

May 2024

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POINTS

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Day**

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Blue Monarch:
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Publisher: Robert Stringfellow • 615-815-8765

publisher@nashchristian.com

Editor: Raymonda Jagers

Contributing Writers:

Marsha Blackburn
Dan Boone, D. Min
Anthony (Tony) Boquet
Meredith Boyd
Michael Carnes
Larry L. Crain, Esq
Sally Cressman
Tammy Daughtry
H. Ben Davis, III, CSA
Daron Farrar
Maricela Farrar
Jonathan Feldstein

Jennifer Hubbman
Mark Koch
Amy Maloney
Ashley McClain
Hannah Moulton
Misty Ratcliff
Eva Angelina Romero
Amanda Salter
Monica Schmelter
Rhonda Smart
Ashton Tate
Ralph E. Vaughn

Cover Story Photos: Michelle Barnett, Michelle Barnett Photography

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

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OUR MISSION



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

FROM THE PUBLISHER

Happy Mother's Day

Mother's Day serves as a poignant tribute to mothers and motherhood, celebrating the profound maternal bonds and the significant influence of mothers within society. Observed on various dates worldwide, predominantly in March, April, or May, this holiday resonates deeply across diverse cultures. Although the formal establishment of Mother's Day in America is relatively recent, its roots are not directly tied to the historical celebrations dedicated to motherhood that span millennia, such as the ancient Greek cult of Cybele, the Roman Hilaria festivals, or the Christian observance of Mothering Sunday. Nevertheless, in several countries, modern Mother's Day has woven itself into the tapestry of these ancient traditions, standing as a contemporary echo of past veneration.

The inception of the contemporary Mother's Day can be traced back to 1908 in the United States, when Anna Jarvis organized a memorial for her mother. Propelled by a vision to sanctify the sacrifices of mothers, Jarvis spearheaded a movement that, by 1914, culminated in the official recognition of Mother's Day. However, the holiday's commercialization in the ensuing decade left Jarvis disillusioned, despite its international adoption. Today, Mother's Day is celebrated globally, with people honoring their mothers, grandmothers, and maternal figures through gifts, cards, and heartfelt tokens of appreciation.

During the late 19th century, America saw various localized efforts to honor mothers, though these initiatives often lacked widespread appeal. Notably absent from Jarvis's narrative were the efforts of Julia Ward Howe in the 1870s, who campaigned for a Mother's Day dedicated to peace, or any link to Protestant celebrations like Children's Day. Jarvis steadfastly maintained that the concept of Mother's Day was uniquely her own innovation. In a definitive move in 1912, Anna Jarvis trademarked the terms "second Sunday in May" and "Mother's Day," and founded the Mother's Day International Association. She emphasized that the term "Mother's" should possess a singular possessive form, advocating for a personal celebration of each individual's mother, rather than a collective homage to all mothers worldwide. This distinction underscores the deeply personal essence of the holiday—a day for personal reflection and individual honor rather than a broad, communal celebration.

Here are a few Scripture passages referencing Mothers, perhaps you have others.

Proverbs 31:25 "She is clothed with strength and dignity; she can laugh at the days to come."

John 16:21 "A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world."

Proverbs 31:28–29 "Her children rise up and call her blessed; her husband also, and he praises her: 'Many women have done excellently, but you surpass them all.'"

Proverbs 31:26 "She opens her mouth with wisdom, and the teaching of kindness is on her tongue."

Proverbs 31:31 "Honor her for all that her hands have done, and let her works bring her praise at the city gate."

Isaiah 66:13 "As a mother comforts her child, so I will comfort you."

Proverbs 31:25–27 "Strength and honor are her clothing; she is confident about the future. Her mouth is full of wisdom; kindly teaching is on her tongue. She is vigilant over the activities of her household; she doesn't eat the food of laziness."

Psalms 139:13–14 "For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made."

Wonderful are your works; my soul knows it very well."

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





ON THE COVER 20

Founded by Susan Binkley, Blue Monarch is a Christian residential recovery program for women and their children located in Coffee County, Tennessee. See page 20.

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MOMENTS FOR MOMS

Mother's Day Moments

I don't know about you, but the best thing that my family could do for me on Mother's Day would be to take care of all the meals and the clean up, so I did not have to think about food and who is eating what for an entire day! Don't get me wrong, I love to cook and bake, but when it becomes a daily "have to" it really has a way of losing its charm for me.

What about you? What would YOU like to do for Mother's Day, or what would you like for your family to do for YOU? Have you even thought about it? Would you even know what to pick or what you enjoy doing if someone asked you? It is so easy for us moms to get lost in the season of motherhood. We give and give, until we are exhausted. My family is my greatest blessing, I love them with everything in me and I LOVE doing things for them and taking care of them the way only a mom could. But that has come with a cost for me personally.

Over the past four years there is so much of who I was that has been lost or maybe just put on the back burner. My focus has been on my family and taking care of my son Charlie who we waited so long for. My husband and I have recently started really focusing on trying to do some intentional date nights, but when it would come time for us to decide what to do, I couldn't think of a thing that I enjoyed... it's like I couldn't remember the woman I was before becoming a mom and what she liked to do.

Maybe this Mother's Day, you can take a moment to think back on the woman you were before becoming "Mom." What did she love? What were her dreams? It may take a while to even come up with one thing, I know it



did for me. I would challenge you to do that thing, whatever it is just for you, to celebrate you, Mom! I recently did this for myself and it was the best experience. Just thinking of that one thing and actually DOING it sparked a passion in me that I haven't had for years. And do you know what, It actually made me a better wife and mom because I took a little time and remembered me, and who I am and who God made me to be. I don't know what this looks like for you, but I do know it will be

amazing if you just give yourself permission to dream again. Happy Mother's Day Mama.

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

A large advertisement for "ASAP" merchandise. The background is a sunset sky. In the center, the text "ASAP" is written in large, bold, black letters, with "ALWAYS SAY A PRAYER" in smaller red letters below it. Below that, "A.S.A.P-ALWAYS SAY A PRAYER™" is written in black. Surrounding the central text are several images of merchandise: a man in a denim jacket, a young boy in a red t-shirt, a white visor with the ASAP logo, a man in a black polo shirt, a pair of white sneakers, a woman in a white long-sleeved shirt and black leggings, and a hand holding a black water bottle with the ASAP logo.

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A Win for Parents in the Battle Over Classroom Materials

New battle lines are being drawn over the content of curricular materials being taught, particularly in the elementary classrooms across the country. Children, at an early age, are confronted today with adult topics that are divisive and far removed from the fundamentals of traditional reading, writing and arithmetic. More and more teachers are being forced by their school boards to explore subjects with young minds that previous generations of elementary students hardly knew existed – abortion, divorce, racial privilege and oppression, homosexuality, transgender, drug addiction and suicide.

In the midst of this wave of social emotional learning, parents and their children are finding their relationships being challenged on an ever-increasing basis. Education does not take place in a moral vacuum. As the Supreme Court has recognized: “Parental autonomy is basic to the structure of our society because the family is the institution by which we inculcate and pass down many of our most cherished values, moral and cultural.”

Several families in Williamson County sought our help in battling these and other alleged violations by the school district in teaching value-laden materials. These parents argued that all forms of political indoctrination, have no place in the classroom. Among the materials challenged are those that consist of what are called “Common Core” curriculum.

Common Core was intended to create nationwide education standards. In March of 2021, Governor Bill Lee, signed a bill that banned the use of Common Core textbooks in the state of Tennessee. Despite this recent legislation, the families who came to us for help found what they alleged were numerous violations of this state law. They also alleged that the Williamson County school system had circumvented this prohibition by adopting a curriculum called “Wit & Wisdom.”

Convinced that these families raised legitimate concerns, and that the school system in Williamson County had crossed the line, we filed suit in Chancery Court challenging the school district’s use of such materials. The trial court dismissed this action claiming the parent lacked “standing” to bring this action. This week, the Tennessee



Court of Appeals reversed this ruling and ruled that the parents, and their children, indeed had alleged sufficient injuries to mount this legal challenge.

The case is called Parents’ Choice v. Golden. Based on the Court of Appeals ruling in favor of our clients, the case will now resume at the trial court. This will furnish these parents with an opportunity to delve into how their children’s rights have been affected and to seek legal redress for these actions.

Parents who grew up during the 1950s and 1960s may reflect back on the Dick and Jane (and Sally and Spot Too!) stories taught to them in the first grade. That series, which was first published by Scott Foresman Elson as a reading primer in 1930, featured short, upbeat stories and pages filled with colorful characters and large, easy-to-read typeface.

By contrast, first graders today, under the new “Wit & Wisdom” curriculum are presented with graphic descriptions of death and violence, and are asked to describe their “feelings” about such horrific accounts.



As children progress to the second, third, fourth and fifth grades, they are progressively taught from a curriculum that emphasizes “self-awareness” and are being challenged to think critically about such controversial issues as slavery, racial oppression and social justice. These norms are even more problematic when wealth and “Whiteness” are woven into the curriculum, and uncritically accepted as indicators of success. Many texts promote a sense of White racial entitlement and dominance, as well as negative biases and stereotypes about people of color and those from low-income backgrounds.



Neil Postman wrote, “Children are the living messages we send to a time we will not see.” This is the first sentence that opens his book, *The Disappearance of Childhood*, which was originally published in 1982. Given the influence of curriculums like Common Core, what living messages are we sending today?

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



What's Love Got to Do With It?

The title of this article asks the same question posed in the classic song by the legend, Tina Turner. She goes on to ask, "What's love, but a second-hand emotion?" "Who needs a heart when a heart can be broken?" Of course, those questions have been asked by anyone facing the pains of human affection.

Based on the depth of the love, a mother and her child would likely be the deepest. After all, the child is literally a part of her own body from the moment of conception. As a husband, whose wife had to have an abortion, due to an unviable fetus, I witnessed her heart being torn apart from the required procedure. Since that experience, we have both wondered, "How could anyone come to the decision of aborting a healthy pregnancy?"

To answer that question, I recently read three dozen testimonies of people who chose to abort a healthy but unplanned pregnancy and had no regrets of doing so, as well as three dozen testimonies of those who chose not to abort. After reviewing my notes, it became clear to me that they all had one thing in common. Love! Those who chose to abort a healthy fetus felt no love for the infant and in some cases, despised it. While,

those who kept the child, admitted having deep love for the new life. In some cases, more than even their own life.

It is all about Love!! With abortion being such a hot and divisive topic, I've never read or heard anyone reach this conclusion. Could all the people, fighting for the right to abort a pregnancy, actually feel no love for the life of another? The mothers who feel love for their potential child creates a strong emotional bond, sometimes even before confirmation of conception takes place. Existing parents rarely abort future children. Psychologist believe that the affection shown and felt through their other children fosters the environment of love and care missing from those who choose an abortion.

At first, I assumed that economic concerns would've been present in the majority of the cases, and it was in some. However, when it was present, it did not influence the decision to the level of love. Raising a child is expensive, and financial stability plays a significant role, but when love is



present, the cost is dealt with. Sadly, when love of the child is not present, the single mother or the couple, individually prioritize their own mental, physical, and financial health, above that of their baby.

