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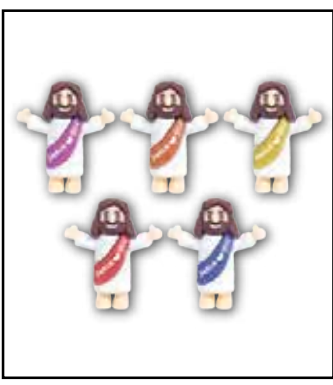
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OUR MISSION



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

Freedom To Worship God Without Fear

“Pope Leo XIV Condemns Brutal Machete Attack That Killed 49 Christians During Prayer in DR Congo

Jihadis burst into Sunday service in Democratic Republic of Congo as part of campaign to establish Islamic Caliphate

The Pope, the State Department, the United Nations and a leading Christian group have all condemned a new major attack on Christians in the Democratic Republic of Congo (DRC), which the U.N. says left at least 49 dead.”

Many of you likely saw this headline or a similar report near the end of last month. The details are deeply disturbing. The attack was marked by unimaginable brutality and a complete disregard for human life. These heartless terrorists seem to be driven by a singular, sinister goal: to eliminate Christians at any cost. As we’ve seen in other parts of the world, they are often willing to sacrifice even their own lives in pursuit of their evil mission.



Unfortunately, these reports are becoming all too frequent. Though we rightly condemn the violence and may even pause to pray for the families of the victims, many of us quickly return to our daily routines. It’s a sobering reminder of how easily we can become numb to such evil when it feels far removed from our own lives.

As Christians in America, do we truly comprehend how blessed we are to worship God freely—without fear of arrest, torture, or death? The freedom to attend church, pray, and share our faith openly is a profound gift that we should never take for granted.

Take time this week to reflect on this as a family. Talk about it. Pray about it. And specifically lift up missionaries who live and minister in regions where the name of Jesus Christ can cost them everything. These men and women share the Gospel daily, fully aware that they may be arrested, dragged from their homes, beaten, imprisoned—or even killed—for proclaiming the Good News.

Please pray not only for missionaries but also for the countless Christians around the globe who worship under the constant threat of violence. Undoubtedly, the believers in the DRC that day were praying and worshiping with courage and faith, knowing the risks. And yet, they stood firm.

May we never forget their sacrifice. May we honor it and others who will make the same sacrifice with our prayers, our awareness, and our commitment to stand for truth no matter the cost.



Robert Stringfellow, Publisher, 615-815-8765
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August 2025

DEPARTMENTS

CONTENTS

VOLUME 16, NUMBER 3



ON THE COVER 20

Rachel Marie Vining shares what inspired her to start posting her comedy sketches on social media, what her online journey as a content creator has been like, plus how her faith influences the material she creates. See page 20.

10, 26, 33 Parenting Tips

9, 31 Celebrate Your Faith

SPECIAL FEATURES

6 Is AI Taking Over The Classroom?

9 Having the Courage of a Lion: Stand-Up and Take a Stand

11 Where Real Estate Meets Lifestyle in the Heart of Nashville

12 Teammates for the Kingdom: How a Trevecca Baseball Field Baptism Brought Student Athletes Together

NEXT ISSUE



Fall Family Fun & Much More!

3 From The Publisher

Freedom to Worship God without Fear

6 Teachable Moments

Can You Be Too Religious?

7 Secrets from the Studio

Healing from Life's Deepest Hurts

8 Business Today

Darrell Waltrip Subaru Begins Construction on New Facility in Franklin

9 Cool Stuff with a Mighty Message

How to Share your Faith

14 Constitution Corner

Questions and Answers

14 Senior Scene

Ask the Expert

15 City Scene

Christ's Light in Murfreesboro

16 Healthy Living

Restored with Care: A New Smile, A New Beginning

18 Parent with Purpose

The Virtue of Faith: A Cornerstone for Christian Parenting

23 Money Matters

Dealing with Financial Decisions During Transition

23 Hassle Free Zone

How Color-Coding Can Transform your Calendar

24 Kid's Korner

Simple Prayers for Little Ones

26 Parenting Points

Our Kids Need to Know: Why Does My Writing Matter?

27 Body & Soul

What is the B-Endorphin all about? PART 1

30 Teachable Moments

So, Where do You Stand?

31 Miracle Moments

Celebrating Faith, Courage, and Creativity

33 Parent With Purpose

The Third Gift we Give to our Child

35 Mighty Men and Women

Identity and Purpose: Foundations for True Success

36 An Encouraging Word

Salt and Light....In a Divided Culture

37 Monthly Spiritual Goal

37 God's Plan for Salvation and Eternal Life with Him

38 About our Advertisers



9



15



24

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Is AI taking over the classroom?

Artificial Intelligence (AI) is being hailed today as one of the greatest technological breakthroughs of the 21st century. Evolving at lightning speed, AI has already revolutionized several industries, as well as fraud detection, finance, medical diagnosis, entertainment and many other sectors. One recent innovation which is gaining recognition is the role AI will have in future learning environments like the public school classroom.

School systems across the country are taking a hard look at a broad range of AI platforms now available for the classroom to enhance student learning experience and to ease the task of teachers. For example, one AI developer touts a system to transport students to simulated environments ideal for what it calls “experiential, project-based learning.” Teachers may now lead “virtual field trips” expanding beyond textbooks to directly experience other cultures, history and places. Lesson plans can be developed in seconds with AI with seeming endless possibilities for student involvement in this experiential and interactive learning.

One popular generative AI program gaining recognition today is called “MagicSchool”, a system developed by Adeel Kahn, the son of Pakistani immigrants. MagicSchool has been adopted statewide in Indiana where it is being used by over 31,000 teachers who claim the program is saving 7-10 hours each week in their teaching schedules.

Will AI ultimately replace the classroom teacher? Those who advocate for creative applications of AI in the classroom characterize such fears as an unfounded “head in the sand” approach to this technology. But education is not taught in a moral vacuum. It is inherently value-laden.

Recently, I filed suit against the Williamson County school system on behalf of a number of parents and students over a curriculum called Wit and Wisdom, a program that evolved from Social Emotional Learning (SEL) and is based on what is called “Culturally Relevant Teaching”. This curriculum emphasizes Critical Race Theory which is the belief that policies and practices in our society contribute to discrepancies through systemic racial inequalities.

In K-12 schools, Social Emotional Learning (“SEL”) programs, such as Wit & Wisdom, are implanted as a solution to change the policies and practices that create inequitable outcomes created by what it calls systemic racism or oppression. According to one of our experts, Dr. Jennifer McWilliams, the policy and practice changes in this program are designed to encourage children to adopt the critical race theory mindset and become “agents for systemic change.” According to McWilliams, “Wit & Wisdom teaches Critical Race Theory to students through purposeful, psychological manipulation with a focus on empathy towards systemic racism/oppression and personal stories of racism/oppression.”

While Wit and Wisdom does not currently employ AI as a mechanism for transmitting such Critical Race Theory precepts, the groundwork has already been laid for such implementation in the public school classroom. The implications of such an application are worthy of parental concern because the subtlety with which these moral judgments are being inculcated into school curricula makes them often hard to detect. The parents whom I represented had no idea that their children were being exposed to several precepts which directly contradicted the Christian values they sought to instill in their children. Only when COVID restrictions forced their children to a home-based program of study did these parents discover, for the first time, the divisive nature of their children’s lesson plans and reading assignments.

As the Supreme Court has recognized, “a child is not the mere creature of the state, those who nurture him and direct his destiny have the right, coupled with the high duty, to recognize and prepare him for additional obligations.” For parents who recognize this solemn responsibility to guard against encroachment by the state on their role as the directors of their child’s education, the expansion of AI into the classroom presents an ever-increasing challenge.

—Larry Crain, Crain Law
www.crainlaw.legal



TEACHABLE MOMENTS

Can You Be Too Religious?

Religion has been a source of meaning, moral guidance, and community for billions of people throughout history. It can inspire, encourage ethical behavior, and be strength in times of hardship. Religion can serve as a moral code. But can there be such a thing as being too religious?

The question may seem a little offensive at first glance, however, is valid and necessary, particularly where religion plays an important role in our life, especially living here in the “Bible Belt”. It is important to define what “too religious” means. Instead of having a deep, sincere faith it suggests imbalance, extreme dogmatism, or disconnected from empathy.

Religious belief has sometimes justified discrimination or even hatred towards others. Extreme religion has also been used to control or manipulate others, especially in cult-like settings. A religious life dominated by fear rather than love and grace

can be emotionally paralyzing rather than uplifting. When religious rules become more important than relationships or compassion, a person’s life can become rigid and narrow and truly miss the entire message of Christianity.

So, can you be too religious? The answer is yes, especially if your religious commitment begins to harm yourself or others and fosters intolerance – specifically when a person seems to justify their cruel behavior.

Deep faith is not the problem. Religious issues arise when belief becomes inflexible, oppressive, or even disconnected from compassion and reason. Relationships suffer. Faith, like any powerful tool, must be wielded with care. At its best, religion ele-



vates the human spirit. At its worst, it can narrow it. The challenge as well as the opportunity is to practice a faith in Jesus that remains both deeply rooted and open-hearted.

Most of our religious traditions should emphasize love, service, humility, and forgiveness. When practiced in this spirit, religion can be a powerful force for good. If it crosses into judgement, rigidity, and fear, it can lose sight of its own higher calling.

Next time we find ourselves in a challenging situation to be “religious”, allow love to be your guide. “It is the love of God that brings people to repentance”. (Romans 2:4). We were never called to be “religious” – just to love others.

— Rhonda Smart, rhondalsmart@gmail.com



Healing from Life’s Deepest Hurts

When licensed counselor, Kimberly Haar sat down on the Bridges set, I had no idea the story I was about to hear. It was a raw and compassionate conversation, where Kimberly pulled back the curtain on her own devastating journey as a domestic violence survivor. Assaulted and kidnapped by her ex-husband and seeing the man she loved shot 10 times; she offered a lifeline of hope to those wrestling with seemingly unrecoverable pain. Drawing from both personal and professional experience, she reveals how it is possible to navigate life’s darkest seasons with vulnerability, faith, and resilience so that you can ultimately embrace hope, find joy, and rediscover God’s deep and abiding love for you. Here are some of the powerful truths that Kimberly Haar shared during our conversation.

