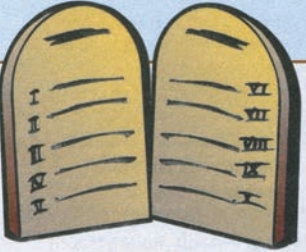


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The Ten Commandments

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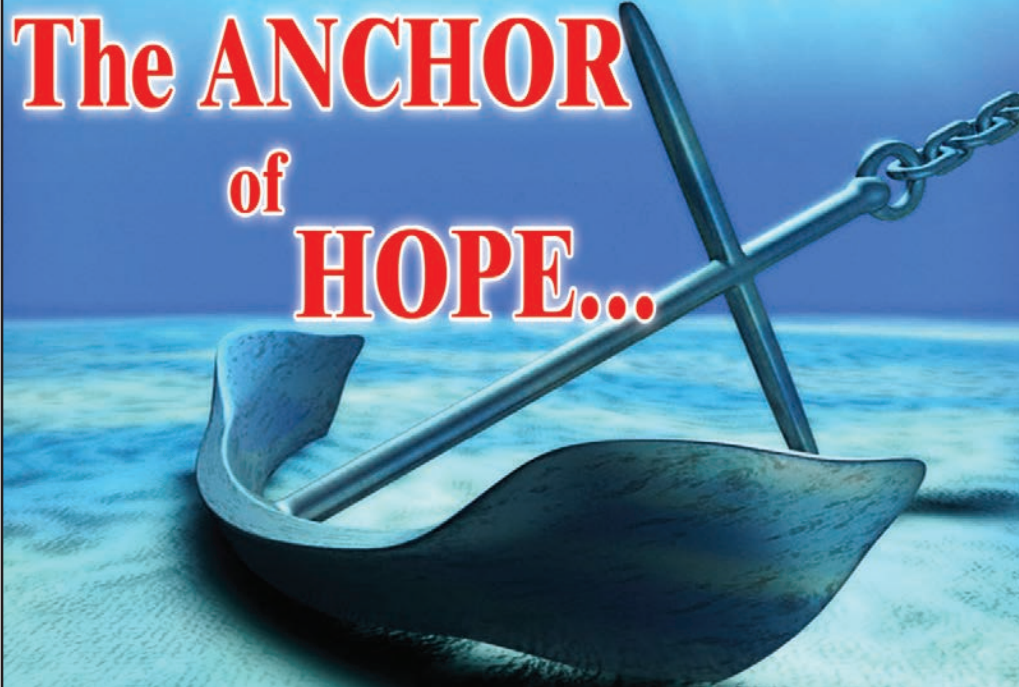
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He said to them, "Go into all the world and preach the gospel to all creation." - Mark 16:15

[f /DunndeadGazettes](#)

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Hebrews 6:13-20

"When God made his promise to Abraham, since there was no one greater for him to swear by, he swore by himself, saying, "I will surely bless you and give you many descendants." And so after waiting patiently, Abraham received what was promised.

People swear by someone greater than themselves, and the oath confirms what is said and puts an end to all argument. Because God wanted to make the unchanging nature of his purpose very clear to the heirs of what was promised, he confirmed it with an oath. God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged. We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek."

Continued on Page 8

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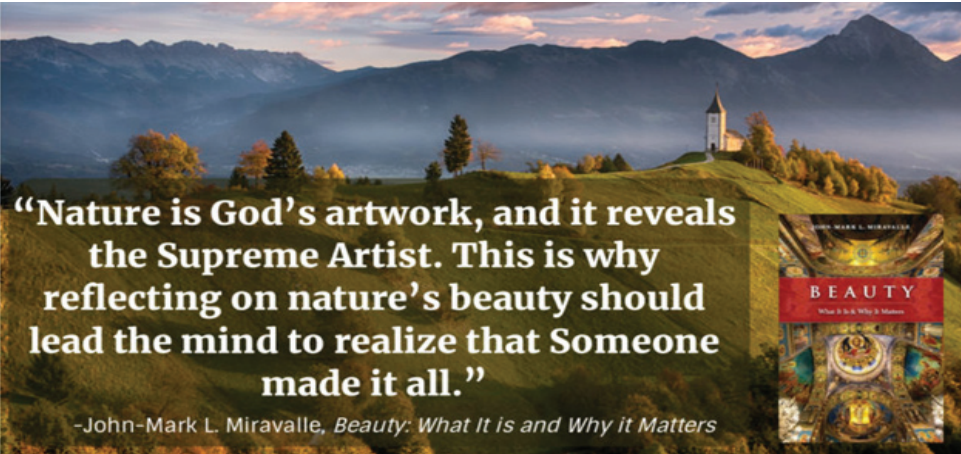


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The Great Florida Outdoors: God, Nature, and Writing

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



John Muir wrote about the spiritual and transcendent connection we find in nature: *Everything is flowing, going somewhere, animals and so-called lifeless rocks as well as water. Thus the snow flows fast or slow in grand beauty-making glaciers and avalanches; the air in majestic floods carrying minerals, plant leaves, seeds, spores, with streams of music and fragrance; water streams carrying rock... While the stars go streaming through space pulsed on and on forever like blood globules in Nature's warm heart. When we try to pick out anything by itself, we find it hitched to everything else in the universe.*

My First Summer in the Sierra, 1911, page 110.

Muir wrote that when contemplating the mountains and the streams of the High Sierras he was “reminded that everything is flowing – going somewhere.” As human beings we have the gift (or the curse) of a self-conscious mind. We understand our individual nature and often struggle with the direction of our lives and deciding which path we should take in life. The wisdom of these mountains and streams is that we are a part of a much larger natural world, constantly flowing and evolving.

Allowing yourself to be swept up in this flowing of natural energy is a religious experience. The crumbling mountains spires sheer off into alpine lakes, the lakes end in roaring streams, these rivers and streams carry sediment into the valleys, into the soil, up into the vegetation, and finally into the animals of the valley such as deer. Each organism plays its role and unconsciously feeds into a larger symphony of life.

