



## 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.



## ARE YOU DRIFTING?

Have you ever felt you were drifting in life? Maybe you are not sure of your direction not confident in your decision making. Possibly you thought life was heading one way and then you suddenly find yourself caught in a mirage of circumstances that has placed you "adrift" not even from your own decision making but from others! It's easy to fall victim to such a plight and feel helpless to get back on course, especially when drifting in your circumstances you feel you've lost control. Many are feeling this way in our nation, and personally in their lives. Our nation has been turned upside down by a pandemic that suddenly arrived and unfortunately caused havoc in people's lives, jobs, families, and health. We are faced with having to trust officials, who at times, were very unsure

of their footing and how to direct a resolution of plans to keep our country moving forward. The apostle Paul in Acts 27 faced a very similar set of circumstances. Maybe it wasn't a pandemic, but an extraordinary set of circumstances that left him and two hundred and seventy six men in great peril. He was aboard a ship that was adrift at sea as a violent storm had driven them off course and the wind and sea were dangerously tossing them about. There was no visible sign of the sun or stars for many, many days as the storm kept raging, and eventually they lost all hope of being saved. They had no control over their outcome, remaining in continual suspense and their drifting at sea was leading them to further destruction.

*Continued on Page 8*

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## Being there is why I'm here.

See article on Page 7

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## What Is Truth?

In the Garden of Gethsemane, hours before His arrest, Jesus prayed for the disciples: "Sanctify them in the truth; Your word is truth." John 17:17

A little later, when questioned by Pilate, Jesus replied that He'd come into the world to testify to the truth. This prompted Pilate's philosophical question that people today still ask: "What is truth?" John 18:37-38 says, "You are a king, then?" said Pilate. Jesus answered, "You are right in saying I am a king. In fact, for this reason I was born, and for this I came into the world, to testify to the truth. Everyone on the side of truth listens to me." "What is truth?" Pilate asked. With this he went out again to the Jews and said, "I find no basis for a charge against him."

The meaning of the word corresponds to what actually is, not what we feel or wish were true. We may avoid truth—or water it down or cover it up—because it can be uncomfortable to expose weakness or bring wrongdoing into the light.

Truth is so important it's mentioned almost 200 times in Scripture. In fact, in chapters 17 & 18 of John, which describe Jesus' last hours before the crucifixion, the word is mentioned six times. Here's why it matters so much: When truth loses its supreme position in our life, everything begins to crumble.

*Continued on Page 7*

# pdLIFE Non-Profit Encouraging People with Parkinson's to Become PD Fighting Warriors!

By Karen McBride



Parkinson's Disease is a degenerative progressive brain disorder associated with the loss of dopamine producing nerve cells (neurons) deep inside the brain. There is NO cure for Parkinson's. You will not die from the disease, however, you can die with complications associated with Parkinson's. Alarming statistics show that every six minutes another person is diagnosed with Parkinson's Disease. The disease starts with motor symptoms of slight tremors, stiffness or slowing

of movement and poor balance and coordination. Over time, the non-motor symptoms become more devastating and challenging for people with Parkinson's such as difficulties with blood pressure and mood changes.

"Parkinson's is no longer an elderly person's disease. It's a disease that impacts people of all ages. Michael J. Fox was diagnosed at age 29," said Valerie Herrero, Board Member of pdLIFE, a non-profit 501-3C organization that serves, supports, and helps unify the Parkinson's community in the Greater Tampa Bay area.

Valerie first became involved as an advocate in the fight against the Parkinson's Disease progression when her 52-year old late husband was diagnosed and heard those infamous 3 words "You have Parkinson's".

Meredith DeFranco, PT, DPT is the Founder/ and the CEO of pdLIFE. As a Doctor of Physical Therapy, Meredith sees patients with Parkinson's Disease at Potentia Therapeutics in South Tampa. She is PWR! Certified and has participated in the National Parkinson's Foundation Allied Team Training, Movement Disorder Society meetings, the World Parkinson Congress, and participated on the UF deep brain stimulation board to assist with the process of screening potential surgical candidates. Over the last two years, Meredith has co-hosted the Parkinson's Foundation Tampa Bay Moving Day Walk to raise money for Parkinson's Foundation.

pdLIFE offers seven free weekly exercise classes and many social events for the Parkinson's community. The pdLIFE mission is to improve the lives of people with Parkinson's and their CarePartners/Givers through Lifestyles, Information, Fitness and Empowerment (LIFE). At this time, there is no cure for Parkinson's but there is HOPE, exercises, procedures and drugs to manage the disease with. To name a few advancements: Deep Brain Stimulation (DBS Brain Pacemaker), Duopa Levodopa Pump, Inbrija oral levodopa inhalers, and express release levodopa carbidopa medication that can be incorporated into daily routines to treat the Parkinson's symptoms.

Scientific trials have proven that exercise improves mobility and helps fight apathy and depression. The more intense the exercise, the better for connecting the body and brain again. However, before starting any new exercise program, always check with your doctors for approval.

pdLIFE is currently holding exercise classes at three gym locations:

**Barksdale Senior Adult Community Center**, 1801 N Lincoln Ave, Tampa, FL 33606

Mondays @ 11:00am Conditioning, Wednesdays @ 10:00am Intervals/HIIT

PD Warrior - High Intensity Class (Pre-Assessment Required)

**Tampa Movement Lab**, 1335 W. Gray Street, Tampa, FL 33606

Tuesdays, Wednesdays & Thursdays @ 11am, Saturdays @ 10:00am

**PD for All**, Omar K Lightfoot Senior Recreation Center

10901 N 56th Street, Temple Terrace, FL 33617, Tuesdays @ 11:15am

Please see [www.parkinsonlife.org](http://www.parkinsonlife.org) for other exercise class resources in the greater Tampa Bay Area.

Group Lunches are Held the First Monday of Each Month

After a fun-filled energetic exercise workout, the group goes for a social lunch. It's important for people with Parkinson's and their CarePartner/Giver to have supportive friends who understand the many challenges of the disease.

"When first diagnosed, people may be in denial. They may hide their diagnosis from family friends and employers, but they need to become PD fighting warriors with exercise! Socializing helps by talking and sharing stories the many lifestyle changes to support each other and know we are all in this fighting Parkinson's battle," said Valerie.

pdLIFE is a friend, a family that you can call upon when health situations arise. People with Parkinson's experience good and bad days and pdLIFE is here to help support you through your journey. Through the support groups, people learn the importance of maintaining a sense of life normalcy such as: having date nights, going out with friends for dinner, game nights, movie days, travel, etc. You can still have a very fulfilling life by adapting to the new daily challenges. Some people with Parkinson's have even had awakened new extra-curricular activities such as art, painting and writing books.

**Parkinson's Disease Support Group are Held the Second Wednesday of Each Month**

The next meeting is October 11, 2023, from 11-12 at the Barksdale Senior Adult Community Center. There are two groups: Group 1: Parkinson's support group for CarePartners/Givers Group 2: People with Parkinson's support group.