Don’t Buy the Lie

Don’t buy the lie that healing from life’s deepest hurts isn’t possible. Give up the concept that your life is irreparably harmed. Believe God’s Word that says nothing is impossible for those who believe and His promise that He’s working all things out for your good. Certainly, our lives are affected by loss, grief, and trauma - but this doesn’t mean that all

hope for healing is lost. Kimberly found that journaling God’s promises helped her dismiss the lies that the enemy and even well-meaning people may say.

Embrace the Essentials

Faith. Trust. Forgiveness. One day at a time. Hold on to your faith in God and His good plan and promises for your life. Trust that you can be completely honest with God about what you’re experiencing and how you are feeling. Trust that He sees your tears and cares about your pain. Believe that forgiving the person/s that have wronged you is not only possible but that in doing so you will be set free. Understand that all of this is a process. It’s one day at a time and sometimes it’s one step forward and two steps back. Kimberly found that her healing was not a straight line but rather a back and forth. As she accepted that healing was a process and not just a single prayer – she found resiliency and hope for her journey. However, as you hold on to God’s goodness over time He will bring healing to your life.

Seek Expert Help

Sharing your thoughts and feelings with a Christian therapist can be very helpful in rebuilding your life after trauma, loss, or grief. A Christian therapist offers you complete confidentiality and a safe

space for you to share your unfiltered thoughts and feelings. A therapist is equipped to provide you with ways to navigate and process life’s deepest hurts and challenges. Kimberly found that therapy provided a safe space to share her deepest fears and rebuild hope one step at a time.

Kimberly Haar’s story is one of the most traumatic that I’ve ever heard. Yet her faith and tenacity bring hope and inspiration to all who suffer from grief, loss, and trauma.

Today’s Secret from the Studio: You can reclaim your life after trauma, loss, or grief by trusting God and allowing yourself to heal one day at a time.

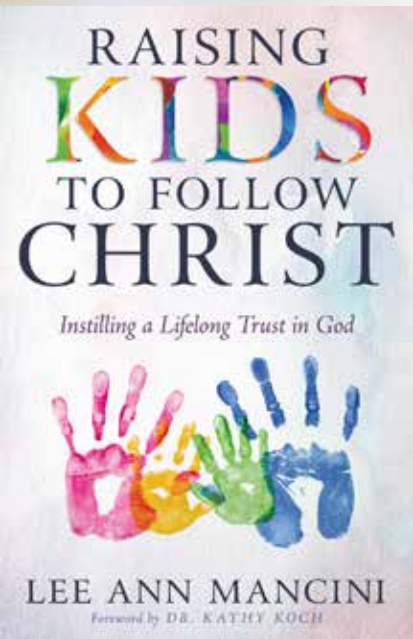
— Monica Schmelter is the host of Bridges aired on Christian Television Network in over 50 million homes weekly and also on ROKU and other streaming platforms. Monica also hosts the Hope for the Journey podcast which was named in the Top Ten Podcasts for Christian Women by LifeAudio.



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BUSINESS TODAY

Darrell Waltrip Subaru Begins Construction on New Facility in Franklin

Exciting changes are under-way at Darrell Waltrip Subaru in Franklin, Tenn. The dealership has officially begun work on a brand-new facility - marking a major milestone in its continued growth and long-term commitment to serving the Middle Tennessee community.



With demand for Subaru vehicles continuing to rise, the leadership team at Darrell Waltrip Subaru recognized the need to expand in order to meet the expectations of both current and future customers. The new facility will allow the dealership to grow its operations and enhance the overall experience for everyone who walks through its doors. “This expansion has been in the works for some time, and we’re thrilled to see construction officially begin,” said Jimmy Harris, General Manager. “We’ve seen incredible support from the community over the years, and this project is our way of investing back into that relationship.”

While specific details of the new facility are still unfolding, the goal is clear: to create a modern, welcoming, and efficient space that supports both the dealership team and the customers they serve. From increased capacity to improved layout and flow, the new building will position Darrell Waltrip Subaru to continue delivering excellent service well into the future.

The dealership’s current location remains open and fully operational during construction, with the team committed to ensuring a smooth and uninterrupted experience for all guests. This investment is more than a physical upgrade—it represents a deeper promise to grow with integrity, plan for the future, and continue building on the trust that’s been established over the years. Darrell Waltrip Subaru has become a name people recognize not just for great vehicles, but for strong values and reliable service.

As construction moves forward, the excitement is building—literally and figuratively. The team looks forward to welcoming customers into the new facility once it’s complete and continuing to raise the bar for what a dealership experience can be.

— Jenna Jason is an Executive Assistant at J.W. Research & Development. She supports projects across media, brand strategy, and client communications. Her role includes contributing to written content, team coordination, and assisting with creative and operational tasks.

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Having the Courage of a Lion: Stand-Up and Take a Stand

In today’s fast-paced and often profit-driven investment landscape, Christian investors are called to approach their financial decisions through the lens of biblical stewardship. This perspective does not oppose wealth or investment, but it redefines their purpose: to serve God, love others, and steward resources faithfully. At the heart of this approach lies a clear focus on what matters most—honoring God—and the courage to strive for excellence in our actions.

Understanding Biblical Stewardship

Biblical stewardship begins with the understanding that everything belongs to God. Psalm 24:1 declares, “The earth is the Lord’s, and everything in it, the world, and all who live in it.” We are not owners but stewards—managers entrusted with God’s resources to use them for His glory. This means that our investments, like every other area of life, must reflect our commitment to God’s purposes.

Jesus reinforces this in the Parable of the Talents (Matthew 25:14–30), where servants are entrusted with their master’s resources and are judged according to how faithfully they manage them. The ones who acted wisely and diligently were praised, while the one who buried his talent out of fear was rebuked. This parable teaches us that God values initiative, accountability, and fruitful labor. Investing, then, becomes an act of worship when aligned with godly principles.

Identifying What Matters Most

In a world that often equates success with wealth, Scripture invites us to redefine what truly matters. Jesus taught, “For where your treasure is, there your heart will be also” (Matthew 6:21). Christian investors must ask: Am I investing in a way that reflects kingdom values? Am I supporting industries or businesses that honor human dignity, care for creation, and operate ethically? When we align our investments with our faith, we practice what theologians call “integrated living”—where faith is not separated from finances, but infused into every decision. This means choosing to support ventures that promote justice, sustainability, and human flourishing, even when the financial return may seem less certain.

Courage to Strive for Excellence

Investing through a biblical lens also calls for courage—the courage to resist greed, to act with integrity, and to aim for excellence even when no one is watching. Colossians 3:23 urges believers, “Whatever you do, work heartily, as for the Lord and not for men.” Excellence in stewardship is not about outperforming the market, but about being faithful with what God has entrusted to us.

Excellence also means diligence. Proverbs 21:5 says, “The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty.” Christian investors are called to be thoughtful, informed, and wise—understanding both risks and rewards, while entrusting the outcome to God.

Biblical stewardship in investing is not merely about financial growth; it is about aligning our resources with God’s will. When we identify what matters most—God’s kingdom, His justice, and His glory—and pursue these with excellence and courage, our investments become a testament to our faith. In doing so, we echo the words of Jesus in Matthew 6:33: “But seek first the kingdom of God and his righteousness, and all these things will be added to you.” In every financial decision, may we strive to hear those powerful words: “Well done, good and faithful servant.” (Matthew 25:23)

I leave you with two questions: If you were currently invested in companies that supported worldly causes that did not align with your closely held beliefs, would you want to know? If yes, would you have the courage to remove them from your investment strategy? Allow our ministry to provide you with that detail as a free gift.

— Michael Wallin, Certified Financial Planner™. For more information, please see www.panthrex.com or call 615-236-2220.



Cool Stuff With a Mighty Message



How To Share Your Faith

As Followers of Christ, Jesus has chosen us to make disciples of all nations. Matthew 28:16-20 (ESV) states, “Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw Him they worshiped Him, but some doubted. And Jesus came and said to them, ‘All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.’” He would not have commanded it if it was not possible for us to do. He has empowered us to do what He has plan for us to do.

Sharing your faith can be intimidating a daunting endeavor. Here are a few ways to share:

- 1. Befriend stranger non-Christians
- 2. Open the door for conversations & listen
- 3. Share your testimony
- 4. Demonstrate the love of God by acts of kindness

In today's busy world, finding fun and creative ways to share the love of Jesus is more important than ever. One delightful method that's catching on is using a little "Pocket Jesus" – a small, portable representation of Jesus that you can carry around and share with others. This approach blends traditional evangelism with a fun, relaxed, modern twist, making it easier to spread the gospel in everyday life.



What is Pocket Jesus?

Pocket Jesus refers to cute little figurines that depict Jesus. These items are designed to be easily carried in a pocket or purse, allowing believers to always carry a cheerful reminder of their faith with them. The idea is simple yet powerful: by having Jesus close at hand, Christians are reminded it serves as a reminder to live out their faith and share it with others and be encouraged. When someone notices your Pocket Jesus, it opens the door to share your faith and spread hope and joy.

— Katherine Stewart, Custom Representative, Swanson Christian Products www.swansoninc.com



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SPECIAL FEATURE

Where Real Estate Meets Lifestyle in the Heart of Nashville

In a city like Nashville—where the skyline is rising, the neighborhoods are evolving, and culture is as rich as its history—real estate is more than a transaction. It's about finding a place where your life can flourish.

That's exactly the mission behind Century 21 Capital Properties, a locally owned and operated real estate firm led by broker/owner Eva Angelina Romero, a recognized leader, investor, and lifestyle expert who knows Nashville inside and out.

Romero is also the on-air host of *The American Dream: Selling Nashville*, an Emmy-nominated national TV show that highlights the best of real estate, culture, and community. Through her work on the show and in the field, she and her team have positioned Century 21 Capital Properties as a trusted guide for buyers, sellers, and investors across Middle Tennessee.

"We don't just sell houses—we help people build lives," says Romero. "Whether you're a first-time homebuyer, a seasoned investor, or someone relocating to Nashville, our goal is to help you find the right fit for your future."

Rooted in Community, Driven by Vision

At the heart of Century 21 Capital Properties is a deep commitment to community and client care. Romero and her team take a relationship-first approach, offering honest guidance, personalized strategies, and a level of care that goes far beyond the closing table.

The company's agents reflect the diversity of the city they serve—many of whom are bilingual and actively involved in local organizations, schools, and nonprofits. This cultural awareness and local knowledge allows the team to serve a wide range of clients with excellence and ease.

From luxury properties to investment portfolios, historic homes to new construction, the team understands the nuances of Nashville's fast-moving market—and how to help clients navigate it with confidence.

