rocky, seems to be more alert and active, sensing a change of weather in the air.

I love this time of year anticipating the beautiful changing of colors of the leaves that will begin later this month. Despite the seeming chaos and disorder we see in our country and our world, the seasons should serve as reminders and examples of the awesome and incomprehensible power of God exhibited through His creation, and His order of the universe.

It can be easy for us to take the beauty of creation for granted. During the next few weeks, please make a special effort for you and your family to slow down and take time to enjoy the beauty of God’s world and give thanks to the creator of it all. Read Psalm 104 and Genesis 1 as a Biblical reminder.

*“O LORD, how manifold are Your works! In wisdom You have made them all. The earth is full of Your possession”* Psalm 104:24 (NKJV)



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# September 2023

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**Fall is in the Air!**

**and MUCH MORE!**



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## Medicare Open Enrollment Starts Soon

Yes, it has come around again and soon your mailbox, email, and TV commercials will be telling you that open enrollment is here!

So, let's take a look at what Medicare Annual Enrollment Period (AEP) is all about. If you have a Medicare Advantage Plan or a prescription drug plan (PDP) this is the time of year you get to review how those plans have done for you. You will be receiving from your plan's carrier toward the end of September a letter called the ANOC letter (annual notice of change). It will tell you what the changes on your plan will be for 2024. Remember to open this letter from your carrier and not put it in file 13!

If you don't do mail, then hop on your computer beginning October 1st; you will be able to log on to Medicare.gov and check out your plan there.

You may also see your plans info in the 2024 Medicare & You that will be mailed to you. It's available on their website but does not have local information on plans/carriers.



The open enrollment signing period is October 15th through December 7th. If you decide to make any changes your new plan will start January 1, 2024. If you don't make any changes then your current plan will roll into 2024 and you don't have to do a thing!

Suggestion – call your Medicare Rep and discuss next year's plan with him or her! Every year we must get recertified with Medicare and the Carriers to be able to offer suggestions as to what would be the best route for you in 2024. We are blessed to have such a great healthcare system in middle TN and that attracts many companies that want to do business here.

Remember this is about your healthcare coverage for next year. It's worth taking a look! And this time next year – we get to do it all over again!

— H. Ben Davis, III CSA, SelectPointe, LLC  
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## TEACHABLE MOMENTS

### God's Word

If we want to know God, we should spend time in His Word. There are some that may think God is inaccessible or obscure and are of the opinion, "He is in heaven very distant from our day-to-day life experiences". This is so far from the truth.

The Word of God is so much more than a book about God or empty pages of history. The Word of God is living and breathing. The Word became flesh and dwelt among us. (John 1:14). Jesus became the Word and lived and breathed upon the earth. Spending time with the Word is spending time with Jesus. If we have seen Jesus, we have seen God. (John 14:9).

The Bible is full of God's promises and completely inspired by the Holy Spirit. 2 Timothy 3:16-17 tells us, "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works".

We can put our trust in what we read in the Bible. We can count on God's promises. Whatever we read in the Scriptures about God, we can take it to the bank. It is not just that God does not lie - God cannot lie (Titus 1:2). Our whole world would crumble if God's Word was not true. Numbers 23:19 says... "God is not man, that He should lie, or a son of man, that He should change His mind. Has He said, and will He not do it? Or has He spoken, and will He not fulfill it?"

God sent his Word for us to live by, to understand him and find life purpose. It is also useful for healing, direction and to deliver us from destruction.



We have an amazing opportunity to spend each day with our loving Father, who takes great pleasure in communicating with us through his living Word. It is always relevant and appropriate. God always has a solution before we ever have a problem. Let us not miss this moment in time.

God has a lot to say!!

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



## May It Please the Court

Since time immemorial, lawyers have used this ritual greeting to open their remarks to a judge or an appellate panel of judges, including the Supreme Court. It's precise origin is unknown. It is used universally, but seems to be more commonplace in courtrooms in the south. I routinely begin my remarks with this introduction, and have done so in courts across the country starting with my earliest days as a trial lawyer.

"May it please the court" is a demonstration of respect and shows appreciation for the opportunity to address the court. It is also a verbal recognition that a courtroom is a solemn place of justice where proper decorum should be observed. For me, it is a subtle recognition of Paul's reminder in Romans 13 that the judge is a minister of God for good.

The Supreme Court takes a formal approach in its Guide for Counsel. The Court opens with the statement after the gavel is struck three times: "The Honorable, the Chief Justice and the Associate Justices of the Supreme Court of the United States. Oyez! Oyez! Oyez! All persons having business before the Honorable, the Supreme Court of the United States, are admonished to draw near and give their attention, for the Court is now sit-

ting. God save the United States and this Honorable Court." Counsel is instructed then to address the Court: "Mr. Chief Justice and may it please the Court . . ." I recall my first time before the Supreme Court. Just as the last words "God save this Honorable Court" were uttered, a gentleman in the back of the courtroom stood and began shouting: "Murderers! Murderers!" The court had just affirmed a death penalty case out of Florida the day before, and this protester had managed to make his way peacefully into the courtroom. Without so much as flinching, the Chief Justice nodded to the courtroom deputies who perfunctorily seized the man removing him from the courtroom. Business as usual. Decorum restored.

Some practitioners argue that the legal profession should abandon this time-honored phrase as anachronistic. Personally, I believe that our profession has lost some of the civility that it had in years past. Perhaps I am a bit old fashioned, but I think we should hold on to anything that maintains a respect for the court and the process, anachronistic or not. It also signals to the clients



that this is a serious, somber endeavor, and different from the day-to-day.

Bryan A. Garner, a widely-respected legal author and editor-in-chief of Black's Law Dictionary, recently asked active judges whether they felt the phrase "May it please the Court" was an outdated formalism or a welcome sign of professionalism. The general consensus was summed up by Ninth Circuit judge Susan Graber: "Its absence is always more notable than its presence, so I prefer lawyers saying May it please the Court." Though the phrase is "totally pointless," it's also "largely harmless, so it's a good way to get started," added Ninth Circuit Chief Judge Alex Kozinski. Chief Judge Frank Easterbrook of the Seventh Circuit Court of Appeals in Chicago noted, "It may help some lawyers get started; icebreakers have their place." And, said Judge Jon O. Newman of the Second Circuit in New York City, "sometimes it's the only thing a lawyer says that doesn't get immediately challenged."

— Larry L. Crain  
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## See the Gospel Story Come to Life

*The Thorn* is making its way to Tennessee this Fall for its first ever Fall tour. This stage show tells the epic story of God's love for the world and the spiritual battle for all humanity. Often described as cirque meets the passion of Jesus, *The Thorn* features music, drama, aerial acrobatics, dance, fire, and more. The show first began in Colorado Springs, Colorado, as an illustration to showcase to students what God has done for humanity and over the past 25 years, it has evolved into a national touring show with a cast and crew of over 50 people and has since been adapted into a movie which was released in March 2023.



*The Thorn* creator, John Bolin, says God called him: "to tell stories on the page, stage, and screen," an assignment he has now completed with the film version of "*The Thorn*." His books include novels (*The Eden Project*) and Christian growth guides (*So Loved, The Two Doors of Heaven, and Life Unlimited*). He and his wife, Sarah Bolin, have taken the story of the gospel and transformed it into a creative showcase that has garnered a viewership of over 1 million.

Told from the perspective of John the Beloved, *The Thorn* takes you on a journey from creation to resurrection, bringing to life the story of the gospel. Walk through the garden with Adam and Eve, encounter Judas as he betrays Jesus, and mourn with Mary over the loss of her son. As you are drawn into the story, experiencing it alongside these known Bible characters, you will come to experience the story more intimately.

Parents, be aware that the show is recommended for ages 12+, with some scenes depicting the brutal reality of crucifixion. Children ages 6+ have enjoyed the show, however, the death of Jesus can be intense and takes place in the first 30 minutes of act 2. Parents are encouraged to use their discretion in bringing young children.

Although polls show that U.S. church attendance is declining, interest in Jesus is growing. "As I first saw with my students 25 years ago, people who may have jaundiced views of Christians or churches are more open to learning about who the real Jesus was, how he lived, and what he taught," said John Bolin.

While previous incarnations of *The Thorn* live show have been performed mostly at churches, the 2023 tour makes the show available to everyone at mainstream performing venues. "Jesus believes in accessibility," said Bolin. "He wants everyone to have access to the ultimate story of love and hope. That's why he came to earth in the first place."

Coming off of a successful Spring tour with multiple cities completely selling out, be sure to get your tickets and experience *The Thorn* this Fall. Performances in Tennessee include Chattanooga at the Soldiers & Sailors Auditorium on October 17 and Nashville at the Fisher Center for the Arts on November 4 and 5. Purchase your tickets and be on the lookout for additional Spring Tour dates to be announced soon at [www.TheThorn.com](http://www.TheThorn.com). For any questions about the show or interest in group ticket sales, please contact [info@thethorn.com](mailto:info@thethorn.com)

— Brianna Ordenes

# MISSION MAKERS

Brought to you by: **The Salvation Army, Nashville** • [www.salvationarmynashville.org](http://www.salvationarmynashville.org)



## Lives Changed Through the Programs of The Salvation Army: Meet Aeron



Aeron was a resident of the Riverchase Apartments in Nashville. After new owners purchased the complex, they gave everyone notice – their leases would not be renewed and they would be tearing down the apartments in several months time. The developer partnered with The Salvation Army to ensure all residents would have assistance in finding new homes before the buildings closed forever. Aeron says, "I'm not from here. I'm from Flint, MI, so I really don't know Nashville like that...without the Salvation Army, it would have been like quite difficult to find somewhere."