**Monthly Educational Lunch and Learn Meetings are Held on Fourth Monday of Each Month**

Knowledge is powerful and the more that is learned and shared about Parkinson's Disease the better the lives can be. Some of our past professional educational meetings guest speakers have been Pharmaceutical Reps, Occupational Therapist, Doctors, Audiology Hearing Specialist, Speech Therapist, Elders Law Attorney who share the many topics of interest People with Parkinson's encounter.

**3rd Annual pdLIFE MacFarlane Park Exercise Obstacle Course Challenge**

The Annual pdLIFE MacFarlane Park Exercise Obstacle Course Challenge event is scheduled for Saturday, October 7, 2023, for the Greater Tampa Bay Parkinson's Family Community. The course is designed to test the strength, stamina, and mind while meeting and socializing with their fellow PD Warriors and families. The event is from 9:30 am-1pm at MacFarlane Park, 1700 N MacDill Ave, Pavilion 401-402, Tampa, FL 33607 Family and friends are welcome and invited to come support our PD Challengers! A potluck lunch is planned after the course challenge.

For more information on how to get involved in this organization, please visit:

Website: <https://parkinsonlife.org> or Facebook @

pdLIFE and Instagram: @pdlife\_inthebay

or Email: [parkinsonlifecorporation@gmail.com](mailto:parkinsonlifecorporation@gmail.com)



## Vendors/Crafters Wanted

Village Presbyterian Church Craft Fair, Saturday, November 4, 2023, 9am-2pm.

Email: [gfeicke1@verizon.net](mailto:gfeicke1@verizon.net)

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## AARP Yard Sale

AARP is a nonprofit interest group focusing on issues affecting those over the age of 50.

It is dedicated to enhancing quality of life for all as we age. There is a local chapter in Land O'Lakes that meets the 4th Friday of the month at Heritage Park at 1000a 5401 Land O' Lakes Blvd. Land O'Lakes FL. Check us out – and the following events: October 27th. A representative from SHINE to discuss updates for Medicare 2024 at 10a: October 28,2023 for a Shredding event 10am-12pm. Also there is a mini-yard sale from 9am-2pm. Do you want to rent an inside table for \$10.00? Contact: [Nancy.coulter52@yahoo.com](mailto:Nancy.coulter52@yahoo.com)

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## The Power of Habits for Automated Success

Samantha Taylor, Health & Fitness Expert

The quality of our life is dependent on the quality of our habits. When most people think of habits, they think of “bad” habits but the beautiful thing is that we can actually build our life full of good habits too! That’s why it’s important to invest some time into understanding what habits are and how to change them.



The powerful thing about a habit is it runs automatically, which means when it’s set up in your life, you don’t have to think about it much. That is why it can be so powerful so you want to make sure you don’t have a bunch of bad habits running your life because that will quickly end you up at a destination of results that you don’t want.

So learning how to set up habits that can help serve you in this life and set you up for success is SO critical. If you change your habits to serve your results, you will change your results. So invest some time in your life and think about what your habits are. Are those habits helping you or harming you? What is it going to COST you in life if you continue doing that “bad” habit?

Your thoughts turn into actions, actions repetitively done turn into habits and our habits determine our results. Did you know that about 95% of people that lose a large amount of weight gain it back? And most women say they have gained and lost the same weight over 5 times!

And honestly, this is my new mission in life is to figure out the ANSWER to this so you can get in the 5% that loses it and keeps it off... and habits have a lot to do with it. Usually, people that maintain their weight compared to people that don’t have different healthy habits set up that basically run their life on autopilot. That is one reason why it seems “easier” for them to lose weight and keep it off.

Analyzing and CHOOSING your habits is how you can use habits to your advantage instead of them being harmful and just wondering what happened to have those bad results. Knowing how to set up habits in your life for automated success is so critical to helping you get the results you want. The Bible actually has scriptures about habits as a path, a way you live your life.

The first place you want to start is to stop and look at your life and ask yourself, “What habits do I have that are actually causing these issues for me?” Here are some examples of habits that contribute to weight gain or food cravings, these habits can set you up for self-sabotage:

- 1) Consistently eating something sweet after a meal.
- 2) Once you start eating a delicious meal, you can’t stop yourself from eating too much, even if you know you have eaten enough.
- 3) You go to a restaurant with good intentions to eat well but when you see the menu, you just get tempted and eat whatever, not thinking about the consequences.
- 4) Not drinking enough water (yes, not doing something can be a habit too).
- 5) Snacking late at night on higher carb foods or sugar before you go to bed.

Each person has different habits so that is why you want to look at your own life and ask yourself which ones they are for you. If you want some help really getting ahold of this, I did an online training and Bible study that you can access for free. People were blown away by the content and said they have never seen it explained like this! If you want access to this private event I did for my online coaching clients, go here, but it will not be up for long so get it soon!

[www.SamanthaTaylor.com/betterhabits](http://www.SamanthaTaylor.com/betterhabits)  
[www.SamanthaTaylor.com](http://www.SamanthaTaylor.com)

## Flu Season Is Right Around the Corner! Protect Your Child’s Health

By Karen McBride

Dr. Michele Johnson-Towson, Pediatric Place of Tampa, is a board-certified pediatrician with 30 years of experience in caring for children ages newborn to 21 years old.

Students headed back to school last month which means, the cold and flu season is not far behind. Kids share germs right along with academics and sports. The doctor is encouraging patients to schedule flu shots starting in September. The flu shot which contains coverage against the influenza A&B strains is available in proper doses for ages 6 months and up. Same-week appointments are available for school physicals at Pediatric Place of Tampa, and the practice accepts all insurances as well as self-pay patients. New patients are always welcome!

Dr. Johnson-Towson and her staff are dedicated to keeping patients both healthy and educated on changes in children’s health care. Pediatric Place of Tampa offers Urgent Care hours to accommodate sick children after work, school, and/or daycare. Urgent Care hours are available Monday – Friday until 7pm and Saturday 8am until noon. Pediatric Place of Tampa is conveniently located at 1338 W. Fletcher Avenue in Tampa. Call today at 813-264-2288 to schedule an appointment for school physicals, checkups, and flu shots.

I heard about this pastor, he was in the lobby after service greeting people. He saw this man that he hadn’t seen in a long time and pulled him over to the side and said, “Sir, you need to join the army of the Lord’s men.” He said, “What are you talking about? I’m in the army of the Lord.” The pastor said, “Well, how come I only see you on Christmas and Easter?” He whispered back, “I’m in the Secret Service.”  
 “Say it like you mean it.” Joel Osteen

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**Proverbs 31:10-11**

*“An excellent wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain.”*

Some of you may know that the day-to-day operations of The Willis Agency are handled by my wife Laura and I. The founder Jim Willis, recently retired much to his wife’s delight. People often ask me if it is difficult to work with my wife as business partners. I always answer the same.

