

Blessings in 2024

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MY Dunndean Gazette

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January 2024

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

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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.

God's Health Care Plan



2024! America's focus is on health care. Now that over a million Americans are covered under the new health care plan, your children can stay on their parents' insurance provider until the age of 26. Finally, both sides have something they can agree on! Everything but "Biden"!

The focus on health care in America seems to be one of the most popular subjects. With insurance and medical costs reaching an all-time high, Americans without insurance are resorting to fitness, miracle drugs, and supplements.

The suits' deep pockets have created a multi-billion dollar business, and in spite of all the miraculous discoveries in modern medicine, it seems like Americans are sicker now than ever before. New hospitals and clinics are springing up everywhere as if they know something that we don't know, as if they have planned it from the movie Field of Dreams. "If you build it, they will come. Everybody wants to treat their condition, rather than to find the cause. Even with new technology and treatment, more Americans are sicker now than ever before! Let's take a walk back in time and see if the Bible may have some answers.

Matthew 4:23: "And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people."

He wanted to teach the people by healing all manner of sickness and disease among them for their mental understanding. He knew if he preached the ministries to them about taking care of their health, it would relate to their understanding of their spiritual health. **John 10:10:** "I am coming that they might have life and that they might have it more abundantly."

Continued on Page 8

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See article on Page 7

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The Power of Truth



**Dr. Dan Coffin
Pastor, River of Life Church**

In the Book of Psalms, King David wrote about what God desires, "Behold, you desire truth in the inward parts..." (Ps. 51:6). In other words, David was saying that God's desire for him and for us is that we would be truthful.

David knew what he was talking about because he had just experienced the greatest failure of his life. You see, David was walking around the housetop terrace of his palace when he looked through the window of his neighbor's house to see a beautiful woman named Bathsheba bathing. David desired her and sent a messenger to bring her to the palace. The result of this adulterous affair was revealed to David by a note Bathsheba sent to the king. She was pregnant and her husband had been with the armies of Israel for months.

King David then put into motion a plan to cover up the affair. He sent word to Joab, the commander of his army, for Uriah, Bathsheba's husband, to return home immediately. Upon his arrival, David honored Uriah and commended him for his service and sent him home to be with his wife. Instead, Uriah slept in the barracks near the palace. When David's servants told him that Uriah had not gone home, the king summoned him and asked why he had not gone to his home after such a long journey.

Uriah said to the king, that it would not be right for him to go home when his commander and fellow soldiers were camped in the open field and engaged in battle. When David was convinced that Uriah was not going to go home, he gave him a sealed message for Joab and sent him back to the battle. The message to Joab was to set Uriah in the hottest battle and withdraw from him so he would be killed. Joab obeyed the king, and the next day Bathsheba's husband was dead.


After a month of mourning for her husband, Bathsheba was taken to the palace and she became David's wife. David thought his sin was covered, but God sent a prophet to the king who told him a story about a poor man who had a pet lamb that was greatly loved by him and his children. The poor man's neighbor was very rich and had many flocks. One day a friend visited the rich man. When he prepared a meal for his visitor, he stole the pet lamb from the poor man instead of taking one from his own flock. When king David heard of this injustice, he pronounced a judgment against the rich man, saying, "the man who has done this deserves to die, and he shall restore the lamb four-fold, because he did this thing, and because he had no pity." (2 Sam. 12:5). The prophet then said to David, "You are the man."

David's lies to conceal his sin were discovered, resulting in the judgment he himself had determined. The prophet said, "The sword shall never depart from your house." (2 Sam. 12:10). Sadly, four of David's children died.

In the Book of Proverbs it says, "He that covers his sins shall not prosper; but whoso confesses and forsakes them shall have mercy." (Pr. 28:13) I wonder what might have been if David had gone to God with his sin instead of lying about it. Could he have avoided judgment and found forgiveness and mercy instead?

If we are walking in truth, then there is no place for things to hide in the dark. Give the devil "no place" (Eph. 4:27). Anything we attempt to hide will be the very thing that brings our ruin. Most people confess their wrongs if caught red-handed, but how sincere is their sorrow? If I am grieved for a wrong I've done even when no one knows about it and I go to God and ask forgiveness, I have exposed what was in the dark to the light of God's truth. Then when "I walk in the light as he is in the light...the blood of Jesus Christ his Son cleanses me from all sin" (1 Jn. 1:7). Truth is transformational, and when we walk in the truth, we are aligning ourselves with God and in God is life and life more abundant (Jn. 10:10).

Dr. Dan Coffin and his wife Dianne co-pastor River of Life Church at 410 E. Chapman Rd. in Lutz, FL. 33549, (813) 949-9931, www.roltampa.org We would love to invite you to visit River of Life Church. Our lively worship begins at 10:30am on Sunday. We are a non-denominational, spirit-filled ministry. Please honor us with your visit. We would love to have you!



HOW COME THE WAITRESS GETS 15% AND GOD ONLY GETS 10%

HAPPY NEW YEAR

Kidz Korner: Christmas Presentation



Hi! My name is Harley, writer of the monthly Kidz Korner article. This month's topic is my church's grand Christmas presentation!

Every year for decades, Idlewild Church has put together a spectacular theme, set, and script. The production features the cast, choirs, orchestra, and choreographers. Plus, the kids (grades 2-5) and students (the latter being middle and high school) get to participate, too! It's a big deal, with thousands of people every performance watching the stage, lights, and screens in the sanctuary.

The presentation is performed in five exciting and exhausting shows, with two on Saturday. The students ate and played games together during the break between the matinee and evening performances. That was enjoyable, especially when my dad brought us a giant bin of board games from the house!

The sixty or so middle and high schoolers performed a specific student medley,

with different dances to accompany classic Christmas songs. First was Up on the Housetop, which was turned into hip-hop (I participated in this).

Afterward were a partner dance for This Christmas, a boy band dance, and choreography for “Baby, Please Come Home” and “All I Want For Christmas.” The various instruments in the orchestra really helped bring everything to life!

I also performed in the caravan, where wise men came to see the boy Jesus and give him gifts. Everyone had amazing costumes, portraying Europe, Africa, and Asia.

Being up on stage and having costumes and props is fun and all, but it's not the most important thing. That's not why we volunteer our week for rehearsals and everything needed to prepare for the shows. We do it so people can come and hear the Gospel in a new and fresh way, maybe even for the first time.

I'm excited to do the Christmas presentation again next year! And for next to nothing, you can come next December and watch this fabulous drama on stage!

For more information, visit idlewild.org.

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.”

GFWC Installs New Members



welcomed new members into the club with a beautiful installation ceremony conducted by member & District Director Annette Bellingar and outgoing President Elayne Bassinger presented them with gifts. Sue Chase, Gina Caper, Jean Olsen and Carole Moore (not available for photo) were installed in a candle light ceremony. For more information on this volunteer service organization, please visit gfwcclutzlandolakeswomansclub.org or its Facebook page.

