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See Page 8**

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He said to them, "Go into all the world and preach the gospel to all creation." - Mark 16:15

Join in the conversation! [f /DunndeadGazettes](#) Serving the surrounding community.

**How to EAT
An
ELEPHANT**



There's an old saying that goes like this: "You can't eat an elephant all in one bite, but you could eat an elephant one bite at a time."

In other words, it's the small consistent choices that we make over a long period of time that can have a tremendous impact on our lives and on this world in which we live. When we begin to think about areas in our life that need to change, or we need to grow, it can seem OVERWHELMING. It can seem like trying to eat an elephant. But how you eat an elephant is one bite at a time and the way we become the person God has called us to be is ONE CHOICE at a time.

This is when people talk about New Year's resolutions. But statistically New Year's resolutions don't work. 60% abandon them within

six months. The average person makes the same resolution ten times without success. The problem isn't our intention or our desire. The problem is the HOW. We don't know how to eat the elephant. The answer is simply this: **Change is the product of my routines, not my resolutions.**

The key is the routines you adopt. Somebody said, "Resolutions without routines are like Ferrari's without fuel. They are very impressive but they won't get you very far."

If we want to change our lives, it's not about the resolutions we make. It's about small consistent choices and the routines we adopt every day. Because a resolution can never overcome what a routine creates.

Continued on Page 8

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GFWC Holiday Giving



(L-R) Christian Social Services Director Jacquie Petet & "Plant Lady" Elaine Pittman

GFWC Lutz-Land O'Lakes Woman's Club has outdone itself during this joyful holiday season with its generosity in giving to the needy and volunteering hundreds, if not thousands, of hours to provide for those less fortunate and food insecure.

Photo 1: Club member "Plant Lady" Elaine Pittman has raised an additional \$1500 through her plant sales and presented the check to Christian Social Services Director Jacquie Petet to be distributed to the needy in Land O'Lakes



(L-R) Club President Karin D'Amico, Blanket Tampa Bay Founder Beth Ross and Club Chair Linda Mitchell

and the surrounding areas. Families will be provided with food baskets for holiday meals, clothing vouchers, medical and dental, and other services.

Photo 2: President Karin D'Amico and Chair Linda Mitchell presented a club donation of \$400 to Beth Ross (center), who founded "Blanket Tampa Bay" to serve the large homeless population in the Tampa area. The club-women also collected enough blankets and warm clothing to fill a large SUV which will be distributed to those living on the streets on Christmas Eve.



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Dr. Dan Coflin
Pastor, River of Life Church

New Beginnings

New beginnings are exciting. The first day of school, starting a new job or business, beginning a family, or even ending a long and successful career to start something new and different, each carry a degree of excitement and expectation or else the change would never be made.

Change is seldom easy. It is usually coupled with uncertainty not knowing how things will turn out, but when there is a hope for something better or a prospect for advancement most people are willing to make a change if they truly believe that what lies ahead of them is better than where they are now.

I believe that sense of adventure for what is new and better is God-ordained. God is the one that spoke to Abraham to leave his family, his city, and that which was familiar to go somewhere he had never been and to do something he had never done. Abraham obeyed God, trusting him to fulfill the promise to bless and prosper him and having done so became known as the “father of faith.”

There are many Biblical examples of common people doing the impossible or astounding because they chose to trust God instead of taking a sensory survey of their environment. Whether they were facing giants or famine, enemy armies or unseen forces, they prevailed when they called on God to be their strength and shield, provider and protector.

The Word of God reveals to us that we are not inferior, incapable, or unable to do the impossible regardless of who we are. We relegate greatness to a few more able and noble than ourselves, but it is God who makes us able.

Paul wrote in the first chapter of his let-

ter to the Corinthians, “But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty; and the base things of the world and the things which are despised God has chosen, and the things which are not, to bring to nothing the things that are, that no flesh should glory in His presence. But of Him you are in Christ Jesus, who became for us wisdom from God—and righteousness and sanctification and redemption—that, as it is written, “He who glorifies, let him glory in the Lord.”

What this scripture is saying is that your greatness and success is not dependent on your IQ, your family’s nobility, or your financial strength, but on God who becomes to you everything you need when you need it as you look to Him to supply what you are lacking with His resources.

God is looking for someone who will believe Him to accomplish great things that will bless many and bring glory to His name. You don’t have to be great in yourself. You’re not too young or too old or too needy.

You may be lacking in social graces or educational accomplishments, but really the least qualified in man’s opinion just makes you more a candidate for God to work through and receive the glory for the great things you accomplish. Are you ready for something new? Let the adventure begin!

Dr. Dan Coflin and his wife Dianne co-pastor River of Life Church at 410 E. Chapman Rd. in Lutz, FL. 33549, (813) 949-9931, www.roltampa.org

We would love to invite you to visit River of Life Church. Our lively worship begins at 10:30am on Sunday. We are a non-denominational, spirit-filled ministry. Please honor us with your visit. We would love to have you!

The Well – A Women’s Training Ministry

By Karen McBride

The Well is a women’s Bible study and training ministry. Women from all denominations learn and grow in their personal walk with God with opportunities to develop leadership skills through Bible study and mentoring.

Susie Walther, president and founder of The Well, began the ministry with the goal of “helping women not only become disciples of Jesus Christ, but also to train them to go and make disciples within their churches and communities,” said Walther.

The Well has outgrown its central location for hosting Bible studies and is looking for new accommodations to meet their needs. As many as 100 women attend The Well Bible studies and training opportunities per day. At this time, women from across the Tampa Bay area have opened their homes or are meeting in coffee shops to share God’s word and study the Bible together. What is

amazing is the fact that when it was centralized, it only had the ability to hold up to 7 Bible studies in a day, but now that it has dispersed across the area, it continues to grow as many more studies have started with many women attending.

“They are reaching new women, women who might never step into the door of a church,” said Kristina Jensen, Chairman of The Well Bible Study Ministry, Inc.