As someone who spent most of his career managing teams, large and small, there was a learning curve. No longer was I the expert on all things as well as the final decision. I was not the one who dictated how the business responsibilities would be divided. I came in and had to learn quickly and catch up to my wife so that I could be complementary to what she was already doing. I had to figure out what she needed from me and fill in where her responsibilities ended, and Jim’s began. I knew that I could not replace Jim but had to prove that I could support her. Jim and Laura had worked together for years and complemented each other perfectly. Now I had to figure out how to do that as well.

This verse in Proverbs teaches us that an excellent wife is to be valued more than jewels and in so doing you will have no “lack of gain”. I embraced this new reality in which my wife is not only my business partner, but I trust that she is more valuable than jewels. I know that if I value her strengths at work, we will be successful in our business dealings. I also know that having the same conviction at home will make us doubly successful at home.

So, when I get that question about how it is to work with my wife, I still answer it the same.

“Our house is so much more successful because of it.”

I hope your house is as fortunate. If it isn’t then ask why not.

Blessings from The Willis Agency

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## Pray for Your Pastor! October is Pastor Appreciation Month

By Karen McBride

October is Pastor Appreciation month. We should consistently pray for our pastors as we are told to do in the Bible. When Apostle Paul was establishing the first Christian churches, he wrote in **1 Timothy 5:17 ESV** - “Let the elders who rule well be considered worthy of double honor, especially those who labor in preaching and teaching.”

Pastor Appreciation Month was started by Focus on the Family, an American Christian organization, in 1994 as a mission to uplift, support, and encourage pastors, missionaries, and religious workers. Now there’s a day within the month of October devoted specifically to our pastors, priests, reverends, ministers, and clergymen. Please spend time on October 8, 2023, and throughout the year praying for your pastors and church leaders.

In 1 Timothy 3:1-2 ESV, we learn that being the spiritual leader of a church comes with high responsibilities: “The saying is trustworthy: If anyone aspires to the office of overseer, he desires a noble task. Therefore, an overseer must be above reproach, the husband of one wife, sober-minded, self-controlled, respectable, hospitable, able to teach.”

With these high expectations come many blessings, but it can also become a burden. When a pastor gets burned out, he becomes ineffective, and the spiritual well-being of his congregation can suffer. Offer to help him with tasks to free up his time. Words of encouragement can lift his spirits during stressful times. Send him a gift card to his or his wife’s favorite restaurant or send a gift basket of goodies.

This month challenge yourself to think of something special you and your fellow church members can do to uplift your pastor!



### Will You Pray For Our Nation?

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

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

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

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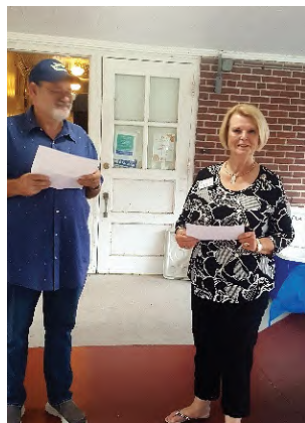
Space Available! “Hell” Forgot About That!

## GFWC Receives Grant From Lutz Guv’na Fundraiser Proceeds



Pastor Paul Vahue presenting Jerome Smalls, 2023 Guv’na of Lutz, with plaque

GFWC Lutz-Land O’lakes Woman’s Club is most appreciative of a generous grant received from the Lutz Civic Association, sponsors of the annual Lutz Guv’na fundraiser. A distribution was made to the Woman’s Club, as well as several other local charities, non-profits and the Lutz Elementary PTSA. The clubwomen heartily supported Jerome Smalls as their chosen candidate and raised funds for his campaign. Mr. Smalls ultimately raised the most funds for charity and is now serving as the 2023 Guv’na of Lutz and an Ambassador representing the community. Funds received by the Woman’s Club will help to support its many projects, donations and efforts on behalf of the community and beyond. For more information on this volunteer service club, please visit [gfwlutzlandolakeswomansclub.org](http://gfwlutzlandolakeswomansclub.org) or its Facebook page.



Pastor Paul Vahue presenting check to Club President Elayne Bassinger

## GFWC Delivers Supplies To Local Schools



Members (L-R) Cheryl Winegar, Miles Elem. Guidance Counselor & Marcy Edmondson delivering supplies.

GFWC members recently delivered a van filled with school supplies to Miles Elementary School in Tampa. The clubwomen have donated and collected supplies for 4 particularly needy schools in the area which they support each year. The items were delivered to Deborah Mora, counselor, for distribution to students and teachers.

To show the school’s appreciation, a BIG thank you to the club was posted on its very prominent marquee.

For more information on this volunteer service club, please visit [gfwlutzlandolakeswomansclub.org](http://gfwlutzlandolakeswomansclub.org) or its Facebook page.



Miles Elementary School marquee

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## How Does Reflexology Help The Liver Detoxify Your Body?

Have you thought about doing a liver detox or looked for ways to support your liver health? Please keep the following points in mind regarding how reflexology helps you with improved liver function and detoxifying your body:

One of the liver's main jobs is filtering toxins from entering the rest of the body (though it has many other important functions too – it's a workhorse organ with over 500 vital functions).

When facing ongoing and regular stress, our bodies' detoxification process is often neglected and does not do its job at full capacity.

Increased blood flow (which happens during a reflexology session) helps organs detox and enables the lymphatic system to return to working as it should.

During a reflexology session, not only is your body able to move out of the fight-or-flight mode, which allows the organs to get the blood flow and resources to work as they should, but we're also stimulating the reflexes of these organs, helping your body to release and let go of stored toxins.

And let's not forget about the importance of drinking water, which helps flush these toxins out of our bodies. It's always important to get enough water, but even more important after your reflexology session, or after massage or acupuncture, etc., to help release those stored toxins that are ready to be flushed out of the body.

Let's get your liver stimulated! Call or text me at (813) 965-1697 to schedule a session now, because with our winter residents coming back, my openings are filling up fast.

Health and Blessings to you,

Louise Richardson

Certified Reflexologist and Reiki Master



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**I heard about this elderly man and he was close to death. He sent for two of his church members, a minister, and a lawyer to come to his house.**

**Upon arrival, he motioned for them to sit on each side of the bed. The men were very moved that they could be with him in his final moments.**

**One pointed to the lawyer and asks very sincerely, "Sir, why did you choose both of us?" The minister mustered up enough strength and said, "Jesus died between two sinners. That's the way I want to go."**

*"Say it like you mean it." Joel Osteen*



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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



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

## Kidz Korner: The History Of Halloween

Hi there! My name is Harley Smith, writer of the monthly Kidz Korner column in this incredible newspaper you're reading. Halloween is rapidly approaching, with less than a month before being jump-scared by the neighbors' decorations, loading up on candy, and children screeching. However, it can be entertaining to dress up and act foolish on the last day of this month.

So, why do people hang spiderwebs in their yards for unsuspecting passersby? Why do we sweat like dogs in costumes, anyway?

Halloween dates back approximately two thousand years. The Celts, who lived in Europe, celebrated the New Year on November 1st, the day after our traditional Halloween. They believed that the night before the New Year, the boundary separating the living and the dead began to blur. That night was October 31st, the final day of the year.

