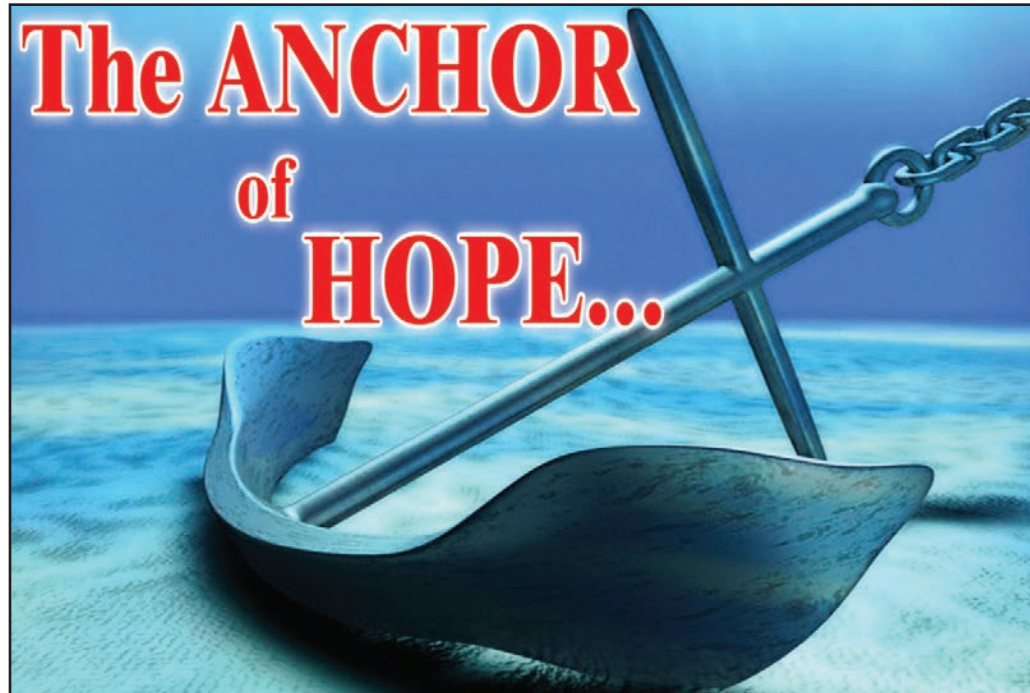




The Ten Commandments

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.



The Certainty of God's Promise

Hebrews 6:13-20

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

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

Continued on Page 8

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See article on Page 7

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Clash of the Kingdoms

We can reflect on the many wonderful ideas our nation stands for. Some of the quotes of our most famous documents express the heart's cry of our founding fathers such as "We hold these truths to be self-evident, that all men are created equal..." and we are "one nation, under God, indivisible." Such declarations express the purpose and intent for all the people who become citizens of this great nation.

Among the unique privileges of our citizenry is the right of free speech, to speak out in favor or disapproval of laws, political leaders, or any position; everyone has a right to express their ideas publicly or privately without fear of reprisal. While these privileges are to be valued and preserved, we must realize that there is an unseen force at work to destroy this nation. Over the past several years, there has been an ever-increasing animosity of one group against another. Strife, accusations, condemnation, judgments, finger pointing and blame have galvanized the positions of large segments of our society, bringing great division. Why is that a problem? Jesus said, *"Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand"* (Mt. 12:25).

The late Bishop Tony Palmer made this statement, "diversity is divine, but division is diabolical." We all have opinions of what is right and what is wrong and who is to blame. We have this need to take sides and express ourselves, defend our position, and slander and blame those we disagree with, but is that beneficial for our cause or us?

The Bible shows us that there are two kingdoms on the Earth. There is the kingdom of God that is described as the kingdom of light and the kingdom of darkness. Everybody is in one of these kingdoms. If we have come to understand that Jesus is our Savior, he died for our sins, he took upon himself our judgment, he rose from the dead, ascended into heaven and is seated at the right hand of God and by faith we have received his forgiveness and acceptance then we have been, **"delivered from the authority of darkness, and have been translated into the kingdom of God's dear Son"** (Col. 1:13).

The kingdom of darkness can best be described by the many ways the word "darkness" is defined in scripture – night, blindness, ignorance, ungodliness, immorality, misery, destruction, death, sorrow, wickedness. All of these conditions or actions give evidence to the work of those who are still in the kingdom of darkness. How should we, as believers, respond to these divisive efforts that would destroy our nation?

First we need to realize that the problem is not the darkness, but the absence of light. Light will always overcome the darkness.

Second, we can't resolve anything with those in darkness by using the same tactics. Blaming, name-calling, criticizing, condemning only brings greater division. You can't blame a blind man for not seeing. If you try to reason with a blind man he will still be blind. You can yell at a deaf man but he still will not hear you.

We can blame the blind or we can address the darkness. Our struggle is not with people but against "the rulers of the darkness of this world" (Eph. 6:12). Jesus gave us authority to bind and to loose in earth what he has done in heaven (Mt. 18:18). You have been given authority to bind the darkness and loose those who have been kept in its captivity.

Last of all, we can walk in the flesh (Gal. 5:19-21) or we can demonstrate the fruit of the Spirit (Gal. 5:22,23). If we walk according to the flesh (criticizing, condemning, and blaming) we only bring more divide. If we give demonstration to the fruit of the Spirit (love, joy, peace, patience, gentleness, goodness, faith, meekness, self-control), then those in the dark can see a better way and taste the sweetness that is only found in the Kingdom of light.

Taking a stand for what is righteous and good is a privilege we should all exercise. Protesting injustice, demanding policy changes, and refusing to bow to tyranny and abuse are all characteristics that gave birth to our exceptional nation but killing, stealing, and destroying are the activities of a dark kingdom.

Let us not tolerate the abuses of darkness but let us **"do all things without murmurings and disputing; that we may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom we shine as lights in the world"** (Philippians 2:14,15).

Dr. Dan Coflin 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.

The Ceramic Garden, Where Art is Therapy LLC's 19th Anniversary

You are invited to Celebrate The Ceramic Garden's 19th Milestone. This event will take place at the art studio located at 19213 N. Dale Mabry Hwy Lutz, FL 33548 in Lutz Lake Crossing Plaza (next to Publix), on **Saturday April 27 from 12 to 6pm.**

This company offers satisfying and enjoyable Pottery creating and Painting in a relaxed art vibe atmosphere.

Enjoy a flat studio fee of \$5 per person (50% off and free up to age 3) for bisque painting on that day and time only. There will be pottery wheel demonstrations, free beading and face painting for children; raffles, hand-writing analysis and palm reading for customers, door prizes, and refreshments.

