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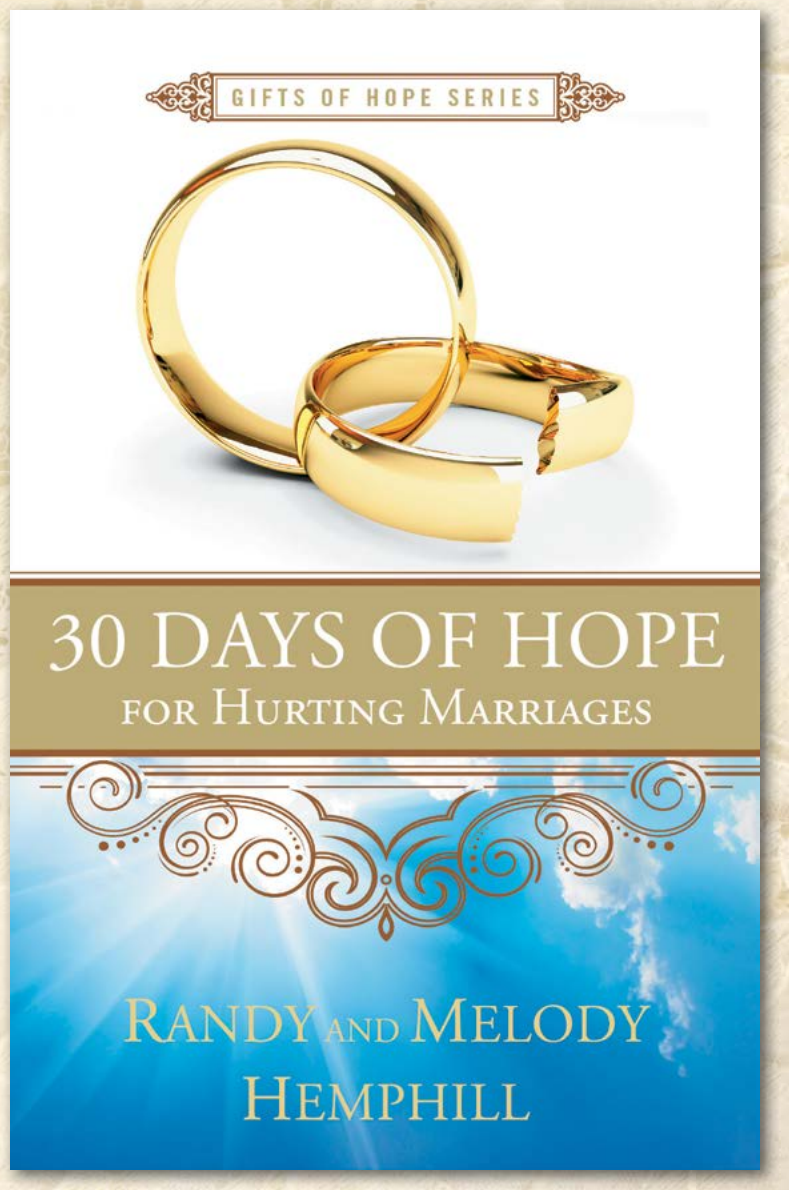

30 Days of Hope for Hurting Marriages is filled with honest reflections from marriage struggles and near-divorce, as authors Randy and Melody Hemphill share glimpses of their story and the encouraging Scriptures that helped them persevere. Addressing several emotions that couples in crisis commonly experience, each day's devotion contains a Scripture for the day, questions to consider and talk through together, and a personal story. Accept the challenge of these truths: God wants to restore your marriage. There is hope. You can persevere through this season of pain and desperation.

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ABOUT THE AUTHORS:
Randy and Melody Hemphill, married for more than 20 years, have walked through seasons of hurt and pain in their marriage. Founders of LIFE Ministries, a counseling ministry passionate for the hearts of men and women to be restored, the couple has seen God's powerful restoration of marriages in crisis. Randy, who holds a doctorate of ministry specializing in men and marriage, is also a peer pastor leader for Beeson Divinity School, an adjunct professor, and seminar director for enrichment and marriage resources. Parents to four children, the couple calls the Birmingham, Alabama, area home.

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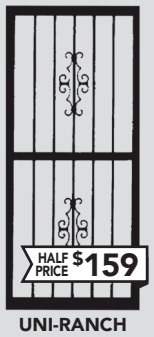
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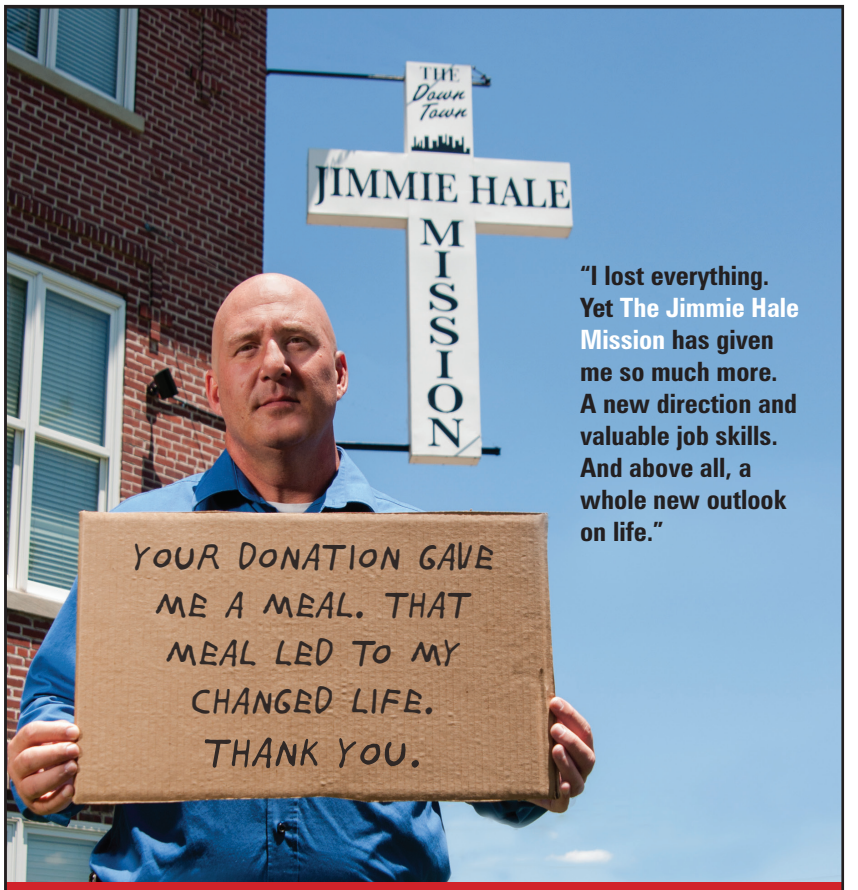

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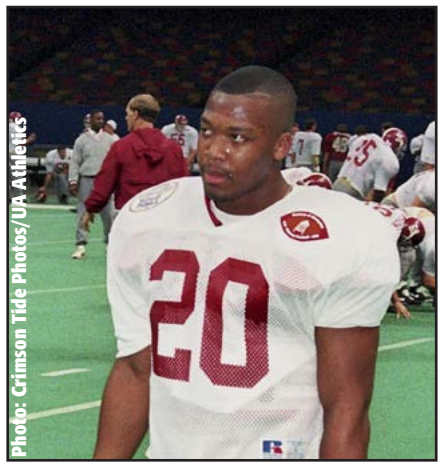

ON THE COVER 16

A Tide National Championship, a Super Bowl Win & time in prison are all a part of Sherman Williams' story of how Christ has given him a new lease on life and allowed him to support a local prison re-entry ministry.
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PLUS HOLIDAY PREP, GREAT GIFTS
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Photo Credit: Nik Layman

Cookie Ministry: The Legacy of Mark Norton

Mark Norton sharing his Bud's Best cookies with Fair Haven residents.