The English word "Halloween" comes from "All Hallows' Eve," the evening before All Hallows' Day, which was November 1st, and All Souls' Day the day afterward. The name originated in the 9th century when people called October 31st "All Hallows' Eve." Then, a form of trick-or-treating began in the Middle Ages. During the next few centuries, traditions commenced, and people carried around jack-o-lanterns, which, back then, were hollowed-out turnips. They were named for night watchmen, who were called "jack-o-lanterns." Nowadays, they are usually fashioned from pumpkins.

Later, during significant times of immigration to the New World, some people recognized the holiday, and others opposed it. Almanacs of colonial and pioneering times indicate that Halloween was not widely celebrated. However, Halloween became popular when Irish and Scottish pilgrims came to North America. Furthermore, American influence spread the holiday around the world.

There is controversy about whether Christians should celebrate Halloween. It has its pros and cons. Dressing in innocuous costumes isn't evil, but Halloween has non-Christian portions. We should seek the Lord's will in everything we do and enjoy the life He has given us.

**"So whether you eat or drink, or whatever you do, do it all for the glory of God." 1 Corinthians 10:31**

For further research, visit [gotquestions.org](http://gotquestions.org).

Thank you for reading! Come back next month to read about an event I planned for American Heritage Girls!

Harley Isabel Smith is a homeschooled 6th grader who has been featured on TV as a philanthropist, has a heart for evangelism, and writes monthly for the Gazette's Kidz Korner. 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."




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## Florida Breast Cancer Foundation is the Featured Charity of the Month at the Pasco Tax Collector's Office



The Pasco County Tax Collector's Office is once again participating in the new shoes and socks collection drive to assist local students and families in need.

A collaborative effort between Pasco County government and the school district, the "Two Good Soles" campaign, which is in its eighth year, is seeking to collect as many new pairs of shoes and socks as possible. The tax collector's offices in Pasco County will be collection sites for these donations between now and October 11, the final day of the drive.

"It is heartbreaking to know that children come to school without socks or shoes in good repair," states Pasco Tax Collector Mike Fasano. "I am pleased that our office is once again part of this county-wide effort to collect as many pairs of footwear as possible. I encourage everyone who is able to please stop by one of our offices and leave a donation. Every item will go to a Pasco student in need."

The need for shoes is primarily at the middle and high school level, although shoes for elementary school students will also be welcomed. While the tax collector's office will accept donations of shoes and socks that are new and unused, the school district reports that the sizes most in need are children's shoes 9 and up, adult shoes of all sizes and socks of any size. It is recommended that sneakers, shoes, and socks be of a "neutral" color, but all donations of new items will be accepted. No flip-flops or open-toed shoes, please.

If you are interested in making a donation please visit one of the following offices in Pasco County and leave your donation in the labeled collection box near the door:

- New Port Richey - 8731 Citizens Drive, Room 120, New Port Richey, FL 34654
- Gulf Harbors - 4720 U.S. Highway 19, New Port Richey, FL 34652
- Land O' Lakes - 4111 Land O'Lakes Boulevard (Hwy 41), Land O'Lakes, FL 34639
- Wesley Chapel - 4614 Pet Lane, Suite 109, Lutz, FL 33559
- Dade City - 14236 6th Street, Room 100, Dade City, FL 33523

For more information about the "Two Good Soles" shoe and sock drive, or any other charitable service provided by the tax collector's office, please contact Greg Giordano, Assistant Tax Collector for Communications & Special Projects at (727) 847-8179.



## SHINE Pinellas Programs

SHINE (Serving Health Insurance Needs of Elders) is a Free program offered by the Florida Department of Elder Affairs and the Area Agency on Aging of Pasco & Pinellas. Specially trained volunteers can assist you with your Medicare, Medicaid, and Health insurance questions by providing one-on-one counseling and information.

**SHINE SERVICES ARE FREE, UNBIASED, AND CONFIDENTIAL.**

SHINE Counselors can be reached by calling 1-800-963-5337 or 727-217-8111.

## Tax Collector's West Pasco Government Center Office is Undergoing Renovations

The Pasco Tax Collector's Office at the West Pasco Government Center (8731 Citizens Drive, New Port Richey FL 34654) is undergoing renovations. The office is expected to return to full service late in October 2023. During the remodel all services, except driver license and birth certificate services, will be available during normal business hours which are Monday through Friday: 8:30am to 5:00pm (only Pasco County residents are served between 4:00 PM and 5:00 PM).

Customers who may need driver license and/ or birth certificate assistance are encouraged to visit our Gulf Harbors office located at 4720 U.S. Highway 19, New Port Richey, FL 34652. Normal business hours at this location are Monday through Friday: 8:30am to 5:00pm and Saturday 8:30am to noon. Saturday hours are reserved for residents of Pasco County only. We appreciate your understanding during this period of remodeling.

For more information about services and locations please visit [www.pascotaxes.com](http://www.pascotaxes.com) or call our Centralized Call Center at (727) 847-8032, (813) 235-6076 or (352) 521-4338.

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## Tax Collector Mike Fasano Announces that \$22,500 Was Raised During the Summer Donation Drive for the Pasco School District And Select Charter School's ABC Program

Tax Collector Mike Fasano's five offices collected donations this summer for the Pasco County School District and select charter schools' ABC (Assist, Believe & Care) Program. The program was created to provide financial assistance to students and their families who are experiencing economic hardship, especially when those needs interfere with the student's ability to be academically successful. In past years, the tax collector's office has donated thousands of dollars to Pasco schools to support this important program.

"These uncertain economic times can provide extra stress upon families who have already had to deal with COVID and other challenges," remarks Tax Collector Mike Fasano. "Thanks to the ABC Program or its equivalent in many charter schools, funds can be designated to students and their families who are experiencing hardship or crisis. During the month of July our five offices collected monetary donations of \$22,500 to help children and their families in their time of need."

Ten Pasco elementary schools each received \$2,000 each to be used by its respective ABC Program. Additionally, five Pasco charter schools received \$500 each. The following schools all received donations via personal delivery by Pasco Tax Collector staff or by letter:

- Cox Elementary School, Dade City
- Lacoochee Elementary School, Lacoochee
- West Zephyrhills Elementary School, Zephyrhills
- Woodland Elementary School, Zephyrhills
- Lake Myrtle Elementary School, Land O' Lakes
- Mary Giella Elementary School, Spring Hill
- Gulfside Elementary School, Holiday
- Hudson Primary School, Hudson

- Sunray Elementary School, Holiday
- Calusa Elementary School, New Port Richey
- Dayspring Academy, Port Richey
- Athenian Academy, New Port Richey
- Pepin Academy of Pasco, New Port Richey
- Learning Lodge Academy, New Port Richey
- Academy at the Farm, Dade City

"On behalf of the staff, students and families of Lacoochee Elementary School, we would like to thank you for your generous donation of \$2,000!" wrote Principal Latoya Jordan. "it is rewarding for us to know that there are people like you who want our children to succeed just as much as we do, and this donation will help us to be more effective with their success. Because of your kindness, our students and families will experience the wonderful gift of caring that our community has to offer."