The Well is having a “pop-up” session on Saturday, January 26th from 9:30am-12:30pm at North Pointe Church, located at 19862 Amanda Park Drive, Lutz, FL 33559. The Well Pop-Up includes greeters, snacks, a devotion, prayer groups and a short message, and is a great time of fellowship!

To register for the Pop-Up session or to find a bible study near you, go to <http://thewellbiblestudy.org>.



One More Child Backpack Program



One More Child is excited to be meeting the needs of children who are often hungry on the weekends by providing backpacks full of nutritious food for them and their families through its Backpack Program in local schools. One More Child currently provides thousands of meals for children in locations

such as Sleigh Middle School, and we need the help of churches, individuals, and businesses to expand!

Please visit OneMoreChild.org to find out how you can help children and families be happier and healthier on the weekends through your support.

Make A Difference—Help End Human Trafficking

By Anne Childers

Human Trafficking may well be the biggest industry you have never heard of. Forced labor and Human Trafficking is a \$150B industry globally with 40.3 victims worldwide, according to figures supplied by the International Labor Organization/Geneva, September 2017. Victims of human trafficking include children, women and men who are subjected to sexual exploitation, marriage or forced labor through force, fraud or coercion.

The U.S. Department of Justice human trafficking task force reports 83% of sex trafficking victims identified in the United States are U.S. citizens with an average age of 12-14. Florida continues to rank third in the nation in the number of calls to the National Human Trafficking Hotline.

Those calls signal an increased local awareness largely because of state level action.

Former Attorney General Pam Bondi worked with Florida’s legislative leaders to create a 15-member Statewide Council on Human Trafficking. The Council, chaired by Bondi was created and signed into law in 2014. It is comprised of law enforcement officers, prosecutors, legislators, and experts in the fields of health, education and social services.

You can be part of the solution for victims of modern-day slavery by raising your own awareness, and alerting authorities to suspicious activities.

Signs of human trafficking can include but are not limited to:

- Poor mental health or abnormal behavior
- Poor physical health
- Lack of control
- Few or no personal possessions
- Is not in control of his/her own money
- Is not in control of his/her own identification documents (ID or passport)
- Is not allowed or able to speak for themselves (a third party may insist on being present and/or translating)

If you think you have come into contact with a victim of human trafficking, do not become involved personally, but do call one of the professional services trained to recognize and rescue victims.

Report your suspicions anonymously to local law enforcement, the National Human Trafficking Hotline-1-888-373-7888, The U.S. Department of Justice Hotline 1-888-428-7581, the Florida Abuse Hotline 1-800-96-ABUSE (22873), or 911.

Pasco FREE, (pascoFREE@gmail.com) is accepting members- email for details, and anyone wishing to share information with this publication may send an email to edit101@ddpnews.com.


For additional information watch the WEDU video at <http://www.wedu.org/human-trafficking>, or contact, MyFloridaLegal.com.

Ask yourself how your organizations or place of worship can make a difference in the lives of our most vulnerable citizens.


“The Statewide Council on Human Trafficking will coordinate and enhance efforts to further combat human trafficking and to support victims of this horrific crime.”

- Attorney General Pam Bondi






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Toys, Clothes, and Shoes...OH MY!

You've pushed it off all year. Christmas came and your family received so many gifts! Now the real questions begin... Where do you put it all? Where do you put the old toys your child doesn't play with? What should you do with all the clothes your teens have grown out of? What do you do with your old bedroom suite that you just replaced? We can help answer those questions for you!

Did you know that Hope does not take any state or federal funding? Everything that we have and all that we are able to do is only because of donations from people like you. That recliner or bed that you are trying to replace, you can donate to Hope! Those shoes your child grew out of so fast, you can donate to Hope! We accept gently used and like new household furniture and appliances, clothing for children and adults, toys for any

age child, and the list goes on. The items that you use in your home, we use in ours, too.

HERE'S HOW YOU CAN DONATE THOSE GENTLY USED ITEMS: We accept donations here at Hope Children's Home Tuesdays-Saturdays from 9am-4pm. Our address is 11415 Hope International Drive, Tampa, FL, 33625. If you have large furniture or appliances that you are not able to transport, you can call us to schedule a pick-up. Our phone number is (813)-961-1214. We also have two thrift stores where items can be donated. Our Tampa Thrift Store is located at 702 E. Fowler Ave. and our Clearwater Thrift Store is at 2881 Gulf-to-Bay Blvd. For any questions regarding what items we accept or about scheduling a pick-up, please check out our website at HopeChildrensHome.org/hope-thrift-store/.

For over 50 years we have not had to worry about buying clothes, shoes, or furniture for our home because of donors like you. Your items can make the difference in the lives of these children. Consider giving to Hope today!

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Women's Bible Study/Discipleship

A women's Bible study will be held on the second Tuesday of the month from 7pm - 8pm. It will rotate to different libraries:
January 8th - New Tampa Library
February 12th - Bloomingdale Library
March 12th - Jimmie B. Keel Library
Contact Chonta Haynes at 813-299-2742 for more information.

Yesterday is history,
Today is a gift.

Tomorrow is a mystery,
That's why it's called the present!

"I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge-that you may be filled to the measure of all the fullness of God." — Ephesians 3: 17-19

Women-N- Charge New Members

Dec. inductees left to right: Pamela Latour, Tower Development International, Jeanette Breden-Hall, Publisher/Florida Women's Magazine, Kay Dunn, Publisher/Dunndean Gazette Community Newspapers & membership chair

Women-n-Charge January Meeting

Join the vibrant ladies of Women-n-Charge on Friday, January 4th from 11:15am-1:15pm at Plantation Palms Golf Club (23253 Plantation Palms Blvd., Land O' Lakes, FL 34639). The meeting includes lunch, a presentation, and time to network. We share our talents, build relationships, and share our resources with other women in business.

Please register at <http://www.women-n-charge.com/meetings>. For more information or to RSVP, please contact Judy at 813-600-9848 or info@women-n-charge.com.