After retiring from a career in real estate, Birmingham's Mark Norton enjoyed working a few hours each month for Bud's Best cookies, sharing samples of "the little cookie with the big taste" with grocery store customers. When declining health led Norton to move into assisted living at Fair Haven Retirement Community, the owner of Bud's Best, Bud Cason, decided Norton still needed his cookies. Boxes of cookies would routinely arrive for Norton and he would share his treasure with fellow residents. He soon became known as "the cookie man" and began hosting a monthly "cookie social" for his friends in assisted living and skilled care. His former boss, Bud Cason, and his son, Al Cason, made sure he had enough cookies to share each month, and despite major physical challenges including arthritis, the loss of a leg and loss of vision, Mark Norton continued to serve others with a smile and a cookie until his death at almost 94.

"He was like a flower in the concrete," remembers son Tommy. "He hurt from head to toe but still was as sweet and positive as he could be. He was a man full of faith and he was not going to be unhappy." When Norton died, his son Tommy and wife Dianne decided to continue his cookie tradition. "This is our ministry in memory and honor of my dad. I feel like every time we do this, he smiles, and these people are so sweet and so grateful." Now in their eighth year of cookie service, the couple comes every first Tuesday of the month to Fair Haven with cookies donated by Bud's Best to host two cookie socials, one in assisted living and one in skilled care. Tommy organizes the socials and oversees games for the residents while Dianne, who played the organ for Dawson Baptist for 43 years, plays the piano and leads the residents in singing. "Everyone loves Tommy and Dianne. They are a blessing and have done so many wonderful things for the residents throughout the years," explains Fair Haven's Lorrie Carruba. Bud's Best's Al Cason shares, "Mark Norton would be so proud to see his son continue this. Mr. Norton touched so many lives and continues through his son."

Tommy and Dianne Norton with Fair Haven residents Cliff Pair and Harvey Morgan at the monthly cookie social started by Tommy's father Mark.

— Laurie Stroud

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HomeTown Lenders Hosts HOMETOWN HEROES SUPER HERO 5K & 1 Mile Fun Run

Suit up in your favorite super hero costume and show your support for the real heroes in our community- our local police. October 29 HomeTown Lenders is hosting a Super Hero 5K and 1 Mile Costume Fun Run at Veteran's Park on Valleydale Road in Hoover. All proceeds will go toward helping the children of our local police to achieve their dreams through scholarships. Registration for the 5K is $25 if paid by October 1, $30 if paid by October 27 or $35 at the door. The 1 Mile Fun/Costume Run registration is $10. Those that pre-register can pick up their race packets at Trak Shak on Highway 280 on Friday October 28 or the morning of the race. All participants will receive a Super Hero Run T-Shirt and goodie bag.

Alabama based HomeTown Lenders, whose office is right here in Birmingham, plans to make the Super Hero 5K & 1 Mile Fun Run a bi-annual event as a way to show ongoing support to the police officers of our community who serve us year round. Starting in 2017 the event will be held every April and October. Scott Moulton and his team at HomeTown Lenders offer the most innovative and creative mortgage financing solutions available to homeowners in our community and operate from a core belief that "exceeding expectations is the only way to do business." Learn more about how they can help you purchase or refinance a home at www.htlenders.com. Register for the October 29 race at www.active.com.

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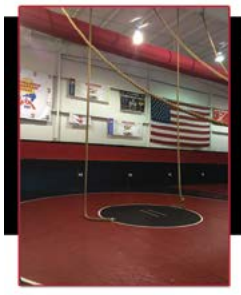

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THE SOURCE of Security

Paul writes in 2 Corinthians 1:3 that our Heavenly Father is the, "God of all comfort." When we face any kind of trial or if we deal with any kind of affliction, we can lift these things up to God in prayer and He comforts us. I think of 1 Peter 5:7 that instructs us to cast our anxieties upon the Lord because He cares for us. When we are stressed about financial burdens, God loves us enough to comfort us. When our child, parent, or pet is sick, God cares enough to comfort us. When we lose a loved one, God desires to comfort and care for us. What an amazing God we have! While He holds all of this massive universe in His hands, He still loves us enough to desire to be there for us in the midst of our hard times.

My heart is greatly encouraged by my God who desires to comfort me in all of my troubles, but what I find interesting is how He does it. Right after referring to God as the God of all comfort, Paul goes on to write that God comforts us, "so that we may be able to comfort those who are in any affliction." God comforts us because He loves us, and God also wants to use us to bring comfort to others around us. Again, how amazing is it that the Creator of the world loves us enough to comfort us in our trials, but He also uses us to bring comfort to other people! What a privilege, that God would use people like us to bring His comfort to people in need.

Throughout their lives, our children will face many trials, and they need to know where to turn in their time of need. Let's make it our goal as their parents to not only comfort them just as God comforts us, but to also teach them how to look to God for comfort and security. Teach them how God has comforted you, and teach them to seek the God of all comfort.

— Larkin Sumerlin, Chaplain
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Formula for Success in Tough Decisions

As parents we are making decisions every day regarding our family. Now imagine you are one of my children, Brodie or Reagan, who are now leading Big Oak Ranch. When they make a decision, it affects over 220 children and staff. That is a lot of pressure to say the least. However, there is a formula that helps them through this decision-making process.

As you and your spouse sit down to make decisions regarding your family, let me give you this formula that you can apply and will guarantee your success. This works on minor and major issues. I know what you're thinking – when someone makes you a "guarantee," you better be careful. But this one I know is sound and true.

First, claim Psalm 32:8,
"For I will counsel you with my eye upon you and I will show you the way to go."

Then use this Three Point Checklist as a guide:
1) What does the Bible say in regard to the issue at hand?
2) What is the Holy Spirit saying within your heart?
3) What direction are the circumstances that you are looking at pointing toward?

If you are a faced with a decision, whether it's minor or major, I promise you that the God we serve will never lead you wrong. God always shows up – you just need to ask.

— John Croyle
Founder, Big Oak Ranch, Author, Who You Are/Defying the Circumstances that Define Us, Bringing Out the Winner in Your Child, The Two Minute Drill to Manhood *and* Raising a Princess,
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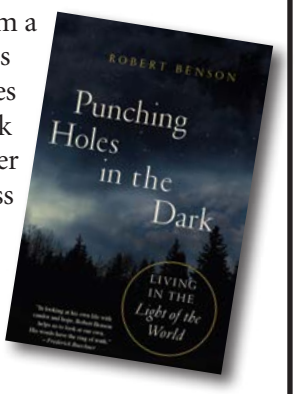
Punching Holes in the Dark



I often feel the need to apologize to God, for surely I am a man of inexcusably small faith. I am too prone to stress over the darkness in this world, too susceptible to waves of despair over the depths of cruelty humanity can sink to, and far too inclined to focus on what is wrong rather than what is good and lovely and true. Yes, the darkness around us is real. But so is the kingdom of God. If I were a man of great faith, I would concentrate more on the power and light of God's Son rather than on the power of darkness which still holds so much of the world in its rebellious grip.

In his latest book, *Punching Holes in the Dark* (Abingdon Press), author Robert Benson shares his thoughts about the tension all Christ's followers face as we endeavor to live as children of light in a world of darkness. It is a wonderful work, filled with thoughtful reminders that the Kingdom of God is around us, a kingdom immersed in light and life and love. All we need are eyes to see, ears to hear, and a desire to push back the darkness whenever and however we can.

What does punching a hole in the darkness look like? For some, it's preaching the gospel with words of grace. For others, it's offering a cup of water in Christ's name or sending notes of encouragement to those in distress. Don't despise the small things, for even the tiniest ray of light can penetrate a room of darkness. *Punching Holes in the Dark* encouraged me to punch harder than I have in the past. I want to be more faithful and forgiving, more compassionate and kind, more joyful and hopeful. Instead of whining about the world, I want to wake up each morning with the hope of being part of what God wants to do in the world that day, however small or seemingly insignificant it may appear.