The dynamics of the relationship also has an affect on the decision, but surprisingly it was not the deciding factor. Some couples made joint decision based on their love for each other but when the love of the baby was mentioned, the decision was birth or adoption, never abortion. When we define the role of a mother it can be done with just one word; Selfless. If we try to explain the details that make up a selfless mother, we quickly find that it is much more complicated than just a woman who bears and / or rears a child. The responsibilities go much deeper as does the breadth of the love required to deliver on all the commitments that come with the title of selfless mother.

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





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Why Christian Higher Education Matters

Christian universities have the unique ability to understand education from the perspective that we are all made in the image and likeness of God. We teach students how to lay down selfishness for the sake of the common good of the community in which they live. That is what we're all about. We're about higher education at the highest level that it can be offered, and adding to it these value propositions at the same time.

There is a part of higher education in the United States that's becoming so tribalized and politicized. Groups to the far right and far left are fighting for universities to bear their brands, a process that has worn out presidents, and they're quitting like crazy. The ability to have civil conversation and talk about hard issues is disappearing on campuses across the country. That can be different at Christian schools.

We are a community whose bond is our fellowship in Jesus Christ. That makes us one. Even though we may have radically different ideas, we have the ability to talk about those ideas, to ask the hard questions and to discuss things in ways that are respectful and that do not make us enemies of one another. Instead, this actually makes us wiser, because we are attempting to understand other perspectives than our own. Christian universities have that capacity.

A second capacity is that an economic world is trying to turn a college education into nothing more than a money making widget. You go get this degree so you can go make more money. And the reality is, liberal arts education in a Christian university is as much about learning how to be a good citizen in the world, a good neighbor, a compassionate person who sees the needs of others and ultimately, the kind of person that neighborhoods are built around.

The third thing is that we talk a lot about at Trevecca is being a community. The loneliness and isolation of Generation Z is rampant. It's as serious of an epidemic as Covid was, and may over time kill as many people as Covid



did through anxiety, depression, suicidal ideation and just desperation about life. At Trevecca and other Christian universities like it, the size, the student-faculty ratio and the people we employ as coaches, resident directors and professors are meant to draw students into communities that actually teach them relational skills. Students can learn how to have neighbors, how to be good friends and how to develop trust within a community.

Finally, Christian higher education has the ability to introduce someone to a vibrant faith in Christ that will be an empowering resource for their whole life. During their four years of college, students may meet the Christ who walks with them all the days of their lives and helps them through the hard times.

For instance, there are jobs that are consistently hard to fill, like public school teachers or social workers. These are hard jobs. What we believe is that if Christ calls a college student into public school teaching or social work, it's our job to come alongside that student and give them the skills they need—and then their faith in Christ gives them the courage and stability to stay in a hard job in a place where they are desperately needed. If I'm just in those two careers for the money, I'm going to have my eye on a door every day looking for somewhere I can make a better salary. But for us, we're able to bring Christian value to that work and help them to see that they're actually fulfilling God's calling on their life.

Christian higher education is more important in our current landscape than it has ever been before. It is a beacon of hope, equipping students to become confident and kind followers of Christ who excel in their work and thrive in their calling.

— Dan Boone, D. Min.
President of Trevecca Nazarene University
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Lives Changed Through the Programs of The Salvation Army: Meet Morgan



“I had become a new mother. My child's father was in and out, and he ended up getting violent and so that completely erased him out of the picture. I went from being a mom expecting to have a two parent household

raising a loving child to not being able to afford my apartment with this new baby.” Without a local support system, and no way to move back to her hometown, she reached out to The Salvation Army Pathway of Hope program. “Now I'm working on

becoming a doula and a childbirth educator, and so they're helping me find these partnerships... find my voice... find courses that allowed me for me to understand entrepreneurship.”

Through individualized goal setting and case management, families like Morgan's face a much brighter future with a community to support them. “It is nice to not have to bear the burden alone in a world of all that loss, and to have this as a constant support that no matter what I was going through, I could have somebody to call and somebody to tell me that it was gonna be OK and somebody to let me know that they were here to

listen, to provide that financial support, to provide mentorship and guidance... it has been life changing. I was on the ledge and if it wasn't for the Salvation Army, I probably would have jumped. I am very thankful just because I probably wouldn't be alive without them.”

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



The Magic Of Dental Implants!

Are you tired of dealing with the discomfort and inconvenience of tooth loss? Choosing a tooth replacement method can feel overwhelming, but there's one option that stands out above the rest: dental implants. These innovative solutions offer a range of benefits that can truly transform your smile and your quality of life.

First and foremost, it's essential to recognize that you're not alone in facing tooth loss. Millions of Americans grapple with this issue every year. However, thanks to advancements in dental technology, there are now more effective and realistic solutions available than ever before.

So, what exactly are dental implants? Essentially, they're small metal rods, typically made from titanium, that serve as a sturdy base for replacement teeth. These implants are expertly engineered to be durable and safe for use in your mouth. Surgically embedded into the jawbone, they provide unparalleled strength and stability.

One of the most significant advantages of dental implants is their versatility. Whether you're missing a single tooth or require a full set of dentures, implants can be tailored to meet your specific needs. Additionally, due to the low risk of complications associated with the metal used in implants, multiple rods can be implanted with ease, ensuring a customized fit.

But what sets dental implants apart from other tooth replacement options? For starters, the procedure is remarkably fast. Unlike traditional methods that may require multiple appointments, dental implants can often be installed in just one day, minimizing time spent in the dentist's chair.

Moreover, the aesthetic appeal of dental implants is unparalleled.



Specially designed prosthetic teeth closely mimic the appearance of natural teeth, providing a seamless and realistic smile. Gone are the days of feeling self-conscious about your dental work – with implants, you can enjoy a beautiful and confident smile.

Comfort is another crucial factor to consider. Unlike removable dentures that can slip and cause irritation, dental implants fuse to the jawbone, becoming a permanent part of your mouth. This eliminates discomfort and allows for natural speech and eating habits, enabling you to enjoy all your favorite foods without restriction.

Furthermore, dental implants offer unmatched durability. With proper care, they can last a lifetime, providing long-term benefits and peace of mind.

If you're ready to reclaim your smile and improve your quality of life, consider the transformative power of dental implants. Don't let tooth loss hold you back any longer – take the first step towards a brighter, more confident future by scheduling a consultation today. Your smile awaits at Solace Oral Surgery and Dental Implant Center in Nashville! Give us a call today!



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CHRISTIAN FAMILY



A Humble Beginning: The Story of Lee Company

Lee Company's story is a compelling testament to the resilience, innovation, and hard work that typifies the American Dream. It all started with Leon Lee, a man whose beginnings were as modest as they come, yet his vision was anything but. From a simple garage operation to becoming a national leader in mechanical contracting, Lee Company's evolution is a narrative of relentless pursuit of excellence and commitment to service. Truly building something significant from the ground up.



1944: A Time of Change

The journey of Lee Company began in a period of change during the spring of 1944. Amidst a significant labor union conflict, Leon Lee and Tom Smith, two of the city's top commercial refrigeration technicians, saw an opportunity. They decided to venture out on their own, thus laying the foundation for what would become a beacon of success in the industry. Transforming Leon's garage into an office and workshop, they started Lee and Smith Refrigeration Service Company, embodying the entrepreneurial spirit that would define Lee Company's ethos.



Growth and Expansion

The post-war era brought significant growth opportunities for the refrigeration industry, notably with the demand for refrigerated milk tanks. Lee Company seized this moment, expanding its business and setting the stage for future diversification. This era marked the beginning of a trajectory of growth that would see the company expand its offerings to air conditioning, new construction, and beyond, under the leadership of Leon's sons, Wallace and Ted Lee.



Overcoming Challenges

The late 1970s tested Lee Company with financial challenges that threatened its existence. However, the company's leadership, rooted in resilience and vision, steered the company through these turbulent times. This period underscored Lee Company's dedication to its values, its people, and its mission to serve its customers with integrity and excellence.

Embracing the Future with Innovation

As the company moved into the 1980s and beyond, innovation became a key driver of Lee Company's services, expanding into design/build contracting and incorporating new technologies. This willingness to innovate and adapt has been central to Lee Company's continued growth and success, marking it as an industry leader dedicated to providing comprehensive solutions and exceptional service.



Today and Beyond

Now, with a vibrant history behind it, Lee Company stands as a testament to what dedication, hard work, and a focus on community can achieve. And the best part is, the vision, mission, and values are truer today than ever before.



Lee Company employees gather for their annual company meeting in 2019.

Vision: To be the professional provider of comprehensive solutions and services for facilities and homes.

Mission: To create a workplace where our employees can thrive. To be committed in finding innovative and original solutions, thoughtfully and reliably, to meet the specific needs of every customer.



Values: To honor God by serving people with respect, integrity, and compassion.

Lee Company's story is more than a business success; it's a reflection of the power of community, innovation, and the enduring spirit of the American entrepreneurial dream. With revenues exceeding the original dream's expectations, and a dedicated team of 1,700+ employees, Lee Company has been recognized as a top workplace and an award-winning leader in the field. As Lee Company looks forward, it does so with an eye on its rich history and a heart full of gratitude for the community, team members, and customers who have been part of this remarkable journey.

— Lee Company Team

After 50 years in Nashville, Lee Co. moves to Franklin

By AMY MARCHESI

FRANKLIN — One of Nashville's best-known family-operated businesses has relocated to Williamson County.

Lee Co. last month moved all its operations from several spots at Wilhaugen Avenue in Nashville to one building at Mallory Station Road in Franklin.

The company has offered heating, venting, air conditioning, refrigeration, and plumbing services to construction, commercial, and residential clients since 1944.

"The new Lee Co. headquarters (moves) all operations into one facility instead of two buildings and three sites," company president Bill Lee said. "Our move to Cool Springs is the result of several months researching a site that would place us strategically within our growing service area, as well as provide amenities for our 300 employees — shopping, banking, and other services."

Lee Co.'s new building has 44,126 square feet and is located at 331 Mallory Station Rd. across from Nomasties Actuators' new building. It has more than 30,000 square feet reserved for office operations, and about 14,000 square feet for its mechanical shop.

The building was designed by Johnson Johnson & Crabtree Architects PC, and features a unique, solid glass center mall to allow natural light to come in from the sides instead of skylights. D.P. Chase Construction was the general contractor.

The company operated at Wilhaugen, just off Murfreesboro Road, for 30 years. Its first location was at Primrose Avenue in 1944, then Church Street in 1948, and lastly Demonbreun Street in 1956.

Lee Co. has a staff of seven licensed engineers, one engineer in training, and six design-draftsmen who provide in-house engineering services for all company projects. The staff represents a combined experience of more than 140 years in designing mechanical systems. Their experience includes commercial office buildings, commercial retail facilities, manufacturing plants, chemical and process plants, educational facilities, hospitals, and outpatient medical facilities.

