

September 2025

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Publisher: Robert Stringfellow • 615-815-8765

publisher@nashchristian.com

Editor: Raymonda Jagers

Contributing Writers:

Charlotte Blackwell
Anthony (Tony) Boquet
Eileen Brigantino
Larry L. Crain, Esq
Sally Cressman
Nancy Duggin
Daron Farrar
Maricela Farrar
Jenna Jason
Tim Lynch, Ph D
Margaret Macgurn
Lee Ann Mancini
Bridgette Maney

Eva Angelina Romero
Monica Schmelter
Rhonda Smart
Angela Stacy
Katherine Stewart
Chris Turner
Ralph E. Vaughn
Michael Wallin, CFP
Leona Walthorn
Rebekah Warren
Kris Wiese

Cover Story Photos: Courtesy Michael Wallin

Production and Art Direction: Wendy Satterwhite

Website Development/Maintenance: A3 Marketing and Communications

Digital Marketing & SEO Services: Bowen Digital Marketing

Social Media: Dashia Brandon/Administrative Assistant and
Social Media Manager

Sales & Marketing: Robert Stringfellow,
Brenda Delgado/Marketing Specialist

Administrative Assistant: Emma Grace Hicks

Printer: Central Missouri Press

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OUR MISSION



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

FROM THE PUBLISHER

September

My wife and I have always loved September. It's one of our favorite months because it signals that fall—the season we cherish most—is just around the corner. With the kids back in school and Labor Day marking the close of summer, life seems to take on a new rhythm.

The days grow shorter, flocks of geese honk their way south, and football season kicks off, stirring a sense of anticipation. You can almost feel autumn in the air, and I find myself energized as we look forward to the vibrant transformation of the leaves that will soon unfold.

In the midst of the chaos and disorder we see in our country and around the world, the steady rhythm of the seasons stands as a reminder of God's power and sovereignty. His handiwork in creation reflects order, beauty, and majesty—unchanging truths in a world that often feels uncertain.

Yet it's all too easy to overlook the wonder of His creation. Over the next few weeks, I encourage you and your family to pause, slow down, and intentionally take in the beauty around you. Watch the trees change, breathe in the crisp air, and give thanks to the Creator who designed it all.

As a biblical reminder, spend some time reflecting on Psalm 104 and Genesis 1. Both passages lift our eyes to the One who not only spoke creation into being but also sustains it with His enduring power.

And, consider God's crowning creation, man - Psalm 139: 13-14 "*You formed my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*"



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



ON THE COVER 20

As managing partner at Optivise Advisory Services, Michael Wallin is right where he says Christ wants him to be: encouraging other Christ followers to be wise with their money and their lives. See page 20.

- 10, 26, 33 **Parenting Tips**
- 9, 31 **Celebrate Your Faith**

SPECIAL FEATURES

- 6 **What’s New with Megan Alexander?**
- 13 **What Happens Now?**
- 16 **Solace Implant Center and Oral Surgery: Excelling in Excellence and Honored for Transformative Growth**

NEXT ISSUE

Fall Family Fun & Much More!

September 2025

DEPARTMENTS

- 3 **From The Publisher**
September
- 7 **Cool Stuff With a Mighty Message**
Cadie Bugg Studios – Fine Art and Design
- 8 **Parenting Points**
Heart-Based Parenting: Moving Beyond Power Struggles
- 10 **Legal Matters**
Has “Grievance Culture” Become a License to Break the Law?
- 13 **Youth News**
How Your Child can be Light at School
- 14 **Encouraging Word**
Portico-2024 Impact Report
- 15 **Senior Scene**
Medicare Open Enrollment Starts Soon
- 18 **Mighty Women**
A Heart for Service
- 23 **Parent With Purpose**
Welcoming the School Year with Prayer
- 23 **Faith Under Fire**
Are You Stuck In Unforgiveness?
- 25 **Miracle Moments**
Welcoming New Life: Baptism Across Christian Traditions
- 26 **Money Matters**
When to Claim Social Security is a Big Decision
- 27 **Teachable Moments**
Tennessee Immigrant and Minority Business Group is Hosting a Forum On AI
- 28 **Secrets from the Studio**
Second Chances- A Prodigal Journey
- 29 **City Scene**
Century 21 Capital Properties: A Team Redefining Real Estate in Middle Tennessee
- 30 **Body & Soul**
What is the B-Endorphin All About? Part 2
- 31 **The Bible**
Trevecca Professor Acquires Historic Bibles to Expand Student Learning Opportunities
- 32 **Family Flicks**
Fox Nation Greenlights Two New Seasons of *God. Family. Football*
- 33 **Kid’s Korner**
How to Explain A.I. to a Fifth Grader (and Why It Matters for All Christians)
- 35 **Hassle Free Zone**
How to Clean Stainless Steel and Keep Appliances Shining!
- 36 **Monthly Spiritual Goal**
- 36 **God’s Plan for Salvation and Eternal Life with Him**
- 38 **About our Advertisers**

CONTENTS

VOLUME 16, NUMBER 4



14



18



31

What is **FAITH-BASED INVESTING?**

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SPECIAL FEATURE

What's New with Megan Alexander?

Megan Alexander and her husband Brian Cournoyer love Fall in Middle Tennessee! The cooler air, the changing leaves, the beautiful colors and the gorgeous sunsets.

Megan and Brian have lived in Franklin for 12 years and never want to leave. Megan's Grandma was born in Thompson's Station in 1930, so it's a full circle moment for them.

The dynamic duo loves the energy that Nashville offers, but they also enjoy escaping to their home in Franklin. Megan says "We learned early on that weekends with kids need to be about relaxing and just being. We found a great neighborhood full of families that offers this and it's paradise".

And Brian knows the area well, he is a real estate agent for Compass and has moved countless families here from all over the country. Brian sees great promise in the real estate market for this Fall. "People won't stop moving to beautiful Middle Tennessee, and I think it's about to really pickup again. Very few places in the country offer the quality of life, affordable cost of living, community and beautiful scenery that we do." Brian loves connecting with his new families and helping them really plug into life here. It's no surprise that Brian and Megan love to entertain and host all these new families at their holiday parties.

Speaking of Holidays, Megan has a new book out this fall. It's called *The True Gifts of Christmas* and it's a coffee table book / Advent devotional. Megan shares "As a Mom of 3, I am struggling to keep Christ in Christmas, like so many other families. I took a deep dive into our many Christmas traditions a few years ago and learned many have rich spiritual roots. I wanted to put this into a book that families can read together and learn how much faith is weaved into what seems like secular traditions. God is all over Christmas in ways I did not know". You can find this book now on Amazon and in bookstores.

Brian and Megan's 3 children, Chace, Catcher and Capri, love to visit the many pumpkin patches all over town. "It's the little things that make Fall so magical in Franklin. We really love to look for fall decorations, pumpkins on porches and find the best decorated Halloween house! There is a good one next to Battle Ground Academy High school that we always enjoy driving by".

Megan and Brian are just one of the many families who appreciate the emphasis on faith that we find in middle Tennessee. "If you don't want to celebrate



Halloween, I think it's so cool how many churches have fall festivals and other activities. Our church, Bethel World Outreach in Brentwood, offers some alternatives that are a blast", Megan shares.

For more on Megan's book, visit www.MeganAlexander.com and to contact Brian about real estate, email him at Brian@thebc.team or visit his website – www.thebc.team/agents/brian-cournoyer.

— Bridgett Maney, Principal BRIDGE PR

Cadie Bugg Studios Fine Art & Design



Hi, I'm Katherine, aka Cadie Bugg.

God gave me a passion for art at a young age. At age 7, I painted my first paint-by-number. It was a challenging and frustrating process. Around that same age, I began designing random posters, birthday cards, and calendars on a program called The Print Shop. When I was 8, God gave me the courage to complete my second paint-by-number, it turned out a lot better than the first. After that, I was buying paint-by-numbers like crazy with my allowance, birthday/Christmas money. In high school, I finally

started creating my own paintings and paint-by-number was a thing of the past. As for graphic design, in my senior year of high school I had a teacher, Mr. Netherton, who encouraged me to pursue graphic design as my major in college.

Two years in the graphic design program at MTSU, I was feeling defeated and lacked confidence in my designs. Instead of praying about the situation, like I should have, I made an abrupt decision to switch my major to printmaking. I had only taken one silkscreen (screen printing) class. The hands-on aspect of printmaking is what I enjoyed the most, but I quickly found out that's not where my skillset was. I was stuck. Tired of college, tired of homework, tired of critiques. I did land a job at Swanson Christian Products in 2015 as a graphic designer creating catalog layouts and product designs, my confidence

started coming back. I pushed through printmaking and graduated with a Bachelor's in Fine Arts with a minor in Graphic Design in 2016.

I have yet to use my printmaking skills since graduating, however, I use my graphic design skills daily. My next leap was moving to Washington State where I worked for Image360 Tacoma Central as their graphic designer. God blessed me with a "work" family when I was 2,000+ miles away from home. There, I had the amazing opportunity to work with local individuals and business owners to create signs and graphics. I ended up moving back home to Tennessee and joining Swanson Developments. I became their Creative Marketing Manager and designed flyers, took pictures/videos of properties, and managed their websites and social media platforms. In 2024, I created my freelance graphic design business, to which I give God all the glory. I now have over 10 years of experience in the professional graphic design field. What about painting? It's still a passion of mine, and I create pieces not only for my personal collection, but also when I receive a request. And then there's pointillism, but that's another story.

I'm always looking for new and exciting artistic opportunities, whether it be a painting, a pointillism piece or graphic design. Let's connect!

— Katherine Stewart, 615-801-7337, cadiebuggstudios@gmail.com
www.cadiebuggstudios.com




Now is the Time

Proverbs 24:10-12

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PARENTING POINTS

Heart-Based Parenting: Moving Beyond Power Struggles

"Johnny, get off the computer and finish your homework!"

"No, Mom, just one more minute!"

"No, Johnny—off right now!"

"But Mom, I'm almost at the next level!"

If you're a parent or grandparent, chances are you've gone back and forth like this with your child at some point—it's a familiar tug-of-war in many households. I know I did when I was raising my kids!