One day, the light of Jesus is going to overwhelm the world, and darkness will be annihilated forever. All that is wrong will be made right. We will live as God always dreamed we would live. Wars will cease, justice and peace will reign, death will be overturned, and sin will yield to love. We will live in the light of His city. And I won't have to apologize to God anymore.

— Darrel Holcombe, Owner
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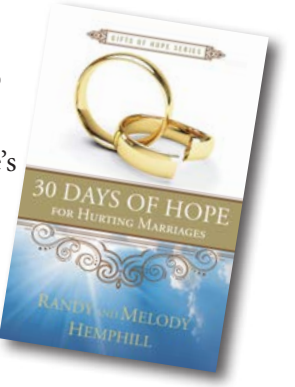
God Can Restore Struggling Marriages



Newly released *30 Days of Hope for Hurting Marriages* is filled with honest reflections from a Birmingham couple's own marriage and near divorce. Each devotion contains Scripture, questions to consider and discuss, and a glimpse into the emotions couples may experience during crisis. Written by husband and wife Randy and Melody Hemphill, the devotional is the sixth in New Hope Publisher's "Gifts of Hope" series and has received high praise from local church leaders like Shades Crest Baptist Church Senior Pastor Brian Lee. "*30 Days of Hope for Hurting Marriages* offers practical and God-centered guidance for couples who are struggling or just want to improve their relationships. Randy and Melody understand the inner dynamics that contribute to marital breakdown. More importantly, they know that healing comes from facing difficult truths and deepening one's relationship with God…" Senior pastor of Double Oak Community Church Adam Robinson adds, "These devotions will give you solid marital advice from a biblical perspective that can truly heal your marriage."

The Hemphills have been married for more than 20 years and are parents to four children. They are the founders of Birmingham based LIFE Ministries, a counseling ministry passionate about the restoration of men and women's hearts. Randy holds a doctorate of ministry specializing in men and marriage and is a Peer Pastor Leader for Beeson Divinity School, an adjunct professor, and seminar director for enrichment and marriage resources. Learn more at www.lifeministriesnow.com.

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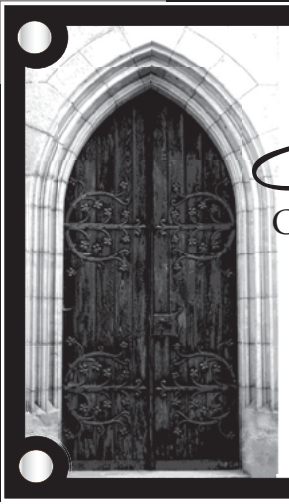
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A Call to Service: KATS Grocery Delivery

Maurice Mercer and wife Amanda with Maurice's mom Kathryn Jenkins who inspired him to serve others and encouraged him to start KATS. Mercer also serves on the Pelham City Council and will begin his second term in November.

"Compassionate, Respectful, Dependable" are the core values on which KATS Grocery Delivery operates as a part of its mission to "make our clients life easier by delivering exceptional service." The idea for the Birmingham based business grew out of a need KATS owner Maurice Mercer first witnessed after his mother was diagnosed with Scleroderma, an autoimmune disability that limited her ability to do even the most normal of day to day activities, including her own grocery shopping. While Mercer lived close enough and was able to shop for him mom, the former UAB charge nurse began to think of those who did not have the support she did.

"Even In her sickness," remembers Mercer, "She was thinking about others. How can we help others?" The two discussed the start of a grocery delivery service with the option for delivery from multiple stores. "The Lord kept putting on my heart you need to do this," remembers Mercer whose mother, Kathryn Jenkins, affectionately known as Kats, passed away in November of 2013. In late 2014, in his mother's memory, Mercer created Karing, Agape and Transitional Services Inc., or KATs Inc. "We incorporated in August of 2014, tested deliveries in the fall and hit the ground running in January 2015," remembers Mercer whose company now serves customers throughout the Birmingham metro area who call, email or text to request service.

Mercer says it is particularly rewarding to see how KATS allows others to serve. "I have had a group of ladies living out of town purchase delivery for six months for a friend with cancer and Sunday school classes purchasing a few months of service for families in need. People want to do something that is tangible and can help."

KATS is also giving Mercer the opportunity to serve the underserved. "In these 18 months, I realized that not everyone was like my mom and could afford the service. That really got me down." Mercer began conversations with the local nonprofit Many Infinities (MI) that serves area families battling autoimmunity and autoimmune disease. Mercer worked with MI to apply for and receive a grant to participate in a nationwide pilot designed to improve access to groceries for homebound elderly and disabled persons participating in the Supplemental Nutrition Assistance Program (SNAP). MI is one of five selected by the USDA to participate and this month KATS will begin shopping for and delivering free of charge SNAP approved items to the elderly and disabled throughout Jefferson and Shelby Counties. MI and KATS hope to expand the service to surrounding counties in the coming months. "We found a gap in seniors and the disabled who need delivery and those being able to afford delivery. This grant will help that void." To learn more about this program visit www.manyinfinities.org or contact KATS at www.thekatsinc.com, 624-0777.

— Laurie Stroud

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Child Care is not provided. Concessions & T-shirts Available for Purchase
OCTOBER
1, 8, 15, 22, 28, 29

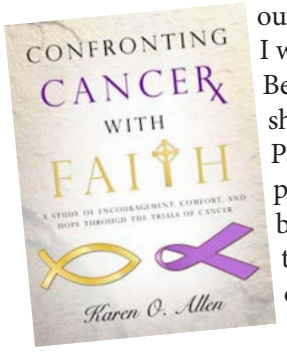
REVELATION WALK EWBC
"And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also."
~ John 14:3 ~

Confronting **CANCER** with **FAITH**

A diagnosis of breast cancer is not what you would think of as an answer to prayer but in a strange sort of way, it became one for me. I had prayed months earlier that my faith could be deepened so I seized the opportunity. As we all know, in order to grow stronger you have to be stretched so my "faith" muscles were put to the test. God, in His infinite wisdom, knew my breast cancer could bring Him glory while at the same time strengthen my relationship with Him.

It was no surprise God was there through it all – from the decision making processes through the fear of surgery, from the first chemotherapy treatment through the last radiation dose, from the prayers of desperation to the gentle reminders of His presence. He entered my pain to walk every step with me on my incredible journey of faith.

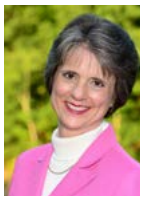
I learned how to recognize blessings in my cancer and apply them to enhance my spiritual awareness and growth. For example, while standing in the check-out line at my first oncology appointment, I felt as though I were among a flock of sheep. *Why a flock*, I wondered. Because sheep need a shepherd; sheep need to be rescued; sheep need someone to care for them night and day. Psalm 23:1 says "The Lord is my shepherd." I had my own personal shepherd to meet my every need. The analogy became a tremendous source of comfort. I adopted it throughout my faith journey and incorporated the concept into the development of Ewe R Blessed Ministries.



Other coping strategies were discovered like having a positive perspective versus a negative outlook. It seemed to invite a healthier outcome. Chemotherapy became "a healing balm" rather than a poison; my dreaded hair loss became a sacrifice of praise; brokenness became a chance to be remolded and transformed; and tears became a segue to peace.

Journal entries and email updates to family and friends eventually became a published Bible study packed with scripture, biblical parallels, anecdotes, personal stories, meditative moments, reflections, and a splash of humor. *Confronting Cancer with Faith* reminds us that God is bigger than cancer. From the point of suspicion to finding contentment in the aftermath, survivors and/or co-survivors impacted by any type of cancer can find encouragement, comfort, and hope. To learn more visit confrontingcancerwithfaith.com.