Salvation Army housing navigators worked with Aeron and the other residents to both locate potential apartments and help them with their applications. "The Salvation Army actually had a list of places for me to go like...at least three pages long. Without them, I wouldn't have known where to start looking. I still would have been lost. Everything that we needed or had questions about, they there to assist," he said. It was hard for Aeron to find the time and funds to track down new apartments due to his work schedule, but the Salvation Army was able to take care of so much of the details and fees.

"Without the Salvation Army. I would have been lost. I would just say I recommend anyone that wants to go through Salvation Army...if you have any doubts or questions. Just come up and just talk to them. They're more than willing to talk to you and help you."

— Misty Ratcliff, Development and Communications Manager, The Salvation Army, Nashville Area Command, [www.salvationarmynashville.org](http://www.salvationarmynashville.org)

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## MUSIC NOTES

### Soul Choir Brings Hope To The Marginalized With Its Unique Blend Of Gospel, Soul, And R&B Music!

“What is it that You really want us to be doing?” was a question I asked the Lord after decades of music ministry and becoming dismayed at what I was seeing in churches around the country. It wasn’t that I was burnt out. My desire for ministry was just as strong as it ever was. I began to see church services starting to look like rock concerts with lasers and smoke machines and scripted services, and I was caught up in it. I knew that this was not what God had in mind for me. I had to re-evaluate my calling and what God’s will for my life was.

When I was younger in ministry, I heard someone say, “We are called to be fishers of men, not keepers of the aquarium.” I realized that I had in a sense been “preaching to the choir.” So, I searched the scriptures and God led me to Matthew 25:31-46 where the Lord explains the criteria He will use when separating the righteous from the unrighteous. He says in verses 35 and 36: “*For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, 36 I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.*” I then read in James 1:27

“*Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.*”

And finally, what has become our defining scripture, “*The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound,*” Isaiah 61:1. Interestingly enough, this was the scripture that Jesus chose to read when he entered the synagogue in His own home town towards the beginning of His ministry. He made it his “mission statement.”

I realized that I was being called outside the walls of the church. So, after much prayer, counsel, and insight from God’s Word, I was inspired to start a music ministry group that would not only provide opportunities for people to use their gifts for the Kingdom but also share their faith through the powerful catalyst of excellent music. So, in 2002, I started a music ministry group called the Heart & Soul Gospel Choir in Los Angeles. The group was hugely successful in staying true to its mission of bringing the Good News of God’s unconditional love and our hope of salvation through Jesus Christ.

Then in 2007, after moving to Nashville, Tennessee, I started a similar group and shortened the name to “Soul Choir.” This

group developed into a high-energy, elite music ministry group of 12 professional-level singers whose unique blend of gospel, soul, and R&B music, helps to create an atmosphere that breaks down cultural and denominational boundaries and allows God to move in powerful ways. Soul Choir’s core ministry is to prison/jail inmates, the homeless, the military, and those who are hurting and feel they have no hope.



**Soul Choir Debut Concert, Schermerhorn Symphony Center, “A Light For the City”, 2007**



**Julie and Soul Choir Members at the Nashville Rescue Mission**

We want to restore, revive, and recruit souls for the Kingdom. We want everyone to know that no matter how marginalized they may feel, they have value, God has not forgotten them, and He has a plan for them.

Since its debut at the Schermerhorn Symphony Center in October 2007, Soul Choir has shared the bill with, or sung behind many well-known Christian, Pop, and Country artists and has worked with countless ministry organizations throughout middle Tennessee, as well as other states and countries. They have also received “Volunteer of the Year” awards from the Nashville Rescue Mission and United Brotherhood Ministries.

Now in its 16th year in Nashville, Soul Choir is still going strong and continues its commitment to sharing the message of God’s great love. They have been blessed to see so many lives changed before their very eyes. The more the group experiences evangelism like this, they grow in their own faith and come closer to knowing the heart of God.

It continues to be an honor for me to have the privilege of giving singers an outlet to use their gifts for God through Soul Choir, and I hope and pray the group will continue for many years to come. If you would like to support Soul Choir through prayer or financial support, please visit [www.soulchoir.com](http://www.soulchoir.com) for more information.

— Julie Branham,  
Founder and Director, Soul Choir  
[www.soulchoir.com](http://www.soulchoir.com)

### Special Announcement:

Soul Choir will be having Open Auditions on Saturday, September 30, 2023, at the historic Belmont Church located at 68 Music Square E in Nashville beginning at 10 a.m.

Please visit [www.soulchoir.com](http://www.soulchoir.com) for more information

### Trending@Trevecca: Writing with Loretta Lynn Provides Pinnacle Career Moment for Kim McLean

In a life defined by faith and songwriting, Rev. Dr. Kim McLean will always count her close friendship and co-writer relationship with Loretta Lynn among her greatest and most memorable career moments - and she believes her Trevecca education played a big part in arriving at that opportunity.

Together, they authored a devotional called *A Song and A Prayer: 30 Devotions Inspired by My Favorite Songs* which includes music from Loretta's catalog, hymns and original material written with McLean. The lyrics are each followed by an encouraging devotional.

#### Meeting Loretta

McLean was first introduced to Lynn by Lynn's daughter, Patsy. After an initial conversation, Patsy called McLean to ask if she would be willing to sit and talk to Lynn about her faith. As an ordained minister, McLean was eager to meet with her, and they read scripture, prayed and took communion together.

"Patsy said, 'Mama needs someone to talk about God with, because that's all she ever wants to talk about. She loves God so much, and she only wants to read the Bible,' McLean recalled. "Patsy said, 'Go and pray with her and minister to her. Maybe you guys could write a song because she just loves to write.' So it was just a match made in heaven, literally."

They began with one country song detailing what was going on in McLean's life, and Lynn invited her to stop by weekly and start writing songs grounded in the faith. "I want you to help me write some gospel songs. I want to tell everybody about my faith," Lynn had said. "She wanted this to be her legacy," McLean said. "She had all these ideas waiting and God was giving her the titles. So we wrote them and she just kept emphasizing, 'I want my name to be used to exalt Christ.'"

Wanting to go even further than developing lyrics, the two began writing short devotionals to go with each song, 30 in total. They accompanied songs ranging from the new ones the pair had written together to Lynn's classics such as "Coal Miner's Daughter" to hymns like "Amazing Grace." McLean also recorded an album after Lynn had passed away of all the songs the two had written with this project in mind.

#### A Three-Time Treveccan

When it came to building camaraderie with Loretta Lynn and co-authoring the devotional, McLean's education and theology paved the way for new opportunities and a friendship that lasted to the end of Lynn's life in 2022. She discovered Trevecca after years of wanting to pursue her bachelor's degree.

"I got married when I was 18 and had my first child, and then I enrolled in a composition program in North Carolina," McLean said "I had an illness and



**Rev. Dr. Kim McLean counts her close friendship and co-writer relationship with Loretta Lynn among her most memorable career moments.**

had to withdraw. Decades later, my children were grown and I had had success in the music industry. I said 'I've got some hits on the radio right now and I don't need a different house. I don't need a jet ski. I want my education.'"

McLean's first degree was in music business, and she added minors in religion and guitar and piano performance. Later, a calling to ministry led her to complete her master's in religion at Trevecca. She continued her education and received a third degree, completing the Doctor of Education in leadership program in 2018. Throughout these years, she was also leading Trevecca's songwriting program.

#### The Finished Work

McLean's education, life and songwriting experience and her interactions with Lynn all came together, and this spring *A Song and A Prayer* was published.

"*A Song and A Prayer* has gone to number one on three different book charts," McLean said. "It is a devotional book in the style of Oswald Chambers with similar formatting to *Jesus Calling*, except with song lyrics."

Ultimately, love is at the center of the message that Lynn and McLean hoped could lead readers to encounter God through a fresh lens. "I'm safe to speak for Loretta in saying we hope that people come away knowing that God loves them beyond anything they could ask or imagine," McLean said. "We hope that they come away seeing the world through God's eyes and they recognize the goodness of the Lord. We hope they find comfort."

— Rebekah Warren, Office of Marketing and Communications  
Trevecca Nazarene University  
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## AN ENCOURAGING WORD

### An Open Letter to Parents of College Students

Dear Parent,

The day your child has dreamed about and looked forward to for several months has arrived. You know it's the best path. You know it's the right thing to do, to drop your baby off at the dorm. But why does it hurt so?



Let's be truthful. It does hurt. And that's okay. Go ahead and cry. Take some time off. Go somewhere and connect with your husband or a good friend for a few days. This is a milestone event—a celebration of sorts. You've done your job! Congratulations!

There are things you still can do for your child. Send him care packages. They do miss your homemade cake pops and chocolate chip cookies. Pray for them. They do want your prayers and may even make specific requests. Visit them on Family Weekend and bring their favorite homemade meal.

It'll take time to adjust to the new family dynamics. But you'll grow accustomed to a quieter and cleaner house after a few months. You'll find you have more time for yourself, a time to pick up a new hobby or sport. You'll sleep better without the constant coming and going during the late-night hours. You may find you like this new normal.

Remember when your infant didn't sleep for months, and you thought you'd never sleep again? Or when your toddler threw temper tantrums at the table, and you envisioned meals of chicken nuggets, goldfish, and spit-up broccoli forever. Or when your teenager sassed back at you, and you wondered who kidnapped your sweet child? You survived all these seasons, and you'll survive this one. I'm not saying it will be easy or trouble-free, for each child's experience is unique, but this is a season, and you'll adjust and even thrive.

If your nest is empty, you've recovered much free time. What about that vacation you've envisioned with your spouse or a group of girlfriends? Now's the time to work on that bucket list. It's a world of possibilities.

