March 2024

COMPLIMENTARY

NASHVILLE CHRISTIAN FAMILY

Spring Home Tips

Points on Parenting

Elen Skrmetti "Hey Jesus, It's Me" FREE Good News





Healthcare degrees for **difference makers**

A world-changing career path is waiting for you.

Are you passionate about using your talents to help heal a broken world? With a variety of degree options in the healthcare field, Trevecca can help you prepare for a career that aligns with your gifts and goals.

UNDERGRADUATE PROGRAMS

- Nursing (Bachelor of Science)
- Exercise Science (Bachelor of Science)
- Healthcare Administration (Bachelor of Science)*

GRADUATE PROGRAMS

- Physician Assistant (Master of Science in Medicine)
- Healthcare Administration (Master of Science)
- Human Performance and Fitness (Master of Science)
- Master of Public Health (MPH)



SCAN HERE to learn more and apply.

NASHVILLE.

Publisher: Robert Stringfellow • 615-815-8765

publisher@nashchristian.com

Editor: Raymonda Jaggers

Contributing Writers:

Marsha Blackburn Anthony (Tony) Boquet Meredith Boyd Michael Carnes Larry L. Crain, Esq Sally Cressman Tammy Daughtry H. Ben Davis, III, CSA Ashley Farrar Jonathan Feldstein Valora Gurganious Mark Koch Tim Lynch, Ph D Amy Maloney Ashley McClain Hannah Moulton Joseph Philips Misty Ratcliff Monica Schmelter Rhonda Smart Byron Spradlin, D Min Ashton Tate Ralph E. Vaughn Leona Walthorn Rebekah Warren

Cover Image: Bigstock

Cover Story Images: Courtesy Ellen Skrmetti Production and Art Direction: Wendy Satterwhite Website Development/Maintenance: A3 Marketing and Communications Digital Marketing & SEO Services: Bowen Digital Marketing Social Media: Dashia Brandon/Administrative Assistant and Social Media Manager

Sales & Marketing: Robert Stringfellow,

Brenda Delgado/Marketing Specialist

Administrative Assistant: Emma Grace Hicks

Printer: Central Missouri Press

Nashville Christian Family is published monthly by Clarion Concepts, P.O. Box 463, Spring Hill, TN 37174. The phone number is 615-815-8765. E-mail publisher@nashchristian.com. Reproduction of any part of *Nashville Christian Family* without permission of the Publisher is prohibited. Distribution of this paper does not constitute and endorsement of information, products or services. Views expressed in Nashville Christian Family do not necessarily represent those of the Publisher. Every effort has been made by *Nashville Christian Family* staff to insure accuracy of the publication contents. However, we do not guarantee the accuracy of all information nor the absence of errors and omissions; hence, no responsibility can be or is assumed. All Rights Reserved. Copyright 2024 by The Christian Family Publication, Inc.

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

Circulation and Distribution: *Nashville Christian Family* is free and available at targeted, high traffic locations throughout the Nashville Metro Area and surrounding counties, Williamson, Wilson, Davidson, Cheatam, Sumner, Rutherford and Maury. Copies are available by subscription, \$100 for one year (12 issues). To subscribe, e-mail publisher@nashchristian.com

- *Nashville Christian Family* is a part of The Christian Family Publication, Inc. celebrating 24 years of Good News! Visit www.Nashchristian.com



OUR MISSION



Nashville Christian Family (8) 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

Spring is on the Way

As the calendar turns to March 19th, we welcome the first day of Spring—a time of rejuvenation and hope, where the somber chill of winter gives way to the warmth and radiance of longer days. It is a season that invites us to pause and appreciate the manifold blessings bestowed upon us through God's magnificent creation, the companionship of family and friends, and the cherished freedoms we hold dear. Surely, the list of blessings is inexhaustible and personal to each one of us.



With the advent of Spring comes a tapestry of natural beauty: sunrises painted in vibrant hues, a landscape transforming as plants, flowers, and trees awaken from

their slumber. The air is filled with the symphony of birdsong as they tend to their nests, and soon, the air will be punctuated with the soft chirping of hatchlings. Bees resume their diligent work amongst the blossoms, and butterflies grace the skies, their delicate wings a testament to the Creator's artistry. It's not uncommon to find that our spirits are buoyed by this seasonal shift—I certainly find myself smiling more often.

The adage "stop and smell the roses" resonates with profound simplicity, yet amidst the whirlwind of our daily commitments, it can be elusive to practice. However, it is in these quiet moments of pause where we can truly reflect, appreciate, and give thanks for the wonders of life that the Lord has graciously provided.

Spring serves as an annual reminder to "be still and know that He is God," as we witness the complexity and splendor of the world He has fashioned. It's the perfect backdrop for contemplation and gratitude.

In the coming pleasant days of Spring, I encourage you to gather your loved ones and invest in moments of quality time outdoors. Engage in conversations about the marvels of Spring—a season rich in new beginnings and blessings, a vivid reminder of God's unfathomable creativity.

May this Spring rejuvenate your spirit, offering a time for renewal and reflection, and may it inspire a deeper sense of peace and appreciation in your soul.



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



ON THE COVER 20

Comedian Ellen Skrmetti pursued her dream of being a comedian during 2020. Known for her "Hey Jesus, It's Me" videos, she has grown her following by sharing videos and skits inspired by her current situations and family life. She shares how her faith guides her in comedy. See page 20.

6, 25, 32	Spring Home Tips
10, 11, 14	Points on Parenting
1-40	Good News!

SPECIAL FEATURES

- 7 Election Integrity Why Is It Important?
- 18 The Character Of a Man And a Boy
- 26 The Solution For Peace In Gaza Is Jesus

NEXT ISSUE



Spring Home Tips and MUCH MORE!

March 2024

DEPARTMENTS

3 From The Publisher Spring is on the Way

6 The Home Front Appliance Safety 101: Tips to Protect Your Family and Property

6 An Encouraging Word Religion Versus Jesus

8 Mighty Women Trevecca Alumna Corinne Grgas Overcomes Unexpected Diagnosis to Pursue Career in the Medical Field

9 Mission Makers Lives Changed Through the Programs of the Salvation Army

9 Teachable Moments Learn to Swim at British Swim School of Nashville!

10 Secrets From The Studio Fighting For Your Prodigal

> **11 Family Matters** Easter Books for the Whole Family

12 Mighty Men Are You Ready For The Battle?

14 Moments For Moms Combos For Dinner

14 Church Leaders One Heart and One Mind with Jesus

15 Body & Soul Faith In Your Health

15 Mission Makers Frontier Donates Food Truck to Mid-Cumberland Community Action Agency **16 Healthy Living** The CDC Says Trauma Is #1 Us Stress Problem!

23 Youth News For Student Athletes to Succeed, the NCAA Must Be Held Accountable

25 Hassle Free Zone How To Clean Your House For Pet Allergies

28 Family Flicks Dr. Ming Wang, A Common Ground Seeker Focusing On Science Through the Lens Of Faith

29 Parenting Points March 16th is National Single Parent's Day – A Celebration of Love & Legacy

> **31 Faith At Work** Foundational Habits All Disciples Practice

32 Hassle Free Zone Beyond The Buzz, Carpenter Bees

35 Money Matters The Normalization of Debt: How It Happened and Why It's Keeping You Broke

36 Faith Under Fire When Is Lying Justified?

37 Monthly Spiritual Goal Think

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

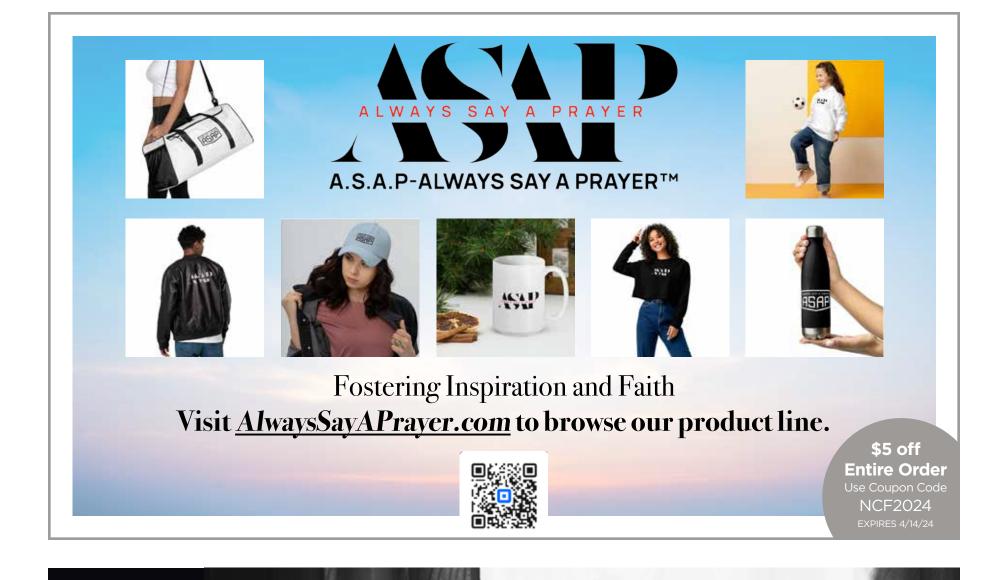
CONTENTS Volume 14, Number 10







www.Nashchristian.com



Not everything should be for sale.

PEDPLE ARE NDTEDRSALE

Every person is precious and shouldn't be exploited. People are priceless.

YOU CAN HELP END HUMAN TRAFFICKING.

Visit rescue1global.org for more info.



THE HOME FRONT

Brought to you by: The Lee Company • www.leecompany.com

Appliance Safety 101: Tips to Protect Your Family and Property

Household appliances are the unsung heroes of our daily lives, making tasks like cooking, cleaning, and staying comfortable a breeze. However, as convenient as they are, these trusty THE appliances can pose safety risks if not handled properly. From electrical hazards to gas leaks and fire dangers, it's crucial to stay informed and take precautions to keep your home and loved ones safe.

At Lee Company, we understand the importance of appliance safety, and we're here to help you navigate the potential risks with practical tips and expert services.



OMMUNI

The everyday appliances we rely on, such as coffee makers, toasters, and showers, all have the potential to cause harm if not

used with care. From overloaded circuits to faulty wiring, electrical hazards are a leading cause of home fires and electrocutions. To mitigate these risks, it's essential to regularly check cords and outlets for damage, avoid overloading circuits, and ensure proper installation and maintenance of appliances.

Fire hazards are another concern, especially with cooking equipment and heating appliances. By following simple precautions like never leaving cooking appliances unattended, keeping flammable materials away from heat sources, and installing smoke alarms, you can greatly reduce the risk of fires in your home.

Gas appliances, while efficient, also come with their own set of risks, including gas leaks and carbon monoxide poisoning. Regular inspections of gas lines and connections, along with the installation of carbon monoxide detectors, are essential for ensuring the safety of your home.

To ensure the safety of your household appliances, it's important to follow general safety guidelines and perform regular maintenance tasks. From inspecting wiring and connections to cleaning lint traps and checking for leaks, staying on top of maintenance can help prevent accidents and extend the lifespan of your appliances.

Regular appliance maintenance is also crucial for identifying and addressing minor issues before they turn into major problems. By following a maintenance checklist and staying vigilant for signs of trouble, you can keep your appliances in safe, working condition for years to come.

If you do encounter appliance-related emergencies, such as gas leaks or fires, it's important to know how to respond quickly and effectively. By following safety protocols and seeking professional help when needed, you can minimize damage and ensure the safety of your home and loved ones.

At Lee Company, we're dedicated to providing top-notch appliance services that prioritize safety and peace of mind. From repairs and maintenance to installation and emergency response, our team of professionals are here to help you keep your home running smoothly. Visit leecompany.com today to learn more about how we can help with all your appliance needs!

> — Joseph Philips, Home Improvement Manager, Lee Company www.leecompany.com

AN ENCOURAGING WORD

Religion vs. Jesus

There is a certain amount of apprehensiveness among religious folk when Jesus and religion are separated, making it either/or. On the outside looking in, one may think they are one in the same or you cannot have one without the other, but upon further investigation, we realize this is far from the truth.

Religion is a man-made set of organized beliefs and systems. It focuses on following rules with perfection. Whereas, following Jesus focuses on the person and a relationship with Him, blemishes, and all. Instead of rules, Jesus focuses on the motivation of the heart of the person.

