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August 2019

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.

Written in Stone



God took the time to write the Ten Commandments in granite with his own finger. As Christians, is this something that we should think about today? In Roman 6:14, we can read that we are no longer under the law but under grace.

Does that mean that Christians no longer have an obligation to keep the Ten Commandments? In the story of Daniel and the lion's den in chapter six it may help us to understand the Biblical relationship between salvation and the Law of God and how it all fits together.

After the Babylonian kingdom fell to the Persians, the new king, Darius, was very impressed with Daniel's ability and his high spirit, and he was thinking about making him the Prime Minister of his new kingdom.

But this was not going over very well with the members of Darius' cabinet. Because Daniel was a former servant of Nebuchadnezzar, who was their enemy, and because Daniel was a former captive among the Israelites, they could not understand why the king wanted to promote somebody that was a foreigner to be the new Prime Minister.

So they came up with a plot and went to Darius and said, "Your Highness, a new kingdom is now being formed now that we have conquered several other empires, and the best way to get everyone all together will be through common worship. So in order for you to get this new kingdom all together, you will need to make a new law.

Continued on Page 8

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Samantha Taylor Fitness Another Successful 6 Week Challenge!

By Karen McBride



Samantha Taylor Fitness has been helping women change their lives with guidance on proper nutrition and fun-fueled workouts.

Slight changes in what you eat can make lasting changes in your health. Weekly webinars, monthly seminars, and instructional courses on meal preparation help members to take the first step to eating healthier. In addition to losing weight, members have said they are more energetic and have seen improvements in their overall health, including drastic reductions in their sugar levels.

Members can choose from personal training, which offers a more private, customized training (either one-on-one, semi-private, or small group) or participate in a fitness boot camp led by personal trainers. The boot camp offers a faster-paced, more intense large group workout.

The 6-Week Challenge helps members to focus on short-term, attainable goals. The most recent challenge included women who lost a total of 1,471 pounds. This was the 15th time Samantha has done this 6-Week Challenge and is the most successful one yet! After the challenge was completed, a celebration was held for the participants. Family members and friends were invited as a way of saying “thank you” for their support and encouragement.

A successful fitness plan requires support both in the gym and at home.

Karen Dyrli, winner of the Dunndead Gazette contest for a free month at Samantha Taylor Fitness, had this to say about her experience:

“I thoroughly enjoyed the month of June that I won from Dunndead for the Samantha Taylor fitness center on Gunn Highway in Tampa. It was located less than 5 miles from my job, and it was very convenient for me to attend. After receiving the happy call on Friday, May 31st, I met with Mary on Monday, June 3rd. Samantha had suggested that I take the semi-private classes, which was a great idea.” The trainers were amazing and accommodating, explaining the moves to her and customizing the workout for her. “I felt muscles that had not worked out in years - and really began to stand straighter. The 30 minutes was over before you knew it! I actually lost 10 pounds!”

To find the right program for you, call 813-377-3739 or go to www.samanthataylortfitness.com.

Christian Family Church Services



Christian Family Church Gulf Coast Services held at:

SLAM! Tampa 7116 Gunn Hwy. Tampa, FL 33625 • (813) 708-1882

Service Time: Sundays: 10am

CFCI Bible College Bible College Preview

August 18, 2019 11:45am • Classes start on 9-10-19

Location: SLAM! Tampa • 7116 Gunn Hwy. • Tampa, FL 33625 • (813) 400-2952

Email: admin@cfcbiblecollegetampa.com

Youth Group Helps Liberty Manor



The youth group representing Lake Magdalene Methodist Church in Tampa arrived at Liberty Manor for Veterans in force on July 19th. The group traditionally perform community service out of state every year. The youth group is lead by Taylor Toothman, who decided to provide services to a veteran's initiative in the immediate area. Approximately twenty two youth in all cleaned the house, weeded and landscaped the yard and assisted the veterans on other request for maintenance. This was a great effort to express the appreciation our youth have for our military.

The mission of Liberty Manor for Veterans, Inc. is to promote the developmental and social needs of disabled and honorably discharged veterans who have fallen victim to homelessness providing transitional, supported housing and establishing objectives designed to attribute to self-sufficiency. Anyone interested in assisting this meritorious initiative, please contact Connie Lindsay (813) 900-9422.

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.

KBA Donates to Royal Family KIDS

Royal Family KIDS received a check in the amount of \$800 from Kingdom Business Alliance Board of Directors. Royal Family KIDS is an organization that supports foster children in a faith-based environment. This donation will sponsor a foster child to attend summer camp. Kingdom Business Alliance Lutz, is the faith-based chapter of Keep It Local, a business networking group who donates to a local charity each quarter. Weekly meetings are open to visitors. 7:15 am – 8:30 am Every Thursday, meeting at Holy Trinity Lutheran Church, 20735 Leonard Rd., Lutz.



Left to right: Larry Giannone, Marla Adams, Royal Kids Camp Will Abraham, Steve Hopper, Peter Castellani, Jim Howard, Andy Written, Melissa Brown, & Ellen Castellani.

National Children’s Home Day Sunday, August 18

hopechildrenshome.org/nchd



HopeChildrensHome.org

11415 Hope Int'l Drive, Tampa, FL 33625 | 813.961.1214

The School Bell is **RINGING!**



As with everyone, we have had a busy summer! Between summer camps, Vacation Bible School, and outings, these past couple of months have flown by!

One of the things we did this summer was a reading program for our children. Each of the children could earn stickers and eventually fill up their logs to earn these different rewards. Some of them enjoyed things like going out to eat, receiving their very own book of choice, or a fun day out. What a great way to reinforce learning!

We have been blessed to receive 9 new children at Hope in the past several weeks. We know that it's a big adjustment for any child coming into our home. Not only do they have to adjust to living in a new environment,

but each child has to start at a new school. **This is where you can help!**

For every child in our care, we have many needs that must be fulfilled. Each of them will need books, school supplies, uniforms, school shoes, etc. You can help by going online to School.HopeChildrensHome.org/Donate and designate your gift to the school or you can choose to sponsor a child's education. A full year's sponsorship is \$150 per month or \$1,800 per year, or you can give a partial one-time gift towards a student's education.