It's a beautiful thing to believe in fate, a higher power or destiny for each one of us. It can be difficult to grasp but maybe there is some wisdom to allow your soul to become part of the pulsating blood flow of the Earth, of all creation. We marvel at the stars, perhaps because we look inward as we look out into the heavens—we are made of stardust. Muir writes, “Stars go streaming through space pulsed on like blood globules in Nature's warm heart.”

Throughout history, theologians have taught that God wrote “two books”—the Bible and the book of nature. What they mean is that God has chosen to reveal himself through both the Bible and the natural world.

Have you ever thought of writing and writing about nature as a way to serve God? The holy ancients wrote down God's word according to his commandments and inspiration so that countless people after them could get to know God through the Bible.

A closer look into the Bible (Torah) reveals that God wrote: He wrote the Ten Commandments on stone tablets (Ex 34:1, Deut 10:2). God also commanded His chosen people to write His words on the doorposts of their own houses (Deut 6:6, 9), on large stones after entering the land

of Canaan (Deut 27:1-4, 8), and on the tablet of their hearts (Prov 3:3, 7:3). He wanted Israel to remember His words so that they would guide them in their faith journey. God even told Israel how they should write:

“And you shall write very plainly on the stones all the words of this law.” (Deut 27:8)

God wanted His people to write down the commandments “very plainly”, i.e., in a clear and simple manner, so that everyone could understand them.

In Psalm 19, David writes that “The heavens declare the glory of God, and the expanse proclaims the work of his hands. Day after day they pour out speech; night after night they communicate knowledge” (vs. 1) The 18th century Christian poet, William Blake, wrote about learning “To see a world in a grain of sand/and a heaven in a wildflower.” In many ways, he's echoing David's call to give attention to the heavens and all that they declare about God.

Nature is both an enormous source of inspiration and a teacher that outlines God's character and how he has structured the world. This is why Job 12:7-9 says, “Ask the beasts, and they will teach you; the birds of the heavens, and they will tell you; or the bushes of the earth, and they will teach you; and the fish of the sea will declare to you. Who among all these does not know that the hand of the LORD has done this?”

These examples show that God places great emphasis on writing and nature because through writing and being in nature more people can learn and believe and be encouraged in their faith. And writing about any subject—including nature, arts, science and myriads of other topics can allow us to understand, enjoy, and experience God's wonderful creations.

I will finish with Rabbi Nachman of Bratslav's Prayer for Nature:

Grant me the ability to be alone; may it be my custom to go outdoors each day among the trees and grass—among all growing things and there may I be alone, and enter into prayer, to talk with the One to whom I belong. May I express there everything in my heart, and may all the foliage of the field—all grasses, trees, and plants—awake at my coming, to send the powers of their life into the words of my prayer so that my prayer and speech are made whole through the life and spirit of all growing things, which are made as one by their transcendent Source. May I then pour out the words of my heart before your Presence like water, O Lord, and lift up my hands to You in worship, on my behalf, and that of my children!



Get out and enjoy The Great Florida Outdoors!

References

<https://indianexpress.com/article/lifestyle/life-style/stardust-makes-up-97-per-cent-of-our-bodies-4466944/>

Ninety-seven percent of the human body consists of stardust, claim scientists who have measured the distribution of essential elements of life in over 150,000 stars in the Milky Way galaxy. The six most common elements of life on Earth—including more than 97 percent of the mass of a human body—are carbon, hydrogen, nitrogen, oxygen, sulphur, and phosphorus. It is an undeniable fact that most of the essential elements of life are made in stars.

Writing for God

<https://tjc.org/elib-single-item-display/?type=pub&langid=1&parentid=25893&itemid=25889>

DH Andrews' comments on Muir

<https://wellwateredwomen.com/nature-the-bible-and-knowing-god/>



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Healing Begins with Jesus and Help from the Counselors at Boundless Hope

By Karen McBride

Jolene Lantz, Licensed Mental Health Counselor, has been working in the mental health industry and in ministry since 1999. She wanted to help people to recover from past emotional trauma through counseling and the healing power of Jesus Christ. She moved from solo practice to a group practice in 2019, and Boundless Hope was formed.

The name Boundless Hope came from Romans 15:13: “May the God of hope fill you will all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

“I think what makes us special is we are clinically trained and are steeped in the Word. We have a diverse staff in so many ways - single, married, young children, no children, grandchildren. Ethnically diverse. We worship among a variety of denominations, obviously very united in salvation theology,” said Jolene.

The team has grown tremendously over the last few years. The goal has always been to diversify the dedicated team of professionals to serve the community with excellence. They truly work together as a team, spending a great deal of time each week in supervision, collaboration, and learning from one another.

Boundless Hope counselors treat patients as young as preschool all through to geriatric. Individuals, couples, family, and group counseling is available.

The counselors will use a variety of therapies to help their patients through the healing process. One such therapy is EMDR. EMDR stands for:

- Eye Movement- moving your eyes while you focus on an upsetting thought or memory. This engages both sides of your brain.
- Desensitization-Memories can continue to stimulate strong emotional responses and counseling seeks to reduce a person's emotional responsiveness to them.

• Reprocessing-“God made our brains with the ability to process positive and negative emotional experiences in a way that leads to our growth, not destruction. Under certain circumstances, this natural processing is interrupted, malfunctions, or our systems are overwhelmed.” EMDR helps a person to reprocess past memories and redirect future behavior.

“One of the classic grounding or preparatory skills in EMDR is the container. The client, in an imaginary exercise, builds a container that holds any and all disturbances that have occurred in their life. Bi-lateral stimulation along with the facilitation of this exercise allows the client's brain to help the client feel the relief that comes from containing their distressing feelings, uncomfortable physical sensations, and unwanted thoughts,” said Jolene.