Expertise You Can Trust

With over 16 years of experience in the real estate industry—from the competitive landscape of Los Angeles to the heart of Tennessee—Romero brings a rare mix of sharp negotiation skills, market insight, and storytelling savvy to every client interaction.

Her team mirrors that same blend of experience and enthusiasm. Whether it's staging a property for top-dollar sale, researching off-market investment opportunities, or walking a nervous buyer through their first home purchase, the Century 21 Capital Properties team brings consistency, class, and results.

"We lead with knowledge, but we close with heart," says Romero. "Real estate is personal—and we treat it that way."

Beyond the Sale: A Lifestyle Approach

Romero's work as host of *The American Dream: Selling Nashville* is more than just a platform—it's a reflection of her brand. Each episode takes viewers



CENTURY 21
Capital Properties

inside the homes, businesses, and hidden gems that make Nashville one of the most dynamic cities in the country. Whether highlighting a luxury condo downtown, a historic home in East Nashville, or a family-owned restaurant making waves, the show reflects Romero's belief that home is about much more than square footage.

"It's about lifestyle," she says. "What do you want your life to look like, and how can your home support that?"

That same question drives the Century 21 Capital Properties approach. For some, that means downsizing into a modern condo near the city's music and food scene. For others, it's finding a family home in a school district they love—or buying their first investment property to build generational wealth.

Looking Ahead—and Looking for You

As Nashville continues to grow, Century 21 Capital Properties is growing too. Romero is actively expanding her team and looking for like-minded

agents who are ready to take their business to the next level.

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SPECIAL FEATURE

Brought to you by: **Trevecca Nazarene University**
www.Trevecca.edu



Teammates for the Kingdom: How a Trevecca Baseball Field Baptism Brought Student Athletes Together

For Ryan Sweeney, a junior sport management major from Franklin, Tenn., baseball has always been more than a game. But last spring, the sport became the setting for a spiritual milestone the pitcher will never forget.

Following a home game against Montevallo, Sweeney and two of his teammates were baptized on the baseball field. “The baptism on the baseball field was a super cool experience,” Sweeney said. “After the game we brought the trough out at home plate and did the baptism in front of the crowd.”



Ryan Sweeney

The idea, as he describes it, was sparked in community and faith. “The whole idea was brought up in a team Bible study earlier that week that really came out of nowhere,” he said. “We were sitting in a circle talking about things that we’ve loved about this year



and a teammate of mine, Matt Hock, brought up that he’d love to see someone get baptized on the field this year. Well, that was God’s work, because I had been wrestling with the idea of baptism ever since I played collegiate summer baseball for a Christian ministry. I knew I wanted to, and the Lord put it on Matt’s mind in that Bible study.”

The idea quickly turned into more than a personal step of obedience—it became a shared expression of faith. Hock, the leader of the Bible study, baptized Sweeney. Two other teammates, Logan Harrell and James Dickson, were also baptized. “Not only was it a success for me, but it was amazing to see that two of my teammates also decided to get baptized right there with me,” he said. “My coaches were extremely happy that they got to witness something like this for the first time at Trevecca.” The moment reflected a deeper spiritual journey that’s been happening off the field as well for Sweeney. “Being able to play for Trevecca has done many things for me athletically with my success, but even more in my spiritual journey,” Sweeney said. “All because of this school I found an amazing group of guys who lead Bible studies and d-groups and gave me an opportunity to disciple the men around me.”

Now stepping into his upperclassman years, Sweeney’s not only focused on his performance on the mound, but also on the impact of his testimony. His encouragement to others is grounded in that same faith. “From an advice standpoint, I’ve always said that one of the best stories you can tell is your testimony,” he said. “There’s nothing better than telling people who Jesus is and what He has done in your life. Give it all to the Father and you will be amazed at what you receive in your life.”

— Teron Fairchild, Marketing Communications Copywriter
Trevecca Nazarene University, www.trevecca.edu

SENIOR SCENE

Brought to you by: **Ben Davis, CSA**
www.selectpointebd.com



Ask The Expert

What is Medicare Open Enrollment (AEP)?

Annually the Center for Medicare and Medicaid Services (CMS) has a time frame for you to make changes to your Medicare coverage – whether you have a Medicare Advantage plan (MAPD) or just a Prescription Drug plan (PDP) – with an effective date of January 1, 2026.



You are allowed to make those changes (if wanted/necessary) without any health underwriting and basically no questions asked as to why you are changing. The idea is to see how your current insurance has done and if you have had any changes in your life that MAY require to look at other options.



When is AEP?

Your open enrollment dates are from October 15th through December 7th each year. The plan’s effective date is January 1st.

How Do I Find Out What My Current Plan Will Look Like For 2026?

Generally speaking, you will receive from your current carrier what next year’s plan (that you are on) will be via mail by the end of September. Each carrier has a different way of sending it so be on the lookout!

This is all so confusing, where can I get help?

Yes, it is! While there are several places through Medicare (phone and online) dealing with an independent broker/agent locally is going to be a good bet. In the middle TN area, there are at least 8 carriers and over 40 plans in the MAPD arena and about that many in the PDP arena. Let me know if I can help you!

— Ben Davis, CSA, Select Pointe LLC
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Questions and Answers

1. Birthright Citizenship – what questions should be before the Supreme Court?

On January 20, 2025, his first day in office, President Trump issued an Executive Order seeking to qualify eligibility for birthright citizenship. The Fourteenth Amendment provides that: “All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside.”



But what does it mean to say “and subject to the jurisdiction thereof?” When is a person not subject to the jurisdiction of the United States?

Birthright citizenship was explicitly added to the Constitution in 1868 when the 14th Amendment was adopted following the Civil War. But there are several categories of individuals born in the United States who arguably are not subject to its jurisdiction. Among these are: (1) when that person’s mother was unlawfully present in the United States and the father was not a United States citizen or lawful permanent resident at the time of said person’s birth, or (2) when that person’s mother’s presence in the United States at the time of said person’s birth was lawful but temporary (such as, but not limited to, visiting the United States under the auspices of the Visa Waiver Program or visiting on a student, work, or tourist visa) and the father was not a United States citizen or lawful permanent resident at the time of said person’s birth.

The Supreme Court will hear arguments on this important constitutional question. The issue will likely turn on how expansive the Court finds this provision of the 14th Amendment, and whether a child born to illegal immigrants is covered by this protection.

2. Has the constitutional power of impeachment become a political weapon?

Where does Congress derive its authority power to impeach a sitting president? Article II, Section 4: The President, Vice President and all civil Officers of the United States, shall be removed from Office on Impeachment for, and Conviction of, Treason, Bribery, or other high Crimes and Misdemeanors. The framers of the Constitution saw this power as an important check on the Executive and Judicial branches. But many believe that in recent times the power of impeachment has become a weapon for partisan political warfare. Partisan impeachment is when one branch of government attacks another as a means of political retribution. Impeachment has had a long political history, and even the framers were a little worried about how it would be used. In fact, it may be the only issue that Alexander Hamilton and Thomas Jefferson agreed on. Both men worried that a party with a large majority could weaponize it against their opponents. Today, their fears may have taken root. During our country’s first 211 years, only one president had been impeached. But three of the last five presidents have been impeached or faced impeachment inquiries, and one Cabinet secretary was impeached for the first time since 1876. Impeachment is a powerful constitutional weapon when wielded correctly, but its weaponization raises well-founded concerns of the constitution’s drafters.

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

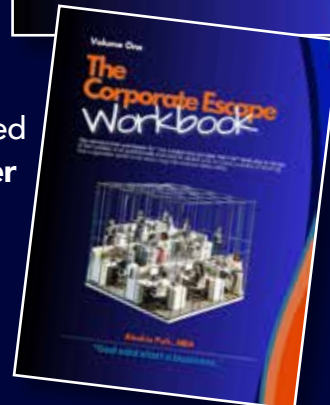
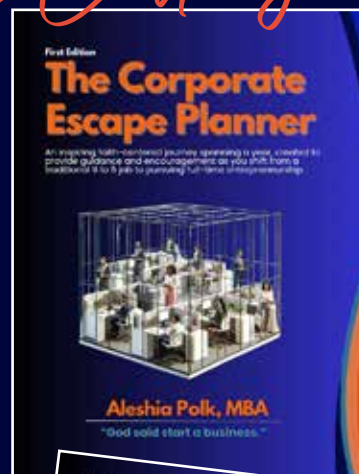


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ABOUT THE AUTHOR:

Aleshia Polk, MBA, is the founder of Hustle On Sunday®, a boutique faith-based entrepreneurship consultancy focused on guiding purpose-driven individuals into impactful business ownership.





Christs’ Light in Murfreesboro

If you’ve heard of Murfreesboro, Tenn., then you know it’s a city that still has its’ small-town charm. It’s a close-knit community about 30 miles south of Nashville, and yes, we all say we’re from Nashville, because let’s face it, it’s just easier that way. In 2020, we were one of the fastest growing cities in Tennessee and in the Nation! According to WGNS Radio, as of 2024, Murfreesboro was ranked #16 of the fastest growing cities in the Nation.



However, did you know Murfreesboro is more than just its small-town charm, great location (right in the center of the state, by the way), and its growth. Murfreesboro has an amazing Christian Community. We not only have an abundance of churches of different denominations, but our churches are actively involved in our community and that is extremely special.

The Experience Community Church for example. That church is on fire for the Lord. They offer Worship Nights two times a year for anyone to come and worship Jesus our Lord and Savior for FREE! The next Worship night is September 4th & 5th, 2025 at Tennessee Miller Coliseum. Visit their Facebook Page to sign up for your tickets (free of course). As a Church they also have Community Day where they go out into the community and help people with yardwork, they have their Bar Ministry that offers water and hot dogs to those on the Square leaving the bars on Friday nights, they have a Jail Ministry that leads current and former inmates to Jesus, the list goes on and on.

Those are just a couple churches that offer wonderful events in the Murfreesboro Community. There are also several Christian based nonprofits that do extraordinary things throughout the community Rutherford County to benefit community members such as: Green House Ministries, Special Kids, Possibility Place, Branches Counseling Center, and Portico.

Now that you know a little bit about our big community, we hope that if you are looking to expand or open a new business, you will consider Murfreesboro.

— Katherine Stewart, Custom Representative
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Restored With Care: A New Smile, A New Beginning

There's something powerful about a smile. It can break down walls. Spark connection. Bring hope. But for many people, the simple act of smiling is anything but easy. Years of dental issues, trauma, or neglect—not by choice, but by circumstance—have left too many hiding behind closed lips and avoiding mirrors.