Go ahead and dream—dreams just for you. Your child's pursuing his. Why not follow yours? God will watch over your child while you transition to and thrive in this unsettling season. He has your child in the palm of His hand. He knows where your son or daughter is. He knows what they're up to.

You've slowly let go of your child's hand since birth, and now is the time to surrender her to God. He'll care for her. He'll care for you. Trust Him—He is a good and compassionate God. I'm cheering and praying for you.

From, A veteran empty nester

— Sally Cressman writes about faith, family, and home on her website, [www.sallycressman.com](http://www.sallycressman.com). You'll receive FREE "Tips to Ease Back-to-School Anxiety" when you sign up. She'd love to connect with you on Instagram @sacressman.



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*Question: I want to purchase back-to-school clothes, books for school, and some items for my apartment while in college. Will my special needs trust pay for these items?*



**Answer:** The upcoming purchases will be approved for payment from your special needs trust. We, as trustee, encourage our beneficiaries to continue their education. Some beneficiaries enroll in various classes that will provide them enjoyment and learning opportunities, such as photography, painting, and theater. Other beneficiaries enroll in alternative schools, home schooling, and university studies. Good luck to you in your educational endeavors.

— Darlene A. Kemp, MPH, MBA-HCM, Executive Director,  
Vista Points Special Needs Trusts, [www.vistapoints.org](http://www.vistapoints.org)  
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## NASHVILLE CHRISTIAN FAMILY

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

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Gresham Hill,  
Director of Marketing and Communications,  
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## We Make Memories

Life is a gift from God and we are so important to Him. We are all on our own unique journey through life. The Apostle Paul talks about us being in a race and to run it with purpose (see 1 Cor 9:24) and while running our race with patience to look to Jesus, the Author and Finisher of our faith (see Heb 12:1-2). For us believers, our victory is in our walk of faith. (see 1 John 5:4). Thankfully, It's ok when we don't know our next step in our journey; the Bible says, the steps of a good man are ordered by the Lord (see Psalm 37:23) and a man's heart devises his way: but the Lord directs his steps (Prov 16:9). These are comforting scriptures for those uncertain times we all run into in our seasons of life.

We all have a unique adventure of faith and it's a blessing when we share it with our friends and family. We all have things to celebrate and lament over. We have experiences to warn others about and encourage others in their journey. What a blessing when we walk in wisdom and not in folly. Thank God for our memories which allow us to re-live those special moments with those we love. These memories are so important and ought to be shared. There are many ways to recollect and share the memories of others. For example, we all have heard, "a picture speaks a thousand words," and thus a collection of pictures can speak volumes.

A beautiful song is a profound way to remember a life. Music evokes many emotions and tells a special story in just a matter of minutes. A song captures precious moments and helps those left behind remember



their loved one more intimately. A poem is another way to share the attributes and special moments of your loved one, bringing out the heart and essence of their journey in life, and it can be transformed and made into a memorable song.

Diana Marie and I were inspired to start We Make Memories after my late stepdad, Ken, mentioned how much he loved the tribute music video we made for Diana's mother, Mary, in late 2022.. He literally told us we should make a business of it, leaving us encouraged by his candid words. The fulfillment we experienced in the making of Mary's music video left a wonderful savour of hopefulness for what could come to fruition down the road for us in this potential venture together. Diana created a song from a very special and personal poem her mother had written 22 years ago (I Know That Heart). There were also some touching and personal videos we embedded in the slideshow sharing the depth of Mary's life and legacy for her family to enjoy.



In March 2023, my stepdad, Ken, passed away. At this, Diana and I were realizing that our next memorial slideshow video was going to become our heartfelt project and a labor of love for my mom, family, and friends. My mother was overwhelmed by the joy it brought everyone at the funeral service when they watched the upbeat video at the conclusion of the slideshow which highlighted

my stepfather dancing with such jovial display for all to remember. So many people forgot his spunk and liveliness with all the pain and cancer treatments he underwent in the last few years.

My wife and I realized we had discovered a special way of remembering another loved one and wanted to be a blessing to others in the same way. Feel free to contact me directly about our services and take a tour of our website which will answer many questions. We want to give God all the glory and share the essence, life and legacy of others through music, picture slideshows, songs, poems and canvasses.

— David Young  
[www.WeMakeMemories.net](http://www.WeMakeMemories.net)  
[David@wemakememories.net](mailto:David@wemakememories.net)



## Energy-Efficient Home Improvements

Does your utility bill leave you feeling hot under the collar each month? You're not alone. Home-owners everywhere are feeling the heat as energy costs shoot through the roof. Energy-efficient home improvements are a way to keep cool amidst the financial inferno. Ready to turn down the temperature on your expenses?

Let's look at some of the best energy-efficient home improvements you can make.



### 5 Key Areas of a Home with Energy Efficiency Potential

#### 1. Heating, Ventilation, and Air-Conditioning (HVAC) Systems

Did you know that heating and cooling typically account for 50-70% of home energy bills? That's right — it's the single biggest factor contributing to your monthly bill! Here are a few more shocking stats:

- On average, a new furnace has a 95% annual fuel utilization efficiency (AFUE), whereas a 20-year-old one could have only a 60% AFUE, meaning you could be wasting 35% of all the energy you're paying for.
- An upgrade from pre-1992 to a new air conditioner can cut energy costs by 20-40%.
- Air leakage, holes in ducts, and unconnected ducts can cause a loss of up to 20% of conditioned air while it moves through your duct system. What do all those numbers add up to? A great opportunity to save big on your utility bills each month with heating and cooling upgrades. If you have an outdated furnace, air conditioner, or duct system, replacing them with modern energy-efficient ones can significantly reduce your bills.

#### 2. Insulation and Air Sealing

Think of insulation and air sealing as your home's cozy winter coat, keeping warmth in and cold drafts out. To make your home more energy-efficient and cozy throughout the year, consider upgrading your insulation and sealing any drafts.

#### 3. Windows and Doors

With up to 19% of your home's heat escaping through windows and doors, they're the covert operatives in your war against high energy bills.

#### 4. Lighting

Let's shed some light on another area ripe for energy efficiency improvements: your lighting system. You might be surprised to know that about 9% of the energy budget in an average American household is dedicated solely to lighting!

#### 5. Appliances and Electronics

Finally, don't forget about your appliances and electronics. Here's the buzz: appliances and electronics account for about 15% of a household's energy use. Your fridge, for instance, works around the clock and could be a major power guzzler if it's an older model.

Upgrading your home's energy efficiency is a journey that starts with simple steps. But to reach the highest peaks of energy saving, you might need a little professional help. Ready to make your home a model of energy efficiency and comfort? Contact Lee Company.

— Jason Scott, Home Services Service Manager  
Lee Company, [www.leecompany.com](http://www.leecompany.com)

## 8 Home Maintenance Tips for Fall

Hope all are settled back-to-school and back-to-routine after what felt like a long summer here in Nashville! I am looking forward to fall and enjoying the cooler weather, beautiful color, and football season. On the home front, the change in seasons is always a great time to do a house check and spend a weekend



doing fall home maintenance. See my checklist below for some helpful hints to get started. September marks the beginning of our fall real estate market, which is an excellent time to sell and buy here in Nashville, as our market stays strong from September through November. If you are considering a move, I would love to connect and talk about all things real estate.

### FALL MAINTENANCE CHECKLIST

**Clean Gutters and Downspouts.** Now is the perfect time to make sure your gutters and downspouts are free of leaves and debris. Check now, and again once all the leaves have fallen from around your home.

**Seal Windows and Doors.** Before the cold weather sets in, check your windows for gaps and seal with caulk. Check the doors for worn or damaged weather stripping and replace as needed.

**Service Heating Systems.** Get a head start on winter by servicing your heat unit. A qualified HVAC contractor can clean the unit and check for any issues before a problem comes up. And while you are thinking about it, change all air filters.

**Test Smoke & Carbon Monoxide Detectors.** The change of seasons is a great time to check your detectors. Change all batteries and replace any detectors that are more than 10 years old.

**Lawn and Garden Clean-Up.** Cut back any overgrown plants that have taken over during the growing season and remove any dead plants or shrubs. Look your trees over and trim any damaged or dead limbs. Fall is a great time to prepare your lawn for spring by overseeding. And don't forget, it is also a great time to plant trees and shrubs, so plan now for any additions or improvements you want to make to your landscape.

**Inspect and Clean Fireplaces.** Before you need your fireplace this fall, get a professional to come clean and inspect. Once cold weather sets in, these businesses get busy, so schedule this early.

**Clean and Seal Wooden Decks.** Is your deck looking green or worn? Fall is a great time to pressure wash decks and apply a sealer to protect the wood in the seasons ahead. Also, take the time to replace any wood that is beyond repair.

**Organize and Store Summer Gear.** Now that the hottest part of year is over and kids are back to school, clean and store all that extra summer gear that may be in your garage or yard. Throw away or donate any items that are broken or not needed. Clean, organize, and store the rest so you will be ready for next summer.

— Sarah Milligan, 615-545-1133  
[www.sarahmilligan.com](http://www.sarahmilligan.com) or  
[sarah@wilsongrouprealestate.com](mailto:sarah@wilsongrouprealestate.com)



As a second generation REALTOR®, Sarah Milligan knows the ins and outs of the real estate business. She is a top producing REALTOR® helping buyers, sellers, and investors in and around Nashville since 2007.

[www.NashChristian.com](http://www.NashChristian.com)



## Creating Moments for Moms

One of the most rewarding parts of working at CTN has been the opportunity to help people launch their own shows. The most recent opportunity, “*What If? Moments for Moms*” hosted by Ashley Mclain has been especially significant. I’ve worked with Ashley off and on for about 13 years. Anyone that knows Ashley would tell you that she is a very beautiful, smart and talented young woman. I still remember the moment that Ashley told me she was pregnant. She walked into my office with the most unusual look on her face. She was holding something in her hand, and I was trying to figure out what it was. As she got closer to my desk, I realized she was holding a pregnancy test. A positive pregnancy test. I knew how much Ashley wanted to have a baby, and here was one of her very first mom moments.