The cost is \$15 for members and \$18 for guests who RSVP by Monday prior to the meeting. Tuesday and after, the cost is \$20 for members and \$23 for guests.

Our January meeting will feature a Lunch & Learn presentation on Social Media with WNC Members Roxanne Harmon of Murals & More, Christy Maldonado of Social Media Marketing by Christy, and Pat Patterson of Patterson Marketing Group. They will provide some useful information and tips!

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Tampa Bay Dance Club


Admission to Club's dance is \$8.00 at the door for everyone. Tampa Bay Dance Club is located at 5601 Hanley Road, Tampa, Florida 33634. Doors open at 6:30pm. Dance starts at 7:30pm and ends at 10:30pm.

January 4 Band – On Our Own
January 11 DJ- Joey Royal Roaring 20's - Sale of pizza
January 18 Band – On Our Own
January 25 Band & Vocalist Bert & Sassy - Dinner Dance
Website: tampabaydanceclub.com

The Norman Jewish Library and Education Center

Books needed Jewish and non-Jewish. Please call Rabbi Uriel Rivkin for delivery (Temple Terrace, Florida) or pick-up at 813-832-3018 or email drobertnorman@gmail.com.

Will You Pray For Our Nation In 2019?



In the face of widespread insecurity, fear, and hopelessness, our nation desperately needs your prayers.


Today we are surrounded by the effects of forgetting—even forsaking—God, both as a nation and as individuals. The problem is too big for human effort. Our nation has a heart problem, and only God can fix it. Will you join us in prayer as we ask God to heal our land?

We have a promise from the Lord: “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land” (2 Chronicles 7:14, NIV).

Please also join us in prayer for the millions of individuals who are at a critical crossroad and don't even know it. Pray that those who don't know Jesus Christ will turn and find forgiveness, hope, and peace in Him. Let's stand together and ask God to pour out His Spirit on our nation in 2019.

Commit to join us today in concerted prayer, and we'll send you updates on the lifesaving work of evangelism.

https://secure.billygraham.org/pray-for-our-nation/pray-for-our-nation.aspx?SOURCE=BY120PRAG&gclid=CKCxi_TVw68-CFWvktgodynrdQ



The Great Florida Outdoors: Sandhills

Dr. Robert Norman, Clinical Professor, Dermatology, Nova Southeastern University

The beauty of Florida is that given its vast array of ecosystems, you can readily go from wetlands to a dry landscape. If you go to an upland habitat—a sandhill community with longleaf pine, turkey oak, and wiregrass—you may find a creature that is about 10-11 inches long, weighing about 9-10 pounds if adult.

You can expect this wonderful creature to have a life expectancy in the wild between forty to sixty years, although there are reports it may live more than one hundred and fifty years. It has a stubby head, short tail, and rounded tan to dark gray shell.

The powerful forelimbs are tipped with stiff, flattened claws that act as shovels to excavate burrows of about fifteen feet long and six feet deep. A burrow discovered in 1972 measured more than forty-five feet in length.

Within the burrow, the temperature remains relatively constant throughout the year: 60° - 70° F in winter and 70° - 80° F in summer. The creature prefers a burrow that is humid because it is quite susceptible to dehydration. Certain biologists have noted that this creature may migrate to burrows in moister habitats during the dry winter months. You may have guessed by now I am describing one of my favorite creatures, the gopher tortoise.



Gopher tortoise

Gopher tortoises are creatures of habit and spend most of their lives in or around their burrow and create paths through vegetation as they regularly visit the same foraging areas. Gopher tortoises are primarily vegetarians and

primarily munch on wiregrass, wild legumes, fallen pine needles, and a variety of wild fruits and berries.

As you read the landscape, take time to observe the gopher tortoise. More than one gopher tortoise may share a burrow and more than 300 species of animals have been identified as “burrow commensals”—creatures that use tortoise burrows to varying degrees, including eastern indigo snakes, Florida mice, and gopher frogs.

Burrow commensals gravitate to gopher tortoise burrows for a variety of reasons. Gopher frogs often feed on insects and spiders that live in the burrows. Tortoise burrows provide winter shelter and nesting for the indigo snake. The Florida mouse lives year-round in a den it builds along the burrow shaft.

When ground fires burn through sandhill or other pine habitats, burrows provide a safe haven for tortoises and other wildlife. Two scarab beetles are obligate burrow commensals because they apparently live nowhere other than in active gopher tortoise burrows. The mound of sand at the mouth of a burrow provides benefits to plants—the bare soil is important to the establishment of seedlings including longleaf pine. As the gopher tortoise maneuvers on its paths to feeding sites, open spaces are created for seedling growth. Given their broad herbivorous diet, gopher tortoises also help maintain plant diversity of plants near their burrows by dispersing seeds.

One place with dozens of gopher tortoise burrows is Circle B Bar Reserve. An amazing location to explore and read the landscape, the reserve is a former working ranch and modifications on the property and along Lake Hancock can be seen. See <https://www.swfwmd.state.fl.us/recreation/circle-b-bar-reserve>.

The reserve is named after a cattle ranch that once existed on this property. Circle B Bar Reserve was jointly acquired by the Polk County Environmental Lands Program and the District in an effort to protect the floodplain of the lake and to save the Banana Creek marsh

system. Although much of the property had previously been converted to pasture, in 2005 and 2006 restoration projects were completed to restore much of the original hydrologic function of the lands. Circle B is now home to some of the most impressive bird and animal activity in Florida and is a magnet for nature photographers that meander on the trails that include freshwater marsh, oak hammock, hardwood swamp, and the lakeshore.

All photos by Dr. Rob Norman

Get out and explore the Great Florida Outdoors!