From Nursery to 12th grade, school is starting back soon at Hope and many of our children need your support. Will you help to further the education for these precious children in our care?

Give online or by Mail:

Designate your gift to "School Needs"

Cheval Women’s Club Awards Church



On July 24th, at the Cheval Golf & Country Club, the Cheval Women’s Club presented a check in the amount of \$700.00 to St. Paul’s Catholic Church to help fund their Human Trafficking Prevention program: SOS/Wild-flowers. Cheval Women’s Club is a non-profit organization.

See website: chevalwomensclub.com for our mission statement, membership information, and upcoming events. We encourage new membership.

Board Members in photo, from right to left: Fern McCubbins
Cheryl Worsham
MaryAnn Back
Theresa Swanda (St. Paul’s Catholic Church)
Sandi Brooks

Women-n-Charge Monthly Meeting

Join the vibrant ladies of Women-n-Charge on on Friday, August 2nd from 11:15am-1:30pm 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.

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. 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.

Our August meeting will feature, “Summer of Networking - One to One’s Table Style!” Speaker time will be exchanged for 2 minutes for each member to answer questions and talk about their business to the other ladies at their table.



Women-n-Charge July luncheon meeting: Kay Dunn, membership chair welcomed 2 new members, Magda Santos with A Moment in the Woods and Charlotte Watenpool with A Step Above - Massage, LLC along with President Mary Adele Cluck.



Train Up: Be A Jedi They Never Stop Learning

Denice McClure
Dmclurehawk@aol.com
813-431-8033

No matter your age, the time to stop learning is NEVER! Your awesome future depends on you continuing to educate yourself. Want to be an Entrepreneur?

You can do this at any age by learning from people who have turned their ideas into successful businesses. Entrepreneurship starts the minute you start putting your ideas on paper. Your ideas need to excite you!

Let’s learn how Jeanine McLeod created Tampa’s Premier Children’s Photography Studio. When young, she loved learning about anything, storytelling and old photos. She loved telling stories about the people in the photo. Fast forward to adulthood. She became a Mechanical Engineering. It quenched her love for learning how things worked. She traveled all over the world learning how things worked in other countries too. Yet she always had this feeling she wasn’t doing what she was purposed to do.

She began thinking about her childhood idea of combining photography and storytelling. She started taking photography classes at night and praying for guidance hoping to suppress wanting to leave her career at a Fortune 100 company. But she found that her education was a HUGE ASSET as it allowed her to learn rapidly how to capture personality on film. Then a big fun change happened in her life, Erin was born. She wanted to remember everything about her baby using her camera.

Then it happened. She knew what she was created to be! She wanted to capture a child’s personality on film from baby to graduation for parents everywhere as a way of preserving their child’s history. She made the scary jumped that holds most people back due to fear. She went from engineer to the storytelling photographer.

I asked her how she knew she was ready. She said the verse Luke 12:25 was her guide. “Once I knew it was the path God was sending me on, who was I to doubt or worry?”

Today, her photos of children have graced the covers of local and national magazines. Her book Don’t Blink was an Amazon bestseller and a “Must Read” for soon-to-be parents. She continuously is focused on learning new ways to capture moments for parents. Jeanine is the Jedi of Never Stop Learning, a characteristic of every successful entrepreneur.

Go to her website at photosoncloud9.com. Can you see how much she loves what she does? Then answer “What does Never Stop Learning” Mean to You? Mail your response, name, and age to Florida Power Yoga at 7016 Land O’ Lakes Blvd., Suite 101 Land O’Lakes, FL 34638. We’ll select four young people for lunch at Blaze Pizza then meet Jeanine at Cloud 9 Studios to have her autograph a copy of her book for you to keep.

TRAIN UP is a series of stories told in an attempt to bring Proverbs 22:6 to life for young people that have an entrepreneurial spirit.

Contact Denice at dmclurehawk@aol.com with comments.

Enjoying everyday life on the way to where I’m going!

“Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.”
Ephesians 5:1-2

Red Cross Shares 7 Tips for Protecting Your Home This Hurricane Season



The 2019 hurricane season is here, and it’s not a matter of if -- but when -- the next strong storm comes along. Just last year we saw the devastation that Hurricanes Florence and Michael caused across the U.S.

We can learn from these storms that personal preparedness is key. You may have already assembled an emergency kit for your household. Now it’s time to plan ahead for your home. You can’t control Mother Nature, but you can work to minimize the damage she causes.

Here are 7 tips to prepare your home for hurricane season:

- Review your homeowner’s policy to make sure you have adequate coverage. Most home insurance policies do not cover flooding, but flood insurance does. You can find more information about flood insurance at <https://www.floodsmart.gov/>.
- Take inventory of your belongings using photos or video in case items are damaged or destroyed during the storm.
- Secure important documents like social security cards, birth certificates and insurance policies in a safe place.
- Trim trees away from power lines and discard old, dead branches to prevent them from becoming a hazard during the storm.
- Identify a place to store loose items like garbage cans, lawn chairs, grills and other outdoor equipment that could become flying debris in a storm.
- Install permanent hurricane shutters or purchase plywood – before the storm is imminent. Cut the boards to fit your windows and label them for faster installation when the time comes.
- If you live in an area prone to flooding, know how you can obtain sandbags to block water from seeping into your home.
- If you own a generator, remember, NEVER use it inside a home, garage or partially enclosed area. Identify a dry area outside at least 15 feet away from windows or entry ways to prevent carbon monoxide from coming indoor.

For more tips on how to protect you and your family this hurricane season, visit www.red-cross.org/hurricane.

Annual SuperHero 5K



Make a difference in the life of an abused or neglected child today by participating in the 5th Annual Superhero 5K. This event will raise community awareness for the more than 5,000 children in Pinellas and Pasco Counties who have been removed from their homes by no fault of their own.