Most parents have experienced this exhausting cycle of setting boundaries that resulted in pushback from their children. What begins as a simple request to complete homework or limit screen time quickly escalates into a full-blown confrontation, leaving both parent and child feeling frustrated and angry. Resistance and conflict are persistent challenges parents face. Highlighting the importance of intentional, heart-focused training over mere behavioral control is crucial and can lead to lasting change.

Persistent arguing leaves us, and our children, exhausted and angry. Prolonged disputes may often occur due to your child's desire to control their environment or may result from expressing frustration because of their limited autonomy. This is a significant factor with young children who cannot express their frustration. Often, this is because of their underdeveloped emotional regulation skills, difficulty accepting disappointment, or an immature understanding of who's in charge. Just ask most two-year-olds, and they will tell you they are the boss! Rather than viewing these conflicts as willful defiance, parents can use them as opportunities to teach essential life skills.

A more effective approach focuses on developing the child's heart to want to do what is right rather than simply managing their external behavior. This heart-centered method acknowledges that sustainable change originates from within and aims to equip children with the emotional and social tools they need to navigate challenges independently. Instead of asking, "How can I make my child comply?" this approach asks, "What skills does my child need to handle this situation more effectively?" This aligns with the wisdom of Proverbs 4:23: "Above all else, guard your heart, for everything you do flows from it." When we focus on the heart, we address the source of behavior rather than merely its symptoms. It is a more loving way to guide and discipline.

Teaching children how to respond correctly they can learn to respond with acknowledgment and acceptance rather than immediate protest. Similarly, when asked to complete an undesirable task, children can learn to express compliance verbally before taking action. For young children, you can use the yes-no sandwich technique. "Mommy, can we go to the park?" Instead of saying no, your baby sister needs a nap, reply, "Yes, we can as soon as your sister wakes up from her nap, yes, we will go then." If you say no, we can't, because your sister is asleep, this will foster sibling rivalry. However, the yes-no sandwich works because they hear the word 'yes' instead of 'no'. In addition, helping your child learn how to respond helps them develop self-regulation skills that will serve them throughout their lives.

The ultimate goal of this parenting philosophy extends far beyond reducing daily conflicts. By investing in character development during childhood, parents are preparing their children for future relationships, academic challenges, professional responsibilities, and personal struggles. The skills learned through heart-based training become the foundation for healthy marriages, successful careers, and meaningful friendships. This long-term perspective transforms everyday discipline moments into opportunities for life preparation rather than mere behavior modification. Most importantly, it strengthens the connection between parent and child, building a lasting bond of love and trust.



When parents respond to conflict with gentleness rather than harshness, they model the very behavior they hope to see in their children. Proverbs 15:1 illustrates this principle: "A gentle answer turns away wrath, but a harsh word stirs up anger." By refusing to engage in unproductive arguments, parents demonstrate mature conflict resolution skills and create opportunities for effective teaching. Similarly, 2 Timothy 2:23-24 advises, "Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels. The Lord knows that I engaged in too many arguments when my children

were growing up. I only wish I had known what I know now, because it would have made a significant difference, especially during the teenage years. The goal is to help your family grow together in an atmosphere of love, trust, and respect, not one built on fear or strict control. Most of all, we want to give kids the tools they need to thrive on their own while staying connected to their families through strong, trusting relationships. Obedient kids are often happy kids.

— 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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Has “Grievance Culture” Become a License To Break the Law?

There is a disturbing mindset stirring today: If you feel wronged or a victim of injustice, you can make your own rules. This is a quantum leap beyond mere civil disobedience which has always played an important role in shaping American culture since the Revolution. Martin Luther King, Jr., perhaps the most avid modern proponent of this form of resistance to tyrannical authority, recognized the use of peaceful protest to effect needed change during the civil rights era of the 1960’s. Likewise, Gandhi’s civil disobedience was a strategy of nonviolent resistance against British rule in India, aiming to achieve independence through peaceful means. It involved deliberately breaking unjust laws and refusing to cooperate with the British authorities, while maintaining complete nonviolence.



Over my career I have legally defended several across the country who exercised peaceful civil disobedience outside of abortion clinics to urge a reversal of *Roe v Wade*. Today, we are witnessing a dangerous shift, at least by a segment of society, condoning the use of violence as a means to assuage some political injustice.

The latest example of this is the Luigi Mangione case. Mangione was accused of killing United Healthcare CEO Brian Thompson all in the name of retaliation against an unjust healthcare system. Shortly after his arrest, he was hailed as a folk hero by many on social media. An online community was formed to raise money to pay for his defense. To help raise funds, merchandisers sold coffee mugs and t-shirts emblazoned with Mangione’s likeness. Luigi Mangione: the Musical debuted in San Francisco to a sell-out crowd, and was so successful that it became a tour event. Smiling defiantly at the cameras, Mangione knew that he had tapped into a mob-like group of followers who shared a sense of public outrage at the healthcare system.

Recently, a New York gunman, 27-year-old Shane Tamura, opened fire in an office building killing four people over his grievance against the NFL, which had offices there. Tamura claimed to be a victim of football-related injuries. He carried with him a note stating: “Study my brain injury!”

Just what is “grievance culture?” Sociologists define grievance culture as a societal or group mindset characterized by perceived injustices, and historical wrongs. This fuels anger, resentment, and a sense of victimhood, leading to violence as a means of retribution. This culture can manifest politically, as seen in historical and modern examples of grievance-based political movements such as Black Lives Matter, or individually, in cases of lone actor violence.

Individuals who resort to violence often do so out of a perceived victimhood and react out a sense of righteous anger. Their violence is not directed at a specific individual, but rather against a class of society whom they blame for this injustice. The more grievous the wrong, the greater the justification for acting outside the rules.

As one commentator put it: “The danger is obvious. When grievance is elevated over morality, the threshold for acceptable behavior collapses. Harming others becomes a legitimate response to feeling wronged. Public safety erodes. Shared norms vanish. And in the vacuum, each person decides which rules apply to them and which do not.”

How do we counteract this dangerous trend? Some advocate appeasement as a form of addressing this issue. They argue we should counter the trend of cultural grievance by promoting empathy, opening dialogue, and shared goals to address the roots of division and reduce political polarization. Others say it is futile to employ a calm, reasoned dialogue as a means of placating imminent violence. It is hard, they would say, to invite peaceful discourse with one who is poised to ignite and hurl a Molotov cocktail at innocent bystanders because of some perceived grievance.

It’s not that grievances aren’t real. Some are, and there is a moral obligation to address and remedy them. But grievance politics inevitably leads to a breakdown in communication.

Morality originates from God, who created humanity in His image. Restoring morality biblically involves acknowledging humanity’s fallen state, embracing God’s restorative work through Christ, and living by God’s unchanging moral law as revealed in Scripture and creation. This process includes seeking God’s Spirit for transformation, practicing virtues like kindness and forgiveness, following the Golden Rule of treating others as you’d be treated, and upholding the moral clarity God established in His design for humanity.

— Larry Crain
www.crainlaw.legal



If something in this month’s issue of

NASHVILLE

CHRISTIAN FAMILY

has awakened in you a desire to learn more about the **Freedom** and **Eternal Life** that Jesus Christ offers, we encourage you to seek out a **Bible-based church in our community.**

We believe this is the most important decision you can make for yourself and your family.

God Bless You!

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How Your Child Can Be Light at School

School is back in session. Rhythms have formed, schedules are filled, and busyness now rules. September is a good time to remind your kids about what is truly important. Of course, learning, grades, and behavior are all important, but don't forget the spiritual aspect of your child. How can they be light in their school this year? How could they be the hands and feet of Jesus to their classmates and teachers?



Remind them of who they are. In the Sermon on the Mount, Jesus told the people, "You are the light." For younger children, you might need to be more literal and show them how to be like Jesus, then challenge them on what that would look like. Speak encouragement over them, such as: You are brave. God is with you. God will help you. Older children may understand what it means to be light, but also need some guidance.

Look for opportunities. Encourage your children to think about how they could use their hands or feet at school. How might they use their hands? Could they hold a door open for someone or carry something for the teacher? Their feet could remind your child to share about Jesus at lunch or on the playground, like the beautiful feet mentioned in the Bible (Isaiah 52:7).

Pray for strength and courage. Before your kids leave for school, ask God to infuse them with courage to shine brightly in the hallways and classrooms. Encourage your child to pray for the bully, teachers, staff, and friends. Remind them that they can pray silently before taking an exam or eating lunch. Practice role-playing how to handle difficult situations with your kids. This will boost their confidence.

Offer leadership opportunities. This Thursday, September 9, is See You at the Pole (SYATP). During this nationwide student-led event, kids, teachers, and parents gather around the flagpole to sing and pray for their schools. Visit the SYATP website to learn how your child can participate in or organize this event at their school campus.

Look for teachable moments. Remember, your child is learning to be a light. They don't have the experience or know-how of how to shine for Jesus yet. Model this behavior at home or while going about your day. Have conversations around the dinner table about missed and successful opportunities to be light. Discuss specific situations on how to be kind to others or treat those who don't act nicely. Don't expect your child to be perfect. Give them grace and time to grow their light. But do offer praise and encouragement when you see them acting like Jesus.

What a difference your child could make this year.

— Sally Cressman is the author of "The Dance of Easter." Sign up for her email list to receive "Lunch Box Cards for Kids." She'd also love to connect on Instagram.



What Happens Now?

When our parents begin to slow down and need a little extra help, our first instinct is to be there for them. After all, they've spent their lives caring for us, and it feels only right to return that love and attention. But as much as we want to step in, life doesn't always make it easy. Jobs, children, distance, and everyday responsibilities can sometimes get in the way of being present as much as we'd like.



Some of us rearrange schedules, sacrifice personal time, or even put careers on hold just to make sure Mom and Dad are cared for. Others face the hard reality that distance or family demands prevent them from being as involved as their hearts long to be. And along with these practical challenges comes something even harder—the emotional weight. Watching a parent's health decline, or seeing the first signs of dementia, can feel overwhelming and heartbreaking.

There is no easy path through this season, but one thing we all know is true: the time we have left with our loved ones is precious. Each moment, each conversation, each smile matters. And while none of us can stop the aging process, we can surround our parents with the dignity, love, and support they deserve.

That's why Crown Senior Advisors exists. We're here to walk beside you and your family, helping to shoulder the burden and guide you through what can often feel like an overwhelming maze of choices. We want you to know this: you don't have to face this journey alone.