It is licensed in 27 states. And its employees help generate more than \$20 million annually for the company.

Lee Co. is currently providing design assistance and construction services for The Cumberland, a 24-story high-rise apartment complex located in downtown Nashville.

Some of Lee Co.'s other projects include Vanderbilt Stallworth Rehabilitation Hospital, and Primus Automotive Financial Services building in Cool Springs.

The company's new telephone number is 967-1000 ■

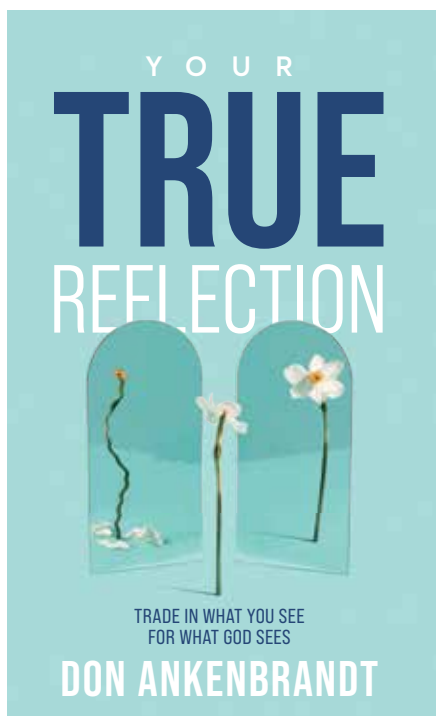
Lee Co. employee Kurt Weems welds a pipe in the new machine workshop at the Lee Co. on Mallory Station Road.

SHELLEY MAVS STAFF



BEST BOOKS

Your True Reflection, Trade in What You See for What God Sees



Have you ever felt “less than”? Are you seeking to discover or further define the unique calling God has for your life? Reading the scripture based blessings and word studies found in Don Ankenbrandt’s new book, *Your True Reflection, Trade in What You See for What God Sees*, could be the game changer you are looking for.

Ankenbrandt founded Alliance Ministries nearly 20 years ago to coach people to discover their unique Kingdom calling, and his book seems to be a clear extension of that. In fact, he says the book came out of his conversations over the years with thousands of people. “I felt like it was time to probably write this,” adding that the concept for the book came some 30 years ago when he took what he calls a “day of solitude” to be with God.

At that point in his life, Ankenbrandt admits he felt God was disappointed in him. “I was very works oriented. I just felt like I always had to perform.” And Ankenbrandt found his performance- less than. “I felt like my quiet times hadn’t been consistent. I had little kids, and I was on the run and I just felt disconnected from God most of the time.” That day Ankenbrandt sat and read the entire New Testament. “I was looking for what disappointed Jesus with his followers, not the Pharisees. And I couldn’t find a lot.”

“The only thing that Jesus kept saying to them is, ‘Don’t you know who I am? Where’s your faith?’ That was the main theme that I found in reading all the Gospels. And then I run into this verse Ephesians 1:3. ‘Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every’- every is the key word- ‘spiritual blessing in the heavenly places in Christ Jesus.’ And I thought, what is that, Lord? What’s a spiritual blessing? So I began to read. There’s over 30 just in the book of Ephesians.”

Ankenbrandt found over 140 different terms in the New Testament that describe the very specific things that God has done for us. “I walked out of that day looking at this long list of terms and going, ‘This is who I am.’” Ankenbrandt chose 60 blessings, 60 biblically based truths about our God-given identity to focus on in his book. Each devotion breaks down the definition of the key word in each of the 60 blessings and then provides a deeper dive into that word as it appears in other parts of Scripture. “I think most people, if they’re honest, would probably say, ‘I think God’s disappointed with me a lot.’ And that’s just not true,” says Ankenbrandt adding, “God loves you and look at what else He thinks of you... That’s the whole point of this book and the study.”

Learn more about *Your True Reflection* and Alliance Ministries at www.alliance-ministries.com.

— Laurie Franklin



Of the sixty devotions/blessings in his book, Ankenbrandt says his favorite is “You have a New Name” based on Revelations 2:17. Scan the QR code to read this sample devotion from the book. The book also has a study guide designed for small groups.

FAITH UNDER FIRE

Choose to Believe or Not to Believe

I often write about faith and the choice that is before us, to either take God at his Word and believe it or not. The Bible offers us a great deal of stories where we see our ancestors’ navigating choices and faced with the same dilemma to believe or not to believe. Life is made up of the choices we make. 2 Kings 6 and 7, presents a graphic illustration.

We pick up the story in 2 Kings 6:25, where a great famine has come to Samaria. To say times were hard is an understatement, they were eating donkey’s heads and dove’s dung. It was so bad that even a woman had boiled a baby and had eaten it. Fast forward to Chapter 7, Elisha the prophet brought good news and told the king that better days were coming. In fact, he said they could expect the very next day to have fine flour and barley and the famine would be over. However, when the king’s right-hand man heard Elisha’s good news, he chose not to believe the man of God. He



doubted the Word of God, and as a result, Elisha informed him that he would in fact see the good things but not be able to enjoy them. His fate ended where he was trampled to death at the gate by the starving people. (2 Kings 7:17)

This is an extreme illustration of unbelief; however, how many times has our own unbelief kept us from experiencing the goodness of God ?

No matter what type of lack we may find ourselves experiencing, trust that God has made a provision. If we look to the scriptures, we will see that God

has always had good things for us because He is good! It all begins with our choice to believe in the Word of God; do we choose to believe or not? God’s Word will be fulfilled with or without the doubters and whether we believe it or not. Choose the winning side., “I have set before you life or death, blessing or curse. Choose life!” Deuteronomy 30:19b

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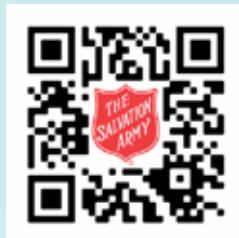


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When is it Ok to Quit?

Most of us are familiar with the adage, winners never quit, and quitters never win. That adage is just the one my Bridges guest wanted to challenge. While she was not a proponent of quitting when things got rough, she also wanted to express that quitting is different from giving up.

Is it Time to Quit?

So exactly when is it okay to quit? How do you know when/if it is time to quit? There is no formula, but there are ways to discover what is best if you are willing to lean in and use wisdom. When you find yourself frequently asking questions like; Why am I doing this? What is the point? Is there more? You may be at a place where you need to identify what is going on and review your options. Asking questions can be a good thing because they may be propelling you to reconsider the status quo and move on to a brand-new season.

She Learned the Hard Way

Additionally, when you find yourself trying to force something that is not a good fit it is usually a good indicator that it is time to quit and move on to something else. My Bridges guest shared that she learned this lesson the hard way. She volunteered

for a fundraising project at one of her children's schools. That is a noble thing, but my guest did like asking people to buy calendars, so every moment of that project was filled with tension. Despite the tension, she continued volunteering year after year because she did not feel good about quitting. Eventually, when the tension hit record heights my guest finally realized that quitting is different than giving up.

As people of faith, it is important to pray and ask God for wisdom when making decisions. His Word lights our path and gives us wisdom on when it is time to quit. Here is a scripture from the book of James that I call the wisdom test. It will help you as you make decisions about when it is time to quit and move on to something more productive. *"But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere."* James 3:17 NLT

As I ask God for wisdom, I also review my decisions through this scripture in James. I ask myself if the decision I am making is; Pure, Peace Loving, Gentle at all Times, Willing to Yield to Others, Full of Mercy, The Fruit of Good Deeds, No Favoritism, Sincere. Running my options through the wisdom

test helps me confirm if what I am thinking lines up with God's Word. For example, if the decision is not pure or gentle then it cannot be God's Will. Whether it is a job, hobby, small group etc. quitting may not always be easy, but it may be in your best interest. It takes faith to quit the status quo and launch into the next venture.

A Bright Next Season

Pray about your decision, review your options, and consult wise counsel. None of us want to quit when God is asking us to stay. But in those times that you are confident that you need to move on – rest in the knowledge that quitting is different from giving up. Sometimes quitting provides the groundwork for a bright next season.

Today's Secret from the Studio: Quitting is different than giving up.

— Monica Schmelter is a Bible teacher and host of the weekly television show *Bridges on CTN*. When she is not in the studio you will find her spending time with family and friends. Sometimes Monica forgets to add attachments to emails, but she does remember to return her cart at the grocery store. You can watch *Bridges* on demand by visiting www.bridgeswithmonica.com



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FAMILY MATTERS

British Swim School of Nashville is Now Enrolling!

Swimming has many benefits and Amy Maloney, British Swim School of Nashville owner believes that everyone should have the opportunity to learn to swim. Being in the open water gives you a sense of peace and freedom. It's not overly hard on the body, provides many health benefits, and can be done at any age. Although her mother was an avid swimmer and saved a young child from drowning in a neighbor's pool, Amy's own father never learned to swim and was uncomfortable around the water his entire life.

After a long career leading software technology companies, Amy's passion for swimming and drowning prevention led her to British Swim School, the premiere learn-to-swim provider for more than 40 years. What resonated deeply with her was the commitment to teaching water safety and survival skills to children as young as three months old to adults. Unfortunately, families haven't had a lot of options for swimming lessons in the Nashville area. Amy is on a mission to make swim lessons available to as many people as possible.

British Swim School of Nashville is now enrolling for swim lessons in MetroCenter and Donelson areas with plans to expand into surrounding areas in the coming months. Lessons are available for children as young as 3 months old up to adults and are based on skill level. What sets British Swim School apart from other swim schools is its emphasis on building water survival techniques and creating a fun and playful environment. Most swim schools teach students to swim to the wall and get themselves out of the pool. At British Swim School, our students learn what to do if they fall into any body of water that may or may not have a wall.



We use gentle teaching methods and a survival-first approach.

Children start with learning how to roll over and float in order to stay safe in the water. Repetition in infants as young as 3 months old builds muscle memory and will allow them to save their own lives. British Swim School's safe, fun, and effective instructional program has made it the preferred choice for parents and students for over 40 years.

British Swim School believes in creating a positive and secure learning environment, ensuring that our students not only acquire essential swimming skills but also develop a lifelong love for the water. Our instructors are second to none and bring fun and expertise like no other. They are energetic, experienced, and passionate about water safety education. With British Swim School's unique teaching approach, every family member receives personalized attention and guidance.

For years, industry experts have emphasized the importance of swimming year-round, not just in the summer months. Staying "swim-ready" throughout the year helps to strengthen muscle memory and survival swim basics and stroke techniques. This is especially critical for children, who typically take longer to remember skills they haven't practiced for a while. Benefits of staying



- "swim-ready" year round:
- Reduces the risk of drowning by 88%.
 - Teaches students to overcome any fear of the water, building confidence as they go.
 - Strengthens muscle memory of survival swim basics and stroke techniques, preparing students for major swim seasons.
 - Provides a balanced form of exercise during cooler months, building muscular, strength, cardiovascular health, endurance, flexibility, and coordination.
 - Teaches collaboration between instructor and student, developing trust and respect for adults.
 - Builds self-confidence for encountering unfamiliar environments, interactions, and activities.
 - Reduces anxiety, improves mental toughness, and releases endorphins into the body.

building muscular, strength, cardiovascular health, endurance, flexibility, and coordination.