Circle B Bar Reserve—Little Blue Heron



Circle B Bar Reserve—Great Blue Heron feeding its young



Circle B Bar Reserve—Juvenile Purple Gallinule



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“Forgetting what is behind and straining toward what is ahead. I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” — Philippians 3:13-14

Faith Goal Setting



James H. Willis, III

Founder and President
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1 Peter 5:7

Ha! This is a big topic that very few people accomplish. Now I know we normally might talk about goals for the New Year. Well, in many lives we might begin a new school year with goals or plans goals for the “Snowbird” season, and some companies set goals for their new business year. So let’s view this as a “Goal Tune-Up!”

Goal setting is an ongoing process which serves as the basis for Life Planning. May I add that the process of goal setting is more important than the actual goals. Yet it is estimated that only 3% of Americans actually set goals—written goals. The reason this is so important for Christians is because it helps identify the “Biblical Stewardships” that are to be used as God-given gifts and resources (time, talents, treasures, truth, relationships, etc.) for the accomplishment of God-given goals and objectives.

Why Should We Set Goals?

- 1. They provide direction and purpose.
- 2. They help us to crystallize our thinking.
- 3. They provide personal motivation.
- 4. They are a statement of God’s will for us.

Why Don’t We Set Goals?

- 1. Fear of Failure.
- 2. Concern that it takes a great deal of time.
- 3. Lack of knowledge of how to set goals.
- 4. Lack of understanding of what goals to set.

So, as you can see, we are not just looking at setting goals from the world’s motivational speakers’ mindsets. We are setting “Faith Goals” or “An objective toward which I believe God wants me to move.”

I feel I need to emphasize the word “faith” by a couple of definitions:

- “Faith” is acting on the basis that this is what God wants me to do.” —Ron Blue
- “Faith is acting on the belief that the Bible is true in spite of my feelings and experiences to the contrary.” —Ken Boa
- Faith is not the denial of reality, but the acceptance of a greater reality.” —Beth Moore

This “Faith Goal” has 2 parts: my part and God’s part. So here is the question:

How do I set a Faith Goal?

- 1. Spend time with God.
- 2. Write down your impressions.
- 3. Make it measurable. (It is not a goal until it is measurable. At best it is a good intention.)
- 4. Take action or take the first step.

I will end with one more encouraging quote: “A dream is just a dream. A goal is a dream with a deadline and a plan.” —Harvey Mackay

What are your “Faith Goals?”
Caring for you and yours,
Jim

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IT'S 2019. ARE YOU READY TO TRANSFORM YOUR BODY?

I lost 106 lbs. in 14 months. It's a surreal feeling. I tried losing weight before and it never worked, so I had given up trying. Then I turned 50 and I knew I had to do something because I was tired of looking at myself. I decided that wasn't going to be me. I wanted to spend time with my kids. I felt like I let my kids down. I've transformed my body thanks to the trainers, Samantha & the support. I feel confident and am enjoying doing active things with my family now. - Stephanie W.

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Did you accomplish your weight loss goals in 2018? If not, don't let that happen again. Take action and get with us.

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Is 2019 Going To Be Different For You?

is going to be looking out for you and making sure you are doing what you said you were going to do. That is the power of accountability.

She was also fed up with being so tired, having more aches and pains and just feeling older. But instead she has learned how to eat in a way she loves, has toned her body, and feels incredible! She says she feels like she has aged backwards and feels 20 years younger since she is feeling so young and vibrant. I am SO proud of her!

What do you want to see change in your life? You CAN do it. I encourage you to do something different this year. Consider becoming a client at my private personal training studios for women where we help you learn how to eat instead of diet. Our goal is to help you really get results, not just wish you could. You don't burn any calories by thinking about having a different body—you have to do something about it.

We just opened our 5th location in Palm Harbor (the others are in Carrollwood, Westchase, Wesley Chapel, and Land O' Lakes). Possibly one of the biggest steps towards you seeing change this year is to set up a Body Transformation Analysis with us. No obligation to do anything, just check it out and see if it's right for you. Then you can look back on this last year and say, "Wow, look what I have accomplished!" instead of living in regret wishing you would have done something once again.

God has given us all a free will. We can choose to live differently. Are you ready for THIS to be the year you really see and feel some change? Call us at 813-377-3739 or you can go to this webpage to book your free Body Transformation Analysis: www.SamanthaTaylorFitness.com. Happy New Year!

"Blessed is the man who find wisdom, the man who gains understanding, for he is more profitable tan silver and yields better returns than gold." — Proverbs 3:13-14



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Pediatric Place of Tampa Now Offering Urgent Care Hours

By Karen McBride

Dr. Michele Johnson-Towson, Pediatric Place of Tampa, is a board-certified pediatrician with 27 years of experience in caring for children ages newborn to 21 years old. She wants to remind parents the 2018-2019 school year starts early in Hillsborough County.

Students will head back to school August 10, 2018. Be sure to call Pediatric Place of Tampa now to schedule school and sports physicals. Once school starts, the cold and flu season is not far behind since kids share germs right along with academics and sports. The doctor is also encouraging patients to schedule for flu shots starting in September. The flu shot which contains coverage against the influenza A&B strains is available in proper doses for ages 6 months and up.

It is important for all shots to be up to date, and hearing and vision tested so students are totally ready for a new year of learning and healthy playing.

Same-week appointments are available for school physicals at Pediatric Place of Tampa, and the practice accepts all insurances as well as self-pay patients. New patients are always welcome!

Dr. Johnson-Towson and her staff are dedicated to keeping patients both healthy and educated on changes in children's health care. Pediatric Place of Tampa offers Urgent Care hours to accommodate sick children after work, school, and/or daycare. Urgent Care hours are available Monday – Friday, and Saturdays 8:00am until noon.

Pediatric Place of Tampa is conveniently located at 1338 W. Fletcher Avenue in Tampa. The cheerful, kid-friendly office is on the bus line too. Call today at 813-264-2288 and schedule for school physicals, checkups, and flu shots.





We Support CHRISTIAN EDUCATION...

Teaching our children that the Word of God is a way of life.

Can we afford anything less?