Our help is always free. We never charge families any living facility-finding fees. Instead, we take the time to listen, to understand your parent's needs, and to find the right fit for them—whether that's assisted living, memory care, or another supportive option. We'll even join you on tours when possible, offering reassurance and guidance every step of the way.

All it takes is filling out our free online Care Assessment form. You can also call to schedule a Free Consultation online or by calling. From there, one of our caring advisors will personally call you to talk through your answers and walk with you toward the best solution for your loved one and family.

This season of life can be hard—but it can also be filled with sweet moments of connection, laughter, and love. Let us help you focus on what matters most: cherishing the time you have with your parents while ensuring they receive the care and dignity they deserve.

Give us a call today. It would be our honor to come alongside you and help lighten the load.

— Eileen and Eric Brigantino
info@crownsenioradvisors.com, 615-205-5358
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Portico - 2024 Impact Report

2024 was a year of remarkable progress! God's provision of our facility in 2021 came with the vision of expanding medial services, establishing a family serves ministry, and pursuing opportunities to serve Portico clients in more meaningful ways. In 2024, God's provision, again helped us make great progress in these areas that could have taken years to achieve.

In mid-2024 we began funding through the Tennessee Strong Families Grant, enabling us to fund three new positions and expand into three new areas of ministry. With this funding we added a Certified Nurse Midwife, a Family Services Coordinator and a Case Manager to the Portico team. After two decades of providing medical services, we can now provide not only expanded medical care but more peace of mind for anxious moms through out early prenatal care program. Our new Family Services program aims to enrich the parenting services and education that we have been providing since we began in 1986. This program allows us to focus more support on single mothers and couples committed to becoming better parents, providing them with essential community and resources. Case management has allowed us to target areas of need, recommend or provide resources, and assist



our clients who are pregnant and may have material needs that are driving them

toward abortion. We have been able to help with rent, purchase baby beds and car seats, provide transportation, and even assist with car repairs so that mothers and fathers can work.

The state grant was a big part of God's provision in 2024, but the unwavering support of our community of donors and volunteers has been even more vital to our ministry's progress. The state funds are specifically targeted and do not impact our regular budget. Thank you for helping us progress, for helping us continue to move forward and advance in our shared goal to bring hope and truth to every client, and standing for life.

PROGRESS:

Clients served: Under 1000 (2023) ; Over 1200 (2024)

Pregnancy Tests: Over 500 (2023) ; Over 750 (2024)

Ultrasounds: Under 500 (2023) ; Over 630 (2024)

Parenting Support: Under 1500 (2023) ; Over 1870 (2024)

Introduction of early prenatal care:

Offers medical attention and emotional support to uninsured pregnant mothers during the first 12 weeks of pregnancy. Healthier pregnancies lead to better outcomes for both children and families!

Implementation of case management:

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Establishing a Single Moms Support Group, two new parenting classes, and financial and nutrition workshops. Creating a sense of community and belonging fosters improved mental health, learning opportunities, and a support network for both moms and dads!

Increase in the number of fathers served:

Growing from 48 in 2023 to 111 in 2024. God's design for family includes both father and mother!

Expansion of Medical Services:

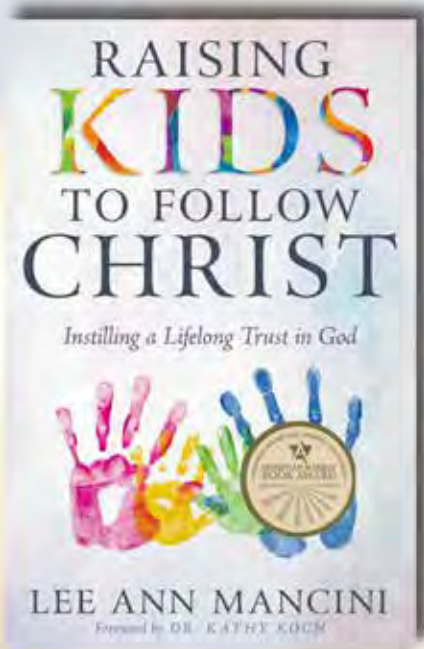
Now including Abortion Pill Reversal Provider. According to Heartbeat International, over 6,000 babies have been saved through abortion pill reversal – equivalent to more than 200 kindergarten classes!

— Staff Writer With Portico,
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2025 Christian Market Award Book of the Year


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66 — This remarkable book holds the keys to establishing spiritual bedrock in your child's life.
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Medicare Open Enrollment Starts Soon

It's almost Fall y'all so it will soon be time for Medicare Open enrollment. So, let's take a look at what Medicare Annual Enrollment Period (AEP) is all about. If you have a Medicare Advantage Plan or a prescription drug plan (PDP) this is the time of year you get to review how those plans have done for you. You will be receiving from your plan's carrier toward the end of September a letter called the ANOC letter (annual notice of change). It will tell you what the changes in your plan will be for 2026. Remember to open this letter from your carrier and not put it in file 13!



If you don't do mail, then hop on your computer beginning October 1st; you will be able to log on to Medicare.gov and check out your plan there. You may also see your plans info in the 2026 Medicare&You that will be mailed to you. It's available on their website but does not have local information on plans/carriers.

The open enrollment signing period is October 15th through December 7th. If you decide to make any changes, your new plan will start January 1, 2026. If you don't make any changes then your current plan will roll into 2026, and you don't have to do anything!

Suggestion – call your Medicare Rep and discuss next year's plan with him or her! Every year we must get recertified with Medicare and the Carriers to be able to offer suggestions as to what would be the best route for you in 2026. We are blessed to have such a great healthcare system in middle TN and that attracts many companies that want to do business here.

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

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Solace Implant Center and Oral Surgery: Excelling in Excellence and Honored for Transformative Growth

At the heart of Nashville's thriving community, Solace Implant Center and Oral Surgery continues to set the standard for excellence in oral healthcare and entrepreneurship. This September, the center and its leaders, Dr. Jaime Romero and co-founder Eva Angelina Romero, received two significant recognitions that reflect both their unwavering commitment to patient care and their vision for growth.

For more than a decade, Nashville Lifestyles Magazine has honored Dr. Romero as one of the city's top specialists, a recognition that affirms not only his technical expertise but also the trust and admiration he has earned among patients and peers alike. In the September 2025 issue, Dr. Romero was once again named among the very best in his profession, a distinction he has consistently held for over ten years. To achieve this level of consistency in any industry—especially in healthcare—speaks volumes about the dedication, skill, and heart behind his practice. "Every smile we restore is a life we impact," says Dr. Romero. "This recognition is less about me and more about the incredible patients we serve and the team that makes it possible."

Patients who walk through the doors of Solace Implant Center and Oral Surgery often come with years of discomfort, self-consciousness, or even pain. Through advanced procedures like dental implants and the All-on-4 treatment, Dr. Romero and his team have been able to provide life-changing results, helping patients eat, speak, and smile with confidence again. It is this profound impact on quality of life that makes Dr. Romero's work stand out year after year.

But excellence in patient care is only part of the story. In addition to Dr. Romero's recognition, Solace Implant Center and Oral Surgery—led by Dr. Romero and co-founder Eva Angelina Romero—was named a finalist in the prestigious 2025 NEXT Awards, presented by the Nashville Entrepreneur Center and supported by Amazon and HCA Healthcare. Taking place on October 20, 2025, at the Schermerhorn Symphony Center, this annual signature event honors the visionaries, companies, and organizations that are shaping Middle Tennessee's economy and entrepreneurial landscape.

The Romeros are being recognized not only as leaders in oral surgery, but also as entrepreneurs whose work transcends the traditional boundaries of healthcare. By building Solace with a vision for sustainable growth, exceptional patient experiences, and innovative service models, Eva and Dr. Romero exemplify the entrepreneurial spirit the NEXT Awards exist to celebrate. As a nominated co-founder and finalist in her own right, Eva's leadership has been critical to Solace's growth. She has spearheaded strategy, operations, and community partnerships while building a brand that reflects both excellence in healthcare and a commitment to empowerment.

"We are in growth mode," shares Eva. "For us, it's not just about building a dental practice—it's about creating access to exceptional care, building trust in our community, and scaling in a way that transforms lives and industries."



SOLACE IMPLANT CENTER & ORAL SURGERY

That growth is evident. In recent years, Solace Implant Center and Oral Surgery has expanded its reach in Nashville and the surrounding areas, adding new services, exploring wellness integrations, and positioning itself for long-term impact. Their approach blends the precision of oral surgery with the warmth of compassionate care, ensuring that every patient feels seen, valued, and restored.

The Romeros' vision is anchored in more than business success. Their faith and commitment to community remain central to everything they do. From supporting nonprofit initiatives and mentoring young entrepreneurs to leading in professional associations, both Eva and Dr. Romero view their roles as opportunities to serve others while creating pathways to generational wealth and empowerment.

Being recognized by Nashville Lifestyles and the Entrepreneur Center's NEXT Awards, powered by Amazon and HCA Healthcare, in the same season underscores the dual nature of their impact: one rooted in consistent, world-class clinical excellence, and the other in bold, visionary entrepreneurship. For patients, these recognitions are more than accolades—they are reassurance. When choos-

ing Solace, patients are choosing a practice that has not only been recognized by leading publications and organizations, but also proven its commitment to excellence over time. For the business community, the Romeros stand as an inspiring example of what can happen when expertise and passion meet purpose and perseverance.

As Nashville continues to grow, Solace Implant Center and Oral Surgery is poised to grow with it, raising the bar for oral healthcare, wellness, and patient experiences. The Romeros' journey is a testament to faith, resilience, and a relentless drive to make a difference.

This fall, the spotlight shines on Solace in two ways: through the pages of Nashville Lifestyles Magazine, where Dr. Romero once again stands as a top specialist in his field, and at the NEXT Awards gala, where Dr. Romero and co-founder Eva Angelina Romero stand together among the most innovative and impactful entrepreneurs in Middle Tennessee.

For the Romeros, both recognitions serve as milestones—reminders of how far they've come, and signposts pointing toward the future they are building. It is a future marked by growth, excellence, and an unshakable commitment to restoring smiles and transforming lives, one patient at a time.