God is really working in amazing ways at Boundless Hope! For more information, call 813.219.8844 or visit <https://www.boundlesshope.net>. They offer therapy in English, Spanish and American Sign Language (ASL).



Love Your Neighbor As Yourself

Samantha Taylor, Samantha Taylor Fitness

When Jesus said in Mark 12:31, "You shall love your neighbor as yourself. There is no other commandment greater than these." What does that mean and why did He say that? I think one reason He said it is because He knew that in order to truly care for others, we need to have a love and care for ourselves. Because how are you going to really be able to do that at the fullest capacity for others if you don't know how to love yourself?

Some believers have a hard time with this because they think that taking care of themselves and their life is selfish, but Jesus commanded us to do it. It wasn't just a suggestion, it was actually a commandment and He said, it's greater than any other commandment (along with the other commandment He referred to before that one, which was to love God with all your soul, mind, and strength).

So taking care of your health, your fitness, and your mental wellness is not selfish... when it's in balance and not an obsession. It's actually honoring God and following what God says. He even says that "If you love Me, you'll keep My commandments." John 14:13-15. When we take care of our health, this honors and respects the body that God gave us as a gift, that He gave us to take care of as His temple.

And it's actually showing care and concern for others when we take care of our health. When you think about it, it's actually more selfish to not take care of our health because if we are not healthy, we aren't at our best for our family or even our career. It's the things we do have control over that I am referring to, for I understand not all things with our health are under our control. When we aren't healthy, we are tired, not as happy, and tend to have more medical issues which can cause more stress and loss of quality of life. Life is just more difficult for us and sometimes our family too. I believe that God specifically put that commandment in the Bible so that we would realize the importance of taking care of ourselves in this life as well as loving our neighbors.

It's not selfish. It's not ungodly. I think that Jesus said that commandment to remind us because He was very adamant about our body being His temple. If you would like to see a message that I gave at a church on that subject, go to www.samanthataaylor.com/temple

It's a good idea to take an inventory on how well we are doing with the gifts that God has given us. Since you are the CEO of your body, how are you doing taking care of what God gave you? This is not about condemnation or guilt; it's about taking an honest look at our lives and seeing where we need to improve. The consequences are so negatively impactful when we don't take care of our body but the beautiful part as a believer is that you have access to the power of God that can help you succeed in this area.

The new program I am working on is a program called “Faith-Filled Weight Loss”. It’s all about how to activate your spirit, mind, and body in your weight loss experience so that you can have victory and enjoy the process. And as you lose the weight, you grow stronger in your faith. If you’d like to be one of the five people that I’m working with directly online for the new year, go here to set up a free Transformation Call with me at www.samanthataylor.com/nextstep

So for Valentine's Day, think about the people you care about and love but don't forget about you too. You are the only person you're going to be with until the day you die, so taking care of you is very important, Jesus even said so himself. God put you here with a purpose and a destiny and taking care of your body, helps you be stronger, healthier and happier to fulfill that plan. That not only affects your life but the people around you too. Happy Valentine's Day!

www.SamanthaTaylorFitness.com

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Start 2023 Off Right by Maintaining Your Child's Good Health

By Karen McBride

As we begin a new year, start it off the right way by maintaining the health of your child. Dr. Michele Johnson-Towson and her staff at Pediatric Place of Tampa are dedicated to keeping patients both healthy and educated on changes in children's health care. They take the time to answer any questions parents may have. They treat your child's overall health, including immunizations, allergies, asthma, and ADHD (Attention-Deficit/ Hyperactivity Disorder).

It is important to schedule your child's appointment to ensure his/her immunizations are up to date. COVID immunizations are now available for ages 6 months and older. Contact Dr. Johnson-Towson, a board-certified pediatrician with over 30 years of experience in caring for children ages newborn to 21 years old, to schedule your child's appointment.

Same-week appointments are available 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
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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.

“This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? Dear children, let us not love only with words but with actions and in truth.”

— 1 John 3:16-18



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Kidz Corner: American Heritage Girls

Hi! I'm Harley, writer of the Kidz Korner newspaper column. American Heritage Girls, an organization I'm a member of, is made up of troops similar to Girl Scouts, but Christian-based. Being ten years old, I'm an Explorer, which includes ages 9-12. Our troop meets every Monday and each age level works on various skills to earn badges at the semi-annual Court of Awards to put on our uniforms.

Besides the Monday night meetings, our troop has many special events, such as camping and cookouts. Also, a multi-troop camp is held every summer in June in Leesburg, Florida, for a whole week of adventure and bliss! At camp, each girl earned four badges they chose, and everyone, ages 6 to 18, earned the Identity badge. My favorite badges earned this year in AHG are Graphic Design and Textile Arts. All the Explorers earned Graphic Design with our leaders, studying elements of design and sketching in our notebooks.

I love the way the badge looks on the Explorers' dark blue vests. The sewn badge depicts a color wheel with a cursor on a light blue background. I earned Textile Arts with a few other girls of various ages at Camp Deep Waters, with a one-hour class every day for six days. We learned to quilt, dyed fabric and did a lot of researching in huge books and listening to the teacher.

One of my favorite parts of the class was collecting plants to use for dye. Another Explorer and I were sent out to find flowers and grass. We collected some grass, but it was dying, so it didn't create a vibrant green. We also found some small yellow flowers, which weren't enough to create an entire dye, and a lot of purplish-pink petals that were used for my piece of white fabric. We had to put petals into a huge glass jar halfway full of water, drop our color in, shake it, and let it settle. Mine created a tie-dye pattern of dark purple with some lighter splotches!

At Camp Deep Waters, there was also a gym where my friends and I would hang out, talk, and make up stories during free time. Sometimes I would buy an ice cream sandwich and a soda from the Snack Shack and sit down. So much happened in that one week. I hope to go next year, and the year after that, and every year!