Faith is being sure of what we hope for and certain of what we do not see. Hebrews 11:1

Biblical Dating from Hope Children's Home



In 26 years of ministry of working with young people, I would say that dating is definitely at the top of the list of things that gets teens into trouble. In my experience, a majority of the problem is that most parents have no clear direction on the topic of dating and relationships for their teenagers. With a lack of direction combined with so many opinions that have been adopted from a worldly standpoint, our young people are nearly doomed for failure. May I say to parents that this is a critical topic, one that you cannot avoid dealing with. It needs to start much younger than what most would think.

Biblical dating is not the most popular topic, and for many, it will be classified as "old fashioned" and "outdated." I firmly believe that we have an obligation to God to do the best we can to train every child that He has placed into our care at Hope. With that in mind, I take the time every year to have a dating seminar with our 7th-12th graders. For most all of them, it is the first time in their lives that they have looked at boy/girl relationships from a biblical perspective. Let me share with you a few of the principles we teach our children.

1 God placed Adam in the garden. Because of Adam's walk in life, the garden was the most important thing to him. His heart's desire was taking care of the garden. Because

of our teens' walk of life, the most important thing for them should be studying, serving the Lord, sports, church activities, etc.

2 God created the exact, perfect, ideal woman for Adam. Adam did not have to go looking for Eve. Adam was faithfully serving the Lord when God brought Eve to Adam. Our teens do not have to go looking for someone. They should faithfully serve the Lord, and in God's timing, He will be faithful to bring the exact, perfect, ideal mate for them.

3 Then the big question. What is the purpose for dating anyway? Is it just to have fun and spend time with someone you enjoy? Or could we be honest and say that dating doesn't normally stay at a friendship level but grows deeper. I believe the purpose for dating is to find a life mate. When two people date, regardless of age, it always leads to a more intimate relationship.

4 Unless your 16 year old son or daughter is ready for marriage, it may be worth rethinking this whole "going out" and "going steady" thing. There is certainly nothing wrong with a bunch of young people spending time together and enjoying each other's fellowship.



As a matter of fact, it's healthy. The youth department of your church is a great avenue for just that. The problem comes when young people want to start singling off, trading rings, and establishing some type of ownership of each other.

Remember, parents, that God has trusted you with that teenager, and if anyone "owns" them, it is you and you alone. This ownership does not change until the day you walk them down the aisle in marriage.

I would encourage every parent to begin at a very early age to train your children in the biblical perspective of dating and proper relationships with those of the opposite sex.

There are so many broken lives of young people that could have been saved had parents took a stand and applied some of these simple Bible truths. God's way still works!





COMMUNITY PET NEWS

Mark Twilla DVM
Sunshine Animal Hospital



Pet Obesity

Approximately half of the pets in the United States are either overweight or obese. The health consequences of obesity include increased risk for joint disease, heart and respiratory problems, and diabetes.

How do you know if your pet is overweight? You should be able to see and feel your pets ribs without excess fat covering. Your pet's waist should be clearly visible when viewed from above.

Are certain pets more likely to be obese? Certain dog breeds such as Labrador, Dachshund, Beagle, Cocker Spaniel, Basset Hound and Rottweiler have a higher risk of obesity. The risk also increases with age and neuter status. Apart from older dogs, obesity is reported to be more common in females.

What are the biggest causes for obesity? Feeding people food and treats and lack of exercise.

What should be done? The best approach is to have a physical exam. The physical exam will determine if there is a underlying physical disorder. Having ruled out a physical problem the next step is for your veterinarian to make sure your pet is fed a nutritionally complete diet and is consuming the correct amount of food per day. If the pet continues to be obese prescription diets are used to help with weight loss.

For more information or to make an appointment for your pet
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Standing ovation!!! We can't thank you enough for your expertise, patience, and professionalism. We honestly believe this is the best gift we have ever given our daughter. Teagan is more confident, as are we, and she is even teaching us a thing or two! We would highly recommend your teen driver training to any parent of a new driver. The exposure to driving on all of the major highways and interstates is priceless. (This is a task that can be daunting for experienced drivers!) Your support and confidence has provided the awareness and skills necessary for Teagan to continue to be a safe driver. You have also provided peace of mind for Mike and me as we watch her pull out of the driveway on her own. Thank you so much for what you do! We plan on seeing you again in a few more years for our son! Until then, many thanks and keep up the outstanding service!
~ Mike and Julie Byrnes, Apollo Beach

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I cannot say enough about my recent experience with George at Daytona International Speedway. His patience in working with a novice driver such as me should be commended. The way he was able to talk me through the ins and outs of racing / driving was amazing. Although I was quite nervous my first few laps around the track, it quickly became apparent why George came so highly recommended. He guided me through each part of the process. His expertise made me feel privileged just to sit in the same car with him, let alone coach me through a track exceeding speeds of 160 mph. The other amazing part was his service and disposition. George was down to earth, very sincere and I walked away feeling like I had just received 5 star service for 2 star pricing.
~ Todd Wahl — St. Petersburg, Florida



For more information Contact George today!
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An Act of Kindness: The Good Samaritan

Jesus answered, "A certain man was going down from Jerusalem to Jericho, and he fell among robbers, who both stripped him and beat him, and departed, leaving him half dead. By chance a certain priest was going down that way. When he saw him, he passed by on the other side. In the same way a Levite also, when he came to the place, and saw him, passed by on the other side. But a certain Samaritan, as he travelled, came where he was. When he saw him, he was moved with compassion, came to him, and bound up his wounds, pouring on oil and wine. He set him on his own animal, and brought him to an inn, and took care of him. On the next day, when he departed, he took out two denarii, and gave them to the host, and said to him, 'Take care of him. Whatever you spend beyond that, I will repay you when I return.' Now which of these three do you think seemed to be a neighbor to him who fell among the robbers?"

He said, "He who showed mercy on him."

Then Jesus said to him, "Go and do likewise."