Christine Terranova, owner, said, "It's so exciting because after all these years we still serve our community with our unique art classes and workshops. Creating pottery is known to be excellent for stress relief and self-care!"

The Ceramic Garden, Where Art is Therapy is open to the public Mondays through Saturdays from 11am to 7pm. You can find more information on the company's upcoming events and programs at www.theceramicgarden.com or call 813-536-0012.



Shred 2023 Goodbye!

Thrivent Members, guests and the public are invited to shred your old documents. 2023 is over and it is time to clean those files. Shred any documents that you no longer need and free up space. We are providing a site secured shredder truck for you to use to dispose of those unnecessary documents.

Come, shred, and enjoy refreshments compliments of the Tampa Bay Group of Thrivent Financial and Financial Representatives Keith Harvey, CFP, CDEFA, AEP and Jason Carrier, FIC.

When: **Saturday, May 4th, 9:00am-11:00am**

Where: 1307 W. Fletcher Ave, Tampa

Cost: Free!!

Limit: 5 Bankers boxes per vehicle

We will be collecting canned goods for a local food pantry.

For more information, contact 813-269-1116.

Women-N-Charge Fundraiser!

Local women's networking group Women-N-Charge will once again hold a fundraiser for women in business. All profits go to annual grants presented to women owned business applicants. Come join the fun at the exciting fashion show sponsored by Talbot's while sipping various samples of wine paired with your choice of sweets and savories!

Sunday, April 21, from 2:00-4:30pm, Fashion show begins at 3:00pm

Plantation Palms Golf and Country Club, 23253 Plantation Palms Blvd. Land O' Lakes

50/50 Raffles and door prizes, tickets are \$40 online at www.women-n-charge.com

Or call Anne Childers at 813-957-1196 to reserve your spot!

Check out sponsorship opportunities online and promote your business!

Tampa Rose Society

"Preparing Entries for the Tampa Rose Society Rose Show" is the topic for our April 16 meeting. We meet the 3rd Tuesday of the month. Photography, single roses, collections of roses, and arrangements are all categories for our show. We even have a category called "Tin Can Derby!" **Our Rose Show is May 11, 2024** at Westshore Plaza in Tampa. You do not need to be a member to enter the Rose Show.

Learn which roses have the best chance of winning. The American Rose Magazine lists yearly which roses have won the most awards nationwide. When the "Tampa Challenge" is judged at the meeting, we will explain exactly what the judges are looking for when winners are selected. We will discuss photography entries.

What types of rose pictures can be entered at the show. We will talk about rose arrangements. We will tell you what kinds of entries will qualify. Come with your questions and bring a notepad! There is no charge to attend the meeting. **Our next Tampa Rose Society meeting is Tuesday, April 16, 2024** at the Seminole Garden Center, 5800 Central Avenue at 7pm. Snacks will be available. We always end the meeting with a fun raffle. Come and bring a neighbor or friend! If you have questions, just call me at 813-503-1680.

Christian Business Leaders attend C3TB

Featured Speaker

Cory Miller

Wednesday, April 17

Networking: 11:15-Noon, Lunch & Speaker: Noon-1:30pm

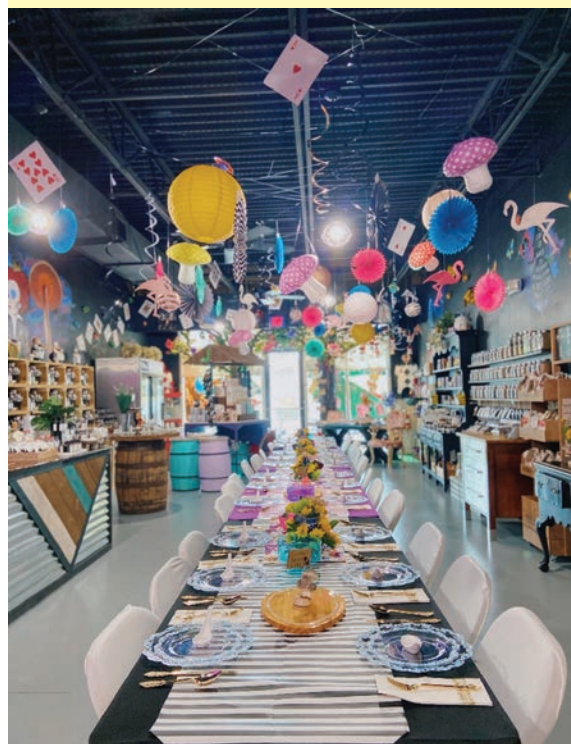
Meet at Banquet Masters



Topic: How to work with younger generations

From Dull to Delicious: Perfectly Blended Spices Are The Main Ingredient in Any Dish

By Karen McBride



What is the main ingredient in any entree? Is it beef or poultry or a perfectly garnished side dish? No, it is a flavorful spice! Without spices, meals can be bland and unappealing.

You do not need to add a lot of unhealthy salt to a dish to make it tasty. Instead, add specially prepared seasonings made fresh at The Main Ingredient. It was her desire to eat healthier that led Christina Sweet to open the specialty food store.

With her childhood spent on her family's 16-acre farm in upstate New York, she knew about growing produce. Her father owned three nurseries and taught her the intricacies of growing organic produce.

Having changed how she ate and introduced healthier choices into her meals, she found that stores only offered the herbs and spices in bulk, and most are processed. There were no stores that offered smaller quantities for recipes. She saw the need in the community and decided to open her first store on Collier Parkway six years ago.

The store has over six hundred items including her specially blended spices and teas and food from co-ops in the area where produce is grown on clean land. On Mondays, Nichole Dube of Dube's Mobile Market delivers fresh produce, chicken, beef, and eggs from local or small farms. There are no preservatives or additives in any of the items in the store.

She has found many of her customers come into the store with health problems, often caused by an overabundance of processed food in their diet. After a few weeks drinking herbal teas and eating organically grown food, her customers begin to feel the positive effects.

1 Corinthians 6:19-20 (NIV)

"Do you not know that your bodies are temples of the Holy Spirit? Therefore, honor God with your bodies."

She receives referrals from Moffitt and Advent Health Care. She sells Spirulina, mushroom powder and other products to lower sugar levels. Processed sugar can cause inflammation, harming cancer patients further. She is always quick to point out to her customers on special medications that they should contact their pharmacist to ensure that the ingredients will not interfere with the medication.

"We find products that contain good sugar, not bad sugar, so that customers don't feel deprived of sweets."

Her specialty teas are popular items. One tea she developed has helped reduce the effects of flu and viruses in people, which was in high demand when

COVID was at its peak. Now she is brewing ninety gallons a week of the Golden Flower Power (also known as "magic juice")

Another popular tea is brewed for respiratory illnesses, simply called "cough and congestion". In addition, she has teas to wake you up, help you sleep, burn fat, help with indigestion, and more.