**Her Face Lights Up**  
Watching Ashley grow into Motherhood has been incredible. Her face lights up at the mention of her son. Ashley and her husband Bobby are wonderful parents to Charlie. Their family videos and pictures are filled with love and fun adventures. After completing one season of *What If? Who*

*Could You Be If*. Ashley sensed a new direction for her show. The new direction is all things Motherhood. When Ashley told me about the change. I knew the show would create community and encourage Moms. When I told Ashley that I thought her show should air on the CTN national feed she was excited but hesitant. With her permission I scheduled an appointment with CTN’s President Yolanda D’Andrea Morris and Vice President Brian Morris. Yolanda and Brian immediately saw the value of Moment’s for Moms and the show was selected for CTN’s national feed.

### Mom Moments

Ashley’s new show is engaging and relatable. Her interviews will focus on a topic related to motherhood. Each episode will feature a “Mental Health Moment” with Dr. Brooks Gibbs, and a segment with Stephanie O’Neal called “What the Hack” featuring fun tips, crafts or recipes to help busy moms. There will also be segments featuring other moms sharing “Small Victories” or “Mom Moments” and “Closing Comments with Charlie” Ashley’s little guy giving his input on the show! As we get ready to celebrate the launch, I reflect back on the process. A few years ago, I began giving Ashley what I would call “gentle nudges” to start a show. I saw her

passion for Christ – her talent and her heart to help people. Ashley was willing yet cautious. When she came up with the name *What If? Who Could You Be If*, I was excited. I wanted to see her get started. Yet there always seemed to be some delay. Sometimes you just have to get started. You may not see the whole picture. God doesn’t always give us every single step. Most of the time it’s one step by faith at a time. If Ashley hadn’t stepped out in faith with the first season of *What If? Who Could You Be If* – she may have never gotten the next step. *What If? Moments for Moms*. Now, I think about all the moms, who will find community and encouragement from *What if? Moments for Moms*. Moms coming together to celebrate small victories, learn new recipes, and find clarity with Mental Health Moments by Dr. Brooks Gibbs. This new season is launching because Ashley was willing to start.

**Today’s Secret from the Studio:** What if you let go of the excuses and got started right now?

— Monica Schmelter enjoys sharing the secrets she’s learned from the studio. She is the host of TV weekly show *Bridges*.

You can watch *Bridges* TV show or hear the *Bridges* podcasts on demand at [www.monicaschmelter.com](http://www.monicaschmelter.com)



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### *sarah's story*

As a second generation REALTOR®, Sarah Milligan knows the ins and outs of the real estate business.

She is a top producing REALTOR® helping buyers, sellers, and investors in and around Nashville since 2007.

### Oktoberfest, More Than Fun, A Man Helping Others As Jesus Would

*“Thus also faith by itself, if it does not have works, is dead.” James 14:17 NKJV*

Dear friends, do you think you’ll get anywhere in this life if you learn all the right words but never do anything? Does merely talking about faith indicate that a person really has it? For instance, you come upon an old friend dressed in rags and half-starved and say, “Good morning, friend! Be clothed in Christ! Be filled with the Holy Spirit!” and walk off without providing so much as a coat or a cup of soup—where does that get you? Isn’t it obvious that God-talk without God-acts is outrageous nonsense?

We are specifically told in the Bible to help the needy, including widows, orphans, sick, hungry, unclothed, homeless. James, in the New Testament puts it bluntly, if you are not acting like God, taking care of the needs of others, where does that get you? Deuteronomy 15:11 ESV *“For there will never cease to be poor in the land. Therefore, I command you, ‘You shall open wide your hand to your brother, to the needy and to the poor, in your land.’”*

Pastor Jeff Kane in Maury County, not only pastors Westminster Prepetition Church but almost single handedly runs Maury County Room in the Inn ministry. This Room in the Inn is a little different to what many churches participate in in the colder months, helping the homeless with a warm place to sleep for the night, dinner and breakfast before they go out again for the day. Pastor Kane, goes way beyond and helps homeless families find a place to stay, for sometimes months at a time, and helps them get back on their feet and back into society with their heads held high.

Founded in 2016, Room in the Inn Maury County has been working tirelessly to help those in need, helping over 700 people to date. The mission statement is that Room in the Inn offers shelter and support to Maury County residents experiencing homelessness by providing programs that emphasize human development and recovery through education, and self-help and work centered in community and long-term support. For the organization, there is a monthly cost of \$10,000 to cover one room, and donations are the sole source of income currently. The annual Oktoberfest event coming up at Riverwalk Park in Columbia is the largest fundraiser of the year. Obtaining grant funding would be something the organization could greatly benefit from, but grants are hard to get, and that means relying on donations from the community is the only way to survive. Yet, since 2016 they have been helping those who needed a hand up.

A resident manager says, “When people come to us, we will give them a food bag, breakfast items and snacks because most of the time they come to us hungry. We have people who have jobs, a car, a phone – everyday normal people. But then they get evicted after missing their monthly rent thinking they’ll get to stay, and then they’re left with nothing. We take them in until they get back on their feet. You could not ask for people better; they are so loving and generous with so much faith. They’ve done wonders for everyone who stays here and works to better their life, there have been ups and downs,



but I’ve enjoyed it. We have had some who were not suitable for the place, and we do what we can for them and then try to find other resources for them. Overall, Room in the Inn has been a success.”

Some of those assisted are individuals while other rooms are filled with families. Room in the Inn Maury County’s goal is to make sure those residents are taken care of while they also continue to work on helping themselves. It is about feeding their spirit as well as their body, to help them have faith and confidence again.

More people, working people, are getting left out in the cold by landlords, many times with their children. Pastor Kane, a quiet, gentle man, has done and is still doing a great service, fulfilling this great task Jesus has given us all to the best of his ability. He can use help and donations. Join him at Oktoberfest on September 29!

— Michael Carnes, Executive Producer – Palette Productions

## Looking for some Good News?



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## MIGHTY MEN

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### Tithing Your Time!

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

Mark 1:35

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



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

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

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

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

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

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

— Mark W. Koch is an author, inspirational and Hollywood film producer. To order a free copy of "The First Hour" for Men 30-Day Journey visit [www.thefirsthour.com](http://www.thefirsthour.com) and use promo code NCF



## Can a special needs trust help you?



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Darlene Kemp  
MPH, MBA-HCM  
Executive Director

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&  
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**What if? Moments for Moms, is a program on CTN, focusing on all things Moms, Families, and Homes!**

**Moments for Moms** is more than just a TV show, it is a community of moms connecting and strengthening each other on this incredible journey called Motherhood.

**My hope for What If? Moments for Moms** is that moms would grab a cup of coffee or tea and take a moment that is JUST for them. A moment to be encouraged and to feel like they are not alone in this journey of motherhood. They can expect to be pointed to Jesus, encouraged by conversation, and refreshed by some light-hearted segments that will bring a smile to even the most tired mama's face!



Ashley McClain is wife to Bobby, mom to Charlie, and host of What If? Moments for Moms

Ways to Watch: **Thursday at 8pm & Friday at 8am**  
WHTN TV 39 | Comcast 1039 | [www.MomentsForMoms.tv](http://www.MomentsForMoms.tv)

# Rooted in Christ

## Beyond Gospel ABCs



*“As you have received Christ Jesus as Lord, continue to walk in Him, being rooted and built up in Him and established in the faith, just as you were taught, and overflowing with gratitude.”*

(CSB, Colossians 2:6-7)

### After the Gospel ABCs, come the Gospel A–Zs.

In Colossians 2:6-7, the little word “as” leads the initial once-in-a-lifetime salvation experience into continuing to walk in—be rooted in—Jesus Christ. It’s the difference between the very beginning—the ABCs of grace-filled Gospel salvation—and the rest of the Christian’s life all the way into heaven’s eternity.

Cameron and Lauren Cole grew up in families where they heard God, Jesus, Holy Spirit, and all things Christian as a matter of daily life. Meeting Jesus in a genuine faith experience at early ages is not surprising. Several years of life challenges rooted and built them up in their faith and now spills over into their family. However, lots of heartache and growth happened, growing the ABCs into being rooted. Cameron and Lauren voice parts of their story: “While my passion for sharing the gospel began at a Disciple Now weekend at First Baptist Church of Birmingham in 1993, it climaxed in a children’s hospital resuscitation room on November 11, 2013. On that morning, my wife called me in utter panic, sharing the horror that our three-year-old son, Cam, had stopped breathing and had no pulse when she checked on him in his bed that morning. I raced from a youth campout to a children’s hospital in time for the doctors to tell us they had exhausted all efforts: our baby boy was dead.

“As we went to the resuscitation room to see our son for the last time, Lauren and I recalled our conversation with Cam the previous afternoon. Cam told us that he wanted to ‘go visit Jesus,’ and he suggested that we hop in the car. We explained to Cam that Jesus was with us now in the Holy Spirit and that we would see Jesus face-to-face when God calls us to heaven. He, with a supernatural focus in his eyes, then asked, ‘Will I see Adam and Eve in heaven?’ (Pretty impressive for a three-year-old.) Lauren and I discussed and told Cam that, indeed, God appeared to forgive Adam and Eve’s sin in Genesis 3. Cam replied, ‘I’m not going to eat that apple. I not eat from that tree.’ I told Cam that everyone eats from the tree and disobeys God; that’s why Jesus came. Cam ended this conversation by saying, ‘Jesus died on cross, Jesus died my sins.’ The next morning, Cam passed into God’s kingdom. “While I have had a passion for proclaiming the gospel of salvation since the seventh grade, never has its beauty and power been so real or palpable as the day we said good-bye to Cam.