- Teaches collaboration between instructor and student, developing trust and respect for adults.
- Builds self-confidence for encountering unfamiliar environments, interactions, and activities.
- Reduces anxiety, improves mental toughness, and releases endorphins into the body.

British Swim School's unique water safety program uses teaching methods that are the trademark of our company. Our instructors are dedicated to teaching water safety techniques in a gentle, fun, but most importantly, highly successful approach. We do not run our lessons according to set courses, but rather to match our students' abilities and comfort level.

For more information about water safety or swim lessons, please visit www.britishswimschool.com/nashville.

— Amy Maloney, Franchise Owner
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— Monica Schmelter, Director of General Managers of the 21
Christian Television Network (CTN) stations nationwide



In Every Generation They Try to Destroy Us

I came home early this morning from special pre-Passover prayers in which it's customary for first born men to take part, recognizing that if God had not liberated the Jewish people from slavery in Egypt 3326 years ago, we might still be enslaved and first born boys would have been murdered, thrown into the Nile river. I am a first born and this year, that reality then, and our reality now, have never been more vivid.

I came into the house to news of a terrorist attack in Jerusalem, following news this week of several other terrorist attacks, and antisemitic riots on the verge of pogroms at Columbia University.

This all takes place in the context of Israel at war since October 7, not just six months of war, but the first time that Israel has been at war during Passover since 1948. This takes place in the wake of the inhuman Hamas massacre of 1200 human beings on October 7, more than 250 kidnapped of whom 133 remain in captivity, and many of those presumed dead. This takes place while the country is still grieving for those murdered on October 7, more than 260 soldiers who have been killed since the ground operation began there, and thousands injured, and families of victims and survivors still grieving. This takes place with Jews across the US and throughout the diaspora experiencing overt and hostile antisemitism at levels not seen since the Holocaust. And this takes place as we begin the first Biblical festival since the massacre which took place on the last day of the last Biblical festival.

While things are relatively quiet at the moment in terms of threats from Hezbollah in Lebanon and Iran itself, which launched the largest attack against Israel using ballistic missiles in history, things are on edge. The operative words are "relatively quiet." On a daily basis, Hezbollah has been firing rockets and drones at Israeli communities, several times a day. As I am writing, the red Alert app on my phone sounded, reporting attacks on five Israeli communities, one of which was "successfully" hit by a Hezbollah weapon this week, injuring more than a dozen and killing one. This is the norm with which we are beginning our Festival of Freedom.

There have been many commentaries about how this Passover is different from all other Passovers, taking off on the question asked during all traditional Passover seders, "why is this night different from all other nights." This is the cornerstone of explaining the Exodus story and how and why we celebrate as we do. This year, Passover will be different from all other Passovers in our lifetime. It's something I discussed in the recent Inspiration from Zion podcast, however just scratching the surface.

This year, we will leave an empty seat at our seder table in solidarity with those who are not with us this year, nearly 1500 dead and 133 hostages still in captivity in Gaza. It's reminiscent of something done for years at the height of the movement to free Jews from the Soviet Union in the 1970s and 1980s. There's a special prayer for the hostages from Israel's Chief Rabbi that we'll recite at the Seder (abbreviated here) as well:

"May it be the will of our Father in Heaven who took His nation Israel out of Egypt, that he should bless and save our brothers and sisters the hostages...



Strengthen their souls and faith, protect them from all harm and sickness... and send them a speedy redemption... from captivity to freedom, returning them safely to their families and homes." (Please feel free to contact me for a full PDF edition.)

The tradition is that we are to experience the Seder as if we were slaves experiencing redemption. The generation of Jewish slaves experienced the 10 Plagues and God's might. This year we have also experienced miracles, despite the suffering and threats. Most recently was the shooting down of 99% of the hundreds of Iranian ballistic and cruise missiles, and suicide drones. Israel's response was targeted and unintercepted, indicating that it has the ability to hit any Iranian target, at any time. These are nothing short of miraculous.

Another pillar of the Seder is recitation of the statement, often sung, that "For not only one (enemy) has risen up against us to destroy us, but in every generation, they rise up to destroy us. But the Holy One, Blessed be He, delivers us from their hands." Israel

and the Jewish people have experienced this literally in every generation, but none more so than now.

It's traditional to drink four cups of wine, each with its own unique symbolism. However it's also traditional to spill off a drop of wine for each of the 10 Plagues, reducing our joy by recognizing that average Egyptians suffered. In my conversation with Rabbi Ken Spiro, we wondered whether the generation of the Exodus which had experienced the suffering of slavery in Egypt, reprimanded by God for celebrating the drowning of the Egyptian army in the Sea, were wrong. This year, with the horrors of October 7 still fresh, it will be harder to do so as well, albeit knowing that Israel has gone above and beyond to reduce civilian casualties, even while the terrorists are embedded among and hiding behind them.

As we go into Passover 2024, the threats are real, and for many of us, it is scary. Friends are recounting which of their children are being called back up into reserves as we feel a sense that renewed combat against Hamas in Gaza, and possibly against Hezbollah in Lebanon, is imminent. Despite how real the threats are, our faith remains strong.

In the Exodus, God showed his might to the biggest and strongest nation on earth at the time. Today, Israel is ridiculed and beleaguered and attacked by enemies near and far. It's a fearful yet joyous season, experiencing Passover as we never have in our lifetime.

— 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 been blessed by the calling to fellowship with Christian supporters of Israel and shares experiences of living as an Orthodox Jew in Israel. He writes regularly for a variety of prominent Christian and conservative publications and websites and is the host of Inspiration from Zion, a popular webinar series and podcast. He can be reached at firstpersonisrael@gmail.com.



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Susan Binkley

Blue Monarch: Moms Learning to be Moms



What God Can Do with the Willing

They come. Hopeless. Skeptical. Worthless. Angry. Lost.

They progress. Anxious. Realization opening pain. Newness bringing fear. Giving up a temptation.

They approach graduation. Hopeful. Uncertain. Excited. Valued. Unfamiliar success bringing fear. Self-sabotage an option.

Susan Binkley and Blue Monarch

Developing a recovery program cold, Susan Binkley, a professional artist from a horse-farm world, had no idea what she was doing. No social work training. No experience. No clear plan except what came from a vivid but confusing dream and an unexpected, three-hour business plan. No experience with that either. Years separated these stages in God's process.

Who in her right mind would tackle such a God-sized assignment? Not a woman whose theory was "never look God in the eye. He might send me to Africa. Watching missionaries from my young perspective, I decided that was about as bad as it could get. I grew up in church, playing piano for youth and for our choir. However, I went away to college and learned I didn't have to do any of that any more, so I drifted. For a long time. I didn't really have a sense of what a personal relationship with God meant; I feared God but not in a healthy way. Throughout the years, that all changed as God brought me into the path of what would become Blue Monarch and His miracles.

Who, indeed, tackles such a God-sized assign-

ment? A woman in God's path. A woman ultimately willing to put her yes on God's table. A woman willing to step out—though it be with reluctant, faltering steps—to take His assignment and learn by His doing. (It sounds a bit like the Moses story to me.)

Founded by Susan Binkley, Blue Monarch is a Christian residential recovery program for women and their children overcoming the horror of abuse and addiction. It's a long-term, residential and therapeutic community located in Coffee County, Tennessee. Blue Monarch has gained a reputation for providing a robust learning platform for women to become better parents, with one goal being regaining custody and restoring relationships with their children.

On-site counseling (or off-site when needed), daily spiritual development, coaching hands-on parenting, and a rich children's program have devel-



Blue Monarch has gained a reputation for providing a robust learning platform for women to become better parents, with one goal being regaining custody and restoring relationships with their children.

oped Blue Monarch into a unique, life-changing opportunity—not only for the courageous women who come, but also for every precious child who crosses the threshold.

Blue Monarch provides priceless opportunities for women to trade generations of addiction and abuse—often having been taught to use drugs by a parent or grandparent and sometimes being pimped out to support the parent's drug habit—for healthier, happier lives. "A major part of the healing process is developing a personal relationship with God and effectively becoming healthier parents to their children, some of whom they haven't seen in months or even years. Blue

Monarch focuses on teaching moms to parent sober—when they haven't had moms in that role in their lives—which is part of what makes Blue Monarch unique. We strive to break the cycle. We like to say we rewrite the family tree."

Since 2003 the Blue Monarch campus has grown from 50 acres and three homes to 108 acres and 14 houses. Binkley's husband, Clay, has been a great sport because Blue Monarch was not part of the deal when they got married. While he has always been supportive, he now manages the whole farm and all the houses and oversees all the maintenance at Blue Monarch.

Previously a bed and breakfast, the property came completely furnished and provided everything needed to immediately begin serving women and children looking for a new start. "Our unique focus on the child's recovery and effective parenting puts



Women like Courtnesha, here with her son Zeke, are taught the love of Jesus and how to create a better life for herself at Blue Monarch.

us in high demand, making it difficult not being able to meet the tremendous need out there,” explains Binkley. However, twenty years later, the donor-based, debt-free, no-government-assistance campus is expanding into a two story 24,000 square foot building, freeing up existing facilities for more residents. Expansion plans include a multipurpose building, an on-site daycare, and a commercial granola kitchen with larger capacity and greater truck access. Ground breaking began mid-March 2024. Excitement is palpable—excitement bathed in prayer!

Binkley says that Blue Monarch has saved the state of Tennessee approximately \$176 million by housing women who otherwise would have been incarcerated and their children placed in foster care—a great value to the state. Again, prayers of thanksgiving for God’s mercy, the God who provides (Genesis 22:14), abound. “One of our greatest challenges is that we are located out in the middle of nowhere between two cities that don’t really consider us local even though we take women and children off their streets. So, fundraising has always required lots of creativity and out-of-the-box approaches. I really can’t stand to do anything ordinary—so our entire campus is colorful, fun, and creative, even including animals and gardening. All of recovery doesn’t have to be dreadful.” Through her office window, Susan watches the kids playing in the treehouse. She smiles with gratitude.

“Women must be away from potentially violent situations for 30 days before they can come to Blue

Monarch, and there is an admissions process that determines if the applicant is serious about turning her life around. “Because of what these women have endured in the past, living in poverty (even in their car), incarceration, and various types of treatment centers—they are shocked when they come to Blue Monarch and often cry when they see how beautiful it is.”

Out of the Blue Granola Opportunities

“At one point of the healing process, women are given the opportunity to work in the on-site granola business. The granola is hand-turned multiple times for optimal flavor and texture using local wildflower honey. Residents learn valuable skills on-site and earn income, allowing them to get a head start on their independence. As a marketing tool, a single

bag of granola, for example, has evolved into six-figure support for this non-profit healing and restoration entity.”