At Solace Oral Surgery and Implant Center, we believe no one should feel ashamed of their smile. And we know, firsthand, the impact a restored smile can have on someone's spirit. We've seen it in the eyes of our patients—many of whom come in full of pain, both physical and emotional—and walk out transformed.

Led by Dr. Jaime A. Romero, a U.S. Army veteran and highly respected oral surgeon, Solace is known for providing expert, compassionate care in a welcoming and professional setting. Recognized as one of Nashville's top oral surgeons for many years and designated an All-on-4 Center of Excellence by Nobel Biocare, Dr. Romero has helped countless patients reclaim their confidence and quality of life through advanced surgical procedures and personalized treatment. "This work is about more than teeth," Dr. Romero says. "It's about helping people feel whole again."

A Commitment to Service

Long before founding Solace, Dr. Romero served in the U.S. Army, where he learned that leadership begins with humility and service. That philosophy remains central to how the practice operates today. Whether performing full-arch restorations, wisdom tooth extractions, or life-changing dental implant procedures, the team at Solace strives to treat every patient with the same care and respect they would give to a loved one.

Solace also partners with local organizations such as **Hope Smiles** and Interfaith Dental Clinic, extending essential surgical services to underserved communities throughout Middle Tennessee. Each year, Solace hosts "Smile for Christmas," gifting a full smile transformation to someone in need—a tradition rooted in generosity, not recognition.

Why a New Smile Matters

For those who struggle with dental issues, the effects go beyond physical discomfort. Many experience social anxiety, depression, and even barriers to career advancement. And while dentures may work for some, they're not always the best long-term solution—especially for younger patients or those seeking more natural function.

That's where the All-on-4 dental implant procedure stands apart. This innovative treatment provides patients with a complete set of permanent, fixed teeth in just one day. No adhesives. No slipping. Just a stable, beautiful, and natural-looking smile that works and feels like your own. The transformation is immediate—and so is the impact on someone's confidence and day-to-day life.

If you've been putting off your dental care because of fear, cost, or uncertainty, you're not alone. But now more than ever, it's possible to take that first step toward real, lasting change.

A Team That Cares

At Solace, we understand that oral surgery can feel intimidating. That's why our team is committed to walking alongside you throughout the entire process—from the first consultation to post-operative




SOLACE IMPLANT CENTER
& ORAL SURGERY

recovery. We take time to listen, explain your options, and design a plan that fits your goals and budget.

Dr. Romero has also mentored many aspiring clinicians over the years, emphasizing excellence, compassion, and patient-first care. His team reflects that same philosophy—approaching every case with precision, empathy, and a deep sense of responsibility. You're not just a chart or procedure—you're a person. And you deserve to be treated like one.

Your New Smile Starts Here

Everyone deserves the chance to smile without fear or hesitation. At Solace, we're proud to help patients of all backgrounds rediscover that joy and confidence through expert oral surgery and implant care.

Whether you're someone who's spent years avoiding the dentist, or just ready for a more permanent solution, our doors are open—and our team is ready to help.

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— Staff Writer,
Solace Oral Surgery & Implant Center

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— Larry Crain



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The Virtue of Faith: A Cornerstone for Christian Parenting

I remember being a young child and finding a dollar bill on the floor of my classroom. I was thrilled, coming from a single-parent home on food stamps, that dollar meant I could finally buy an ice cream at lunch. I slipped it into my pocket, and for the rest of the morning, I could hardly focus on my schoolwork. All I could think about was that sweet treat. But during morning recess, I noticed one of my classmates crying. My heart always ached for anyone in pain, and I went over to ask what was wrong. Through her tears, she told me she had lost the dollar her mom gave her for ice cream.

In that moment, I was torn. Part of me wanted to keep the dollar, but I knew what was right. My mother had worked hard to instill biblical values in me, and even though the choice wasn't easy, I couldn't ignore what she had taught me. "So whoever knows the right thing to do and fails to do it, for him it is sin" (James 4:17, ESV). That truth guided my heart. I knew I had to do the right thing, no matter how difficult it felt.

I returned the dollar to her. She was overjoyed and thanked me for finding it. She could tell I was disappointed, so when lunchtime came, she used that same dollar to buy an ice cream sandwich and shared it with me.

Instilling Christian Virtues:

Instilling Christian virtues, such as love, honesty, kindness, and responsibility, lays the groundwork for developing Christian character. When taught, these virtues help shape a strong moral compass that guides children's choices and actions throughout their lives.

Traits such as empathy, patience, and fairness also play a vital role in helping children form deep, lasting friendships and healthy relationships. They learn to see the world through others' eyes, handle conflict with grace, and become peacemakers. We hope to raise our children to be other-centered, rather than self-centered. A life rooted in virtue often leads to a more profound sense of joy and purpose.

The most powerful way to teach virtue is through example and hands-on practice. When children see virtue in action, they are more likely to embody it themselves, as those virtuous decisions take root in their hearts and transform them to have a Christ-like character. Scripture tells us: "Make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ" (2 Peter 1:5-8 ESV).

Faith is an Outstanding Virtue:

The virtue of faith is one of the cornerstones of Christian parenting. Faith is



also one of the three "theological virtues" alongside hope and love (1 Corinthians 13:13 NIV). How can we instill the virtue of faith?

Celebrate those "faith moments." When your child chooses to do what's right, even when it's difficult, and sees God respond through prayer, acknowledge and rejoice in it together! Say something like, "That's faith in action!" Reinforcing these moments helps them see that faith is real and relevant.

Faith doesn't mean never having doubts or questions. Encourage their questions! Help your children explore their curiosity and seek answers in the Bible. Let them know that God welcomes their questions and walks with them as they grow. Questions also help children develop into critical thinkers and make informed, wise choices.

Age-appropriate conversations:

- Ages 2-4: "We may not be able to see God with our eyes, but we know He's real, just like we know the wind is real because we can see what it does. God cares for you the way Mommy and Daddy care for you."
- Ages 5-7: "Faith means trusting God's promises even when they haven't happened yet. Remember how Abraham had to wait many years for baby Isaac? He trusted God the whole time."
- Ages 8-12: "Having faith doesn't mean we never have questions or doubts. It means we choose to trust God's character and promises even during confusing or difficult times. What questions do you have about God?"
- Ages 13-17: "Faith during the teen years often involves questioning and personally owning beliefs rather than simply inheriting them. What questions or doubts are you wrestling with in your faith journey? How do you balance critical thinking with trust? What does mature faith look like compared to childish faith?"

As you cultivate virtuous faith in your child, you will witness a glorious transformation of godly character unfold before your eyes, helping them develop deep trust in goodness, truth, and their ability to make a positive difference in the world.

— Lee Ann Mancini is the author of *Raising Kids to Follow Christ, Instilling a Lifelong Trust in God*, founder of *Raising Christian Kids*, adjunct professor at *South Florida Bible College & Theological Seminary*, and executive producer of the animated series *Sea Kids on Right Now Media*, *Pure Flix*, *Answers.tv*, *Minno*, and *Yippee*. Lee Ann is the mother of two adult children and lives with her husband in South Florida, where she passionately pursues her calling to help parents raise lifelong Christ-followers.



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RAE'S WAY: Content Creator Rachel Marie Vining

Rachel Marie Vining is making her mark online, amassing millions of views and followers on TikTok, YouTube, Instagram, and other social media platforms. The Mobile, Ala. native is known by her fans for her “Rae’s WAY Overdoing It” channels. They love her for her comedic sketches on such topics as being raised as a homeschooler and navigating parent-and-child relationships between different generations, and she says her faith background influences all of her content creation.

The Online Journey. Five years ago, at the age of 17, Vining started her online channels. Two years ago, she began to see her content skyrocket in popularity. Vining currently has 151,000 followers on TikTok, where her most viewed video titled “a day in the life of a homeschooler” - has almost 13 million views. She has 435,000 followers on Instagram and almost 400,000 subscribers on YouTube (where her total views are close to 194 million, and she’s currently averaging around 40 million views a month). She’s also a top producer on Amazon, where she has a successful storefront. Her favorite platform is Instagram, where she gets the most reach. “I get the most consistent views there, and have more followers,” Vining says, adding that she’s always on the lookout for new opportunities. “I’m currently trying to grow my Snapchat, because it’s really begging for good creation on that platform,” Vining said. “That’s my new territory.” She’s well known online, has been spotted “in real life” as a social media influencer, and recently attended VidCon (a national convention where successful influencers gather to learn and socialize). It’s a level of success that Vining said she could never have imagined as a teenager who was discouraged by her parents to even view videos on YouTube. She’s learned to appreciate an upbringing that challenged her to use her faith in an alternative and creative way. “As a kid, I knew I wanted to do something ‘big,’ like singing, but because I didn’t get a lot of support, I had to figure it out myself,” she said. “I really felt like it was me against the world.” She first made money online via her Amazon storefront, where she posted product review videos and skits. After she made \$1,000 a month on Amazon,



An important element to success online is finding connections with other influencers. Vining has attended Creator Collective and most recently returned from VidCon, where she met and collaborated with other content creators.



Vining has traveled across the country as a content creator and influencer. She shares that there are many Christians who work as content creators, and she’s always inspired to connect with them at media events.

she felt legitimate and validated. Vining began to experiment with different types of content, and soon found that comedy was what resonated with her audience. “I learned that authenticity is what really works,” she said, noting that she couldn’t be something she wasn’t. “As long as what I do is authentic, then people will respond.”

Her comedy sketches deal with topics that many people can either identify with personally or that they find funny as they relate to current pop culture. On TikTok, for example, Vining’s recent popular videos include funny takes on homeschooling, impersonations of celebrity JoJo Siwa, comedic conversations between Gen-Z children and Baby Boomer parents, and collaborations with other influencers she met at VidCon. The

idea for much of her content comes from her own experiences, as well as interactions with other people from a similar background. “I’ll talk with people about their experiences and find that a lot of our feelings are the same,” she said. “As a homeschooler, I was very awkward and uninformed about stuff. Those experiences show up in my comedy, and people have really liked them. And other people who were homeschooled often tell me that they identify with what I have to say.” Vining started college at the age of 15 as a dual enrolled student and graduated with a degree in business administration from Thomas Edison State University at the age of 19. On Instagram, Vining’s videos are divided up into categories including Sarcastic Rae, Chatty Rae, Catness Rae, Fan-Girl Rae, and Actress Rae. But she also includes “Christ Follower” in her description on Instagram and is up front that, while her comedy isn’t Christian, she is a person of faith who is committed to creating material that anyone can watch.