The family-friendly, all ages and abilities event will be held on Saturday, October 12, starting and ending at Safety Harbor Municipal Marina located at 110 Veterans Memorial Lane in Safety Harbor.

Superhero costumes are encouraged but not required. The race course will run along the beautiful Safety Harbor waterfront. We will kick off the Superhero 5K at 8:30am with carnival activities afterwards for runners and families. Awards will be given for top qualifiers of the 5K Run and for best costumes both animal and canine! Snacks and water will also be provided.

Registration is preferred in advance for the Superhero 5K:
Register for the 5K at www.thesuperhero5k.com.

For those runners and walkers who are unable to attend the race, a virtual option is available to participate: Register for the Virtual Race at www.thesuperhero5k.com.

Want to volunteer at the Superhero 5K? Register to volunteer at www.thesuperhero5k.com. Sponsorships for this important event are still available. Please contact Amy Foster (amyf@galf6.org) for more information about sponsorship opportunities.

About the Guardian ad Litem Foundation of Tampa Bay: Foster children need more support than the system can provide. Therefore, every Judicial Circuit is mandated to have a private 501(c)3 nonprofit entity to support the needs of the Guardian ad Litem Volunteer Child Advocates (VCA) and the children they serve. In Pinellas and Pasco County, there are currently 3,187 children in foster care and 163 more come into care on average each month. Volunteer Child Advocates are the voice of the child in court and the child’s best interest is their only interest. They are often the only consistent adult in a child’s life and they stay with each case until the child is placed in a safe and permanent home.

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Dr. Dianne Cofflin
Co-Pastor, River of Life Church

Potter & Friend

Kaeli Peterson, one of our youth leaders wrote the following, “Potter & Friend.” She shared some beautiful heavenly thoughts about moments of creation as she was having a personal quiet time with the Lord!

Potter & Friend

My view on creation is changing. I bet all of Heaven was silent. You could hear a pin drop as every angel gathered so closely to watch the Potter. They probably just piled on top of each other to catch a glimpse of their Master at work. Tears streaming down their faces in amazement. For they live in the presence of God, but here, they are watching Him put their very atmosphere in a person. They probably had so many questions.

I always knew HE took a long time crafting us. Because I know my God’s personality and I don’t see Him slapping us together and throwing us into this world. I always knew He went slow.

But I started thinking “Why? He doesn’t make mistakes. So why did He take so much time?” Today it hit me. He just wanted more time with us. He crafted that clay knowing

some of us would never return to Him! Knowing this would be the last time He’d be able to hold us like this!

That must be why these bodies are so intricately created. And He’s probably relived that day in His mind so many times!

And what’s going to happen when those of us do return? What kind of embrace will He give us? He’s been waiting! And will the angels return to their state of awe as they feel a part of heaven’s atmosphere has returned? There’s a part of God’s presence that has come home! How they will bask in it!!

I have to ask, “Will you be returning?”

John 14:6 – Jesus says, I am the way, the truth, and the life: no man comes unto the Father, but by me.

John 1:12 – But as many as received him (Jesus) to them gave he power to become the sons of God, to those that believe (receive) on His name.

Your life could be changed today; don’t you want to return to the Father? He is waiting!

Dr. Dianne Cofflin Co-Pastor River of Life Church. Please come join us on Sunday at 10:30 or Wednesday at 7:00. 410 East Chapman Road, Lutz, Florida.

410 E. Chapman Rd.
Lutz, FL.33549 • (813) 949-9931
www.roltampa.org

Embrace Grace

River of Life Church in Lutz is hosting Embrace Grace, which is a 12-week support group for single young women with unplanned pregnancies. We want the church to be the first place they turn to for support. We accept financial donations, new and gently used baby clothing, and other baby items. For more information, contact Naomi Holloway at 813-431-1706 and check us out on Facebook at Embrace Grace-River of Life-Lutz FL.

“For we are God’s workmanship, created to Christ Jesus to do good works, which God prepared in advance for us to do.”
Ephesians 2:10



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Kidz Corner: Past Child, Present Caregiver, Future Nurse



So we dropped mom off at the surgery room and while she was at surgery we bought stuff like chips and stuff for her. Then we went to pick her up and then talk to her I even sang her a lullaby. We went back to the hotel and then we set up her bed with her little prop up set that she lays down on. Then we set up a tray with medicine foods and drinks and just different stuff and made her safe and secure with her phone and glasses. She told me to enjoy the afternoon while she rested and then we brought her dinner. The next morning we took her to the doctor and then we drove back to Tampa. We continued to take care of her with food and drinks and hugs and kisses and spent a lot of time with her. I did chores and I cleaned up. She’s been doing very well lately and she’ll be better in a few more weeks. This has boosted my experience in caregiving and I hope to become a nurse someday. From taking care of small babies and to taking care of the elderly, I want to help.

Harley Smith is a local 7 year old girl who loves the Lord and loves helping others. She has been featured on TV as a philanthropist and is passionate about educating and entertaining.

For more information on this story or others, please visit <https://harleyisabelsmith.com>.

The Great Florida Outdoors: Coppice

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



What is this called?

- a. coppice
- b. copse
- c. thicket
- d. brushwood
- e. all of the above

The four, similarly-sized, water oak tree trunks in the photograph all sprouted, at virtually the same time, from one, original stump, the diameter of which they now fairly delineate by their collective width. In other words, they sprouted from a single stump, created when a tree much wider/larger than any of the current four stems are, was presumably cut down. The sprouted trunks are, therefore, clones of the same tree and are utilizing the same root system as the tree whose trunk was felled. These newer stems genetically are the same tree, even though they are a younger, smaller (in individual diameter), and multi-stemmed version of its former self. This ability to re-sprout new stems from a stump or roots is called coppicing. Since they are smaller and younger than the tree they replaced, it may seem like the former, larger tree trunk was their parent, but they are actually one and the same organism. Not all trees have the ability to coppice, but some are quite good at it. For a classic example, coastal redwoods of California frequently coppice from the stumps of felled giant trees, but their relatives, the giant

sequoias, do not have that ability.