The bags of all-natural granola, each packed with a small card bearing a photo of a resident and a bit of her story, are sold at various stores and restaurants in several states, on line, at Whole Foods, and more recently at Publix, and the Pick Tennessee Products displays at various locations. These

employment opportunities and business experiences are carefully integrated into the learning and healing of Blue Monarch residents. The business produces approximately 20,000 pounds of granola a year, but that number is rapidly increasing—hence the dire need for the commercial granola kitchen with truck access. In Nashville, Out of the Blue Granola is also sold in such locations as Turnip Truck, the Sunshine Shop, and Produce Place. Families giving gift bags for wedding favors often provide others across the country occasion to support Blue Monarch women because of that little card packed inside each bag.

“The pride the women hold because of their granola jobs is ‘very moving.’ Even though they most likely could make more money on the streets selling drugs, they are excited about their paychecks and are proud to show their children what they are doing to support their family. “The granola is a win—win—win—and win!”

Blue Monarch Children. “Severe trauma and sexual abuse have increased exponentially during



The bags of all-natural granola, each packed with a small card bearing a photo of a resident and a bit of her story, are sold at various stores and restaurants in several states, on line, at Whole Foods, and more recently at Publix.

and after the pandemic; I have been especially disheartened by the dramatic increase in abused children. So, we have developed a stronger children’s program to more effectively address these issues. We focus just as much on the child’s recovery as the mother’s.”

In September of 2014, Blue Monarch established the Proverbs 22:6 Children’s Program, dedicated to providing the richest experience possible by focusing on specific needs of every child, including regular assessments, tutoring, mentoring, age-appropriate counseling, and how to be a child. They need to learn how to be children rather than being the parent figure in the home. They learn to play hide ‘n seek, draw on our sidewalks with colored chalk, climb on the treehouse, and play with the chickens and goats.

“Children often come here from extremely traumatic or unsafe conditions and may never have had the stability of an available grown-up. Blue Monarch strives to create stability and normalcy for our children and hopefully gives each child what may have been missed. Here, children learn that people pray for them and encourage them along the way as they develop communication skills, a sense of gratitude, and how to trust.”

“We have many organizations reaching out from many places, even as far as Canadian facilities, wanting to learn the methods we’ve developed” says Binkley. “We’d like to complete this master plan and become a training center to help others serve families in the same way and experience the same tremendous outcomes.” Since 2003 Blue Monarch has served nearly 1,000 women and over 350 children who have been reunited with their mothers. The statistic that makes Binkley the most excited is “seeing miracles that only God can orchestrate.”



The Proverbs 22:6 Children’s Program, dedicated to providing the richest experience possible by focusing on specific needs of every child, including regular assessments, tutoring, mentoring, and age-appropriate counseling.

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From My Front Row Seat

From My Front Row Seat, A Collection of Stories from My Time Working Alongside Women in Recovery is a collection of popular blog posts in which Binkley weaves an intricate tapestry of candid Blue Monarch life—as seen through her eyes—combined with her colorful life experiences. Binkley’s stories are filled with complicated realities of recovery, tragedies of generational abuse and addiction—and nowadays increasingly devastating witchcraft—along with general life struggles. Her voice is raw and authentic. As a degreed, professional artist and seasoned entrepreneur (former owner of The Blue Chair) with no education or experience in social work, Binkley continues to use her creativity and out-of-the-box problem solving to develop one of the most unique and effective long-term recovery programs in the country. “Like the title of my book, I feel that God has



From My Front Row Seat quickly reached No. 1 bestseller status on Amazon in two categories, Inspirational Christianity and Christian Missions and Missionary Work. It is available in several formats on Amazon and in paperback on Blue Monarch’s website as well as select local outlets.

given me a front row seat to the greatest show on earth. Putting this book together forced me to think about what’s happened here, and it’s overwhelming to think about the lives that have been changed. I’ve had a lot of different jobs over the years and can look back and see how each one helped me do what we’re doing here now. I often grieve over participants in my audiences who speak of feeling called to do something that they didn’t do. I grieve over what they and others may have missed out on. In God’s timing, however, it’s never too late. “The publication timing of Front Row Seat turned out perfectly because the book was released just four days before our twentieth anniversary. Looking back, it would have been great if I’d just planned it that way!

“I want the book to show that people can truly be healed of addiction and that they don’t have to white-knuckle their recovery the rest of their lives. We really want to change the way this country

treats addiction. We know this is possible because we see it happen; we get to see God in action in miracles. “Through the book, I also want to honor the journeys of the women here; I want to give hope for people who have similar struggles; I want people to see that miracles do indeed still happen; and that there is tremendous power in prayer.”

Drawn from life at the Blue Monarch and personal experiences, *From My Front Row Seat* is a great example of how God uses imperfect and even reluctant people to do His work.

For further information about Blue Monarch, visit www.blumonarch.org or call 931-924-8900.

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



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PhD (Laser physics)

BASED ON THE INSPIRING BOOK BY DR. MING WANG

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The Silent Intruder: How Mold Affects Your Health

In the quiet corners of our homes, mold often lurks unnoticed, a silent intruder that can have profound effects on our health. While it may seem innocuous at first glance, mold carries with it a host of health risks, especially when left unchecked. In this comprehensive exploration, we'll delve into the various ways mold can impact our health and provide actionable steps to mitigate its effects, ensuring safer and healthier living environments for all.

Understanding Mold:

Mold, a type of fungus, thrives in warm, damp environments, making our homes an ideal breeding ground. It reproduces by releasing tiny spores into the air, which can settle and grow on surfaces if conditions are favorable. While mold plays a vital role in breaking down organic matter in the environment, its presence indoors can lead to a myriad of health issues.

Health Effects of Mold:

Exposure to mold can manifest in various health problems, ranging from mild allergic reactions to more severe respiratory and neurological disorders. Here are some of the common health effects associated with mold exposure:

Respiratory Issues: Mold spores can trigger allergic reactions and exacerbate symptoms in individuals with pre-existing respiratory conditions such as asthma or chronic bronchitis. Symptoms may include coughing, wheezing, chest tightness, and shortness of breath.

Allergic Reactions: Mold is a potent allergen, capable of inducing allergic reactions in susceptible individuals. Symptoms may include sneezing, runny or congested nose, itchy eyes, and skin irritation.

Infections: Certain types of mold, such as black mold (*Stachybotrys chartarum*), produce mycotoxins that can cause infections when inhaled or ingested. These infections can affect the respiratory system, skin, or internal organs, posing serious health risks.

Neurological Symptoms: Prolonged exposure to mold toxins has been linked to neurological symptoms such as headaches, difficulty concentrating, memory loss, and fatigue. While the exact mechanisms are still being studied, the neurotoxic effects of mold toxins are a cause for concern.

Immunological Effects: Mold exposure can suppress the immune system, making individuals more susceptible to infections and other illnesses. This can have far-reaching consequences, particu-



larly for immunocompromised individuals who are already at higher risk.

Preventing Mold Exposure

Prevention is key when it comes to mitigating the health risks associated with mold exposure. By taking proactive measures to prevent mold growth and minimize exposure, we can create safer indoor environments for ourselves and our families.

Here are some effective strategies:

Maintain Optimal Humidity Levels: Keep indoor humidity levels below 60% to discourage mold growth. Use dehumidifiers in areas prone to mois-



ture buildup, such as bathrooms, basements, and kitchens.

Address Water Leaks Promptly: Repair any leaks in plumbing, roofs, or windows as soon as they are detected. Moisture from leaks can create ideal conditions for mold growth if left unchecked.

Improve Ventilation: Ensure proper ventilation in bathrooms, kitchens, and laundry rooms to allow moisture to escape. Use exhaust fans or open windows when cooking, showering, or doing laundry.

Use Mold-Resistant Materials: When renovating or building, opt for mold-resistant materials such as mold-resistant drywall, paints, and insulation. These materials are designed to inhibit mold growth, reducing the likelihood of infestations.

Clean and Dry Affected Areas: If mold does develop, clean and dry the affected areas promptly using appropriate cleaning solutions and techniques. Ensure thorough drying to prevent mold from returning.

Long-Term Health Risks:

While the immediate health effects of mold exposure are concerning, long-term exposure can pose even greater risks. Chronic exposure to mold has been linked to the development of serious health conditions such as respiratory diseases, asthma, pulmonary fibrosis, immune system dysfunction, and neurological disorders. Vulnerable populations such as children, the elderly, and immunocompromised individuals are particularly at risk and should take extra precautions to minimize exposure.

The Bottom Line

Mold may be a silent intruder, but its impact on our health is anything but silent. By understanding the health effects of mold exposure and implementing preventive measures, we can create healthier indoor environments for ourselves and our loved ones. From maintaining optimal humidity levels to promptly addressing water leaks, every step taken toward mold prevention is a step toward better health and well-being. At Frontier Foundation & Crawl Space Repair, we can stop the source of mold: water. Contact us today for a free, no-obligation inspection and estimate!

— Hannah Moulton, Content Marketing Specialist
www.trustfrontier.com

PARENT WITH PURPOSE

8 Ways to Teach Kindness to your Child

A mom grieved after her son told her he'd been bullied. After much prayer, she invited the bully over. To her surprise, both boys laughed and enjoyed each other's company. Like this mom, we can foster kindness in our homes.

Encourage discussions. The news will discourage us and pull you down, but keep kindness at the forefront of your family's conversations. Point out when someone shows kindheartedness. Recall heartfelt stories of generosity from the news.

Implement a kindness day. Encourage each family member to decide which cantankerous individual you choose to be kind to this week. Put the kindness into action and share the results. Remind your children to stay patient if they are still waiting to see a change.

Nudge each other when you see a need. We all need help seeing others' needs. Watch for ways to serve others as you walk or drive around the neighborhood. An older adult may need someone to talk to or to pick up branches from the yard, or a new neighbor may need a friend. Stay alert to others' needs.

Be kind to your family first. Be intentional

in your words, actions, and thoughts of those in your family. Guard your comments about your spouse. Try it seven days in a row. Ask for God's help when kindness dissolves. Pray that each heart in your family will grow tender towards each other. Kindness begins at home and with your family.

Nix the negative comments

about others. Catch your family members and yourself speaking down or sarcastically about others. Graciously guide your child to think of something kind to say about another. Allow them to remind you of the same.

Educate your child on Jesus's example. Jesus told about the good Samaritan (Luke 10:30-37) who helped an injured man while others ignored him. Jesus touched the diseased, visited those in prison, and invited the outcasts. How could you introduce your child to appropriate actions of kindness?

Start small. "No act of kindness, no matter how small, is ever wasted," Aesop said. Start simple



and small. Model talking to the clerk at the fast food restaurant, opening the door for the person behind you, inviting a single person or widow to your dinner, or baking cookies and delivering them to the new neighbors. You're showing your kids how to sow kindness.

Summon superpowers. Shaunti Feldhahn said in her book

The Kindness Challenge, "It is only when you are actively kind to someone who is not kind to you that you see the true power of Christ-like kindness." We may muster kindness for a moment or a day, but genuine, transforming, and long-lasting compassion is of the Spirit. Pray for your child to bear the fruit of kindness in abundance.