The second location, with the Alice in Wonderland theme, holds tea parties (for all ages) and kid's programs. The whimsical shop has tea parties throughout the month. In April, Brunch in Wonderland is sold out for April 7, but tickets are still available for April 14 and 28 (as of this printing). The menu varies for the 5-course meal, but may include delectable items such as sliced cucumber sandwiches, Mad Hatter Teach sandwiches (pesto, mozzarella, tomato, arugula flower sandwich drizzled with raspberry balsamic), White Rabbit Chicken Salad (with cranberries, pecans and grapes served with butterfly crackers), a selection of teas, a scrumptious dessert, and more.

Mad Hatter Kids Camps (for kids and teens ages 7-14) are offered during school breaks and the summer months (2 weeks in June, 2 weeks in July and 1 week in August). Kids are taught crafts such as making bird feeders or wind chimes and are treated to an assortment of healthy foods.

Rooms can be rented for private parties, too. To make your reservation and to check the dates for upcoming events, go to <https://www.themainingredient.org/upcoming-events>.

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Join this clinical trial now for:
No cost infant formula for up to 6 months
Up to \$300 in compensation
6 supervised visits over 16 weeks
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HOW DO I PARTICIPATE?

- 1- Fill out our Form**
Click on apply and complete the pre-screening form. Eligible participants will receive an email with instructions on how to proceed.
- 2- Feed Your Baby**
Based on random selection (like flipping a coin), we'll provide one of the three study products or an existing cow milk infant formula at no cost. You will receive it immediately upon your baby's enrollment visit, and at each follow up visit throughout the study.
- 3- MEASURE GROWTH**
On a scheduled basis, you will visit a study doctor to have your baby's growth measured and to check on your baby's progress over 16 weeks. Daily tasks can be completed in the comfort of your own home via our study app.

ABOUT OUR STUDY

What is the purpose of the study?
The goal of this study is to demonstrate that babies fed Bubs infant formula grow at the same rate as those fed a commercially available cow milk formula. Such a study is a requirement by the FDA to allow a new infant formula into the USA market. The study also includes a group of breastfed babies.

How long will I participate?
You and your baby will be in the study for up to 18 weeks, including enrollment and training. Once you have registered, you will be asked to occasionally visit a study doctor for growth measurements 6 times over a 16 week period.

What is the compensation for my participation?
The total compensation for completing the study is \$300 spread out over six payments. Participants receive payment after completion of each visit with a study doctor. Formula feeding parents who successfully complete the study, will receive a complimentary two-month supply of the study formula.

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For more information and to see if you may qualify, visit validcare.com/bubs-gms/



Contact your local site at:



Michele Johnson-Towson, MD, FAAP, PA

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Protect Your Child's Health With The Proper Immunizations

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. Same-week appointments are available for school physicals at Pediatric Place of Tampa. It is important for their immunizations to be up to date, and to have their hearing and vision tested regularly.

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. The practice accepts all insurances as well as self-pay patients. New patients are always welcome! 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.

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I heard about this lady who surprised a burglar in her house late one night. She was home alone and didn't have a weapon and she didn't know what to do. Finally she thought, "I'll quote a scripture verse," and she shouted out, "Acts 2:38!" and the burglar suddenly froze in his tracks and didn't move. As soon as the police arrived, they were amazed how a woman with no weapon could do this. They asked the burglar, "What was it about that scripture that had such an effect on you?" He said, "Scripture? I thought she said she had an axe and two .38's!"
Say it like you mean it. Joel Osteen

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Tupperware Is So Versatile And Keeps Food Fresher Longer

By Karen McBride



Many of you may remember as a child eating from the matching cereal bowl and cup as you enjoyed Saturday morning cartoons or the mixing bowl with tightly locking lid, “to keep the air out and freshness in.” Tupperware has come a long way in its 78 years. Not only will you find an assortment of plasticware in all shapes and sizes, but you can choose from an all-in-one shaker to measure your protein shakes, canister sets, sandwich keepers, and so much more.

Ursula Yates began selling Tupperware 15 years ago. She started by helping a friend who was hosting a party and fell in

love with the product.

“It is top quality and I like how Tupperware stands behind it by offering a warranty on all their products,” said Ursula.

Fridgesmart containers will keep produce and vegetables fresher longer, helping to stretch a family’s food budget. RVers and meal prep enthusiasts love the stackable containers that use little space in the refrigerator.

Tupperware makes the perfect gift for Mother’s Day, baby showers, and graduations. Men use Tupperware too and would enjoy receiving the hamburger press set for grilling out on Father’s Day or even using the canister set to keep their tools in

the garage well organized.

“That’s what I love about Tupperware,” said Ursula. “It’s so versatile. It’s not just for the kitchen. You can be creative in how to use it.”

Ursula likes the one on one connection at Tupperware parties. Parties can be held in person, online via Zoom, during lunch breaks at work, at church events, or for a fun girl’s night. To shop for Tupperware or information on hosting a party, please go to <https://my.tupperware.com/UrsulaYates>.



Is Gardening Hard On Your Hands?

There seems to be a resurging interest in gardening, whether it is a flower garden or raising food for your family. While the benefits of fresh foods are great for our bodies, and cheerful flowers are great for our soul, the act of planting seeds, tilling, and weeding is not great for our hands. There are many repetitive tasks, especially with large garden plots. These motions may aggravate existing conditions of arthritis or carpal tunnel, or cause stress injuries. More than likely, gardening just makes your hands achy and stiff.

As our gardening season begins, it is important to start the habit of stretching, especially if you have been sedentary. Stretches should be done slowly, and without bouncing. Take some stretching breaks while gardening:

- Offset the forward bending by arching your back backwards. Then do some side-to-side stretches.
- Extend your arm and bend your hand downward at the wrist. With the other hand gently press your hand back toward the body.
- Then bend your hand upward at the wrist and again gently press fingers back toward the body.
- Holding your hand up, slowly bend your fingers down, one joint at a time. Slowly bring fingers back up and stretch the fingers outward as far as comfortable.

Additionally, your hands and forearms will appreciate self-massage with a moisturizing or pain-relieving cream or lotion. And better yet, why not schedule a hand reflexology session that can address those aches and pains, and help to prevent that repetitive strain?

Happy Gardening! And remember, home-grown food is medicine from God, and home-grown flowers are God’s prescription for peace and comfort.

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Kidz Korner: The Ladyfish Luncheon



Hi! This is Harley, presenting the monthly Kidz Korner column to you! This edition's topic is the experiences available for fishing/angling by the FEC & Suncoast Youth Conservation Center (the excellent organization that provides marine-related activities for FREE to youngsters!)