— Luke 10:30–37, World English Bible



WOULD YOU LIKE TO SAVE A LIFE
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How To Eat An Elephant

Continued from Page 1

We live in a world where we expect everything to happen quickly and easily. Change is a process.

If you take an acorn and throw it against a slab of concrete, the concrete would be completely unaffected and the acorn would be completely smashed.

But if you would take that acorn and plant it in the ground and water it and give it sunshine and nutrients, eventually that acorn will destroy the concrete.

There's a cumulative value that comes from investing time in certain activities over a long time—your health, your family, your faith, your finances. The flip side is **there's a cumulative impact that comes from neglecting certain activities over a long time.** We know these are true.

One more statement: **"There's no immediate benefit to any single investment of time."**

We, like most people, want the miraculous—instant results. It's only when you embrace the monotonous that you get to see the miraculous. If you resist the monotonous, you will miss the miraculous.

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." — Galatians 6:9

Until next month,
Keith Chandler
Pastor, Journey Christian Church
www.tampajourney.com
7708 Van Dyke Rd., Odessa. FL
813-920-0442
Sunday service 10am



Samantha Taylor Fitness

Samantha Taylor

When my personal training career started in this area over 17 years ago, Mark Dunn called me and asked if I wanted to be a part of it. I was new in business here but knew I had to get my name out there, so this was the first media outlet I had ever advertised in. As people started to hear about what I offered, through THIS paper, my name started to get out in the community, and in a few years I became the #1 producing personal trainer in the large gym I was in, out of 2,000 trainers!

When it was time to go out on my own, God used THIS paper to give me the confidence that I could find clients outside of that gym. I knew I must, because I wanted to create an environment for women that didn't want to be in a gym. That wanted a safe place they could work out and not feel judged. I also enjoy catering to Christian women who liked that our studio cared about that.

Now we have trained over 6,000 people, have 17 trainers, won the Small Business of the Year Award by the Chamber, give free seminars to the community, and started a meal prep service delivered to your home. We opened our 5th location in Palm Harbor, and we just moved our Wesley Chapel location into a new building that we own. We also have Land O Lakes, Carrollwood, Westchase, and more to come!

I thank God for bringing this paper into my life, and I am SO grateful, for they helped give me the original confidence that I could build this business, and look what its turned into and the amount of people we serve! The owners, Mark and Kay, are some the nicest, most genuine people you'll ever meet and I appreciate how they honor Jesus Christ in this paper. It's such a blessing to partner with them, and I'm happy to know that I am the longest advertiser in the last 17 years!

Enter to Win!

Admission Tickets To The 2019 Bay Area Renaissance Festival
(value \$19.95 ea)

Fill in the Verses (answers are found in the paper!)

Include a self addressed, stamped envelope so we can send you your prize!

1. I pray that you, _____

2. We have not received _____

3. Blessed is the man _____

4. Forgetting what is behind _____

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Heather Gleason, Lynn Brooks, Cynthia Moody

Winners of admission to Big Cat Rescue:
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**Get your Smile on!** Think about this: 

* Many folks want to serve God, but only as an adviser.

* Do you think “stop, drop, and roll” will work in Hell?

* Some minds are like concrete: thoroughly mixed up and have permanently set.

* God loves everyone but probably prefers “fruits of the Spirit” over nuts!

* The good Lord didn't create anything without a purpose, but mosquitoes came close.

* Opportunity may knock once, but temptation bangs on the front door forever.

* Quit griping about your church! If it was perfect, you couldn't belong.

* If your church needs a better pastor, it only needs to pray for the one it has.

* The best mathematical equation is 1 cross + 3 nails = 4 given.

* God Himself doesn't propose to judge a man until he's dead. So why should you?

* Don't wait for six strong men to take you to church.

* We don't change the message, the message changes us.

* Why advertise your business to keep God's word in print media? He will give you something to sing about and something you can dance to.

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Heritage Harbor Golf

By Samantha Yates

Heritage Harbor Golf Course, located on Lutz Lake Fern Rd., is an 18-hole course featuring four sets of tees and multitudes of waters and marshes. This course is unique compared to others in Florida starting with the fact that it's fully open to the public, continuing with this 6,900-yard course not crowded by houses with only five of eighteen holes having homes on both sides.

Stated on their website, HeritageHarborGolf.com, "It's a paradise for birds as well as golfers."

You're likely to spot many birds including loons, hawks, ospreys, ibis, and herons as well as kingfishers. "It's like playing two different courses," says John Panno, Director of Golf. "On the front nine holes is a links style and on the back nine it's a more shot-making course."

Attend lessons with the club's golf professional in groups or individually. Bring your

children ages 5-16 to monthly golf clinics. This course, open since fall 1998, is more than just a course but also includes a pro shop and a beautiful clubhouse.

The clubhouse features a restaurant that can be used as a venue for events such as tournaments, weddings, religious events, and other parties of all kinds! Enjoy scenic views of wa-

terways and wetlands or rooms with country-contemporary décor and furnishing. Seat up to 220 guests in the 11,000 square foot Heritage Harbor Club House with gulf coast plantation style and nautical feeling.

For more information, contact **John Panno** by calling (813) 949-4886 or emailing hhproshop@gmail.com.

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The Cleaning Detectives

By Karen McBride

Shane Van Meter, owner of The Cleaning Detectives, recently moved to the Tampa area from Kentucky He has 15 years of experience in the cleaning industry and wanted to open his own business to serve the expanding community.

The Cleaning Detectives is licensed, bonded, and insured. The company offers all facets of cleaning, including office maintenance and new construction clean-up.

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JOHN 14:3 "and if I go and prepare a place for you, I will come back and take you to be with me that you also may

Lori Cain, Local Real Estate Agent

Written by Samantha Yates

Lori Cain is a real estate agent here to take the stress off others when it comes to buying or selling property. Specializing in probate and divorce, she's certified in both and has a team of helpful vendors like movers, cleaners, landscapers, etc.