That kindness is what our neighborhoods need.

— Sally is an award-winning writer and author of "The Dance of Easter." Connect with her on Instagram or Facebook, or read more at www.sallycressman.com.

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Daily Christian Reminder: Have You Put On Your H. A. T.?

Men, have you ever lied to your wife? I did, it happened twice in quick succession, and it made me feel uncomfortable. The first time, she was waiting for me to meet her for dinner and called to ask if I was nearby. I told her I was at the exit where the restaurant was located, but that wasn't true. I was actually three minutes away from that exit. I was caught off guard and chose to lie to avoid any confrontation or disappointment. It seemed harmless, but it didn't feel right.



The second time I lied was about a smoothie. My wife has a specific list of ingredients she likes in her smoothies, and I assured her I had included everything. But I knew that wasn't true; I had left out at least one ingredient. I figured it was a minor detail, but the Holy Spirit had a different perspective.

These may not seem like big lies, but they are still lies, and the Holy Spirit made me aware of it. He revealed to me that these seemingly small lies can chip away at my integrity and ultimately lead to bigger lies. If I start justifying "little white lies," it undermines the trust that I claim to have and that others place in me.

This experience reminded me of the importance of humility, authenticity, and truthfulness, which I call "putting on the H.A.T." As Christians, we are encouraged to adopt these virtues as foundational practices in our daily lives.

Humility is the key to living a life that honors Jesus Christ. The Apostle Peter instructs us to "humble [ourselves] under God's mighty hand" (1 Peter 5:6), and he also notes that "God opposes the proud but shows favor to the humble" (1 Peter 5:5). Humility means recognizing that we don't have all the answers and are dependent on God's guidance. It helps us keep our pride in check and fosters a genuine attitude toward others.

Authenticity naturally flows from humility. Jesus set the ultimate example of humility when He "humbled himself by becoming obedient to death, even death on a cross" (Philippians 2:8). The dictionary defines authenticity as "conforming to an original to reproduce essential features." In Christian terms, that means becoming more like Jesus, conforming to His image, and letting His truth guide our actions. We can only be truly authentic when we humble ourselves before God.

Truthfulness is the fruit of humility and authenticity. When we live with these virtues, being truthful becomes a natural outcome. Jesus embodied truth, and He would never lie about something as trivial as how far away He was from

a restaurant or whether a smoothie had all the ingredients. Truthfulness should be our standard, and it should permeate everything we do and say.

There's an opposite reality if you're not wearing your H.A.T. If you're not humble, you're prideful. If you're not authentic, you're counterfeit. If you're not truthful, you're a liar. This stark contrast makes it clear that failing to live by these virtues can have serious consequences. Prideful, counterfeit liars cannot truly follow Jesus Christ.

My wife was upset when I confessed the truth about the smoothie. It wasn't just the

lie; it was the principle that I would compromise my integrity over something so trivial. I was embarrassed and knew I had to make it right. I fixed the smoothie the way it should have been in the first place, but more importantly, I had to work on rebuilding the trust I had eroded. The Holy Spirit convicted me to examine my heart and recognize the dangers of small lies.

These experiences taught me a valuable lesson. It's not just about repairing a small mistake or fixing a smoothie; it's about addressing the heart of the issue—the willingness to deceive, even in seemingly minor ways. If I can excuse a small lie, what's stopping me from allowing bigger deceptions? It's a slippery slope, one that can lead us far away from the truth and ultimately from God. That's why wearing the H.A.T. isn't just about a daily ritual—it's about embracing a mindset and lifestyle that keeps us on the path of righteousness.

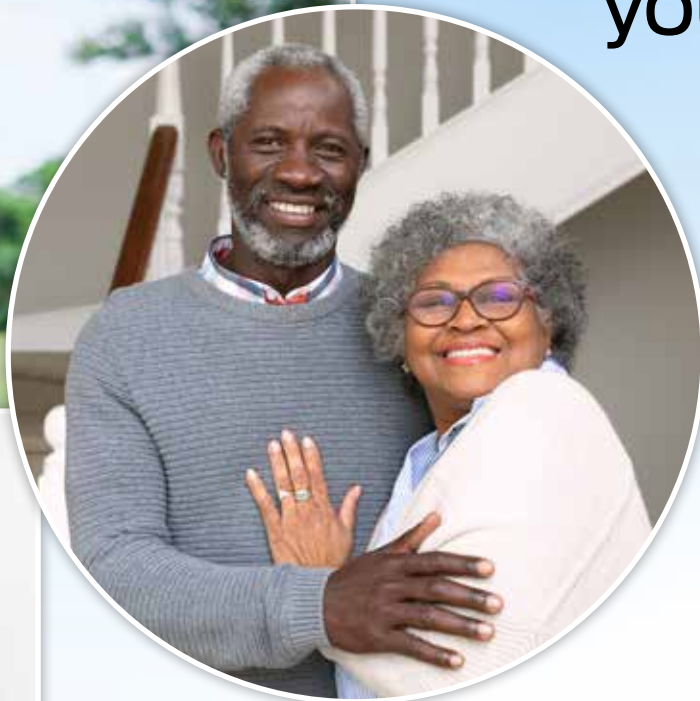
Each day offers a new opportunity to choose truth, to choose humility, and to live authentically. So, have you remembered to wear your H.A.T. today? If not, I encourage you to confess, repent, and put on humility, authenticity, and truthfulness. It's a daily practice that leads to a more fulfilling and God-honoring life. These virtues bring joy and peace, knowing you're living in a way that reflects the teachings of Jesus. If you take this step, you'll find that it changes your life and those around you for the better.



— Mark W. Koch is an Author, inspirational speaker, and Hollywood Film Producer. To order a Free Copy of, "The First Hour" for Men 30-Day Journey, Visit www.the-firsthour.com and use promo code NCF



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Rescue 1 Global: Mobilizing the Church to Fight Human Trafficking

According to the US Department of Justice, human trafficking is defined as “a crime that involves compelling or coercing a person to provide labor or services, or to engage in commercial sex acts. The coercion can be subtle or overt, physical or psychological. Exploitation of a minor for commercial sex is human trafficking, regardless of whether any form of force, fraud, or coercion was used.” Human trafficking happens across all races, national origins, creeds, cultures, socioeconomic statuses, and, yes, even religions.

Now, more than ever, it is important to have the full support and mobilization of churches and congregations across all denominations because the lost and sleeping need the full transformative and transfiguring restoration that is brought by the redemptive love of Jesus Christ.

Rescue 1 Global’s mission is to mobilize everyday people to counter human trafficking and provide holistic restoration. The starting point to mobilize everyday people is to shine a light on the epidemic of human trafficking. We educate communities through our Human Trafficking 101 events held at churches, Sunday School classes, conferences, and other various civic and paraprofessional groups. Rescue 1 provides resources, training on the inner workings of human trafficking, and identification of human trafficking victims, as well as what to do when human trafficking has been identified.

In addition, we provide age-appropriate education and awareness to vulnerable populations, such as children, teens, and women. Rescue 1 believes that it is important for these populations to be able to protect themselves from the easily disguisable predators that lurk about on the internet, social media, gaming apps, and dating apps.

Rescue One Sundays are designed to engage your whole church to “Set the Captives Free.” By giving us one Sunday on your calendar, thousands of captives could be set free, locally and globally. We know that planning Sundays can be overwhelming at times; so we created a packet to make this journey as easy as possible! Within the booklet, you will find the steps to hosting a Rescue One Sunday. You can customize the event to fit your congregation best. We have included creative ideas and suggestions for your church to consider. Ultimately, your Rescue One Sunday is exactly that... yours. You get to decide what this day will look like, and we will do our best to help you make it



happen. Ultimately, our goal is for each individual to learn how they can be Freedom Ambassador, one person at a time.

The age-old adage that “an ounce of prevention is worth a pound of cure” couldn’t be more true. The Prevention of ONE victim today is one of the most important factors in our line of defense against human trafficking in the future. Prevention is the second point of mobilization with Rescue 1 Global. We train your group on how to do outreach in your local community, serving the vulnerable and lost through hot meals and discipleship, while taking the church outside of the pews and church building.

With trained staff and missionaries, Rescue 1 Global provides 24/7 crisis intervention. Our advocates will respond to law enforcement or other partner agencies to begin the next steps process with a survivor. We also provide screening and assessment of individuals suspected by law enforcement or other organizations/individuals for possession, prostitution, domestic violence, or other trafficking related crimes. We offer assessment and resources for incarcerated females, runaway children, and families

struggling with their child’s behaviors. Trained advocates offer emotional support, victims’ rights information, resources, housing, addiction services, medical, therapy, etc. We accompany victims through criminal justice proceedings, and we partner with organizations, such as criminal justice or social service agencies, to get resources for the victims we serve.



Lastly, Rescue 1 Global provides restoration to survivors of human trafficking who need a community of support in order to heal. We work with each survivor to meet their individual basic needs, urgent care, and provide non-residential services, as well as safe shelter. We have opportunities for everyday people to provide mentoring and life-skills training to prevent recidivism into human trafficking.

As a parachurch ministry, Rescue 1 Global exists to expand and supplement the church and her work. Rescue 1’s strategic ministries to the most vulnerable and most ignored is vital to the work and ministry of the church. We equip and encourage the church to fight human trafficking and empower the lives of those in their community and surrounding areas to be free from enslavement and captivity - spiritually, physically, socially, and emotionally. Proverbs 31:8-9

says, “Speak up for those who cannot speak for themselves; ensure justice for those being crushed. Yes, speak up for the poor and helpless, and see that they get justice.” Support freedom, and her voice, as a Freedom Partner at www.rescue1global.org.

— Amanda Salter, Vice President of Business, Rescue 1 Global





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HEALTHY LIVING

Making Health Simple this Summer

The human body. What an amazing creation. It is arguably the most complex of all God's creations. It was created for a purpose. Our body was created for us to do everything that God has called us to do. Health nowadays seems to lead to the opposite conclusion. It can seem like people's physical bodies hold them back from what they are trying to do. Is it because our bodies were made in such a way by God that they hold us back from what he has called us? Or are we just not stewarding what God has given us and as a result we are holding ourselves back? I believe the answer is the latter.

So, what has happened to our health? It seems so complicated in today's world. The truth is, it has been. Why? A big reason that health has been made so complicated is because the health industry wants to make MONEY off of people any way they can. That's why there is always a new program or plan to buy... I'm not saying that everyone in the industry is like that and I am most certainly not against making a decent living. But not at the expense of the consumer. This is not right. That is why I started a company whose mission is to make health uncomplicated for people.

How can health be made simple for me? Good question. I'm not saying that it's easy and that things won't have to change, but everyone can live a healthy and balanced lifestyle with some simple habit changes. Health is a process. This is why these extreme diets don't work. They expect you to go from unhealthy to healthy overnight; and most of the time it's for the wrong reasons. It cuts out the process of renewing your mind and learning new habits that you can sustain. We must treat health as a process.