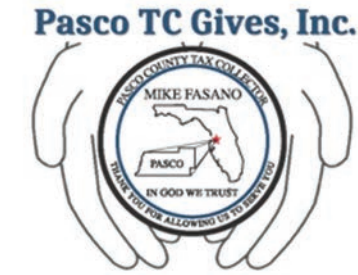
AHG's theme this entire year was Shine, and during devotions on Mondays, we learned about how to shine the light of Jesus and be a light to others. In December, all the girls earned a patch to put on their vests to help us remember the theme and the year. The verse was Matthew 5: 14-16, which reads, "You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, so that they may see your good deeds and glorify your Father in heaven."

For more information on AHG, please visit <https://americanheritagegirls.org> or to find a troop near you, visit <https://americanheritagegirls.org/find-a-troop>. See you next month!

Harley Isabel Smith is a 5th 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 online at <https://harleyisabelsmith.com> where she is constantly adding written and video content to entertain and educate children. **Matthew 19:14 Jesus said, "Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these."**



Pasco Gives



Since the inception of the charitable giving program in 2013, over \$1.26 million dollars has been raised and donated to more than 116 non-profit organizations in our community as well as individuals in crisis situations who need immediate help. The funds are raised through the Charity-of-the Month Program and sales of advertising on in-house screens in each tax collector's office in Pasco County.

"Without the hard work of our staff and a very generous community we would not have been able to support so many fine organizations that dedicate

themselves to helping those in need," comments Tax Collector Mike Fasano. "Our Pasco TC Gives Board of Directors independently reviews every request for donations and approves them based on merit and need of the organization or individual. I am proud of the effort made by our employees who sit on this board and help steer funds to where they are needed most. I am most grateful to the community organizations that see us as an important resource to help them and their membership through times of especial need."

The donations support such diverse programs as CARES Seniors Services, The Humane Society, Support Our Troops, The Volunteer Way, Tax Collector Mike Fasano's Annual Holiday Food Giveaway which has fed, on average 700 families each holiday season for the past 28 years, the Florida Breast Cancer Foundation, Special Olympics of Pasco, the Pasco Sheriff's K-9 Foundation and over 100 other charitable organizations. Pasco TC Gives has also responded to crisis situations to help Hurricane Ian Victims, Hurricane Irma Relief Efforts and by providing support to the families of the United States Coast Guard. In addition, many one-time donations have been made to non-profits throughout Pasco County.

For more information about Pasco TC Gives, the organizations it supports and the charitable giving program in general, please contact Assistant Tax Collector & Board Chairman Greg Giordano at (727) 847-8179.

Tampa Bay Dance Club

February 2023 Schedule

- 2/02 Board Meeting
- 2/03 Jorge Perez
- 2/10 Mike Unwin
- 2/17 John Ricky
- 2/24 Jorge Perez

- Groundhog Day 2/02
- First Timers Free Night – Super!
- Valentine's Day Celebration
- DJ & Singer, Latin Flavor

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is a way of life.*

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

Is Your Insurance Up To Date?

By Karen McBride

A new year brings excitement for future possibilities and adventures. It can also bring challenges and surprises. Don't let one of those surprises be finding out your insurance coverage is inadequate or learning that your carrier has decided to no longer cover homeowners in the state of Florida. Requirements change each year, and you want to ensure you are covered in all areas.

Don't wait until an accident or other emergency happens to find out that you have inadequate insurance coverage. Take the time now to meet with Ernest Walker or any member of his team at the Ernest Walker State Farm Insurance Agency, to find the right insurance and coverage to meet your needs and maximize your insurance premium spend.

Ernest Walker and his team at the agency can provide you the data you need to make an informed decision. He has been in the insurance industry for over 20 years and is ready and prepared to help you. His mission is to help neighbors manage the risk of everyday life, recover from the unexpected, and realize their dreams.

His team of licensed professionals provide services including Auto, Home, Condo, Renters Life & Health insurance. In addition to providing services to homeowners, Ernest Walker Insurance Agency provides liability insurance to small business owners as a way further support the community.

"Many people like the personal touch of meeting face to face when creating a Personal Price Plan for their household. You can put a face to a name and know that we are here to help you with all your needs. We want to help you to see around corners," said Ernest.

As an active member of our community, member of NAIFA, 17 Time Ambassador Travel Qualifier, Senior Vice President's Club Qualifier; North Tampa Bay Chamber of Commerce, and the Kingdom Business Alliance, a Christian business networking organization, he firmly believes in helping local businesses, citizens, and students to succeed.

The office is conveniently located at 5111 Ehrlich Rd, Suite 120 Tampa, FL 33624-2075 directly across the street from the Ben Hill Middle School. For information, call 813-968-4043 or visit the website at <https://www.ernestwalkerinsurance.com>. The office hours are Mon-Fri 9:00am to 5:00pm and appointments are welcome anytime to meet your needs.



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Who Is Guiding Your Emotions: Your Brain or Your Heart?

When I mention heart health, what do you picture? Is it a hollow muscular organ that pumps the blood by rhythmic contraction and dilation? Or a red heart emoji? Or do you think of the feelings of love, compassion, appreciation, and connection?

There's a saying that the heart is "the focus of physical and spiritual being, and it represents the central wisdom of feeling as opposed to the head-wisdom of reason." That said, psychologists used to believe that the brain also controlled our emotions as well as intellect.

But don't think this means that the heart takes a back seat to the brain's knowledge, or in its connection to how we feel. The function of the heart is much more than just a physical organ pumping blood through the body.