(L-R) President Elayne Bassinger, Sue Chase, Gina Caper, Jean Olsen and District Director Annette Bellingar

GFWC New President & Board of Directors

members met for a very festive holiday luncheon celebration and their last business meeting of 2023, at which time newly installed President Peggy Andrews received the gavel from outgoing President Elayne Bassinger and the new Board of Directors were sworn into office as well. The Woman's Club has served the community and beyond since 1960 and has again passed the torch to the incoming officers who will continue the outstanding and dedicated work of this volunteer organization.



(L-R) Incoming President Peggy Andrews receiving the gavel from outgoing President Elayne Bassinger



New President Peggy Andrews addressing the club



Newly installed Board of Directors

Two Army Veterans Receive Companions from Corsos for Heroes

By Karen McBride

Recently two army veterans were blessed with receiving canine companions from Corsos for Heroes. Harry Toro began the service dog ministry over ten years ago and has been helping veterans and first responders heal from the trauma experienced in the line of duty.

Harry, a former professional fighter, suffers from a traumatic brain injury brought on by years of fighting. He experienced firsthand how the dogs helped him cope with some of the challenges he goes through by keeping him calm and focused on the dogs. He knew he wanted to help others suffering from similar maladies and began Corsos for Heroes.



Galatians 6:2: “Carry each other's burdens, and in this way you will fulfill the law of Christ.” Shortly thereafter, a family member began experiencing Post Traumatic Stress Disorder (“PTSD”). God placed it on his heart for Harry to give him one of the puppies from a recent litter. Only a few months later, he got a call from the family member's wife saying he was doing so much better. It was amazing how quickly he began to heal from the trauma thanks to the Corso.

“These dogs save lives. They need you. They follow you all around and that is why they make great service dogs,” said Harry.

You may see Harry, together with teammates Doreen and RL, in a 30-foot refurbished school bus they use to transport the dogs to events. The eye-catching bus is wrapped on one side with the six branches of the military and the other side is first responders. The crew of Corsos for Heroes participates in events throughout the year. Once a puppy has been donated, Harry takes his ministry a step further by looking for non-profits in the owner's area to get the dog certified as a service dog. One such organization is in Brooksville, named K9 Partners for Patriots. Their services are free, and Harry has trained seven dogs for the new owners.

At this time, Harry is the sole supporter and needs funding for the ministry. For more information about Corsos for Heroes and to find out how you can become a sponsor to support the ministry, visit <https://corsosforheroes.com>, find them on Facebook at <https://www.facebook.com/Corsos4Heroes> or call 805-453-9351.

Hebrews 13:16: “And do not forget to do good and to share with others, for with such sacrifices God is pleased.”

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

Florida Strawberry Festival February 29 – March 10, 2024 “Out of This World!”

It's a lineup of COSMIC PROPORTIONS!!! The Florida Strawberry Festival announces its “Out of This World!” lineup!

ZZ TOP, Riley Green, Black Eyed Peas, FOREIGNER, Kirk Franklin, Jordan Davis, Flo Rida, and many more round out the list of headline entertainment for the 11-day event!

Go to <https://flstrawberryfestival.com/2024-headline-entertainment> to see the full list of artists performing on the Wish Farms Soundstage at #BerryFest24. Tickets can be purchased on our website, over the phone at 813-754-1996, or in person at the Amstot Main Ticket Office at 2209 W. Oak Avenue in Plant City.

Advance tickets for admission are also available and can be bought while purchasing tickets for shows. Advance admission tickets are \$10 for adults, \$4 for children 6 to 12 years old, and children 5 years old and under are admitted free. Beginning February 29, admission tickets purchased at the gates will be \$15 for adults, \$5 for children 6 to 12 years old, and free for children 5 years old and under.



It's Time to Hit the Restart Button

Samantha Taylor, Health & Fitness Expert



Yes, 2024 is here, hard to believe, I know. One good thing about a new year is that we can have a restart in our mind even if we aren't setting resolutions. I KNOW the last few years have been intense, brutal in many areas, but I also know that if we live in the past, we carry it with us and have a hard time moving forward.

The negativity, frustration or disappointment of the past can be heavy. Dragging that around into our future weighs us down and affects our ability to fully live in the now, which is really all any of us have. I know what its like to have disappointment beyond comprehension, however I also know what it's like to have to pull it together regardless of circumstances and still find joy, still praise God because He is God and still have hope for the future. And even though tough things happen, you can keep pressing forward and find out what is the next path for your life. The alternative is to just wallow in our pain and self-pity and there is no point in that.

Having a fresh start is sometimes about a fresh outlook, a fresh attitude, and a renewal of pushing the restart button. Since you are still breathing, it's never too late for this. So, I encourage you to have a reset in your mind. Decide that you are going to start focusing on the positive good things that are happening around you.

I do have to say I enjoy setting goals for the new year and although some think it's cliché and doesn't work, that is only if you don't work on it. I have set massive, life changing goals for the new year that have impacted my life greatly, but the key is you must stick to what you say.

For example, 13 years ago, I set a goal to go for a year with no alcohol. It was a very intense goal at the time to set, however I was committed to seeing what it was like to not depend on alcohol to relax or have a good time. And sure enough, 13 years later after setting a resolution to do it, I love living this way so much, I am still easily living out that resolution! They work... if you work on them!

I can tell you one habit I have started working on is learning how to analyze my life monthly, almost like a new year but it's every month. I look at my life and see how I am doing and what needs to be adjusted to reach the goals I have set. We cannot expect what we don't inspect and if we are not proactively looking at our life and setting goals of what we are aiming for, statistically people achieve less. But also making sure if we are on track or not because if you are not involved in planning your life then you will just end up with what you get, instead of a life you design.

Pushing through some tough times and not letting them get me down while focusing on what is next has allowed me to accomplish some huge goals even in the last few months from doing this. I went from having to close my 5 personal training studios to launching my new you tube channel, signing two book deals to be on the Wallstreet Journal best seller's list and to be a guest on PBS show to 250 million homes soon! Praside God! It makes a huge difference when you stay focused, don't let negative things bring you down and keep moving forward.

If you would like some help and inspiration in setting your goals and accomplishing them, get my free online workshop on New Years Goals and also a bible study I did on goal setting, go here: <http://www.SamanthaTaylor.com/NewYear2024>.

And if you want to see how I can help you lose weight by transforming your relationship with food, check out my website www.SamanthaTaylor.com. Happy New Year!!

