


JESUS is
the Reason
for the
Season.



The Ten Commandments
Exodus 20:3-17

- I Thou shalt have no other gods before me.
- II Thou shalt not make unto thee any graven image.
- III Thou shalt not take the name of the Lord thy God in vain.
- IV Remember the sabbath day, to keep it holy.
- V Honor thy father and thy mother.
- VI Thou shalt not murder.
- VII Thou shalt not commit adultery.
- VIII Thou shalt not steal.
- IX Thou shalt not bear false witness against thy neighbor.
- X Thou shalt not covet.

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

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December 2020

WHEN *Hope* WAS BORN



The Way of Peace That Began With Christmas

Every year when December rolls around, it is the most wonderful time of the year, especially for us Christians. This is a short but blessed time when everyone notices the celebration of the Christ child coming to the Earth as a baby, Jesus of Nazareth.

Christians pray that the Lord of the harvest would be able to enlighten peoples' understanding during this season and help them decide to receive Jesus as their Savior and Lord. At the same time, we are painfully aware that most will blare through the holiday, oblivious to the great salvation that is available to everyone through one simple prayer.

Continued on Page 10

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See Page 2

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New Beginnings of Tampa Offering Hope to the Homeless

By Karen McBride



From left to right, Dr. Rudolph Moise, Pastor Tom, Dr. Robert Norman, Fionna Lillian Norman

Dr. Thomas Atchison, Senior Pastor of New Life church, and his wife, Ginny, have always had a heart for those suffering with addiction and homelessness. They wanted to find a way to offer people hope and a “new beginning”, so they formed New Beginnings of Tampa. Their motto is to “provide a hand up, not a handout”.

The Transitional Housing and Homeless Recovery Program provides shelter, food, guidance, and job training programs to veterans and the homeless so that they can get back on their feet and live productive lives. Residents are offered counseling for the challenges they are facing, whether it is mental or emotional, substance abuse, legal, or family-related.

Over 7,000 veterans have been helped through this organization. You can help to support the program by donating, shopping in their thrift store, or volunteering. Volunteers are needed to transport clients to medical appointments, employment interviews, and other necessary meetings.

Dr. Robert Norman*, Clinical Professor of Dermatology, recently donated two vans to New Beginnings of Tampa.

“I went and visited their facility and spoke to Pastor Tom. My goal was to have the two vans go to the best possible home that would provide the greatest service. After talking to clients and staff, I feel that I made a good choice to help New Beginnings of Tampa. On November 7th, they had a wonderful ceremony of appreciation at their center and I felt honored to help those in need,” said Dr. Norman.

For more information about the organization, go to <https://www.newbeginningsoftampa.org> or call 813.971.6961.

*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. Dr. Norman’s new book “Reading the Florida Landscape” will be published in 2020. He is a contributor to the Dunndean Gazettes, and you can read many of his “The Great Florida Outdoors” articles at www.dunndeanpublications.com.

Don Julio’s Receives Award For Its Authentic Mexican Flavor!

By Karen McBride



Don Julio’s has won the Best Mexican Restaurant and Best Taco in Tampa Bay, presented by 92.5 Maxima! Each year, the Latin radio station honors a fan favorite restaurant for their quality food, atmosphere, and friendly service. Don Julio’s uses only the freshest ingredients for its authentic Mexican cuisine.

The restaurant, owned by Julio Rodriguez, is family owned and operated. His wife is the general manager, and other family members work in the restaurant that was inspired by his mother’s recipes. His parents, Julio and Esther Rodriguez, came from Mexico in the early 1970’s. Doña Esther loved to cook and made her special dishes for relatives and friends to support the family after her husband, Julio, passed away at a young age. Now the family can share her delicious recipes with the Tampa Bay area.

“My family’s dream of sharing my mom’s authentic Mexican dishes came true,” said Julio. In 2019, Julio was honored by Prospera at the 2019 Success Stories Luncheon in the West Coast of Florida. Watch this video to hear more of the family’s story. <https://youtu.be/cHzTJS-VAEDc>

Taco lovers can choose from a variety of the award-winning delights, including Carnitas (slow cooked fried pork), Carne Asada (grilled steak), Al Pastor (pork with pineapple), Pescado (fish) and more. Vegetarians can enjoy the authentic Mexican flavor, too, as veggie tacos are also available.

Upon customers’ requests, more specialties have been added to the menu, including Chile Rellenos (Poblano pepper stuffed with melted Oaxaca cheese or ground beef) and Chimichangas (fried flour tortilla wrapped around a filling of choice of meat, beans, melted cheese, and Mexican rice).

Other house specialties include Carnitas Don Julio (slow cooked and fried pork) and fajitas (vegetarian, beef, chicken, or shrimp). Handmade tortillas are made fresh daily and add to the flavor and authenticity of the meals. The family-friendly restaurant offers kids meals including quesadillas, tacos, soup, and a kid-sized burrito (Burrito Jr).

Don Julio’s is located at 2808 E Bearss Avenue, Tampa, FL 33613. It is open Sunday through Thursday 11am – 9pm and Friday and Saturday 11am – 10pm. For more information, call 813-898-2860 or visit <http://www.donjuliosmexican.com>. Reservations can be made for dine-in and curbside pickup, and takeout and delivery are also available.

A LITTLE BIT ABOUT OUR FAMILY

- For over 50 years, Hope has cared for children that through no fault of their own have needed rescue.
- We will feed over 300 meals per day this Christmas season.

Make a difference in a child at Hope Children’s Home in Tampa this Christmas season!

Since 1968, Hope has rescued nearly 5,000 children and helped them believe again by showing them their true worth in Christ!

To see how you can make an impact in a child’s life at Hope Children’s Home this Christmas, visit HopeChildrensHome.org/Dunndean or scan the QR code below. We pray God’s richest blessings on you and your family this Christmas season!

HopeChildrensHome.org/Dunndean | 11415 Hope Int’l Dr. Tampa, FL 33625 | 813.961.1214

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.

The medical center offers a multitude of services including comprehensive physical exams, immunizations, and preventive health screening to keep their patients healthy.

For their patient’s convenience, EKG’s and lab services are available, including routine bloodwork, urinalysis, and Coumadin therapy. Disease management, including asthma therapy and pulmonary function tests, joint injections, and minor dermatology procedures can all be performed at the center.

The staff at the Ocana Medical Center, which has been honored by Humana as a Five-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 comfort-

ing 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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How NOT To Gain 5 Pounds This Month

By Samantha Taylor, Samantha Taylor Fitness

I know it's been a tough year and many have put on over 15 lbs. with the stress of it, so I encourage you to not keep that pattern going. I do love the feel of the holidays, but we all know along with them come lots of savory foods that we don't always have access to. So our mind tends to justify eating them in excess.

The problem is, it's not just one meal, it's a lot of different meals and pastries that people seem to always bring out during the holidays...especially in the workplace. I decided years ago that I was not going to let myself use the holidays as an excuse to gorge and gain the average 5 lbs. Personally, my biggest challenge used to be with sugar, and during this last month of the year, there are temptations everywhere.