In summary, coppice is also called copse, thicket, or brushwood, and by definition is a dense grove of small trees or shrubs that have grown from suckers or sprouts rather than from seed. A coppice usually results from human woodcutting activity and can be maintained by continually cutting new growth as it reaches usable size for commercial production. However, coppicing can occur naturally from wind damage or large herbivorous animals.

Evidence suggests that coppicing has been continuously practiced since pre-history and coppiced stems are often characteristically curved at the base. This curve occurs as the competing stems grow out from the stool (the base of the tree when it is cut down near the ground) in the early stages of the cycle, then rise up towards the sky as the canopy closes. The curved stems may allow the identification of coppice timber in archaeological sites. Timber in the Sweet Track in Somerset, England (built in the winter of 3807 and 3806 BC) has been identified as coppiced lime. Coppicing maintains trees at a juvenile stage, and a regularly coppiced tree will never die of old age; some coppice stools may therefore reach an immense age that can be estimated from its diameter. Certain stools are so large--18 feet across—that they are thought to have been continually coppiced for centuries.

Thanks to naturalist Jim Buckner for help with this article. Jim showed me these water oaks during a hike at San Felasco Hammock Preserve State Park.

Get out and enjoy the Great Florida Outdoors!

P.S.

In a recent article posted on July 20, 2019 Aish.com called “Science and God” by Dr. Gerald Schroeder, he wrote “The 12th century physician philosopher theologian, Moses Maimonides, wrote that if you want to find God, the first place to look is in nature. He writes in The Guide for the Perplexed, published in 1190: Study the science of nature (in Hebrew: madah teva) if you want to comprehend the science of God (madah Elokooot). Science has indeed discovered God and it did so as it unraveled the secrets of nature.

Dr. Norman is an advanced master naturalist graduate of the FMNP program from UF and a board-certified dermatologist based in Tampa and Riverview. He can be reached at 813-880-7546.

Where Do You Stand?



James H. Willis, III
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The Willis Agency, Inc

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Jim@TheWillisAgency.com
www.TheWillisAgency.com
1 Peter 5:7

How do we begin the process of developing a Biblical philosophy? We'll explore a personal theology of stewardship, a personal theology of work, and a transferable process of financial decision-making. In this article, we'll address the process of changing behavior.

The path to learning is a road paved with vital, foundational questions you must answer for yourself. Learning is all about the knowing, believing, and doing.

1. Knowing - do you really know what you know?
2. Believing - are you ready to stand for what you believe?
3. Doing - are you applying what you believe?

Moving from Knowing to Believing

The transition from knowing to believing involves this great thing called thinking. William Backus once said, "The words you tell yourself have power over your life." If that's true, our thoughts are incredibly important. The things we spend time thinking about help shape the lives we live and the decisions we make. So, if I'm getting my truth system out of scripture and I'm repeating scripture to myself, these words will ultimately have power over my life. Sounds simple right? Time to do some "doing". But if my self-talk is full of doubt and negative reinforcement and things in the past, you will have troubles and problems to overcome. Try and replace that negativity with a positive message to yourself.

Moving from Believing to Doing

After believing, we start "doing" by acknowledging our convictions. According to the dictionary, a conviction is "an unshakeable belief in something without need for proof". Hebrews 11:1 says, "Now faith is the assurance of things hoped for, the conviction of things unseen." So, "doing" occurs when we set our

beliefs in action. We can only get this "conviction" not just positive input which I like as well, but real-life change comes from the word of God memorized in our hearts.

Now, I have good news and bad news, which do you want first? The bad news? Okay. Well, "doing" isn't always easy. "Knowing" was pretty easy, and thinking on and trusting what we know led to "believing", but "doing" is where things get tricky. Putting our knowledge and beliefs to the test can be difficult, and even a little discouraging. Well, that's the bad news. It is going to take step after step of walking in faith until the change happens. The good news is the Bible said there is reward in "doing". James 1:22-25 says,

"Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do."

So, when we know what the word says, and we think on it and believe in its truth, and we begin doing what the Word says, we have laid the foundation for our own personal, Biblical philosophy.

Well? If you know and believe, don't you think it's time you start doing? Don't let the things of this world stop you from doing the things for yourself and for the world to come.

At the Willis Agency, we can help you find your way!! Give us a call at 813-948-9109.

Caring for you and yours,
Jim



Samantha Taylor
Samantha Taylor Fitness

After training over 7,000 women to lose 65 tons of fat and maintaining my own weight for 17 years, I have learned that weight loss starts in your head. Many of the reasons why we become overweight are because of our thought life and what we believe is acceptable for our bodies and our life.

Unfortunately, this can be programmed into us from childhood: some had a skinny sister whom they were always compared to or a mean brother that would make jokes about their weight or some were abused as a child so they turned to food to emotionally comfort themselves.

Whatever the reason is that you are stuck, meaning no matter what you do, it doesn't seem like you can get yourself to stick to any plan, the first place to start is to realize it starts in your mind.

Addressing our thought life is just as important as what we eat because if you don't improve the way you think about food and your relationship with it, then you are not going to stick with eating a healthier way. The question is how do you have lasting change? Not just lose 30 pounds but how do you keep it off and not feel like it's a battle?

It has to do with learning how to think differently about food and why you CHOOSE the foods you eat.

And it also has to do with learning how to stop eating emotionally, out of boredom, or from cravings or impulses.

When you can actually get to a place that you consciously choose a meal based on the

Weight Loss – It Starts in Your Mind

outcome of that meal not only 10 minutes after you ate it but thinking about the outcome the next day, week or month, this is when you know you have matured in your relationship with food.

It's called "mindful eating". Why? Because so many of us eat mindlessly and we just grab whatever is there or whatever we are craving. It's as if we forget at that moment how much we are going to regret it after we eat it. And actually you do forget at that moment, so the goal is to learn how to get yourself to stop and THINK about what you are doing, being mindful about your food choices.