Religion has a tight list that "checks" the proverbial boxes. However, our relationship with God is about the condition of our

heart. Man looks at the outward appearance, God looks at our heart. (I Samuel 16:7). The focus is not on our actions but rather on our heart. When we became born again, God replaced our spirit with His spirit. The change comes from the inside out instead of outside in.

There is a story from the Bible, John 5:1-15, that illustrates this wonderfully. The man at the pool of Bethesda. The man had been lying there sick for 38 years. Jesus approached the man and asked him, "Do you want to be made well"? The man replied that he would like to, yet someone else seems to beat him to the stirring water before he is able to make it. The takeaway, the man had faith to be healed. Jesus used that faith and with His authority, told the man to stand up and be made well. The man immediately stood up and took his bed. He was healed.

The healed man was stopped by some "religious" folks afterwards. Instead of being pleased about his healing, they were indignant that he was carrying his bed on the Sabbath and breaking a rule. At this point, the man had a decision to make. Was he going to be religious and follow the rules or was he going to obey the man who spoke with authority, healed him, and set him free from his sickness? Religion vs. Jesus.

Ultimately, religion will impede the move of God. Allow Jesus to be the lover of your soul through an intimate relationship with Him.

— Rhonda L. Smart rhondalsmart@gmail.com

6

SPECIAL FEATURE

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

Election Integrity: Why is it Important?

A recent national poll revealed that at least twothirds of Americans believe the upcoming 2024 election is very important for the future of U.S. democracy. There is also a strong indication from recent findings that the confidence level is at an all-time low in the lawful transfer of power in U.S. elections. In fact, some indices show that such confidence is down 10% from 2016. News agencies are already citing concerns over whether we could again see legal challenges to ballot box results, and whether candidates on both sides of the isle will question or accept these results. Most election experts are predicting that the 2024 presidential election will be close, with only a handful of "swing states" providing one candidate with a slim margin of victory.

The irony is that several states have enacted post-2020 measures to expand voting access and ensure election integrity. In traditionally democratic-leaning states, these measures have sought to expand how and when peopled may register to vote and the way they can cast a ballot, often with few checks and safeguards. In the more red, Republican-leaning states, there have been election-integrity laws requiring verified identification to cast a ballot. Such measures are derided as "Jim Crow 2.0 by their Democrat opponents. Either way, many of these legislative changes will likely be used by a losing party on either side to justify a claim that the election was somehow rigged or stolen.

In 2000, then-Vice President Al Gore conceded the presidential election to George W. Bush and then rescinded his concession. What followed were 36 days of political and legal arguments before both the Florida Supreme Court and the U.S. Supreme Court before Bush was determined the victor by the very slimmest of margins — 537 votes. Many Democrats have never accepted that loss.

In 2024, if the outcome of the election is as close as some predict, Democrats may likely say new, redstate election integrity laws disenfranchised millions of voters — even if the vote count is higher than normal. Likewise, Republicans may likely say that blue-state changes made it possible to cheat and deny their candidate the victory.

Free and fair elections are the cornerstone of our political freedom in the U.S. Without faith in our electoral process, the door is left open to question the legitimacy of our political leaders, and such a lack of confidence erodes the foundation of our system of government.

External threats of election interference just add to the problem by undermining public confidence. Shaping the flow of information on the internet is now an essential strategy of those seeking to disrupt the democratic transfer of power through elections. Major authoritarian powers like Russia and China have been implicated in cyberattacks and information warfare linked to elections in democratic states.

For those of the Christian faith, election integrity is an important aspect of our relationship with those in authority. Romans 13 prescribes the attitude and respect that we are to accord those in positions of power. Specifically, we are reminded: "Let everyone be subject to the governing authorities, for there is no authority except that which God has established." When the path to fair and free elections is tainted with corruption, regardless of the source, then we have a duty to root out these concerns and to restore confidence in selection process.

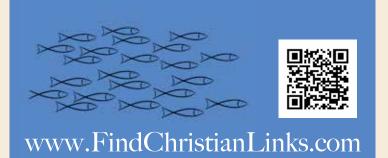
> — Larry L. Crain www.crainlaw.legal



Find Christian Links A Christian Networking Directory

Browse to find this and so much more!

- Christian products and services
- Ministry resources
- Christian links for family . . . all ages
- Free online Bible studies
- Homeschool resources
- A chance to tell about your ministry
- A way to encourage others and be encouraged





MIGHTY WOMEN

Trevecca Alumna Corinne Grgas Overcomes Unexpected Diagnosis to Pursue Career in the Medical Field

Trevecca Nazarene University alumna and nurse practitioner Dr. Corinne Grgas has overcome substantial obstacles to pursue her calling. Well after earning her undergraduate degree, she began experiencing symptoms that led to a diagnosis of muscular dystrophy at the age of 26.

"I was really active. I was in sports my whole life. I ran a half marathon

in 2013 and when I was starting to train for a full marathon in 2014, I started to notice that I was having a lot of trouble with fatigue and people were starting to say I was walking funny," Grgas said.

"It was 2017 when I finally went to a doctor and they ultimately found a type of muscular dystrophy called GNE Myopathy."

GNE Myopathy is a progressive disease that causes skeletal muscle atrophy and weakness. Grgas now uses a wheelchair to get around and continues to work as a nurse practitioner, doing what she loves. She knew her interests were in medicine from a young age and was inspired by her family and her classes on the Hill.



"I just was fascinated with sports, the human body and I really liked all my science classes. I felt like medicine and nursing was probably the route I wanted to go. Plus my grandmother was a nurse, so I had that influence as well," Grgas said.

Following graduation she worked in multiple nursing specialties including cardiac, nephrology and ICU and was

struck by the frequency of back pain, to the point that when it came time for her doctoral project years later, that was her focus. Through that experience, she met the spine surgeon she works with now as a nurse practitioner. Grgas is determined to not let her disability hold her back in her career. She is not sure what her future will look like, but she intends to keep doing what she loves as long as possible.

"Starting my career, I didn't know I had a disability. And now, going into the future, knowing I do have a disability, I'm not sure exactly what that looks like for me. I'm continuing to treat patients in the clinic setting. I'm still in the hospital treating patients at the bedside," Grgas said. "I have to take my wheelchair up and ask for help from nurses, but I'm still doing it and that is going to continue to be my plan at this point."

Coping with her disability has encouraged her to take risks and try new things. And her advice to others facing hardship is to be brave and not be held back by anything.

"I've done a lot of adventurous things since I've been diagnosed, like scuba diving and hang gliding and I've done adaptive skiing, which is skiing from a chair," Grgas said. "Before the disability, I would've been more afraid, but since I've been diagnosed, I'm less afraid because I'm like, what am I afraid of at this point? Ultimately, it's about not letting fear get in the way of you doing what you want to do."

Grgas was the recipient of Trevecca's 2023 Homecoming First Chapter Award, which is presented to a recent graduate who has begun a distinguished professional career.

— Rebekah Warren, Office of Marketing and Communications Trevecca Nazarene University, www.trevecca.edu

Pastors and Christian Business Leaders Dinner

An Open Invitation

Enjoy a Free Dinner On Us, Meet Other Pastors and Business Leaders and Their Wives in the Greater Nashville Area. Each Ticket is One Guest.

"One Body In Christ"

so we, who are many, are [nevertheless just] one body in Christ, and individually [we are] parts one of another [mutually dependent on each other]. Romans 12:5, Amplified Bible

> Sponsored by New Song Church (producing Praise Fest in May of 2024), the Columbia Men's Catalyst Group, Palette Productions, The First Hour and the Tennessee Christian Chamber of Commerce

Special Guest Speakers:

Hollywood Director and Producer **Mark Koch**, author of The First Hour and **Rich Garza**, Pro Football player and Chaplain for the San Antonio Spurs. Mark had it all, or so he thought, until God said, "You're missing me" and truly refined him in the fire. SCAN CODE TO RSVP



When: Monday, March 11, 2024, 6:30 pm-8:00 pm Where: New Song Church, 2585 Zion Rd, Columbia, TN 38401

Re: Talk about I Corinthians 12:12-27 NKJV and meeting each other In pursuit of God's mandate to make disciples, serve others, care for the sick and needy, bring new believers into the Kingdom, and celebrate Jesus, the broader "C" church must unite and collaborate. The emphasis is on joining forces, transcending buildings, and transcending denominational boundaries.

8

Brought to you by: The Salvation Army, Nashville • www.salvationarmynashville.org



Lives Changed Through the Programs of The Salvation Army: Meet Cherise

It's difficult to pick up the pieces after making the wrong choices in life. That's what Cherise discovered when she was trying to move forward after a long periodof hardship.

Cherise had been released after spending time in incarceration and, with nowhere else to go, was living on the streets and relying on the kindness of passersby to help her get through the day-to-day. Then, "Someone had said this name, The Salvation Army," Cherise remembers.

Cherise was able to call The Salvation Army, and was put on the waiting list to receive assistance. Not long after, the call came

that her name was at the top of the list. With the help of her case manager, Cherise found affordable housing that she could move into quickly and other resources she could turn to for a sense of community. "It was a relief to have somewhere to stay," Cherise says. "They helped me find housing in the area ... support groups ... made me feel like I had support here."

Now, Cherise feels more confident about life than ever before. "My case manager reaches out to me frequently just to let me know they're there for me. To keep going ... it feels really good. Anybody that needs help, or you feel like you're hopeless, The Salvation Army is where you can go and get help."

 Misty Ratcliff, Development and Communications Manager
 The Salvation Army Nashville Area Command, uss.salvationarmy.org

TEACHABLE MOMENTS

Learn to Swim at British Swim School of Nashville!

Water, oh what a thrilling and rejuvenating force it is! Here at British Swim School of Nashville, we believe in transforming water time into a safe and exhilarating adventure for your little ones.

Did you know that drowning is one of the leading causes of accidental death among children, particularly those aged 1-4? But worry not, because we've got your back! Get ready to dive into the world of water safety and survival skills, the fun and exciting way!

Our water safety tips are a breeze to follow, yet incredibly effective. Our top water safety tips include swimming alongside a buddy, creating endless memories and an extra layer of protection. Keep your eyes peeled and actively supervise children around water, steering clear of any distractions. Seek out designated swimming areas with lifeguards, ensuring a worry-free experience. And for our new swimmers, we recommend sporting properly fitting life jackets, especially during thrilling open water adventures and boat escapades.

But hold on, there's more! At British Swim School of Nashville, we go beyond just water safety. We

believe in laying down the foundation of survival skills that will empower your child in the water. Before we dive into strokes, we focus on building a solid repertoire of water survival techniques.

Imagine your little one floating and breathing with ease, executing smooth entries and exits, and mastering those oh-so-fun front to back rollovers. We want your child to embrace the water with

unshakeable confidence, gracefully navigating any challenge that comes their way.

> Our survival swimming program equips swimmers with the skills they need to conquer any emergency situation in the water. It's like an art form that bestows swimmers with a sense of control and unwavering confidence. So, are you ready to join us on this epic

journey? Dive right in and enroll today

to embark on an adventure of safe and exciting swim lessons for your little ones.

Visit https://britishswimschool.com/nashville for more information and to sign up now! Let's make a splash!





British Swim School has been teaching water survival skills for more than 40 years, offering a three-part curriculum that teaches the skills needed for water acclimation, water survival, and stroke development. Swimmers progress from learning how to be safe in the water to mastering swimming strokes.

Our professional swim instructors receive extensive training to deliver an outstanding experience for every swimmer. Every swimming lesson incorporates our signature fun and gentle teaching methods to help inexperienced swimmers feel comfortable and confident in the water, establishing the foundation for a lifetime of safety and fun. Enrollment is open year-round and new students can join at any time!

> — Amy Maloney, Franchise Owner British Swim School of Nashville, amy.maloney@britishswimschool.com, 678-491-0381

SECRETS FROM THE STUDIO

Gecrets

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



Fighting for Your Prodigal

The moment a newborn is placed in the hands of a parent is usually one of the most joy-

ous moments. There are so many prayers for a happy and bright future. Most parents never even give pause to the thought that their child might grow up to reject the Christian faith.Yet that is the nightmare that many Christian parents are facing. My Bridges guest Laine

Lawson Craft says, "It's not really a moment that parents can plan for...it's unexpected...it catches you by surprise." Laine recalls the shock, the fear and the anger she experienced when she realized her eldest son had strayed from the faith and was making dangerous decisions that could change the entire trajectory of his life.