Also keep in mind that eating too much sugar can highly affect your immune system and with everything going on, we need to have as strong of an immune system as possible!

Here are 5 main tips to help you enjoy this month without expanding your waistline—that way you can get a smaller size pants for Christmas instead of needing larger ones!

- 1) You have a mind, will, and intellect that can decide NOT to partake in every little fancy food that makes its way across your path. Just because it's there, doesn't mean you have to eat it. You can make wise decisions and not just act on impulse. This does take practice, that's for sure!
- 2) Have balance – enjoy some foods and for some say, "Not this time." This can cut down on 50% of the calories you would normally consume at this time.
- 3) Make sure you exercise at least 4 times a week. With the extra holiday foods, if you exercise, you at least lower your chance of gaining. Of course, if you have weight to lose, losing a few pounds this month is a better goal. However, it's a great accomplishment to not gain weight this month, too.
- 4) When going to a get together, fill up first on protein, fat, veggies, and nuts to resist eating the starchy carbohydrate or sugar-filled foods.
- 5) Fill up on a glass of water or snack on some nuts or salad before you go to a party or dinner, that way you aren't starving when you get there. We can tend to make worse choices when we are starving. I have learned not to put myself in that position.

Eating healthy can be delicious when you know how to eat. Get some delicious sugar-free Christmas cookie recipes and desserts on our website. Also, be thinking about the new year and keep us in mind to help you get healthy and fit. We are in Palm Harbor, Carrollwood, Wesley Chapel, and Land O Lakes.

We give you a delicious meal plan with recipes, 30-minute workouts in a private studio for women with plenty of room to socially distance.

Go to our website to book your free consultation (those that get started in December, we have a HUGE special for you) at www.SamanthaTaylorFitness.com.

I hope you have a Merry Christmas! This is the time of year many people will go to church if you invite them, so think of someone you could invite to church.

Christmas is certainly a time to connect with family and friends and many celebrate the birth of Christ. Perhaps strengthen your relationship with Him by reading the Bible 10 minutes a day. It's such amazing book filled with wisdom.

If you don't know of Him, perhaps pray and ask Him into your life. Maybe that's why you saw this article!



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"The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth."
— John 1:14

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"Sugar" Cookies (With No Sugar!)



2 cups almond flour
1/3 cup Truvia (or Pyure or Swerve)
1 tsp baking powder
1/2 tsp xanthum gum
1/4 cup melted butter (Kerry Gold butter is the healthiest)
1 large egg (cage free organic is the best)
1 tsp vanilla

Mix wet ingredients in bowl together. Add dry ingredients and mix together thoroughly. Take 1 inch balls in dough and form the dough into disc-like cookies. Cookies will not bake down, so forming the cookie beforehand is very important. Bake in 350 degree oven for 15 minutes or until golden brown.

Sugar-Free Vanilla Buttercream Frosting
Prep time: 5 mins
This tastes like regular frosting, you will be shocked!!!! So will those you give it to, they will not know the difference. Make these for a party!

Ingredients
1/2 cup butter, room temperature
1 1/4 cup Confectioners Swerve (I used Pyure which you can get at Walmart—it's just like Truvia—because I like that grittier sugar texture instead of smooth but if you want smooth then use either one of the first 2 ingredients)
1 teaspoon vanilla extract
1 oz of softened cream cheese (optional)
1 tablespoon milk as needed (I didn't use any)

Instructions
1. Add all ingredients into a stand mixer and blend on high until smooth.
2. Only add the milk if you are frosting a cake and need the frosting to be smoother. Continue to add an additional tablespoon of milk for desired consistency. Makes 1 1/4 cup or 10 ounces.
3. Does not need refrigeration once on cookies.
4. Unused frosting can be stored in an airtight container for up to 2 weeks or frozen for up to 3 months.



How On Earth Did I Get Here?

James H. Willis, III

For 2020, we are doing a 12-month summary of my book. It is filled with unbelievable personal stories of conflict from family fights, divorces, and personal insecurities to living in a tree at 15, homeless. Later, the book recounts how the Lord's guidance put me on the path of an overcomer! From being unloved, unwanted, and uncared for to healthy, happy, and whole.

LAST CHAPTER: THIS WOMAN...
that despised me from my birth
that divided me from my family
that made my daily life difficult in every way
that destroyed "my home" forever
that disrespected the grace of God in my life for over 40 years!! And...
vehemently denied the power of Jesus Christ in many repeated witnessing attempts... is dying and wants to go to heaven!!! But on whose terms?

I am faced with the enemy of my lifetime; the woman I have seen as "Satan's sister" for decades. This woman is my mother, and she's asking me how to get to heaven.

What had taken place in my life was unbelievable. The consequences were incomprehensible, and the battle of good vs evil is undeniable. Yet here we are...again. She tells me "I'm tired of this crap. God and I need to have a talk." Note, she is dying of lung and brain cancer and is on hospice. These are her last days and could very well be our last visit. As it comes time for me to leave, I go close to say "Good-bye", maybe forever, and she reaches out her hand to shake mine. A handshake – to say good-bye to her son forever!? But I went ahead and braced my body and went in for a final (if not only) hug. She said it again, "I need to talk to God."

What took place over those next few minutes took me three days to absorb and accept into by head and my heart. The opportunity, the spiritual battle, and the family dynamics were all so huge and dangerous, and what happened will take your breath away!! IT'S A MUST READ!!!

Contact me at Jim@thewillisagency.com to get the amazing story. I'll email you the draft of the last chapter that will be going into the next printing of the book (since this happened after the book was published, it is not in the original book). You will not believe it!!

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...unless you desire that God Almighty,
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26th Annual Holiday Food Giveaway

Pasco Tax Collector Mike Fasano, Supervisor of Elections Brian Corley, Clerk of Court Nikki Alvarez-Sowles, Pasco Property Appraiser Gary Joiner, Pasco Sheriff's Office, Senator Ed Hooper, and Rep. Amber Mariano in conjunction with Farm Share, are hosting a Holiday Food Giveaway.

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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

COMMUNITY PET NEWS

Mark Twilla DVM
Sunshine Animal Hospital

Holiday Dangers for Pets

The holiday season is fast approaching. It is important to be aware of some common pet dangers during this wonderful time of the year. Unhealthy treats, toxic plants and dangerous decorations top the list.

Holiday Food Dangers

Chocolate: Chocolate (of any type) can be toxic and sometimes deadly to dogs.

Xylitol: Xylitol is an artificial sweetener found in many sugar-free baked goods. It can cause hypoglycemia and your pets blood pressure to drop to dangerous low levels.

Turkey Bones: Ingested turkey bones can splinter and puncture internal organs.

Toxic Plants

Mistletoe & Holly: Holly, when ingested, can cause pets to suffer nausea, vomiting and diarrhea. Mistletoe can cause gastrointestinal upset and cardiovascular problems. If you have a real Christmas tree be sure that your pet cannot drink the tree water as it contains large amounts of bacteria. Poinsettia's are toxic.