For starters, there is a documented emotional connection with the heart. Researchers have concluded that our emotional experience is actually created by the heart and brain working together. According to researchers:

- Negative emotions affect the nervous system and over time affect the rhythm of the heart
- Positive emotions create balance in the nervous system and enhance our perception of the world around us
- Our lives are governed by the emotional and intuitive signals sent by our heart
- The heart is not only in constant contact with the brain, but it has its own intrinsic brain
- The emotional "feeling" brain develops before the rational "thinking" brain
- The "heart brain" is composed of about 40,000 neurons which means the heart has its own nervous system
- The heart sends more signals to the brain than vice-versa
- The heart is a key modulator of pain

Reflexology works through the nervous system as there are over 7000 nerve endings in each foot. During a reflexology session, both the heart and brain reflexes are worked, which may help to balance these organs and their connection. As the body relaxes during the session, pain can be reduced, and emotions can be in balance.

Keep in mind, reflexology sessions can be a thoughtful gift to your loved ones on Valentine's Day. Gift cards are available. By the way, February bookings are filling up, so call or text today!

Wishing you many blessings of good health!

Louise Richardson, Certified Reflexologist and Reiki Master



Louise M. Richardson
Certified Reflexologist & Reiki Master

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Gospel Music Legend Bill Gaither Brings The Brighter The Light Tour To Lakeland

Multi-Grammy Award winning recording artist Bill Gaither will present the Brighter The Light Tour to 20 cities during the Spring of 2023 as he brings his multi-award winning group, The Gaither Vocal Band, to a dozen states during February, March, April, and May. One of those stops will take place Thursday, February 9 at the Lakes Church in Lakeland, FL.

Taking the stage with Gaither and the Gaither Vocal Band, featuring Wes Hampton, Adam Crabb, Todd Suttles, and Reggie Smith, will be popular female vocalist Ladye Love Smith and talented male vocalist Gene McDonald as well as Gaither's musical entourage, comprised of Kevin Williams, Matthew Holt, and Michael Rowsey.

Tickets for the 2023 Brighter The Light Tour stop in Lakeland at the Lakes Church, located at 1010 E Memorial Blvd., are on sale now. To purchase tickets or obtain additional details, visit www.gaither.com.

Volunteer Opportunity

Florida's Long-Term Care Ombudsman Program needs volunteers to join its corps of dedicated advocates who protect the rights of elders who live in nursing homes, assisted living facilities and adult family care homes. The program's local councils are seeking additional volunteers to identify, investigate and resolve residents' concerns. Special training and certification is provided.

All interested individuals who care about protecting the health, safety, welfare and rights of long-term care facility residents—who often have no one else to advocate for them—are encouraged to call toll-free 1-888-831-0404 or visit the program's website at <http://ombudsman.myflorida.com>.

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"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes always preserves. Love never fails."
— 1 Corinthians 13:4-8

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Concert dates and times
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Pasco Tax Collector’s Office Will Spotlight Special Olympics of Pasco in February



Special Olympics of Pasco will be the featured charitable giving organization at the Pasco County Tax Collector’s office in February. Special Olympics of Pasco is a sports and training program for people with intellectual disabilities. In Pasco, 1500 students participate in Special Olympics. Training in almost two dozen different sports is provided free of charge to participants.

Funds raised last year helped the Pasco team attend the 2022 National Special Olympics USA Games in Orlando. The Pasco County flag football team, the Dolphins, won gold. All funds raised during this charitable giving effort will support the improvement of athletic programs for participants and will help offset costs of trips to Special Olympics games.

“Fundraisers like Pasco Tax Collector Mike Fasano’s are essential for equipment and uniforms along with training for volunteer coaches who create joy on the court and fields,” remarks Amy Selvey, Pasco Special Olympics Director. “We will be able to send athletes to county, area, and summer games over the next 3 months and with those experiences, our athletes will grow personally. We appreciate every donation, but we also appreciate the exposure to our Pasco programs. We don’t want athletes to miss out, so public awareness is how we reach them all. We are grateful for the partnership with Tax Collector Mike Fasano.”

“Special Olympics of Pasco has long held a special place in my heart,” states Tax Collector Mike Fasano. “I’m proud that our staff and our community supports this organization that helps bring purpose to so many lives. The athletes and the volunteers who work with them are some of the kindest, most positive people I have ever met. So many of the athletes have intellectual challenges that make life difficult.”

For more details regarding the charitable giving program, or services provided by the Pasco County Tax Collector’s Office, please contact Greg Giordano, Assistant Tax Collector at 727-847-8179 or visit www.pascotaxes.com. For more information about Special Olympics of Pasco please contact Amy Selvey, Pasco Special Olympics Director at 727-492-8413 or visit www.specialolympicsflorida.org/westcoast



Fly your flag President’s Day February 20

I heard about this 85 year old man. He was out fishing one morning and he heard a voice saying, “Pick me up.” He looked all around and didn’t see anybody. He thought he was dreaming, then he heard it again. “Pick me up.” He looked down and saw a frog. He said in amazement, “Are you talking to me?” The frog said, “Yes. Pick me up and kiss me, and I’ll turn into a beautiful bride.” The man quickly picked him up and put him in his front pocket. The frog said, “Wait a minute, I said kiss me and I’ll turn into a beautiful bride.”

The man said, “No thanks, at my age I’d rather have a talking frog.”

Say it like you mean it. Joel Osteen

The First Valentine

You may not be aware that Valentine’s Day was originally a religious holiday. Pope Gelasius 1 established the holiday in 500 AD to commemorate the death of one or more early Christian martyrs named Valentine.

The first recorded association of Valentine’s Day with romantic love was by Chaucer in 1382. Not until the mid-19th century were valentine cards mass-produced and sent to commemorate the love we feel for people who are special in our lives.

But none of these mark the first valentine offered. John 3:16 notes God so loved the world that he gave his Son to it and for it. The first valentine came in the form of the life of Jesus Christ.

Most of us can recognize the cross, with Jesus’ suffering, death and resurrection as God’s gift of love to us. It is the most powerful symbol we have to remind us how much he cares for us and desires to be in relationship with us.