New Year's Goals – Power is in the Plan

Samantha Taylor, Health & Fitness Expert

New Year's goals can be very effective when you are clear on what you want, and you have a plan to accomplish it. I love using the new year for this motivation and believe it can be a great time to get focused. However, don't let it just be another good idea that you have no follow through on, do something different and stick to them! To set some goals here are some tips:

1) **Write down on a piece of paper what you want to accomplish and by when.** Carving out some time to sit down to think about this and write it out makes a difference. Put on some music, turn off all distractions like the phone, email, or social media notifications and get focused on thinking about your life.

2) **Write down WHY you want it, not just the thing you want but what is the emotional reason you want it.** What is it going to do for your life? What result do you want from that goal? How will it impact your family life or career? Knowing the why behind why we do things helps propel us forward when the initial "motivation" wears off.

3) **Write down three small steps you can take to start implementing this goal.** You need to get clear on an action plan. And it needs to be specific, not just "lose weight". You must write down the steps that you are going to take to help facilitate this goal.

4) **Set a reward that you will give yourself when you accomplish that goal and just as important, set a consequence if you don't accomplish it.** This step might not seem important, but it is. So, what are you going to get or give yourself for positive reinforcement when you hit that goal? And what consequence are you going to have if you don't? An extreme example is many years ago I had a business goal to hit by a certain deadline and if I did it, I got to go on a helicopter ride in the Grand Canyon while on a business trip there. If I didn't hit it, I wouldn't have gotten to do that and I had to stay in a really gross hotel. And guess what? I hit my goal and went on the helicopter ride! It was amazing!

5) **Track your progress.** You must measure your progress in how you are you doing with what you said you were going to do. Check in with yourself daily or weekly and make yourself document if you are getting it done.

6) **Adjust what you are doing if it's not working.** When you set your goals, action steps, you are tracking your progress and you realize you aren't doing it, then you need to adjust. Perhaps your steps are either too difficult or not detailed enough but you need to change something, so you GET results.

I know these may seem like simple steps, but they work, when you work them. I encourage you to think of something you want to be different in your life. Perhaps losing weight or getting in better shape (which happens to be the #1 New Year's goal) and really taking goal setting serious, it can totally change your life. If you want to attend my Goal Setting Workshop, go here:

<http://www.SamanthaTaylor.com/NewYear2024>

"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it." — Matthew 7:13-14

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 a minister that died and was standing in line at the pearly gates.

The man in front of him was dressed in a loud T-shirt, sunglasses, and blue jeans. St. Peter ask him his name. He said, "I'm Joe Cohen, taxi cab driver from NYC." St. Peter checked his list, handed him a gold staff and a silk robe, and said, "Welcome to heaven." Then the minister stepped up and said, "I'm Reverend Joseph Snow, pastor of Saint Mary's Cathedral Church." St. Peter checked the list and handed him a wooden staff and a cotton robe. He said, "Wait a minute, that can't be right. The taxi cab driver got a gold staff." St. Peter said, "Sir, up here we work by results. When you preached, people left, but when he drove, people prayed."

"Say it like you mean it." Joel Osteen

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Did You Know Your Thyroid Regulates Your Metabolism?

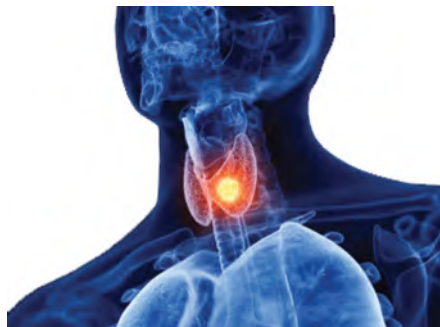
For being such a small gland in the body, the thyroid is critical to good health. The name comes from the Greek word for shield. It has a butterfly shape and is located below the larynx/Adam's apple and in front of the windpipe and is part of the endocrine system. There are nerves passing through the thyroid that are connected to the voice, and thyroid issues can cause vocal changes as well.

One of the primary functions of the thyroid is to regulate the metabolism. We usually think of metabolism in terms of how we digest our food, and this is part of what the thyroid does. It also controls the metabolism of the muscles and heart. It regulates brain development and bone maintenance. It does this through the production of TSH, T3, and T4.

The two most common conditions associated with a thyroid that is not functioning correctly are hypothyroidism and hyperthyroidism.

Typical symptoms for hyperthyroidism are:

- Weight loss
- Fast heart rate
- High irritability/nervousness
- Muscle weakness and tremors
- Infrequent menstrual periods
- Sleep problems
- Eye irritations
- Heat sensitivity



Symptoms for hypothyroidism are:

- Weight gain
- Slower heart rate
- Fatigue
- More frequent and stronger menstrual periods
- Forgetfulness
- Dry skin and hair
- Hoarse voice
- Intolerance to cold

Women are 5 to 8 times more likely than men to have a thyroid disease. And over 200 million people worldwide have some type of thyroid disease. Hashimoto's Disease is an autoimmune disease that can cause hypothyroidism while Grave's Disease leads to hyperthyroidism. As always, it is strongly recommended to get a proper medical diagnosis if you suspect any type of imbalance concerning the thyroid gland. And then you can weigh your treatment options.

When using reflexology to support the thyroid, the goal is to balance both hyper and hypo conditions to help the thyroid regulate itself into a state of equilibrium. And reflexology cannot do any harm because it is totally non-invasive.

Here's to a healthy New Year!

Louise Richardson, Certified Reflexologist



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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)

“By faith we understand that the universe was formed at God’s command, so that what is seen was not made out of what was visible.” — Hebrews 11:3





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

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Wow! This Political Season!



This political season has certainly been one of the most robust, judgmental, proud, and strife-producing times that I can remember. I am sure the political rancor has gone on before, but doesn't it seem to be at a whole new level? Never before have I seen so many people with strong opinions that have been debated amongst each other to the point of dividing relationships. This is happening even among Christians!!

I love what Paul wrote to the Galatian churches when he observed outlandish behavior. He was calling them out for something else, but the principle is still here. He wrote, **"O you foolish and thoughtless and superficial Galatians, who has bewitched you [that you would act like this]?" (Galatians 3:1 Amp).**

Paul well knew that their change of behavior was a result of a spiritual battle. We are told in the scriptures that our battles are not with flesh and blood but with spiritual entities that stir up strife. The Bible goes on to say that this wisdom does not come from above but in fact is earthly, sensual, and demonic.

Certainly, if we can become divided, not only as a nation, but also in the church, this becomes a victory for the enemy. I am not speaking of political opponents. I am speaking of the results of striving and division that are produced in our conversations to get our opinions across.

No doubt this mid-term election will be important for many reasons, but has it become so important that families and relationships in and out of church become divided? I would say absolutely not!!