Decorations

Make sure your tree is securely fastened so your pet cannot pull it down. Electrical cords should be turned off and unplugged. Avoid tinsel and stringing popcorn as they can cause intestinal obstructions.

For more information or to make an appointment for your pet
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"We live by faith, not by sight. We are confident, I say, and would prefer to be away
from the body and at home with the Lord."
— 2 Corinthians 5:7-8

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Kidz Corner: Disney



Hi guys! My name is Harley, and today we are going to talk about Disney. A lot of people say that it's the happiest place on Earth, but it's not. Heaven is more important. But we're going to learn about the history of Disney World. Let's go back to the 1960's in the time machine, when Walt Disney had an idea. He wanted to create a theme park where parents and kids could enjoy their time together. With the help of his brother, Roy O. Disney, he announced the Florida Project in 1965.

They started working on the idea until 1966, when Walt died at the age of 65. The workers actually considered quitting the park, but they kept going and began construction the next year. In 1971 a lot of things opened. I will list them for you: Magic Kingdom, Palm and Magnolia Golf Courses, Disney's Contemporary and Polynesian Village Resorts, and Fort Wilderness and Campground. Disney was growing until Roy died.

But they didn't stop there. They didn't give up on the park even when hurricanes closed Disney several times. Things kept opening and closing until 2004, when Hurricane Jeanne closed them for the fourth time in its history. But that still didn't stop them. Even through the pandemic, they kept working to bring happiness to the guests. They are still expanding, with new rides to open next year. And when we got there to Magic Kingdom on Sunday, we thought it would rain all day. But it didn't. God always provides. We rode everything except Splash Mountain. So it's great to enjoy Disney. But remember, it's only the second happiest place. Heaven's more important. In Disney there are waiting lines. In heaven, there's not. In Disney, they are sometimes closed. Heaven's always open to those who believe in Christ. You don't pay for a ticket. Jesus already paid for you. Heaven is ultimately better. Bye!

Harley Isabel Smith is a 2nd grader who has been featured on TV as a philanthropist, has a heart for evangelism, and writes monthly for the Gazette's Kid's Corner. Visit <https://harley-isabelsmith.com> where she is constantly adding written and video content to entertain and educate children.

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Christmas - An Amazing Time of the Year

It is a time to celebrate the birth of Christ. One of the ways we do that is by giving and receiving gifts, and as we do, it reminds us that Jesus is the greatest gift of all. Pure giving is one of the most beautiful things that we do, and I always encourage people to make every day Christmas as far as giving is concerned. Let's live in the spirit of Christmas all year round!

If you just open up your eyes and look around, you can see that it's true. There is nothing that lights a person up like Jesus. He puts so much joy in your soul! Without Jesus, we would have no love or compassion to share with others. But because He lives in us, we can shine the light of His love throughout the entire world. That is the purpose God has for us. In other words, he has chosen us to shine his light in the world. It's very encouraging to know God doesn't expect us to be perfect before his love and light can shine through our lives. You could say that you and I are like cracked pots.

We will always have weaknesses and imperfections, but we never have to hide them from God. The light of God actually intensifies in us as we allow him to work in us. There are so many ways to shine his light. It can be as simple as wearing a smile. As you go about your daily life, especially during this special season of celebration, I encourage you to let aside a portion of your time, energy, talents, and resources to share that light and serve others. After all, this is what Christmas is really all about. Just as Jesus came to love and serve all of us by giving the greatest gift, his very life, we can give of ourselves because His life and light is in us. He is Emmanuel, God with us!

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

CHRISTMAS
WITHOUT CHRIST
IS JUST A MESS

GFWC Donates To Lions Club

GFWC Lutz-Land O'Lakes Woman's Club members have collected and donated 145 pairs of eyeglasses to the Lions Club local chapter. Sandi Marrow, Woman's Club Environment chair, delivered the box full of eyewear to the group, which will in turn be recycled and repaired and distributed to the needy in low income countries across the world. The Woman's Club has long supported and partnered with the Lions Club. For more information on this community service organization, please visit at gfwcclutzlandlakeswomensclub.org or its Facebook page.



Lions Club members with Sandi Marrow of Woman's Club delivering eyeglasses (center w/green mask)

Live Oak Theatre Seeks Vendors

Live Oak Theatre and Conservatory seeks vendors for its First Annual Christmas Festival to be held on December 12, 2020 at 1pm following the Brooksville Downtown Parade. It will run until just about dusk. The festival will be held on its grounds at the Carol & Frank Morsani Center for the Arts, 21030 Cortez Boulevard, Brooksville, Florida 34601.

Admission and musical entertainment are free. However, a variety of food and family-friendly activities will be available for purchase. All proceeds will benefit the Live Oak Theatre Company and Conservatory, a 501C3 not-for-profit organization.

The festival will feature entertainment from the Live Oak Theatre Company and the Live Oak Conservatory on our outdoor stage. There will be a bounce house, games, and a Whoville experience for families, photos with Santa, and food and baked goods available for purchase. A wide variety of vendors and exhibits are planned.

Vendor booths are only \$25. Limited electricity is available on a first come, first served basis. For more information and to register your booth, email LiveOakBoxOffice@GMail.com or call 352-593-0027.

For more information about the Live Oak Theatre Company, including sponsorship and audition opportunities, call 352-593-0027, email liveoakboxoffice@gmail.com, or go to www.LiveOakTheatre.org. Visit us on Facebook at <https://www.facebook.com/LiveOakTheatre>.

Tickets On Sale for Live Oak Theatre’s It’s a Wonderful Life Radio Show

Tickets are now on sale for Live Oak Theatre’s It’s a Wonderful Life Radio Show starring “James Stewart”, “Donna Reed”, and “Lionel Barrymore” as the villainous Mr. Potter. It’s a Wonderful Life will be presented at the Carol & Frank Morsani Center for the Arts, 21030 Cortez Boulevard, Brooksville, Florida, on December 10, 11, and 13.

Showtimes are at 7:30pm on Thursday and Friday, and at 2:30pm on Sunday.

Adult tickets are only \$20; children ages 13 and younger are \$5 when purchased with an adult ticket. All tickets include coffee, tea, and dessert.

For more information and to purchase tickets, visit www.LiveOakTheatre.org, email liveoak-boxoffice@gmail.com, or call 352-593-0027.

Every Life Matters

Tampa Bay Dance Club

- 12/04 DJ Mike Unwin - Special Raffle
- 12/11 DJ Mike Unwin
- 12/18 Female Vocalist Karen Kallin - Share your Christmas goodies

Doors open at 6:30, dance runs from 7:30 to 10:30. Location is 8401 W. Hillsborough Avenue, Tampa Florida 33615, Luther Hall located at the Lutheran Church of Our Savior. Must wear masks and practice CBC guidelines after admittance.