Practically this seems impossible. I'm here to tell you that it can be very practical indeed. One of the first questions to ask is "What is God calling me to in this season, and how can I be available and able for that?". Once you nail down that

question you can work backward from there asking questions like "How do I eat, move, and rest to be able to do those things that God has called me to?". This is a little different for everyone, but I will sum it up very simply in one sentence as I don't have time in this article to go into the detail specifically for you individually. You must eat whole foods (in the right amounts and at the right times), you must put healthy stress on your body (by doing resistance training and cardio), and you must rest (by getting 8-9 hours of sleep and having rest days). If you do these three things you will have started the process of going from Glory to Glory for a lifetime.

— Ashton Tate, Founder, Glory to Glory Fitness
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Kitchen Cleaning Tips & Tricks

Keeping a kitchen clean and organized is difficult, but a few tricks from the cleaning pros at Molly Maid® make the challenge easier. We pride ourselves on delivering the most thorough and efficient cleaning methods, and our kitchen cleaning routine is a prime example. Unfortunately, we don't have room to explain all of our cleaning tips and tricks, but we can share some kitchen cleaning tips that will help you learn how to clean a kitchen like the pros do. Here are a few field-tested ways to tackle some of the more challenging kitchen cleaning chores.



Keep Your Garbage Disposal Smelling Fresh

Your garbage disposal works hard to handle all the food scraps you throw into it. However, it also provides the ideal environment for bacteria, mold, and other contaminants to thrive. Here's a quick and simple kitchen cleaning tip to keep your garbage disposal odor-free and running smoothly. All you need is baking soda, white vinegar, and a lemon. Just follow these simple steps.

- Pour two cups of baking soda down the garbage disposal.
- Add one cup of distilled white vinegar and let the concoction sit for an hour.
- Turn the garbage disposal on and run cold water down the drain for about a minute.
- Cut a lemon in fourths and put them into the garbage disposal.
- Let the disposal grind the lemon while running cold water.

The combination of baking soda, vinegar, and lemons deodorizes and cleans to prevent odors from returning. Make this a part of your bi-weekly kitchen routine and avoid putting stringy vegetables, coffee grounds, pasta, and grease down the drain, and your disposal will continue to smell fresh. If you still smell a foul odor in the kitchen, check your kitchen trash can. Here are some kitchen trash can cleaning tips.

Keep Your Kitchen Sink Smelling Sweet

Even without the added odor-causing bacteria and other smelly stuff created by your disposal, the kitchen sink can get stinky. If your sink and kitchen drain emit a lingering odor, it could be caused by bacteria growth, mildew, mold, and buildup. The good news is you can use the same ingredients used to deodorize and clean the garbage disposal for your sink. Here are the steps to follow:

- Spray the sink to dampen it and wash any remaining debris down the drain.
- Cover the inside of the sink with a baking soda paste, then pour a cup down the drain.
- Pour one cup of distilled white vinegar down the drain.
- While the vinegar and baking soda deodorize and break down buildup, tackle the sink.
- Cut a lemon in half and squeeze the juice all over the baking soda on the sink.
- Let the cleaner and deodorizer work their magic, and rinse the sink with hot water.

As with your garbage disposal, make this a part of your bi-weekly kitchen cleaning routine. If this kitchen cleaning tip doesn't remedy the odor, it could be coming from somewhere nearby. If the kitchen sink and drain still smell and the water takes longer to drain than it used to, you may have a clogged sewer vent. If this is your situation, you may want to consult a local plumber.

Rejuvenate Old Baking Sheets

Unless it's stoneware, that patina dulling your baking sheets isn't helping them out. If aluminum and other metal baking sheets aren't

cleaned often enough or correctly, they can get ugly. But you can rejuvenate baking sheets with safe but effective cleaners and have them looking new again.

Here's what you need:

- Baking soda
- Hydrogen peroxide
- Plastic gloves
- Plastic scraper
- Soapy water

Here's how to do it:

- Put on the plastic gloves to protect your skin.
- Cover the inside of the baking pan with baking soda.
- Sprinkle hydrogen peroxide onto the baking soda until it's all dampened.
- Let the hydrogen peroxide and baking soda down the buildup overnight.
- Use the plastic scraper to scrape the paste into the trash.
- Wash the pan in hot soapy water with a nylon scrubber, rinse, and let it air dry.



Like what you see? You can also use this kitchen cleaning tip to clean pots, lids, and other cookware. Even greasy buildup on range hoods can be removed with this method

Call the experts at Molly Maid today to schedule an appointment at 615-794-0200 or 615-603-3766, today

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— Daron and Maricela Farrar



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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.



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SPECIAL FEATURE

Faith and Family Film Industry Increases in Middle Tennessee

The faith and family film industry is experiencing a significant shift towards Middle Tennessee, which many in the entertainment field are hailing as the new epicenter for such productions. A prime example is the recent success of "Unsung Hero," a poignant tale of resilience in a family, set in Nashville, crafted by the Kingdom Story Company in Franklin, TN.

Amidst a landscape where mainstream media often injects controversial messages into their content, there is a refreshing emergence of companies committed to producing movies with uplifting themes and positive messages. These films, devoid of any "woke agenda," provide a welcome alternative for families and individuals seeking wholesome entertainment. It's crucial for those who share this preference to actively support faith-based and family-oriented films, thus encouraging their continued production.

Furthermore, Tennessee is not only witnessing the creation of quality projects but also prioritizing the education and development of young filmmakers. Through initiatives like Christian Film Festivals that have been brought here, aspiring filmmakers have the opportunity to learn from seasoned

industry professionals, refine their skills, and showcase their talent. These festivals serve as invaluable platforms and gatherings for nurturing new talent and fostering a sense of community within the industry.

In a notable development, seasoned executives with decades of experience from the film and television sector are spearheading a groundbreaking event here in Tennessee this summer. The Christian Charity Film Festival stands out as a unique and highly impactful endeavor that filmmakers worldwide would be proud to participate in. With expertise spanning legal, production, writing, and scoring, alongside insights from Hollywood blockbusters shared through masterclasses taught by industry giants, this festival offers unparalleled learning and networking opportunities.

What sets this festival apart is its collaboration with biblically-based charities to produce short films that spotlight the stories of these organizations. This innovative approach not only adds depth to the filmmaking process but also provides charities with a powerful tool to share their



mission and impact. By creating films that resonate beyond mere entertainment, participants contribute to a greater cause, enriching both the

filmmaking community and society at large. The shorts have lasting value in our communities.

For those interested in joining this transformative event, visit www.christiancharityfilmfestival.com for more information and registration. The festival will take place at Brentwood Baptist Church in Brentwood, TN, on August 2nd and 3rd. Filmmakers are encouraged to connect with a charity and collaborate on producing a short film, while charities can seek out filmmaking teams to create a compelling narrative about their work. Sponsors are still being sought to help keep costs down for the attendees. Go to the website today, sign up for producing a film, for coming to the event or sponsoring the event.

— Michael Carnes

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(from left) Jim Daly, Chuck Swindoll, Anne Graham Lotz, Colin Smith, Alistair Begg, Adrian Rogers, Tony Evans, Charles Stanley, Janet Mefferd, Richard Hamlet, Michael Youssef, Robert Jeffress And Many More!

A Bouquet of Mothers

Mothers come in different shapes and sizes, ages and attributes, roles and relationships.

As we look toward Mother's Day, may we say thank you to all the women who have helped mother children and adults throughout their lifetime...

Biological moms: Thank you to the moms who carried your baby and sacrificed so much for your child's wellbeing. Morning sickness, exhaustion and the experience of childbirth! Then there are the late nights, and the long days of taking care of the millions of moments a newborn needs as well as the unexplainable joy of simply holding and cuddling your baby.

Grandmoms: Thank you to the grandmoms who bring generational wisdom and faith to a child's experience. For the summer vacations and garage sales and the sharing of historical information. Thank you for the legacy of love you give to children, that they carry on into their lives.

Stepmoms (Bonus Moms): Thank you to the women who marry into a family and take on the love and nurture of children that you did not create. Your kindness, patience and love are priceless

gifts to kids as they grow up in a blended family. For all the times you don't hear "thank you" I offer thanks!

Single Moms: Thank you to the moms who are working hard and sometimes carry more than your share of the load. Your children will thank you as they grow up and remember what a tenacious mother they had, how she modeled a strong work ethic and still showed up to all the school events and award shows.

Aunt Moms: We celebrate the women who have come alongside their family and invested time and nurture and love into nephews and nieces. The ongoing relationship you have with these children will live on for decades to come!

Adopted Moms: Thank you for those who have chosen to love and raise children through adoption. Your sacrifices and investments into those little lives will bring a strong reward as they grow



up into loving adults who go on to become parents themselves.

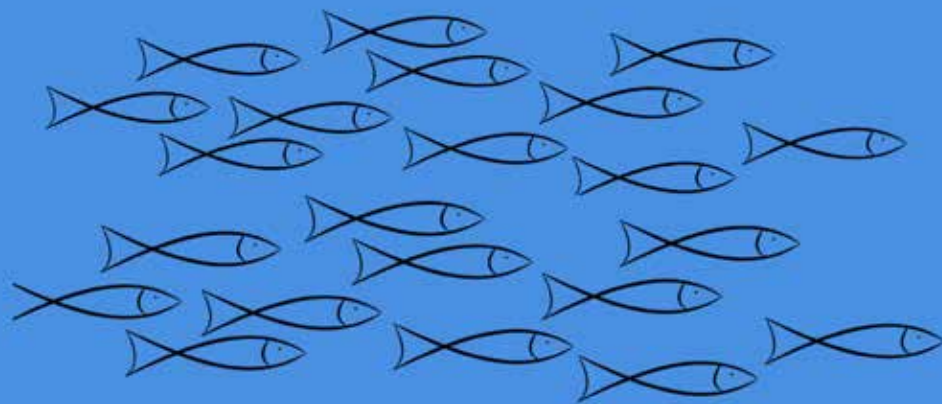
Mentor Moms: For all the women who have affirmed and walked alongside younger women who you are not related to, but you see them, you

listen to them, and you love them so well. Your love is the very strength that holds them together on the hard days, especially if their own mother is not available to share that type of unconditional regard and support.

Wherever you fit in the bouquet of motherhood, thank you for the way you invest in the next generation. The love you share today will deeply impact how the blossoms come later. Continue to love and look for those that need love, so that every day of the year can be a celebration of Mother's Day!

—Tammy Daughtry, MFT and Founder of CoParenting International.

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"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near." (Hebrews 10: 24-25 NLT)

That's what this site is all about. Enjoy and come back often. Subscribe to receive weekly updates listing new pages and links.

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LEGAL MATTERS

When Anti-Israel Activists Shut Down American Streets, There Must Be Consequences

America is a nation of law and order. Yet, more and more, we are seeing U.S. cities overrun with lawless behavior—especially by Hamas sympathizers. Just last week, anti-Israel demonstrators blocked access to highways, bridges, and airports in cities across the country, stranding hundreds of Americans in rush-hour traffic. On San Francisco's Golden Gate Bridge, activists unfurled a banner that read "STOP THE WORLD FOR GAZA," blocking traffic in both directions. In San Antonio, activists blocked the entrance to energy company Valero's headquarters for more than four hours. In Chicago, protesters displaying "Free Palestine" signs blocked access to O'Hare International Airport, forcing some passengers to walk along the interstate with their luggage to make their flights. And in New York, pro-Hamas demonstrators shut down traffic over the Brooklyn Bridge for several hours until police managed to disperse the crowd.