We also need to realize that the life Jesus lived is also part of God’s valentine to us. Jesus said he had no place to lay his head. So he can identify with and love the homeless. He often went without food and other necessities. So he can identify with and love the poor. He worked as a carpenter for most of his life. So he can identify with and love the working class.

He spent his time with those who were looked down upon by others. So he can identify and love those outside of the “in crowd.” He was tempted by wrong, so he can identify with and love those struggling to get their lives “right.”

He suffered the ordinary trials and tribulations of life, so he can identify with and love those going through them today. He suffered abuse, so he can identify with and love those abused by loved ones, strangers and even our culture.

His life is the greatest valentine you will ever receive. His suffering and death are the greatest symbols of love that exist. I pray you will take the time to meditate upon this wonderful act of love and experience His love afresh in your heart. Happy Valentines!

Previously submitted by a follower of Jesus

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Imagine a tree in your backyard that will meet most of your nutritional needs, purify your water, and take care of you medicinally!

John Hopkins School of Medicine has reported on the positive medical evidence for the Moringa’s nutritional, therapeutic, and prophylactic properties. **The report stated in part “the nutritional properties of Moringa are now so well known that there seems to be little doubt of the substantial health benefit to be realized by consumption of Moringa leaf powder in situations where starvation is imminent.”**

When taken as a supplement, Moringa is a powerhouse of nutrients (90), antioxidants (46), and vitamins. It has been used in Asia for centuries and is now available locally in health food stores and through private distributors. Like most supplements, Moringa is not approved by the FDA, and anyone adding it to their diet should check with their own private doctor.

While the American diet is generally plentiful, poor nutrition is common. Many of our foods are processed until little nutritional value remains. Moringa is gluten and GMO free as well as organically and vegan certified and is available in powder and capsules as well as tea.

Each serving is packed with calcium, iron, potassium, fiber, and protein so anyone adding it to their diet should evaluate any other supplements they are taking so as not to consume excessive amounts of vitamins and minerals.

Inflammation plays a key role in the development and manifestation of the symptoms of most of the arthritis types such as rheumatoid arthritis, osteoarthritis, etc. The inflammatory conditions are brought about by various risk factors for the disease such as physical inactivity, old age, obesity, and others.

The leaf extract of moringa has been found to markedly suppress the pro-inflammatory molecules such as TNF-α, interleukins (IL-10, IL-1β), cyclooxygenase-2, prostaglandin-2, etc. and the inflammatory pathway, NF-kappa B.

The risk of heart disease is prevalent in many types of arthritis, especially in the ones where inflammation has a crucial role in the disease development.

The inflammation promotes the process of atherosclerosis (deposition of plaque in the arteries) and harms the endothelium (inner lining of the blood vessels), which eventually impedes the cardiovascular function.

It further increases the risk of heart diseases such as hypertension, strokes, heart attack, etc. <https://www.getgreen.com>

It’s absolutely possible to eat too much of any vitamin or minerals. That’s the reason we have Tolerable Upper Intake Levels; to tell us how much calcium, vitamin A, and potassium is too much. But luckily for us, “too much moringa” is a large amount; far more than we typically eat.

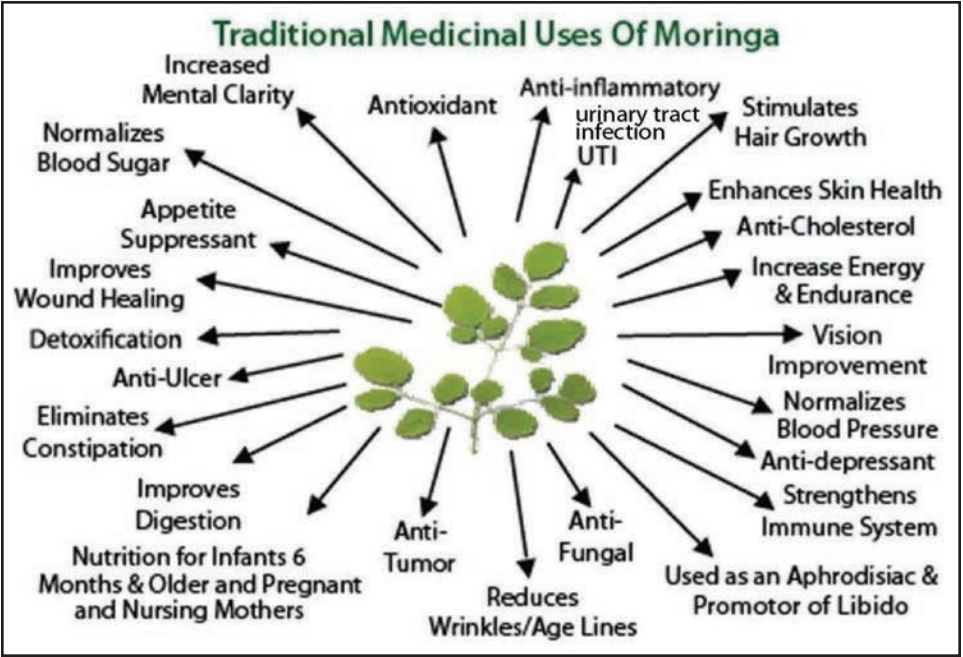
Moringa encourages the removal of toxins through its support of liver and kidney function. When used environmentally, even the moringa seeds do an amazing job of removing contaminants from water.

Research shows that taking moringa powder every day, even 50 mg/kg of body weight, successfully reduces oxidative stress in the body—that’s the equivalent of approximately 1.5 teaspoons for someone weighing 150 pounds on the other end of the spectrum.

Animal studies using Moringa oleifera extract revealed tumor growth and increased life span at a dosage of 500 mg/kg of body weight. Taking 1 tablespoon of moringa powder is the equivalent of eating 1 cup of leafy greens, but if a person is new to increasing their greens, the body needs time to adjust, and every individual has unique body chemistry. It’s best to start slow by taking 1 teaspoon if adding to a personal smoothie or single-serving meal, or use 1 tablespoon for a family dish.