At the end of the day, while elections are important, our victory as a nation and personally in every area of life is not solely dependent upon one candidate or another getting into office. If that was our thinking, then we are going to be terribly disappointed.

If our eyes are on the only one who can help our nation, the Lord Jesus Christ who was victorious in death, burial, and resurrection, then we will surely maintain hope. He is the answer for everything. He is the way for our salvation!!

If we all take responsibility to get our hearts right with God, begin living righteously, and become vessels of honor ready for the Master's use, then our prayers become effective and fervent!! **God said, "If my people who are called by my name would humble themselves and pray, turn from their wicked ways and seek my face, then I would hear from heaven and forgive their sin and HEAL their land." (II Chron. 7:14).** There was no mention of this happening ONLY if a certain man or women is elected to office.

If you have been caught up in these striving battles, I want to encourage you. Ask yourself, "What does the Lord expect from me as a Christian in my life personally and in this nation?"

1. Recognize and honor that all people have their right to their own opinions. I Peter 2:17 "Honor the brotherhood."

2. Avoid strife – Proverbs 20:3: **"It is an honor for a man to keep away from strife (by handling situations with thoughtful foresight). But any fool will start a quarrel without regard for the consequences."**

3. Recognize a striving atmosphere is not from God above. James 3:16: **"Where there is strife, there is confusion and every evil work."**

4. Forgive one another as Christ has forgiven you.

Matthew 6:15 Amp: **"But if you do not forgive others, nurturing your hurt and anger with**

the result it interferes with your relationship with God, then your Father will not forgive your trespasses."

5. Vote!! As a Christian if you are somewhat divided in your heart about who to vote for, or maybe you have been loyal to one party all your life, ask yourself these questions. Could my party's platform have changed over the years and no longer lines up with God's desire and Word for our nation? How do I find out? I recommend you go to the Democrat Party's platform online and the Republican Party's platform. Compare the party's platform with the Word of God, and don't be overly concerned with the personality of the candidates, but instead on the platform upon which they stand. The Bible says in Psalms 33:12 **"Blessed is the nation whose God is the Lord!"**

6. Pray, asking for God's wisdom to be revealed to your heart. James 1:5: **"If any of you is deficient in wisdom, let him ask of the giving God (who gives) to everyone liberally and ungrudgingly, without reproaching or faultfinding, and it will be given him."**

7. Pray for God's will to be done that righteous men and women are placed in positions of authority. The Bible clearly states that we do have a responsibility to pray for all those in authority. I Timothy 2:1-3 says, **"First of all, I admonish and urge that petitions, prayers, intercessions, and thanksgivings be offered on behalf of all men. For all who are in positions of authority or high responsibility that (outwardly) we may pass a quiet and undisturbed life (and inwardly) a peaceable one in all godliness and reverence and seriousness in every way. For such praying is good and right and (it is) pleasing and acceptable to God our Savior."** You will notice that in so doing, God said our nation can be blessed. Although a battle has ensued for God's will to be done in this season, always stand for righteousness and God's results will eventually be seen, personally and nationally.

Food for thought!

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Are you a follower or just a fan?

Pasco Tax Collector's Five Offices Will Feature "The Runaways Animal Rescue" as the January Charity of the Month

The Runaways Animal Rescue is a non-profit organization whose motto is "Big or Small We Save Them All." The purpose of the program is to rescue lost and runaway animals, address their medical needs, including spay and neuter procedures if required. Once they are healthy and prepared for adoption, this no-kill shelter will keep animals for as long as needed. Over 3,000 animals have been rescued by The Runaways Animal Rescue since its founding in 2020.

"The welfare of stray animals has always been a big priority of our office," comments Tax Collector Mike Fasano. "It is wonderful when newer organizations such as The Runaways Animal Rescue jump in to help serve a part of our community that at times is overwhelmed. I applaud Danielle Giroux and her volunteers for the dedication they have shown to the rescues under their care. Meeting their medical needs, keeping them well fed and cared for is the priority, all with the goal of adopting them out to good, caring families. Please consider donating during the month of January to help this fine organization succeed in its mission"

Donations can be made at any of the five tax collector locations in Pasco County. For those who would like to give online, the tax collector office's charitable giving arm Pasco TC Gives has a webpage through which donations for The Runaways Animal Rescue (Charity of the Month) can be made: <https://www.govhub.com/fl-pasco/tc-gives/donate>

For more details regarding this promotion 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 The Runaways Animal Rescue please visit <https://www.runawaysanimalrescue.org> or contact Danielle Giroux, President & Founder at (727) 753-8244.



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

Pasco Tax Collector Announces Essay Contest

Pasco County Tax Collector Mike Fasano announces that his office is accepting entries in his 2024 high school essay contest. **The competition begins January 9, 2024, and runs through January 26, 2024.** The essay contest is for Pasco County's high school students (Grades 9-12). Students of Pasco's public/ charter, private, parochial, non-public, and home schools are all welcome to participate.

In 500 words or less students will answer the question: "What is the most important responsibility of a county tax collector and why?" Entries will be judged by a panel of directors from the Pasco County Tax Collector's Office. Entries will be reviewed on how well the student communicates his/her response to the question as well as overall essay structure, appearance, and readability. The student who writes the winning entry will receive a \$500 VISA gift card. I am looking forward to the day when I can hand this wonderful prize to the student who prepares the best essay."

Students in public/ charter schools are asked to submit their essays to their principal, who will forward them to the tax collector's office. Students in private, parochial, non-public, or home schools may send their essays directly to Jose Rodriguez Sierra, Communications Specialist, Pasco County Tax Collector's Office, P.O. Box 276, Dade City, FL 33526. Entries may also be delivered to our office in New Port Richey at 4720 U.S. Highway 19, New Port Richey 34652 c/o Jose Rodriguez Sierra. Additionally, entries will be accepted via email at jrodriguezsierra@pascotaxes.com. If there are any questions about the contest, please call 727-847-8165 ext. 3826.

Tax Collector Mike Fasano encourages family members, neighbors, and friends of eligible students to tell Pasco high school students about the contest. Entries will be accepted until 5:00 PM on January 26, 2024. Each entry should include the student's name, school, grade, and contact information. The winner of the essay contest will be notified by telephone no later than February 29, 2024. The winning entrant will also be announced via a media release after the winner has been notified.

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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 do not sell anything. SHINE Counselors can be reached by calling 1-800-963-5337 or 727-217-8111.

Liberty Manor Partners With Toolbank



A great partnership was formed between Liberty Manor for Veterans and ToolBank, ToolBank is also a 501c3 non-profit organization located in Tampa, Florida. The mission of ToolBank - serves community-based organizations by providing tools, equipment & expertise to empower their most ambitious goals. When a natural disaster strikes in the United States, our non-profit mobilizes to support those in need, sometimes traveling hundreds of miles to lend a hand. The profound need within an affected community is often answered by the goodwill of Americans wanting to do good work. ToolBank Disaster Services offers a critical resource to bridge the gap between the cresting waves of disaster and relief. ToolBank Disaster Services provides the tools, literally, to get the job done. They deploy staff and various size trailers filled with tools to equip community-based organizations and their volunteers at no cost.