Lauren and Cameron continue, “Many parents want their kids to be believers in order ‘to be happy and be good people.’ They often don’t realize the magnitude of eternal salvation. Many think ‘oh, kids can’t understand spiritual things like God’s truths; we’ll get to that later.’ Realistically, kids can have a



**Cameron and Lauren Cole with their children.**

relationship with Jesus, a profound knowledge of His Word, and can even have ministries at very young ages. Discipling them early, particularly in the knowledge of God’s Word and truth, builds a firm foundation.

“In Rooted Ministry we try to equip and empower parents to become confident in discipling their kids the whole way in every-day life—not just in formal sit-down teaching sessions.

### Building

Cameron remembers being very afraid during a tornado in his third-grade year. He recalls praying with his parents and receiving Christ and knowing he was genuinely born again.

However, mixed in with his young thinking was “what God wants me to do is try really hard. I became a performance junky throughout high school, college, and grad school. I was a faithful Christian but was 100% performance with no concept of how God’s grace impacted me as a Christian until I hit crash and burn in my first year out of graduate school. I was teaching inner city students and had about two thirds of a nervous breakdown.

“My pastor told me I was a Christian who had no idea what the gospel of rest is, that Jesus carries the burden, that I never have to prove myself by performance, that I was living my life as if I had to justify myself every day, and that Jesus had already done that once and for all. The pastor’s revelations led to a huge transformation where I realized that God’s unconditional love for me on the cross was the key to the gospel of rest.

“A greater sense of freedom and peace replaced the extreme stress and performance and ultimately led me into youth ministry. I really like pursuing relationships, studying the Bible, small group teaching, and discipleship. Jesus gave me His calling, equipped me with skills, passion, missions, and community—not the ‘entertain ’em with super-fun-all-games-just-to-get-the-kids-in-the-door’ mentality—there’s serious eternity and the kingdom of God—so much more than the rah-rah. If you do gospel-centered youth ministry, you are a foundation builder, and building takes time. Temptation comes to do

attractual, entertainment-driven youth ministry or behavior modification ministry that gets kids in the door. That's not making disciples. That's not forming a kid who has lasting faith. Kids are exposed to hard things at school and learn hard subjects (calculus, physics, analyzing British literature); they can handle God's Word!

"By far research shows that parents have more spiritual influence over their kids than any other source whether that's church, the media, youth group, or their peers. Thinking contrary to that is mythology—not grounded in science or research.

"Of course, some parents abdicate their role and turn their kids over to the media, peers, and other sources to typecast their kids. It's never too late, however. If parents haven't been equipped and empowered to disciple their kids, they can choose to begin. The Holy Spirit can and will teach and equip a willing parent."

In Greenville, South Carolina, as a young child, Lauren remembers "bed-time prayers with my mom and asking lots of questions. Almost exclusively, I wanted to know about heaven so as not to go to hell. However, as my faith grew during Christian middle school and throughout college, I gained more understanding of the truth of the Gospel that had penetrated my heart: I was not saved just so I would be good. I actively participated in Campus Crusade for Christ, its summer projects, and even worked a year with international missions in Asia. Afterwards, I spent three years working in campus ministry."

Lauren is now a young mother whose three children are school age. She stands with Cameron, fully supporting him in Rooted Ministry and within their church with Bibles studies, young adults, and college graduates. Lauren has the honored position of first hearing the sermon or the teaching her husband is going to present and being the first to read every chapter he writes. Cameron speaks highly of her and depends on her to be his first filter in God's work.

### **Rooted Ministry: More than a chaperone**

Historically, some churches have had a false paradigm for what youth ministry should look like. Churches may hire a youth pastor to be a gatherer—a pied piper. Abolishing that paradigm and helping churches understand that a youth pastor is a leader and a pastor—a teacher of God's Word—is paramount. In the same way that a senior pastor is expected to be a student of God's Word and a person who spends time in exegesis and interpretation, a youth pastor is to dedicate himself to biblical study. His ministry is to a different segment of the congregation, but he is still a leader and a teacher of God's Word. Pastors need to help parents have a vision for discipleship ministry—what it looks like to form children into followers of Jesus with lasting, sustainable faith. A youth pastor needs to know how to read, interpret, and teach God's word, focusing on three commitments: Grow personal faith, build relationships, and study-study-study. Kids can tell if a leader is not prepared. A youth pastor is a pastor, a leader, but also a teacher of God's Word. Do it with credibility.

### **Rooted Ministry: The heart of youth ministry**

We long to see God heal, redeem, and free young people as they trust Jesus personally; to see God birth something beautiful and redemptive in this broken world through their lives. We ache at the commonplace sufferings these young people endure. Witnessing the awkward, insecure, acne phases of middle school and the failed fashion experiments of high school makes me



cringe. Seeing kids screaming for attention through provocative tweets and Facebook messages breaks my heart. Knowing the loneliness and alienation that comes in these years of self-doubt, religious questioning, and parental conflict causes me to lament. The heart of Rooted Ministry is that every child will receive Grace filled, Gospel centered, Bible saturated discipleship at church and at home. Effective discipleship is equipping parents and churches to disciple kids to life-long faith in Christ. Parents need a sense of urgency in their prayers for their children, in their commitment to church, and their willingness to share the Gospel with their children. Our son was healthy and just died mysteriously without

explanation one night. Life is fragile.

### **Rooted Ministry: Word training**

Priority for students is increasing their ability to competently read, study, understand, and apply God's Word. Paul's well-known words to Timothy remind us that [Scriptures] are able to make you wise for salvation through faith in Jesus Christ. All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness that the man of God may be complete, equipped for every good work (2 Timothy 3:15b-17). God's Word put to work can make Christians competent and well equipped for good works of obedience and ministry.

### **Rooted Ministry: Discipleship training**

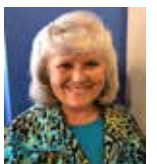
Students must not be merely told to mentor younger students; they must be shown how to walk with someone in a gospel-centered, Word-driven, prayer-empowered discipleship relationship. Youth pastors do this by modeling these kinds of relationships to their student leaders by discipling and mentoring them personally. With that foundation laid, youth pastors can explain to their youth leaders why they did what they did, their motivation for it, and how the student can apply those same discipleship principles to a relationship with a younger student.

### **Rooted Ministry: Evangelism training**

Youth pastors and leaders should be training their students to share the biblical gospel fully, clearly, faithfully, and relevantly to unbelievers. Shame on us if we preach at them again and again, 'Share the gospel with your friends,' yet never equip them to do this well! Give them content; train and equip them to share the full biblical gospel, summarizing the story of the Bible—from creation to fall to redemption to the hope of future glory and restoration. They can learn to share it clearly and succinctly! Practice sharing the gospel—first in the safety of the youth ministry, but then in the 'field.' Have conversations with people who are not part of the church. The only way to get better at having these conversations is to start doing it. Youth ministry has a valuable, long-term role in the church. With that said, we do need to have a broader definition and understanding of what role youth ministry plays in the life of the church.

To learn more about Rooted Ministries, visit [www.rootedministry.com](http://www.rootedministry.com).

— 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 around the world; teacher of Bible classes for 35+ years; mother and grandmother.*



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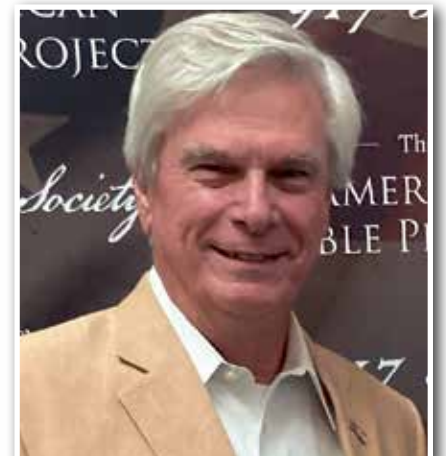
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## MIGHTY WOMEN

### From Death Row in Iran to at Home in Israel

It's not every day that you get to meet a new friend who is an Iranian dissident, much less an Iranian dissident who was sentenced to death by hanging, and lived to tell about it. Two months after hosting Marziyeh (Marzi) Amirizadeh on the Inspiration from Zion Podcast, she was in Jerusalem, and we became fast friends.

After Marzi came to faith as a Christian, she was branded by the Iranian regime a "filthy infidel," a title reserved for Jews and Christians. But in becoming a Christian, she also realized that despite the regime branding Israel and the Jewish people enemies, if Israel and the Jewish people are special to God, they were to her.

Coming to Israel for the first time is significant all Jews and Christians. "Israel is precious to me as a Christian because Jesus was a Jew, and this is the Land of the prophets and the Bible. God loves Israel and the Jewish people, and I love Israel because God loves Israel." For Marzi, coming to the Land of Milk and Honey was something she dreamt about, a pilgrimage and spiritual homecoming. She developed an intense love for the Land, and people.

I host Christian guests in my home for Shabbat often. But when Marzi came, it was transformative. I was the first Jew with whom she became friends. This was the first time she observed Shabbat. Over our meal, Marzi shared many details of her suffering in prison. When she spoke of her closest friends being tortured and executed, Marzi paused, unable to speak, tears rolling down her cheeks, reliving the horrors.

Her first Shabbat was powerful. "I had never been in a situation where a family gathers together, eats together, prays together and to be committed to that every week. It's honorable as a family and to God."