The Faith Thread. Vining grew up in a Baptist household and still worships at a Baptist church but was inspired by the comedy of Studio C—a sketch television show produced by BYUtv, a channel and family-friendly streaming service founded in 2000 at Brigham Young University. The Studio C YouTube channel has more than 3.3 million subscribers and has received more than 3 billion views. “I saw that success and was just interested in what makes people laugh,” she said. “I wanted to specialize in clean comedy. I wanted to create something that people wouldn’t have to be embarrassed by or roll their eyes at to forward it along to other people.” She mentions the faith-based inspiration on her YouTube channel description: “I create clean, original, relatable comedy skits. My passion is writing and acting! I was greatly inspired by the sketch comedy style of Studio C. I’m a Christian, 22-year-old college graduate living in Alabama. I’m blessed to be a full-time content creator supporting myself entirely independently.” Vining said that she gets a variety of responses from Christians to her comedy sketches and other online content. Most responses are positive, but she occasionally is challenged with the idea that she should be more “obvious” with a Christian message. She, however, believes that her message can be best presented in a more nuanced way; in fact, she can reach more people for Christ with her general, clean approach to comedy. “I met a friend of a friend one time, and she said that she’d heard about my platform. She wanted to know how I use it to spread the Gospel,” she said. “I told her that I don’t. You can’t force the message on viewers.” Instead, Vining prays



While Vining attended and graduated college at a young age, she said that she's learned many skills from watching instructional videos on YouTube on such topics as holding an audience's attention and growing on various social media platforms.



Rachel Vining started Rae's WAY Overdoing It YouTube channel when she was just 17 years old but has found her massive success in the last two years. She's only 22 now and knows that more opportunities await her.

that her faith shines through in her comedy. “My content is brand-safe and includes nothing controversial,” she said. “And it’s something that anyone can watch.” Vining said that there are surprisingly plenty of Christian content creators online today; they aren’t “branded” as Christians, but they’re proud for people to know that they live a life of faith. “I get really excited when I meet a fellow creator and find out that they’re a Christian,” she said. “It’s important for Christians to be making good content.”

The Lessons Learned. Vining is still young, but she’s already learned many important lessons about following dreams and having goals. In fact, she said that she encourages parents to give their children a wide range of opportunities. “Let your children figure out who they are, instead of saying ‘this is who you need to be.’ If your child tells you that she wants to be a singer, put her in voice lessons,” Vining said. “If she says she wants to be a dancer, let her take classes. If they don’t like it, they can stop it. But it lets them explore those creative dreams.” Vining firmly believes that God puts intuition, goals, and dreams in our hearts for a reason. Vining also said that online careers are something that the younger generation should be given opportunities to explore. While older generations may not understand social media and content creation, they should be willing to open their minds to these new areas. Whatever direction a child, a young businessperson, or anyone with a dream goes toward, Vining said that it’s important to have courage and to be your own advocate. “My advice is not to wait. I want you to hurry up and fail, because every failure is a lesson that’s going to help you get ahead,” she

said. “A week or a month or a year from now, you can look back on the failure and learn from it. You’ll look at it in a totally new way.” Ultimately, however, Vining said that it’s important to trust God along your journey. Despite early discouragements and challenges, Vining said that she can look back now and see how God guided her every step of the way. “I wouldn’t be here if I wasn’t open to God’s will, and if I hadn’t asked God for help,” she said. “I feel like I’ve had the biggest blessings and halos over my head. God has blessed me, and I look back now and really see where He worked.”

— Cheryl Wray

RESET
YOUR SUMMER



88.7

MONEY MATTERS

Dealing With Financial Decisions During Transition?

As an older adult in my late 50's, with my Dad in his 80's, I have become more overwhelmed with the information that I've learned over the past 4 years. First, we know that our parents have worked their entire lives paying their mortgages, paying off loans and buying cars to get to work. Building up retirement income so they could live comfortably when they stopped working full time. Are they prepared for what could happen to everything they worked so hard for? Unfortunately, most are not.

There is a 65-70% chance that older adults will need some type of assisted living in the future. That is a huge percentage. The costs are much higher than staying in your home. There are some adult kids who have the time and resources to actually assist their parents so that they can stay home for a while, but many adult kids have jobs, businesses and or kids that they can not leave or move close to their parents, etc in order to help them.

Even property taxes, depending on your state, can be so difficult to pay even with a paid off mortgage. There are many thousands of seniors losing their paid off homes to counties that "legally" seized their property due to unpaid property taxes. That is a subject for a different day. The purpose of this article is to bring to light some information that should be known by all of us that have parents who may need financial assistance now or in the future due to heavy senior community costs or just staying in their mortgage free home and not losing it to unpaid taxes. It is just not fair in any way for us to live our entire lives working so hard to leave a legacy for our kids and grandkids, only to lose it all in order to live in a senior community that is so very expensive. I'm not bashing senior communities for their costs. I understand why it is so expensive, but that doesn't



make it easier for seniors to choose transitioning there. I am not an attorney or financial advisor, but I do partner with them and will refer them to families when necessary to point you in the right direction, while transitioning your senior loved one. This right here is the main reason why we wanted to work with seniors. We had to figure things out with our own parents and some other family members over the past few years. Our mission is to advocate for each senior with their family, to assist in any way possible with education and resources.

— Eric and Eileen Brigantino
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How Color-Coding Can Transform Your Calendar

In today's fast-paced world, our phones have become indispensable tools for managing our lives. Yet, many of us still struggle with feeling overwhelmed by our schedules. A cluttered calendar can lead to missed appointments, forgotten tasks, and a general sense of disorganization. But what if your phone calendar could reduce stress and boost your productivity? The answer lies in the simple yet powerful technique of color-coding.



Imagine glancing at your calendar and instantly understanding the day's priorities. No more deciphering cryptic abbreviations or scrolling through endless lists. Color-coding transforms your calendar into a visual dashboard, allowing you to quickly grasp the nature of each appointment or task.

Why Color-Coding Works

- **Visual Clarity**
Our brains process visual information much faster than text. Assigning distinct colors to different categories (work, personal, fitness, chores) creates immediate visual cues.
- **Reduced Mental Strain**
By instantly recognizing the type of event, you eliminate the cognitive load of reading and interpreting each entry.
- **Increased Motivation**
Visualizing your fitness goals or personal time in vibrant colors can provide a motivational boost.

Seeing a block of "Workout" in a bright yellow can be far more encouraging than just reading the word.

- **Improved Time Management**
Color-coding helps you identify potential scheduling conflicts and ensures a balanced distribution of your time.

How to Implement Color-Coding:

1. Start by identifying the key areas of your life that need scheduling. Common categories include:
 - Work/Professional
 - Personal/Family
 - Fitness/Health
 - Chores/Errands
 - Social/Entertainment
2. Choose a color palette that resonates with you. Consider using:
 - Yellow for fitness and health.
 - Blue for work and professional commitments.
 - Green for chores and errands.
 - Red for urgent or high-priority tasks.
 - Purple for personal time and social events
3. Ensure you consistently use the same colors for each category. This will create a strong visual association and maximize the benefits of color-coding.
4. Regularly review your color-coded calendar and adjust as needed. If you find certain categories are consistently overbooked, consider re-evaluating your priorities.

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Simple Prayers For Little Ones

I've been teaching my grandson some rudimentary sign language (mostly spelling). We have a poster hanging on the wall of our home that shows each letter of our last name in sign. Every time my grandson and I pass the picture, I sign his last name. Last week, he moved his chubby fingers like he was signing. Not precisely, but he mimicked what I had been doing.

Preschoolers model so much of what we say and do—the good and not so good. Prayer is the perfect spiritual discipline to teach your kids at this early age for they will model your every word and action. Even the very youngest can fold hands, join hands in prayer, or say a simple prayer.

Consider using these slower summer days to introduce your preschooler of ways to talk to God. Watch for times to guide your child in prayer when:

- fighting occurs between siblings
- someone is hurt or ill
- it's a beautiful day
- it's an everything-went-wrong day
- your child is frustrated
- your child rebels
- someone or something is lost

When you stumble on one of these moments, pray right then. Try starting with one-sentence prayers, prompting your child to fill in the blank with his own words.

God, you are _____.
Thank you, God, for _____.
I am sorry I _____.
Help me _____.
Help _____ get better.
Help me to obey _____.

Don't just teach them to pray for themselves but also for others. If you hear of a friend who is sick, pray for that person by name. If you see a homeless man on the street, ask God to provide for him and stir his heart toward God. If an ambulance whizzes by, pray for all those involved. Be brave and pray before meals at restaurants or for the waiter. You're showing your child that prayer is important.

Do you have a memorized prayer during mealtime at home? Keep it short and simple. Soon your preschooler will be saying the prayer with you or on his own. Consider starting a prayer wall or prayer jar where family members can keep prayer concerns front and center. Even a picture on the refrigerator could prompt daily reminders to pray.



Allow each child to mature at their own spiritual pace. One might not seem interested or even listening at the moment. Another will want to pray on and on every time. Your job is to keep praying so your kids can hear and model your prayers. Remind them that it is an honor to pray to God. Compliment them after they pray. Most importantly, assure your child that God hears them and delights to answer prayers.

— Sally Cressman is the author of “The Dance of Easter.” Sign up for her email list to receive “31 Empowering Biblical Affirmations” cards or connect with her on Instagram.



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PARENTING POINTS

Our Kids Need To Know: Why Does My Writing Matter?

A.I. is making a lot of teachers and some principals I know nervous. While this uncertainty makes a lot of sense, we have a chance to get clear on a few concepts that can deeply bless our students for lasting impact wherever the Lord should call them.

First, kids’ questions are so important to how they learn! Joshua 4 twice says “when your children ask you.” This word suggests that we should joyfully expect kids’ questions, like portals to their hearts that may only be open for a short time!

When it comes to AI, many kids are asking: “Now this machine can do the writing for me. We use machines to do lots of things to make our lives easier. How is this different?”

As a student, I was told I must write well to earn good grades, to write college essays, to write my cover letter to get a job. I was told that it was cheating to use someone else’s words as my own. I gradually discovered that worthwhile things usually do involve hard work.

Those answers weren’t wrong; they just didn’t go deep enough for this question. What about writing makes it so important, so key to how God made

me as a unique person, that I would want to go through the struggle to put my own words together, even if it sure seems like a computer can do a smoother job of it than I can right now?