The trend of prodigal children is sadly quite common. That is why I invited Laine to be my guest on Bridges and share her journey of parenting 3 prodigal children at the same time. Full disclosure – I am no stranger to the journey of parenting a prodigal myself. I know all too well the pain and fear that can only be handled through faith. While Laine shared her journey on Bridges, she was beautifully honest. There were times in her journey that she experienced gut-wrenching sorrow and anger. There were years that her eldest prodigal made self-destructive choices. There were calls in the middle of the night and fears over what was next. But Laine continued to pray and believe through it all.



Laine's Aha Moment

If you have a prodigal or know someone who does please join us for the Bridges series, fighting for your prodigal airing in March. Here is an aha moment that changed everything for Laine. Years before she was parenting 3 prodigals, Laine was in a lifeless marriage. But in a moment God resurrected the marriage and brought love and life back into their relationship. When Laine recalled that miracle, that was her aha moment. She realized that if God could do that – He

could reclaim each of her children too.

It wasn't easy but Laine kept the faith and never stopped praying. Eventually, each of Laine's children returned to faith. Laine now reaches out to other parents of prodigals. Her podcast, Warfare Parenting, and her book, The Parents Battle Plan, are tools to help parents fight for their children. The Fighting for your Prodigal series will air in March on Bridges on the Christian Television Network. Check your local listings for airtimes and visit bridgeswithmonica. com to learn more.

— Monica Schmelter is the host of Bridges on Christian Television Network. She is the recipient of the Women in Film and Television, Industry Cornerstone Award. When she's not in the studio she enjoys spending time with her husband and adult son and says much of her life can be described as "me and my two Joes". You can watch Bridges on demand by visiting www.bridgeswithmonica.com.





www.NashChristian.com

FAMILY **M**ATTERS

Easter Books for the Whole Family

Easter is weeks away, and it's time to fill those Easter baskets. Books fit perfectly in the baskets (unlike Christmas stockings). I've included some of my favorite authors and books for the whole family (full disclosure, one of the books is mine).

Devotionals

Everyday Joys Devotional (Tama Fortner) You'll not only read about her stories of God connections but are invited and challenged to experience your own opportunities to meet with God in the "ordinary" and sometimes mundane moments. This conversational and thought-provoking devotional is perfect for walking through the forty days of Lent or when you need a spark of joy.

Families

The Way to the Savior (Jeff and Abbey Land) The authors guide families as they explore and celebrate eight aspects of Lent, the season leading up to Easter: Forgiveness, Hope, Trust, Thanksgiving, Love, Commitment, Obedience, and Jesus' Last Days. Filled with discussion questions, easy family activities, and prayers, this collection of devotions will bring your family together to celebrate the way to the Savior year after year.



Kids

The Dance of Easter (Sally Cressman) All creation wakes from its slumber and bursts forth in joyful celebration at Jesus' resurrection—even the sloth who's a little behind the beat. Dance along with the animals as they rejoice in the good news that Jesus is alive!

Easter is Coming (Tama Fortner)

As the youngsters hear God's tale unfold with its sometimes somber notes about sin and death, they are softly and continually reminded, "But Easter is coming!" By the end of this board book, the anticipation has built, and the little ones can celebrate the ending and the glory of Easter Sunday.

I Know Who I Am (Dorena Williamson) Join children from Haiti, India, Korea, Rwanda, Spain, New Zealand, and many more countries as they each declare God's truth about their identities. Each page is a beautiful reminder for kids about who they are—and, most importantly, whom they belong to.

Teenagers

James — Teen Girls' Bible Study Book (Amy-Jo Girardier)

Throughout this five-session study on the book of James, girls will discover practical and transformative habits that lead to real-life faith adventures. Through fun and interactive study days, Amy-Jo Girardier teaches teen girls how to experience abundant life by doing real life with Jesus.

Sports Shorts (Del Duduit)

Sports Shorts will show you wonderful examples of all-star, major league Christian football and baseball players at their best so you can be inspired to be your best.

Anxiety Elephants for Teenagers (Caris Snider)

Caris's relatable prose and kind voice will ease teenagers through their daily struggles as they see God's providential hand in their lives. As teens face an unprecedented world, ensure they are equipped with this guide on tackling their fear.

 Sally Cressman's debut picture book,
 "The Dance of Easter," will be released on March 5. She writes about faith, family, and home on her website, www.sallycressman.com.



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

30-DAY BOOT CAMP FOR MEN

UNLEASH GOD'S POWER

MARK W. KOCH

EWARD BY RICHARD M. DEVOS. S

FIRST BOOK FREE

Over 300,000 distributed! The book that's sweeping the nation! Men's lives all across the nation are being radically transformed through *The First Hour for Men* 30-day journey. Mark W. Koch gives men a simple pathway that will help the reader become a true man of God in every area of their lives. This unique and simple 30-day study guide instructs men how to pray, what to pray for, how to spiritually guard and protect themselves and their families, and how to grow closer to God in their everyday lives. A MESSAGE FROM THE AUTHOR: Marriages are being healed, relationships with children are being restored, miracles are happening in all areas of the lives of the men who are earnestly seeking God and spending their first hour with Him daily. God promises to answer the prayers of the righteous and to those who diligently seek him. I challenge you to find out for yourself!

There's POWER in the Hour!

Order your FREE BOOK now! www.TheFirstHour.com

USE PROMO CODE 316 AT CHECKOUT

MIGHTY MEN

Brought to you by: "The First Hour" for Men • www.TheFirstHour.com



Are You Ready for the Battle?

Imagine, if you will, a daily awakening in a battlefield where survival hinges on combative vigilance. This is not the reality for most of us in the physical sense—yet, in a spiritual dimension, the confrontation is just as intense.

The Scriptures unfold a reality where we grapple not with flesh and blood but with the powers and principalities, with the malignant forces of darkness orchestrated by Satan himself, ceaselessly scheming our downfall (Ephesians 6:12). It reminds us starkly in Genesis 4:7 that

sin lies in wait, eager to ensnare, and Peter soberly cautions us to maintain vigilance, for our adversary, the devil, roams like a voracious lion seeking prey (1 Peter 5:8). The absence of physical sight in this battle does not equate to its nonexistence.

Aware of this relentless war, God commands us to don His full armor, thus enabling us to stand



resolute in the day of wickedness (Ephesians 6:13). This divine arsenal is meticulously designed for our defense and offense. It comprises the belt of truth, the breastplate of righteousness, shoes prepared with the gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit, the very word of God (Ephesians 6:14-17).

The configuration of this armor is telling; it is wrought for progress, not retreat. God does not envision us as passive casualties but as proactive missionaries.

His directive is unequivocal: "Go and make disciples of all nations" (Matthew 28:19).

Regrettably, many believers in America are either reticent or unaware of the spiritual warfare that engulfs us. Yet, consider this—if the spiritual battle was not the paramount conflict in human history, there would have been no necessity for its most pivotal event: the incarnation, ministry, crucifixion, and resurrection of Jesus Christ. He entered this realm to vanquish our fiercest adversary: the sin that culminates in death. Christ made His advance against darkness to reclaim the souls rightfully His, and He commissions us to perpetuate this mission in His stead.

So, I ask you: Are you prepared for today's skirmish? Have you girded yourself with the full armor of God? Are you fortified to repel Satan's onslaught upon you or your kin?

Let us take a moment to fortify ourselves in the Lord's might. Arm yourself with God's complete armor. And as you rise each morning, reaffirm this ritual, so that you might stand undaunted against the devil's stratagems.

 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 and use promo code NCF





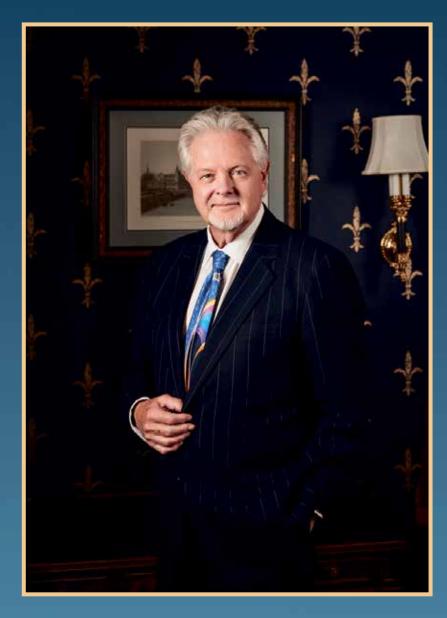
bridges Hope for the Journey

Christian Television Network's program "Bridges" showcases the faithfulness of a loving God who is actively engaged in the lives of people. Join host Monica Schmelter as she opens the conversation, shining God's light through real-life stories and offering hope for the journey.

Watch Bridges on the Christian Television Network Thursdays at 8:30pm and Tuesdays at 9:30am Digital Ch 39.1 | Comcast Ch 1039 | TDS Telecom Ch 1039 Spectrum Ch 10 | AT&T U-Verse Ch 39 | Dish Network 39

bridgeswithmonica.com

CRAIN LAW GROUP, PLLC



Dedicated to the Practice of Law as an Honorable Calling

Over 30 Years of Court Room Experience

National Litigation Experience in Over 26 State and Federal Jurisdictions

WE SOLVE LEGAL PROBLEMS

CIVIL RIGHTS & CONSTITUTIONAL LAW

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

CHURCH & MINISTRY CASES

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

PERSONAL INJURY

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

ESTATE PLANNING

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

EMPLOYMENT CASES

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

LEGAL ADVICE SERVICES

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

615-376-2600

Larry@crainlaw.legal I www.crainlaw.legal 5214 Maryland Way I Suite 402 I Brentwood, TN I 37027

MOMENTS FOR MOMS

Combos for Dinner

Recently, I had a very crazy week. Completely out of our "normal" routine as a family, and anyone with a little one knows how important routines are to them! During this week, one of the nights I was getting home much later than normal. I knew I wouldn't be home



to cook dinner or even bring dinner home for our family. So that previous weekend I cooked and made plenty of options for my husband and son to choose from on that night I would be home later than normal. The day was a lot, and I was so looking forward to coming home and seeing my family. In my mind my little guy, Charlie, would have eaten dinner, had a bath and be winding down watching his favorite show. My expectations were high and when I came home that was not the case at all...

When I pulled into our driveway Charlie and his dad were still outside, Charlie was eating Combos... the pizza ones (don't get me wrong, they are delicious, just not what I had in mind for his dinner.) He was having so much fun with his dad, but I just couldn't see past the fact that he was STILL outside, and, in my mind, he should have already had been winding down for the night! I brought him inside and tried to get him to eat a "real dinner." At this point it was already close to the time when he would normally go to bed, so you can imagine how well this went for me. The rest of the night was a fight. A fight with Charlie to eat, take a bath, put his jammies on Literally everything was a fight.

Adding this chaos to my already stressful day I did the only logical thing I knew to do... get frustrated with my husband of course! I made the night SO much worse. Not only was Charlie throwing a fit, but I was also throwing a fit and getting mad at the only other person in the house that could actually help me. I wish I could go back and do that night over. Have you ever been there before?

We have so much on our plates as mamas. We try to do all the things, plan all the things, stick to all the routines and it's all just so much. Maybe sometimes we just need to step back and give ourselves some grace. Maybe the expectations that we are putting on ourselves don't really have to be there, maybe if we let some things go there would be more JOY and less stress and strife in our lives and our families. God came that we would have life and life more abundantly. (John 10:10) I don't know what that looks like for you, and what you can lay down and take off your plate. But for me, it may start with being okay with Combos for dinner sometimes.

 Ashley McClain is a Wife to Bobby, Mom to Charlie, General Manager of CTN-WHTN Nashville and Host of "What If? Moments for Moms" aired nationally on the Christian Television Network. Currently surviving on Grace and Coffee... lots and lots of Coffee.



Church Leaders

One Heart and One Mind with Jesus

I Corinthians says we are one body in Christ. Jesus said in John: 17 20-23 I'm praying not only for them But also for those who will believe in me, because of them and their witness about me. The goal is for all of them to become one heart and mind—Just as you, Father, are in me and I in you, So they might be one heart and mind with us. Then the world might believe that you, in fact, sent me. The same glory you gave me, I gave them, so they'll be as unified and together as we are— I in them and you in me. Then they'll be mature in this oneness and give the godless world evidencethat you've sent me and loved them in the same way you've loved me.

I work with many ministries and charities and have walked as a Christian for 55 years. I can tell you from watching over time that when we as a community of Christ come together with one mind and one purpose there is a real move of God. But, when we stay in our little fiefdoms, inside our own walls every Sunday, not a whole lot happens in the body of Christ or in the world as a whole. Oh, there are good things each group of believers meeting in a certain building does, but so much more can be done when we work together as one body.