She's familiar with probate from dealing with family passing; also knowing that couples going through divorce may be quick to sign papers and move on, she tries to be there for both sides to move forward without messing up each other's credit.

Lori started her professional life in law enforcement for 28 years serving USF for 3 and Hillsborough County for 25 years. She wanted to serve and help people. She retired and took a couple years off building a portfolio of rental properties and decided she liked having another aspect of helping people.

Lori spent 2 years buying, renting and remodeling homes to rent making her familiar with the guts of homes. She's been a sales agent for 4 years totaling 6 years now in the business, specializing in Hillsborough County and Wesley Chapel.

Visit her website, TimeToMove.Today, for more information about Lori and her business!

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Chris Tillman

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Under God's Control

By David Wilkerson



In these last days, the Lord's eye is not fixed on world powers but on the church of Jesus Christ. God is not focused on the economy, on the rise of world religions, on the roaring of the heathen. According to Isaiah, the nations are to God "as a drop of a bucket" (Isaiah 40:15). They are all under His sovereign rule and reign.

God knows all about terrorist threats, wars and rumors of wars. His Word warns that the heathen will rage, secular powers will try to outlaw Christianity, and fast-growing, anti-Christ movements will boast they'll rule the world and destroy Jesus' followers. The Bible says this about it all:

"The kings of the earth set themselves, and the rulers take counsel together, against the Lord, and against his anointed, saying, Let us break their bands asunder, and cast away their cords from us" (Psalm 2:2-3). In short, "Let's cast away all moral hindrances, all moral landmarks of the past."

Here is God's reaction to these earthly powers and demon-influenced men: "He that sitteth in the heavens shall laugh: the Lord shall have them in derision" (2:4). No matter how desperate things look, everything remains under God's full control.

I'm thankful for this word from the Psalms. More and more, we hear reports of secularism wiping out the evangelical church in Europe; of Islam being the fastest growing religion in the world; of homosexuals hijacking entire denominations; of Christ's church growing so weak it no longer has any impact on society.

Yet God's Word declares, "On Christ the Rock God will build His church." "The gates of hell shall not prevail against it" (Matthew 16:18).

Nothing from the bowels of hell can hope to destroy Christ's church.

His eye is always on His people, and through everything He warns Satan and his hordes, "Do not touch the apple of My eye."

"Behold, they shall surely gather together, but not by me: whosoever shall gather together against thee shall fall for thy sake" (Isaiah 54:15).

Do you see what God is saying here? "The devil is going to come at you. Enemies out of hell will gather together against you. But Satan will not succeed."

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The Lord’s Prayer:
Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.
Matthew 6:9-13

“We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us. This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words.” — 1 Cor. 2:12-13

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One of America's Most Popular Days

February 2018



There's no doubt that Valentine's Day is one of America's most popular days. More than 62% of Americans celebrate by sending greeting cards, flowers, candy, jewelry, or by enjoying a romantic dinner. But the origin of Valentine's Day is surprising.

For example, the roots behind Valentine's Day go all the way back to an ancient Roman fraternity fest held in mid-February called Lupercalia.

Later, the Christian church chose mid-February for Saint Valentine's Day in order to Christianize the celebration, but who was St. Valentine?

Not much was known about the holiday's namesake. First of all, there was more than one such Christian priest. One thought it was unjust and defied the Emperor and continued to marry young lovers in secret.

Continued on Page 8

Our Prayers Go Out To All The Families Of Parkland School Victims...

March 2018



School Staff of Parkland School
Aaron Feis - 37 year old football coach
Christ Hixon - 49 year old Athletic Director
Scott Beigel - 35 year old teacher

Students of Parkland School
Alex Schachter - 14 years old
Alyssa Alhadeff - 14 years old
Alaina Petty - 14 years old
Cara Loughran - 14 years old

Carmen Schentrup - 16 years old
Gina Montalto - 14 years old
Helena Ramsay - 17 years old
Luke Hoyer - 15 years old
Jaime Guttenberg - 14 years old
Joaquin Oliver - 17 years old
Meadow Pollack - 18 years old
Marrin Duque Anguiano - 14 years old
Nicholas Dworet - 17 years old
Peter Wang - 15 years old

God's Plan for America's Comeback



Although many people are unaware of it, Satan has a plan for America. He wants us to forget our godly heritage and slowly erase our rich, biblical foundation.

We see the signs everywhere. God and prayer have been removed from schools and history books. God has been removed from our government except during times of emergency like September 11. Our Constitution has also been reinterpreted and re-written to change our Founders' original intent.

"To take our moral temperature, all you have to do is turn on the television. Our society celebrates doing whatever they think is right, and sin is no longer called sin."

The good news is God also has a plan—and His plan is always greater. What is it?

God's Four-Step Recovery Plan
In 2 Chronicles 7:14, the Lord says, "If My people, who are called by My name, shall humble themselves, pray, seek, crave, and require of necessity My face and turn from their wicked ways, then will I hear from heaven, forgive their sin, and heal their land."

God gives us four specific things to do: humble, pray, seek, and turn. This is our part of the process. As we do these things, then God will do His part to hear, forgive, and heal.

Continued on Page 8

New Year's Resolution: "Who Do You Say I Am?" Luke 9:18-20

January 2018



David wrote in Psalm 27:4, "One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life." When David expressed the desire to dwell in the house of the Lord all the days of his life, he didn't mean that he wanted to live in a church all the time. What he really wanted was to sense God's presence in his life all the time. His one thing was his relationship with God.

Paul wrote in Philippians 3:8, "...everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord." Once

again, we see Paul had one thing more important than anything else in his life. His one thing was his relationship with Jesus.

All of us have busy lives. Much of our time is consumed by activities we have to do. We have to work to support ourselves and those we love. We have to make meals, clean clothes, fix things around our homes, and the list goes on. How we live in God's presence while doing the things we have to do is a discussion for another time.

Continued on Page 7

The ANCHOR of HOPE...