I heard an acronym years ago called STOP: S=Stop, T=Think, O=Options, P=Pick a choice. Today I encourage you to practice this stopping and THINKING before you eat each meal. What are your options? Pick a choice based on a conscious decision of an outcome you will be happy with, not just a decision on impulse based on flavor.

Your temptations may say, "Oh I will be happy with the outcome of eating 4 donuts." But in reality we know that after that flavor and experience is done about 10 minutes later, you usually regret it.

So learn how to stop yourself before you eat it. And keep in mind, if you don't learn how to deal with the cravings and thoughts in the mind about food, that is one reason why so many people gain weight back.

Learning to really think about my choices is one way of how I overcome my food issues and how I have helped so many people do the same. If you would like some help with this, we have five locations with personal training including a licensed nutritionist!

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How to Get What You Really Want



Keith Chandler
Journey Christian Church

When I say, “What do you want?” It’s much like the feeling you have at the food court. There’s a lot of different options. Typically after asking what you want, we ask ourselves... what am I in the mood for? It’s not a deep question and you end up with things like, “I want a new house, or a new car.”

What do you want?
Many of us GET what we want and then we realize it wasn’t what we wanted. That’s the worst cycle ... I want it, I get it, I regret it.

The BETTER question is, what do I value?
Because we will never discover what we really want until we discover what we really value. What’s the legacy you want to leave?

Here’s a little exercise that can be both clarifying and freeing. It is one of the best ways to help us figure out what it is that we really want. It’s called the Eulogy exercise.

This came out in a book everyone has read by now... *Seven Habits of Highly Effective People* by Steven Covey.

I want you to think DEEPLY.
This is the big question.

What would you like people to say at your funeral? Covey calls it beginning with the end in mind. If you’re getting ready to go on a vacation, you begin with the end in mind.

You think about “Where are we gonna go? How much am I going to spend? Where are we going to stay? What are we going to do? How are we going to get around?” You plan it out.

No one drives down to TPA, walks up to the counter and says, “You tell me where I should go. What’s good today?” Most of us wander into life asking, “What am I in the mood for?” Most of us don’t take the time to think about

the END. We just think about the NOW.
The eulogy exercise helps us think about our destination. Covey says, “When you carefully think about what you want said in that funeral experience...you will find your definition of success.”

In other words, you will begin to figure out what you really value and that’s important to all of us. For those of us who consider ourselves followers of Jesus, we believe there’s another question that needs to be asked. Not just what do I really want, but what does God really want? If everything in my life is on loan from God, then what does God really want out of my life?

WHAT IF God is not asking for something from you? Because the problem most of us have with God (and this may be why you have stayed away from church) is you just assumed God was against anything fun, good, or happy in your life. And you said, “That’s NOT what I want.”

In the Lord’s Prayer. Jesus begins by praying... OUR FATHER. Think about that for a minute. This is so clarifying. Jesus gives us permission to address God as Father. God is a good father. What does a GOOD parent want from their children? ... NOTHING.

I don’t wake up and think, “What can I get out of my children today?” Parents don’t want something FROM their kids, they want stuff FOR their children. They want opportunities and a great future for them. Jesus says that’s what our heavenly father wants for us.

What you really want is a lot closer to what God really wants for you then maybe you ever thought. So, here’s what I want you to do. Spend time doing the eulogy exercise.

Ask yourself: what do I want people to say about me? (It probably has very little to do with accomplishments, or how much money you made and what car you drove). But it probably has a lot to do with what you VALUE.

Until next month,
Keith

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August 9	Male Vocalist – Eric Lee - Cuban Sandwiches For Sale 7 To 8:30pm
August 16	DJ - Joey Royal
August 23	Female Vocalist – Karen Kallen
August 30	Male Vocalist - Mike Laine - Country Western Theme - Wear Your Cowboy Garb & Boots

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Ocana Medical Center – Your Health is in Good, Caring Hands

By Karen McBride



Dr. Ocana opened the Ocana Medical Center in 2008. The board-certified physician in Family Medicine, as well as a member of the American Medical Association, has been a practicing physician for over 20 years.

Dr. Ocana and his staff at the Ocana Medical Center put patient care at the forefront of their mission.

Their values are “Respect. Compassion. Quality. Integrity.” Their aim isn’t just to treat you today, instead, they want to earn your trust and be your healthcare provider for life.

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The staff at the Ocana Medical Center, which has been honored by Humana as a “5-Star Provider”, are setting a five-star standard in patient care. A patient’s health and comfort are extremely important to the staff, and it shows in their patient’s reviews.

Here’s what their patients have to say:

“I’m 80 years old and have never had such a concerned and competent doctor and staff in my life. They follow up with me with calls to the house to check on my well-being. He and his staff make sure that we have the proper medication to treat our medical needs and maintain a good quality of life.” – Rayza Tom Chmielewski

“Ocana Medical Center is staffed by far with the finest and most caring people in the medical profession as I have ever known. They go far beyond the ordinary by making sure that treatment does not stop once their patients leave their office. As a senior citizen, it is very comforting to know that I can reach them 24/7 year round. My wife and I would not ever consider going elsewhere for our medical needs.” – Ron Fuld

The office is located at 6553 Gunn Hwy, Tampa, FL 33625.

For more information or to schedule an appointment, call (813) 968-8314 or go to <http://www.ocanamedicalcenter.com>.

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

COMMUNITY PET NEWS
Mark Twilla DVM
Sunshine Animal Hospital

Storm Phobia

Is your pet afraid of thunder storms? Does your pet begin to pace, drool, cling tight to you or hide in the closet before or during a storm? If the answer is yes then you are not alone. It is unknown what the exact triggers are for these panic attacks but many suspect thunder, lightning, wind, barometric pressure changes and static electricity. Can your pet grow out of this condition, and is there anything that can be done? Most of the time pets **do not** grow out of this condition on their own, and many pets will get worse as they get older. Fortunately there is help. Depending on your pet, treatment for this condition can take several forms. There are holistic products such as tight fitting garments like the “Thundershirt”, oral treatments like Rescue Remedy, or Pheromone collars and plug in diffusers that disperse a calming hormone. Prescription anti anxiety medications such as Trazadone, Xanax and Valium can be helpful. Behavior modification is the best way to fix the problem but requires hiring a behaviorist, which can be expensive, and they often incorporate prescription medication with training techniques. We have our best results with a management plan that includes some or all of the techniques described above. You should consult with your veterinarian to come up with a plan that best fits your pets needs.