A few short weeks ago, a friend invited me to a mother-daughter event called the Ladyfish Luncheon. I wasn't quite sure what it was, but my mom had already signed us up, so we were hooked (pun intended).

IT WAS SO FUN! If I hadn't already tolerated fishing before the event, I enjoyed it now.

Some of the facts we learned were that circle hooks are more ethical than J-hooks—because they won't tragically slither down the unfortunate fish's esophagus—and

that there are limits to how many and the size of fish you can catch.

Another fact is that some fish have very fragile jaws, so holding all fishes by mouth would not be appropriate. Supporting their belly is better because they're oriented sideways from swimming like that their whole short lives. And did you know that stretching out your arms as far as you can, like a zombie, makes the fish look larger in pictures?!

The Suncoast Youth Conservation Center was an amazing property, with plenty of room to fish and a squishy marsh with adorable minnows! (I mistook them for tadpoles at first).

The rotations were educational and entertaining, and the staff was extremely courteous. Watching them scamper around the pond to help someone when she had a fish on the line and yelled "FISH ON!" was more than mildly entertaining!

The friend who invited me didn't catch ANYTHING at a previous competition, but she was blessed with the two biggest fish in the POND that day!

When we arrived, the staff didn't say, "Hi. Here's a fish, now throw it back in the water." No! They gave us the tools we needed to catch our own.

And that's what Jesus does. We need to work like everything depends on us and pray like everything depends on Him.

Also, the apostle Peter advises us to *"Cast all your anxiety on Him, because he cares for you (1 Peter 5:7)."* And we should.

At the very end of the fishing experience, each attendee returned home with the brand-new teal fishing pole they had used that day and the means to create even more memories for years to come!

Harley Isabel Smith
<https://harleyisabelsmith.com>

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."

Did you know?

Fish:

Fish:

Fishes:

The plural of fish is **fish**. When referring to more than one species, you can use **fishes** as plural.

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.

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. That's why it's so important to 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 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

I also have some very exciting news for where God has me going next! I am starting a new TV show and radio show on a free app called PRAY. Get it so you can stay connected. Plus, I will be on PBS soon to 250 million homes AND just wrote a best selling book. Check out my website for all the exciting details! www.SamanthaTaylor.com

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?

One Nation Under God With Liberty & Justice For All

Are you a follower or just a fan?

Pasco Tax Collector's Five Offices Will Feature Big Brothers Big Sisters As April's Charitable Organization



The five Pasco County Tax Collector's Offices will be featuring Big Brothers Big Sisters (BBBS) as its April Charity-of-the-Month. Beginning April 1 and running throughout the entire month, Big Brothers Big Sisters will be the recipient of donations made at our offices, through the mail and online.

"Children without a strong adult presence in their life, kids in jeopardy of not completing school or who may come from a broken home and who need a mature adult to provide practical life lessons, are served by this fantastic program," remarks Tax Collector Mike Fasano. "Your donation in any amount will help advance the mission of Big Brothers Big Sisters. You may also support the life-changing services provided by this agency by trading in your regular car tag for a Big Brothers Big Sisters tag."

For more information, you may speak to your customer service representative in any of our five offices. For those who would like to give online, the tax collector's office's charitable giving arm Pasco TC Gives has a webpage through which donations for BBBS (Charity of the Month) can be made: <https://www.govhub.com/fl-pasco/tc-gives/donate> Donations may also be mailed to: Pasco County Tax Collector's Office, P.O. Box 276, Dade City FL 33526-0276.

For more information about the charitable giving programs at the Pasco County Tax Collector's Office, please contact Assistant Tax Collector Greg Giordano at (727) 847-8179. For more details about the Big Brothers Big Sisters program, please contact Program Director Alyssa Reas at (813) 310-9184.



We Support
CHRISTIAN EDUCATION...
*Teaching our children
that the Word of God
is a way of life.*
Can we afford anything less?

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

PSO Volunteers Make a Difference In Pasco County

Pasco Sheriff's Office volunteers are helping our community in more places than you may realize. While PSO has dedicated members across the agency working to make a difference in our community, there are even more members assisting as volunteers. April is recognized as National Volunteer Month, and as such, we're showcasing the many ways volunteers help PSO serve our citizens!

Volunteer units at PSO serve an important purpose; they assist with tasks that don't require law enforcement action. In turn, this allows PSO deputies to focus on calls for service which require such action. Additionally, volunteers bring valuable assets and skills to assist in search and rescue missions throughout Pasco County, including situations where traditional means may not be able to access.

They also offer unique ways for us to build connections with those we serve. Volunteering with PSO is not only a great way to give back to our community, but it also helps volunteers build valuable skills for future careers.

Pasco Sheriff's Office is proud to have many volunteers dedicating their time to Pasco County, but also to have so many in our community willing to embrace the spirit of our motto, "We Fight As One," and working to make our community a better place for all to live, work and enjoy. Whatever their reason for volunteering is, PSO is deeply grateful for these community members offering their time to help keep Pasco County safe. Below are just a few ways in which community members assist PSO as volunteers.

Their trucks are a common sight on Pasco's roadways; the Citizen Service Unit responds to calls in which a law enforcement response is not required. They provide crime scene and search assistance and conduct parking enforcement, among other important tasks. They're always happy to help wherever they can!

When Pasco's unique terrain prohibits certain vehicles from assisting with a search mission, PSO's Jeep Search and Rescue Unit steps in to help. Members of this volunteer unit train regularly to stay ready for any situation that comes their way, from search and rescue to disaster assistance.

In addition to being a friendly face in our community, the Mounted Posse conducts proactive neighborhood patrols to connect with those we serve and deter crimes of opportunity at local venues, such as malls or the Pasco County Fair. They also stand ready to assist with search and rescue missions in which traditional vehicles may not be a viable option.

If educating Pasco's youngest citizens is your passion, look no further than Pasco Safety Town! Volunteers at Safety Town provide educational tours for Pasco's youth, helping them learn basic safety skills.

Natural disasters, including hurricanes, are an unfortunate reality of living in Florida. The Community Response Unit provides relief through a variety of skills, experience and equipment following such events, helping our community get back on its feet even faster.

In addition to units comprised solely of volunteers, volunteers provide assistance with clerical duties across the agency, including in units such as Victim Advocates, Chaplain Services, Parking Enforcement and more.

For more information and to apply to become a volunteer, visit JoinPSO.com today! Volunteers, including those wishing to intern with PSO, must fill out a Volunteer application. Help make a difference in your community by volunteering with the Pasco Sheriff's Office!