The ToolBank concept was created in Atlanta in 1991 with the idea of neighbors helping neighbors by giving their time and loaning their tools to do home repairs for their neighbors in need. In 2008, ToolBank USA was launched to replicate the model and establish ToolBanks throughout the United States. The ToolBank's signature lending model allows charities to focus on their mission by relying on ToolBanks to provide, store, and repair critically-needed tools and equipment. ToolBanks share their resources with charitable groups so they can equip volunteers to efficiently complete work in less time, with the right tools, at minimal costs. Using ToolBank tools, community-based organizations avoid the expense of purchasing, repairing, and storing tools.

Liberty Manor for Veterans was presented with twenty-five assembled picnic tables due to the benevolence of ToolBank and Home Depot Tampa!

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 hous-



ing 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 non profit 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.

ToolBank can be contacted at:
 ToolBank USA
 5148 Le Tourneau Circle
 Tampa 33610
 727-239-4601

Corporate:
 410 Englewood Ave SE
 Atlanta, GA 30315
 Phone: 404.963.2551



GFWC Arts & Crafts Show

GFWC Lutz-Land O'Lakes Woman's Club has wrapped its 44th Annual Arts & Crafts Show on a very upbeat note. As always, large crowds came out for Christmas shopping and fun despite some threatening clouds. Santa (booster Les Saland) and member wife, Elf April Saland were on hand to greet everyone, the Carrollwood Cultural Center Orchestra played beautiful holiday favorites to an appreciative audience while others enjoyed a vast array of foods offered. Kiddies and doggies enjoyed all the excitement and a good time was had by all. Of course, best of all, the entire community will benefit from the proceeds of this very popular event, via club donations and support throughout the coming year. Special congratulations to local artist Terry Smith who was awarded "Best of Show" by the jury and presented with a special rosette ribbon and a check by club President Elayne Bassinger. Thank you and Merry Christmas and Happy Holidays to all!



(L-R) Artist Terry Smith presented with "Best of Show" Award by President Elayne Bassinger



Club's own Santa (Les Saland) and Elf helper wife, April Saland

Our Journey through the Vatican City

By Karen McBride

My daughters and I recently went on an adventure to Italy. It was a long journey, but it was worth it to see the beautiful artwork and buildings created centuries ago.

We had the added benefit of knowledgeable tour guides explaining the culture and rich history of the area. One such tour was through the Vatican City. You can explore it on your own, but you may not learn the stories behind the city and its works of art. It was interesting to learn that the Vatican City is actually its own country. In 1929 it became independent from Italy under the Lateran Treaty and is ruled by the Pope. However, you don't need to bring your passport with you when travelling from Rome, so leave it safe at your hotel!

There is so much to see in Vatican City. Here is a little about the history and a few of the highlights we encountered:



St. Peter's Basilica

St. Peter's Basilica, the Italian Renaissance and Baroque church, is located within the walls of the Vatican City. Construction of St. Peter's Basilica, with its circular piazza in front and bordered by palaces and gardens, began in 1506 and was completed in 1626. The basilica is erected over the tomb of St. Peter the Apostle and is the largest religious building in the world.



As you approach the basilica, you will see 140 statues in St. Peter's square of Saints and Martyrs 64 feet atop the building (each being over 10 feet tall) with 13 statues on the façade, representing Jesus and eleven of his apostles, including John the Baptist, with St. Peter on the stairs. As you enter the walls of the basilica, it is unfathomable as to the actual size of the beautiful pieces of art. Some of the statues are over 20 feet tall, including the Monument to Benedict XIV, built in 1769 by Bracci. Everything is so large, but it is deceptive to the seeing eye. Just to give you an idea of the sheer size of the church, the candles above St Peter's tomb are 6 feet tall. The inscriptions on the walls have letters that are 7 feet tall with the lettering closest to the ceiling standing 15 feet tall. This is, of course, so that you can read it from the ground!

History of St. Peter the Apostle

Peter (formerly Simon) was one of the twelve apostles that walked with Jesus and spread God's word throughout the land. He and his brother

Andrew were fishermen and became 'fishers of men' when Jesus asked them to join him on his teaching journey.

Mark 1:16-17 NIV As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake for they were fishermen. "Come, follow me," Jesus said, "and I will send you out to fish for people." At once they left their nets and followed him.

In Luke 5 we are told of the story of how Jesus preached from Peter and Andrew's boat. The brothers were fishing on Lake Gennesaret when they saw Jesus. After fishing all night and not catching anything, the exhausted fishermen were discouraged. After his teaching, Jesus tells them to lower their net once more and they catch a large number of fish, showing us that the Lord will provide if we just have faith and take that first step.

Even after all he had experienced with Jesus, at the time of the crucifixion he denied having known Jesus three times. Yet, in spite of this, Peter was the first one that Jesus appeared to after his resurrection. Once again, showing Jesus' love for us and forgiveness of our sins.

Sadly, Peter died on the cross in 64 AD. Emperor Nero had him put to death after the Great Fire of Rome as he felt Christians were to blame for the fire. Peter did not feel worthy to die the same as Jesus, so he was crucified head down at Vatican Hill, which was reflected in various pieces of somber artwork. Another melancholy piece was the Pieta.

The Pieta

One of the most well-known pieces of art is the Pieta, which depicts Mary holding Jesus after he died on the cross. The heart wrenching statue was created by Michelangelo in 1499 when he was only 23 years old. Since 1972, it has been protected by bullet-proof glass. A vandal carrying a geologist's hammer attacked the statue and damaged it breaking Mary's arm, hand, and nose in the process. Thankfully, visitors were able to tackle him and hold him so no further damage was done to the irreplaceable artwork. It was painstakingly repaired with the shards of marble that were gathered after the attack.



The Sistine Chapel

The Sistine Chapel is well known for the beautiful frescos of Michelangelo. Photographs are not allowed to be taken. The interesting story behind these pieces of artwork is that when first asked by the Pope to do the paintings, Michelangelo did not want to do it stating he was a sculptor not a painter. But you don't say no to a Pope, and we are all thankful that he took that step out of his comfort zone as God had a masterpiece planned.

The frescos represent creation, banishment from the Garden of Eden, the sacrifice of Noah, the flood, and the drunkenness of Noah. Michelangelo did not paint them in order so you will notice that in some of the panels the people are smaller. When he had finished two panels, he climbed down from the scaffolding and realized they were too small to see clearly from the ground, so the remaining panels have larger people in them.