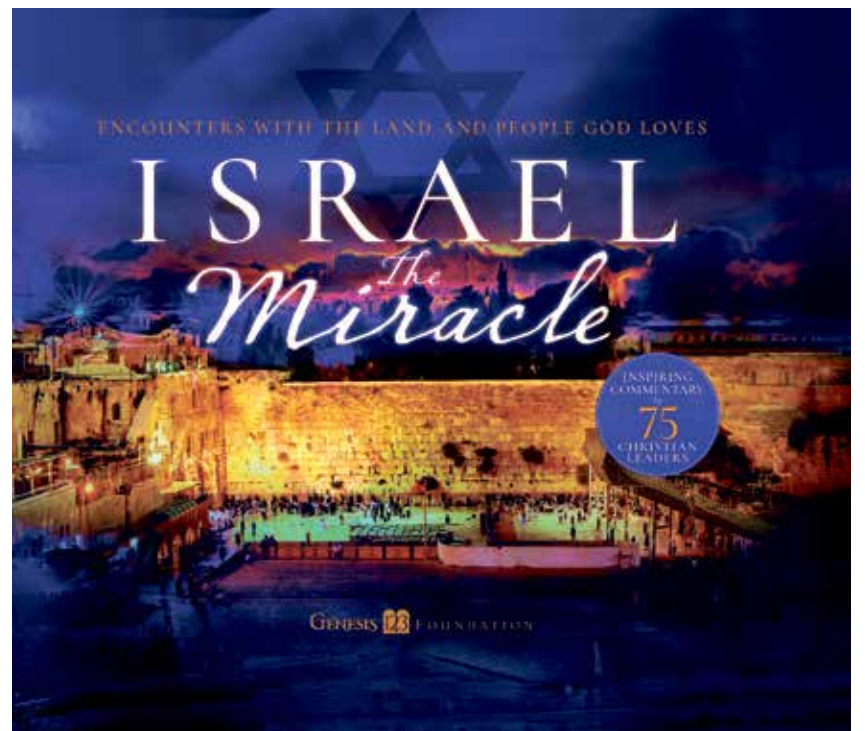
As a result of these reckless demonstrations—which also affected cities such as Philadelphia and Oakland—hardworking Americans struggled to get to their jobs and commerce in many parts of the country came to a standstill. And that is exactly what was intended. A15 Action—the far-left group that coordinated the demonstrations—claimed on its website that it wanted activists to "blockade major choke points in the economy" to pressure the U.S. government to withhold aid from Israel as the Jewish state fights for its survival against Iran and its terror proxies, including Hamas. "There is a need to shift from symbolic actions to those that cause pain to the economy," A15 Action wrote. "Together we will coordinate to disrupt and blockade economic logistical hubs and the flow of capital."

To be clear: Blocking major public roads to "cause pain to the economy" is not an act of free speech, but an act of extortion against the American people that threatens the safety of both demonstrators and stranded motorists. But far too often, individuals who stage traffic blockades face zero consequences—emboldening activists to take increasingly drastic measures.

In February, hundreds of pro-Palestinian demonstrators shut down the Memphis-Arkansas I-40 bridge for two hours, forcing one woman stranded in traffic to be airlifted after experiencing a medical emergency. Yet law enforcement arrested none of the demonstrators, even as police declared the blockade "unlawful." Following last week's demonstrations, San Francisco has already released the activists who shut down the Golden Gate Bridge after the city's district attorney claimed that more evidence is needed to press charges. These lawless actions are inexcusable. And if city governments refuse to stop dangerous traffic blockades, Congress must step up to ensure that there are consequences for this reckless behavior.

That's why, in the U.S. Senate, I joined Senator Thom Tillis (R-N.C.) in introducing the Safe and Open Streets Act, which would make it a federal crime to purposely obstruct, delay, or affect commerce by blocking a public road or highway—hitting lawbreakers with hefty fines and up to five years in prison. In America, no one has the right to shut down cities and keep innocent people stranded in dangerous traffic blockades. The Safe and Open Streets Act would ensure that this lawlessness comes to an end.

— 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.



Israel The Miracle
is an extraordinary publication
and is a timely salute and
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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.

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Extinguishing Fire Ants with Wayne's Pest Control

Fire ants are a pain to control, but we all know the pain is worse when you don't control them. They repeatedly sting with no mercy and are known to kill small animals. In addition to their fearsome stings, their mounds can ruin your lawn.

We are happy to share some tips that can help you stop these hot-headed, six-legged pests.

Fire Ant Behavior

Understanding a little bit about how fire ant colonies work is key to treating and controlling them. First, fire ants protect their mound at all costs. If a mound is disturbed, they all rush out to defend their territory. One wrong move could cause chaos and leave you with numerous stings. And yes, we do mean "stings." Most ant bites are true bites, but fire ants bite to get a grip and then sting with their abdomen.

Fire ants enter and exit mounds through underground tunnels, so you rarely see them active on the mound. Ant colonies can have up to 300,000 to 500,000 workers traveling as far as 100 yards from their mound for food. They eat various things, including insects, worms, ticks, spiders, seeds, dead animals.

Fire ants have two types of colonies, single-queen and multiple-queen. Ants from single-queen colonies rarely leave their territory, but ants from multiple-queen colonies travel from mound to mound. Multiple-queen colonies build more mounds, making it more difficult to control them.

Fire Ant Treatment Methods

Treat fire ants when it's not too hot outside, either on a cool day or early in the morning. If you have a particularly bad infestation, you may want to consider calling a professional or using a combination of liquid insecticide and bait.

Liquid Insecticide

Liquid insecticides found at your local hardware store can be used to treat mounds individually. If you are treating multiple-queen colonies, using a liquid insecticide can require more time and effort than a more comprehensive treatment. Make sure to follow the manufacturer's instructions to ensure you use sufficient product to kill the queen.

Fire Ant Bait

Fire ant bait is more effective than liquid insecti-



cides, but it takes a day or two to take effect. Sprinkle the ant bait around the base of each mound. The ants pick up the poison and take it to the queen, killing the entire colony.

Call A Professional

Many fire ant problems can be solved with liquid insecticide and bait, but sometimes we need a little help from a professional. Waynes offers our Top Choice Fire Ant Treatment Plan that is guaranteed to resolve even the worst fire ant infestations.

Call Waynes

Dealing with a fire ant infestation can be intimidating, but don't be afraid! You can enjoy your lawn without worrying about stings from these aggressive little monsters. Waynes has the tools and knowledge to exterminate fire ants quickly and safely. To learn more about our Fire Ant treatment program, call us at 866.WAYNES1 or visit our website callwaynes.com.

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

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Psalm 145

PRAISE GOD. PRAISE GOD.

The Lord is good to all. God has compassion on all that He has made. He made everything for His purpose. We should live confidently knowing that we are God's purpose...and that goodness and mercy will follow us each day of our lives on earth preparing us for eternity with the Lord. Let's thank Him and believe the Truth.

Prayer:

Lord, we thank You for our blessings...as we count them again and again. You gave us life. You have given...and given...and given each moment since we came from our mother's womb. We are here now because of Your continuous giving...providing each breath...each heartbeat...each opportunity. Where would we be without You? We know that we know that we know. We would not be in this world Lord if not for You.

Lord Jesus, thank You for the air that we breathe. Thank You each thing we would call our own...as we PRAISE YOU...PRAISE YOU. We just marvel as we humbly THANK YOU. Thank You for listening to our prayer of thanksgiving...and of praise. AMEN. AMEN.

— Ralph E. Vaughn

PLAN OF SALVATION

Has something in the magazine or something you have discussed with someone or some thoughts that you have had or something that you have heard, brought you to a point of realizing that you want and need to know Christ in the truest and personal sense?

If so, below is a simple outline for someone of any age who is not a Believer to act on their desire to accept Jesus Christ into their heart as their Savior.

God's Plan of Salvation

God created us to honor and serve Him

Revelation 4:11: "You are worthy, O Lord, To receive glory and honor and power; For You created all things, And by Your will they exist[b] and were created"

Each of us has sinned against God

Romans 3:10: As it is written, "There is none righteous, no, not one"
Romans 3:23: For all have sinned and fall short of the glory of God,

The penalty for sin is eternal separation from God and Heaven

Romans 6:23: For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Good works cannot ever earn God's forgiveness and Salvation

Titus 3:5: not by works of righteousness which we have done, but according to His mercy He saved us.

God loves each of us

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

Jesus Christ died on the cross in our place, paying the penalty for our sin

Romans 5:8: But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

We each must accept Jesus Christ as our personal Savior

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

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

To accept Christ into your heart and life, pray a simple prayer along these lines

"Dear God, I know that I am a sinner and I am sorry for my sins. I know that Jesus died for my sins and the sins of the world. Right now, I ask Jesus into my heart and receive Him as my personal Savior. Forgive me of my sins, thank you for saving me through the blood of Jesus. Please Lord, help me live for you. In Jesus name, amen."

All scriptures are taken from The New King James Version of the Holy Bible.

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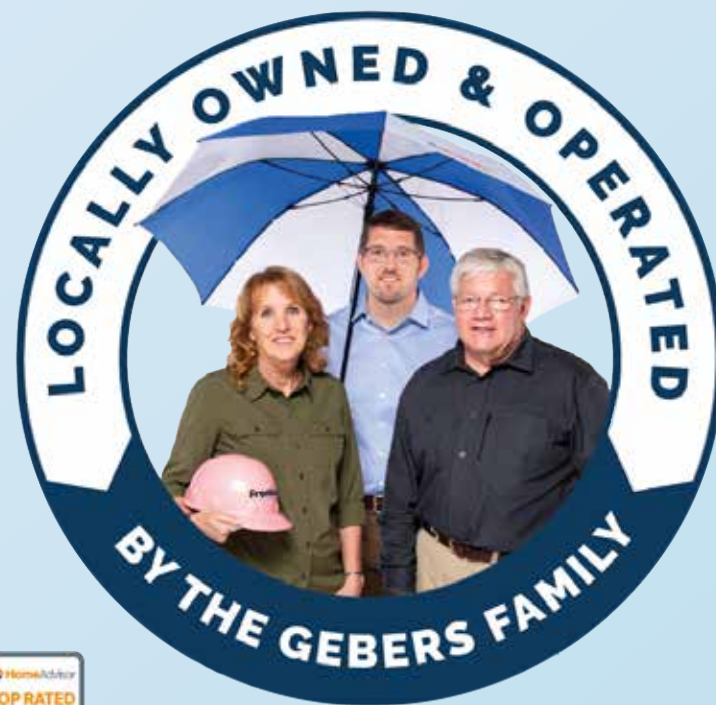


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