If you’ve ever written a love letter, you already know. And the Bible is God’s love letter to us.

Jesus tells me that out of the overflow of the heart the mouth speaks. Proverbs 18:21 tells me that “death and life are in the power of the tongue,” so how I use my own words must matter a whole lot. The Psalms tell me to sing a new song to the Lord, which sure sounds like the Lord wants my creative involvement, not just somebody else’s words. 1 Peter 3:15 tells me always to be prepared to give an account for the hope I have in Christ. Whether I feel skilled or not, my words matter to God because I do, and God has given them to me to encourage others.

When we truly listen to kids’ hearts, we hear other



questions waiting underneath. Why is writing a thing worth working to get good at? Is it OK if I’m not that good at it right away? How can I get better? Are my own words really that important? Who will take the time to read or hear them? Who will take them seriously enough to talk with me about them?

Do you hear the pleading behind those unspoken questions, for time, for attention, for relationship? I’ve spent years developing tools and strategies for young writers, but without love they’re just “a noisy gong or a clanging cymbal”. Love is how we demonstrate value with our actions. And love is often spelled “T-I-M-E.”

— A classroom veteran, George Rietz encourages teachers, teaches homeschoolers, and invents new tools to reshape education. Contact him through ExploreMyWriting.com.



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What is the B-Endorphin all about? PART 1

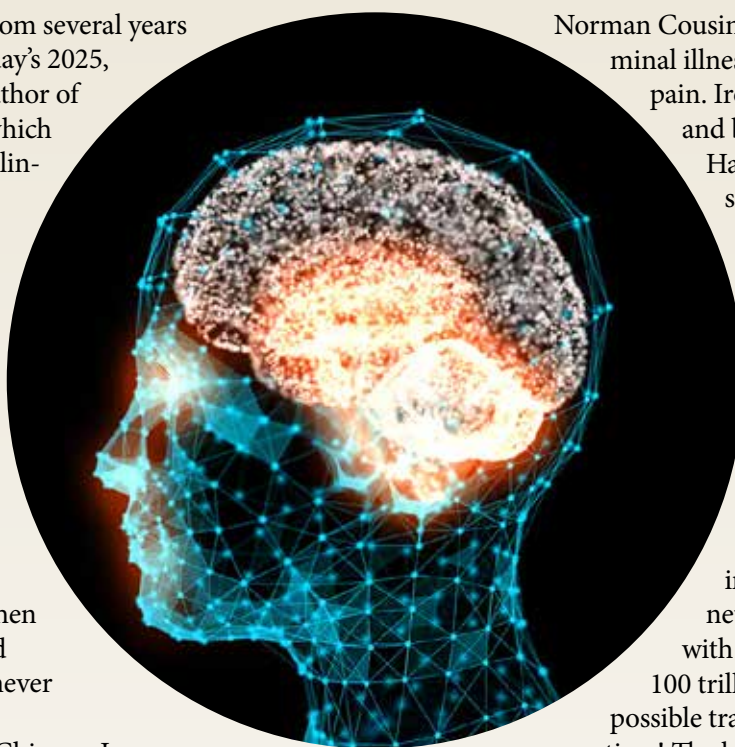
Sometimes the good old things (the research from several years ago in the late 80s) remain most relevant in today's 2025, world of healing. In 1987 I was the principal author of a most interesting study on the B-Endorphin which was published in the International Journal of Clinical Biofeedback and Health. For anyone who may be interested in reading the entire study (it's really very interesting for sure, though I'm biased) it is in volume 10, No1, pp.8-15 in this International Journal of Clinical Biofeedback and Health.

At the time of this early research, I was in the midst of completing my PhD in Clinical Psychology and simultaneously I was enthralled by the newly discovered power of the "runners high", which rather quickly became recognized as the unusual event which often takes place when a disciplined athlete pushes him/herself beyond what is normal, and often excel to a level they never expected!

As a youngster growing up in the inner city of Chicago, I was petrified to enter a swimming pool because of a near drowning experience. My longtime friend Mike very much wanted to help me overcome my fear of swimming, especially before I entered high school. With my friend's persistent help, I was able to learn to swim, so when I entered high school, I surprised myself by immediately joining the swim team. At that particular time, I was so enthusiastic about my accomplishment with swimming that I volunteered to swim in the very competitive breaststroke hundred-meter race and when I excitedly climbed out of the old sandstone pool, I tore off three or four of my fingernails, but I felt no discomfort, only excitement because I placed in the race!

This was my first experience with understanding the power of the Endorphin which is present in all human beings. The Endorphin is a protein made up of 31 amino acids and is produced in the pituitary gland of our brain which is the size of our baby fingernail. The endorphin was discovered by Dr. Hughes in 1975, and it literally means "from inside the head". The Endorphins are an opiate-like substance which can alter our moods and behaviors by producing a morphine like substance which can be 5000 to 10,000 times more potent pure morphine! And most amazingly it is formed within our body and research suggests that the use of other drugs, especially morphine like drugs may very well stop the production of our own Endorphin and its medicinal abilities.

During that time in high school, I was becoming immersed in the Greek culture as I was studying the Greek language with my professor who was from Greece. I was very fascinated by the Greek culture and the new understanding of Greek medicine and healing. The Greeks believed that there were three very different healers in their culture: there was the "knife" doctor, and then the "herb" doctor, and the "Word" doctor. There is no doubt in my mind they all were critically important, but I was most fascinated by the "Word" doctor, especially because I had recently read "Anatomy of an Illness" the New York Times most popular book written by the author of The Saturday Review, Norman Cousins.



Norman Cousins was experiencing intense suffering from a terminal illness which medicine provided no relief from his pain. Ironically, he found healing through the "words and behavior" of funny people, such as Laurel and Hardy, Charlie Chapman, and W.C. Fields. For some time now we had discovered that the Endorphin significantly increases through the new knowledge obtained by neuroscience, we have discovered that the endorphins significantly increase with humor, exercise, and being around positive people and experiences.

The Endorphin travels at an incredible speed within our brain and throughout our entire body, and the complex interactions within our brain. This unusual Endorphin energy present in each of us is composed of 100,000,000,000+ neurons which have thousands of connections with other neurons. This computes to a minimum of 100 trillion interconnections, or 2,100,000,000,000,000 possible transactions that the human brain can begin at one time! The human brain is a dense thicket of hundreds of billions of nerve cells, each capable of forming anywhere from 1000 to 500,000 synapse, at any time. It is important to remind ourselves that we have been created by an amazing God who has placed within each of us roughly 10,000 miles of interconnecting nerve tissue in each cube inch of our neo-cortex. This is enough connections to stretch practically from Los Angeles to Cape Town and back 28 times; enough to stretch from here to the moon and back again and then back to the moon again!

We recognize the brain transmits information electronically and chemically and as well as jointly utilizing both systems. As advanced as we are in so many ways, we have very limited knowledge of our brain. However, the more we are committed to learn about our brain, the reward will be significant increase in knowledge, and this will exponentially grow because of the marvelous reality of what our brain really is with its infinite learning available for those who aspire in this quest.

In the article which we wrote in 1987, I reference very unusual book written by my esteemed Professor, Dr. William Glaser. This book is entitled Positive Addiction and suggests everyone is prone to addiction and probably we all are an addict in one way or another. At first this was rather disturbing to me, however as I processed it, I realize that perhaps there are a few "positive addictions" such as learning, growing, creating, etc. which provide unusual opportunities moving forward rather than remaining stuck in negative addiction. Limited thinking, self-centeredness, and poor decision making which results in painful outcomes, can change. We can CHOOSE to recover!

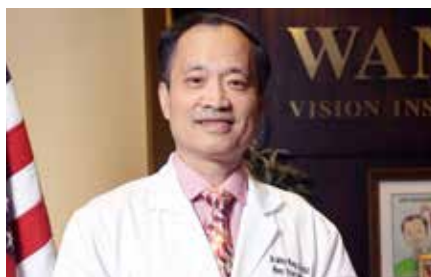
Please look forward to part two which focuses on the importance of wisely utilizing our Endorphins to promote good health and healing. The second part on the Endorphin will be in next month's Publication

— Tim Lynch, PhD. Clinical Psychologist, DCEP



Dr. Ming Wang To Present “Faith And Medicine: Bridging The Gap For Better Health” After “Sight”

Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics), Director of Wang Vision Institute and the subject of the movie “Sight” (angel.com/sight), has announced that he will present “Faith and Medicine: Bridging the Gap for Better Health” after film “Sight”. Dr. Wang will talk about the latest devel-



opment in all five major diseases of mortality: cancer, stroke, heart disease, Alzheimer’s disease and diabetes. Using his research and development of amniotic membrane contact lens as an example, Dr. Wang will show that God wants faith and science to work together and for all Christians to have a better health by learning and benefitting from these amazing and life-transforming advancements of 21st century modern medicine.

Dr. Wang is the director of Wang Vision Institute, Nashville TN, which provides state-of-the-art laser vision procedures including SMILE (18+, small-incision LASIK), Implantable Contact Lens (21+), Forever Young Lens (45+, to get rid of both distance and reading glasses) and LASER cataract surgery (60+). The center also provides the advanced treatment for dry eyes using amniotic membrane contact lens that Dr. Wang has invented. Dr. Wang and his team have performed over 55,000 laser vision procedures, including on over 4,000 doctors.

About Dr. Ming Wang, MD, PhD

Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics), is a world-renowned laser eye surgeon, philanthropist, and a co-founder of the Common Ground Network.

As a teenager, Ming fought valiantly to escape China’s Cultural Revolution – during which millions of innocent youth were deported to remote areas to face a life sentence of hard labor and poverty. He came to America with only \$50 and earned two doctorate degrees, one in laser physics and one in medicine, and graduated with the highest honors from Harvard Medical School and MIT.

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

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

The film “Sight” (FREE link: sight.drmingwang.com) is based on Dr. Wang’s autobiography “From Darkness to Sight” and co-stars Greg Kinnear. To reach Dr. Wang: drwang@wangvisioninstitute.com, www.drmingwang.com

— Leona Walthorn



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So, Where Do You Stand?

“Standing up” in today’s financial world means more than just making ends meet — it means taking responsibility for the resources God has entrusted to us. In a culture that often encourages blame-shifting or financial avoidance, biblical stewardship calls us to rise above and lead with integrity, wisdom, and accountability. The Bible teaches that we are not owners, but stewards of what we have been given. This includes our income, our spending, our giving, and our planning for the future. Proverbs 27:23 says, “Be sure you know the condition of your flocks, give careful attention to your herds” — a direct call to financial diligence.