Website: Tampabaydanceclub.com

Pasco Tax Collector’s Five Offices Collected Over \$5,600 in Donations for Sunrise of Pasco’s Domestic & Sexual Violence Center



Tax Collector Mike Fasano and Kelly Sinn, CEO of Sunrise of Pasco, are joined by management and frontline staff from the Land O’ Lakes’ branch of the Pasco County Tax Collector’s Office

Pasco County Tax Collector Mike Fasano’s five offices collected donations totaling over \$5,600 in September for Sunrise of Pasco’s Domestic & Sexual Violence Center. The mission of Sunrise is to end domestic and sexual violence by providing prevention and intervention services to those in need.

The Charity-of-the-Month program is a year-round effort to bring as much attention to as many charities as possible, both big and small, who serve those in need or are less fortunate. For more information about the charitable giving program at the Pasco County Tax Collector’s Office, please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit www.pascotaxes.com. For more information about services provided at Sunrise of Pasco, please call Vicki Wiggins, Director of Development at 352-521-3358.



Pasco Photo Calendar for Gulfside Hospice



“Peace & Tranquility” by Morgan Butler (January)

Gulfside’s annual 15-month calendar features photos taken exclusively in Pasco County to highlight the area that the organization serves and its communities. New for the annual publication, this year’s cover features a special tribute to honor the staff at Gulfside Healthcare Services for their hard work and dedication throughout 2020. The photo calendar is the product of a photo contest held in September. More than 300 photos of Pasco events, places, landmarks, and wildlife were submitted for judging, and 19 winning photos were chosen to make up Gulfside’s calendar. All proceeds from the sale of the calendars help support patient care.

“As you can see from our 2021 calendar cover, the care and expertise of the Gulfside staff never stopped despite the challenges we faced on 2020. That’s why we chose to dedicate this year’s cover to them,” said Linda Ward, President and CEO of Gulfside. “The photos inside submitted from Pasco’s local photographers truly highlight all that is special about Pasco County, and I hope that everyone else enjoys these finalist photos as much as we do!”

Calendars are available for a donation of \$5 at any Gulfside Hospice Thrift Shoppe location. The five stores, open Monday through Saturday from 9am to 5pm, are located throughout Pasco County in Dade City, Hudson, Lutz, New Port Richey, and Zephyrhills. For addresses and phone numbers, visit www.Gulfside.org.

Each winning photographer in the calendar received a gift certificate for Gulfside Hospice’s Thrift Shoppes as well as complimentary copies of the calendar.



“Taking It In” by Doreen Damm (June)



“Zephyrhills 5th Ave. At Twilight” by Cliff McDuffie (December)

Package Theft

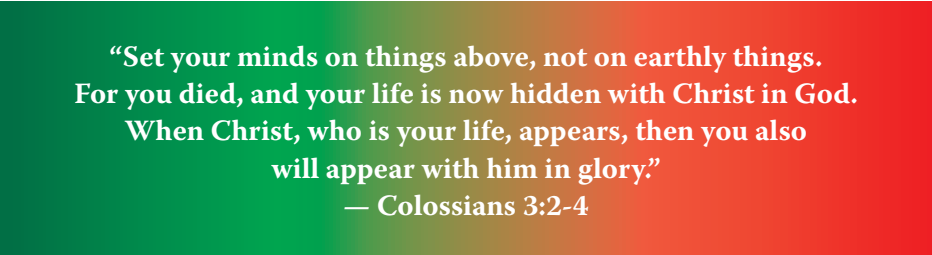
The holidays are nearly here. Unfortunately, the holidays don’t always bring out the best in everyone. Package theft continues to be an issue, and this year we are expecting to see an increase in this crime. Due to the pandemic, more shoppers are planning to have their items delivered, and porch pirates will be looking for opportunities to steal your packages.

Don’t let “Grinch” ruin your holidays. The Pasco Sheriff’s Office is encouraging citizens to be extra vigilant when having online orders delivered to your home. The following is a list of tips to help prevent package theft:

- When possible, avoid having unattended packages sitting at your doorstep.
- Track your shipment online using tracking numbers and delivery notifications.
- Request a specific delivery date and time when you know you will be home to receive the delivery.
- Provide delivery instructions to the shipper so that packages can be delivered to a safe location at your home out of sight from the street, such as a side door or behind a planter.
- Require a signature for the package.
- Consider a visible surveillance camera and a security company sign near the front door.
- Have packages delivered to a place where they can be received in person, such as the home of a trusted neighbor who is home during the day.
- If your employer will allow it, have packages delivered to your place of work.
- Consider getting a P.O. Box
- Request that the shipper hold your package at its pick-up facility so you can pick it up in person, at your convenience.
- Ask a family member, friend, or neighbor to accept packages on your behalf.
- Request a package hold if you plan on traveling, so packages aren’t left unattended on your doorstep for long periods of time.
- Keep an eye out for tailgating. Thieves follow delivery vehicles and steal packages after they are dropped off.
- Do not give out personal information when receiving a delivery you purchased. It may be a scam.
- Keep an eye out for suspicious cars and people in your neighborhood. Remember, if you see something, say something.

A surge of deliveries is expected this holiday season, and thieves will want to grab your packages. By taking extra precautions and following these tips, you can prevent your holiday season from being stolen.

If you see any suspicious activities or your package is stolen, call the Pasco Sheriff’s Office at 727-847-8102, option 7.





Dr. Dan Coffin
Pastor, River of Life Church

Growing up, my parents taught me to say thank you when someone gave me something or said something nice about me. That seemed to be a really hard thing for me to do because I was so incredibly shy. I did not mean to be unthankful, but the fear of speaking to adults was greater than my willingness to express the gratitude people deserved.

As the years passed, I became more confident and could look anyone in the eye and boldly say thank you. This may seem like a trivial thing and something that most kids struggle with, but the appreciation given to one who parted with a ball, a coin, or a piece of candy just to make someone else's day a little brighter is meaningful and should be acknowledged.

We have all been on the receiving end of ingratitude. We might make excuses when it is a bashful child who may not yet know how to express thanks, but when we do something good for another, we expect that good work to be recognized with a simple thank you.

As we approach this Christmas season, we will experience

Thanksgiving at Christmas Time

a lot of giving and receiving. Whether it is passing the salt or green bean casserole at Christmas dinner or exchanging gifts from under the tree, many will express their gratitude with hugs and kisses and words of thanks. But what about God? How often do we stop to thank Him for all the wonderful things He does for us daily?

Those who do not believe in God or don't believe that He has any concern with their daily lives may think that the good things that happen to them are because of their hard work and ambition or just dumb luck. But to us who believe that God not only hears our every word, but literally abides within us and knows the very thoughts of our hearts, is the one who blesses us. The scripture declares that, "Every good and every perfect gift comes down from above." (James 1:17). Our Heavenly Father is the giver of good gifts. Loving us, providing for us, healing us, and protecting us are just some of the things God does for us. Our value to Him is immeasurable, not because of our great achievements or perfect lives, but because of His love for us. God loves us in spite of our sins and failures.