For more information or to make an appointment for your pet
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Sending a Young Adult to College?

In Florida, an eighteen-year-old college student is considered an adult. That means your “parent” status will no longer provide access to your young adult’s medical or financial information – even in an emergency. Before your student heads off to college, you may wish to consider these legal documents:

Health Care Surrogate Designation

A health care surrogate designation can give one or more parents the authority to make important health care decisions if the young adult is unable to do so. Many surrogate designations include a living will, in which the young adult can provide instructions regarding the use or avoidance of life-prolonging procedures.

Durable Power of Attorney

This document can authorize one or more parents to conduct financial transactions and manage property on behalf of the young adult. Should the student ever become incapacitated, the document remains in effect and enables the parent to step in as necessary.

Last Will

Most college students have few assets, and Florida's intestacy laws provide an effective method of distributing those assets back to the parents in the event of their young adult's death. However, a basic will may still be useful in providing for the transfer or management of the young adult's digital assets.

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Travel Immunizations, Sports Physicals, and Back to School Physicals

By Karen McBride

Summertime can be a busy travel time for families. Make sure to have all vaccinations up to date that are required when visiting other countries. Contact Dr. Michele Johnson-Towson at Pediatric Place of Tampa, a board-certified pediatrician with 30 years of experience in caring for children ages newborn to 21 years old.

If your son or daughter is involved in sports, it is time to schedule his/her sports physical. 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!

When visiting Pediatric Place of Tampa for the first time, new patients should bring:

- Your child's insurance card
- A release of medical records
- Copies of preexisting medical problems
- Immunization records

Children will feel comfortable in the warm and welcoming environment while being cared for by the professional staff. The cheerful, kid-friendly office is on the bus line too.

Students return to school in August. 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. Schedule an appointment soon.

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 until 7pm, and Saturday 8:00am until noon.

Pediatric Place of Tampa is located at 1338 W. Fletcher Avenue, Tampa, FL 33612. For more information or to schedule an appointment, call 813-264-2288.

Memorial Hospital of Tampa Introduces Its Newest Robot: The Mako



Memorial Hospital of Tampa recently held a "Meet the Mako" event to introduce the latest addition to their Robotic Institute. Members of the Stryker Corporation, manufacturers of the Mako, were at the hospital offering hands-on demonstrations of the robotic equipment to staff and the public.

In November 2018, Memorial Hospital of Tampa acquired the Mako Robotic-Arm Assisted Surgery System. Scott Goldsmith, MD, performed the first procedure. The Mako provides accuracy and precision for hip and knee replacement, creating a better surgical experience for patients and physicians. This technique is minimally invasive and can reduce pain, shorten recovery, and produce better recovery for patients compared to traditional hip and knee replacements. For more information, visit our website at www.MemorialHospitalTampa.com or like us on Facebook.

Written in Stone

Continued from Page 1



It doesn't have to last long, but just for thirty days nobody will worship any god or man except for you and this will solidify your kingdom." Often the devil uses common worship and common language to do that.

So if you read in Daniel 6:8, he signs the decree that no one is to pray to any god or man for thirty days or they would be cast into the lion's den. King Darius never thought that anyone would ever break his law because once the king signed the decree, it could not be changed.

When Daniel heard about the signing of the decree, knowing the penalty, he chose not to hide his faith, so he went into his house and opened up his windows facing toward Jerusalem on his knees and gave thanks to his God as written in Daniel 6:10.

Soon after, the cabinet members went to the King Darius and said to him. "You know someone in your kingdom just doesn't care about your new law. It's that Daniel. He's been praying three times a day." With a heavy heart and knowing that he could not change the law, he gave the command to cast Daniel into the lion's den. The king spoke to Daniel, saying, "May the God whom you serve deliver you." And he had the stone put over the lion's den with a government seal in Daniel 6:16.

The next morning, the king had the stone removed and said, "Has your God delivered you from the lions?" Daniel cried out, saying, "My God has sent angels to shut the lions' mouths."



Because Daniel knew one of the Ten Commandments says that "you shall put no other God before me." Not even King Darius, not even for thirty days. Daniel was showing with his life that by keeping this law no harm would come to him and that he was willing to die rather than to disobey the law.

So what kind of faith and determination will God's people need in the last days? Will there be a law that says that he that does not worship the Beast in his image will be killed? Because worshiping the Beast is going to require breaking one of the Ten Commandments. Like Daniel, will God's people love the Lord so much that they would rather die or go hungry than to break God's commandments?

The Ten Commandments are not multiple choice questions. Can God's moral law be amended or repealed? Jesus tells us in Luke 16:21: "And it is easier for heaven to pass away than one speck of the law to fail." In Psalm 89:34, it reads: "My covenant I will not break, nor alter the thing that is gone out of my lips."

God is not going to break his covenant, for it's forever and ever. Also in Psalm 111:7-8 it says that *all of his commandments are sure and will stand fast forever and ever*. The Ten Commandments just didn't suddenly appear in Exodus because the Ten Commandment have always re-

flected God's nature. We know this from when Potiphar's wife tried to tempt Joseph to commit adultery in the book of Genesis. Joseph said, "I cannot do that." Joseph knew this even in the days of Genesis that adultery was a sin.

When Cain killed Abel, God said that sin lies at your door, and sin is the breaking of God's laws. Was murder a sin in the Garden of Eden? Or was murder not a sin until God wrote it down at Mount Sinai? Just as it is wrong to lie all the way back from the beginning. God simply arranged it, meaning that He wrote approximately 300 words into a stone of granite so it could not be changed nor would there be any misunderstanding that this was his perfect will for all of man and not to just one nation. So when you do away with law, you do away with the nature of God.