Another story we learned was that a cardinal saw the paintings and didn't like the fact that there were nudes in the paintings. Michelangelo did not take well to criticism and painted the cardinal's likeness in hell. When the cardinal saw this and complained to the Pope, the Pope simply stated, "that's not my jurisdiction." So, keep that in mind, don't ever criticize an artist as you may end up in the artwork in an unflattering state.

We were so blessed by this adventure and if you are ever in Rome, be sure to visit the Vatican City. For more information, go to <https://www.britannica.com/place/Vatican-City> and <https://whc.unesco.org/en/list/286/>.

For now, we say "arrivederci Italy (until we meet again!)"

MAY GOD'S GLORY FILL THIS YEAR FOR YOU

Rapid Response Reporting

Florida has many industries that are at risk for potential trafficking activity such as hospitality, trucking, service or labor-based businesses. Understanding and identifying the signs of human trafficking can help victims break away and seek help. During National Human Trafficking Awareness Month this January, Pasco Sheriff's Office urges citizens to learn the signs of human trafficking and how to report potential trafficking quickly. These actions can get those in need to safety sooner and help law enforcement prevent future or potential trafficking from occurring.

Traffickers prey on vulnerable victims by stealing their individual freedoms for profit. Physical signs of trafficking may include evidence of violence (such as bruises), injuries or untreated wounds, exhaustion, malnourishment or even branding. Context is key to understanding what you observe. Social and interpersonal signs of trafficking can be a bit more subtle and can include an individual accompanied by another controlling individual, isolation from friends or family, little to no possessions, being severely underpaid or paid nothing at all for their work and not being in control of their money or personal documents, such as their driver's license or passport. Mental and emotional signs such as low self-esteem, anxiety, depression, fearful behavior and not identifying as a victim of trafficking can reveal much more. Behavioral signs commonly exhibited from victims include submissive or anxious demeanors, avoiding eye contact with others, being afraid of law enforcement personnel and not being permitted to speak for themselves.

When speaking with someone who may be in a dangerous or potential trafficking situation, non-judgmental communication is best to help them feel safe. In-person conversations are pre-

ferred, but if that's not possible, ask only yes or no questions when speaking over the phone, until they indicate they are safe to speak freely. Provide potential victims with information on resources and where they can seek help or shelter.

If you observe something that you suspect might be human trafficking, say something! Rapid reporting of potential trafficking activity can help end human trafficking. The National Human Trafficking Hotline is a toll-free hotline, available 24 hours a day, 7 days a week and in over 200 languages. It's accessible by calling 1-888-373-7888. The Hotline is a safe space to report tips, seek services and ask for help. Discrete text message or online chat communication with the National Human Trafficking Hotline is also available by texting "BEFREE" (233733) or by visiting www.humantraffickinghotline.org online. Call the hotline to report tips, locate services, get help and learn about options available. All information provided is confidential and reporters can remain anonymous. To best protect victims and yourself, never get directly involved in suspected trafficking activity; instead report it immediately. If you or someone you know is in immediate danger, call 9-1-1. The Pasco Sheriff's Office partners with the Pasco County Commission on Human Trafficking to both prevent and respond to human trafficking cases.

Paying attention, reporting any suspicious behavior and offering resources can make a difference. Identifying warnings signs of human trafficking can help get services to survivors quicker as well as reduce their horrible crime. If you suspect human trafficking, report it to the National Human Trafficking Hotline or local law enforcement immediately.

God's Health Care Plan Continued from Page 1

It's amazing how your brain (a physical organ) can perform a million functions in your body we are not even aware of. Even brain surgeons will admit that they don't understand how a thought is stored. Could a thought be a medium which God can communicate to us spiritually through faith?

You can lose any part of your body and still communicate through your thoughts, which makes your brain the holiest part of your body. This may give us a clue as to why God wants us to focus on our health so we will have a clearer mind and be able to recognize his spiritual voice.

On the other hand, the Devil knows by destroying our health, he can confuse and cloud our minds. Just think, a whole generation becoming fuzzier with drugs, slanderous music, and videos. The more unhealthy he can make us, the more we won't be able to hear the Holy Spirit.

We can identify with that when we see someone who's had a few drinks. They may seem at ease, even being funny or dancing around. But after a few too many, suddenly they turn into a lunatic, becoming out of their head. You've heard the old expression, "The Devil got a hold of them."

One of the Old Testament teachings is called fasting, because it gives your mind a chance to rest and your blood to get purified from the harmful and different things we are eating. Plus, it teaches us self-control. **Matthew 9:15:** "And Jesus said to them, 'Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.'"



The Bible does not say that you can't eat meat, but because the human body takes longer to digest it, meat will stay in your system and start to putrefy, causing colon cancer, diverticulitis, and a whole ream of other problems. So meat probably shouldn't be part of the human diet, but the Bible does say you're not supposed to eat what God calls abomination, and nowhere does God call something an abomination in one place and clean somewhere else. Once he declares abomination, it's forever.

He said among the animals in **Leviticus 11:3:** "You may eat any animal that has a divided hoof and that chews the cud." Not one of those two things, but both. A rabbit chews the cud but has paws. A pig or swine has a cloven hoof but it does not chew the cud. These animals are scavengers and are considered unclean. But neither does it say you have to be a vegetarian.

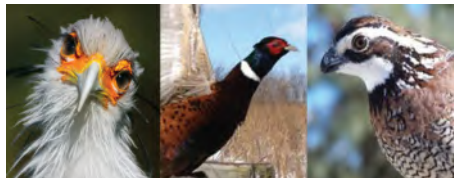


Among the seafood—**Leviticus 11:9:** "These you shall eat of all that are in the waters: whatsoever has fins and scales. Them you may eat." It was interesting that the Navy did a number of studies about what sailors eat or don't eat for survival, and what they came up with was the exact same Bible quote. If it doesn't have fins and scales, don't eat it! Lobster, shrimp, and oysters, when you think about it, these are scavengers.

Lobsters crawl around the bottom eating dead things. God created these creatures to clean up the environment. Catfish have fins but they do not have scales. They used to say that you catch the biggest catfish by the mouth of the sewer. They're not clean; they're on the abomination list.

Among the birds—**Leviticus 11:15-16:** "Every raven after his kind, and the owl, and

the night hawk, cuckoo and the hawk after its kind. And the pelican I say that these things were unclean." Birds that are foraging birds like chicken, turkey, pheasant, and the quail, that peck around for the seeds are typically the clean ones. You probably didn't know that pigeons are considered to be clean.