When Jesus spoke to the multitudes, he said to consider the birds and the flowers (Matthew 7:26-30). Just as they are cared for because of His goodness, not their greatness, so much more

valuable are we. God does not measure our value by what we do, but by what Jesus did for us. We are the recipients of the greatest gift there ever was or ever will be. The baby in the manger was placed on the tree of the cross as an ornament of God's incomprehensible love. On the cross, Jesus received the judgment for the sin of all mankind. God now offers us forgiveness and a place in His family for eternity. Let's make sure that during our Christmas celebrations we remember to thank the one who gave everything for us.

Just as we will most assuredly have much to exchange after the gift giving is over, so it is with the Lord's unspeakable gift. We get to exchange our sin for His righteousness, our brokenness for His wholeness, and our sorrow for His joy. "In everything give thanks: for this is the will of God in Christ Jesus concerning you." (1 Thessalonians 5:18)

Dr. Dan Coffin and his wife Dianne co-pastor River of Life Church at 410 E. Chapman Rd. in Lutz, FL. 33549, (813) 949-9931, www.rtolampa.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 Great Florida Outdoors: O'Leno State Park

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



On a trip north to Georgia, I stopped on route to O'Leno State Park to camp and explore. I knew that O'Leno State Park was one of Florida's first state parks and was developed by the Civilian Conservation Corps (CCC), a public work relief program created during the Great Depression in the 1930's.

I have been to all the CCC-built parks in Florida and have studied the CCC in detail. O'Leno State Park has over 6,000-acres and is located along the banks of the scenic Santa Fe River, a tributary of the Suwannee River. I had time to hike many of its great trails and explored along the river, hardwood hammocks, river swamps, and sandhills.

Hiking the mile and a half River Trail is like stepping back in time. I crossed the coffee-colored Santa Fe River over a large wooden suspension bridge built by the CCC and followed the Santa Fe River. The river flows towards the River Sink where the Santa Fe River begins its flow underground for approximately three miles and reemerges in River Rise Preserve State Park.

As I hiked on the trail as it turns away from the river, the landscape changed to an open savannah of scrubby flatwoods and sandhill. The landscape next shifts into floodplain swamp and forest, where sinkholes and creeks are covered with an overstory of various trees. I hiked along Ogden Lake, a prime example of the sinkhole lakes that form above the underground river, and then I returned to the bridge.

Paraner's Branch Trail offers a wonderful journey that loops through the park for nearly four miles. As I hiked, I investigated a variety of natural communities, viewed wildlife, and saw several sinkhole ponds which provide a window into the Santa Fe River's underground travels. The Dogwood Trail meanders along the park drive and features the upland forests.

Among my favorite trails was the Limestone Trail. The path leads to an abandoned lime rock quarry that played a significant role in providing building materials for construction during the CCC era. The area is now a great example of ecological restoration, with nature gaining back control. According to Truman Young, Professor and Restoration Ecologist, University of California, Davis, California, "Ecological restoration is the process of repairing sites in nature whose biological communities (that is, interacting groups of various species in a common location) and

ecosystems have been degraded or destroyed. In many ecosystems, humans have altered local native populations of plants and animals, introduced invasive species, converted natural communities to extractive use (such as agriculture or mining), fouled waters, and degraded soil resources. Ecological restoration focuses on repairing the damage human activities have caused to natural ecosystems and seeks to return them to an earlier state or to another state that is closely related to one unaltered by human activities. Ecological restoration is distinguished from the practice of conservation, which is primarily concerned with preventing further losses to ecosystems."

I launched my kayak into the invigorating afternoon waters and pushed upstream against a mighty current. What a workout! I battled against the power of the fast-moving water and felt like I had made little progress. Maybe I should have gotten the message when I saw sticks and leaves on the water's surface flashing by me faster than I could ever paddle. After paddling along the river's edge. I found a less turbulent respite and parked my kayak. I got out and explored. I always enjoy finding a new area to look for signs of activity and to read the landscape.

I came back to my kayak and filmed a portion of the river rushing along under a canopy of cypress and oak. Over the last year, I have been creating short movies called "Moments in Nature" (posted on You Tube) and continue to seek good opportunities to film in wild nature.



Here is some history of this wonderful park.

The town of Leno (1840-1896) was founded along the banks of the Santa Fe River in the mid-1800's and was first settled by Henry Matier and named Keno for a then-popular wagering game. In 1876, general store operator Colonel G. M. Whetstone applied for a post office for the town of Keno and was denied due to the name and its relationship with gambling. After he had the name changed to Leno (pronounced lean-oh), he was granted the post office.

For a small town, Leno was quite industrious, consisting of two grist mills, a saw mill, and six cotton gins and also had a general store, a hotel, a livery stable, and a doctor's office. In 1894, things would change when the SF&W (Savannah, Florida, and Western Railway) was diverted to pass through Fort White instead of Leno. The action led to the eventual demise of the town, and everyone had moved away by 1896. The area remained a popular place for residents of nearby towns and farms to meet for picnics and swimming and was often referred to as Old Leno. This name was eventually shortened to O'Leno, the name that is still used today.

The Florida Forest Service pur-



chased the property in 1935 where the town had been located and was initially chosen as the location of a Florida Forest Service camp. The goal was to provide forestry training and education and development started as a Works Progress Administration project using unemployed labor from the High Springs area. In July 1935, the Civilian Conservation Corps installed workers from Company 418, Camp P-67, who assisted WPA workers to help create O'Leno State Park. The site construction progressed rapidly, and between 1935 and 1936 the CCC cleared land, built roads, trails, and bridges, and constructed a dining hall, pavilion, and museum/tower building.

In 1938, Camp O'Leno opened as a Florida Forest Service camp to train employees and youth groups interested in forestry and operated the training camp for two summers before turning it over to another division within the Board of Forestry and Parks, the Florida Park Service. O'Leno State Park opened in 1940 and became one of the original nine state parks in the Florida Park Service.

At O'Leno State Park, whether you are biking, walking, or riding, you can experience the best nature that Florida has to offer! Pavilions are located along the river's edge and you can picnic, relax and fish.

O'Leno State Park
410 SE O'Leno Park Road
High Springs FL 32643
386-454-1853

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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.

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God With Us From Despair to Deliverance

Christmas is known for many things: presents and lights and family traditions and decorations and Christmas music. Others have a more difficult time when Christmas rolls around. When it looks like *everybody else* is having a great time, it intensifies the despair you experience. Despair is defined as “the complete loss or absence of hope.” Many feel despair during Christmas season.

It may be because for the very first time, there’s a loved one or a family member that is *not* around the table.

The Christmas story is all about moving from despair to deliverance.

God’s message to His people throughout Scripture and to us is that, *even in the midst of our struggles and in the midst of our despair, He has promised us deliverance.* That’s what Christmas is all about!

Our problems began back in the Garden of Eden when Adam and Eve sinned.

Some people think, “as long as my good deeds are more than my bad deeds...then God somehow owes me heaven.”