"On behalf of the Athenian Academy of Technology and the Arts, I just want to thank you for the generous gift of \$500 to help provide uniforms for families in need at our school," remarked Principal Evan Markowitz. "With recent Hurricane Idalia, we have a family going through the FEMA process now. This is one of the families these funds will be assisting with uniforms. We are working with the Students in Transition Program as well, to help get the family some additional resources during this difficult time too. I just want you to know that this donation was a big help to this family in need and will support many other families too. Thank you, we appreciate you folks for your support!"

For more information about the Pasco Tax Collector's charitable giving programs in general, please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit [www.pascotaxes.com](http://www.pascotaxes.com) Donations may also be mailed to the tax collector's office at the following address: Tax Collector Mike Fasano, P.O. Box 276, Dade City, FL 33526. You may also visit our website to make online donations to the featured charity by using the following link: <https://www.govhub.com/fl-pasco/tc-gives/donate>





### Free Will

Amy Peterson Office Manager, River of Life Church

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” Isa. 43:18-19

The cross isn't to be a reminder of what an awful sinner we once were but it is a place where God redeemed us to our original sonship. Jesus did die for our sins so that we could be reunited with the Father. However, there is more to what Jesus accomplished on the cross, and in His burial, and in His resurrection than just getting us to heaven. He was unveiling our identity, our purpose for being on this earth. We were made in His image. We were made to be just like Him.

John 1:18 (Mirror Translation)

“Until this moment God remained invisible; now the authentic, incarnate begotten Son, the blueprint of our design who represents the innermost being of God, the Son who is in the bosom of the Father, brings him into full view. He is the official authority qualified to announce God. He is our guide who accurately declares and interprets the invisible God within us.”

As John 1:18 says, ... Jesus was the blueprint of our design. We can look at Jesus and see ourselves as in a mirror. Jesus lived to make the Father known, by walking in power, authority, joy, peace, and love.

It's God's desire to be a visible God. We have the privilege of making Him visible on this earth. As we get to know Him more through spending time with Him, truth is then revealed to us and then we express Him and His heart as we live our lives, thus making Him a visible God.

Yes, we have free will to live our lives the way we want. But why would anyone want to live a life apart from God, who loves us and wants the best for us? As we surrender and make Him Lord of our life, He in return gives us His life. He didn't create us and then leave us to fend for ourselves. He created us to commune with Him, to be in relationship with Him. He created us to live this life on earth more abundantly, without guilt or shame, and with power and in love.

Would love to see you at River of Life Church, located at 410 E. Chapman Rd., Lutz every Sunday at 10:30am and every Wednesday at 7:00pm.

For more information, go to [www.roltampa.org](http://www.roltampa.org).

### What Is Truth?

Continued from Page 1

But truth is more than factual or accurate information. It's a way of living that removes barriers and sets people free to enjoy the abundant life Christ wants for us.

John 10:10 says “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” “I am the way and the truth and the life. No one comes to the Father except through me,” Jesus said.” John 14:6, and by following Him, we'll discover the key to true peace and fulfillment.

How can you pursue truth in a greater way this month?

Printed in “In Touch Daily Readings for Devoted Living”

Charles Stanley, In Touch Ministries [intouch.org](http://intouch.org)

### Hurricane Season is Upon Us. Is Your Insurance Enough?

By Karen McBride

Hurricanes have caused substantial damage to Floridian's homes and businesses over the last few years. Don't wait until it is too late to review your homeowner's insurance to make sure you are adequately covered. Some homeowners have learned that their 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 to 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, 15 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.

I heard about these four Catholic ladies who were bragging on their sons. The first lady said, “My son is a priest. When he walks in the room, everyone calls him Father.” The second lady said, “My son is a bishop. When he walks in the room everyone calls him Your Grace.” The third lady said, “My son is a cardinal. When he walks in, everyone calls him Your Eminence.” The fourth lady said, “My son is 6 foot three, has broad shoulders, and is incredibly handsome, and when he walks in, all the ladies say Oh, my God!” “Say it like you mean it.” Joel Osteen

## Join Us for Barktoberfest!

October 21<sup>st</sup>  
12pm-3pm



### Barktoberfest

Come celebrate the Fall season with your pup on Oct. 21<sup>st</sup> from 12pm-3pm at ALL Royal Pets Market & Resort locations!

We will have games, specialty fall treats, (such as dog beer and build-your-own barcuterie), fun photo ops, sales & more!

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## WHAT CAN YOU DO TO GO TO HEAVEN?

Nothing. You can never do enough good to erase your guilt for breaking God's laws.

## WHAT DID JESUS DO FOR YOU?

He lived a holy, sinless life for you because you could not. He took the judgement for your sin upon Himself by dying in your place. Once the penalty for your sin was fulfilled, Jesus was resurrected and ascended into heaven, He is forever a living witness before God that your sin has been paid for and you can be forgiven.

## WHAT MUST YOU DO TO RECEIVE GOD'S FORGIVENESS?

- #1 **Acknowledge** before God your sinful condition and the fact that you need to be forgiven.
- #2 **Believe** that God loves you and Jesus died for you and rose again so that you can be forgiven.
- #3 **Ask** God to forgive you and to change you. (Jesus said, "You must be born again.") Only God can change you on the inside, and He will if you ask him.
- #4 **Confess** that Jesus is your Lord and Savior.

## HOW TO ASK:

God I am a sinner because I have broken your laws. I believe Your word that says Jesus died for me. I ask you now to forgive me. I need You to cleanse me of my guiltiness and come into my life. I receive Jesus now as my Lord and Savior. Thank You, Lord, for setting me free from Satan's power and making me a child of God.

(Eph. 2:8-9; II Cor. 5:21; Jn. 20:17; Heb.10:12; Heb. 7:25; Rm. 10:9-10; Mt. 10:32; Col.1:13)



**Dr. Dianne Coflin**  
Co-Pastor, River  
of Life Church

## Are You Drifting?

Continued from Page 1

When life causes you to feel adrift, with no end in sight, emotions become fearful and anxious, oftentimes leading you to make very serious decisions that are devastating. Maybe that's how you feel right now. Are you contemplating a decision that would be a disaster for you and everyone else because you are motivated by hopelessness?

Paul, while on this voyage with many sailors, found that they were ready to jump ship and their decision would ultimately cost them their lives. He began to warn them in the midst of this horrific storm that their decision would only bring them more destruction. How could Paul know this?

Why was Paul so decisive about proper direction in the midst of being adrift? Why was he able to take charge of this seemingly impossible situation and bring hope to 276 desperate, starving, fearful sailors? How could he bring such clarity of thought as he did when he said (verse 22) "there would be no loss of life among them." It was because Paul had heard from the Lord!! This tells me that when we feel adrift, no matter how hard the circumstances, we can look to God and listen for His direction. He can and will speak in the most impossible situations. We need but to ask, believing that He will answer.