GFWC Dress for Success



GFWC Lutz-Land O'Lakes Woman's Club member Madeline McCulloh delivered a van filled with current business-appropriate suits and dresses to 'Dress For Success'. This organization prepares women in need to dress appropriately when applying for jobs and to assist them in returning to the workforce. The Woman's Club seeks to support women in as many areas as possible so they may succeed and support themselves and their children. For more information on this community service organization, please visit gfwclutzlandolakeswomansclub.org or its Facebook page.

(L-R) Staff member Vernell King with club member Madeline McCulloh

GFWC Donates to Thrift Store

GFWC Lutz-Land O'Lakes Woman's Club members Melba Pineiro, Nancy Allen and Gail Howard have collected and delivered a pickup truck filled with clothing donations to the Solutions Thrift Store in Dade City, which store profits benefit Sunrise of Pasco Domestic Abuse Shelter. The Woman's Club has supported this vital shelter for decades with many, many donations as well as fundraisers. For more information on this community service organization, please visit gfwclutzlandolakeswomansclub.org or its Facebook page.



(L-R) Club members Melba Pineiro, Nancy Allen & Gail Howard delivering clothes

GFWC Celebrates Tunnels 2 Towers

team of members recently attended the dedication of the newly built home for a veteran and family at the Tunnels to Towers community in Land O'Lakes. The club women supported this project and came bearing various housewarming gifts for the new resident family, the most important of which were fire extinguishers. The T2T Organization has been providing mortgage-free homes to first-responder and veterans' families since 9/11 For more information on this community service organization, please visit gfwclutzlandolakeswomansclub.org or its Facebook page.



(L-R) Members Deb Cardona, Dee Knerr, Nancy Taylor, Gina Caper & Jean Olson

Tax Collector Mike Fasano's Charitable Giving Arm "Pasco TC Gives" Donates \$2,500 to Suncoast of the YMCA

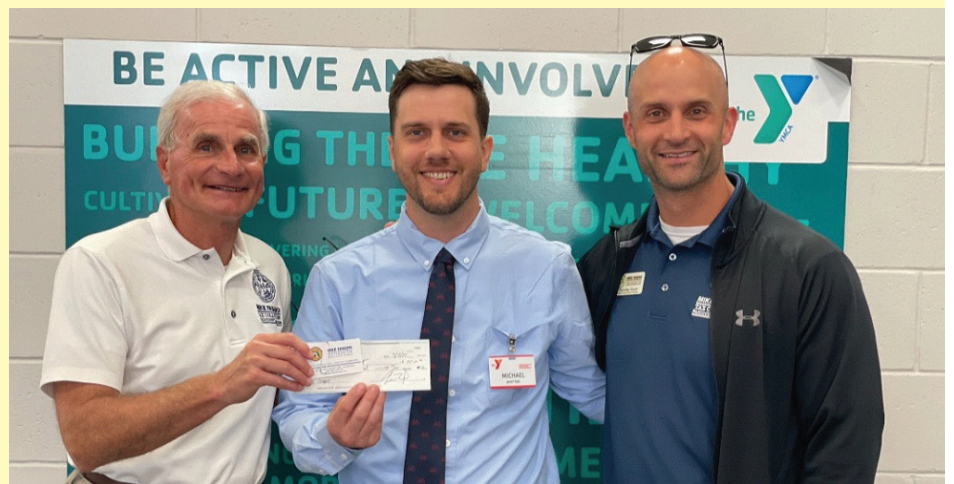


Photo of check presentation attached – from left to right - Tax Collector Mike Fasano, Michel Whitten, Director of the YMCA's Trinity Branch and Deputy Chief Tax Collector Tim Couet with the donation from Pasco TC Gives

Pasco TC Gives, the non-profit charitable giving arm of the Pasco Tax Collector's Office donated \$2,500 to the Suncoast of the YMCA. The purpose of the donation is to help provide swimming lessons and water safety training to young people who otherwise would not have the financial resources to pay for these classes.

"The YMCA of the Suncoast will be able to provide Safety Around Water training to 50 children who lack the means to pay for these lessons on their own," comments Tax Collector Mike Fasano. "

The check represents an ongoing commitment by Tax Collector Mike Fasano and Pasco TC Gives to supporting access to water safety training for our community's most financially challenged families. The presentation was made on March 22, 2024, at the YMCA's Trinity Branch to Michael Whitten, Branch Director.

For more details regarding charitable promotions or general services provided by the Pasco County Tax Collector's Office please contact Greg Giordano, Assistant Tax Collector at 727-847-8179 or visit <https://www.pascotaxes.com> For more information about the YMCA of the Suncoast and how you can support its efforts to promote water safety and health and wellness programs in general please visit <https://www.ymcasuncoast.org>

"Submit yourselves to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you."
— James 4:7-8

Hail to the 2024 Chasco Ball King & Queen



2024 King Pithla J. David Wright and Queen Chasco Becky Bennett

Lighthouse for the Visually Impaired and Blind is pleased to announce our 2024 King Pithla J. David Wright and Queen Chasco Becky Bennett who were crowned on March 15th at the 2024 Chasco Coronation Ball. The Ball celebrates the outstanding contributions made by many in our community with nominations from not-for-profit organizations, and it recognizes two of the nominees with the Coronation of King Pithla and Queen Chasco. This year, 40 Superheroes from our community were honored, including our newest King and Queen, and 29 Not-for-Profit agencies were highlighted—all for their incredible contributions of time and talent that lift up those in need.

J. DAVID WRIGHT, also known as the Pasco Paparazzi, was nominated by the Junior Service League of Greater New Port Richey. Day after day, year after year, David has helped countless local nonprofits tell their stories through skillful photography which has increased awareness, donations, and their ability to serve more people in need. His photos and his presence have also brought joy to all his subjects—he brings smiles and encouragement as he captures and shares their most important memories. David has received several awards which include Volunteer of the Year (2019, Wheelchairs 4 Kids), the Bright Light Award (2018, Lighthouse for the Visually Impaired and Blind), and the Paul Harris Fellow Award +3. He also received Congressional Recognition in 2016 by Congressman Gus Bilirakis for his service to his community. Since 2009, David has been on the Wheelchairs 4 Kids Board of Directors.

BECKY BENNETT was nominated by the Community Service Council of West Pasco and Rotary District 6950. Becky has earned her nomination through her tireless efforts to raise awareness about the amazing projects and programs in our community and by contributing countless volunteer hours to many nonprofit organizations. In particular, she has a passion for Rotary projects, prevention projects, and making a difference in the lives of children and their families. Becky has received countless awards which include a Citation of Meritorious Service (2021, the Rotary International Foundation),

Volunteer of the Year (2021, Community Service Council), Rotarian of the Year (2008–2009, 2020–2021, Trinity Rotary), and the Paul Harris Fellow +7. She currently volunteers for several projects and programs which include Josh the Otter Water Safety Program, Rap House Cook 4 Kids, Rap River Run, and Thanksgiving Dinner Delivery.