And yet, if we’re guilty of breaking even one command we’re guilty of breaking all of them. If you had a window that had one rock or ten thrown through it, it’s still a broken window and it needs to be fixed.

In Isaiah 9, God is going to make three very clear promises: **Promise #1. In the darkness of despair God promises light. “The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned.” Isaiah 9:2**

Every time you see “darkness” used in the Bible it’s always used as a metaphor to describe what life is like without God.

That’s why we have light switches to bring light to a room filled with darkness. Don’t you wish it was as easy as flipping a switch and your fears would subside? It’s no coincidence God’s very first recorded statement is: **“Let there be light.” Genesis 1:3**

It’s *no coincidence* there was a northern light that guided the wise men and the shepherds to the birth of Jesus, where we see God’s heart for humanity. It’s *no coincidence* Jesus calls Himself *“the Light of the World.”*

And it’s *no coincidence* Jesus calls us His followers, *“the light of the world.”* That’s our job. Our light is to reflect Jesus. Rather than cursing the darkness, *why not light a candle?* God will reward you for shining your light. You shine your light when you act like Jesus.

#2. In the pain of despair, God promises joy.

“You have enlarged the nation and increased their joy; they rejoice before you as people rejoice at the harvest, as warriors rejoice when dividing the plunder.” Isaiah 9:3

Four different times in that one verse, there’s a derivative of *joy* or *rejoicing* found. The nation is going to shrink before God can make it grow again and prosper. God’s reminding them, “You have not been abandoned.”

When it’s the darkest, God’s light shines the brightest. It might not look like you’ll be victorious, but in the end you will.

Happiness is based on happenings and circumstances. Joy is *different* than happiness. Joy is lasting, deep, and comes from within. At Christmas we don’t sing, “Happiness to the world!” We sing, “Joy to the world!” Why? Because “The Lord has come. Earth receive your king.”

He’s a game-changer. He can overcome the odds, and He can do it regardless of the setting and the situation you find yourself in. If you’re in a season of despair, I want to tell you there’s hope. Hold onto hope. Life is *hard*, but God is *good*. Because in the depth of despair, He promises light, joy, and **3. He promises us a Savior.**

The people needed a lasting hope. They didn’t need another King.

“For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.” Isaiah 9:6

When the lights fade and the tensions rise and the feelings of inadequacy and pain and anxiety begin to creep in, we realize that our deliverance was made possible through the gift of Jesus Christ.

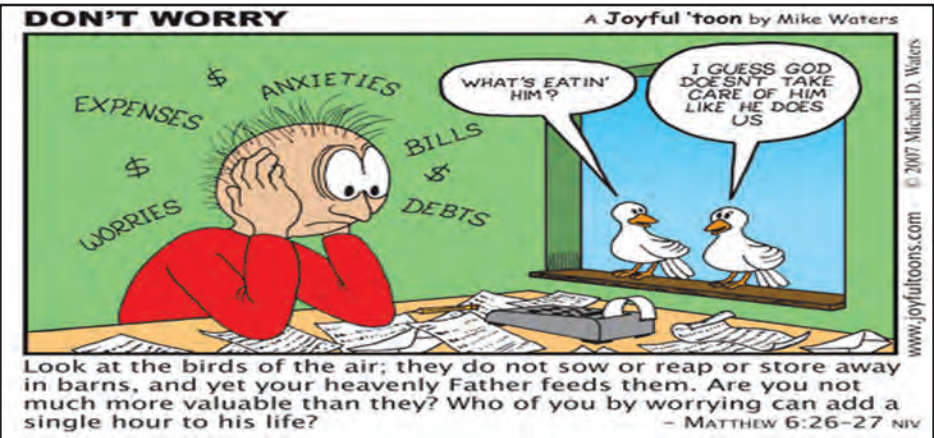
On *this side* of heaven, we don’t know how long we’ll have to wait. We don’t know how long we might be in that particular season. But here’s what we do know: “Unto us a child was born. Unto us a Son was given.” He has changed everything. One day He will come again and He will take His followers to be with Him to where He is.

God made the Gospel simple so that a person *like me* could understand it. Here’s the Gospel: All you need is Jesus and you’ll win. That’s the story of Christmas. If you’ve got Jesus, you win. It really doesn’t matter what we go through in this life and on this earth. Whatever your despair, or your disability, whatever death of a loved one you’re working your way through—at the end of time you’ll be victorious if you put your trust and your faith in Jesus Christ. If you swallow your pride and allow Him to change you from the inside out, through the power of His Spirit *He will turn fear into faith, insecurity into confidence, and despair into hope.*

Because deliverance isn’t the answer: The Deliverer is the answer. And His name will be called “Wonderful counselor, Mighty God, Everlasting God, the Prince of Peace.” And His kingdom will have no end.

Submitted by Keith Chandler, pastor of Journey Christian Church

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Are You Ready to Go Deeper Into the Word?

By Karen McBride



Are you ready to go deeper into the word of God and grow as a disciple of Christ? Have you thought about attending a Bible study? Maybe you have been attending a Bible study and would like to take the next step and lead a study, but you are not sure where to begin. Start at the Well. The Well is a women's discipleship and training ministry.

Susie Walther, president and founder of the Well, began the ministry with the goal of helping women become disciples of Jesus Christ. Women from all denominations learn and grow in their personal walk with God with opportunities to develop leadership skills through Bible study and mentoring. Bible studies are held in women’s homes across the Tampa Bay area and via Zoom for social distancing purposes.

The Well has plans for a centralized facility and has purchased land for its new home. The organization recently closed on a site with two buildings and almost 2 acres of land. The structures will need to be renovated before future training sessions can be held at the new location. The training building will be a 6,000 square foot training campus that will accommodate a group meeting space and smaller rooms for Bible studies and prayer groups. The smaller 2,500 square foot structure will be their child watch building, where children are supervised by trained staff and can safely play while moms, grandmothers, and caregivers learn more about the gospel, the kingdom of God, and discipleship.

Special leadership training sessions are held throughout the year online until the new facilities are ready. Participants learn strategies on how to cultivate discipleship through a Bible study or group platform. Practical techniques are taught that can encourage women in their walk with God and how to impact other women for Christ.

To see the Well calendar and current groups, or to make a donation to support the ministry, go to <http://thewelltraining.org>.



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Psalm 23



The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

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Red Cross Recruiting Local Volunteers



Tropical Storm Isaias (which became a hurricane) that moved up the east coast of Florida as the ninth named storm of the season—the earliest on record. Now, forecasters are keeping an eye on two tropical disturbances moving westward across the Atlantic, which currently have a 60% and 90% chance of development in the next five days

“In light of the record pace of storms we are seeing in the Atlantic, the Red Cross is asking members of our community to consider joining us as a disaster volunteer,” said Katie Sherk, Red Cross Regional Disaster Officer. “Travel restrictions and health concerns due to the pandemic will make it challenging for hundreds of workers from other states to travel to Florida to help, as they have in the past. In the event we are directly impacted by a major storm this year, we will be relying on local volunteers to meet this need.”