Taking responsibility requires courage: to face debt, to budget wisely, to plan generously, and to honor God in all financial decisions. It’s about being proactive, not passive; faithful, not fearful. Standing up means choosing long-term impact over short-term gain; refusing to let ignorance or inaction define our financial legacy. When we align our financial choices with biblical principles, we demonstrate trust in God’s provision and care for others. In doing so, we not only gain peace of mind, but also fulfill a higher calling — to be wise and faithful stewards in all seasons of life.

My friend, Tim Bisagno, in his *Stand Up Dude* podcast, calls men to live with purpose and lead their families through five key biblical anchors — each of which strengthens how we steward what God provides:

- **Be watchful** – Pay attention to your financial habits and spiritual blind spots. Know where your money goes and what it says about your priorities.
- **Stand firm in faith** – In uncertain times, resist panic. Trust God’s plan over financial fear, knowing He is our true provider.

- **Act like men** – Embrace your role. Lead your family, make the hard calls, and reject passivity when it comes to money.
- **Be strong** – Exercise discipline and perseverance. Save consistently, stay out of debt, and say “no” to short-term gratification.
- **Do all in love** – Let your stewardship be rooted in love — for God, for others, and for future generations.

Standing up financially is about more than money. It’s about reflecting God’s character through how we handle His blessings — with purpose, courage, and love. To follow biblical stewardship principles, investors can start by creating a purpose-driven financial plan that aligns with their values and responsibilities. Regularly review your finances and invest with integrity, avoiding fear-driven or unethical decisions. Stand firm in faith by choosing long-term impact over short-term gain. Be watchful and disciplined, seeking wisdom and avoiding unnecessary debt. Lastly, lead with love and generosity—build giving into your plan and use your resources to bless others.

True stewardship isn’t just about growing wealth, but about reflecting God’s character through intentional, faithful, and impactful financial decisions that honor Him.

— Michael Wallin, Certified Financial Planner™
For more information, please see www.panthrex.com or
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The graphic features a woman with long brown hair wearing a black baseball cap with "ROCK DEVIL RUN" in yellow. The background is dark with blue and green light streaks. The text "CHRISTIAN MUSIC COUNTDOWN" is prominently displayed in large, bold, red and white letters. Below it, in yellow, is "Tuesdays 8:30p & Fridays 6p". In the bottom left corner is the website "www.ctntv.org" and in the bottom right corner is the "download the app" logo for CTV.

MIRACLE MOMENTS

Celebrating Faith, Courage & Creativity

On Saturday September 13, 2025, Murfreesboro, Tennessee will become the epicenter of inspiration and artistic excellence as it hosts the highly anticipated Red Letter Awards at the prestigious Dorethe and Clay Tucker Theater. This celebration of faith-based entertainment and the arts will bring together creators, performers, and visionaries who use their talents to shine a light of hope, purpose, and healing. With a unique blend of Hollywood glamour and spiritual grounding, the event promises to be a powerful evening of recognition, remembrance, and revival.



The festivities will begin with a “Gold Carpet” experience at 4 p.m. central, where nominees, and guests will arrive in style, offering a golden twist on the traditional red carpet. Attendees will witness a parade of talent from across the nation, including actors, musicians, filmmakers, and writers whose work uplifts and inspires through messages of faith, grace, and redemption.

At 6 p.m. central, the curtains will rise for the main award show, hosted in the heart of the Middle Tennessee State University campus. The Dorethe and Clay Theater is a landmark venue, known for its state-of-the-art acoustics and elegant design, providing the perfect backdrop for the 2025 Red Letter Awards. The Red Letter Awards derive their name from the red letters in the Bible that highlights the direct words of Jesus – a fitting metaphor for the voices and visions being celebrated at this gathering. The awards will spotlight creators who embody Christian values through their work, using their platforms to share stories, transformation, compassion, and truths. At this year's award show you can expect to see a variety of categories designed not just to highlight excellence in artistry but to honor the spiritual impact these works have on audiences around the world. The entire list of Official Nominees can be found at our website: www.redletterawards.com

In a special segment titled “Stars Of Sacrifice.” The Red Letter Awards will pay tribute to the 250th birthday of the United States Marine Corps, recognizing generations of men and women who have defended freedom and faith with unwavering courage. In another vital part of the evening, the Red Letter Awards will spotlight Hope-Filled Mondays, an effort on the front lines of suicide prevention and mental health awareness. Their mission is to bring hope to the hurting – particularly on Mondays, often considered the hardest day of the week for those battling depression.

The Red Letter Awards isn't just another award show' it's a faith movement, a cultural moment, and a spiritual revival rolled into one unforgettable evening. By bringing together the worlds of art, faith, patriotism, and mental wellness, the evening reflects the impact of God's truth when shared creatively and courageously. For attendees, the evening promises moments of joy, reflection, and unity. Whether it's celebrating the creativity of Christian artists, honoring the brave legacy of the U.S. Marines, or offering a lifeline of hope to those battling inner darkness the Red Letter Awards will leave a lasting mark.

Tickets for the Red Letter Awards are now available, and interest is growing fast. With the nation's leading voices in faith based entertainment gathering under one roof, this event promises to uplift hearts, renew spirits, and inspire a generation to speak and live boldly in faith.

For more information, visit the official Red Letter Awards website and follow the event's social media pages for updates, performers, announcements, and behind the scenes previews. When creativity meets conviction, and faith meet action – the results are not just gold carpet moments, but red letter life legacies built.

— KRISTENICOLE

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The Third Gift We Give to Our Child

A child’s personal development begins the moment they do. It starts with the very first gift their parents give to them; Life, the most precious gift anyone can be given to another.

Shortly after the first, the second gift follows, the gift of their unconditional love; it too is a great and powerful gift. The third gift bestowed upon a child by their parent is their name. It is said that good things come in threes, and I strongly believe that to be true. A name is more than just letters, it carries the identity of belonging, the history of heirship, and meaning as to who the parents wish them to become.

It is the first declaration to the world of who a child is and the legacy they inherit. A name holds power, shaping how a child sees themselves and how the world will address them from that moment on. It becomes a foundation for confidence, pride, and belonging, reminding them they are loved, cherished, and meant for greatness. With every word spoken by or of them, their name echoes through time, marking their journey, dreams, and achievements. A parent’s gift of a name is a promise, a guiding light that follows their child through every step of life.

Parents often select names based on three primary criteria, each carrying its own meaning and impact.

The Influence of Popular Trends

Names can reflect the cultural and social landscape of the time. Parents may be drawn to names that are fashionable, inspired by celebrities, literature, or even societal movements. These names give children a sense of belonging in their generation, shaping their identity within a contemporary framework. While trends evolve, the name remains a marker of the era in which the child was born, a time capsule of influences and aspirations.

Honoring Family Legacy

Still other parents choose names that have been carried by cherished relatives, weaving their child’s identity into the family’s history. Whether it’s a grandparent’s name, a beloved aunt’s, or a sibling’s tribute, this practice instills a sense of tradition, respect, and continuity. The child grows with a name that carries memories and values, making them a living connection to those who came before them. It fosters pride and responsibility, reminding them they are part of something larger than themselves.

The Meaning Behind the Name

For some parents, the essence of a name, the meaning it holds, matters most. Names can symbolize qualities like strength, wisdom, love, or resilience, serving as an aspiration for the child’s life. Some cultures prioritize names with spiritual or philosophical significance, believing they shape personality and destiny. Prior to 1983, the Catholic Church required parents to select a name that was from the Bible or a Saint’s name. Another interesting fact is that King



David named his son, Solomon, because he was tired of war. Solomon means “peace” in Hebrew. According to the custom of the times, the child was raised trying to live up to the meaning of their name. When Solomon became king, his forty-year reign is still the longest peace time in the Jewish peoples, nearly six-thousand-year history. A name rooted in meaning serves as a guiding force, encouraging the child to live up to its virtues and embrace its purpose.

Interestingly, in 2024, when it comes to the third gift, the top twenty most popular names given to newborns, ten were either from the Bible or were named after Saints.

I find it fascinating that the first three gifts, life, unconditional love, and a name, are that they are all meant to be permanent and shape a child’s identity forever. While material gifts fade, these three gifts define who a person is at their core.

Life is the foundation, the sacred

beginning of existence. It is the one gift that parents grant without knowing how it will unfold, yet it holds infinite possibilities.

Unconditional love ensures that the child never questions their worth. It is the only force that can truly heal, empower, and protect, shaping every relationship they form in life.

A Name becomes their first connection to the world, their introduction to society, their tie to family history, and, in many cases, the symbol of their destiny.

Each of these gifts are inseparable from the soul of the child, lasting beyond time, shaping generations, and leaving a legacy of meaning. Isn’t it remarkable how something so simple can be so profound.

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

— Anthony “Tony” Boquet, the author of “The Bloodline of Wisdom, The Awakening of a Modern Solutionary” and “The Passion, Death, and Resurrection of Jesus Christ, A Devotional Timeline”

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MIGHTY MEN & WOMEN

Identity and Purpose: Foundations for True Success

Our identity and purpose are foundational to everything we do. Who we believe we are and the purpose we believe we are given inform every decision and action we take.

Knowing our true identity and purpose unlocks opportunities in every area of our lives, personally and professionally. Rooted in faith, this discovery aligns your life with God's design, empowering you to live with clarity, confidence, and impact. It's the key to experiencing true, authentic success.

Identity: The Root of Confidence

As a follower of Christ, our identity is not defined by achievements or failures but by our standing in Christ. We are a new creation (2 Corinthians 5:17), loved unconditionally (Romans 8:38-39), and equipped for good works prepared beforehand for us to do. (Ephesians 2:10).

Understanding this frees us from insecurity and comparison. We can pursue growth in our lives with the assurance that our worth is already secure. Professionally, this confidence translates into resil-



ience. We are not torn down by setbacks or overly affected by praise; instead, we work faithfully, knowing we are working 'as unto Him.'

Purpose: The Path to Impact

Your overall purpose as a follower of Christ—to love God, love others, seek His kingdom first, and make disciples—serves as a compass for decision-making.

Personally, it informs a path of intentionality, where love, forgiveness, and service rather than material gain become measures of success. All enjoy the fruit this produces, bringing salt and light wherever you go.

In your professional life, your specific purpose blends your passions, talents, and experience to equip you to bring your unique self. Whether leading, administrating, or supporting, you approach your work as a steward, creating value for others and opening doors to influence. Success is defined by faithfulness to His purpose, reflecting His character in all you do.