The 2024 Chasco Ball had a wonderful turnout, with the largest attendance in 11 years. The attendees were delighted to celebrate with the nominees, witness the coronation of the new Royalty, and partake in all the Royal festivities. We were fortunate to have guest speakers, Ana Rubio and her young daughter Luna, who told us about coming to the Lighthouse and about participating in the Early Intervention Program. Ana is so grateful that her child can feel normal when she's with instructors like Megan Harding and Lighthouse clients who are visually impaired. In addition, we shared in a special moment as our 2023 King Pithla, Steve Luikart, was presented with a Rotary International Paul Harris Fellow Award from his Queen Julie Rogers. Jamie Mick, 2015 Queen and 2024 Ball Chair, said "It warms my heart to see the good being done in our community, and everyone coming together to celebrate it. Happy Chasco to all!"

The Presenting Sponsor for the 37th Annual Chasco Coronation Ball was The Musunuru Family. To learn more about the Ball, the Lighthouse and to view a list of nominees, visit lvib.org.

#ChascoCoronationBall



Mom Ana Rubio and her family were the guest speakers at the 2024 Chasco Coronation Ball. The audience was captivated by Mom and little Luna who was full of love for her Lighthouse instructor.

The Great Florida Outdoors: The Pileated Woodpecker

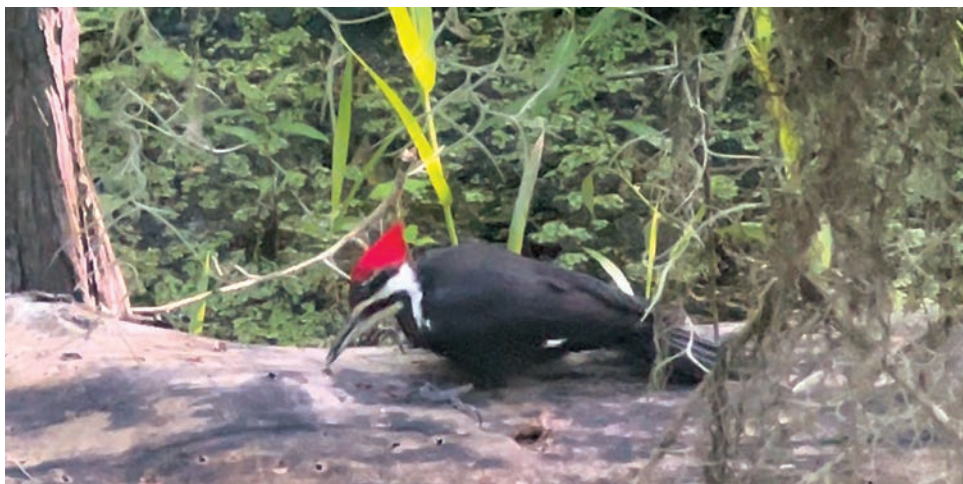
Dr. Robert Norman, Clinical Professor, Dermatology, Nova Southeastern University

"Woodpeckers are a worldwide phenomenon and a delight for bird enthusiasts. More than two hundred species practice their formidable woodworking skills across the globe, except in a few places. To me, woodpeckers have some of the most remarkable adaptations in the bird world."

— Kevin McGowan, Ph.D

I was on a recent trek on the boardwalk at Lettuce Lake park, a gem in the Tampa area. I heard the tapping of a woodpecker and spotted a wonderful pileated woodpecker hammering his sturdy beak into the bark of a downed tree, pecking away for insects.

The pileated is a big, dashing bird with a flaming crest, the largest woodpecker in North America. This species became rare in eastern North America with clearing of forests in centuries past but has gradually increased in numbers again since about the beginning of the 20th century. It is around 17" (43 cm). It is mostly black, with a red crest and white stripe on the neck. The white under wings flashes in flight. The bird's forehead and mustache are red on male, black on female.



What do these amazing creatures eat? The pileated woodpecker's primary food is carpenter ants, supplemented by other ants, woodboring beetle larvae, termites, and other insects such as flies, spruce budworm, caterpillars, cockroaches, and grasshoppers. They also eat wild fruits and nuts, including greenbrier, hackberry, sassafras, blackberries, sumac berries, poison ivy, holly, dogwood, persimmon, and elderberry. In some diet studies, ants constituted 40 percent of the diet, and up to 97 percent in some individuals.

Nest Description

The male begins excavating the nest cavity and does most of the work, but the female contributes, particularly as the hole nears completion. The entrance hole is oblong rather than the circular shape of most woodpecker holes. For the finishing touches, the bird climbs all the way into the hole and chips away at it from the inside. Periodically the adult picks up several chips at a time in its bill and tosses them from the cavity entrance. Pileated woodpeckers don't line their nests with any material except for leftover wood chips. The nest construction usually takes 3-6

weeks, and nests are rarely reused in later years. Cavity depth can range from 10-24 inches.

The pileated woodpecker digs characteristically rectangular holes in trees to find ants. These excavations can be so broad and deep that they can cause small trees to break in half.

The feeding excavations of a pileated woodpecker are so extensive that they often attract other birds. Other woodpeckers, as well as house wrens, may come and feed there.

The pileated woodpecker prefers large trees for nesting. In young forests, it will use any large trees remaining from before the forest was cut. Because these trees are larger than the rest of the forest, they present a lightning hazard to the nesting birds.

A pileated woodpecker pair stays together on its territory all year round. It will defend the territory in all seasons but will tolerate new arrivals during the winter.

Thank you to Audubon and All About Birds (Cornell)

Where can you find this spectacular bird?

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"Trust in the Lord with all your heart and not lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight."
 — Proverbs 3:5-6

The Anchor of Hope

Continued from Page 1

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

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

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

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

In Touch Ministries, Jan. 30, 2017

Daily Readings for Devoted Living • Intouch.org



Change Your Thoughts

Amy Peterson Office Manager, River of Life Church

If you don't like the thought you had, have another thought.

Have you ever stopped to think about what you are thinking about?

All day long thoughts come to you from every direction. Thoughts come from the circumstances you are facing, from what people said or did to you or what you said or did to others. Your thoughts may seem random like they simply come out of thin air.

However, have you ever thought about the fact that you have a choice about what you think? If your thoughts are not producing good fruit, such as, love, joy, and peace, then you can choose to have another thought.

It says in *Philippians 4:8 (TPT)* “Keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.”

You don't have to act on every thought you have. You can choose to only dwell or think about things that are uplifting and full of joy. You have the choice as to what you think about. Anything that anyone has ever done whether good or bad started with a thought. That thought then turned into an action. If you want your actions to be good, healthy, and wise that bring good results into your life, you must be careful about what you are thinking.