— Karen O. Allen, MT (ASCP), MAEd, CCRP
Quality Assurance Manager,
UAB Comprehensive Cancer Center
Author of Confronting Cancer with Faith
www.confrontingcancerwithfaith.com



Neuropathy Treatment Yields Success for Area Patients

The Neuralife Team treats patients at its Hoover office, 1849 Data Drive, Suite 1, www.nncal.com

Since opening a year ago, the team at the Neuralife Institute in Hoover has seen some dramatic results for patients suffering from neuropathy and chronic nerve conditions. "It's so rewarding to hear the staff share, 'Guess what, she is available to feel her feet for the first time. He is able to wiggle his toe. She is able to walk," explains Neuralife Administrator Paul Todd who describes the Neuralife treatment as a breakthrough electromedical treatment proven to alleviate the pain, tingling, burning and numbness resulting from neuropathy and chronic nerve conditions. It successfully treats neuropathic symptoms resulting from illness and disease as well as from injury and accidents.

Todd shares how one patient, forced to use a cane due to neuropathy, no longer needed his cane after treatment and returned to his love of fishing- even bringing the staff some of his lobster catch! Another patient is attending Alabama football games again because he can walk up the stairs now without pain.

The research backing up the treatment shows that in more than four out of five patients (87%), treatment resolved or significantly reduced neuropathy symptoms. "It works on some people and on some it does not," explains Todd whose team carefully evaluates patients as candidates and follows accepted patients for a year. So far the team has not had any patients experience any kind of regression following treatment.

The Neuralife treatment takes place over multiple sessions typically spanning a 4-6 week period. Patients often begin noticing improvement within 3-4 treatment sessions. The length of each individual treatment session is usually about 40 minutes. On average, patients are scheduled for 2-3 treatment sessions per week during the treatment course. Depending on many individual patient factors, including severity of symptoms, the total number of treatments can vary from a low of 8-12 sessions to as many as 16-24.

After her 7th treatment one patient shared, "I had a stroke and the right side of my body was paralyzed. Before treatment my fingers on the right hand drooped. Now I can eat, hang clothes, do laundry, and make up the bed using both hands. I am more confident walking than I was before and I am starting to drive again. Anyone with neuropathy needs this treatment!"

The Neuralife Team cheers as a patient walks into the center. Upon her first visit, she had to be rolled in. The treatment success has allowed her to stay in assisted living instead of moving to a nursing home.

The treatment is currently not covered by insurance but the Institute does offer financing options. To learn more call 205-206-7114 or visit NeuraLifeCenters.com.

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Looking for a way to get rid of all that Halloween unopened candy, bring a smile to a soldiers face, and let your kids have fun? Check out the 2016 Halloween Candy Buy Back hosted November 1 from 8:30 a.m. to 5 p.m. by Dr. Michael S Anglin and Dr. Erin Nelson. Trick or treaters of all ages can bring their excess candy to Dr. Anglin and Nelson's dental office on Lorna Road in Hoover and then through Operation Gratitude, the candy will be shipped in care packages to our brave American military members. All participants will receive a $1 per pound up to 5 pounds for the candy and will go into a drawing to win a Sonicare electric toothbrush.

Ditch the candy, that's what Dr. Anglin and Dr. Nelson are saying! Visiting your dentist twice a year and brushing daily are great preventive measures, but doing away with excess sweets will really give your teeth a healthy boost. Dr. Anglin, DDS has a long standing reputation for providing high quality pediatric dentistry and excellent care in a family oriented welcoming environment since 1992. Dr. Nelson, DMD joined Dr. Anglin's practice in 2012 and provides dental services to both children and adults. Learn more at www.birminghamkidsdentist.com or call 988-9800.

November 1 bring your excess unopened Halloween candy to Dr. Michael Anglin's dentist office at 3825 Lorna Road, Suite 206, Hoover 35244. Consider also including a thank you note or picture drawing for a military member.

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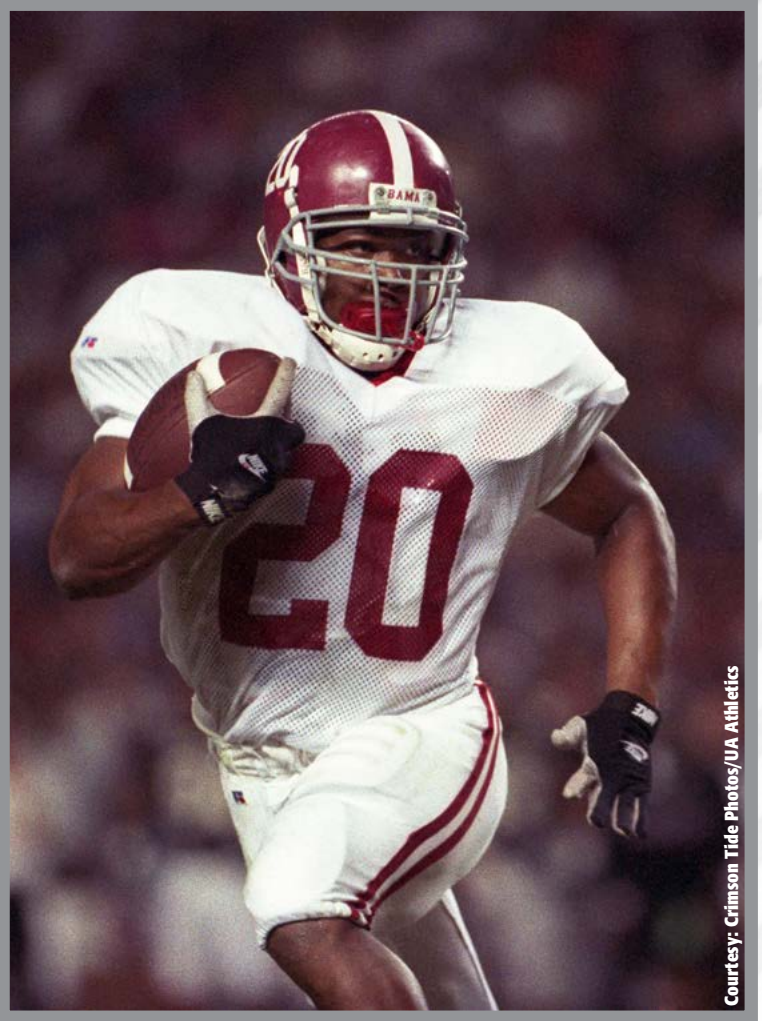
Rise Above Rebellion, Sherman Williams

After retiring from the NFL, Tide National Football Champion (1992) and Super Bowl Champion (1996) Sherman Williams was sentenced to 15 years in prison on drug and counterfeiting charges. Released in 2014, he now helps Alabama youth and former inmates find freedom in Christ.



Williams was a part of the 1992 University of Alabama National Championship team and scored the winning touchdown at the 1995 Citrus Bowl. Remembered for his touchdown dance dubbed "Sherman's Shake," he also played for the Dallas Cowboys, taking home a Super Bowl ring in 1996.

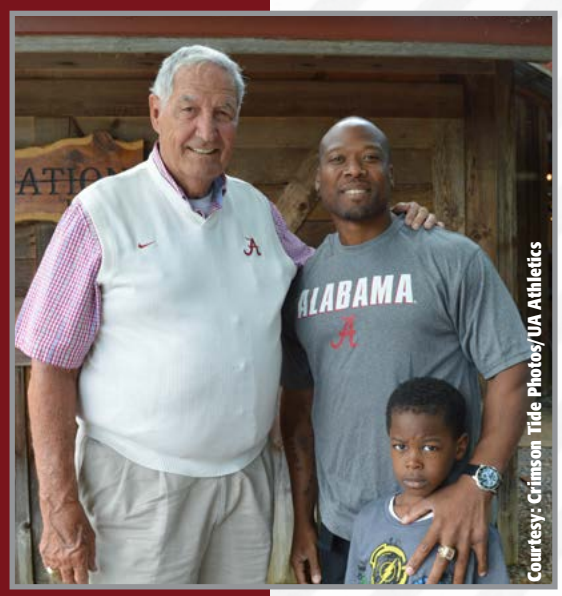
There was a time when Sherman Williams would sit on the roof of his mother's house in Pritchard, Ala., holding a .22 caliber rifle. Wary of rumors of a possible drive-by shooting in his neighborhood, he was 16 years old and no stranger to gang activity. His parents had divorced when he was in the third grade. The youngest of four children being raised by a single mother, he had a passion for academics, but his peer group was bent on smoking, fighting and hustling drugs.