Abomination is a reference to animals that God says not to eat, as well as animals that are kept and killed in the inhumane environment. When this is done, it induces high levels of toxins from stress and transfers it to the meat. Example: The difference between free roaming chickens vs. caged chickens. Veal we eat from a caged calf. In fact, even doctors will tell you that stress in our bodies make us sick! The same is true about how we keep our livestock.

Isaiah 66:15-17: "For, behold, the Lord will come with fire, and with his chariots like a whirlwind, to render his anger with fury. They that sanctify themselves and purify themselves, eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the Lord." God is putting pork and rats in the same category. "They will be consumed together, says the Lord." God does not want his people eating pork.



The US Department of Agriculture printed pamphlets about pigs, telling us if you are going to eat it, you better cook it very well to kill the trichina larvae. Do not cook your pork in a microwave, because some of the trichina cysts could survive. When the cysts are eaten by humans, they can catch and release thousands of larvae trichina worms in your body.

Sometimes, we hear people quote Timothy about every creature is good. Hmm... let's see. **1 Timothy 4:4:** "For every creature is good, and nothing to be refused, if it be received with thanksgiving. It's sanctified by a word of God in prayer." What Paul is saying is that if these animals are sanctified or endorsed by God then we can receive it with thanksgiving and prayer, similar to saying grace.

Among the grain—**Genesis 1:29:** "And God said, 'Behold. I have given you every herb bearing seed, and every tree in which is the fruit of the tree yielding seed; to you it shall be for meat.'" The original diet was fruits, grains, nuts, and legumes when man was eating from the tree of life and was intended to flourish through eternity because his body was going to live forever. But after sin when man was evicted from the Garden of Eden, he could no longer eat from the tree of life.



Evidently, there was something that the tree of life offered, and God was now going to supplement it with a substitute. He told man he could now eat vegetables. **Genesis 3:18:** "Thou shalt eat the herb of the field." The difference between a fruit and a vegetable is the fruit is going to be the product of the blossom of the plant. If you eat the leaf or stalk or the

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root, it's a vegetable. So if it's not the product of the blossom and you've got the seeds which are the same as a nut, it is a vegetarian diet.

A solemn reminder is given to those who ignore God's rules. **1 Corinthians 3:16-17:** "Ye are the temple of God. If any man defile the temple of God, him shall God destroy. Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. Therefore, glorify God in your body and in your spirit, which are God's." Galatians 6:7: "Be not deceived, God is not mocked: for whatsoever a man soweth, that shall he also reap."

Deuteronomy 6:24: "And the Lord commanded us to do all these statutes for our good always, that he might preserve us alive. It's for our good that he gave us these things." Exodus 23:25: "And you shall serve the Lord your God, and he will bless your bread, and your water, and I will take sickness away from the midst of thee."

God told the children of Israel as they were going through the wilderness that if they would serve the Lord, he'd bless their food. And after following the health principles that God gave the children of Israel and going through the wilderness, by the time they enter the promised land, **Psalms 105:37:** "He brought them forth and not one feeble person among their tribes."

After following the health principles that God had given the children of Israel for 40 years in a nation with approximately two and a half million people, not one feeble person was found among their tribes.

We are an overfed nation. The Centers for Disease Control finally confirmed we're fat, not just because we eat a lot more than we used to, but because a lot of the foods we eat now are genetically altered, such as GMO foods. They may look good, but they have very little nutrients that our body needs to satisfy our hunger.

Manna was the supernatural food God gave

to the Israelites during their 40-year wandering in the desert. Not long after the Jewish people had escaped Egypt and crossed the Red Sea, they ran out of the food. They began to grumble, recalling the tasty meals they had enjoyed when they were slaves. God told Moses he would rain down bread from heaven for the people. That evening, quail came and covered the camp. The people killed the birds and ate their meat.

The next morning, when the dew evaporated, a white substance covered the ground. Moses instructed the people to gather enough for each person each day. When some of the people tried to save extra, it became wormy and spoiled. Manna appeared for six days in a row, but on Fridays they were to gather a double portion, because it did not appear on the seventh day, the Sabbath. And yet, the portion they saved for the Sabbath did not spoil. I like to refer to it as monatomic gold or white powder gold.

Have we forgotten how we all got in so much trouble? It started way back in the Garden of Eden, where someone was eating something they weren't supposed to eat.

So now you have it. God's Health Care Plan. And you can get started on yours today! It's up you. The good news is that salvation is never too late for the living. Only after you pass is it a Dunndean. Have you ever heard of anyone that came back to complain?

Healthier and better living is supported by companies like Abby's Health & Nutrition, Whole Food Market, Nutrition Smart, and all of the organic markets and farmers who have taken on the responsibility to bring us healthier products for healthier lives. But if you love your meat and sweets, [PureHealthStudios.com](http://www.purehealthstudios.com) weight loss may be of help?

Amazing Facts Presents Amazing Facts: The Good News About Hell, Pt. 2

<http://www.sherryshriner.com/sherry/white-gold.htm>

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New Year's Resolutions

Amy Peterson Office Manager, River of Life Church

It's January, the beginning of a new year. What resolutions have you made? You know you do this every year along with a multitude of others who make life changing resolutions. What's it going to be this time? Lose some weight? Spend more time with the family?

How many times have you made a life altering decision in January and by February or March your good intentions failed to accomplish your goal? You may have even forgotten you made the resolution. You can try to do things in your own strength, but that usually leads to frustration and failure.

This year I challenge you to ask the Lord what resolutions He would like you to make. He will always equip you and enable you to do the things He has called you to do. He will give you the strength to accomplish those things. If you rely on Him instead of trying to white knuckle it in your own strength you will be miles ahead. That doesn't mean you just sit around hoping God will show up and do it for you but if you ask Him for His strength and wisdom, He will partner with you and you, and God are unstoppable.

In Philippians 4:13, it says, "I can do all things through Christ who strengthens me."

In Isaiah 40:31, it says, "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."


As you wait on the Lord and put your hope in Him, He promises to renew your strength to get you to the finish line. There is where you can rejoice in what God has accomplished through you. He wants you to succeed more than you want to succeed. Ask Him now, what He would like you to do or change this year. Put Him to the test. Let Him show Himself strong in your behalf because God wants to fulfill the desires of your heart.

We would love to meet and pray with you at River of Life Church, located at 410 E. Chapman Rd. in Lutz. We meet every Sunday at 10:30am and Wednesday at 7:00pm. You can also visit our website at www.roltampa.org for more information.

Amy Peterson

Office Manager, River of Life Church

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The Great Florida Outdoors: The Timucuan Indians

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



Timucuan Indians

During this time of giving thanks, we must look to our past and honor those who have come before us. Before I set off on any walk in Florida nature, I say a silent prayer of thanks to God and for our ancestors like the Timucuan Indians.