— Solace Staff Writer

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MIGHTY WOMEN

A Heart For Service



We're thrilled to introduce Shasta Smith, a remarkable force for good within our community and a dedicated supporter of United Way of Greater Nashville. Shasta brings a wealth of experience from her professional life as the Vice President of Player Services at the NFL Players Association, where she focuses on athlete lifestyle management and is also the owner of Shop FYAB, an online graphic t-shirt company.

Beyond her impressive career, Shasta's commitment to giving back shines brightly through her involvement in Greater Nashville. She's a valued member of the Patricia Hart Society, and this year serves on the Board, helping lead fundraising efforts and membership strategy. She is also an ongoing Day of Action volunteer, always ready to lend her energy wherever it's needed. Shasta is also a generous recurring monetary donor, embodying the spirit of philanthropy that drives our mission.

We're excited to share insights from Shasta herself as she answers a few questions about her volunteer journey with United Way.

Question #1: How are you involved and what inspired you to get involved with United Way of Greater Nashville?

I'm currently the Vice President of the Patricia Hart Society. I was inspired to get involved because United Way and the mission it serves have directly impacted my life. Along my journey, there were moments where the support provided through United Way-funded programs made a real difference. So being able to now give back through leadership and service is truly full circle for me.

Question #2: What's one word you'd use to describe giving back?

Purposeful

Question #3: Tell us about a moment that made your heart feel full.

A moment that made my heart feel full was a couple of years ago when my son volunteered with Stuff the Bus. What made it so special is that years earlier, I had used that exact program to get his school supplies

Question #4: What's one thing you wish more people knew more about our cause?

One thing I wish more people knew about United Way's work is just how many lives it quietly touches. A lot of families like mine once benefited from these programs without ever really being able to share their story. The impact is real, personal, and often happens behind the scenes. It's not just about funding programs, it's about restoring hope, creating stability, and changing generational outcomes.

Question #5: What is an interesting fact about yourself?

An interesting fact about me is that I started my first business eight years ago selling graphic t-shirts out of a Facebook group! What began as a creative side hustle turned into a full-blown boutique and now, I donate 100% of the profits to support community programs and families in need.

— Kris Wiese, Director Communications and
Margaret Macgurn, Intern
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Michael Wallin

Living Out His Faith in Business

Michael Wallin tries to live out his faith with similar advice that he gives to clients at his investment firm: “Make Christ proud with your decisions.” Wallin has moved up the ranks of the investment world and has had many impressive professional roles over the years. But his place right now—as managing partner at Franklin-based Optivise Advisory Services, through their affiliated company, PanthRex Asset Management, —is right where he says Christ wants him to be: encouraging other Christ followers to be wise with their money and their lives.

A Christ-Honoring Business

In 2014, Mr. Wallin partnered with CPA Allen Hargis to co-found PanthRex Asset Management, an investment firm, and Grace Global Alliance, LLC, a 501(c)(3) association of churches with the initiative to bring retirement and investment services to believers in a manner consistent with biblical principles. In fact, the name of Wallin’s business comes directly from Scripture. PanthRex is the combination of the Greek and Latin names Panthera Leo (Lion) and Rex (King).

“PanthRex came from the knowledge the Lion of Judah is Christ and we believe that everything we have belongs to Him,” Wallin explained. “PanthRex and Optivise are His companies and He has given us the great opportunity and responsibility to steward them in a manner that is honoring to Him. We believe in honoring God by the way we steward the resources He entrusts to us.”

Wallin said that his past professional experiences challenged him to provide people with a unique perspective on investment and money management; he said, “most Christians rarely had an understanding into the companies their money was being invested. For many Christian investors, they are invested into companies they would not be proud to own.”

When he co-founded PanthRex Asset Management, he found the opportunity to change that. “Years ago I was working as an executive vice president at an organization I’d been at for nine years, and God placed a word on my heart and a mission to achieve,” he said. “God told me to ‘go serve those people who are serving my kingdom.’ It was not in my plans to leave that organization, but God kept giving me that message.”

He realized that he, and so many other Christians in his position, were advising people to put their money in investment models that didn’t honor God; they were investing into companies that by product, service, or philanthropy did not align with their closely-held beliefs. “There’s gotta be a better way,” he told himself. “So now we look at a Company’s product, their service, and philanthropy and we use tools to screen those companies out of our investment solutions so that our investors can be confident in their investment decisions. If God gives us resources, then why are we investing in companies that don’t support our Christian faith?”

Wallin said that his company’s goal is to educate people on the decisions they make with their money, so that they can make wise, Christ-like investments



Michael Wallin with his wife, Tarryn and their daughters.

while also providing for their future. “Our job is to bring light into darkness, to educate, and to bring awareness,” he said. “And then we want to prepare people with tools and resources to help them retire with dignity and to thrive, not just survive, during their retirement years. If one’s cup runneth over, we want for them to have the opportunity to be even more generous in that season of their lives.”

The company also tries to provide a multi-disciplinary approach in meeting client investment, income, tax, wealth transfer, charitable, and estate needs. “We don’t want to be one-dimensional,” he said. “We build the overall plan

taking into consideration both the quantitative and qualitative aspects of a client's life and how it matches up with the Word God has given us. You can only get truly comprehensive help with a multi-dimensional approach." In a way, he said, it's a harkening back to a more traditional, family-style business model. "We take the family office approach, realizing that Main Street needs to be provided with services as much as Wall Street," Wallin said.

Family and Faith

Wallin's own family journey has been filled with blessings and opportunities. Originally from Chickamauga, Georgia, he graduated from Austin Peay University in 1993 and moved to Nashville in 1997 with his business at the time. He and his wife, Tarryn, have two daughters—a 15-year-old and 9-year-old—and they're all active in the faith community. As a part of community outreach, Tarryn enjoys singing with her daughters at local nursing homes, women's events, and local venues.

His wife, in fact, is a professional singer and songwriter and has written two hit songs in the Southern Gospel arena. Several years ago, she co-wrote Tonja Rose's number one Country Inspirational song called "I Found Life", and her co-written song "Expecting Good Things" was the title cut of Jeff and Sheri Easter's Grammy and Dove-nominated album. She also releases her own music as an independent artist under her professional name, Tarryn Aimée. "She's incredibly talented," Wallin said. "Her song *Expecting Good Things* was also performed live by the Easter's on Bill and Gloria Gaither's Homecoming CD and DVD set called *Majesty*."

Together they try to model Christ's example in their family. Wallin said they are very involved in their children's lives (he's a community coach for his daughter's sports teams, and they support their children's interest in the arts). "We love to give back to the community," he said. And in their home life, they stress the importance of making God the center of their conversations. "We make God part of everything, all of our family discussions and time together," he said. "We lean on God for discernment and guidance, striving to put God first."

The key to keeping Christ central in family life, he said, is balance. "We've always tried to have balance in our lives," Wallin explained. "Yes, we're attending church, but we're bringing the message home and into our lives. We ask ourselves, 'how do we demonstrate what we believe?' To do that you need balance." He added that Christians—and families—need to have a "plumb line" to fall back on when things get hard. "Getting back up after you



fall is easier when you have a plumb line to get back to. If you have a set of rules in your life, it's a lot easier to find your way back," he said. "We need a relationship with Christ, but if you don't have that place to direct you it won't work."

Wallin said that he looks forward to the reward for that faithfulness, as his own children grow up to have successful families of their own. "Hopefully, I'll hear my kids impart that same wisdom to my grandkids someday," he said. Wallin said that he often reflects on the trajectory his personal life, family life, and career have traveled over the years. Where he's at now, he said, is a culmination of lessons learned; it's validation from God that he's moved and is still moving in the right direction. "My life and career have been on these different levels throughout my life," he said. "First I was in a learning season, then an elevation season, and now I'm in a season of service."



Wallin says that his company's goal is to educate people on the decisions they make with their money, so that they can make wise, Christ-like investments while also providing for their future.

The Bottom Line

As Wallin looks to the future as a husband, father, business owner, and Christian, he plans on continuing to teach the lessons he's found are true in all of those areas. He has hope that he and his partner's company will continue to grow, as they lead Christians to a new understanding of money management. Ultimately, he wants Christians to know that it's okay if they've invested money unwisely in the past—everything in life, he said, is a learning lesson. "Individuals don't need to be ashamed that they don't know things, or that they haven't ever thought about where their money's going," he said. "We're trying to educate people, and teach them how to be a good steward of their resources."

The investment sector can be one driven by greed, but it can also be about who Christians look to as their source—and how that knowledge can change their attitude toward money. "Our mindset is that investing should be with a purpose. Is my plan kingdom focused?" Wallin asked. "My entire life...not just financial, and not just family... should be aligned with God's kingdom plan."

Ultimately, it all points to the truth that you can't outgive God. "Blessings", Wallin said, "all blessings come from God; in return, Christians need to be generous, servant-minded, and knowledgeable about how best to honor His kingdom with their resources." "If you truly believe God is your source, you can't outgive God."

— Cheryl Wray, Author, Freelance Writer, Speaker



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PARENT WITH PURPOSE

Welcoming the School Year with Prayer

A new school year has begun, pause — breathe deeply, gather your children close, and look back before getting caught up learning new routines and schedules and meeting new teachers. Slow down long enough to savor a few moments reflecting on the previous school year. Sit with your children and together recall the treasured moments of the previous grade.

Focus on the memories now woven into their hearts: the laughter shared with newfound friends, the spark of discovery when a lesson took root, the patient encouragement of teachers who helped them grow in confidence and competence. As the school year unfolds, pray for every adult within the school — those who lead, guide, inspire, and care for students.

Ask for wisdom, patience, and an abundance of grace to fill their days. Engage your children in praying for classmates, for new friendships that will nurture kindness, empathy, respect, and a shared love for learning. Pray that every student feels at home and knows they are of great worth and value. May they desire to do their personal best day-to-day. As a family, take time to pray over the campus as you walk around the buildings, across playgrounds and sports fields.

If you homeschool, let your prayers encircle your home and wherever your child learns, whether in co-ops or on field trips. Pray for the students your child will meet in the coming year, that together they will learn from one another and build bonds

of encouragement and respect.

You may notice your child's worries bubbling to the surface — perhaps a third grader anxiously wonders if his teacher will be kind, or a 10th grader quietly questions whether she'll keep up with the growing demands of homework and friendships. In these moments, listen closely, and imagine the world through your child's eyes. Assure them it's natural to feel nervous when facing something new. Let your words wrap around them like a comforting hug: "It's OK to feel this way. I'm here with you and so is Jesus."