Moringa has strong effects that improve blood sugar control and reduce lipids in diabetic patients, so it can be used for prevention as well as management of blood sugar disorders. In a study using Moringa oleifera, Murraya koeingii and Curcuma longa (Ratio 6:3:1), obese patients on the herbal formula showed a 17% reduction in serum glucose, 16.43% reduction in triglycerides and 12.6% improvement in LDL/HDL ratios. Whatever amount you decide is right for you, the best results are achieved by using moringa regularly.

Submitted by Dunndean Gazettes (813) 949-4411





Plans for 2023?

Dr. Dianne Coffin • Co-pastor, River of Life Church

I was reading in **Proverbs 19:21 AMP**. “**Many plans are in a man’s mind, but it is the Lord’s purpose for Him that will stand (will be carried out).**” I know how a new year at times brings on new outlooks and fresh beginnings. So often we take on this idea that we will put the previous year behind us and start a new chapter in our lives.

Typically, this is how it goes—one gets all these new ideas about how to succeed where failure has happened in the past. Some may write down new resolutions and be filled with passion to begin, but then along comes February and desires have waned and so the cycle begins, until the next year. Has anyone done that? I know in times past I have been guilty as charged.

In **Proverbs 19:2-3 AMP**, it says, “**Desire without knowledge is not good, and to be over-hasty is to sin and miss the mark. The foolishness of man subverts his way (ruins his affairs); then his heart is resentful and frets against the Lord.**”

All these verses present a theme that we can have many ideas (plans) that come to our minds. We may even attempt to pursue those plans or resolutions. Unfortunately, however, without gathering the necessary knowledge we need to obtain about that pursuit, and impatiently rushing in to fulfil it, we risk failure and anger!

What has always surprised me about verse 3 is who gets blamed for the foolishness of this man subverting his own plan? The Lord!! Clearly the foolish man ruined his own plans by not taking time to get informed about his endeavors, counting the cost and being advised from the Lord.

I love what **Proverbs 24:3 AMP** says, “**Through wisdom a house, a life, a home is built and by understanding it is established on a good foundation!**” The Living Bible’s translation says it this way: “**Any enterprise is built by wise planning, becomes strong though common sense, and profits wonderfully by keeping abreast of the facts.**”

You may ask yourself, “What is it I keep doing that keeps me in a rut and thus failing, whether it be with resolutions, new endeavors, or relationships or lifestyle changes?” Maybe the problem is not taking time to plan properly, maybe the need is to acknowledge the Lord first.

Proverbs 3:6 AMP says, “**In all your ways know, recognize, and acknowledge the Lord and He will direct and make straight and plain your paths.**” In addition, **Proverbs 16:3 AMP** says, “**Roll your works upon the Lord (commit and trust them wholly to Him, and He will cause your thoughts to become agreeable to His will) and so shall your plans be established and succeed.**”

I am always so grateful the Lord wants to be part of making my life successful and is so ready to impart His will and His way to me when I ask. Acknowledge Him and He will direct your thoughts. Then begin to trust those thoughts and take a step of faith.

Maybe the problem is being hasty or impatient, as was suggested in **Proverbs 19:2-3**. Have you ever thought that being impatient is the antithesis of the right way to do things? You might say, “What if that were so? I don’t know how to change.”

In the book of James chapter 1, we are told that whatever we are going through, (a trial, a new plan, idea, or pursuit) that we are to allow patience to have its perfect or complete work so in the end we are in want of nothing. Apparently, patience is quite the necessary virtue for anything to be successful.

In the next verse it tells us if we are deficient in wisdom, and I might add, in how to be patient, ask God who will give us that wisdom liberally and not chide us in His response. That’s how much He wants to help us succeed!! How awesome is that? It is all there for the asking!

Finally, don’t give up. **Luke 18:1** says, “**We ought always to pray and not faint.**” First, this implies that in the end, we always need God’s help, that is, His strength to fulfill those plans. Secondly, without remaining dependent on the Lord we could faint, implying we lose courage, give up, ending in a failure to obtain that pursuit. So, I encourage you to begin afresh, receive the wisdom and strength to pursue that plan again.

In **Jeremiah 29:11 NLT/AMP** it says “**For I know the thoughts and plans that I have for you, says the Lord. They are plans for good and peace, not for disaster, to give you a future and a hope!**” Food for thought!!

Dr. Dianne Coffin Co-Pastor River of Life Church

410 East Chapman Rd. Lutz, Florida 33549

Service Times: 10:30am Sunday morning and Wednesday night 7:00pm. Childcare provided. We are also online at www.roltampa.org to watch live!! Hope to see you soon!

Hope: The Anchor of the Soul

Continued from Page 1

An anchor was a popular image in the ancient Mediterranean world. Because that economy depended on shipping, the anchor came to symbolize safety and steadiness. The writer of Hebrews used the word to remind believers that God has given a hope that holds firm in any storm. Hope is a healthy attitude. Anticipating good brings comfort to the mind and heart. In contrast, a state of hopelessness is a terrible condition in which to find oneself. It’s overwhelming and depressing to think that what you’re facing cannot be changed or resolved. For the person who has lost all hope, life looks like a long, dark tunnel going nowhere.

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

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

“**God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged. We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever in the order of Melchizedek.**”

In Touch Ministries, Jan. 30, 2017

Daily Readings for Devoted Living • Intouch.org

One More Valentine

I grew up reading Charlie Brown in the Sunday comics. Valentine’s Day was not Charlie Brown’s favorite holiday. Each year, he would eagerly look in his mailbox, but he never received a valentine card. One year he did, but Lucy convinced him it was a mistake.

Each year, we give family, friends and loved ones little treats and special valentine cards. We also remember those who are kind or have done something special.