There is a song that comes from Scripture when Jesus said in John 13:35, "If you love each other, everyone will know that you are my disciples. ... By this shall all men know that you are my disciples, if you have love one for another. Catholic priest Fr. Peter Scholtes wrote "They'll Know We Are Christians by Our Love" in the 1960s. Scholtes wrote the song in 1966 while serving at St. Brendan's parish in Chicago. He wrote the song when he couldn't find a suitable song for his youth choir's ecumenical and interracial events. I think he was spot on and that the church needed to be reminded that we ARE one in the spirit! We must look to our brothers and sisters and work together for the good of our own communities.

Having love is quintessential in the foundation of our faith and what God commands. For those who need to be reminded, 1 Cor 13:4-8,13 Love is patient and kind; love does not envy or boast; it is not arrogant 5 or rude. It does not insist on its own way; it is not irritable or resentful;[b] 6 it does not rejoice at wrongdoing, but rejoices with the truth. 7 Love bears all things, be-lieves all things, hopes all things, endures all things.8 Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowl-edge, it will pass away. 13 So now faith, hope, and love abide, these three; but the greatest of these is love. A single warrior sent into battle will surely die, but when we come together in numbers, we are strong and will be victorious against the assignments of the enemy.

According to Church Answers it is estimated that the U.S. has 350,000 Christian church congregations. A Pew Research Center study shows that as of 2020, about 64% (over 17,500,000,000) of Americans identify as Christian. Fifty years ago, that number was 90%. For sake of argument, we will let that statistic sit and speak for itself.

Do you know your neighboring pastors and charities? How can you work together and possibly not duplicate efforts but expand ministries in your communities by uplifting each other and helping each other out?

— Michael G. Carnes, With a 43-year career as an author and media executive, he has served as a director and producer for both Christian and non-Christian media, his experience includes 55 years as a Christian, learning from exceptional teachers and preachers all over the world and focuses his attention on helping others help others.

www.NashChristian.com

BODY & SOUL

Faith In Your Health

The Bible says in James 1 that "*Faith without works is dead*". I am a big believer that our actions have to back up our priorities and beliefs. We cannot just do whatever we want with our body, not take care of it at all, and then expect to just magically have good health. Of course, God can heal any disease and situation, but we must be good stewards of the miracle he has already given us... our body. Which, by the way, can heal itself because of how it was designed. BUT There is another side to this coin that most people don't look at.



You can flip the phrase around and it applies to MANY people. WORKS without FAITH is dead... Just doing a bunch of random things because we feel guilty can be just as futile. Hence STRIVING... Doing things in our own strength without any help, without any help from God AND others.

Wondering if you may be striving in your health?

Here are a few symptoms:

1. DOING too much and still not being the results you want

2. Not giving yourself any grace to enjoy life with others (Being too extreme)

- **3.** Feeling burdened by every action you know you need to take in health
- **4.** Feeling like you are spinning your wheels
- **5.** Not being able to sustain progress

Ever felt any of these things? I know I have. Whatever side you tend to lean towards, know this... There is a perfect grace we can walk in where our actions are motivated by faith and are sustained by our desire to serve others. Meditate on this concept this week.

Where in your health/life are you walking in extremes that are hindering your progress and keeping you from going from Glory to Glory?

— Ashton Tate is the founder of Glory to Glory Fitness in Franklin, Tenn. His passion is helping leaders use their health as an asset to do all that God has called them to in every season. www.glorytogloryfitness.com



MISSION MAKERS

Frontier Donates Food Truck to Mid-Cumberland Community Action Agency

Frontier Foundation & Crawl Space Repair donates a full-size truck to the Mid-Cumberland Community Action Agency to help with food deliveries to the seven counties surrounding Davidson County. With this new resource, we aim to help the MCCAA reach more families in need! Read on to learn more about Frontier's dedication to helping disadvantaged communities. Frontier Foundation & Crawl Space Repair has proudly contributed to the Mid-Cumberland Community Action Agency's (MCCAA) mission by generously donating one of our dedicated "All Things Basementy" trucks. This

significant contribution is geared towards assisting in the noble cause of feeding families in need across the seven counties surrounding Davidson County. "We serve seven counties surrounding Davidson County so the donated truck will be a huge help to our agency," Stormy Vaughan, Case Manager for Williamson & Cheatham Counties,



explained. "We can use it to transport food, donated items, and furniture. Thank you, Frontier Basement, for your huge donation!"

Frontier Foundation & Crawl Space Repair aligns with MCCAA's mission of being a "steppingstone to create stronger communities where families with low incomes have opportunities to connect, grow, and maintain dignity." Operating with principles of respect, integrity, and passion, our faith-based company is committed to making a positive impact in Middle Tennessee, Western Kentucky, and Northern Alabama. We take pride in supporting those in need and are thrilled to contribute to MCCAA's outreach efforts.

The significance of this donation extends beyond the immediate impact on MCCAA's operations. It reflects Frontier's dedication to helping communities in Cheatham, Robertson, Rutherford, Sumner, Trousdale, Williamson, and Wilson counties. As a result of this collaboration, the MCCAA will be better equipped to reach more people efficiently, streamlining the transportation process and ultimately ensuring that more individuals receive the assistance they require.

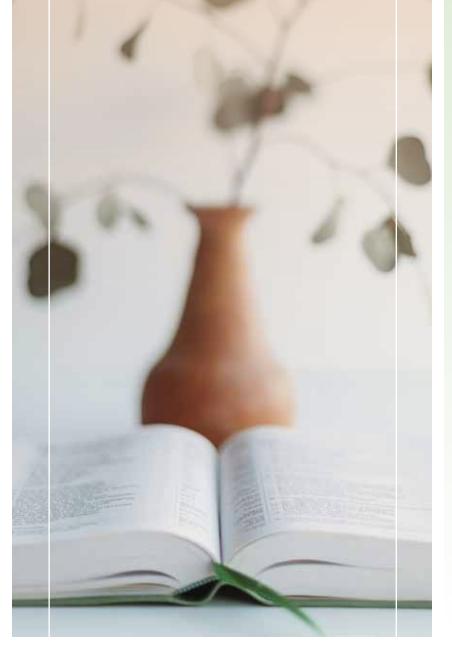
Frontier is excited to witness the positive outcomes of this collaboration as the new food truck plays a pivotal role in enhancing outreach efforts and making a meaningful difference in the lives of those in need within our shared communities. We look forward to continuing our commitment to serving and supporting the well-being of our neighbors, and we are optimistic about the lasting impact this donation will have on the communities we collectively strive to uplift.

> — Hannah Moulton, Marketing Content Specialist With Frontier www.trustfrontier.com

V/eed Prayer?

If you would like for a Nashville Christian Family team member to pray for you, please email publisher@nashchristian.com or visit nashchristian.com/do-you-need-prayer/

You will receive confirmation that your request has been received.



HEALTHY LIVING

The CDC Says Trauma Is #1 Us Stress Problem!

The CDC states that at least one in five Americans struggles with serious mental health issues every year, and recently, the CDC states that the number one emotional problem is unresolved trauma/PTSD. Consequently, Tennessee is in the top 10 experiencing opioid deaths and suicides in increase each year!

On any given day, hospitals throughout the US encounter, but do not address, patients who PRIMARILY suffer from emotional, mental, or addictive issues.



One of my professors, Dr. van der Kolk, an internationally recognized researcher of Harvard University, estimates that 67.8% of US children have at least one serious childhood trauma that has not been addressed. To extrapolate with worldwide perspective, unresolved trauma including Ukraine and the Middle East, estimates to over 1 billion children traumatized every year!

Fortunately, NOW effective treatments are available in Energy Psychology, EP. Several years ago, and an associate of mine in EP, Dr. Carolyn Sakai traveled to Rwanda in 2006 providing treatment to survivors of ethnic cleansing. This small group of psychologists found 188 children who lost their families, many had witnessed their parents being brutally slaughtered and continued to experience severe symptoms of PTSD, including difficulty concentrating, flashbacks, nightmares, bedwetting, and numerous traumatic behaviors. The psychologists primarily focused on 50 teenagers who were experiencing the greatest amount of trauma scoring very high on a standardized trauma symptom inventory which diagnosed all of them with PTSD. This small team of psychologists provided a single treatment of energy psychology that lasted from 20 to 60 minutes combined with a few minutes of relaxation training. After the treatments, 47 of the 50 adolescents fell below the PTSD range of trauma, and today none of the 50 are diagnosed with PTSD. Similar treatments in different parts of the world have seen no more than 6% return of any signs of trauma.

I personally have witnessed the effectiveness of this healing method by participating in over a dozen missionary trips to Guatemala, with its 300 orphanages. This has been the destination point for the Hendersonville Rotary Club's medical missionary teams for numerous years. Coupled with the treatment for children and several adults in these orphanages, I have taught psychologist at three universities 21 steps in trauma tx, which is now a U S trademark entitled, GUTT: Guatemala Urgent Trauma Treatment. This trauma tx template has also been translated into Spanish and is available to all who request a copy. The beginnings of EP were in the early 90s with the discovery of Ötzi the Iceman, a well-preserved natural mummy who lived around 3300 BC, provided the catalyst for our understanding of ourselves as holistic people with intrinsic connections of mind, body, soul, and emotions. Experts in the fields of science/psychology, further documented 360 acupoints with 14 meridians and several chakras within the human body.

The healing of our emotions in (EP), EMDR as well, utilizing the most recognized EP technique EFT (emotional freedom techniques), which stimulates the acupoints on the skin, signals the amygdala full of myriad of – feelings which instantaneously neutralized the - and creates for the first time, neuroplasticity, the forming of new brain cells in the hippocampus.resulting mild memory of the past and no lingering trauma! The patient's Suds (subjective units of disturbance) often at # 10, down to 1 or 2, and sometimes zero, within a single therapeutic intervention! It is no wonder that this newly discovered ancient tx is referred to as the "new emotional penicillin" which is likely to dramatically change healing forever for the millions plagued with trauma.

— Tim Lynch PhD

www.NashChristian.com

- Medicare: Medicare Advantage Plans & Med-Sup Plans
- Long Term Care (LTC)
 Traditional, LTC w/Annuities, LTC w/ Life Insurance
- Social Security Strategies Married, Divorced, Single, Disabled

Ben Davis, CSA

Certified Senior Advisor 615-584-4946 cell 615-617-9953 office www.selectpointebd.com ben.davis@selectpointe.com



"helping you know which way to go"



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

Special Feature

The Character of a Man and a Boy

"One can easily judge a man's character by how he treats those who can do nothing for him or to him". Malcomb S. Forbes Dr. Ed Cole adds this to a man's duty, "Men's three-fold responsibility is to guide, guard and govern."

~ Edwin Cole



Rescue 1 Global operates as a ministry dedicated to preventing human trafficking, rescuing victims, and facilitating the restoration of those who have experienced trafficking. The choice of the article title, "The Character of a Man and a Boy," stems from a straightforward reasoning: if men embodied true honor and genuine masculinity, societal issues such as pornography, trafficking, prostitution, and abuse from husbands and boyfriends would cease to exist.

Throughout history, there have been instances of men falling short in their divine roles as leaders, husbands, and fathers. The repercussions of absentee fathers have been profound, leading to a significant number of children growing up without proper fatherly guidance and subsequently becoming societal "problems." RESCUE 1 GLOBAL'S MISSION IS TO COUNTER HUMAN TRAFFICKING AND PROVIDE HOLISTIC RESTORATION: AT HOME AND AROUND THE WORLD. Help us fight human trafficking. Spread the word. It's time for men to awaken and stand resolute for their families, especially fathers guiding their sons. Numerous studies emphasize that a child tends to imitate a father's actions rather than merely heeding his words. To cultivate young men into leaders, protectors, and individuals of valor, fathers must exemplify these virtues. Equally important is the role of other male figures in boys' lives, emphasizing the teaching of character through actions, not just words.

According to the America First Policy Institute:

- 70% of long-term prison inmates come from fatherless homes.
- 71% of high school dropouts come from fatherless homes.
- Children without fathers are 20 times more likely to end up incarcerated.
- Children without fathers are 11 times more likely to exhibit violent behavior.
- Children who grow up with absent fathers can suffer lasting damage.
- Children raised without a father are five times more likely to commit crimes.