Let your child know again that you are their greatest cheerleader. Reassure them that no matter what happens — on the playground, in the classroom, or after the final bell that there is nothing that they can't share with you. And above all, remind them that Jesus is always by their side, ready to listen, to give strength, and to meet every need when they call upon Him.

Begin each day with prayer for your children — before they step onto the bus, walk through the school doors, or even open their books at the kitchen table. Bless their steps, their words, and the thoughts that fill their minds, carrying them through the day.



When the school day has ended and you greet your children, whether at the front door or from the front seat, do so with a warm smile and a word that

affirms their presence. Small gestures of welcome assure them that home is a haven where love and acceptance always await.

Consider, too, the questions you ask in those afternoon moments. Instead of "How was school?" — a question so easily dismissed — try inviting your child into the conversation with: "What made you smile today?" "Did you learn something that surprised you?" "Were there moments when you felt brave, or when you helped someone else?" These questions open the door to deeper connection, allowing your child to reflect, share, and feel truly heard.

Let's embrace the new school year with hearts full of gratitude and eyes wide open to the countless ways God will work in and through your children.

— Nancy Duggin, *Prayer Catalyst* Tennessee Baptist Mission Board
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FAITH UNDER FIRE

Are You Stuck in Unforgiveness?

We have heard, "To err is human – to forgive is divine." This simple phrase was first coined by Alexander Pope in his poem, *An Essay on Criticism*. It is a profound truth about humanity and God. It is also a backdrop of the message of the Gospel. The first part of Pope's phrase expresses that everyone makes mistakes, and imperfection is part of the human experience. No one is without error. The second part suggests that the ability to forgive others, especially those who have wronged us, is a higher virtue. This is where, as a Christian, we push into the Holy Spirit to help us where we are unable to help ourselves. To forgive others who have caused us harm does require a supernatural power. If you are walking in unforgiveness, it is fair to say that you not pushing into the power of God. You may be trying to achieve this in your own power.

Forgiveness requires more than mere tolerance. It is an echo of the divine, a reflection of God's merciful nature. Forgiveness also offers restoration. God, in His infinite Grace does not simply overlook our faults – He redeems them. Matthew 6:14 (AMP) reminds us, "For if you forgive others their trespasses (their reckless and willful sins), your heavenly Father will also forgive you".

You see, forgiveness is not only about the other person, but it is also about YOU! I don't know about you, but I know I want my heavenly Father



to forgive me! Your level of forgiveness for others can serve as a barometer of how much you are depending upon God. To forgive then, is not a sign of weakness or throwing in the towel but a summon of strength. It requires humility, empathy, and courage. It is a higher calling, something sacred. When we forgive, we rise above what is natural and reach toward what is Holy. We allow God to live through us and unstick what is stuck!

— Rhonda Smart, rhondalsmart@gmail.com



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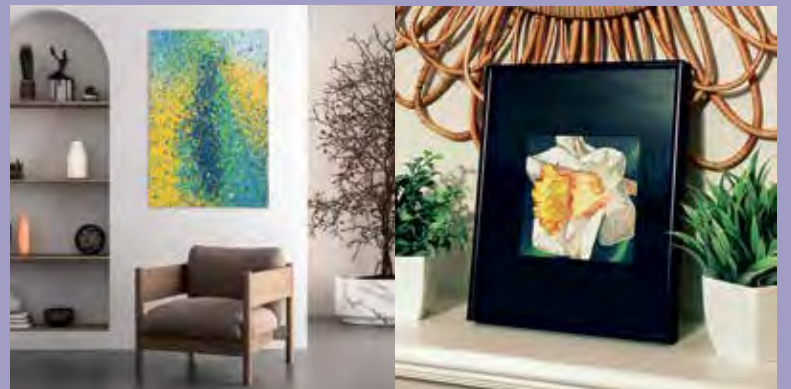
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Welcoming New Life: Baptism Across Christian Traditions

Each year, Catholic families present their newborn for Baptism within weeks of birth, echoing the Jewish practice of presenting sons before the Lord on the eighth day. Both rites recognize the gift of new life and the promise of covenant. In Baptism, Christian parents entrust their child to God's mercy, washing away original sin, and clothing the infant in Christ's grace for the first time. In some cultures, the date of baptism is celebrated annually much like how we celebrate our birthday.

At the heart of the Baptismal Rite, the priest's opening questions, "What do you ask of God's Church for your child?" and "What name do you give them?"; forge the soul's first covenant with Christ. The first question summons the parents to conscious intention, ensuring this sacrament is not a fleeting tradition but a deliberate embrace of new life in the Spirit, deliverance from sin, and incorporation into God's family. The second question, richer than mere formalities, inscribes the child's unique identity into the Body of Christ; in Scripture, names reveal vocation and promise, and by speaking it aloud, parents and community publicly welcome the child into a lifelong journey of faith. Together, these inquiries elevate Baptism from ritual to personal encounter, uniting parental commitment, ecclesial support, and divine grace for the child's path to holiness.

While Catholics follow Baptism with Confirmation in adolescence, other traditions weave these sacraments together or rearrange their sequence. In the Eastern Orthodox Church, for example, Baptism is immediately followed by Chrismation (their form of Confirmation) and First Communion. From the first moment a child emerges from the water, they receive the seal of the Holy Spirit and a share in the Eucharistic life.

Anglican and Episcopal congregations also practice infant Baptism, but they too reserve Confirmation until young people reach an age of understanding. At that point, candidates publicly affirm the vows made on their behalf, receive the laying on of hands, and deepen their membership in the Body of Christ. This two-stage approach mirrors Catholic structure while placing professed consent before full sacramental participation.

Lutheran churches, rooted in the Reformation's emphasis on grace alone, baptize infants to signal God's unmerited favor. Many Lutherans then invite children, as early as age seven or eight, to "affirm" their Baptism through catechetical instruction. Though not always called Confirmation, this rite of affirmation allows youth to claim the promises already theirs by Baptism. Methodists embrace both infant and believer's Baptism, treating it as "an outward sign of an inward grace." They do not separate Confirmation as a

required sacrament but encourage a mature profession of faith through church membership vows. In many Methodist parishes, individuals, whether baptized at birth or later, publicly recommit themselves to Christ's service at a Confirmation-style ceremony.



By contrast, Baptist, Pentecostal, and many non-denominational communities practice believer's Baptism only. They delay the rite until a person is old enough to understand and confess faith in Jesus. Without a separate Confirmation ritual, Baptism itself becomes the moment of consent, a public declaration that one has died to sin and risen to new life in Christ.

The Church of Jesus Christ of Latter-day Saints (Mormons) takes believer's Baptism even further, requiring each candidate to be at least eight years old. They view eight as the "age of accountability," when a child can discern right from wrong and choose the gospel. After Baptism, new members receive the gift of the Holy Ghost through a laying on of hands, effectively their Confirmation.

Despite these differences, every Christian Baptism proclaims the same good news: water and Spirit unite us to be born again in the image of Christ, sharing in Christ's death and resurrection. Whether sprinkled, poured, or fully immersed, whether at eight days, eight years, or eight decades old, the underlying reality is God's gracious initiative. Families across traditions share a vision of new life, community, and hope that no human schedule can bind. As Christian parents, grandparents, and godparents, we embrace both the diversity and unity of these practices. We honor our ancestral roots in Judaism, rejoice in the richness of global Christianity, and look forward to the day when every baptized soul stands clean before God, whether by the river Jordan or the local font. May the ripples of grace from our family's Baptism nourish our children's faith for generations to come.

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, *Certified Professional Business Coach, A Modern Solutionary, 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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— Daron and Maricela Farrar, Owners





When to Claim Social Security is a Big Decision

Maximizing one's Social Security may not always be the best objective. Claiming one's benefits at the "right time", in relation to their specific goals, personal circumstances, and financial situation, can move them forward with more confidence and assurance.



Understanding the rules of Social Security claiming is crucial. The timing has a significant effect on the total income you receive over your lifetime.

Key Facts to Know About Social Security

- Created in 1935 by the Social Security Act. This program has been in existence for 90 years.
- In 1935, the average life expectancy in the U.S. was:
 - All Races (Both Sexes): 61.7 years
 - White Male: 61.0 years
 - White Female: 65.0 years
 - Black Male: 51.3 years
 - Black Female: 55.2 years
- Social Security is designed to provide supplemental retirement income through a social insurance program that offers lifetime benefits to retirees, disabled workers, and the survivors of deceased workers.
- In 1935, roughly half the working population was signed up and contributing to the program, but it was five years later, in January 1940, before the first monthly payment was made.
- Social Security benefits are inflation-adjusted to maintain their purchasing power over time.
- Without congressional action, current projections on the solvency of the Social Security trust funds indicate that reserves are expected to be depleted in 2034, one year sooner than initially projected in 2021.

Early, On-time, or Later?

Qualified retired workers reach the eligibility age to claim benefits at 62. For those who choose to begin benefits at that time, they experience a permanent reduction in their benefits for life. As an example, for someone born in 1960 or later, claiming at age 62 would result in a nearly 30% reduction in benefit compared with claiming at your Full Retirement Age (FRA) of 67. If a qualified retired worker chooses to delay claiming their benefit past FRA, then those individuals receive a permanent increase to their benefit amount. For each year of delay up to age 70, the benefits increase by 8% simple interest for each full year delayed. This increase is known as a delayed retirement credit.

Top Five Considerations for Claiming Strategies

1. Earnings Test Prior to FRA. For 2025, if you're collecting Social Security before FRA, the annual earnings limit is \$23,400. Benefits are reduced by \$1 for every \$2 earned above this amount. If you are in the year you reach FRA, then the annual earnings limit of \$62,160 applies. No earnings limit applies once you've reached your full retirement age.
2. Life Expectancy. If you have longevity in your family and expect to live a long life, delaying benefits can potentially lead to a higher total lifetime payout. On the other hand, if you have health issues or a family history of shorter lifespans, claiming earlier may make sense.
3. Primary Retirement Income Sources. Look at the big picture of your retirement finances. If you have enough in retirement savings and other income streams coming in, you might be able to delay claiming and accumulate delayed retirement credits. View Social Security as an asset in your retirement portfolio. You may want to work with a financial and tax professional to con-

- sider Roth Conversion(s) prior to claiming.
4. Social Security is Not Taxable by Itself. A portion of your Social Security benefits may be subject to federal income tax, depending on the amount of taxable income you receive from rental properties or other income-generating assets.
 5. Maximizing a Benefit for a Surviving Spouse. If you're married, coordinating claiming strategies with your spouse can significantly maximize combined lifetime benefits, and this is something you can get professional guidance on through a comprehensive retirement income plan.