She was impressed seeing everything closed. On Saturday morning when she walked to the café that she became accustomed to, and realized that it was closed. That impressed her. "Seeing the whole country and people resting was inspiring."

Marzi found herself suffering from a PTSD she had never experienced in a dungeon-like structure under the Church of the Holy Sepulcher, the first time since her imprisonment that she'd been in a place that was nearly identical to her cell in Tehran. Marzi felt her breathing and demeanor change.

Marzi had dreamt about coming to Israel for years. As a Christian, Israel is significant to her in many ways. In every way, her trip was a spiritual pilgrimage. As the Land where Jesus and the prophets lived, it was exhilarating. She felt at home immediately.

On our first day together, Marzi joked about being arrested again. If that were to happen, now she would surely be tried as an Israeli spy. The irony of this was two-fold. Surely the Iranians would do it, but as a woman born in Iran, even with her US passport, her arrival raised eyebrows.

Marzi related how upon arrival she was asked to go to a room off the passport control area. A uniformed woman asked if she had ever been back to Iran since she left, obviously looking for someone with ill intent. Marzi simply stated that she had been tried and sentenced to death by hanging, and that it would not be safe for her to go back.

Immediately after leaving the airport, Marzi went to the Western Wall. "It was hard to believe I was actually in Jerusalem. I was so tired, but it was so exciting. I just started praying." She said, "There's a very good spirit you can feel



surrounded by people also with pure intentions praying. I felt God's presence deeply. The country and people and the history are precious for me."

On her last day in Israel Marzi visited Yad Vashem, Israel's Holocaust Memorial. While trying to comprehend the murder of six million Jews, the evil behind it, and how more Christians didn't protect the Jews, she wept multiple times, choking back tears at others. She was confronted with a reality about her own faith that she never knew: not only did people who called themselves Christian conceive and implement the Final Solution, but tens of millions stood idly by, allowing the Jews to be massacred, even participating. She had no idea of Church history of persecuting Jews. This caused her tremendous distress, adding to the incomprehensible persecution and mass murder of the Jews.

She wept over the terrorist execution of Lucy, Maia, and Rina Dee, murdered during her visit. Driving by the scene of a terrorist stabbing attack in Gush Etzion, she struggled aloud about how and why it is that the Jews, God's chosen people, are endlessly attacked.

As much as Marzi wanted to come to Israel to be uplifted spiritually herself, she wanted Israelis to know that Israel and the Iranian people have the same enemy: the Iranian regime. Through several media appearances she expressed this openly. She says most Iranians do not hate Israel. She prays for the day that warm relations that used to exist between Israel and Iran will be restored.

Marzi is sure that the Islamic regime is on its last legs. One year ago this month, protests began after the killing of Mahsa Amini, spearheaded by women resisting Iran's "morality police" which subjugates women and girls as second class. She is praying that Iranians will take back their country soon.

Marzi emphasize the shared values, culture, and even history, going back to King Cyrus and Darius, "These Persian leaders helped the Jews return to Israel to rebuild the country, and Jewish honor. They understood that the Jewish people were chosen by God. Most Iranians don't know the history, or about Esther and Mordechai. It will take some work to undo the evil brainwashing by the regime, but Marzi wants to be a positive voice and part of making that happen.

Marzi shares more in depth on the Inspiration from Zion podcast. But now, she is deeply and intimately connected to, and at home, in Israel and among the Jewish people. You can get her book and find out about speaking engagements at [www.marzisiejourney.com](http://www.marzisiejourney.com).

*This is the second of two articles, see the August issue for the first*

— Jonathan Feldstein, Founder and President,  
Genesis 123 Foundation  
<https://genesis123.co/>



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[nashchristian.com/do-you-need-prayer/](http://nashchristian.com/do-you-need-prayer/)

You will receive confirmation that your request has been received.

## MIRACLE MOMENTS

### Ratification of the 19th Amendment: America at Its Best

It all came down to Tennessee. It was the summer of 1920, and 35 states had ratified the 19th Amendment, guaranteeing women the right to vote. But the approval of one more state was needed to make this single largest extension of voting rights in American history the law of the land. Once the Tennessee State Senate approved ratification, it was up to the House of Representatives to enfranchise millions of American women.

The diverse group of suffragists fighting for passage remained incredibly brave and determined, even when the chances of ratification in Tennessee were slim. In fact, in July 1920, the National American Woman Suffrage Association president Carrie Chapman Catt said, "At this time, I do not believe there is a ghost of a chance of ratification in Tennessee." Who could blame her? Women had been fighting for the right to vote for more than 100 years, even before the 1848 Seneca Falls Convention officially launched the suffrage movement. Thankfully, Tennessee women showed the country that it was time for change.

That August, suffragists and their opponents converged on Nashville and gathered at the Hermitage Hotel to strategize and lobby Tennessee representatives. In what became known as the War of the Roses, suffragists wore yellow roses on their lapels while those against female suffrage wore red roses. The opposition did everything they could to stop the ratification of the 19th Amendment. Anti-suffrage lawmakers even fled the state in order to deny a quorum.

The vote in the House of Representatives was tight. It came down to the youngest member of the Tennessee legislature, 24-year-old Harry T. Burn from Niota, Tennessee. When Burn arrived at the state Capitol wearing a red rose on his lapel, it appeared the pro-suffrage cause was doomed. But little did anyone know that Harry's mother, "Miss Febb" Burn, had one last card to play. Just before Harry cast the decisive vote on August 18, 1920, he found a note from his mother in his suit pocket that read, "Hurrah and vote for suffrage and don't keep them in doubt." His mother's words were enough to convince Burn to vote for ratification. A victory seven decades in the making had been won thanks to heroic suffragists and one very determined Tennessee momma.

On the 103rd anniversary of the 19th Amendment's ratification, we must recognize the importance of that moment, and the incredible progress women have made over the last century. We must remember and honor the Tennessee women who fought valiantly for suffrage, including Anne Dallas Dudley from Nashville, Ida B. Wells from Memphis, and Abby Crawford Milton from Chattanooga. As the first woman to represent Tennessee in the United States Senate, I have a special appreciation for the women who fought this fight, and I've worked to honor their legacy and advance their cause.

But as we remember the suffragists, it's important to recognize that women are still fighting for a seat at the table. However, we have made great progress, and I am confident women will continue to excel as we strive for an even more perfect Union. The future for women will be bright, especially if we work together the way the suffragists did. Women are leaders, change-makers, and pioneers, and we must continue to champion them so that future generations of girls will believe that they can achieve anything they put their minds to.

— Tennessee United States Senator Marsha Blackburn and her husband Chuck live in Williamson County, Tennessee.



## Celebrating Step, Bonus & Blended Family Parents

September 16 is National Stepfamily Day and represents many different types of families. Some prefer to be called “Bonus” and others prefer “Blended” while some really don’t want to be called anything besides a “Family.” No matter the terminology, being in a family with his, hers and sometimes “theirs” is very different than a traditional in-tact family. Different does not mean it’s bad or less than, just simply different.

Here are a few ways these families (including my own) are different:

1. There are biological parents connected to the shared children that do not live with the children full-time. They may have parenting time that is 50/50 or they may only see their children a few weeks in the summer; although every schedule is unique, it’s a hard dynamic that exists in these families, both for children and parents.
2. Some blended families are formed after death – someone lost a much-loved spouse and then later marries again, bringing along their children as well as a lifetime of good memories of the one who is missing.
3. Some families don’t see their extended families very often, due to divorce and hard feelings afterwards.
4. Kids in stepfamilies can sometimes feel caught in a war between their biological parents; where in a traditional family their bio parents would be together, under one roof, and even if they argue it’s a less intense situation for the children. Kids can go to their room or possibly go to a friend’s house while parents argue – not the same in a divorced / remarried family. Often kids encounter an emotional war between two homes that can go on for decades.
5. Most stepfamilies have a “handoff” every week or two where kids leave one house and go to the other house. The way parents act at the handoff determines a depth of internal pain or joy for the children. Having a “Happy Handoff” is actually something that is good for kids, and they may experience 500-1,000 times in their lifetime.
6. A child who loves their stepparent (bonus parent or blended family parent) may often feel they cannot tell their biological parent the truth about all the good things. It may trigger their bio parent and cause stress for children, so many kids just decide early on not to talk about how much they like and love their stepparent to protect their other parent.
7. If a child can enjoy a strong marriage between their biological parent and the stepparent, it can have an incredibly strong impact on the child’s view of marriage and their own future family. Research shows that a child in a blended family that is healthy and strong is much more likely to enjoy a lifelong marriage of their own one day.

The last interesting tip about stepfamily life is you get “more credit” for your anniversary than a traditional couple. Take the number of kids you blended, multiply those times the number of years you have been married – that will give you the “anniversary credit” you get instead of a traditional year. Since there is so much happening all at once in bonus family, we believe the parents should get more credit!! Happy National Stepfamily Day to all the blended, bonus, stepparents out there! You matter and your role is very impactful for the children!

— Tammy Daughtry, MMFT, Author and Founder of  
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[www.ModernFamilyDynamics.com](http://www.ModernFamilyDynamics.com).



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## Tennessee Immigrant and Minority Business Group 2023 Fall Forum Features A New Version of the Award-Winning Film “Sight”

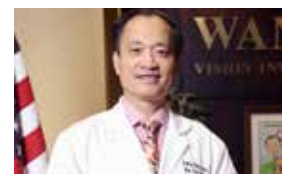
September 21, Thursday 5:30pm, Tennessee Immigrant and Minority Business Group 2023 Fall forum will feature a NEW version of the film “Sight” (based on Dr. Wang’s autobiography “From Darkness to Sight”, co-starring Greg Kinnear). The film has recently won the biggest prize as the Best Picture at the 2023 50th ICVM International Christian Film Award, and also was nominated by Heartland International Film Festival!