According to the US Department of Justice:

- Daughters who don't have biological fathers are 900% more likely to be victims of sexual abuse and rape.
- Fatherless children are also 14 times more likely to become rapists.
- 90% of homeless and runaway children are from fatherless homes. [US D.H.H.S., Bureau of the Census]
- 80% of rapists motivated with displaced anger come from fatherless homes. [Criminal Justice & Behavior, Vol 14, pp. 403-26, 1978]
- 71% of pregnant teenagers lack a father. [U.S. Department of Health and Human Services press release, Friday, March 26, 1999]
- 63% of youth suicides are from fatherless homes. [US D.H.H.S., Bureau of the Census]
- 85% of children who exhibit behavioral disorders come from fatherless homes. [Center for Disease Control]

One can see easily how we are losing our youth. For the issue of heinous abuse of young women in sex trafficking, we also must address the prolific nature of pornography, which feeds this crime. Before you read the next staHowever, he also prioritized spiritual matters. If someone needed to discuss God, Jesus, or sought prayer, he urged us to set aside our tools and invest time in those conversations. Despite potential financial setbacks, he practiced what he preached, ministering to others on the job. This commitment to values is one of the reasons I'm proud to be part of The Tennessee Christian Chamber of Commerce board. It allows me to contribute

Reflecting on personal experiences, I had a boss during my college summer

breaks in Texas while working on water and wastewater projects. He empha-

sized the importance of hard and smart work, promising fair compensation.

tistics, these are not the general population, this is the church!

porn-87% of Christian women have watched porn.

69% say porn has adversely impacted the church.

regular basis.

least once a month.

God's scrutiny is unwavering.

congregation.

68% of church-going men and over 50% of pastors view porn on a

59% of pastors said that married men seek their help for porn use.

Only 13% of self-identified Christian women say they never watch

Of young Christian adults 18-24 years old, 76% actively search for porn.

33% of women aged 25 and under search for porn at least once per month.

55% of married men and 25% of married women say they watch porn at

57% of pastors say porn addiction is the most damaging issue in their

crucial to recognize that God is always observing. If we aim to restore our society, we cannot afford to be hypocrites – advocating for love and redemption

while indulging in questionable activities like watching pornography at home.

This must come to an end! Even when others may not be watching, it's

Tennessee Christian Chamber of Commerce board. It allows me to contribute to helping business leaders prioritize Jesus in their enterprises and lead by example. Character is everything! Even the godless can have good character, but it is easier for those of us who are Christians because Jesus told us how and lived it for us to emulate.

Trafficking is a huge and very real problem right here in our city because men are becoming mindless wimps, only out to satisfy themselves. Why? That is a whole other topic with many reasons. Yes, we need a ministry like Rescue 1 Global, but wouldn't it be wonderful if we didn't, and we had men of God who cherished others lives and protected rather than used and abused them? Men, armor up, put God first, walk away from temptation, read the word, gather together and encourage each other and for the sake of our future, teach the boys about character, honor, truth, selflessness, loyalty, respect, integrity, courage. Help Rescue 1 Global with their ministry while this trafficking problem exists, go to www.rescue1golbal.org to give and/or volunteer.

- Michael G. Carnes

www.NashChristian.com

Nashville Christian Family

18

DOES SOME BUNNY NEED HELP WITH CLEANING?

It's Easter, Let Us Clean!

10% OFF ANY SERVICE

New customers only. Cannot be combined with any other offer or discount. Participating locations only. Some restrictions may apply. Offer expires 4/30/2023.

MOLLY MAID

Hour Gift Certing

[₽]× Mo∥yMaid.com

a **neighborly** company

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



615-794-0200 • mollymaid.com



©2020 Molly Maid, LLC. Each franchise locally owned and independently operated.

Ellen Skrmetti:

Ellen Skrmetti wants you to know that God wants you to have fun. The comedian, who is known on social media for her "Hey Jesus" skits and reels, believes that God is interested in all aspects of your life–even the absurd, sometimes outrageous ones–and she's dedicated to sharing joy and laughter with Christians and non-believers alike. Her Instagram and TikTok popularity (she has 192,000 and 35,000 followers on the two platforms) has given her a unique audience, and Skrmetti says she's confident it was God who gave her these opportunities.

Finding Comedy During Covid. Skrmetti was always the "funny one" in school, but it wasn't until 2020 that she finally got serious about her dream of being a comedian. She'd enrolled in comedy classes and was due to start a new one the Thursday before Alabama announced its lockdown due to the Covid pandemic. "I'd just come home from Target to get stuff to make sanitizer when I heard the news. I cried and told my husband it was all over," she remembered. "But, then Second City started offering online classes." She kept busy during Covid taking comedy and writing classes through Second City–an improvisational comedy company based in Chicago that has been the starting point for such actors and comedians as Bill Murray, Steve Carell, Tina Fey, and Amy Poehler. And when one of her teachers told her that people were gaining an audience on Instagram and TikTok without knowing how to do standup, Skremetti took it as a challenge. "I told myself, 'I know how to do standup,' and maybe I can turn my standup into reels," she said. "Covid had me do things backward and try something I might have never

done otherwise." She spent the rest of 2020 and 2021 honing her comedy craft and deciding what direction she wanted her work to take and leaped onto Instagram and TikTok (both @justskrmetti) in January of 2022. In the beginning, Skrmetti said most of her viewers were family and friends-but that she held tight to a prayer she made when she first posted. "I prayed every morning and every day, 'Please do something so big it could only be you.' I prayed about the people who would be watching the videos, not just the sheer numbers, and trusted God to do something with it," she said.

She decided to not pay for clicks and instead relied on the organic growth of her channels. Early followers came from girlfriends sharing with other girlfriends, or mothers sharing with their daughters. "It was just my friends and family members laughing and enjoying it. It grew as slow as molasses," she remembered. "From January to September, it grew from 700 to just 1100. I began to wonder what to do." Skrmetti



Ellen Skrmetti was born in Ripley, Mississippi. She and her husband Tim lived in Jackson before moving to Nashville and then Birmingham, Ala.

began, though, to celebrate her audience– small as it was. She then re-defined what "viral" meant to her and celebrated when she got 5000 views. And she vowed to keep going. "I knew if I stopped, I would never know what could happen." And then Queen Elizabeth passed away. Srkmetti's husband Tim is a huge fan of London's Arsenal soccer team, and he bemoaned the fact that the team wasn't playing because of the planned funeral for Queen Elizabeth in October 2022. She began to wonder: how would the funeral of Queen Elizabeth be handled in the South? And would it interrupt the airing of

football games? "I decided to recreate every phone call I'd ever heard my Mom make when someone in the church died. It was the idea that Grandma's not doing good, and we may have to get her in the ground before kickoff," she said. "The video blew up on TikTok that day, then followed up on Instagram. Then people who watched it went back and watched my reels from the past, then followed me." Today that post on TikTok has 1.6 million views. Other posts and skits have evolved on Skrmetti's social media channels, including her "Hey Jesus, it's me" series and others where she posts as reporter "Kitty Potter" and other characters. "I was so nervous to be myself at the beginning that I started acting like these characters. The first was Kitty Potter, who is a reporter based on Kim Basinger's Texas character in "Ready to Wear," and then one day I did the 'Hey Jesus' bit asking Jesus if it's okay if I pray for my co-worker to get a tapeworm. It's just based on crazy things in my life." Ultimately, Srkmetti wants her comedy to show that God wants us to come to Him with anything in our lives. "You can give Him a joke,



Ellen's schedule for 2024 includes shows across the Southeast.

give Him thanks, give Him anything, and not just at night or in the morning," she said. "There's truly not a second of the day that He doesn't want communication."

Finding a Way to Comedy. Although Skrmetti didn't start taking comedy classes until she was 41, the desire to perform came from an early age. "I was always the class clown and my report card always said something about how much I talked," she said. "It was always more important to entertain than to get good grades." When she competed in the Miss Mississippi contest at 18, however, she remembers having extreme stage fright for the first time and making a deal with God about being on stage. She prayed that if God would get her off the stage, she'd never do it again. Now, she knows how misguided that prayer was. "I was naive because I took that as His word, and I didn't get back on stage for a long time," she said. "But one day I felt it in my spirit and

God told me that He never took that bet. That was the devil trying to hold me back." From that moment, Skrmetti consciously worked at taking classes and learning more about the craft of comedy until she got back on stage again– even though she was nervous to do so.

Today, Skrmetti uses her current situations and family life for her on-stage and online inspiration. She and her husband Tim live in Hoover, Alabama with their children Meg, 14, and Nik, 9. Many of Skrmetti's skits and posts are inspired by life with her family, or from memories from her childhood. In deciding what type of comedian she wanted to be, she often wondered if there was a place for her style; she learned that there was a need for the clean humor she provides. "Stories about my family are funny, and I'm confident that those stories about my children, raising my family, and my childhood are the ones I need to tell," she said. "I need my mom and my Sunday School class members to have fun at my shows." With Covid in the past, Skrmetti now does stand-up comedy shows in addition to her social media posts. And her family members and church friends have become some of her most staunch supporters and audience members at shows at places like StarDome Comedy Club in Birmingham and Zanie's in Nashville. Skrmetti said that her presence at



Hey Jesus, It's Me will be released in September of 2024, but the book can already be pre-ordered on Amazon. Learn more about the book and Ellen's comedy tour at www.ellenskrmetti.com.



Ellen's family attends Prince of Peace Catholic Church in Birmingham, Ala. Church is integral to their family life, and she encourages Christians to find a church home where they feel welcome.

such comedy clubs is proof that Christians can provide high quality- and funny- material. "There are Christians in comedy, even though they don't label themselves that way. People like Steve Harvey and Chris Pratt are always happy to tell people where their inspiration comes from, and I never shy away from telling people I'm here because of my prayers," she said. "I don't really like to call myself a Christian comedian. I'm a Christian who is a comedian."

Looking to the Future. Skrmetti said she can now look back at that prayer she prayed for God ("Do something so big it can only be you") and know that it was answered. She continues to post online and gain followers while

also doing stand-up. She has also written a book based on her comedy routines. She met a literary agent through Instagram who loved her skits and asked if she'd be interested in writing a book. Her book proposal was accepted, and she signed a contract with Hachette for Hey Jesus, It's Me: I Have Questions, Comments, and Concerns. The book, which releases this September, includes fun essays that have an "a-ha" moment of life and faith. The book-writing experience, she said, is an example of something she could have never imagined for herself. "Instead of praying, 'God get me on stage,' I prayed an unlimited prayer. I prayed that however big He wanted to make it, let's do that," she said. "It's so amazing to see every door open." Skrmetti likes to say that God will never show you the entire staircase of His plans. "I was at a point where I didn't see the other steps," she said. "I had to be patient." That patience paid off- with followers on social media, with a book deal, and with the answering of what some might call a wild dream to succeed in comedy.

 Cheryl Wray is a freelance writer and book author who lives in Hueytown. She's also the coordinator of the Southern Christian Writers Conference.







NGN 887

YOUTH NEWS

For Student-Athletes to Succeed, the NCAA Must Be Held Accountable

At colleges and universities across the country, more than 500,000 student-athletes work every day to improve their skills, practice with teammates, and excel in their respective sports. Many of them have trained their entire lives, sacrificing family vacations, school dances, and time with friends for a chance to compete at the collegiate level.

But all too often, these students' dreams of collegiate success are squashed by the one organization that should be championing these incredible athletes: the National Collegiate Athletics Association (NCAA). For years, the governing organization for college sports has targeted student-athletes—as well as their coaches and programs—with investigations that lack due process, transparency, and accountability. As a result, many students' careers are needlessly ruined, and their programs are hamstrung with investigations that can go on for years without resolution.

Look no further than how the NCAA-which generated close to \$1.3 billion in revenue during the 2022-2023 fiscal year—is going after schools such as the University of Tennessee over alleged infractions related to student-athletes' compensation for their name, image, and likeness (NIL). Although the Supreme Court issued a landmark ruling in 2021 that opened the door for collegiate athletes to receive compensation through endorsements, the NCAA has repeatedly failed to establish clear and consistent rules for the practice, leaving many state governments and universities to forge ahead with their own regulations. Yet, the NCAA recently cooked up an investigation into the University of Tennessee's athletic program for allegedly violating an NIL policy that—according to university chancellor Donde Plowman-did not even exist at the time of the alleged infraction. In fact, as Plowman wrote to the NCAA last month, the intercollegiate association has not identified

a single university employee who committed any wrongdoing, and NCAA President Charlie Baker has refused to meet with Plowman and the school's athletic director to discuss the allegations.

In response, the State of Tennessee is taking the fight to the NCAA, filing a lawsuit last month against the organization to ensure that student-athletes are adequately compensated for their talents and free to compete on the college stage. This is a step in the right direction, but unfortunately, this is not an isolated incident: The NCAA has a long history of backroom deliberations that produce unfair punishments for athletes, coaches, and universities, including in Tennessee.