Paul contended for God's wisdom, he prayed in intercession (appealing to God on behalf of others) and worshipped God despite how he felt in this life-threatening storm. I am reminded that God never leaves us, nor forsakes us and nothing can separate us from His love! Not only did God speak, but He sent an angel to Paul to strengthen him, accompanied with an incredible gift of faith to encourage everyone on this ship that their lives would be saved, even though the ship would be lost, and they would end up on an island. This word of the Lord was delivered with such anointing that all listened and took courage. Can you imagine how powerful the word of the Lord was that impacted those men?

I want to encourage you today that no matter how difficult your circumstances are, no matter what you are facing that seems insurmountable, bringing you the feeling of loss of control and the odds seem against you, take Courage, seize it this very moment. God will impart to you help no matter how far you have drifted.

You need but to call upon Him in time of trouble, trusting him to answer. Then hold on for His answer and help will arrive! You can boldly say, "The Lord is my helper, I will not fear,"(Heb.13:6). Take heart today my friend, all is not lost as you think. Your heavenly Father knows what you have need of even before you ask! He has a supernatural impartation of strength to give you to see you through!

In conclusion, Paul's life was spared, and so were the 276 men that were with him. They did land on an island where they found incredible favor with the people, miracles happened, and God received all the glory!! What a great ending to a horrible journey!!

I wonder what would have happened if Paul had not called on the Lord? Food for thought!!!

Dr. Dianne Coflin – Co-Pastor River of Life Church

410 East Chapman Rd., Lutz, Florida.

We would love to have you visit us!! Our services are Sunday morning at 10:30, and Wednesday at 7:00. Childcare is provided, along with children's ministry! Look forward to meeting you!! (813) 949-9931 [www.roltampa.org](http://www.roltampa.org)

## Biblical Dating

By Mike Higgins, Executive Director of Hope Children's Home



In 26 years of ministry of working with young people, I would say that dating is definitely at the top of the list of things that gets teens into trouble. In my experience, a majority of the problem is that most parents have no clear direction on the topic of dating and relationships for their teenagers. With a lack of direction combined with so many opinions that have been adopted from a worldly standpoint, our young people are nearly doomed for failure. May I say

to parents that this is a critical topic, one that you cannot avoid dealing with. It needs to start much younger than what most would think.

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

1 God placed Adam in the garden. Because of Adam's walk in life, the garden was the most important thing to him. His heart's desire was taking care of the garden. Because of our teens' walk of life, the most important thing for them should be studying, serving the Lord, sports, church activities, etc.

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

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

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

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

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

I would encourage every parent to begin at a very early age to train your children in the biblical perspective of dating and proper relationships with those of the opposite sex. There are so many broken lives of young people that could have been saved had parents took a stand and applied some of these simple Bible truths. God's way still works!



## Two Kinds Of Wisdom

James 3:13-17 "Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such 'wisdom' does not come down from heaven but is earthly, unspiritual, of the devil. For where you have envy and selfish ambition, there you find disorder and every evil practice. But the wisdom that comes from heaven is first of all pure; then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace raise a harvest of righteousness."

Psalm 146.3 "Do not put your trust in princes, in mortal men, who cannot save."

John 18:36 Jesus said "My Kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jewish leaders. But for now, my kingdom is from another place."

Luke 17:20 Jesus replied, "The coming of the kingdom of God is not something that can be observed, nor will people say, 'Here it is,' because the kingdom of God is within you."

Romans 13:1-2 "Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. He who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgement on themselves."

Deuteronomy 1:13 "Moses said, 'Choose some wise, understanding and respected men from each tribe and I will set them over you.'"

What price are you willing to pay?

And how to cut loose from your party  
*Are you a follower or just a fan?*



## The Great Florida Outdoors: Dragonflies

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



While reading the book *An Immense World* by Ed Yong I came to a part about dragonflies and vision. I have an enormous interest in Dragonflies and have probably photographed them over 3000 times.

In one section of the book, Yong describes “critical flicker fusion frequency,” also called CFF. If you look at a light that flickers on and off, as the flickering gets faster, there will be a point when the flash merges into a steady glow. CFF is a measure of how quickly a brain can process visual information. It’s like the frame rate of the movie playing inside an animal’s head when all the static images blend into the illusion of continuous motion. In good light, human CFF is around 60 frames per second.

Dragonflies, honeybees and flies have CFF’s between 200 and 350. A dragonfly doesn’t see as much detail as a human can, but its eyes and brain are extremely sensitive to motion. They can detect movements separated by 1/300th of a second! To a dragonfly, a movie might look like a series of still pictures. Dragonflies have binocular vision, so they can judge distances.

Dragonflies can see in all 360 degrees around it and nearly 80 percent of the insect’s brain is dedicated to its sight.

Predatory insects like dragonflies have large high resolution eyes with distinctive acute zones. As they pursue their targets, they turn their heads to keep the prey within the sharpest part of

their visual field. Dragonflies hunt against the sky, spotting the silhouettes of prey that fly above them. It turns out dragonflies have souped-up color vision that’s better than anything ever seen in the animal world.


We humans have what’s known as tri-chromatic vision, which means we see colours as a combination of red, blue and green. This is thanks to three different types of light-sensitive proteins in our eyes, called opsins. We are not alone: di-, tri- and tetra-chromatic vision is de rigueur in the animal world, from mammals to birds and insects. Enter the dragonfly. A study of 12 dragonfly species has found that each one has no fewer than 11, and some a whopping 30, different visual opsins.

What Is the spiritual meaning of seeing a dragonfly?

Dragonflies can be a symbol of self that comes with maturity. They can symbolize going past self-created illusions that limit our growth and ability to change. The dragonfly has been a symbol of happiness, new beginnings, and change for many centuries. The dragonfly means hope, change, and love. Where can you an amazing creature like a dragonfly?

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The mission of Liberty Manor for Veterans; Inc. is to promote the developmental and social needs of disabled and honorably discharged veterans who have fallen victim to homelessness providing transitional; supported housing and establishing objectives designed to attribute to self-sufficiency. Anyone interested in assisting this meritorious initiative please contact Connie Lindsay (813) 900-9422, or Liberty Manor for Veterans (a 501c3 nonprofit organization), website <http://www.libertymanor.org>, 10015 N 9th Street Tampa, FL 33612; or the mailing address P.O. Box 274081 Tampa, FL 33688-4081. Veterans are certainly worthy of our help. EIN #02-0775720.



## Celebrating 88 Years Of Social Security

By Javier Morales, Social Security Public Affairs in South Florida

For 88 years, Social Security has provided income protection to millions of retirees, people with disabilities, dependents, and families that lose a wage earner.

This year, we will administer more than \$1.3 trillion in benefits and payments to more than 70 million beneficiaries. In addition, we issue millions of Social Security numbers each year, maintain wage records, and more. We are proud to serve the American people every day.