Despite his rebellious nature, Williams was a remarkable football player. He became the first running back in Alabama high school history to rush for more than 3,000 yards in a single season. An LSU fan for much of his life, he initially committed to play for the Tigers, then changed his decision to the University of Alabama. "It was their tradition, the winning atmosphere, the camaraderie, the coaching staff—everyone made me feel like we were going to actually win a championship," he remembers.

In Tuscaloosa, Williams lived with David "Deuce" Palmer, who grew up in Birmingham and joined the Tide with Williams in 1991 to play for Coach Gene Stallings. Williams scored the first touchdown in the Tide's 1993 Sugar Bowl victory over the Miami Hurricanes. He also secured a Citrus Bowl win over Ohio State when he caught a pass from Jay Barker and ran 50 yards for a touchdown with only 42 seconds left in the game.

Success continued for Williams in the NFL (1995-1998), where he was a part of the Dallas Cowboys' Super Bowl XXX championship team, but he struggled to stay away from the habitual mischief of his youth. He was arrested in 2000 and found guilty by a federal jury on charges related to conspiracy to distribute marijuana and passing counterfeit currency. He spent 15 years as inmate No. 07520-003, serving time in Arkansas, Mississippi, Tennessee and Georgia.

A decade and a half in prison was a mental challenge, Williams says. "You're thinking about the longevity, thinking about the crime, thinking about missing home. You're thinking about people you are missing out on—relationship building—and the time and commitment [you could have] put into something that would have been worthwhile." Scripture, weekly worship services and memories of his mother's faith eventually changed his outlook on the future.



"Gene Stallings is one of the great influences and motivators in my life," says Williams, who took his youngest son Sebastian (5) to meet his former coach at a reunion in Tuscaloosa last summer.

"My mother was a faithful Christian woman," he remembers. "I did vacation Bible studies in the summertime when I was a young kid, went on church picnics, played church teams in softball. Christ and faith and God was always heavily preached in our household. That was the foundation that gave me the strength I needed to make it through those 15 years," he says. "But I had some ups and downs—having faith and knowing that God is real but choosing to let the flesh overtake the spirit, or being disobedient and suffering the consequences. When I was serving that time… I was able to form that bond and that relationship with our Lord and Savior Jesus Christ. It gave me the inspiration I needed to carry on and be the person that I am today."

Throughout his imprisonment, Williams stayed in touch with former teammate David Palmer. Before Williams' release from prison in 2014, the two developed a plan to give Alabama youth the tools they need to avoid the pattern of self-destruction often prevalent in neighborhoods defined by poverty and crime. To avoid the mistakes of his past, Williams says, young people need to be ushered toward God, education, personal responsibility and respect.

Today the former Tide roommates' non-profit, Palmer-Williams Group, operates athletic camps, cheerleading camps, financial literacy programs and a youth football program in Mobile County. LifeSync Academy, targeting ages 9 to 14, focuses on deterring juvenile delinquency and repeat offending by addressing alcohol and drug abuse, gang-related psychology, teen pregnancy, childhood obesity and the value of the law in 10 weeks of workshops, community service projects and counseling. They also offer financial seminars in Montgomery. Williams hopes to expand operations to the Birmingham area soon.

Williams also has a heart for adults exiting the prison system. This month he will speak at a fundraising banquet at Briarwood Presbyterian Church for Shepherd's Fold, a Birmingham based prison re-entry ministry. "We focus on recovery and re-entry from the inside and out," explains Shepherd's Fold Executive Director Jack Hausen. "Sherman Williams fought his way through life to achieve a pinnacle of success that is only a dream for many. He inspires men and woman to strive for success, teaching them how not to make poor decisions that will affect them for the rest of their lives." Williams says he has found new purpose in sharing his story of how a childhood compromised by delinquency forged a path to prison—then God forged a path to freedom. "My story is a testimony to what it would take to become a professional and also a testimony to what it would take to become a prisoner. You can learn from my story on both sides," he says. "My life purpose is to be a benefit to others, to help others become the people that they would like to be." For more information on Williams' appearance in Birmingham October 20 and attending the event, contact Shepherd's Fold at 205-780-6211 or dedra@sfalabama.org.

Former University of Alabama and Dallas Cowboys running back Sherman Williams will speak and sign copies of his book, *Crimson Cowboy*, at a fundraising dinner in Birmingham for the Shepherd's Fold prison re-entry ministry. See Calendar page 28 for more details.

Former Tide roommates David Palmer and Sherman Williams have joined forces to help Alabama youth through their non-profit Palmer-Williams Group. Proceeds from Williams' book benefit the program.

— Camille Platt

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Melanie Bradford and John Holliman merged their law practices in 2015 to provide North and Central Alabama with over 37 years of experience in assisting clients with estate and tax planning, asset protection planning and trusts, special needs trusts, long term care planning, VA benefits, Medicaid eligibility and appeals, probate matters and more. Melanie also serves as Exec. Dir. for Alabama Family Trust, a nonprofit special needs trust serving children and adults with disabilities. Both Melanie and John frequently speak at legal CEU seminars and they enjoy giving presentations to the general public on estate planning and elder law issues.

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TODAY

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In July, as a graduate of BBM's New Life Program, 2-years drug free, and with a new GED, Daniel was one of 3 inspired NLF grads who began classes at Southeastern Bible College. When he isn't working or studying, Daniel is reaching others with the hope and promise of Christ.

Learn more of the Christ centered ministry of today's Brother Bryan Mission - and read about other changed lives at - **bbmission.com**

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presented by: Bradford & Holliman, Estate Planning

Are You Afraid You Cannot Pay for Long Term Care?

Generally, beginning in the early to mid-seventies, seniors begin to worry about how they will pay for long term care if the worst happens and they need caregivers at home or must go to a nursing home. Some seniors wait to worry about this issue until they are in their eighties and a tragic event such as a serious illness, falls, dementia, Parkinson's, or Alzheimer's forces them to face the issue.

Whenever they begin worrying about paying for long term care, other questions quickly follow, such as:

- ***"Will 'they' [meaning the nursing home or the government] take everything?"***
- ***"What can I give to my children and grandchildren?"***
- ***"What can my spouse keep if I go to a nursing home?"***
- ***"This is a second marriage, what can 'they' take?"***

The good news is that there are many options for handling the costs of long term care. Even better, there are many options that can preserve assets and allow you to pass property to your children and grandchildren. The key to having the best options is early planning. Ideally, seniors need to plan early for the possibility that the worst will happen and they will need long term care. What is early? We find that the early seventies tends to be the time frame that presents the best options and is more acceptable to seniors. That said, there are options that are available for seniors that may be in their nineties.

How do you know what options will work for your situation? An Elder Care Action Plan or Strategy Letter can provide the road map for your family. This type of planning evaluates your income sources, all forms of assets and property, your health, family dynamics, goals and wishes for the remainder of your life, and the distribution of assets to family. The planning also reviews any long term care policies, the chances of obtaining coverage, the various options available for at-home care, private care, nursing home care, and the possibility of any government benefits that may help to pay for care. The plan breaks down how long you can pay for various options and what options are most cost-effective for you. If this planning is done early enough, it will also include analysis for sheltering or protecting your assets and property. This form of planning is not the same as what your accountant or financial advisor does. However, it is often done in conjunction with planning your financial advisor may be doing. This type of planning educates you so you can make choices. It also works to maintain family harmony because there is a roadmap for everyone to read, understand and follow. It is an ideal way for seniors to take control of their lives and make educated decisions about the quality of their lives and the impact on their families.