Steps to Get Started

Because retirement can be tricky to envision, getting guidance from one of our professional financial advisers can also be a crucial step. They can create a financial plan for you that considers and guides you through the best solutions for making the best claiming decision in the context of your complete financial picture.

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



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Tennessee Immigrant and Minority Business Group is Hosting a Forum on AI

Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics), Director of Wang Vision Institute and the subject of the movie “Sight” (FREE link: sight.drmingwang.com), has announced that the Tennessee Immigrant and Minority Business Group (www.TIMBG.org) is hosting a fall quarterly forum Thursday, October 2 at 5:30pm at TPOM, 136 Raines Ave, Nashville, TN, 37203. RSVP: ella@wangvisioninstitute.com, 615-525-3314.

TIMBG was formed 12 years ago by Drs. Ming Wang, and Galen Hull. The goal is to serve as a platform for communication for Latino, African American and Asian American business men and women. Lation Americans account for 20% of U.S. population today, African American 18% and Asian American 7%. These three so-called minorities will become the majority for the first time in U.S. history in a few years. Not only where we are as a nation, but also where we are going, as the medium ages today are: White: 58; Asians: 29; African Americans: 27 and Latino Americans (legals only): 11 (yes, 11!). On the subject of AI, it is transforming the way we conduct our businesses today!

Dr. Wang is the director of Wang Vision Institute, Nashville, Tenn, 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.



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

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

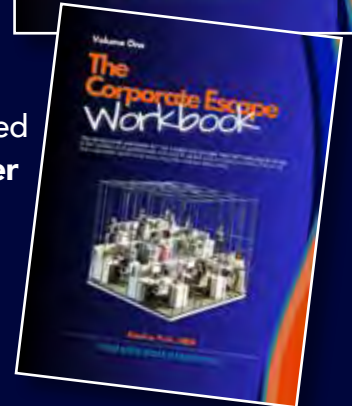
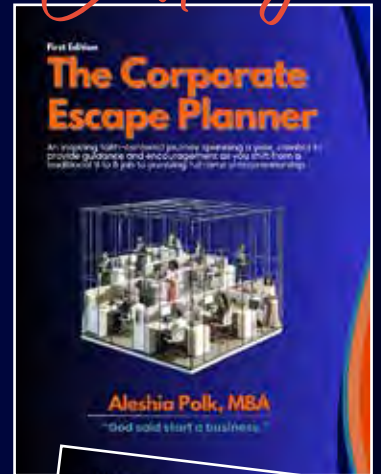
— Leona Walthorn

Break Free from the 9-to-5:

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Have you ever sat down at your desk and felt a tug on your heart—a deep sense that you were created for more? That tug might just be the Holy Spirit whispering your next chapter.

For many believers, entrepreneurship isn't just a business move—it's a divine assignment. That's why I created **The Corporate Escape Planner** and **The Corporate Escape Workbook**—two powerful resources designed to help faith-driven individuals break free from the limitations of traditional employment and launch a business aligned with their purpose in God.



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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.





Second Chances – A Prodigal Journey

Justin Gambino shares his prodigal journey at his concerts and at churches around the country. I am so glad he could join me as a guest on the Bridges show and

share his journey on Christian Television Network. Justin’s prodigal journey is a narrative woven with rebellion, redemption, and restoration through faith.

From Rebellion to Redemption

Growing up in Angleton, Texas, Justin was immersed in faith from childhood. Yet, as a rebellious teenager, his path took a detour. At just 18, he was arrested for theft – if convicted he would have a felony on his record. Given a choice between jail or service, he enlisted in the U.S. Navy—serving eight years, including deployment to Iraq. While stationed abroad, Justin’s musical longing was reignited when he was invited to lead worship on base—a powerful reminder of his earliest passion that he had long forgotten.

Returning Home He Battled the Invisible Wounds of War

Returning home, Justin battled the invisible

wounds of war: PTSD, anger issues, and depression. In the throes of despair—he returned to destructive coping mechanisms and hit rock bottom. Yet from this breaking point, his “prodigal” story unfolded. On his apartment floor, crying out to God, he experienced a profound spiritual reawakening.

His transformation fueled a career marked by hope-infused anthems and revival, both personal and communal. Notably, he stages an annual revival on the courthouse steps—the very place where he was once sentenced as a teenager—a powerful act of redemption and reconciliation.

Gambino’s music underscores this theme of return: his journey from brokenness to grace is what he calls his “prodigal journey,” a central thread in his creative and spiritual life. One of his songs underscores God’s heart for prodigals with the line, “Ain’t it just like Jesus to throw a party for a prodigal son.”

A Voice of Hope

As I talked with Justin it was clear that his life and music exemplify the prodigal’s return: a journey through rebellion, pain, and grace to a place of restoration and purpose. His Bridges appearance

served not just as an interview, but as a testimony—one that speaks to redemption’s power. Whether for veterans wrestling with trauma, people seeking a path back from brokenness, or those who believe in the transformative power of faith, his story stands as a call to hope and the truth that it’s just like Jesus to throw a party for a prodigal son.

Today’s Secret from the Studio: If you think it’s too late – remember that He’s the God of second chances and that it’s just like Jesus to throw a party for a prodigal son or daughter.

— Monica Schmelter is the host of Bridges that airs on Christian Television Network in over 50 million homes. You can also watch Bridges on ROKU and on demand by visiting monicaschmelter.com. Monica is also the host of the podcast Hope for the Journey and you can listen on any one of your favorite podcast apps.



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Century 21 Capital Properties: A Team Redefining Real Estate in Middle Tennessee

Middle Tennessee is growing faster than ever, and with that growth comes opportunity. Families are buying their first homes, investors are discovering Nashville's potential, and the luxury market is putting our city on the national map. At the center of it all is Century 21 Capital Properties—a brokerage built on teamwork, trust, and a genuine passion for helping people find their place in this community.

Broker/Owner Eva Angelina Romero knows that real estate is about more than houses. It's about people, families, and the stories that unfold once they walk through the front door. That belief has shaped the way her brokerage operates. With a strong team of dedicated agents, Century 21 Capital Properties is committed to serving clients across every stage of life—whether it's buying that very first home, finding a second place in the city, or moving into the luxury lifestyle that Nashville is now known for. “Our team is really the heartbeat of this brokerage,” Eva says. “They're the ones walking side by side with clients, celebrating their wins, and navigating the challenges that come with one of life's biggest decisions. I couldn't be more proud of the people I get to lead every day.”

Helping Families Plant Roots

For so many in Middle Tennessee, homeownership is still the dream. The process can feel overwhelming at first—mortgages, inspections, contracts—but Eva's agents excel at making it simple and approachable. They take time to explain, to listen, and to walk clients through every step with patience and care. “Buying a first home is more than a financial milestone,” Eva explains. “It's where life happens—where families gather, kids grow up, and memories are made. Our agents understand that, and they pour themselves into making the journey as smooth as possible.”

That personal approach has earned the brokerage a reputation for trust. Time and again, clients return to Century 21 Capital Properties not just for results, but because of the way they were treated along the way.

Second Homes and Luxury Living

Nashville isn't just a place to live anymore—it's a destination. More and more people are purchasing second homes here, whether it's a downtown condo for convenience or a retreat in one of the city's high-end neighborhoods. The agents at Century 21 Capital Properties understand this shift and have become go-to guides for second-home buyers and luxury clients. “Luxury isn't only about price—it's about lifestyle,” Eva says. “Our team has the experience and market knowledge to match clients with homes that reflect their dreams, whether that's modern city living or a property with space to breathe.”

Sharing Nashville with the World

This year brought a new chapter for Eva and the brokerage. Out of hundreds of agents across Tennessee, Eva was chosen to represent Nashville as a host of *The American Dream: Selling Nashville*, a nationally broadcast lifestyle and real estate show streaming on Roku, Amazon Fire, Apple TV, and social media.



The program highlights homes, neighborhoods, and local businesses while celebrating the people who make Nashville so special. For Eva, it's an honor not just personally, but for her team and the city she loves. “I'm honored to share Nashville on a national stage,” she says. “But for me, the real joy is in telling the stories—about our neighborhoods, our community heroes, and the businesses that keep this city thriving. It's also a chance to show the world what an incredible team I have at Century 21 Capital Properties.” Eva encourages the community to join her in that storytelling. “Know a home with a story? A community hero? A local gem?” she asks. “We'd love to share it.”

More Than Transactions

What sets Century 21 Capital Properties apart is the culture. This isn't a brokerage where numbers are the only measure of success. It's about relationships. It's about making sure that every client feels cared for, understood, and respected. “We're stronger together,” Eva says. “Our agents bring a wide range of strengths, but the common thread is their heart for service. That's what makes our brokerage different—it's not just business, it's personal.” The same culture of care extends to the team itself. Agents are encouraged to grow, to learn, and to lead with integrity. That environment not only makes the brokerage stronger, it ensures that every client benefits from a team that's invested in them from start to finish.



Looking Ahead

As Nashville continues to grow, Century 21 Capital Properties is ready to grow with it. The team is expanding its footprint in the luxury and second-home markets while continuing to champion families who are buying their very first homes.

Eva's role as both broker and national TV host underscores the brokerage's unique place in the industry. But she insists the spotlight belongs to her team. “Being chosen as a host is an incredible honor,” she says. “But my greatest honor is leading this team of agents. They're the reason people trust us. They're the reason we're able to make such an impact in this city.”

Gratitude and Invitation

At the heart of it all is gratitude—gratitude for clients who trust them, for the community that surrounds them, and for the opportunity to represent Nashville both locally and nationally. As the brokerage looks to the future, one thing is certain: Century 21 Capital Properties will continue helping families achieve their dreams, guiding investors in second-home opportunities, and elevating Nashville's presence on the national stage. For those ready to buy, sell, or invest—or to nominate a story for *The American Dream: Selling Nashville*—the agents at Century 21 Capital Properties are ready to serve. Because in Nashville, every home has a story. And this team is here to help write the next chapter.