SHELTER WORKERS NEEDED The Red Cross will continue to open evacuation centers and traditional post-storm shelters at the request of emergency management and in coordination with local public health authorities. To help keep people safe in the COVID-19 environment, we have put in place additional precautions and developed special training for our workforce.

As we enter the peak time of year for hurricane development, the American Red Cross of Central Florida is seeking volunteers to assist during this year's active season in the midst of the Covid-19 pandemic.

In early August, the Red Cross prepared for that moved up the east coast of Florida as the ninth named storm of the season—the earliest on record. Now, forecasters are keeping an eye on two tropical disturbances moving westward across the Atlantic, which currently have a 60% and 90% chance of development in the next five days

HEALTH SERVICES SUPPORT NEEDED Due to the pandemic, there is also a special need for registered nurses (RNs) and other medical professionals with active, current and unencumbered licenses. Should congregate shelters open, disaster health volunteers would be needed to help screen and assess people's health.

HOW TO VOLUNTEER Prospective volunteers are encouraged to review the CDC guidance for people who are at higher risk for severe illness, consult their health care provider and follow local guidance. Our top priority is the health and safety of our employees, volunteers and the people we serve. Individuals interested in helping us provide service to our communities this hurricane season can get started at www.redcross.org/VolunteerToday.

The Central Florida Region of the American Red Cross serves 19 counties through five chapters: Florida's Space Coast (Daytona Beach), Greater Orlando, Mid-Florida (Winter Haven), Southwest Florida (Sarasota) and Tampa Bay. For more information, visit redcross.org/centralflorida. Also find us on Facebook and Twitter.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at @RedCross.



“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”
— 2 Corinthians 5:17


Samantha Taylor Fitness



What Our Partner Says About Us

I would like to personally thank the amazing owners of this publication, Mark and Kay Dunn. I met Mark over 20 years ago when he first started this paper and he asked me to write articles on health and fitness. And here 20 years later, they are going strong because they care about this community.

They love to bring God's word and encouragement to you and to support the businesses that do this as well. Even during this difficult time, they knew they must keep getting this paper out because they have loyal readers that are encouraged by it, and we all needed it more than ever during this difficult time. Thank you, Mark and Kay, for standing with us and encouraging us. You are a blessing to us all!



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!

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Every Christmas, I return to the book of Luke, which has an amazing description of the birth of our Savior, and I read it over to see what subtle nuance of the Christmas story that I may gain. We remember the primary story of the angel Gabriel first coming to Zacharias, the future father of John the Baptist, and then to Mary, the future mother of Jesus.

In this encounter, Zacharias doubted the words of Gabriel that God had answered his prayer and that he and his wife Elizabeth were going to have a son. Their son would be a great prophet who would prepare the way of the Lord. Gabriel told Zacharias that he would be mute and unable to speak until the child was born because he doubted his word. A person of faith would understand that this was a faith proposition from God, and no words of doubt and unbelief would be allowed to mess things up.

When Gabriel announced to Mary that she would conceive in her womb and bring forth a Son and shall call His name Jesus, she simply asked how it would be done, since she had not yet consummated her marriage to Joseph. According to the customs, that would not be done until after their wedding feast. No one had heard of someone having a child without an earthly father before. While Mary was curious about how this would happen, she did not doubt the word of the angel was the Word of God.

Gabriel's answer in Luke 1:35 is the absolute core of the whole Gospel. **"The Holy Spirit will come upon you and the power of the Highest will overshadow you; therefore, also, that Holy One who is to be born will be called the Son of God."**

Here Gabriel explained that the Holy Spirit would come on her, and that the power of the Highest, God the Father, would overshadow her, manifesting human flesh created by God. This is exactly the same way that He created the first man, Adam. Now this incorruptible seed in Mary would mature and be born, and become known as the Son of God.

Gabriel finished his words to Mary by saying, **"For with God nothing will be impossible."** Mary's response was, **"Behold the maidservant of the Lord. Let it be to me according to your word."** Hearing Mary's answer of faith, Gabriel departed, knowing that the message had been delivered and received by faith. The Holy Spirit came upon her, the power of the Father overshadowed her, and Jesus the Son of the Living

God was conceived in her womb.

Eventually, we find a wonderful thing happened after John the Baptist was born. Zacharias was healed of his inability to speak in order to name his son. He suddenly began to prophecy to the newborn infant about his role in preparing the way of the Lord. In Luke 1:76 he said, **"And you, child will be called the prophet of the Highest; for you will go before the face of the Lord to prepare His ways."**

Then in verse 78 and 79 he describes this Holy One, the Lord as, **"This Dayspring from on high has visited us; to give light to those who sit in darkness and the shadow of death, to guide our feet into the way of peace."**

We did not just gain peace with God when we accepted Jesus as our Lord and Savior. God was never at war with us. We simply thought before we knew Him that He was angry with us. No, God loved us even when we made ourselves His enemy. The peace that we gained was not peace with God. It literally was the peace of God.

This is the way of peace that Jesus came to deliver to us. He had to destroy the works of the devil that kept us blinded from the love that God the Father had for us. That is what the apostle John told us in 1 John 3:8, **"For this purpose the Son of God was manifested, that He might destroy the works of the devil."**

I like asking Christians if they believe that Jesus was successful in accomplishing His purposes in coming to Earth. Did He really destroy the works of the devil? Remember that John also described Him in John 1:14 saying, **"And the Word**

became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth."

Yes, Jesus fully destroyed the works of the devil for everyone who will believe. But His great victory is of no effect though, for those who refuse to believe. Faith in Jesus is a choice. Welcome to the family of God.

Submitted by Dr. Doug Wingate
President and Founder
Life Christian University

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Tax Collector Holiday Giving Opportunities



"Please join the staff of the Pasco County Tax Collector's Office as we celebrate the holidays by reaching out to those most in need," states Tax Collector Mike Fasano. "Your support of these wonderful local programs will help countless people enjoy the holidays this year. Your gift of any amount will go a long way towards helping our community have a joyous holiday season."

For details about each program, information regarding hours and locations, or general questions about the services provided by the Pasco County Tax Collector's Office, please contact Greg Giordano, Assistant Tax Collector/Communications & Special Projects at (727) 847-8179.

Toys 4 Tots Toys for children of military personnel and others in need will be collected up to December 15.

Salvation Army's Red Kettle Drive Volunteers from the Salvation Army will be at each location collecting donations during the week of December 14-18.

Farm Share Holiday Food Giveaway will be held December 18, 2020 from 9am-11am at Faith Baptist Church, 9230 Ridge Road, Port Richey.

GFWC Lutz Arts & Crafts Show Cancelled

GFWC Lutz-Land O'Lakes Woman's Club is sad to announce that we have cancelled the December 2020 Lutz Arts and Crafts Show. Due to the unstable number of cases of COVID-19 and potential infection of our vendors, club members, and the public, we have decided that this is the best course of action for this year.

We have great plans for 2021, so watch this space!