— Melanie B. Bradford
Partner, Bradford & Holliman, LLC,
Practice focuses on estate planning, elder law and special needs trust.
2491 Pelham Parkway,
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presented by: Frank S. Buck P.C., Personal Injury

What Are Your Rights If You Are Injured at a Business

As a familiar saying goes, "The law does not favor those who sleep on their rights." This legal maxim emphasizes that knowing your rights under Alabama law is indeed essential and even life changing. Alabama law dictates that the owners, managers or lessors of a property have a duty to those individuals who visit and enter their premises. Slip and falls are common and are often mentioned in the news, but there is much more that falls under the legal umbrella called "premise liability." Premise liability simply means there is a responsibility or duty on the part of the owner, manager or lessor of a particular property to the general public, visitors or customers that enter the property to keep the premises in a reasonable safe condition, free of defects and hazardous conditions and to warn the public if there is a hazardous condition. The level of responsibility or duty depends on three major categories a person could fall under: invitees or business invitees, licensees and trespassers.

1. Invitees, coming from the root word "invite," refers to individuals who got invited into a home or a business. When it comes to businesses, there is already an implied invitation that a person may come in. An example of that would be people who go to a restaurant, spa, salon, pharmacy, convenience store, bakery, gas station, gym, office or bank. It is the duty and responsibility of the owners or managers to extend utmost care and diligence to keep visitors from harm. If a person slips on a puddle of coffee that has been on the floor and the manager had prior notice of the spill but failed to clean it up, there is legal liability on the part of the owner. The injured person has the right to ask for damages to compensate the injury sustained.

2. Licensees are those people who go to a property with the direct or indirect permission of the owner, but they are there not for business purposes. The main duty of the owner is to warn the licensees of any potential harm or injury. If that duty is breached then the licensees have the right to recover for damages.

3. Unlike other states, in Alabama, trespassers have certain rights under the law. With that, the owners are mandated not to set up traps to purposely injure the trespassers or other people, and have a duty to maintain safety in their property.

All this boils down to knowing your rights under the law, and protecting yourself and acting on it..

— Frank S. Buck, P.C., Attorneys at Law
Frank S. Buck, P.C., Attorneys at Law have been offering professional legal services and serving Alabama citizens for over 40 years. We have experienced trial attorneys who have over 89 years of combined trial experience. You can reach us 24 hours a day at (205) 933-7533. Please call us for a free consultation.

Read more from Frank Buck at www.BirminghamChristian.com. Click on News/Family/Legal Matters

Encouraging Word

4 Personal Gifts from God

One of the things we learn from the familiar 23rd Psalm is that God is personal. We already know from the Bible some of God's attributes. He is holy, sovereign, just, infinite, eternal, immeasurable (immense), all-knowing, all-powerful, all-present, pure, perfect, loving just to name some. Psalm 23 focuses on the personal aspect of God. The psalmist David uses a personal pronoun 17 times to refer to his relationship with the Shepherd (God).

Psalm 23:1 identifies who the shepherd is. It reads, "The Lord is my shepherd . . ." meaning all mighty God is the shepherd, the same God who created the heavens and the earth. The Shepherd offers the psalmist David and us four things: provision, direction, protection and the security of his presence.

Provision. Psalm 23:1-3a says, "The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me besides quiet waters. He restores my soul . . ."

Direction. Psalm 23:3b says, ". . . He guides me in the paths of righteousness for His name sake."

Protection. Psalm 23:4-5a says, "Even though I walk through the valley of the shadow of death, I fear no evil; for Thou art with me; Thy rod and Thy staff, they comfort me. Thou dost prepare a table before me in the presence of my enemies . . ."

Security. The shepherd's presence calms the sheep and assures them of continued safety. The psalmist says in Psalm 23:5b-6, "Thou hast anointed my head with oil; my cup overflows. Surely goodness and loving kindness will follow me all the days of my life, and I will dwell in the house of the Lord forever."

God offers us the same personal relationship with Him that the psalmist David had. Let me encourage you to make sure "the Lord is your shepherd!"

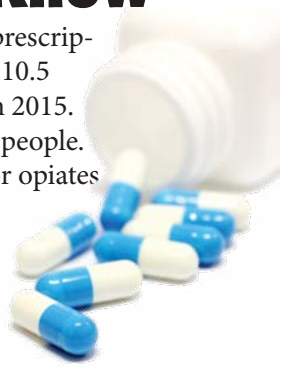
— Tony Cooper
Celebrating 26 Years of Service as Exec. Dir.,
Jimmie Hale Mission
www.jimmiehalemission.com

Read more of Tony's Encouraging Words at www.BirminghamChristian.com. Click on News/Spiritual

Education Extra

Addiction Prevention: What Parents Need to Know

One of the largest growing problems in our state today is prescription drug abuse. According to the DEA, Alabama received 10.5 million prescriptions for pain relievers and tranquilizers in 2015. Compare that to the population of Alabama at 4.8 million people. That means on average we are getting 2.19 prescriptions for opiates and mood stabilizers, which the highest in the nation.



Chemical dependence starts after having a medication or any drug in your system continually for 21 straight days. The danger we are seeing is that students are trying prescription meds because they view them as a safe alternative to street drugs.

64% of high schoolers get their prescriptions for misuse from a friend or family member. Because we have such a high prescription rate, we also have easy access and availability. One individual once told us that he could walk into any home in his neighborhood and walk out with some medication to abuse often times without the knowledge of the homeowner.

But how does that translate to our teenagers? Alabama students ages 12-17 are using prescription medications, for non-medical use, at a rate of 14.8% higher than the national average, just for prescription pain killers alone. This does not take into account tranquilizers or study drugs. The common drugs of abuse include: opiates (Oxycontin, Lortab, etc.) anxiety meds (Xanax. Klonopin, Valium), and study drugs which are in the amphetamine family (Adderall, Ritalin). Opiate based medications are generally the most destructive long term, however any misuse of prescription medication can lead to an addiction. If a prescription is given to an adolescent, we encourage parents to be in control of the medications at all times. The parents should dispense the medication based on doctor's orders and not more frequently unless advised by the prescribing doctor to do so.

Often students are using for the first time to experiment or out of curiosity. The problem is that the first use allows them to escape a problem or feeling. The use is often a symptom of a deeper root cause like depression, loss of identity, stress, etc. The teen will begin to use to escape or feel differently which can lead to dependence. For parents, we encourage you to know some of the telltale signs of use like dilated or constricted pupils; loss of interest in hobbies; changes in grades, cash flow; missing pills. Often parents know there is something not quite right. We encourage families to act quickly and seek a local counselor. Often times it will not be an addiction issue, but an opportunity to address the root cause before a dependence develops. The counselor will also help navigate the next steps if any are needed.

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Addiction Prevention Coalition

— J. Sandor Cheka, III
Executive Director
Addiction Prevention Coalition
initiative of The Freedom Source
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You Can Bank On It!

presented by: NobleBank & Trust

5 Home Improvement Financing Solutions

If you are ready to put your home improvement plans into action, the next step is to decide how you will fund them. NobleBank & Trust offers a variety of home improvement financing options, depending on your specific needs and circumstances.

1. Home Equity Line. Having a home equity line of credit is good if you have sufficient equity in your home and want the flexibility to access funds when you need them. This is also a great choice if you are looking to explore a tax-deductible option.

2. Personal Credit Line. This may be a good option if you don't have sufficient home equity or prefer not to use the equity in your home. It gives you the flexibility to access funds when you need them now or in the future and enables your family to be prepared for unexpected expenses.