— Eva Angelina Romero, Broker/Owner – Century 21 Capital Properties
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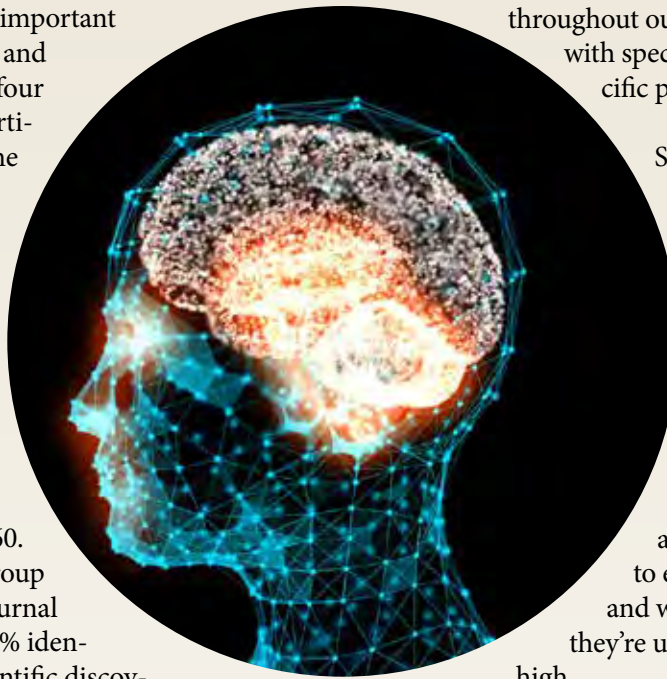
What Is the B-Endorphin All About? *part 2*

The B-Endorphin remains for many, as the most important healing entity which can provide so much health and healing for each of us. Don't forget to review the four reference pages supporting this research. This pertinent information is noted Part 1, on Page 1, on the Endorphin, published in the last months edition. Always remember to follow, RULE #1.

When this article was initially published, the authors conducted a survey of 61 randomly selected medical psychotherapist who were members of the American Board of Medical Psychotherapist were surveyed and the results revealed that 87% regarded the discovery of the B-Endorphin to be among the three most important discoveries relating to health since 1960. Shortly after these results, a randomly selected group of biofeedback clinicians who subscribe to the Journal Clinical Biofeedback and Health revealed that 84% identify the Endorphin as one of the most potent scientific discoveries of the past century. It was that long ago, 1975, that Dr. Hughes discovered the Endorphin, which literally means "from inside the head" which reside the pituitary gland of each of our brains and is 5000 to 10,000 times more potent than synthetic morphine. Research at Purdue University reveals that joggers often push themselves to attain "the high" sensation by pushing themselves to a slightly higher level of achievement. When they are not physically able to do so they can often feel rather miserable much like the addict going through withdraw. It is quite amazing when we realize Endorphin travels, electrically or chemically, or both in milliseconds to different parts of the brain and throughout the body as revealed through neuroscience that each of us has an excess of 100 billion neurons which have thousands of interconnections among themselves.

You may recall, in part one of this writing on the Endorphin, which was published about month ago or so, I mentioned that some of my research was as a clinical psychologist in private practice as well as licensed substance-abuse specialist, serving in both capacities, first at Tennessee Christian Medical Center for 12 years intensely involved in testing and evaluations, as well as individual and group psychotherapy consulting with thousands of addicts and alcoholics. As I completed this great 12 year experience, I retired my A&D licensures and returned to full-time clinical practice with renewed interest in the Endorphin and healing, utilizing Eastern Medicine with Energy Psychology.

The more we venture into really understand the brain we experience mind-boggling because we often become overwhelmed. For instance, the pituitary gland in each of our brains is called the "master gland" producing 50 to 60 incredible hormones, peptides, and chemicals (often with a myriad of other chemicals and substances which are often released at precise milliseconds from the anterior lobe of the pituitary gland creating ACTH, thyroid, thyrotropin, and FSH which stimulates the development of eggs in women and sperm in men along with LH which manages the progesterone for the secretion of milk in the mammary glands. There are roughly 10,000 miles of interconnecting nerve tissues in EACH CUBIC INCH of our neocortex in every human being. There is over 50,000+ nerve fibers that connect the pituitary gland with the rest of the brain and thousands of neuron connections



throughout our body. The precision that these chemicals connect with specific receptors much like one's feet fitting into a specific pair of shoes.

Several years ago, Dr Hans Selye identified the sequence of the body's responds to stress and this is referred to as general adaptation syndrome (Gas). Included in this syndrome was the "alert state" in which the pituitary gland immediately releases fight or flight hormones including the ACTH, which is the primary hormone of the pituitary gland that affects heart rate, blood sugar levels, pupil dilation etc. With all this orchestration there's increased levels of the Endorphin which significantly affects physical activity and endurance. It is not uncommon for healthy individuals to exercise for 20 minutes on the treadmill or bicycle, and when the plasma levels of the endorphin are checked they're usually up 440%... One dimension of the runner's high.

Several years ago, the Nobel prize winner, Dr. Guillemin affiliated with the Salk Institute in San Diego, assisted three Japanese scientists to synthesize an Endorphin to be given to "14 hopeless patients suffering from intractable cancer pain". The injections were surprisingly very long lasting, on an average of 33 hours and for some three days, but it took an enormous amount of this synthetic drug to make this happen. Previous experiments required utilizing the brains of over 30,000 sheep to complete a similar task of managing severe pain for just a few individuals with intractable pain associated with your cancer.

Many colleagues and friends over the years, as well as myself, and other professionals have arrived at a series of beliefs concerning the Endorphin. Some contend that the drug addict or alcoholic continually seek the effects of the Endorphin, which for a variety of reasons cannot be achieved with the alcohol or drug they have, because these substances tend to turn off the production of the Endorphin in the pituitary gland of the brain. The psychic nature of addiction is more apparent with a response to a perceived deficiency, and one seeks relief with the synthetic analgesic which they hope will relieve their "psychic pain". Research suggest that it is best not to complicate are natural Endorphin, I'd rather utilize the knowledge that we have obtained from individuals like Norman Cousins who simply utilized humor (the Book of Proverbs chapter 6 states that humor is the best medicine) which obviously stimulated his natural Endorphins within oneself. Exercise, being around positive people and positive experiences also stimulates our Endorphins. Earlier I mentioned that we must pay attention to the rules of life. Regarding the Endorphin there is just "One MUST FOLLOW rule".

"ALWAYS respect your body holistically (mind body and spirit) and do not interrupt or attempt to enhance your innumerable gifts/miracles, especially YOUR PERSONAL Endorphin which constantly contributes to health and recovery in YOUR life".

— Tim Lynch, Ph D



Trevecca Professor Acquires Historic Bibles to Expand Student Learning Opportunities

Two centuries-old Bibles have made their way into the hands of Dr. Steve Hoskins, professor of religion at Trevecca Nazarene University, who is thrilled to share them with his students. The books once belonged to a retired pastor and professor, and he passed them along to a Methodist bishop who's a friend of Hoskins, insisting that they be given to people who understood their significance and would tell their stories well. The bishop called Hoskins to ask if he was interested. "He contacted me on FaceTime and started to show me these Bibles. I said, that one there, I'll wrestle anybody for it," Hoskins said. "That Bible was published nine years before the King James Bible and is called the Bishops' Bible."



the Promotion of Christian Knowledge (SPCK) in 1841. The SPCK was key in supporting the ministry of John Wesley, a key figure in Nazarene theology. This collection of scripture demonstrates a much different side of the Church than the royally commissioned Bishops' Bible. "This Bible is just a straight-up, poor person's Bible. Not spectacular, but very functional," Hoskins said. "It was used to teach literacy and Anglican doctrine—often to girls and the poor."

For students, the opportunity to interact with the artifacts is a rare one. Freshman theology major Mason Robertson was surprised to have this opportunity so early in his college career. "I was not expecting to see anything remotely like this up close until grad school—and I'm a freshman," Robertson said. "I want to go into translation

work and I thought it would be years before I had a chance like this." Hoskins made the point that this kind of opportunity sets Trevecca apart. Students are able to physically handle the books, albeit carefully; an uncommon experience in higher education. "Many schools don't let people touch these," Hoskins said. "But here, it's about connecting students to history in a real, visceral way."

For Hoskins, these Bibles are not just museum pieces. He hopes his students come to a deeper understanding and respect for scripture and history. "They are part of a mission—to remind students that faith is rooted in real people, real sacrifice and real moments in time. For the students to get to interact with history—I think it's the best way to teach history," Hoskins said. "You get a sense of how it was done. Printing a book in 1602 was very rare. In the Reformation, wars were fought over the Bible. The price paid and the respect people had for it—that's something students can now feel firsthand."

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

Printed under Queen Elizabeth I, this version includes apocryphal texts and was one of the first bibles published by the Church of England. "It's not in the best condition," Hoskins said. "But one in great shape could sell for \$25,000."

The second Bible was printed by the Society for

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FAMILY FLICKS

Fox Nation Greenlights Two New Seasons of **God. Family. Football.**

Season Three of the Hit Docuseries Spotlights Faith, Family, and Friday Night Lights at Evangel Christian Academy

FOX Nation has renewed its hit series “God. Family. Football.” for two more seasons, announced Gavin Hadden, senior vice president of the platform. Season three will premiere on Thursday, August 7, with eight new episodes airing weekly and season four will follow come fall 2026.

“God. Family. Football.” follows legendary coach and pastor Denny Duron as he continues his mission to rebuild the storied football program at Evangel Christian Academy in Shreveport, Louisiana. With high expectations and higher emotional stakes, this season follows an underdog team of young athletes led by rising stars both on the field and in life.



In making the announcement, Hadden said, “This series continues to resonate with our subscribers because it is about more than just the final score of the game. It pulls back the emotional layers and tells the stories that are unfolding between the locker room and home.”

Duron added, “God. Family. Football. is a way of life! As the head coach of the Evangel Eagles my goal every single day is to instill faith in the heart of each player and that putting God first and family second releases us to be champions, regardless of the final score.”