To better serve you, we have prioritized our online customer experience. Our website SSA.gov makes it easier for you to find what you need. More than 180 million people visit our website every year. Whether providing service in person or online, our goal is help you understand what you may qualify for and transition you to an application process.

We have also worked to make sure our programs, particularly Supplemental Security Income (SSI), remains accessible to the people who need it most. Last year, we launched an online tool that allows you or your representative to request an appointment to file for SSI and protect your filing date. A Social Security employee will then schedule a full interview. Find more information about SSI at [www.ssa.gov/ssi/](http://www.ssa.gov/ssi/).

We remain committed to helping maintain the well-being and protection of the people we serve. We strive to ensure that every person who is eligible for or receives benefits gets them timely and accurately. That is how we help you secure today and tomorrow.

Please share this information with your friends and loved ones who may need it.





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 That's why it's called  
 the present!*

**Get your Smile on!**  
 Think about this:

- \* Many folks want to serve God, but only as an adviser.
- \* Do you think "stop, drop, and roll" will work in Hell?
- \* Some minds are like concrete: thoroughly mixed up and have permanently set.
- \* God loves everyone but probably prefers "fruits of the Spirit" over nuts!
- \* The good Lord didn't create anything without a purpose, but mosquitoes came close.
- \* Opportunity may knock once, but temptation bangs on the front door forever.
- \* Quit griping about your church! If it was perfect, you couldn't belong.
- \* If your church needs a better pastor, it only needs to pray for the one it has.
- \* The best mathematical equation is 1 cross + 3 nails = 4 given.
- \* God Himself doesn't propose to judge a man until he's dead. So why should you?
- \* Don't wait for six strong men to take you to church.
- \* We don't change the message, the message changes us.
- \* Why advertise your business to keep God's word in print media? He will give you something to sing about and something you can dance to.

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



**Psalm 23**

**My Life Is To Glorify God!**

*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.*

**October is Domestic Violence Awareness Month**

Domestic violence is one of the most common, and often most dangerous, calls for service the Pasco Sheriff's Office is called to investigate. Domestic Violence Awareness Month is observed in October as a way to show survivors they're not alone, while also bringing light to resources available to survivors. PSO reassures survivors of domestic violence that both help and resources are available. No one, not even those you love or live with, has the right to harm you physically or mentally. Knowing your rights and options is the first step to ending abuse.

Family and friends can play a vital role helping survivors of domestic violence. If you suspect a loved one may be suffering from domestic abuse, start an open conversation to address it. Survivors want to be heard, so listen without judgment and validate their feelings and experience. Ask how you can best support their decision, especially if you are concerned for their safety. Working with local resources, victims can create a personal safety plan before taking action to leave an abusive situation. If a situation ever becomes an emergency, call 9-1-1 immediately.

PSO's Victim Advocates offer a wide array of services for survivors, and ensure that a victim's rights are upheld throughout the investigative and judicial processes. PSO's Victim Advocates may also act as a liaison on a survivor's behalf, if they wish. Victim Advocates help survivors evaluate and navigate available resources, such as legal action, arranging immediate shelter for a safe place to stay, medical appointments or legal meetings.

Other resources include Sunrise of Pasco County, Inc., a local domestic and sexual violence center that provides free services like counseling, advocacy and support services to survivors of domestic and sexual violence. Those experiencing domestic abuse often lack a safe place to stay to break the cycle of abuse, and staying with family or a friend may not be the safest option if the abuser knows where to find the victim. Sunrise provides confidential housing temporarily for those in these situations. All services provided by Sunrise are free of charge and confidential. The National Domestic Violence Hotline, which can be reached at 800-799-7233, is a free and confidential resource, providing services by phone and online chat with access to over 200 languages. Additional local resources can be found on PSO's website at PascoSheriff.com/domestic-violence/.

This October, join PSO in raising awareness to the scourge of domestic violence. Learn to recognize the signs of abusive relationships and be a supportive friend or family member to a survivor. If you or a loved one is in need of assistance, reach out to the National Domestic Violence hotline at 800-799-7233, or to PSO by visiting [PascoSheriff.com/domestic-violence](http://PascoSheriff.com/domestic-violence)

**Keller Williams Red Day**



Keller Williams Realty hosted a "Red Day 2023", a collection of supplies and funding for Liberty Manor for Veterans located in Tampa, Florida. This is an Annual Event that the Realty company does to exhibit philanthropy to the community.

Keller Williams South Shore states, "Ever since our doors opened, our mission has been to be the best real estate company in the South Shore and Hillsborough County area, providing superior training to our associates and world class service to our clients. We've accomplished these goals and are now the number one real estate company in the South Shore area which includes our Apollo Beach, Riverview and Sun City offices. We primarily owe our success to our adherence to the Keller Williams Realty belief system. The fact is that we hire the best agents and provide them with all of the tools and technology to help them be successful in helping YOU to find your dream home or sell your existing house."

Liberty Manor for Veterans was chosen as Keller Williams Realty's annual charity for 2023. The mission of Liberty Manor for Veterans; Inc. is to promote the developmental and social needs of disabled and honorably discharged veterans who have fallen victim to homelessness providing transitional; supported housing and establishing objectives designed to attribute to self-sufficiency. Anyone interested in assisting this meritorious initiative please contact Connie Lindsay (813) 900-9422 or Liberty Manor for Veterans (a 501c3 nonprofit organization), website <http://www.libertymanor.org>, 10015 N 9th Street Tampa, FL 33612; or the mailing address P.O. Box 274081 Tampa, FL 33688-4081. Veterans are certainly worthy of our help. EIN #02-0775720.

**AFTER EDEN** by Dan Lietha

OK, GO AHEAD. I'M READY.

**1 Timothy 4:16**  
 For the time will come when they will not endure sound doctrine. . . And they shall turn away their ears from the truth, and shall be turned unto fables.  
**2 Timothy 4:3a-4b**