The proceeds of the (\$25 per person) will go to the 501c(3) non-profit Wang Foundation for Sight Restoration (which to date has helped patients from over 40 states in the U.S. and 55 countries with all sight restoration surgeries performed free-of-charge. To RSVP for the Freedom Ball: Ella Morrissey ([ella@wangvisioninstitute.com](mailto:ella@wangvisioninstitute.com), 615-525-3314). On 10/27 Friday, Universal Studios will release the film in theaters across the U.S.

SIGHT, starring Oscar-nominated and Emmy-winning Greg Kinnear and Terry Chen (Almost Famous, Falling), is based on the true story of Dr. Ming Wang, a poor Chinese immigrant, who defies all odds to become a world-renowned eye surgeon in the United States. Set in 1970's rural China, a young Ming faces persecution and despair at every turn, but through the support of his dedicated family and his own unwavering determination, he finds his way to America, attends Harvard and MIT and helps develop an innovative technology that restores sight in millions. Taking on the seemingly impossible challenge of helping a blind orphan, the resilient Dr. Wang must reconcile with his own traumatic past and face the harsh reality that the strength of his own will can only go so far.

### About Dr. Ming Wang, MD, PhD



Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics), is a world-renowned laser eye surgeon, philanthropist, and a co-founder with Dr. Rice Brooks 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 has invented (and holds two U.S. patents), has been used by tens of thousands of eye doctors throughout the world in nearly every nation, and millions 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 Nashvillean of the Year for his lifelong dedication to help blind orphaned children from around the world.

To reach Dr. Ming Wang: [drwang@wangvisioninstitute.com](mailto:drwang@wangvisioninstitute.com),  
[www.drmingwang.com](http://www.drmingwang.com)

— Leona Walthorn

## Examining The Advantages Of Air Purifiers

If you're feeling the effects of spring allergies or want to ensure your family breathes healthy air, air purifiers may seem like the perfect solution. But are portable air purifiers effective? We took a look at the science behind air purifiers to see if they're worth the investment and how to get the most out of your air purifier by putting it in the right spot.

### Do Air Purifiers Really Work?

There's little scientific evidence that air purifiers make a substantial positive impact on your home's air quality. The EPA states that several studies have demonstrated improved indoor air quality in lab testing. However, clinical testing is not ideal for testing the real-world impact.

### The effectiveness of air purifiers depends on factors such as:

- The type of filter used in the device
- How often the filter is replaced
- The size of the room or space where the air purifier is placed
- The size of the air purifier
- How often the air purifier is used
- The level of indoor air contaminants produced in the home

### Do I Need an Air Purifier?

There's no doubt that the idea of a portable air purifier is attractive to most homeowners. Indoor air quality can be two to five times worse than outdoor air. Our indoor lifestyles compound the exposure to harmful airborne irritants and indoor pollutants. Americans spend roughly 90% of their time indoors, making air quality in homes and places of work a significant influence on health.

However, if you're wondering if air purifiers are worth it for allergies and general wellness, it's worth noting that studies are not conclusive. Some studies have found that air purifiers that use HEPA filters offer slight improvements in allergy and asthma symptoms. However, those improvements were so minor that they may not be noticeable to most individuals.

To learn more about the effects of indoor air quality on your health, talk to an HVAC professional. Our friends at Aire Serv, a Neighborly company, offer expert indoor air quality testing to help keep your family safe.

### You Need to Know How Air Purifiers Work to Use Them Effectively

Air purifiers combine airflow and filtration to remove airborne particles. The devices use a fan to pull air in and force it through a filter. This filter removes dust, dander, and other impurities. The air is then pushed back into the room. The effectiveness of the air purifier relies heavily on the filter. Use a device with a HEPA filter and replace the filter often to maximize the benefits of your air purifier.

### Where to Place Your Air Purifier

Finding the right spot for your air purifier also makes a big difference in how well it works. Some manufacturers include specific placement instructions with their products that detail the precise location each model was designed for, such as mounted on a wall or placed on the floor.



If your air purifier didn't come with instructions, here are four tips for finding an optimal place for your air purifier:

- Place your air purifier close to indoor pollution sources. Those sources might be a dog bed, a wood fireplace, or a room where you experience more pronounced asthma and allergy symptoms.
- Make the most of indoor airflow. Placing your air purifier near windows or doors can help increase the rate at which air filters through the device—the more air filtered, the lower the risk of indoor contamination.
- Place your air purifier off the ground. We

recommend placing yours on a stool or end table so it sits three to five feet off the ground, as there are fewer obstructions (e.g., furniture, appliances) at that height. Additionally, this position helps an air purifier capture the warm air rising in your home.

- Nobody puts an air purifier in the corner. Corners block airflow on at least two sides, preventing an air purifier from cycling an optimal amount of air.

### Tips for Improving Indoor Air Quality

Perhaps the most important way to ensure excellent indoor air quality is to keep a clean house. Cleaning regularly reduces the amount of dust and dander in your home, especially if you're doing these things:

- Vacuum once or twice per week. Use a vacuum with a HEPA filter to capture dust and other irritants. Additionally, consider choosing hardwood floors instead of carpets and rugs, which can house more dust and allergens and need more frequent cleaning.
- Wash your bedding often. Consider using warm or hot water to clean bedding, towels, and clothing if you have indoor or outdoor allergies.
- Dust and remove clutter. Clear and dust surfaces in your home regularly.

### Take a Deep Breath and Call Molly Maid for a Deep Clean

So, are air purifiers worth it? Only if you're addressing other factors that might reduce airborne irritants as well. Think of an air purifier as part of a holistic approach to healthy indoor air quality. In addition to finding an air purifier with a HEPA filter, make sure regular cleaning plays a central role in tackling indoor pollution

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### The Attack Out Of Nowhere

This past week I went out the front door to rescue a couple of young fledglings who were stuck on my semi-enclosed front porch. Actually, I was trying to rescue them from my almost 8 lb service dog. Had he been any bigger, the rescue mission for one bird would have become a recovery mission. The dog had managed to remove a few feathers. In the process, I got attacked, out of seemingly nowhere, by a couple of wasps. I did not see them coming until one brushed my face and one nailed me on my right hand. I don't care how much you flail your arms around and holler, neither are very effective weapons against angry wasps!



I looked under the kitchen sink - I really thought that's where a wasp and hornet spray lived but it was MIA. I was not prepared for battle. I did have to go to a couple of places, so I closed the doggie door to protect the remaining little cackle. Yep, the wasps attacked me again.

After a trip to the store that included a pair of wasp and hornet spray cans bound together with a plastic sleeve, then helping my neighbor get her groceries inside, I carefully made my way up my porch steps with one wasp killer can open and ready to fire. Again, the wasps attacked and I started firing back. Then I saw where the reinforcements were coming from. My husband had hung one of his baseball caps on a broom handle with the bill facing away from me. When I returned fire, including at the wasp nest inside the cap, peace and order returned to my front porch. But, not without significant injuries on my part. 5 to 6 full-on wasp stings that not only caused pain but also messed with some medical conditions that I already have. (There are legitimate reasons I have a service dog!) The baby bird eventually managed to escape the prison he put himself in.

By my bed, I have a large, museum quality canvas that I designed sometime back. It's a way-larger-than-life baby duck swimming on a dark greenish pond. He looks peaceful on top but I guarantee you he's paddling like crazy underneath. The verse I put on that is Matthew 11:28. "Come unto me, all ye that labour and are heavy laden, and I will give you rest." Even at night, when I have to get up, I can make out a light blob (the baby duck) against the dark blob (the pond) on my white wall. I know the verse by heart and have it deep inside my soul. Normally I pray, "Lord, I'm paddling to You as fast as I can."

You see, enemy attacks seem to come out of nowhere. The Bible tells us: "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly." John 10:10. We get hurt and there is no getting around that!

However, we have this promise from 2 Corinthians 10:4: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) And, this promise from Zechariah 4:6, "Then he answered and spake unto me, saying, This is the word of the LORD unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the LORD of hosts." We need to be ready for those attacks before they come. We need to be in the Word of God and in prayer. Had my MIA can of wasp spray been where it was available, the wasp attacks would have stopped several stings earlier.

With the right spiritual armament, God promises in James 4:7 that if we "Submit yourselves therefore to God. Resist the devil, and he will flee from you." Be ready! The battle is, no, the battles are going to happen! Paddle as fast and as hard as you can to your Heavenly Father because 1 Peter 5:7 is for you too. "Casting all your care upon Him; for He careth for you." Not only for your own self, but who else are you keeping from harm?

I don't want to even think about what might have happened had my hubby plopped that hat on his head without looking. But I am certain it would not have been very nice. Not to mention

what the stings might have done to my small but very highly skilled service dog. And what about the poor baby bird that needs to learn to read a map? See, those attacks are going to come. You need to paddle to the Father as fast as you possibly can and be ready for those attacks!


Be blessed in the Name of Jesus. I know I am!

— Linda Culbreth, Christian author and designer  
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## BODY & SOUL

### A Biblical Principal For Your Nutrition

There are many different opinions on how often we should eat a meal nowadays. Should we eat three times a day, six times a day, or should we do fasting? I believe that depending on your goals your routine for eating may look different. Which is ok! Just because something works for someone else doesn't mean that will work for you. I do believe that there is one principle for eating that we as Christians can implement specific to our routine that is Biblical and also good for our body. It is called fasting. We must understand the Biblical principle of fasting and how it can be a great practice for us physically and Spiritually.