3. Personal Loan. A personal loan provides a much more manageable solution than the use of credit cards or payday loans. The borrower is provided with the opportunity to make a stream of payments with generally a lower overall interest rate. The other major benefit is that at NobleBank, we are happy to report your payment history to credit reporting agencies. This will enable you, the borrower, to build a better credit rating when payments are made on time.

4. Unsecured Loan. If you don't have sufficient home equity or prefer not to use the equity in your home, and want a quick and virtually paperless process, an unsecured loan may be your best option. These installment loans can be used to fund necessary expenses such as an immediate and urgent home repair. Recipients of unsecured loans are often charged a lump sum, upfront fee known as an "origination fee" in exchange for the ability to repay over a period of time – usually over a period of more than one year.

5. Affordable Home Improvement Program. This program offers loans between $1,000 and $10,000 in value and is a good option for qualified recipients who want to make home repairs or improvements.

No matter what type of loan you choose to make your home enhancements, a loan from a financial institution is the way to go. Our team at NobleBank & Trust can create a repayment schedule which outlines equal monthly payments and a definite end date to your repayment schedule. These loans provide much better options, as opposed to having a credit card debt hanging over your head. The structured nature of loan payments will assist you when making your home improvement dreams a reality, all while developing a budget and sticking to it! Member FDIC and Equal Housing Lender.

NOBLEBANK & TRUST

— Paul Z. Rogers
Senior EVP & Market President
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Money Matters

presented by: Vision Financial Group

How do I Plan My Retirement Income?

While previous generations of workers had the benefit of a pension from work or military service, many of today's retirees do not enjoy such a luxury. Although Social Security will be a source of retirement income, you may also need to consider other options to maintain a reliable income while keeping investment risk in check. Here is a breakdown of 3 the most common options.

1. If you want the predictability of a pension being deposited into your checking account each month, you may consider using an **Immediate or Deferred Annuity.** These are available through most insurance companies and are a contract that pays a guaranteed income stream for a specified time over one or two* individual's lives. (*for married couples) These have many different options to meet a retiree's income needs and may be set up to begin immediately, or deferred for a few years which may allow the amount of your income to be greater if you wait.

+ *Guaranteed income for life; predictable and stable income*
− *Deposits are no longer 100% available to the insured* … they are taken as monthly payments for the life of the annuitant. (*in some cases up to 50% may be taken as a lump sum depending on the insurer)*

2. If it concerns you to have your money in an account that is not available to take back as a lump, a simple solution may be to open an investment account and start a **Systematic Withdrawal Plan**. Such a plan can be established in nonretirement and retirement accounts with a form instructing the investment company what sum to distribute monthly, quarterly or annually.

+ *You decide how much and when to take distributions, you keep control of your money*
− *You don't get the guarantee of an annuity and the withdrawals may eventually run out depending on market returns and longevity*

It Takes *Vision* to Prosper

3. While both examples above represent taking some portion of your principal as income, another income source can be **Bond Interest and Stock Dividends** that pay on an annual or quarterly basis. This strategy allows you to control your principal investment by buying a portfolio of assets and taking only the income generated from those assets.

+ Control of original principal, high probability of steady income, possible tax advantages
− Principal is at risk, unpredictability of equity and debt markets valuation, income is not guaranteed, low interest rate environment

There are many ways to achieve your financial goals. The worst thing you can do is to go through this process alone. Seek the advice of a qualified financial professional who can explain all of your options and help customize those that are right for you.

— R. Heath Morris, CFP® Vision Financial Group
4505 Pine Tree Circle, Birmingham, 35243
205-970-4909, www.vision-financialgroup.com

Vision Financial Group

Prepared by Broadridge Investor Communication Solutions, Inc. Investment Advisory services offered through Investment Advisors, a division of ProEquities, Inc., a Registered Investment Advisor. Securities offered through ProEquities, Inc., a registered broker-dealer and member of FINRA & SIPC. Vision Financial Group, Inc. is independent of ProEquities, Inc.

Gain more practical, financial insight at www.birminghamchristian.com. Click on News/Family/Finances

Garden Party: Taste of Hoover

The 5th Annual Taste of Hoover is an opportunity to taste 35 to 40 of Hoover's best restaurants in the beautifully lighted setting of Aldridge Gardens. The bonus is your support will help the not for profit Gardens to be maintained and continue to offer services and events throughout the year. The event October 6 from 5-8pm comes complete with white tablecloth settings and live entertainment. Participating restaurants include Edgar's Bakery, Taziki's Mediterranean Café, Cowboy Chicken, Chicken Salad Chick, The Boot, Shula's Steakhouse, Spoon and Ladle, Jake's Soul Food Café, Bare Naked Noodles, Joe's Crab Shack and more. For tickets and details visit www.aldridgegardens.com.

Enjoy Taste of Hoover October 6 at Aldridge Gardens, 3530 Lorna Road, Hoover.

Collard Green Cook-off & Wellness Expo

October 15 from Noon to 5 p.m. Urban Ministry will host its 8th Annual Collard Green Cook-off and Wellness Expo, a celebration promoting the healthy living programs at the ministry located at 1229 Cotton Avenue S.W. Tour the community gardens, watch cooking demonstrations, connect with traditional and non-traditional health practitioners, purchase from local vendors, sample healthy collard greens and cornbread and listen to live music. Collard green cook-off competitors who reside in West End's five communities will vie for bragging rights and offer the best of their healthy, creative, culinary recipes with no pork included. "We see this fun-filled day as a way to engage in preventative awareness rather than just treatment," said Urban Ministry Wellness Programs Director Ama Shambulia. Urban Ministry was founded in 1978 by the United Methodist Church in Birmingham with a mission to serve poor and low-income persons in the inner city with programs of compassion and wholeness, www.urban-ministry.org.

THE VULCANS
COMMUNITY AWARDS

***Birmingham Christian Family* contributor John Croyle will be honored November 3 for his establishment of Big Oak Ranch.**

Vulcan Park and Museum will recognize the Honorees of the Third Annual Vulcan Community Awards on November 3 at The Club. The awards recognize citizens who exemplify civic pride, leadership and progress within the seven-county metro area in five award categories: Lifetime Achievement, Servant Leadership, Hero, Game Changer, and Newcomer. Recipients were chosen by an independent panel of diverse citizens. The 2016 honorees include Founder of the Big Oak Ranch and *Christian Family* magazine contributor John Croyle who is being recognized as a community Hero. Other recipients include Odessa Woolfolk (Lifetime Achievement),Carrie Leland (Servant Leadership),Tom Cosby (Game Changer),Dr. Henna Budhwani (Newcomer),Bill Heintz and Philip Morris (Servant Leadership),Tajuan McCarty and James Strong (Hero), Dr. Jarralynne Agee and Jim Wooten (Game Changer) and Victoria Hollis and Daniel Branum (Newcomer). Reserve a table of eight or purchase individual tickets for the Community Awards Event at visitvulcan.com/the-vulcans.