All through the Bible, you will find reflected references in His law. God is good, the law is good, God is Holy, the law is Holy, God is righteous, God is truth, God is pure, God is spiritual, God is unchangeable, and God is eternal. These are all characteristics of the law. So we need to be very careful about doing away with God's law because it is the very nature of God. Jesus was the word that became flesh. Christ said that *"he who hears these words of mine is like a wise man who built on a rock."* And the Ten Commandments was written on rock.

If any words would be important, it would be the words that God wrote in stone. Christ was the embodiment of the world. His life was of obedience to the laws of God. He said, *"Pick up your cross and follow me."* Jesus came to save us from sin. So what is he saving us from? In 1st John 3:4 it says, *"Sin is the transgression of the law."* In Romans 3:20, it reads: *"By the law is the knowledge of sin."* We really don't know what sin is except by the law. For God's laws reveals what sin is. The purpose of the law is not to save us but to show us that we are in need of salvation.

You can illustrate this by using a mirror to simulate the Ten Commandments and a wash cloth to simulate what Jesus did for us. Let's say that I walk out among you with something on my face and people begin whispering about it. Then a staff member comes up and says to me, "You have pie on your face." And if I pulled out a mirror, I could confirm what they have said is true. I could say that the mirror must be broken or say, "You're right," and then try to use the mirror by rubbing it on my face to try to remove it or use the cloth of Jesus with the mirror to wipe it away. So you can see that the mirror or the law can show you what's wrong or the problems in your life. But it could not be removed without the cloth of Jesus. The law is here to show us we need both the law and the blood of Jesus in order to take away sin.

So the law is like a mirror as it says in James 1:23-25. It's not to take away our sin but to show us our sin, and then you go to Jesus for cleansing.

Paul said where there is no law there's no transgression. In Romans 7:7 it reads, *"I had not known sin, but by the law: for I had not known lust, except the law had said you shall not covet."*

Did Jesus keep the Ten Commandments? In John 15:10 says, *"I have kept my Father's commandments."*

What is the punishment for living a life of sin? In Romans 6:23 it says, *"The wages of sin is death."* Some say the Ten Commandments are not binding for the New Testament Christians. Jesus said in Matthew 19:17, *"If thou wilt enter into life, keep the commandments."* Also in John 14:15, it says, *"If you love me, keep my commandments."*

You may hear a lot of pastors say that you do not have to keep the commandments, saying that Jesus had come to fulfill the law. So what does that mean?

When Jesus came to John the Baptist to be baptized John said to Jesus that you need to baptize me because you are the Messiah. Jesus said to him, "no John, allow it to be this way to allow us to fulfill all righteousness."

So obviously he wants us to keep the commandments. How is it possible to keep the commandments? In Romans 8:3-4 it says, *"God sent his own Son... condemned sin in the flesh that the righteousness of the law might be fulfilled in us."*

And in Philippians 1:6 it tells us, *"He who has begun a good work in you will perform it until the day of Jesus Christ."*

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Paul said in 2:13 that *"it is not the hearers of the law that will be justified but the doers that will be justified."* Ephesians 2:8-9 *"for by grace are ye saved through faith; and that not of yourselves. It is a gift of God, not of works, lest any man should boast."*

We're not saved by our obedience. But if we love the Lord, we want to obey Him. If you go to Billy Graham's website and ask the question: "Does God expect His people to keep the Ten Commandments?"


Answer: The Ten Commandments are just as valid today as when God gave them to Moses over 3,000 years ago. Jesus said, *"I tell you the truth, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the law."* in Mathew 5:18.

Are some Old Testament laws no longer binding? The answer is yes. The laws contained in ordnances such as yearly Sabbath offerings, meat offerings, drink offerings, etc. such as those in Leviticus 23. The Passover ceremony and circumcision are all ceremonial laws. Just remember this: the Ten Commandments were written by the eternal nature of God. Ceremonial laws were written by Moses.

These are two distinct laws. And the law that was nailed to the cross was ceremonial laws. Not the Ten Commandments. If you're struggling as we all do, just say, "Lord, I want to do your will." You know He gave us the Commandments because he wants to save us.

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What is the old covenant and why did it fail? Deuteronomy 4:13 says, *"And he declared unto you His covenant, which He commanded you to perform, even the Ten Commandments and He wrote them upon two tablets of stone."* But while Moses was retrieving the tablets from God, the Israelites made a golden calf. In Hebrews 8:8 it says, *"In finding fault with them he said, 'I will make a new covenant with the house of Israel and the house of Judah.'"*

The old covenant was based on the promises of the people who made a promise. The new covenant is based on the Lord. Hebrews 8:10 says *"This is the covenant that I will make; said the Lord. 'I will write them into their hearts.'"* Who spoke the first law? God did.

The problem is with the people, not the law. God never commanded his people to do something without giving them the power to do so. So when you follow the law that is called obedience. But some churches today are acting as if obedience is legalism. Obedience is not legalism. It is just another way for the devil to intimidate Christians by using dirty words among Christians, like legalist and Pharisee. Doesn't living under grace, by faith, make keeping God's laws non-essential?

Romans 6:15 says, *"What then, shall we sin because we are not under grace? God forbid!"* And again in Romans 3:31 it says, *"Do we then make void the law through faith? God forbid yea, we establish the law. Again He use that praise God forbid."*



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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.

AVAILABLE NOW!



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 their paper. I was new in business in this area and 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!

Thriving the Business to glorify the Lord.
Eph. 1:10b



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Just Palms

Chris Tillman

As a longtime advertiser in Dunndead Publications, I just wanted to say thanks for your years of service. I've met so many great readers over the years, many who use our services year after year. Advertising in your publications is probably the sole reason my Palm Trimming business has succeeded over the years. It's the only place I gladly pay for advertising year after year. Thanks Kay for all the great service over the years, and I'm looking forward to many more years of advertising with you!