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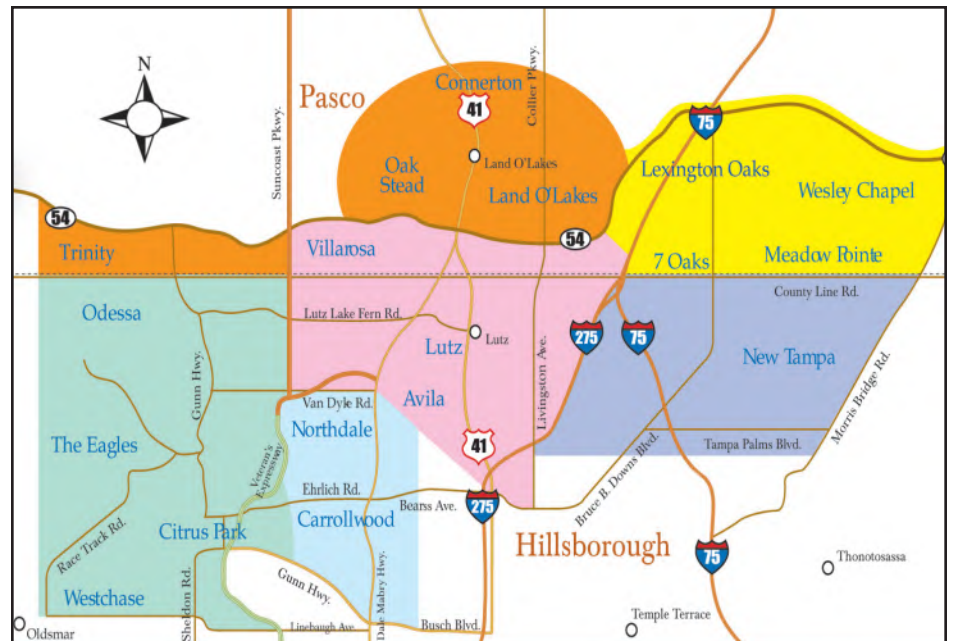
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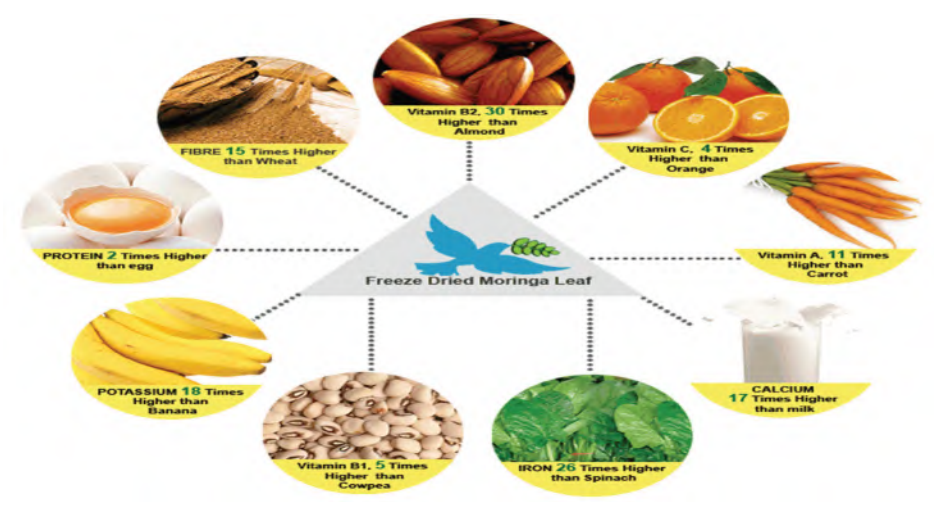


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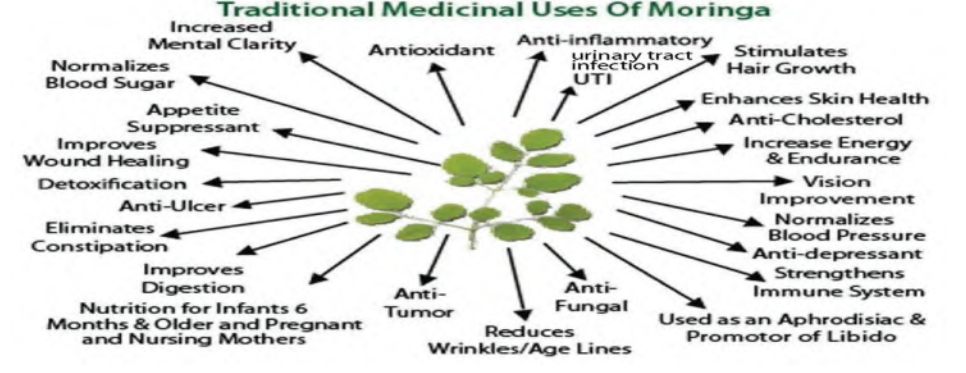
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While the American diet is generally plentiful, poor nutrition is common. Many of our foods are processed until little nutritional value remains. Moringa is gluten and GMO free as well as organically and vegan certified and is available in powder and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

A recent example of Moringa's widespread appeal was noted recently by this reporter during a routine visit for car maintenance. Another customer greeted friends within earshot of my area. The customer, Curtis O., was complimented by employees Micheal E. and Jacklyn B. on his improved appearance and weight loss—they had not seen each other in a few months. Curtis quickly gave Micheal the credit for introducing him to Moringa. Curtis explained he had lost weight, had more stamina, and was feeling so well he now worked out regularly.

These nice folks included me in the conversation, and I learned Micheal has been taking Moringa for a year and a half and Jacklyn for six months. Both have noticed improved levels of energy, and Jacklyn has been able to cut some of her prescription medicine. All three of these local residents were happy to share the positive effects the amazing Moringa has made in each of their lives.



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a gathering of christian believers



# ASAPH '23

A NIGHT OF MUSIC,  
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**5-7pm**  
Under the Florida evening sky

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A GATHERING OF CHRISTIAN BELIEVERS



# ASAPH23

**NOVEMBER 11, 2023**



↓ DINNER SERVED!  
RSVP here ↓

You might have noticed...there is a stirring in the hearts of Christians lately. A noticeable undercurrent, that humanity as a whole, is in great need. Need of hope and encouragement, because the distractions of this world have become so great. Can you feel it?

Well, on November 11, 2023 believers and seekers alike are going to gather. On this night, the Church unites! It will be a night of worship...a night of focus...a night of recharge. On this night Christians will gather to sing, worship, be inspired and honor our Savior Jesus Christ. Some will actually meet Him for the very first time... Everyone is invited! Expect to leave the world behind for the evening and catch a glimpse of what it feels like to know joy and hope. Recapture your first love...a call to revival!

Please RSVP the number of people in your party (for the planning of food) by scanning the QR code above. All churches, congregations and denominations are invited to come together to share in the fellowship of God's people...sing to the heavens...and enjoy a meal together. During the praise and worship, there will be pastors and volunteers from all over Pasco County that will be there to assist those who have questions about who Jesus is, or to just offer support in any capacity—all without highlighting any one church. As we stand in the faith, let us rekindle the strength of the inner man, breathing new life into the weary, especially as we see “the Day approaching”. Our purpose is to see God move in amazing ways...to encourage and remind each other of our victory in Christ and that the Call is still very real. Our prayer is that seekers and believers will come and find the peace they so desperately long for in Christ: the forgiveness of sin and the assurance of eternal life.

The music will be provided by a local worship team that will lead in praise and worship under the fall Florida skies of the Pioneer Florida Museum in Dade City beginning at 5pm. Be sure to bring a chair or blanket. Food will be provided.

“Asaph 23” means “the gatherer of people”. Of Hebrew origin, it is a rare name that speaks to a warm and welcoming soul. Asaph was a descendent of Levi and served both King David and King Solomon. He was commissioned to be in charge of singing in the house of Yahwah. Asaphites were one of the guilds of musicians in the First Temple mentioned in the Books of Chronicles.

**VOLUNTEER OPPORTUNITIES AVAILABLE [Asaph23pasco@gmail.com](mailto:Asaph23pasco@gmail.com)**

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

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