The first thing to understand is that there are times for fasting and times for feasting. Fasting and feasting at the right time is key to living in balance. We tend to feast all of the time. We are continually eating and celebrating. Don't get me wrong, I love celebration and I LOVE good food. There is nothing wrong with feasting as long as it is at the right time. Feasting and fasting balance each other in such a great way and can be used to benefit our health.

In Luke 5: 33-35, Jesus is questioned about why his disciples do not fast. Fasting was very common back in those days and was often done in a legalis-

tic way so that the participant could look more spiritual to others. Jesus replies to these questions by asking a question – "Can you make the friends of the bridegroom fast while the bridegroom is with them? But the days will come when the bridegroom will be taken away from them; then they will fast in those days." Jesus explains that there is a time for fasting and a time for feasting. If we do each of these in the right timing, there will be great joy and reward.

When you feast, make your feasting about others. Whether it's enjoying something someone made you, or making something you know someone else will enjoy, use feasting as a way to bring people together, instead of making it primarily about ourselves and getting what we want.

Fasting can be a tremendous asset to our lives. The biblical principle of fasting is throughout the bible. Not only is it good for our spirit, it turns out that there is a massive benefit to our health as well. Historically, our ancestors have fasted for thousands of years, many of them by necessity. Our bodies' ability to store up energy for later has been a key in how humans have survived throughout



history. We have not always had an abundant supply of food like we do in America. People had to fast until they could find and kill their next meal. Now current studies are

showing us all of the benefits that fasting can bring to our body. Fasting can help give our digestive system a rest so that it can process food efficiently. It can help our bodies be efficient at regulating blood sugar by making sure we are not insensitive to insulin and glucagon, which means no more blood sugar crashes. Fasting can even help us fight sickness by making sure all of our energy goes to keeping us healthy instead of continually digesting food.

Overall, fasting is a tool that God has given us. It may be helpful to try implementing intermittent fasting into your weekly routine once or twice. Do your research to find a routine that will work for you and your goals and always make sure to check with your Dr to make sure you are being safe!

— Ashton Tate, Founder, Glory to Glory Fitness  
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## HASSLE FREE ZONE

### How To Expel Pests From Your School

You don't have to be a scholar to know that pests are not conducive to a good learning environment for students, teachers, or school administrators. For one, it's hard for anyone to concentrate when an unwanted pest makes a classroom appearance. In addition, many pests can be unsanitary, bothersome, or destructive. Of course, there are many factors that contribute to a school's physical safety. One of the key factors is a safe and effective pest control program.

#### How Pests Can Affect Schools

Pests can enter any building through doorways, windows, openings and even the smallest cracks and crevices. This means schools can be susceptible to pest infestations due to frequently opened doors and the large number of people coming in and out. Many types of pests can create significant infestations very quickly. By the time the pests are noticed, there could be many more – even hundreds hiding nearby. These infestations can sometimes be tricky to identify, requiring professional knowledge and experience.

According to the Environmental Protection Agency (EPA), these pests can be a concern to schools: Ants, Bed bugs, Bees and Wasps, Cockroaches, Flies, Lice, Millipedes, Mosquitoes, Rodents, Termites, Ticks. The EPA also says that school properties have many areas that can be attractive to pests, including cafeterias, classrooms, lockers, gyms, dumpsters, athletic fields, and buses, among other areas. In addition to attributing to unhygienic conditions and potential structural property damage, pest infestations can cause school scheduling and operational interruptions and delays.

Pest invasions may also violate regulations and health codes that schools must follow. Pest control professionals with experience in treating school facilities should be familiar with the guidelines for federal agency and local health code compliance regarding pest control and have systems in place to help with the required reporting.

#### What Can Be Done?

Waynes commercial department understands the importance of maintaining school guidelines and safety. With 50 years of experience helping protect public buildings, homes, and yards, our specialists know how to customize treatments for specific situations and optimal benefits.

At Waynes, we employ and believe in Integrated Pest Management (IPM), which the EPA recommends for school pest control programs. Through this, many hours of training and knowledge, we have a custom and tailored plan to each need. This includes:

- Inspections of the school's interior and exterior.
- Identification of pests found in the school and an analysis of activity.
- Treatment of affected school areas and implementation of methods for controlling pests.
- Recommendations for helping limit and prevent pest activity in the school.
- Continuous evaluation of treatment effectiveness and any necessary modifications.
- Education of school staff, if needed, to address actions and conditions that may affect pest activity.

If you believe you may need help, whether it be an elementary school, or a college or university, our commercial specialists are here to help. For more information about our commercial service visit our website [callwaynes.com](http://callwaynes.com) or call us today at 866.WAYNES1!

— Meredith Boyd, Social Media and Marketing Specialist,  
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## Be Happy, Be Healthy, Be Whole

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

Hydration – an important part of good health and good weight loss. One of the many healthy habits I have acquired on my weight loss journey is to drink plenty of water. Personally, I drink at least 100 ounces a day. In addition to water, I'm now reading about another liquid that can help us lose weight.

According to research journal, *Medicine and Science in Sport and Exercise*, drinking a glass of fat-free milk each day can double weight loss. People sometimes steer clear of dairy because they believe it is fattening — actually, the reverse may be true. Milk contains both vitamin D and calcium, which have both been linked to weight loss.

And while, we're at it – you might want to switch from coffee to tea. Black and green tea can be an effective way to increase weight loss, according to studies in *Naunyn-Schmiedeberg's Archives of Pharmacology*. Drinking between two to four cups per day has been linked to weight loss in multiple studies. People in the studies lost weight without making any other dietary or lifestyle changes, apart from drinking tea.

And one more nugget about what we put in our mouth as it relates to weight loss. According to the *Journal of General Internal Medicine* if you want to lose more weight, ditch the steak and pick up a carrot. Vegetarian diets produce the most weight loss, research finds. Diets that do not contain meat are



linked to significantly more weight loss. Vegetarian dieters typically lose around 4.4 pounds more than those following diets that include meat.

So, how is your weight loss journey going? Need encouragement, knowledge, and accountability? Let me point you to the place I've found success – Dr Lodge and the crew at Cool Springs MD. In 2011, I met with Dr Lodge and 16 weeks later lost 65 pounds. How much weight would you like to lose? Connect with Dr Lodge and his team and they will show you how.

This monthly column is a two-way street. I would love to hear from you. What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in a future article.

— Doug Griffin

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



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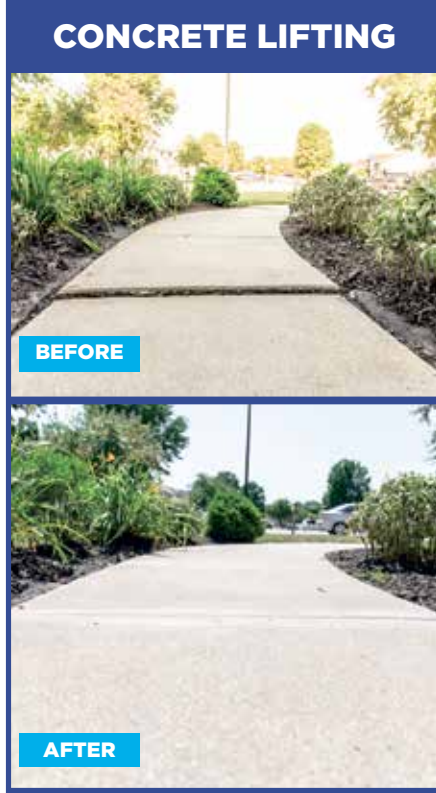
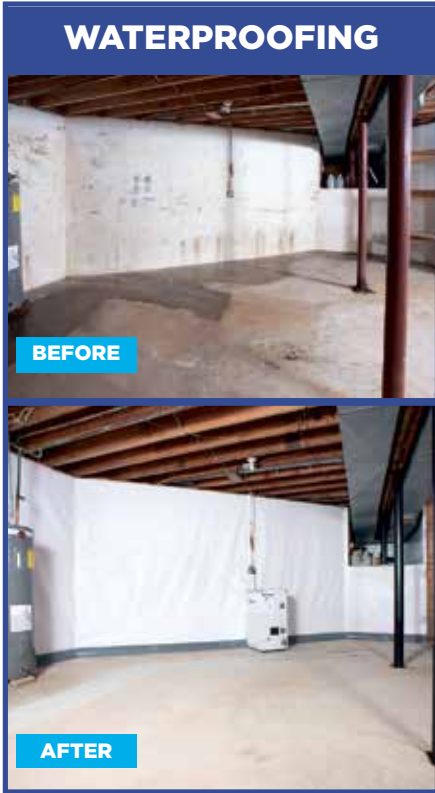
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# Spiritual Goal For September

## PAY ATTENTION...

There is an interesting video on YouTube that spells out five (5) things that Jesus DID NOT SAY.

1. Follow your heart. Jesus NEVER said that. Instead, He said for us to FOLLOW Him because our hearts are subjective and can be deceived.
2. Be true to yourself. Jesus NEVER said that. Instead, He said that whoever wants to be His disciple must deny him/herself...take up his/her cross and FOLLOW Jesus.
3. Believe in yourself. Jesus NEVER said that either. Instead, He said that He is The Way, The Truth and The Life...and that Jesus is The Path to The Heavenly Father.
4. Live your truth. Jesus NEVER said that. Instead, Jesus said that He is The Truth...and that The Truth will set us FREE.
5. As long as we are happy, that's all that matters. Jesus NEVER said that either. Instead, He asked some questions. What does it profit a person if he/she gains the whole world...but loses his/her soul? What would a person give in exchange for his/her soul?

Prayer: *Lord, thank You for setting us straight. Lord Jesus, You are the Absolute Authority. You created everything...so...You made the rules. Thank You. Thank You. Amen.*

— 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](mailto:publisher@nashchristian.com) and we will make sure you receive one.*

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