April 2018



The Certainty of God's Promise Hebrews 6:13-20

An anchor was a popular image in the ancient Mediterranean world. Because that economy depended on shipping, the anchor came to symbolize safety and steadiness. The writer of Hebrews used the word to remind believers that God has given a hope that holds firm in any storm.

Hope is a healthy attitude. Anticipating good brings comfort to the mind and heart. In contrast, a state of hopelessness is a terrible condition in which to find oneself. It's overwhelming and depressing to think that what you're facing cannot be changed or resolved. For the person who has lost all hope, life looks like a long, dark tunnel going nowhere.

"Hope deferred makes the heart sick." (Proverbs

13:12) Emotional, physical, and even mental illness haunt a person who feels trapped in a bleak situation. But as long as there is a God, no situation is hopeless. In Him, we have the promise of the second half of that proverb: "Desire fulfilled is a tree of life."

Believers have a hope that anchors their soul. Our relationship with Jesus Christ brings us close to the throne of heaven, where we can cast all of our burdens before an omnipotent God. Moreover, we can cling to Him through any trial that comes our way. Because of the Lord's great love, He provides strength for weary bodies, peace for anxious minds, and comfort for grieving hearts. In short, He lights that darkened tunnel and tenderly guides us through trying situations.

Continued on Page 8

When the Devil Goes to Church

July 2018



Some people think if you have a Bible the devil is going to run, or when he sees a church he goes in the other direction. No, the devil is not afraid of church. He just wants God's position, to be the object of worship, causing conflict and confusion among God's people.

Acts 20:29-30: "I know that after I leave, savage wolves will come in among you and will not spare the flock. Even from your own number, men will arise and distort the truth in order to draw away disciples after them."

Matthew 7:15: "Beware of false prophets who come to you in sheep's clothing, but inwardly they are ravenous wolves."

Jesus said in the last days in Matthew 24:5-6:

"For many shall come in my name, saying, I am Christ, and shall deceive many. And ye shall hear of wars and rumors of wars, see that ye be not troubled, for all these things must come to pass, but the end is not yet. For nation shall rise against nation, and kingdom against kingdom, and there shall be famines, and pestilences, and earthquakes, in diverse places."

Matthew 24:20-21: "But pray ye that your flight be not in the winter, neither on the Sabbath day. For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be."

Continued on Page 8

August 2018

The ANGRY Christian



Anger is a very serious issue, as you can see when you read the book of Genesis 1:14-16 about the two sons of Adam, Cain and Abel. Cain was a farmer and Abel was a shepherd, and each made an offering of their own produce to God. But when God favored Abel's offering over Cain's, Cain became angry.

God asked Cain, "Why are you angry?" and Cain's heart became darker, which led him to murder his brother and to lie to God. Then God placed a curse upon him.

Jesus tells us in Matthew 5:22 "But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment!" Meaning obviously there may be a time when anger is appropriate.

1 John 3:12: "Do not be like Cain, who belonged to the evil one and murdered his brother."

And why did he murder him? Because his own actions were evil and his brother's were righteous."

Who's wrong and who's right is all that people need sometimes to become angry. If anger and sin is at your door this would be a good time to deal with it. Cain's feeling unappreciated by God was not a sin. But allowing his anger to boil out of control and murdering his brother and lying to God was.

Sometimes people can become unrecognizable to others and yourself if we are not able to circumcise our flesh from the spirit.

This can be an impossible task if you're angry at God, too. At this point you may have intervention like when Jesus healed a demon-possessed man in Mark 5:1-20.

Continued on Page 8

Why Was The Bible Used To Swear In The U.S. Supreme Court Justice?

September 2018



Most U.S. presidents have sworn on a Bible of their choosing when taking the oath of office. However, it's not required, as John Adams, the 2nd president of the United States, didn't swear on the Bible for his inauguration but rather took the oath on a book of law.

When the United States was founded, swearing an oath meant something, because you agreed that you were making a promise and asking God to enforce it. And if you broke that promise, you could expect divine retribution. Some suspicions, atheist and religious, stemmed from the fact that if they swore an oath, people couldn't be sure that they

were fearful of breaking it. The rituals around the oath were meant to emphasize how seriously the oath should be taken even by people who might otherwise break their promises.

When swearing an oath, you use special gestures by raising your hand, holding it up with the palm out towards America and putting the other on a Bible, emphasizing the seriousness. In fact, swearing an oath was so serious that some Christians forbade it entirely. One of those was a Quaker, William Penn, who founded the colony of Pennsylvania, as a safe place.

Continued on Page 8

Developing An Attitude of Gratitude Can Help You Live a Longer, Happier Life

Contributed by Abby's Health & Nutrition



November 2018

Besides sharing time with family and friends over food, the primary ingredient of the American Thanksgiving holiday is gratitude. While it's certainly good to have an annual holiday to remind us to express gratitude, there's much to be said for the benefits of cultivating the spirit of thankfulness year-round.

People who are thankful for what they have are better able to cope with stress, have more positive emotions, and are better able to reach their goals. Scientists have even noted that gratitude is associated with improved health.

"The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible."

With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves.

Continued on Page 8

What is Christmas All About?

Is there anyone who knows what Christmas is about?

Sure, Charlie Brown, I can tell you what Christmas is about.



December 2018

The story begins in a place called Nazareth, in a quiet, sleepy town where most people were farmers and shepherds. In this town was a young Jewish woman Mary. She was very obedient, a God-fearing woman who helped her parents and did her chores. She was kind and helpful to everyone, all the people liked her very much, and soon she was going to be married to Joseph, who was a good, honest, hardworking man.

One day God sent an angel to visit Mary and he said, "Mary, do not be afraid, for God has sent me to you. My name is Gabriel. Because of your kind heart and pure soul, you are of great value to the Lord. You are fortunate. Above everyone else, He has chosen you for a very special task. I have come

to tell you that soon you will have a son. He will be a great king and will be loved by everyone."

Continued on Page 8