Mr. Electric – Your Safety Comes First

By Karen McBride



Melissa Thomas is the owner of the Mr. Electric Land O' Lakes franchise. As a woman in a predominantly male industry, she chose Mr. Electric for its high safety standards and reputation for "doing the right thing for the right reason."

When a technician is dispatched to a home, an email is sent to the customer with the technician's biography and photograph. In this way, the customer knows exactly who is coming into their home.

"We care about that first interaction, and we want our customers to feel safe," says Melissa.

Mr. Electric offers residential and commercial repair and installation. Home safety inspections are important for both the customer and the technician. Thorough inspections can reveal potential hazards within the home. Once the repair has been made, routine preventative maintenance can keep the customer's home safe and running efficiently.

Mr. Electric is now a distributor of LED lighting. LED lights last longer and use less energy. They also produce less heat from the actual bulb, which can save on air conditioning bills. See how much you could save with LED lighting at <https://mrelectriclandolakes.eepros.com>.

Smart Homes are becoming more popular, and Mr. Electric can help with the installation of USB wi-fi outlets, smart lighting controls for Alexa and Google Home Hub devices, and Ring Video doorbells.

To protect your electronic equipment, invest in a home surge protection system. When we think of power surges, we often think of lightning storms. However, surges can happen at any time. Large appliances turning on/off, faulty wiring, overloaded circuits, as well as external sources, such as construction in the area and utility power grid switching can cause power surges that can damage your electronic equipment. Mr. Electric can help you decide the best solution for your home. For additional ways to increase the safety in your home, Mr. Electric can install motion sensors, landscape lighting, and carbon monoxide and smoke detectors.

Mr. Electric is proud to be part of the Neighborly Group. The free website allows customers to put in information about their home (i.e., the year it was built and square footage) and it will send a reminder when it time to change the air conditioning filter, drain the water heater, and other routine maintenance to keep the home running well. The repair companies are all licensed, insured, and certified and have the same code of ethics. Go to www.getneighborly.com.

For more information or to schedule an appointment with Mr. Electric, call 813-461-6812 or visit www.mrelectric.com/land-o-lakes.

Keeping Your Trees and Gardens Healthy

By Karen McBride



When you think of Florida, you may think of oranges, flamingos, and, of course palm trees. Palm trees are a staple in Florida's skyline. The tall slender trees can withstand the scorching Florida sun and the brutal hurricane-force winds.

These beautiful trees can withstand mother nature but can be difficult for a homeowner to maintain due to the sheer height of the palm trees. That's where Just Palms can step in and help.

Here's what their clients are saying:

"Great service at a fair price. Tree looks great and all the debris was removed. We recommend Just Palms and will use them in the future." - Cal Hargreaves

"Just Palms was suggested on a neighborhood group page and I'm glad I took the recommendation! He was a breeze to communicate with and did a beautiful job trimming 3 unruly palms and even removing a dead one. The yard was spotless, not a stray leaf in sight! Would highly recommend!!!" – Renee Hill

Just Palms is family and veteran owned. Chris Tillman, the owner of Just Palms has been serving customers in the Tampa Bay area since 2005.

But don't let the name fool you. The experts at Just Palms not only specialize in the care of palm trees, but can assist you in the care of small trees and hedges along with all of your gardening needs.

"We fill the gap from what the lawn guy won't trim and jobs that are too small for most tree companies," said Tillman.



For more information or a free estimate, call 813-598-0755 or find them on Facebook at www.facebook.com/JustPalms. Check out their recommendations on Angie's List or the Nextdoor app.




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Coverage by Dave—Health Insurance	David Taylor	(813) 391-3448
Oasis Pregnancy Care Centers	April Beck	(813) 406-4965
Realtor-Charles Ruttenberg	Judy Nicolosi	(813) 600-9848
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Is to effectively connect consumers with Christian product and service providers who strive to operate their business organization according to Biblical principles.





“Peace I leave with you; my peace I give you. I do not give you as the world gives. Do not let your hearts be troubled and do not be afraid.”

John 14:27

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Harvester United Methodist Church	2432 Collier Parkway, Land O' Lakes	813-948-2311	HarvesterUMC.com
Our Lady of the Rosary Catholic Church	2348 Collier Parkway, Land O' Lakes		Sun. 7:45, 9:45, 11:30, 5:00
Journey Christian Church	7708 Van Dyke Rd, Odessa	813-920-0442	Sun. 10:00
Keystone United Methodist	16301 Race Track Road, Odessa	813-920-5153	Sun. 8:30, 9:45, & 11:00
First United Methodist Church of Lutz	960 W. Lutz Lake Fern Rd., Lutz	813-949-1751	Sun. 8:00, 9:45, & 11:30
Calvary Chapel Tampa	17538 Livingston Ave., Lutz	813-265-2759	Sun. 10:15, www.cctampa.org
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Faith is being sure of what we hope for and certain of what we do not see. Hebrews 11:1

In the beginning God created the heavens and the earth. “The Big Bang” Genesis 1:3 “Let there be light...

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SAVE \$5.00 OFF YOUR NEXT PURCHASE OF \$50.00 OR MORE!

*Cannot be combined with other offers
*Limit 1 coupon per customer *Market Only

CODE: GZ080119
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1st PET FREE HEALTH ASSESSMENT

***2nd Pet Gets FREE Wellness Enrollment!** *FIRST TIME PATIENTS ONLY

\$57 Value! Includes: • Nutrition & Medical History Review
• Comprehensive Exam • Vaccine & Preventative Review

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FREE SPA PACKAGE!

***1 Free Autumn Bliss spa package with 3 night hotel stay!**
Pick up your pet crisp, clean, & relaxed from nose to tail!

\$15 VALUE!

*Must book an exit bath or groom with hotel stay

CODE: GZ080319
EXP: 10/31/19

SHOP PAW STAY PAW PLAY PAW GROOM PAW VET

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