The Timucua were the Native American people living in the northeast and north central portions of Florida. The earliest evidence of their presence dates from around 3000 BC. and they probably numbered

between 200,000 and 300,000 people organized into various chiefdoms speaking a common language.

The name Timucua may derive from the Spanish pronunciation of the Timucuan word atimoqua, which means "lord" or "chief." The Timucua were semi-nomadic and lived in the inland forests during the mild fall and winter months. Employing "slash and burn" technology by cutting large growth followed by clearing the fields with fire, the soil would be turned and broken utilizing the nitrates in the ash as an effective fertilizer. Part of their diet included maize, beans, squash, melons, and various root vegetables. The Timucua would also collect wild fruits and berries and bake bread made from the root starch of the Coontie plant. The people cultivated tobacco and utilized a communal food storage system that suggested crop surpluses.

The Timucuan also hunted deer, alligator, bear, turkey, and other game, possibly including eastern bison. During the hot summers, they would migrate to the cooler seashores where they would fish and collect oysters and shellfish. The Timucuan culture is still evident in the many shell middens, essentially Indian trash piles, still found in Florida's coastal areas.

See Timucua Tribe – Lost Today – Legends of America

Where in The Great Florida Outdoors can you learn more?

One location is the Timucuan Ecological and Historic Preserve

12713 Fort Caroline Road • Jacksonville, Florida 32225 • 904-641-7155

I will continue with more on the Timucuan Indians in my next article

See you on the trail!

Dr. Robert Norman, Clinical Professor of Dermatology

Director, Center for Geriatric Dermatology, Integrative Dermatology and Neuro-Dermatology

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"They be all naked and of goodly stature, mighty, faire and as well shapen...as any people in all the world, very gentle, courteous, and of good nature... the men be of tawny color, hawk nosed and of a pleasant countenance...the women be well favored and modest..." — French explorer Jean Ribault



Coontie Plant

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)



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This New Year, Learn About Social Security Online

By Javier Morales, Social Security Public Affairs in South Florida



Social Security programs touch the lives of more than 71 million people. We work hard to ensure critical benefits and other services are accessible to you. Consider the start of the new year as an opportunity for you to engage with Social Security online. This begins with creating your free and secure personal my Social Security account at www.ssa.gov/myaccount. Once you create an account, you can:

- Apply for retirement, spouses, or disability benefits.
 - Apply for Medicare.
 - Check your application status.
 - Request a replacement Social Security number card.
- If you do not receive Social Security benefits, you can use your personal my Social Security account to:
- Get personalized retirement benefit estimates.
 - Get your Social Security Statement.
 - Get estimates for spouse's benefits.
 - Get instant proof that you do not receive benefits.
- If you receive benefits, you can use your personal my Social Security account to:
- Change your address (Social Security benefits only).
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- Your personal my Social Security account offers easy access to features that save you time when you do business with us online. Check out our other resources available at www.ssa.gov/online services for your convenience. Please share this information with your friends and loved ones who may need it.

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Jersey Mike's Handyman is Helping Homeowners

By Karen McBride

Michael Musser has been helping homeowners in the Tampa Bay area with projects to beautify their property. The owner of Jersey Mike's Handyman installs ceiling fans, light fixtures, sinks, flooring, tile, and more.

"A lot of my customers have been replacing their flooring with laminate. It is easy to maintain and can be installed right over tile, as long as the tile is not chipped or loose," said Mike.

In addition to flooring and tile projects, he has had many painting jobs over the last six years since he began his business. He offers both interior and exterior painting. Mike enjoys painting and finds it relaxing. This is a good reminder for us all because the bible tells us to enjoy our work.

In Ecclesiastes 3:22 "So I saw that there is nothing better for a person than to enjoy their work, because that is their lot. For who can bring them to see what will happen after them?"

He is also an expert in sheet rock repair and replacement. When problems occur, it is important to have an expert in sheet rock repair perform the work, so that the damaged dry-wall is completely removed, and the joint tape and compound is smoothed to perfection.

Before beginning your next home project, contact Mike at Jersey Mike's Handyman and let a professional ensure your property is repaired correctly to maintain the value of your home. Call 609-760-0289.

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

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President Elayne Bassinger (left) presenting Clubwoman of the Year Award to Kay Taylor

GFWC Clubwoman Of The Year

members have voted for named longtime member, KAY TAYLOR, as its CLUBWOMAN OF THE YEAR. Ms. Taylor has contributed in many areas of the club with dedication and generosity, has served as club past president in addition to holding nearly every Board position in the club. President Elayne Bassinger presented Ms. Taylor with a commemorative plaque for this honor. Heartiest congratulations to Kay Taylor on receiving this well-deserved recognition! For more information or membership opportunities, please visit fwlutzlandolakeswomensclub.org or its Facebook page.


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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."



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

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

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

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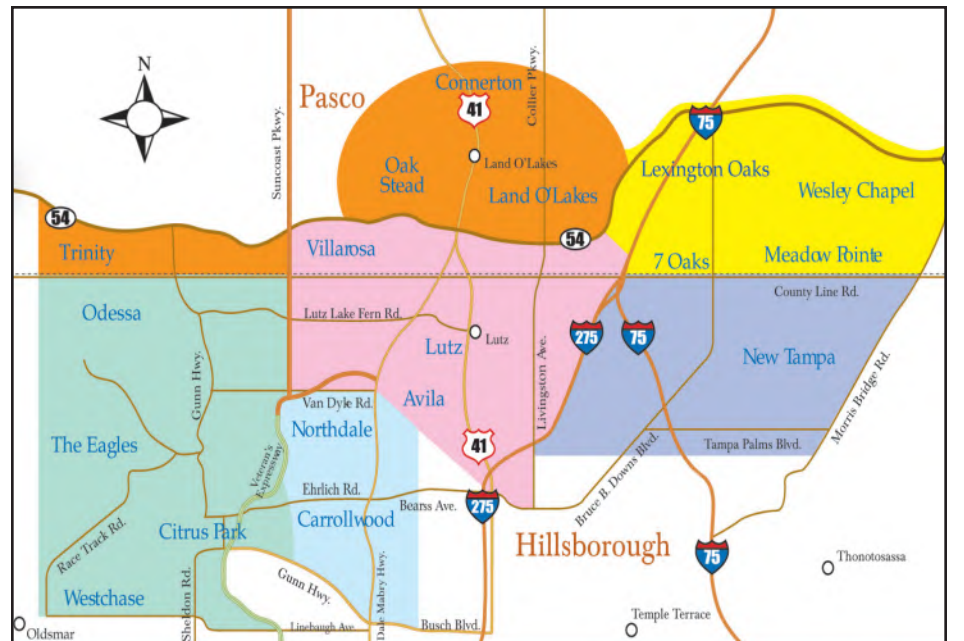
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