In 2019, the NCAA suspended University of Memphis basketball star James Wiseman for 12 games because his future coach provided his mother funds to relocate the Wiseman family to Memphis when James was still in high school. The NCAA handed down the harsh punishment against the freshman student-athlete-who ultimately left collegiate athletics over the suspension—even though he said he had no knowledge of the payment, and the organization initially cleared him to play.

For years, my colleagues and I on the Senate Commerce Committee have warned NCAA officials that the American people expect fairness, transparency, and consistency from an organization that wields tremendous influence over our nation's students and universities. Yet time and again, the NCAA has shown that it is more interested in targeting student-athletes over unreasonable and unpredictable rule violations than enabling these young Americans to achieve athletic and academic success.

If the NCAA won't act, Congress must step in. That's why earlier this month I introduced—along-



side Senator Booker-the NCAA Accountability Act, which would establish much-needed due process protections for student-athletes, coaches, and universities that are under investigation by the NCAA for rule violations.

Among its important provisions, this legislation would require the NCAA to complete an investigation no later than one year after it begins, bar the organization from publicly disclosing information about an ongoing investigation until formal charges are filed, and force the NCAA to provide universities fair notice regarding enforcement proceedings-including information about the individuals and alleged violations under investigation. It would also promote fairness, consistency, and accountability by providing universities the right to resolve disputes through a three-person arbitration panel that would provide an independent, unbiased review and issue penalties commensurate with the severity of the infraction.

As an enforcement mechanism, the bill would direct the Department of Justice to establish supervisory and investigatory procedures to enforce the NCAA's compliance. With all the hard work they put into their academics and sports, student-athletes deserve every opportunity to succeed. The NCAA Accountability Act would establish the necessary standards and safeguards to ensure that happens.

 Tennessee United States Senator Marsha Blackburn and her husband Chuck live in Williamson County, Tennessee. They *have two children, Mary Morgan (Paul)* Ketchel and Chad (Hillary) Blackburn, two grandsons, and a granddaughter.



AS T VILL HRISTIAN FAMILY

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

615-815-8765

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

"Nashville Christian Family has been an excellent partner with Lee Company for many years. We are always looking for publications that align with our values "to honor God by serving people with respect, integrity, and compassion" and NCF does that. We're happy to work with Robert Stringfellow and his talented team to support and encourage families of faith in the Greater Nashville area."

> - Gresham Hill, **Director of Marketing and Communications** Lee Company



Experience the Lee Company Difference.

Air Conditioning • Heating • Plumbing • Electrical



Need a Home Repair?

We've got you covered.



Air Conditioning



Heating



Plumbing



Electrical

✓ Nearly 80 years of experience

 Professional and certified technicians

We're Here For You 24/7/365





615.716.1077

HASSLE FREE ZONE

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



How to Clean Your House for Pet Allergies

Sneezing, a stuffy nose and watery eyes are all common symptoms for people who have allergies. Although dealing with allergies can be a real bummer, dealing with allergies associated with your pet can be an even bigger downer. Our pets are like family. But for people who suffer from pet allergies, living with a furry little friend can create a real problem... ah-choo!

If someone in your home, maybe even one of your

kids, suffers from pet allergies you'll want to continue reading. In this article we offer recommendations on how you can make some household changes and take regular cleaning steps that can help reduce the effects of pet allergies and cut down on the number of stuffy noses and watery eyes.

Changes that Can Make a Difference

To start with, you will need to embrace the idea of change. Making changes to the way you live and how you do things around your house can have a significant

impact on how you and a loved one respond to these recommendations. Here are some changes that can make a real difference:

• Remove your pet's favorite furniture. Fido may not be happy about losing his bed, but your allergy-sufferer will appreciate removing the presence of a constant allergen.

• Cover bedroom vents with dense filtering material such as cheesecloth. Forced-air heating and air-conditioning can spread allergens throughout the house. Filtering out as much of those allergens as possible will help you sleep and should lessen the spread and effect of allergens, which

should help you wake up feeling a little more refreshed.

• Add an air cleaner with a HEPA filter to central heating and air conditioning. Doing so can help remove pet allergens from the air. Use the air cleaner at least four hours per day.

• Remove wall-to-wall carpet, if possible, and replace with tile or wood. Tile and wood floors don't hold dander and other allergen like carpet. And they are easier to clean.

If removing the carpet is not an option. Then, you'll need to vacuum a little more often. We recommend at least twice per week. More if you have multiple pets. If the allergy-sufferer is the one who performs this cleaning task, they should wear a mask to avoid inhaling allergens that get stirred up during the cleaning process. It's also recommended to use a vacuum with a HEPA (high efficiency particulate air) filter. This will help trap and contain more dust and allergens, keeping them out of the air you breath. Finally, a good steam cleaning of your carpet at least once every six months will do wonders to help reduce the amount of allergens that build up over weeks and months.



Make Regular Cleaning a Regular Thing

Once you've completed the above changes, it's time to take things a step further.

- Keep your floors clean read our Keeping Floors Clean with Pets article for more information.
- Keep all surfaces throughout your home clean and uncluttered.
- Use throw rugs and wash them in hot water once per week.
- Give your pet(s) a nice bath every week. This

should help reduce airborne allergens.

• Wash your sheets weekly, especially if your pet(s) join you in bed.

• Brush your pet(s) outside on a weekly basis to remove dander and loose fur.

• Clean the litter box or cage

outside once per week.

• Scrub your walls and woodwork once per month.

- Check and vacuum under fur-
- niture to eliminate any fur that
- may have accumulated.

• Vacuum upholstery on a

weekly basis. Steam clean fabric

upholstery on a monthly basis.

Why Molly Maid Cleaning Service

Since 1984, Molly Maid has been providing home and business owners with exceptional cleaning solutions that meet both their needs and busy lifestyles. Whether you'd like a onetime cleaning or a weekly or monthly recurring cleaning plan, our custom cleaning services are designed to work with your schedule and budget.

Call the experts at Molly Maid today to schedule

an appointment at 615-794-0200 or 615-603-3766,today https://www.mollymaid.com/s-davidson-williamson-maury-counties/about-us/contact-us/ We're Maid for This! A Clean You Can Trust*

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





SPECIAL FEATURE

The Solution for Peace in Gaza is Jesus

As the war against Hamas in Gaza rages with hundreds of Israeli soldiers killed on top of the 1200 massacred on October 7, and with 134 hostages kidnapped from Israel still being held in captivity, Israel is being pressured for a plan, and a solution for "the day after" the war ends. What will be in Gaza? Who will be in control? Who will rebuild? Who will be responsible for ensuring that neither the physical terrorist infrastructure that Hamas built there, or the genocidal Islamic ideology that it represents, will ever threaten Israel and the well being of Gaza's Palestinian Arabs?



It's counter intuitive that anyone would pressure Israel for a long-term immediate solution for a war that's been going on for over four months which Israel didn't start, and didn't want, while in the midst of active combat to destroy Hamas. The idea to impose a "two state solution" is also not a solution as it would gift Palestinian Arabs a state unilaterally as a consequence of their decades of terror and incitement, rather than through negotiations which would require recognizing Israel's legitimacy. In this circumstance, it's foolish to link that creating a Palestinian state, would or should be a foundation for a broader peace with the rest of the Arab world. It's foolish because it hasn't ever worked despite numerous offers going back to 1947. The root of the problem is not about the creation of a Palestinian state, but the existence of the Jewish state.

Other than a two-state solution being an inappropriate reward for terror, it's impractical because the Palestinian Authority (PA) has no authority over the areas that it was created to govern. The PA is inept, corrupt, and only slightly less hostile to Israel's existence than Hamas.

Some suggest other Arab states taking responsibility for Gaza's future, something none are willing to do publicly. It's not a solution because for decades, the Arab world has funded the Hamas infrastructure, turned a blind eye to and even facilitated the smuggling of weapons into Gaza, and continue to use the status of Palestinian Arabs against Israel rather than to seek a genuine solution. No single Arab or Islamic state can be trusted or relied upon to take responsibility. The last thing Israel and Gazans need is the rebuilding of their extremist Islamic ideology and the resumption of terror. If there's ever a hope for a lasting peace, there needs to be an overhaul of more than the physical infrastructure. There needs to be a radical change of heart.

With no good solutions based on past failed models and unreliable partners, it's time to think out of the box, to look at a solution not through a prism of how we want it to be, but based on reality. I have a solution that's as radical coming from an Orthodox Jew as it is one, perhaps the only one, that can bring genuine peace.

The solution for long term peace in Gaza is Jesus.

In the past one might think that the Arab-Israel conflict was about land. It's not. It's a religious conflict fueled by an Islamic ideology that the sole Jewish state is by definition illegitimate. Islamists like Hamas and their Iranian backers which embody that ideology seek Israel's annihilation, not to live side by side with it.

The solution is to counteract that, to upend the failures that extremist Islam has caused in Gaza. With the complete destruction of Hamas in Gaza, the suffering that Palestinian Arabs have endured as human shields at the hands of Hamas, it's legitimate for Gazans to see that theirs is a fake ideology that offers only suffering, that Allah has failed them.

To change the hearts of two million Palestinian Arabs in Gaza from revering an intolerant, hateful, extremist, and genocidal ideology that has failed them, Christians play a pivotal role in Gaza's physical and spiritual restoration. With exposure a Christianity that embraces the God of Israel, Gazans will begin to love the people of Israel, and understand the prophetic significance of the State of Israel.

To implement this, Gaza needs an army of tens or

hundreds of thousands of Christians who will be responsible for its complete reconstruction. Gaza's Christian army will include professionals in engineering and construction, and all aspects of human welfare. They will spend months among the population, helping rebuild their lives, creating a foundation upon which to build their future. When Gazans are offered a diet of Christian faith and love to counteract the buffet of hate that they have ingested, they might have the opportunity to prosper.

Gaza's destruction has been commensurate with how deeply Hamas embedded itself among the population and within civilian infrastructure such as schools, mosques, hospitals, UN facilities, and residential areas.

Rebuilding needs to start from under the ground up. Anything left of the underground maze of terrorist tunnels along with the evil Islamic ideology that birthed Hamas originally, and nurtured from Iran all these decades, needs to be purged. Perhaps this time, Gazans will want to get it right. If rebuilt properly, purging the terrorists, and supervised responsibly, Gaza can become a thriving society.

Christians will bring the greatest ability to rebuild Gaza by both genuinely loving and caring about Israel and its safety, and also about the well-being of Palestinian Arabs. They will not allow the restoration of a massive terrorist infrastructure under their noses as the UN, Red Cross, and other "humanitarian" groups have allowed over the decades.

Nobody wants to live in peace more than the Jewish people. But to really bring lasting peace, we need a Christian Gaza. It may sound crazy, an Orthodox Israeli Jew proposing peace not based on a faulty formula of two states, but for our neighbors living in spiritual darkness to become theological allies. With anger among Gazans toward Hamas growing, if presented a viable alternative, one based in morality that can bring prosperity and hope, the ground is fertile for such an opportunity.

Let's pray that Gazans dissatisfaction with Hamas increases and that they all get a little Jesus.

— Jonathan Feldstein was born and educated in the U.S. and immigrated to Israel in 2004. He is married and the father of six. Throughout his life and career, he has become a respected bridge between Jews and Christians and serves as president of the Genesis 123 Foundation (www.Genesis123.co). He writes regularly about Israel and shares experiences of living as an Orthodox Jew in Israel.



He is host of the popular Inspiration from Zion podcast and publisher of www.IsraeltheMiracle.com. He can be reached at firstpersonisrael@gmail.com.

FROM PRESCHOOL TO GRADUATION -YOUR CHILD DESERVES THE BEST

Are you looking for a top-notch Christian school in Middle Tennessee?

We've teamed up with some of the best schools in the area, like Ezell-Harding, Lancaster Christian, Lighthouse Christian, & Redeemer Classical, just to name a few.

Save up to \$2,000 off your first year's tuition! We sell out each year - act now! Call Pam at 615.390.9968 or visit Discountshoppingclub.com to reserve your spot today!

BENEFITS OF PRIVATE SCHOO

Smaller class size Sense of Community Parental involvement Personalized attention Higher academic standards



FAMILY FLICKS

Dr. Ming Wang: A Common Ground Seeker Focusing on Science Through the Lens of Faith

The film "Sight", featuring Greg Kinnear, is based on the autobiography of Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics). The movie includes the fascinating story of the invention of the amniotic mem- brane contact lens, which has now been used in nearly every nation of the world by thousands of eye doctors, and has helped millions of patients to have their eyesight restored.