Your thoughts frequently dictate your emotions. If you find yourself worried and afraid, stop and think about what you are thinking about. You can usually trace it back to a point in time when a thought came to you, and you began to dwell on it. The “what if” thoughts caused the fruit of fear in your life. Once you have identified where the emotions of fear have come from you can decide to change your thinking.

You can choose to think the best of others. You can choose to not allow someone else's actions to dictate your emotions. If someone treats you poorly, instead of thinking how awful they are, choose to believe that they must be having a bad day, or they would not have treated you that way.

You don't have to believe every thought you have. You can always have another thought.

We would love to meet you. Come visit us at River of Life Church, located at 410 E. Chapman Rd., Lutz. For more information, you can visit www.roltampa.org.

Amy Peterson
Office Manager, River of Life Church
410 E. Chapman Rd. Lutz, FL 33549 • 813-949-9931



A Better End Times

What does our future look like, and what does the Bible really say about the “signs of the end”? Is it all “doom and gloom” or is the future bright? Is there even a difference between the “end times” and the “last days”?

Come along to explore this fascinating subject where prophecy and truth are accurately gleaned from Scripture, and where God reveals His plans for a brighter, hope-filled future and greater promises still to come. For orders go to coflinpublishing.com or Amazon. \$16.00 plus S&H.

Yesterday is history,
Tomorrow is a mystery,
Today is a gift. That's why it's called
the present!



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)

Cell Phone vs. Bible

Ever wonder what would happen if we treated our Bible like we treat our cell phone?

What if we carried it around in our purses or pockets?

What if we flipped through it several times a day?

What if we turned back to go get it if we forgot it?

What if we used it to receive messages from the text?

What if we treated it like we couldn't live without it?

What if we gave it to kids as gifts?

What if we used it when we traveled?

What if we used it in case of emergency?

This is something to make you go... hmmm... where is my Bible?

Oh, and one more thing. Unlike our cell phone, we don't have to worry about our

Bible being disconnected because Jesus already paid the bill.

Makes you stop and think ‘where are my priorities’?

UNLESS you have the Bible on your phone, you only have to worry about dropped calls or being disconnected. That can't happen with a book. (Author Unknown)



Joyce Meyer Ministries presents:
Love Life Women's Conference
Tampa, Florida September 12–14 2024
Special guest speakers: Priscilla Shirer and Christine Caine,
Worship with YAYA and Riley Clemmons!
Joycemeyer.org

Enter to Win!

A \$15 Certificate to The Main Ingredient
(article on Page 2)

Find the verses in this paper!

Mail your entry with your info at bottom.

1. Trust in the Lord _____
2. Submit yourselves to God. _____
3. So we fix our eyes not on what is seen, _____
4. Love the Lord your God _____

We gave away over 200 admission tickets to the Bay Area Renaissance Festival!

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Luck of the Irish Poker Run for Veterans



Dave Homer organized a magnificent Poker Run via golf carts presented by Little Manatee Springs. Other notable organizers were Kim Hall, Pam Leverock and Kim Homer. Liberty Manor was their chosen charity this year because of their commitment to our United States military servicemen and women. The team hosted a meal, and ten Veterans from Liberty Manor were in attendance. The Liberty Manor veterans presented certificates of appreciation to the team and Little Manatee Springs organization.

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.

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. 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

Beeping Eggs help Children Who Are Blind Enjoy the Easter Egg Hunt



Mom Kristen Scheiderer helps her daughter Emma locate an Easter egg.

On Saturday, March 16th, more than 30 children who were visually impaired, blind, Deaf and Hard of Hearing, and their siblings, gathered for the annual Beeping Easter Egg Hunt (BEEH) at the Lighthouse for the Visually Impaired and Blind (LVIB). The children shared a lovely breakfast provided by the Hudson-Bayonet Point Lions Club, then ran outside to look for beeping and brightly colored eggs in LVIB’s Sensory Garden.

The Lighthouse Babies’ Program is funded in part by a generous \$10,000 grant from the Suncoast Credit Union Foundation. Since its inception in 1990, the Foundation has raised and donated over \$44 million to help provide a better future for the children of our community. Each time a Suncoast member uses their debit or credit card, two cents are donated to the Foundation to support local initiatives, like LVIB.

The BEEH is just one of the events for youth enrolled in Lighthouse programs. The Lighthouse Early Intervention Program (also known as the Babies’ Program) helps young children develop residual vision and other senses and learn adapted skills needed to cope with vision loss, so they are as prepared as possible when entering pre-school. The Children’s Program teaches independent living skills for home and school. Teens in our Transition Program develop skills for their future so they are prepared for independent living, higher education, and employment. Learn more about Lighthouse programs for babies, children, and teens at www.lvib.org/babies-to-teens.

Megan Harding, one of Lighthouse’s Early Intervention Specialists, helps Aspyn make an Easter craft.



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“So we fix our eyes not on what is seen, but what is unseen. For what is seen is temporary, but what is unseen is eternal.” — 2 Corinthians 4:18

Learning to Love Like Jesus

By Joyce Meyer

Imagine for a moment what the world would be like if everyone who calls themselves a Christian would really love others the way Jesus does.

There would be no gossip, no judgment or criticism, no exclusive attitudes that make others feel rejected, and people’s needs would be met much more than they are.

While that picture might seem far from the way things really are, Jesus gave us very real, practical examples of how we can love the way God loves us. And when we know and experience God’s love for ourselves, we can’t help but share it with others.

John 13:1 says Jesus loved them to the last and to the highest degree (AMPC). And in the verses that follow the scripture, He demonstrates what it means to love others in that way.

In those days, there were servants who washed people’s feet when they came to visit. It’s likely they were considered the lowliest servants in the household. Now Jesus, the Son of God Himself, got up from the supper, took the servant’s towel, and proceeded to wash the disciples’ feet. His message to them was to love one another by being a servant. Because God wants his love to flow through us and touch other people’s lives.