The Foundation at Work

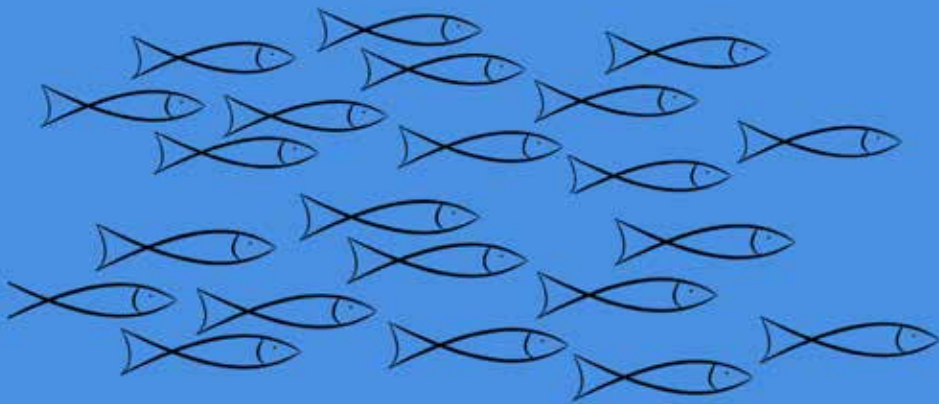
The scriptural example of Daniel is revealing. His identity as a worshipper of God and his purpose to honor Him at all times never wavered, even when threatened with loss of life. That foundation led to personal integrity and professional excellence, earning him favor and authority in the nation of his exile.

Likewise, when you root yourself in who God says you are and what He's called you to do, success follows—not always as we or the world defines, but as God does: a life of faithfulness and fruitfulness. In Christ, identity and purpose aren't just concepts but the basis for a truly successful life—one that, when at its end, the one who has lived it will hear, 'Well done, good and faithful servant. Enter into the joy of your Lord!'

— David Kobelin is a Certified Professional Coach, Pastor, International Speaker, and Master Trainer, who has dedicated his life to encouraging, equipping, and empowering individuals, leaders and their teams. www.claritycoachme.com



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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)

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Salt And Light....In A Divided Culture

Is it possible to be salt and light in a culture where Evangelical Christians champion individual freedom, autonomy, and liberty while seeking to legislate societal morality through majority rule? This question reveals a genuine tension for Evangelical Christians. How do we advocate for personal freedoms while using the democratic process to influence and enforce our biblical understanding of moral standards in society?

I formulated this question a month ago while studying the “Scopes Monkey Trial” in preparation for the 100th anniversary reenactment of the “Trial of the Century” held this week in Dayton, Tennessee.

The tensions argued 100 years ago over individual liberty and majoritarian democracy remain prescient today. Watching actors portray Clarence Darrow and William Jennings Bryan, the central figures in the Scopes trial, argue vastly different worldviews stirred my dilemma. How do Christians living in the “now but not yet” reconcile this paradox?

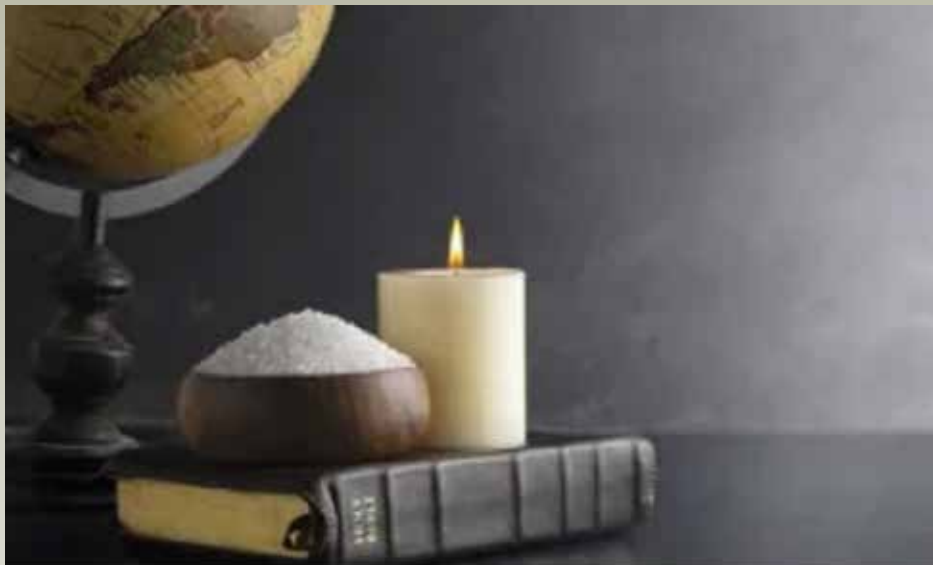
This dilemma is a “liberal paradox,” revealing a deep tension between two cherished principles in liberal democracies that cause societal conflict. In balancing respect for individual choice with fair collective decisions, we hit a limit: not all values can coexist harmoniously. Adding to the tension is the clear mandate from Jesus Christ to be salt and light in this cauldron of malaise.

How do we honor both the biblical call to be “salt and light” (influencing society toward godliness) and the principle that faith should be freely chosen, not coerced? I shared my question with 18 insightful Christians — pastors, scientists, doctors, lawyers, politicians, apologists, and educators. Their responses were varied but showed consensus that Christians must pursue biblical righteousness through legislation that “influences society toward godliness.” Issues like abortion, human sexuality, and defining marriage were frequently mentioned.

However, there was also agreement that Christians often pursue the right objectives in the wrong way. One politician noted that too often we seek to advance God’s kingdom and righteousness by enacting laws to enforce a moral code prescribed by God, but such efforts are often “in vain,” according to 1 Corinthians 15:58, because they are self-serving and not done “in the Lord.”

Former Tennessee Gov. Bill Haslam writes in his book, *Faithful Presence*, “Too often, Christians shape their faith to fit their politics rather than forming their politics from their faith. They seem to forget their calling is to be used by God in service of others rather than to use God to reach their own desires and ends. Faith can be a redemptive, healing presence in the public square, as it must be, if our nation is to flourish.”

An apologist responded that for the unbelieving world, “our testimony of faith in Christ, our involvement in Christian community, and our stand for truth, regardless of which way the winds of society blow, should have a far greater impact than legislative or societal movements in the name of the Lord.



This doesn’t mean Christians should avoid legislation faithful to Scripture, but we can’t rely on legislation (or judicial action or executive orders) to change the human heart.”

A Christian educator put it succinctly: “Morality as a goal is misguided. Morality is fool’s gold. The dead are burying the dead.” A pastor added, “What good is it if we win the moral battle in society yet lose the souls of men in the process?”

Many respondents highlighted a prevailing shallowness in biblical literacy among Evangelical Christians, a lack of understanding of how

the Bible intersects with contemporary issues, and an inability to engage in meaningful, reasonable conversations with those of differing perspectives. One pastor said, “We are so divided we don’t know people with other viewpoints, and most don’t want to [know anyone with another viewpoint]. Our politics influences our evangelism more than the Holy Spirit does.”

Ironically, a 1925 Memphis Commercial Appeal editorial about the Scopes trial noted a lack of confidence among Christians in defending their faith against secular challenges. “Most sincere believers in religion have their religion but are afraid if they go out and mix in the fray, they will lose it. Some fear they will be put to confusion. Some believe but fear they cannot prove their belief, so they leave the field to extremists like Darrow and Bryan.”

Are Christians toothless lions, reduced to shouting at the culture rather than engaging it? We shouldn’t be. Everything the editorial mentions can be corrected. We know God. We have His truth in the Bible. We know God’s desire is to see hearts changed. We have the gospel. We have the Holy Spirit. We have each other.

The bigger question is: What will we do with all that we have, and how will it guide us to be salt and light “in the Lord” in a decaying society of individual freedoms while graciously pursuing righteousness, loving and serving those who may hate us? It is a complex question, and demands both an individual and collective response.

— Chris Turner, Editor,
Baptist and Reflector

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Spiritual Goal for August

The Voice You Feed

"Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us."
Ephesians 3:20 (NIV)

There will always be two voices competing for control of your mind and heart... the voice of doubt and the voice of faith. The voice of doubt is loud, relentless, and intrusive. It tells you you're not going to make it. It wakes you up in the middle of the night whispering defeat: "That financial drought is permanent. That relationship can't be restored. You'll never get ahead."

But if you'll get still... if you'll silence the noise and lean into the Spirit... there's another voice. A still small voice. The voice of your Father. And He's saying: "This too shall pass. I'm fighting this battle. Help is on the way. Break-through is closer than you think."

The question is: which voice will you believe?

Faith doesn't end your challenges; it simply refuses to give them the final word. Doubt magnifies the problem. Faith magnifies the power of God. Paul didn't say, "I think God might help." He said, "I will never doubt what God can do." When we shift our focus from our limited strength to God's unlimited power, heaven moves on our behalf.

God isn't looking for perfect people.... He's looking for believers. For warriors who will say, "God, I may not have the answer, but I trust that You do. I may not see the way, but I believe You're making one." So when doubt knocks, don't answer. When fear screams, let faith whisper louder. Feed the voice that says, "God is able." Because He is.

Prayer For Today:

Father, today I choose to silence the voice of doubt and lean into Your voice of truth. Help me to stay anchored in faith even when fear tries to take the wheel. I know You are able to do far more than I could ever ask, dream, or imagine. Remind me that Your power is at work within me, and that nothing can stop what You've ordained for my life. I surrender control and place my trust fully in You. Let Your still small voice lead me, strengthen me, and remind me that You are always fighting for me. In Jesus' name, amen.

May God Bless you abundantly!

— Mark W. Koch

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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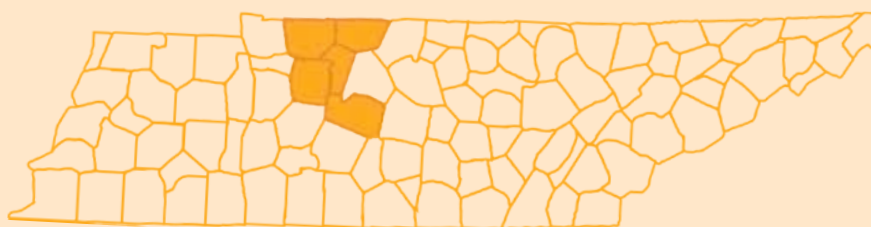
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