Then, there are those people we purposely chose not to remember, and there are those who don’t even come to mind. In each of our lives, there are “Charlie Browns” who will not receive any token of love or attention.

Jesus was asked what the greatest commandment was. He answered, “You must love the Lord your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment.” But he didn’t stop there. He continued, “A second is equally important: Love your neighbor as yourself.”

Did you catch the “**equally important**” part? It is important that our love for God flows over into our love for others. Notice that he said we are to love others “**as**” ourselves, not “**for**” ourselves. When we love those who love us, are kind to us, or have done something special for us, we love them “**for**” ourselves.

Jesus said to the Pharisees, “If you only love those who love you, why should you get credit for that?”

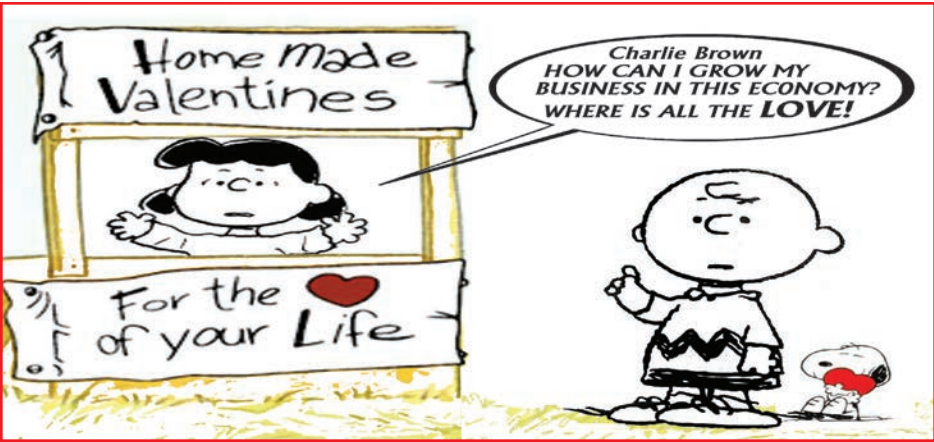
It was a rhetorical question. He knew the answer was “You don’t.” He continued, “Love your enemies! Do good to them. Lend to them without expecting to be repaid. Then your reward from heaven will be very great, and you will truly be acting as children of the Most High.”

This year, perhaps you can find it in your heart to buy one more valentine. Ask God to bring someone to your mind who probably will not receive one or who might need to receive one from you. Who knows, your card might just be the one they’ve been looking for.

After all, we once received a valentine from God. It was in the shape of a cross. On it, He declared His love for you and me.

He did this even though we weren’t thinking of Him. Maybe it’s time to love someone else the way we were loved. Unconditionally.

Previously submitted by a follower of Jesus



Enter to Win!

Find the verses in the paper!

Bay Area Renaissance Festival (see page 9)

Florida Strawberry Festival (see page 6)

1. And now these three remain: _____

2. This is how we know what love is: _____

3. Love is patient, love is kind. _____

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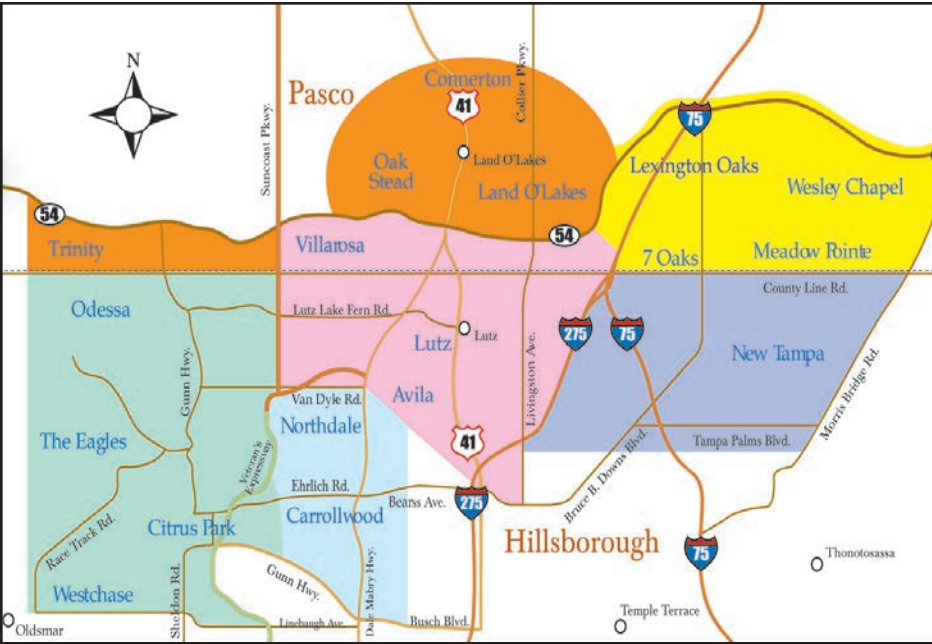
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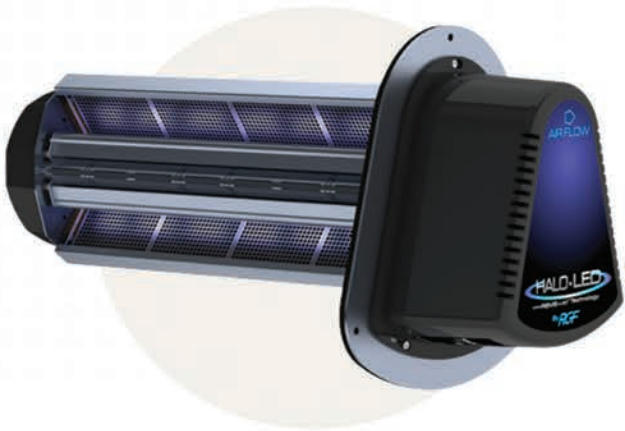


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