I want to encourage you to read John 13 and pay close attention to what Jesus did and what he said. Spend some time studying scriptures about God’s love and pray for Him to show you ways you can serve the people in your life. See how many creative ways God puts in your heart to “wash feet.” You’ll probably find it’s easier than you thought it would be to help make someone’s life better. God wants us to have success and enjoy our lives. But He wants us to die to self, get over being the center of our world, and begin to focus on looking for someone who needs our help every day. When you do this, you’ll discover you’re actually more satisfied, content, peaceful, and happy than you’ve ever been in your life!

joycemeyer.org



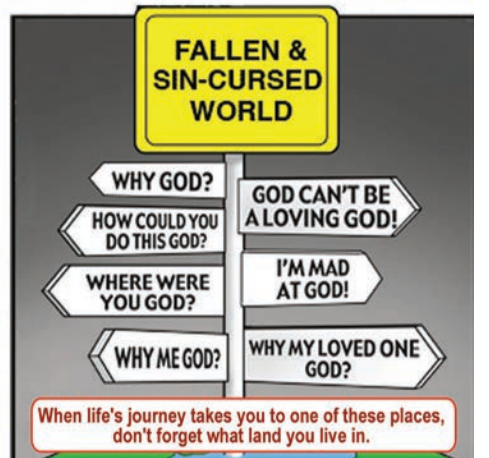
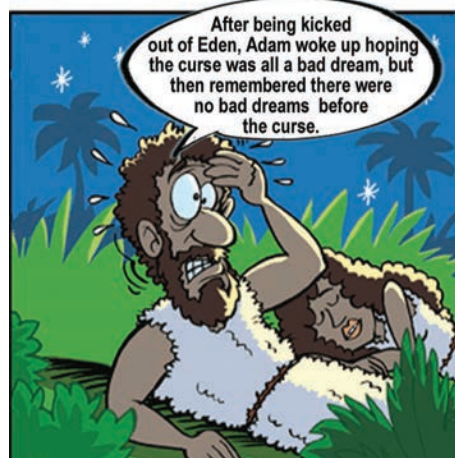
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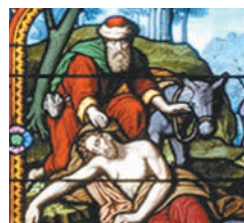
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Adam & Eve After Celebrating in the Garden of Eden...



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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GFWC Thanks Community for Supporting Flea Market



GFWC Lutz-Land O'Lakes Woman's Club members have wrapped up their huge annual Flea Market fundraiser at the Old Lutz School and wish to thank all who have contributed to its success, whether by generous donations of goods or by their purchases. The Flea was a big success and will go far in providing scholarship awards as well as funding the club's many projects benefitting our community and beyond.

THANK YOU TO ALL FOR YOUR SUPPORT!

For more information on this community service organization, please visit gfwclutzlandolakeswomansclub.org or its Facebook page.

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

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

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

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

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

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

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

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

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

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

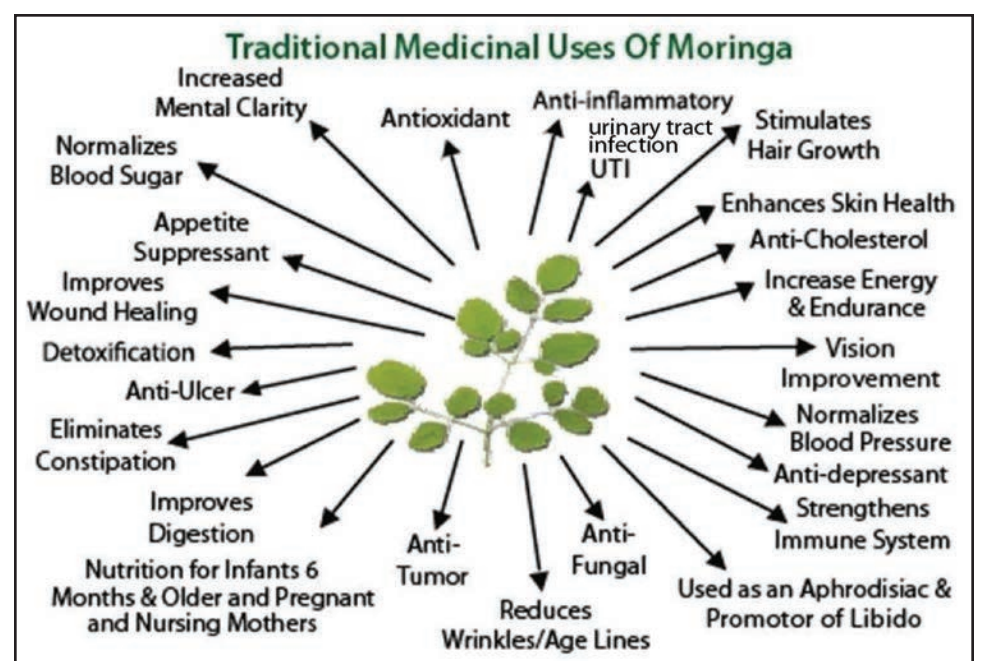
Moringa encourages the removal of toxins through its support of liver and kidney function. When used environmentally, even the moringa seeds do an amazing job of removing contaminants from water.

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

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

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

Contact Kay at (813) 841-5932 for some moringa!



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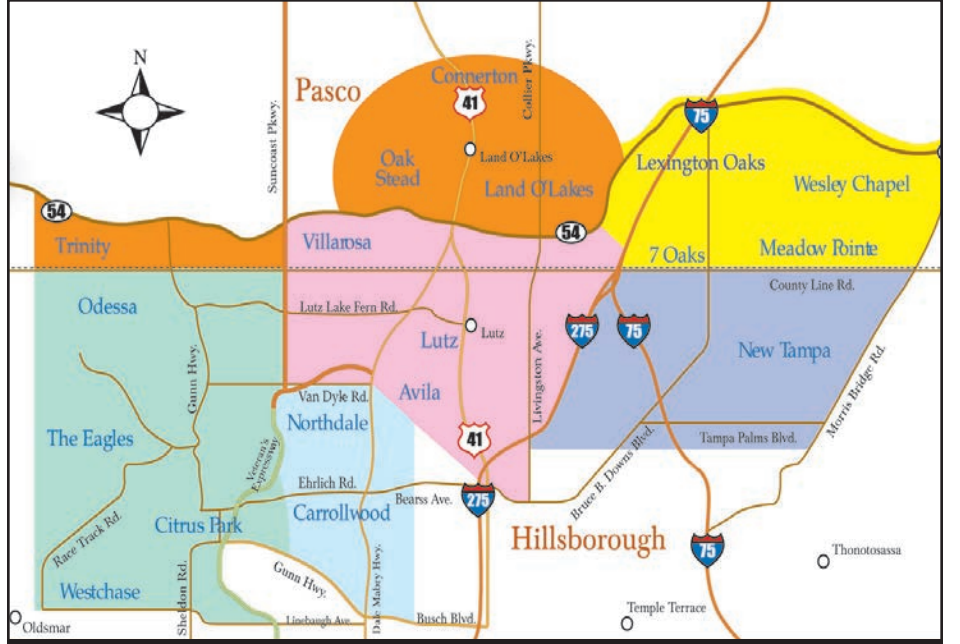
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In the beginning God created the heavens and the earth. "The Big Bang" Genesis 1:3 "Let there be light..."

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