Wang grew up in Hangzhou, China. In 1966, the Cultural Revolution caused the closure of all universities across the country. The government deported the country's youth to

labor camps in rural areas, and over the 10 years of the Cultural Revolution (1966-1976), 20 million youth were sent away to a lifetime of poverty and hard labor.

lege, Wang had to re-enter



In 1974, as a 14-year-old 9th grader, just like millions others, Wang had to leave school with no hope of ever being able to return. Attempting to avoid deportation to labor camps by getting a job with the government's song-and-dance propaganda troupe, Wang learned to play the erhu--a Chinese violin--and practiced dancing. In 1976, the Cultural Revolution ended, and the government reopened universities. To attend col-

Wang and his brother Yu (1974)

school and jump from 9th to 12th grade, having never studied in the 10th-12th grades. Furthermore, he had to compete against other 12th graders for a 1% chance of getting into college. His parents advised him to do this since there was no guarantee that the government would not shut down the schools again! Too poor to make copies of the review study questions, his parents hand-wrote them onto any piece of paper they could find and drilled Wang 19-21 hours a day. He studied around-the-clock, became one of only four 12th graders from his province to be admitted into college, and was accepted into the prestigious University of Science and Technology of China. In college, a visiting American professor who

was impressed by Wang's persistence and tenaciousness helped him secure a teach- ing assistantship at the University of Maryland; so on Feb 3, 1982, Wang stepped off a plane in Washington, D.C. with only \$50, a student visa, and a Chinese-English dictionary. He worked hard, earned two doctorate degrees--one in laser physics and one in medicine--and graduated magna cum laude with the highest honors from Harvard Medical School and MIT.

Wang came to Nashville in 1997 as the founding director of Vanderbilt Laser Sight Center and founded the international-ly-known Wang Vision Institute in 2002. He performed the world's first laser artificial cornea implantation and over 55,000 procedures (including on over 4,000 doctors). Wang published an article in the world-renowned journal "Nature," as well as more than 100 other scientific papers and 10 textbooks. He holds several U.S. patents for his invention of biotechnologies to restore sight. Wang was chosen to be NPR's Philanthropist of the Year, and received the Honor Award from the American Acade- my of Ophthalmology and the Lifetime Achievement Award from the Association of Chinese American Physicians. Wang founded a non-profit Wang Foundation for Sight Resto- ration, which to date has

Dr. Ming Wang, Harvard & MIT (MD); PhD, co-founder, Common

Ground Network

helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-ofcharge. He was named the Kiwanis Nashvil- lian of the Year for his lifelong dedication to helping blind orphan children from around the world.

Wang is also passionate about another type of vision, i.e., helping others to see that science and faith are friends, not foes. While studying the human eye at Harvard Medical School and MIT, Wang was confused and struggled to understand how the random events of evolution could create such a complex struc- ture such as the human eye in such a

short amount of time, so he asked a professor about it. "The professor opened a window to the Lord in my heart," Wang says. "I began to understand that there is a Creator for everything, so I became a Christian."

Wang found himself at the center of today's science vs. faith conflict while researching ways to reduce corneal scarring in order to restore sight after injury. He learned that while adult eyes develop scars after injury leading to blindness, a fetus eye actually does not scar. He wanted to understand how this scarless process happens in a fetus so he could find ways to restore eyesight for his adult injured patients. He needed to do fetal tissue research but at the same time, he did not want to endanger a fetus. He prayed for wisdom and felt God had led him to James 1:4 about perseverance, so he



The film Sight (based on Dr. Wang's autobiography From Darkness to Sight, co-starring Greg

MING WANG

persevered, for nearly 20 years, attempting to find a way to conduct scarless fetal wound healing research but without hurting a fetus. Finally his decades of hard work paid off, he and other scientists found the solution. They discovered that a unique piece of tissue-the amniotic membrane that surrounds the fetus--has the same magical scarless healing property as the fetus. This membrane is typically discarded with the placenta after birth. Wang began collecting donated amniotic membranes, trans- planting them onto injured eyes, and found that the eyes can now indeed heal without scar thereby preserving sight. This discovery led to his invention of the amniotic membrane contact lens, for which he obtained two Kinnear). The film is scheduled for release in May. U.S. patents. To date, the amni- otic membrane contact lens has been used by tens of thousands of eye

doctors throughout the world in nearly every nation, and millions have had their eyesight restored. To Wang, this medical breakthrough is an answer to his prayer. He says that his years of hopelessness and darkness have enabled him to emotionally connect with his patients, understand their suffering, and be resolved to do whatever he can to help them.

Today, much of Wang's pain from the past has been transformed into joy. He was able to honor his parents by taking them into his home to enjoy their sunset years. He played the erhu as a teenag- er in the Cultural Revolution to avoid deportation, but now he plays it to express his appreciation for God's blessings. He also combined the music and dance that he had to learn to survive in the past but now has grown to love to create a fundraiser, aptly named The EyeBall, which raises funds for the Wang Foundation for Sight Restoration. Wang also has a heart for the people of China, for which 95% of its 1.4 billion citizens are atheists. The Wang Foundation for Christian Outreach to China distributes Bibles there and pairs recipients with Christian pen pals.

PARENTING POINTS

March 16th is National Single Parent's Day – A Celebration of Love & Legacy

Millions of Moms and Dads around the world are single - some arrived in that role intentionally and many never wanted to be in the role of a single parent; however, being a parent is one of the most rewarding and challenging things to be. I want to encourage everyone to seek out a single parent friend and let him or her know what you see them doing right! Let your friend know that you are proud of him or her and that you know his/her children are growing up stable and strong because of the love and consistency you see in your friends' parenting.

As a parent of any type, often we don't give ourselves any credit when we do something well or we do something important. We seem to be good at seeing everyone else's success, but not our own. This year, for National Single Parents Day, I want to ask everyone to be intentional and find

several single parents in your community and point out what they are doing well!! Maybe also put a card in their mailbox that affirms their role as a loving parent and include a \$30 gift card to a local restaurant for dinner. Or maybe leave a plant on someone's doorstep with a nice card of positive regard. Single parents often feel invisible and overlooked – this is a time that we can all make a difference in someone's life and share a few kind words and a few financial blessings.

I applaud the single parent who is working long hours to try and take care of

his/her three children; I applaud the single parent who is working and going back to school to either finish an undergrad degree or a graduate degree so he/she can expand the financial foundation of the family. I salute the single parent serving in the military who is often far away from his/her children protecting our freedom while we all sleep in our own beds at night. I am grateful for the single parents who are committed to raise their kids in church and make it a point to prioritize their schedule so their kids can participate in life-giving activities and events throughout the year, even though it would be much easier to sleep in on a Sunday. Single parents are heros and this March 16th I ask you to seek out and celebrate the Single parent Heros you know!! Your words of encouragement may be just the thing he/she needs to keep them going on the journey!!

For free handouts and more info, contact Tammy Daughtry at www.CoParentingInternational.com.

— Tammy G. Daughtry, MMFT Founder, CoParenting International *Co-Founder, Center for Modern Family Dynamics* Author, "Co-parenting Works! Helping Your Children Thrive after Divorce"



Cashuillo's, Christian, Tolouiston, Hotwo A brand new show for Podficloni the Next Generation!

Catch a new episode the first Sunday of every month at 7pm



<section-header>





FOUNDATION & CRAWL SPACE Repair

- ✓ Level Concrete
- ✓ Dry Basements
- Stable Foundations
- Healthy Crawl Spaces

615-547-8701 ChristianBasement.com

Locally Owned & Operated by the Gebers Family





TRUSTED BY OVER 90,000 HOMEOWNERS FOR MORE THAN 20 YEARS



4.8 STAR RATING







Not to Exceed 5% of project. Cannot be combined with any other offer or promotional financing. Must be presented at time of inspection. Limitations may apply. Expires 03/31/24.

Faith @ Work

Foundational Habits All Disciples Practice

The four Gospels articulate foundational habits the LORD Jesus Himself practiced and that He advocated for the first disciples:

1) Daily meeting God in His Scriptures (the Word)

2) Daily connecting with supportive relationships (fellowship) with fellow believers

3) Daily serving others on God's behalf (serving)

These habitual practices seem to be foundational for all believers, regardless of their unique and customized assignments. Therefore, it should go without saying: especially for those who God assigns to lead His congregation in the important and central activities of gathered congregational worship, that they should set their sights on developing these life-long habits to a deep and central level in their own lives.

ONE: Meet God daily in His Word. This foundational habit must be developed for healthy worship leadership. Jesus does not directly say the words, "study the Bible every day to be a good believer," or "meet me in the Bible every day." But Jesus' entire life was centered around God's Word, the Holy Hebrew Scriptures.

Deuteronomy 6:6-9, underscores God's desire for His people to marinate in His Word: These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

God is serious about the practice of His believers meeting Him daily, repeatedly in His Word. He told Joshua, in preparation for Joshua's new leadership role as head of the people of Israel, "Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful" (Joshua 1:8).

The Church needs worship leadership steeped in God's Word. Every worship leaders must purpose to set their face and heart on meeting the LORD daily in His Word.



TWO: Regularly connect with supportive relationships with fellow believers. Healthy Christian friendships help us develop as mature disciples. All disciples, especially worship leadership disciples, must purpose to nurture a set of solid friends from which they find strength, encouragement, instruction, correction, and accountability. Humans were created by God to live in community. It is difficult for a disciple - especially one with an artistic personality - to develop and mature spiritually outside a community of faithful, loving, God-seeking brothers and sisters in Christ.

THREE: Regularly serve others who need your help. This includes answering the call to evangelism, meeting the social needs in a community, and reaching out to people when they are hurting. This is the act of "putting our good works into practice."

> Interestingly, Jesus Himself, on the very first day of His public ministry confronts Satan with the pronouncement, "It is written: 'Worship the Lord your God and serve him only.'" (Luke 4:8). And then toward the end of His public ministry he states, "I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me." (Matt 25:40).

The Apostle Paul writes, "... we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone...." in 1 Thess 5:14; and, "... Carry each other's burdens, and in this way you will fulfill the law of Christ," in Gal 6:2. Finally, it is recorded that the Early Church that, "... they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people" (Acts 2:45b-47).

The practiced habit of "serving" others on God's behalf is one of the key ingredients in the recipe of becoming a healthy disciple.

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













callwaynes.com | 866.WAYNES1

HASSLE FREE ZONE

Beyond the Buzz, Carpenter Bees

Ah, spring! Longer days, blooming flowers, and, of course, the unmistakable buzz of carpenter bees in your yard. These big, bold insects often raise alarms due to their seemingly "aggressive" behavior. However, beyond the intimidating buzz, the scarier thing about these bugs is their secret life of extraordinary complexity and craftsmanship.

What do Carpenter Bees Look Like?

Carpenter bees, often mistaken for bumblebees, are easy to spot with their black and yellow bodies and shiny hairless abdomens. Unlike bumblebees, they do not have stripes and are much larger, growing up to 1 inch long. They prefer a solitary lifestyle and don't nest in large colonies. You'll often see an unusual behavior of them clumsily bumping into each other while flying, which sets them apart. These skilled woodworkers make their homes inside wood by chewing through it, showcasing their unique nesting habits. This is a problem! Each nest begins with a hole that is approximately 1/2" in diameter (the size of the female), a 90-degree turn, and then 6 to 8 successive chambers per nest. The female carpenter bee could return to the same nesting site year after year. Who wouldn't after all that work?

If one bee can cause that type of damage, consider for a moment what several female bees, establishing their nests, will do to your property.

Spotting Carpenter Bee Damage

• Holes in Wooden Surfaces These holes will be perfectly round, clean, and smooth, with no visible sawdust or shavings around them. Carpenter bees

use the sawdust from burrowing to create partitions in their nests, mixing it with nectar to form particle-board-like walls. The entrance holes are approximately the size of a penny. Carpenter bees have a preference for unfinished and unpainted soft wood, frequently targeting pine. They can cause damage to doors, house siding, railings, fences, lawn furniture, and, most commonly, decks. Their activity in unfinished wood can lead to unsightly damage and encourage rot, especially when burrowing into structural supports under decks or in barns.

Encouraging Other Pests

Carpenter bee nests can attract woodpeckers which can damage your home as they try to get to the nests. Carpenter bee nests can also attract other pests, such as wasps and hornets, who can use the holes as starting points for infestations. Because of these other pests, carpenter bee damage can be serious.