In the upcoming season, viewers will get an inside look at a team shaped by adversity, mentorship, and faith — all told through the lens of Coach Duron, whose dual role as spiritual shepherd and head coach remains the emotional core of the series.

This season introduces Peyton “Pop” Houston, the #1-ranked quarterback in the class of 2027, who makes national headlines by breaking a decades-old high school passing record. Alongside him is Damari “Day-Day” Drake, a standout player whose emotional arc anchors the season, including a powerful reunion with his father after years of incarceration. The season also features beloved assistant coach Fabian Carter, whose humor, and heart continue to bring discipline and depth to the Eagles’ locker room.

The series was created by Aaron Benward and is produced by Watershed Motion Pictures. Executive producers include Benward, Jared Goetz, Matt Woolsey, Cody Bess, Scott Brignac, and Cliff Young.

NOTE: Episodes 1 – 4 aired in August, to see them, visit <https://nation.foxnews.com/god-family-football-nation/>

— Courtney Ur, Publicist at Fox News Media



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How to Explain A.I. to a Fifth Grader (and Why It Matters for All Christians)

Have you ever tried to hammer something with the back of a screwdriver? I have. It hurt my hand! Different tools are good for different things. They each have strengths and weaknesses. Understanding this helps us choose the right tool for the job.



A.I. is a tool that looks for patterns, then uses them to make predictions. Maybe you've been to a school cafeteria that served peas on Monday and carrots on Tuesday. Maybe you predicted they'd serve peas and carrots on Wednesday. Maybe you were right! Leftovers are a common pattern.

The reason A.I. seems so smart is that it's seen billions of patterns. When you ask it a question, it tries to fit it with a pattern it's already seen, then follow that pattern to predict what words you want to hear. Maybe that answer will also be true. Maybe not. A.I. can be an incredibly useful tool. But predicting text and discerning truth are two different things, as different as a hammer and a screwdriver. And what people want to hear is not always what's true!

Recently I read in my Bible again about King Saul. You may remember that the Israelites wanted a king so they could be like the other nations. They had a pattern in mind. God warned them about this pattern, then gave them what they asked for. King Saul did look like a king on the outside; he was a head taller than anyone else around him. But is that pattern really what makes a good king? Perhaps you read about the tech company whose systems rejected many women for jobs. Most of the company's current employees were men, and the computer looked at their records to make its patterns. Even if the computer wasn't told whether a person was a man or a woman, a women's college or a women's sport on a resume didn't fit its pattern, so that person scored lower and might not get the job. Does that mean that person couldn't program a computer?

Patterns on the outside don't always tell us what's on the inside. Later the prophet Samuel almost makes this same mistake himself, but the Lord warns him "man looks on outward appearance, but the Lord looks on the heart" (1 Samuel 16:7). The king the Lord actually chooses is the youngest son. Young David doesn't fit the pattern people expect, but he has the courage from the Lord to take on Goliath! His size wasn't important for being a good king. His courage from the Lord was.

Let's end with a classic tomato joke. Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad. (Eww! That wouldn't taste good!) A.I. knows lots of patterns, but it isn't wise because it can't understand what's really most important about them. We can learn to be wise, though. The Bible tells us that the fear of the Lord is the beginning of wisdom. To become wise, we can read His Word (the Bible) and seek to follow Him. Maybe then we can use our tools wisely too!

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

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Keynote Speaker:
Joey Lankford | Executive Director of Cul2vate
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Thursdays



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Sept 11
11 AM - 12:15 PM
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Sept 18
11 AM - 12:15 PM
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Hendersonville



Sept 25
11 AM - 12:15 PM
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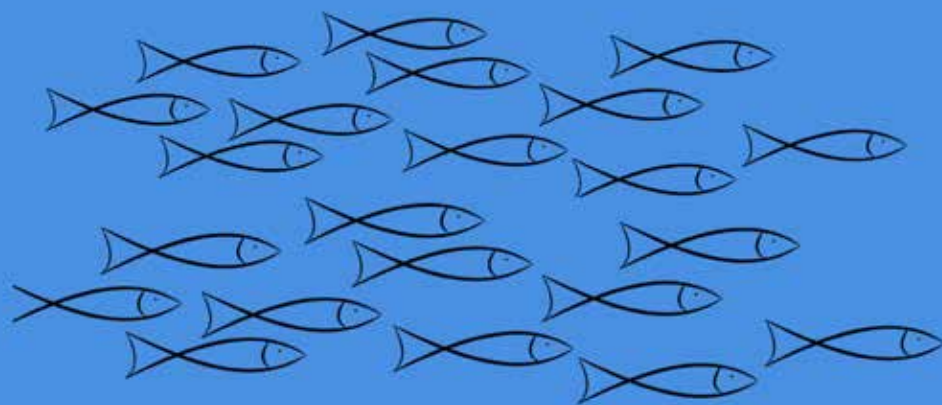
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How to Clean Stainless Steel and Keep Appliances Shining!

Taking Care of Stainless-Steel Appliances

Stainless steel is everywhere in homes today. In addition to appliances, it's also used in sinks, countertops, and more. No matter the application, there are a few golden rules to follow when cleaning or maintaining this tough yet touchy surface.

Remember to check the manufacturer's recommendation before using commercial steel cleaners. Certain brands use surface treatments or finishes that require special attention or care. Using some cleaners could even void your warranty.



How to Clean Stainless Steel Safely

Stainless steel resists everything from germs to stains to dents, but it does have one weakness: fingerprints. As we mentioned, specialty steel cleaners are available. Check to ensure the cleaner is safe to use on the surface, especially if it's a highly visible element in your kitchen, like a fridge or dishwasher. You might even consider testing it on a small, discreet portion of your appliance and waiting to see if there is any effect.

Natural Steel Cleaning Options

You can also use vinegar as a natural cleaner on stainless steel. Here's how: Fill a spray bottle with white vinegar. You don't need to dilute the vinegar, so skip the water! Spray the surface and wipe in the same direction as the steel grain. Rinse by wiping with a rag dampened with clean water. Let the surface air dry.

Vinegar is less expensive than commercial stainless steel cleaning sprays and is just as effective at removing the marks from oily or sticky fingers. Vinegar also offers some disinfecting power, which is a major plus when used on kitchen appliance handles. If the strong scent of vinegar lingers, use a fan to dissipate the smell.

To avoid damaging the finish on your steel appliances, never use the following cleaning supplies:

- Steel wool or abrasive sponges and brushes
- Glass cleaner
- Furniture polish
- Any chlorine-based cleaning sprays

How Often Should Stainless Steel Be Cleaned?

Cleaning your stainless-steel appliances and surfaces should claim a spot in your cleaning routine every month. Depending on how many family members use the fridge (and how clean their hands are when they do!), you may need to clean more often to keep your steel surfaces looking spick and span. Consider keeping your vinegar spray bottle topped off to give high-touch items like the fridge or dishwasher a quick cleaning whenever you get a spare minute. Like all cleaning supplies, you should keep vinegar out of the reach of children. Although it's a natural, non-toxic cleaner, it can still make curious kids sick if ingested.

How to Clean a Stainless-Steel Coffee Pot

Cleaning other stainless elements of your home is a little different. One head-scratcher is cleaning a stainless-steel coffee pot or electric kettle. Cleaning these items is especially important if you have hard water at home, which can lead to a mineral buildup inside, affecting your coffee's taste.

For quick and easy cleaning, try this:
Fill a tea kettle or a pot with water and bring it to a boil on your stove.
Place your stainless-steel coffee pot in the sink and add a tablespoon of dish soap.
Pour the boiling water into the pot.
Let the pot and the water sit for 30 minutes.
Swirl the water and soap inside the pot and pour it out, rinsing with cold water.
Inspect the pot and repeat as needed.

How to Clean a Stainless-Steel Sink

We're hoping to help you clean everything, including the kitchen sink! Cleaning your sink is a great way to kill bacteria, avoid unpleasant odors, and impress your guests. Cleaning a stainless-steel sink effectively calls for a few items you probably already have at home, such as:

- ¼ cup baking soda
- ½ cup water
- 1 cup white vinegar

You'll need a spray bottle for the vinegar, which is another reason to keep that bottle of vinegar handy in the kitchen! Empty the sink and rinse it thoroughly with water using the hand sprayer. Mix baking soda and water to make a paste the consistency of pancake batter. Sprinkle more baking soda liberally over the entire surface of the sink. Spray the entire surface with vinegar. It will begin to fizz and foam. Scrub the sink with your baking soda paste using a non-abrasive sponge or rag. Rinse thoroughly with the hand sprayer.

Molly Maid: Cleaning Help When You Need It

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Spiritual Goal for September

BE AMAZED...when two hearts are joined together.

Welcome the Heart of God to be joined with our heart. Welcome the Spirit of God to be joined with our spirit. Welcome a ONENESS with God TODAY...and every day to understand the ways of God...the mind of God and to discover the purpose that God made us.

We are here to do more than breathe air and occupy space. God created us because He wants a meaningful, personal relationship with us. Think about it throughout TODAY: Talking, listening and getting insight from the ONE Who made us. We may at first think we are unworthy...but God gave us worth and value. As the late television actress Ethel Waters would say, "God didn't make any junk."

Prayer:

Lord Jesus, we are in awe...in total amazement...to be in Your presence. We the mortal talking to You, the Immortal. We the finite talking to the Infinite. We the created talking to our Creator.

Lord, thank You for honoring us by allowing us...in our simplicity...in our humbleness...to have this opportunity...this privilege to be spiritually joined in ONENESS with You. We are imagining right now that You are holding the universe together as our earth is rotating...while orbiting the sun at an incredible speed...we're told at over 80,000 miles per hour. Yet, we have no sense of how it all works by Your design. We are amazed by the reality...but more importantly...we are amazed that we are SO IMPORTANT to You. THANK YOU.

— Ralph E. Vaughn

PLAN OF SALVATION

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

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

God's Plan of Salvation

God created us to honor and serve Him

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

Each of us has sinned against God

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

The penalty for sin is eternal separation from God and Heaven

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

Good works cannot ever earn God's forgiveness and Salvation

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

God loves each of us

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

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

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

We each must accept Jesus Christ as our personal Savior

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

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

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

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

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

If you do not have your own Bible, email publisher@nashchristian.com and we will make sure you receive one.

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