GFWC Supports 2 Local Schools



(L-R) Pat Wagner, Faith Sincich & Roseann Lange delivering donations

GFWC Lutz-Land O'Lakes Woman's Club members of its Education/Libraries committee delivered 250 masks (handsewn with love by Master Maskmaker Members) so all of the students and teachers at Miles and Shady Hills Elementary Schools will be protected. Also donated was a good supply of gym shorts for the children. For more information on this very busy community service organization, please visit at gfwcclutzlandolakes-womansclub.org or its Facebook page.

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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

Moringa, The Ultimate Super Food

Grenera is a nutritional supplement made from the parts of the Moringa tree, commonly known as the Elixir tree. Moringa is a nutritional powerhouse packed with more than 990 nutrients and antioxidants. Moringa is a tropical plant available in India and Africa, and people in these parts of the world alone were enjoying the benefits of moringa for thousands of years. Grenera does the important task of presenting the Moringa in a ready-to-serve form to the rest of the world. The most important fact about Grenera is that it is 100% natural, and hence, the nutrients supplied by Grenera are readily absorbed by the body in contrast to the nutrients supplied by synthetic multivitamin and calcium pills. This is because human body differentiates natural nutrients from synthetic nutrients and readily accepts the nutrients from the natural source.

Moringa is grown organically without using any pesticides. Moreover, the vitamins and minerals when taken separately won’t help much. The human body will reap the benefits only when the vitamins, minerals, amino acids, and other nutrients are fed together. This is the best source to nourish the body with these essential nutrients.

The list of nutrients present in Moringa are: Vitamin A, B, C, E, calcium, magnesium, zinc, and potassium. All the eight essential amino acids as well as antioxidants, carotenoids, and phytonutrients. Though mainly Moringa powder is taken by athletes and sportsmen to improve their energy and stamina, it caters to all segments of people.

Why Moringa is Called the Elixir Tree

Moringa is the greatest known supplement ever discovered by mankind. Moringa got named “the Elixir tree” because all the parts of the Moringa tree are used as food and medicine. Moringa leaves are the most nutritious parts of the tree. For thousands of years, Indians have used Moringa leaves in their foods to get a nutritious diet. Moringa leaves are filled with minerals and multivitamins and are used by health practitioners in Africa to curb malnutrition and to reduce blood glucose level. Moringa tree seeds contain powerful magnetic particles. When the seeds are placed in a bowl of contaminated water, these magnets attract 95% of the bacteria, dirt, soil, chemicals, oil, deadly pollutants and other toxins found in the water to the bottom of the bowl. In a similar process, Moringa seeds are believed to clean the toxins present in the blood.

Moringa pods are the most delicious part of the plant. The pods are rich in amino acid profile and provide all the eight essential amino acids required by the body. Regular intake of Moringa pods also help to increase sperm count. Moringa pods and flowers, when consumed in combination with honey, help to increase sexual interest. Moringa oil, the nutty oil extracted from the seeds, is the most stable oil available in nature and is used to cure the symptoms of aging. Moringa oil has a novel property of masking the bad smells arising in the body and hence perfumers love it. Moringa is high in Tyrosine (for melanin production), calcium (for cell energy), and copper (for browning of the melanin). All of these important nutrients contribute to developing dark tanning and beautiful, healthy-looking skin.

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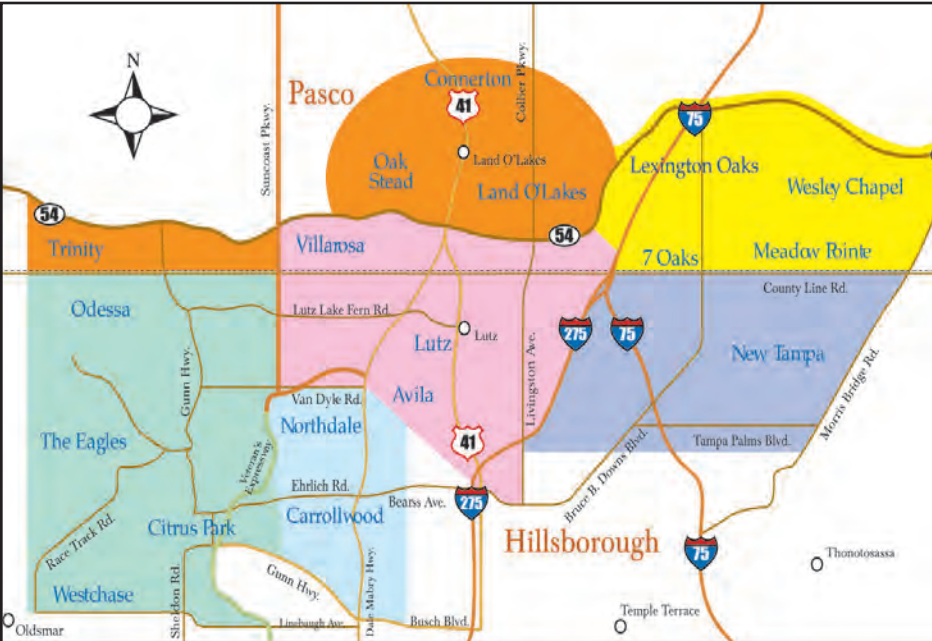
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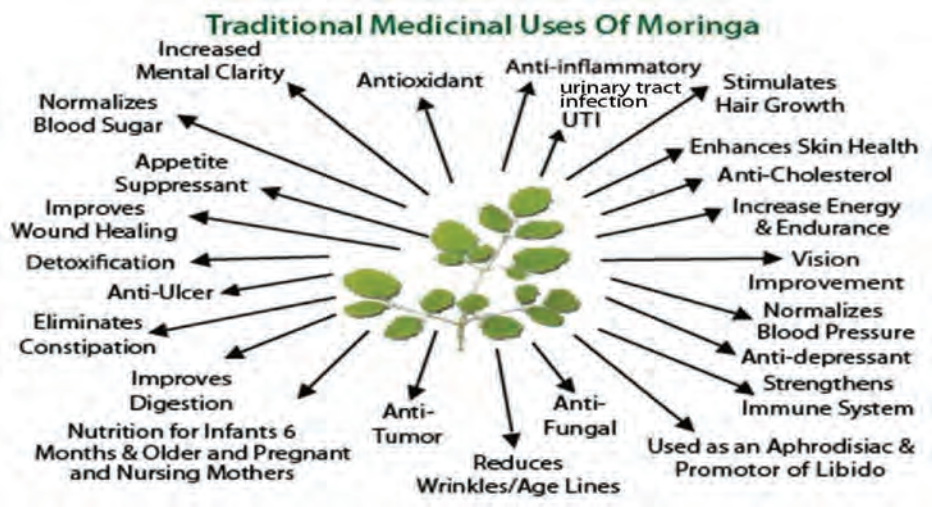


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“I can fulfill God’s vision by choosing to live with expectant hope. I will watch the Lord do the impossible in my life and use it to help reach people who need to know him.” —Ephesians 1:18

JESUS is not our Religion, He is our Savior...

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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