Effective Ways to Manage Carpenter Bees

If you find yourself facing carpenter bee infestations, there are practical and eco-friendly methods to manage them before the profes-

sionals get there:

1. Fill Holes with Metallic Materials: Carpenter bees can chew through wood or plaster, but they won't tackle metallic materials. Use steel wool or compressed tin foil to fill the holes, and smooth over cracks with plaster. This prevents re-infestation.

2. Sand and Refinish:

Once the plaster is dry, sand and refinish any damaged wood surfaces. If the wood is unpainted, consider adding a fresh coat of paint or finish, deterring bees until it's time for a new coat. 3. Act Promptly:

Wear heavy gloves and consider insect repellent when filling bee holes to avoid retaliation. Fill the holes when bees are away during the day, and act promptly to prevent egg-laying in the wood. If you think you have a carpenter bee infestation, call us at (866)WAYNES1 for a consultation.

- Meredith Boyd, Social Media and Marketing Specialist, www.callwaynes.com





Join the Tennessee Christian Chamber of Commerce's new directory in *Nashville Christian Family* magazine.



For a year's duration, attract philanthropists, connect with those who need your services, and find volunteers.

For just \$20/month (TCCC members) or \$30/month (non-members), secure your spot in this high-visibility directory. **Reach over 100,000 readers in Middle Tennessee.** Get your ministry/nonprofit name, mission statement, and

contact information featured on three lines.

Upgrade to the monthly spotlight for \$150 and make a bigger impact.

Don't miss out! Contact us today to be included in the March edition! TCCC will also put your listing in our database for free. Sponsorship opportunities available. Scan this qr code to sign up or find out more.





www.NashChristian.com

MONEY MATTERS

The Normalization of Debt: How It Happened and Why It's Keeping You Broke

Here are some not-so-fun facts for you to noodle on: Almost 8 in 10 Americans live paycheck to paycheck.1 And according to a study by Ramsey Solutions, just over half of Americans have had difficulty paying their bills in the past three months, and 1 in 3 have no savings to speak of.

Now, I don't know about you, but all of this gets me thinking: If we live in the most advanced society in history, why does it seem like we have less time and less money than ever before? Well, I have a theory about what's causing this mess. And spoiler alert: The financial advice you've trusted your whole life is the main culprit.



take control of your money and get rid of debt for good, you'll find margin, peace and joy. I know paying off debt can feel impossible, but data shows that most people can do it in under two years using the proven method I personally used to get out of debt—the debt snowball.

Hear me say this: You'll never win with money if you hang on to your debt. So, do you want to keep letting debt rob you of freedom and wealth? Or will you do the hard work to take control of the money that's rightfully yours? If you're still on the fence, here's one last question: What could you do if you didn't have any debt payments?

Answer: Anything you want!

You see, a lot of us weren't really taught financial literacy in school or at home. Our main teacher was cultural messaging mixed with a whole lot of monkey see, monkey do. And what did we learn from our parents and ads from credit card companies? That we need other people's money to achieve what we want in life.

So, when it came time for college, we took on boatloads of student loans as an "investment" in the future—never mind the coming decades of debt and stress. Then we were told a good credit score was crucial for financial success as an adult, so we opened a credit card or two . . . or 10. Pretty soon, we "needed" nicer wheels and tacked on a car loan to the tab. And at Thanksgiving, Uncle Terry wouldn't let up about how renting is "throwing away" money, so we decided to get a mortgage for Christmas. Why not?

This is how debt becomes normal in our lives and eventually begins to rob us of financial margin and ultimately freedom. And to make matters worse, the financial systems we trusted benefit from our money struggles—meaning they're more than happy to keep us dependent on debt and asking for more. Take the credit score, for example. Most of us have been led to believe that a good credit score is a sign you're doing well financially. But in reality, a high credit score just means you're crushing it with debt management, not money management.

Think about this:

- Why do we want a credit score? To go into debt.
- Why do we want to go into debt? For a higher credit score.
- Why do we want a higher credit score? To have more access to debt.

• Why do we want more access to debt? For a higher credit score. The only way to achieve and maintain a high credit score is to go into debt, stay in debt, and continually pay your debt accounts "perfectly," without adding too much debt or paying too much off too soon.

Are you getting the theme here? It's all about debt. The credit score is just an ingenious way for lenders to profit by luring you deeper into debt while convincing you you're doing great with money. In fact, according to a Fin-Health Spend Report, in 2020 alone, credit card companies made \$106 billion off interest. Starting to make sense why they want you hooked on your plastic and obsessed with your credit score?

So, if what we've been taught about money is a load of—pardon my French bologna, then what should we be doing with money? Well, after falling for all the traps, I finally figured out that financial success is about what you have in the bank, not what you owe to the bank. And that when you're ready to — George Kamel is a Ramsey Personality and personal finance expert. Following Ramsey's proven money plan, George went from negative net worth to a millionaire in under 10 years. Since 2013, he has served on the Ramsey team, speaking across the country, hosting top-ranked Ramsey Network podcasts, like The Fine Print and Borrowed Future, and frequently co-hosting The Ramsey Show. His goal is to help people spend less, save more, and avoid money traps so they can live a life with more margin, options and freedom. Follow George on Twitter, Instagram, Facebook and YouTube, or online at georgekamel.com.



FAITH UNDER FIRE

When Is Lying Justified

This is a complex and controversial question that may have different answers depending on one's perspective, values, and culture. As young parents, we take exhaustive amounts of time and effort to teach our toddlers to never tell a lie, while at the same time many of us go to extreme measures to lie to our children about the existence of the Easter Bunny, the Tooth Fairy, and Santa Claus.

We mean well. We want to preserve the magic and wonder of childhood and foster our children's imagination and creativity. We use these tales to encourage the children to behave well and reward them for their good deeds. A popular reason is we want to follow the traditions and customs of our childhood



family and community. In a sense, we want to protect the children from the harsh realities of the world for as long as possible, giving them a sense of hope and joy. All good reasons so, "Are the lies we tell good?"

Even in the Holy Bible, there are countless stories called parable. Parables are stories and illustrations that teach a truth or illustrate a principle. They often use exaggeration, hyperbole, or unrealistic scenarios to make a point. For example, Jesus told a parable about a man who forgave a huge debt of his servant, but the servant refused to forgive a small debt of his fellow servant (Matthew 18:21-351). Is this truly what took place? The contrast between the two debts is so extreme no one would actually believe that would happen. By highlighting the absurdity of the servant's behavior, the storyteller captures our attention, and we learn the importance of forgiveness. Parables use unbelievable components to capture the attention of the listeners, to challenge their assumptions, and to reveal deeper meaning.

A lie is a false statement made with deliberate intent to deceive or mislead someone. Based on this definition, one could argue that the unbelievable components of a parable are not lies, because they are not intended to deceive the listener, but rather to shock our awareness so we can convey a deeper meaning or lesson. On the other hand, some might disagree and say that any statement that is not literally true is a lie, regardless of the purpose or context. Ultimately, the answer may depend on one's intent, perspective, and interpretation of what constitutes a lie. This is the biggest reason we find it so hard to determine the truth in the statements made by others.

The questions become, "Who suffers from these teaching tales or the mystical white lies to our children?" "If Jesus can stretch the truth to teach a lesson, is it a sin?" Yes, we must value honesty because trust has its foundation on the truth. We should never intentionally betray or deceive anyone. If these lies, which people have been spreading for centuries, was proven to have long term negative consequences such as confusion, disappointment, resentment, or skepticism; it would have been revealed by now.

Ultimately, there is no definitive answer to the original question, as each person may have different intentions, opinions, and preferences. However, we must each admit, a lie told can never be true.

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

Israel The Miracle is an extraordinary publication and is a timely salute and tribute to Israel as it celebrates 75 years of statehood.

The essays by 75 Christian leaders from around the world that accompany each image take the reader on a journey through the Promised Land with stories and reflections by the writers.

The artwork is spectacular, each image has been carefully paired with the corresponding essay and creates a pilgramage through Israel that is breathtaking.



To preview the book and to order scan this code and recieve an automatic **TEN PERCENT** (10%) **DISCOUNT!** This book is a multigenerational publishing masterpiece and will be treasured by everyone who obtains the book for themselves or receives it as a special gift.

Books will ship from within the US. For information regarding Bulk Orders, please email publisher@nashchristian.com.

www.NashChristian.com

Spiritual Goal For February

THINK...

"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it." Matthew 7:13-14

Imagine God asking us a question. "Will the road you are traveling get you to My place?"

Think about it...and then answer honestly.

Prayer: Lord, thank You for reminding us that You know our thoughts...our motives...and that we will be held accountable. Our responsibility is to answer with Truth...through Your Word...and through Your Spirit.

Lord Jesus, help us...PLEASE help us as Believers to take the narrow road to eternity with you

— 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" Romans3:23: For all have sinned and fall short of the glory of God,

The penalty for sin is eternal separation from God and Heaven Romans 6:23: For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Good works cannot ever earn God's forgiveness and Salvation Titus 3:5: not by works of righteousness which we have done, but according to His mercy He saved us.

God loves each of us

John 3:16: For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

Jesus Christ died on the cross in our place, paying the penalty for our sin Romans 5:8: But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

We each must accept Jesus Christ as our personal Savior

Romans 10:9: that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

Romans 10:13: For "whoever calls on the name of the LORD shall be saved."

To accept Christ into your heart and life, pray a simple prayer along these lines - "Dear God, I know that I am a sinner and I am sorry for my sins. I know that Jesus died for my sins and the sins of the world. Right now, I ask Jesus into my heart and receive Him as my personal Savior. Forgive me of my sins, thank you for saving me through the blood of Jesus. Please Lord, help me live for you. In Jesus name, amen."

All scriptures are taken from The New King James Version of the Holy Bible. If you do not have your own Bible, email publisher@nashchristian.com and we will make sure you receive one.

DO YOU HAVE YOUR OWN BIBLE?

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

About Our Advertisers

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

A.S.A.P. - www.alwayssayaprayer.com

Ben Davis - www.selectpointebd.com, 615-584-4946

Bott Radio Network - www.bottradionetwork.com, 615-871-1160

British Swim School Of Nashville - www.britishswimschool.com/nashville, 615-814-8154

Find Christian Links - www.findchristianlinks.com

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

Glory to Glory Fitness - www.Formcurriculum.com, Hello@glorytogloryfitness.com, 615-488-8203

Israel The Miracle - www.israelthemiracle.com

Jerusalem Art Project - www.thejerusalemartproject.com

Klaus Roofing - www.roofnashville.com, 615-270-8954

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

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

Molly Maid - www.mollymaid.com/s-davidson-williamson-maury-counties/about-us/contact-us/, 615-794-0200

Rescue 1 Global – www.rescue1global.org, Business Office: 615-348-7273 Hotline: 615-379-8399

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

The Salvation Army - Nashville Area Command - www.salvationarmynashville.org, 615-242-0411

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

Trevecca Nazarene University - www.trevecca.edu, 615-248-1200

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

WayFm - www.wayfm.com, 615-261-9293

WHTN TV - www.ctntv.org, 615-754-0039



www.NashChristian.com



Special Thanks to our Community Partners

who directly impact the ability of Nashville Christian Family to reach people with the Good News of Jesus Christ!





COOL SPRINGS MD













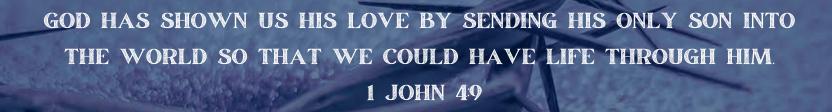








Become a Partner & Spread Good News! To find out how your company can become a Community Partner, visit NashChristian.com/Partner or call 615-815-8765 • Limited to 16 Partners





This Lent, let us reflect on God's outrageous love and his generosity to us - and respond.

During this season of Lent, we invite you to engage in acts of kindness to your family, friends, neighbors, and strangers. Let us reach out to our communities with kindness and through our display of love, care and generosity, may we make the goodness of our God known.

One small, significant act at a time.

Now Hiring Swim Instructors

TEACH KIDS

TO SWIM

- Professional training & uniform provided
- Flexible schedules

•

00

- Seasonal & year-round opportunities
- Great team & pay up to \$19/hr

Scan QR code to apply!



615-814-8154 britishswimschool.com/nashville

Survival of the Littlest

Franchise opportunities are available. For more information: BritishSwimSchoolFranchise.com