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High Holy Days - 5777/2016
Fall Feasts of the L-rd

Feast of Trumpets Services

Erev Rosh Hashanah - Jewish New Year
Sunday ~ October 2, 2016 6:00PM
Tashlich - Creekside @ Rabbi's Yard
Monday ~ October 3, 2016 11:00AM
Rosh Hashanah - Day Service
Monday ~ October 3, 2016 11:30AM

Day of Atonement Services

Kol Nidre - Erev Yom Kippur
Tuesday ~ October 11, 2016 7:00pm
Yom Kippur Day Service
Wednesday ~ October 12, 2016 11:00am
Neilah & Break-the-Fast
Wednesday ~ October 12, 2016 6:30pm

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Sukkot/Feast of Tabernacles

All Week Long - Bring a Picnic! Feast in the Tents!
Friends! ~ October 16-23, 2016 ~ Families!
First Night - Parade of Nations & Worship, Fellowship in the Sukkah
Sunday ~ October 16, 2016 6:00pm
Celebration of Sukkot on Shabbat
Friday ~ October 21, 2016 7:00pm
Saturday ~ October 22, 2016 11:00am
~Hoshana Rabba - Worship & Mikveh~
"Last & Greatest Day of the Feast"
Sunday ~ October 23, 2016 5:00pm

Simchat Torah/Joy of the Torah Service

Tuesday ~ October 25, 2016 7:00pm

Beth Hallel

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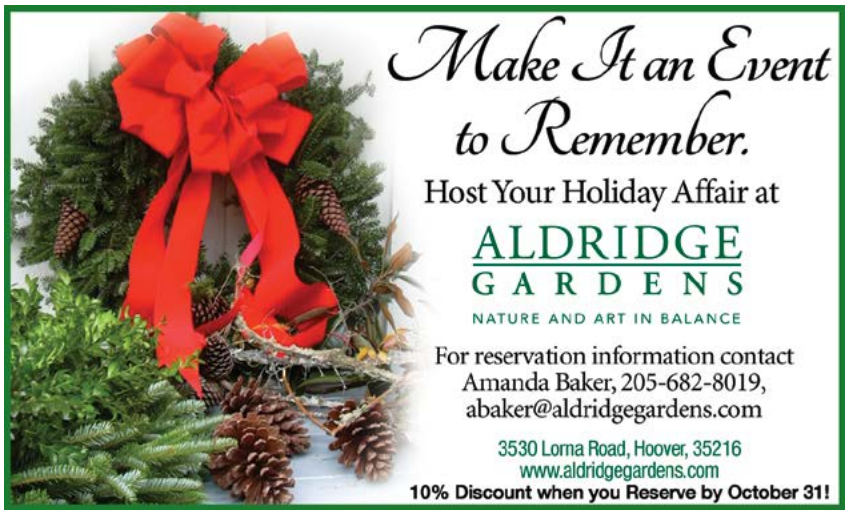

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A WORLDCULTUREVIEW

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BELHAVEN UNIVERSITY
the Arts

Dining Out with Comedienne Joy™

Soul Food & MORE from Trophy Wings

Birmingham's own, Comedienne Joy is beginning her second season of "Dining Out with Comedienne Joy" on WABM My 68. "With Birmingham becoming such a foodie town, the show on Saturday mornings gives us the opportunity to have our own food network every week," says host Comedienne Joy."It is also a great way for local eateries to show off some of their most popular dishes and to spotlight many hidden gems." As an added bonus, Joy will share each month in *Birmingham Christian Family* magazine great places in our area for you and your family to dine.

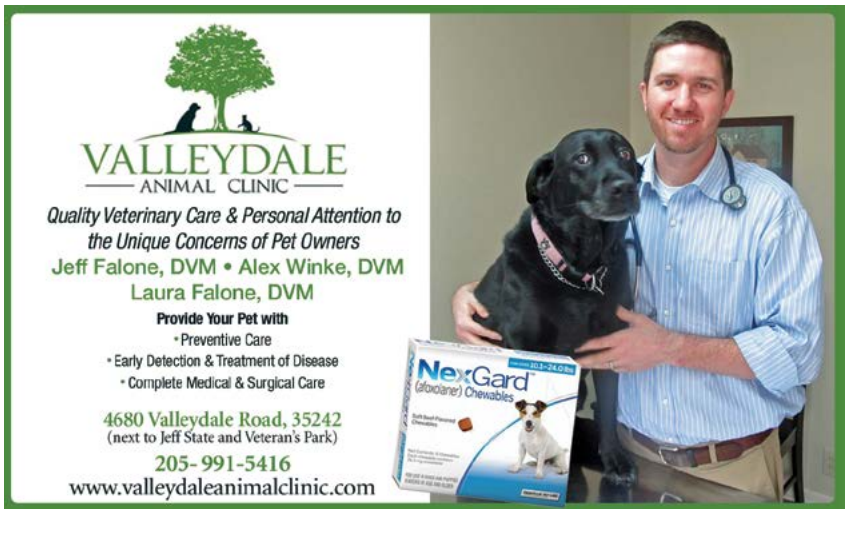
Photos: A. Boswell Photography

This month's feature is Trophy Wings.

Trophy Wings is a gas station restaurant in Lincoln, Ala. that not only serves my favorite food…chicken, but on Sundays they also offer an array of soul food entrees such as baked Greek chicken and dressing, oxtails, hamburger steak and gravy, chicken and gravy, mac and cheese, yams and collard greens. In fact, up to 20 people were lined up waiting to get some of the #GoodEats before the noon serving time. The diverse crowd waiting for comfort food from Trophy Wings told me this is "the best food in town." Of course after I tasted it, I had to agree. The Greek chicken was well seasoned and tender along with some gravy and dressing that tasted like your mama made it! One of my favorites was the Philly cheesesteak french fries. Imagine eating well seasoned Philly cheese toppings, melted cheese, peppers and onions on a bed of warm French fries. It's so big that it was a complete meal! Trophy Wings also has over 10 flavors of wings and you can get them cooked naked or battered. The newest flavor is pixie dust and mild garlic parmesan! Go to www.DiningOutWithComedienneJoy.com to watch my full video visit to Trophy Wings and visit them at the Shell gas station on Highway 78 in Lincoln. Trust me, it's worth the drive! Remember the places I take you, the food is so good it makes you want to lie down! Follow @ComedienneJoy on FB, Twitter & Instagram

— Comedienne Joy
If you would like to be featured on "Dining Out with Comedienne Joy" email comediennejoy@gmail.com
Catch Dining Out With Comedienne Joy every Saturday 8:30 a.m. on WABM My 68.
Visit www.diningoutwithcomediennejoy.com.

Comedienne Joy gives a thumbs up for Trophy Wings! Visit them on 47720 US Highway 78 in Lincoln, 35096, 205-763-1785.



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Basic (levels 1-3)
Hockey (levels 1-2)

10:30-11:00AM
Basic (levels 4-6)
Pre-Freeskate (levels 7-8)
Freeskate (levels 1-6)
Adult (levels 1-6)

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For more information contact the director of skating Craig Henderson online at chenderson@pelhamonline.com or call 205-620-6448 Ext.265

Deer Season Check List

October 15 is opening day for bow hunting which means it's time for a mad dash to get fields finished, stands placed and guns sighted in. Don't forget to also do some vehicle maintenance like engaging your four wheel drive and letting your winch cable out and rolling it back up to ensure that everything is functioning as it should.

Before heading out, make a hunting checklist to ensure that your first trip to the woods is a safe and successful one.

☑ **License.** First and foremost make sure that you have a valid and current Alabama hunting license. If you are a license exempt hunter, meaning that you are over the age of 65 or under 16 years of age, you will still need to make sure that you have your Hunter Exempt License Privilege (HELP) number, which can be obtained free of charge anywhere Alabama hunting licenses are sold. Anytime you are hunting, you should have your hunting license readily available.

☑ **Essentials.** You will want to make sure that you have all of your essentials such as ammunition, safety gear, form of communication, range finder/binoculars, calls, etc. Have ample layers of clothing to insure that you remain comfortable in varying temperatures and weather conditions.

☑ **Extras.** If you hunt out of a stand, shooting house or blind you may want to have something to keep yourself occupied during the slow stretches. Those few hours in the morning and afternoon are a perfect time to reflect and to improve your personal relationship with God. It is uninterrupted time that you can use to read or re-read the Bible, do a daily devotional or just soak in the beauty that is before you.

As always, if there is anything you need to get ready for the season, remember that Mark's Outdoors is your complete hunting and fishing headquarters. Enjoy!

—Mark's Outdoors
1400-B Montgomery Highway, Vestavia 35216
205-822-2010, www.marksoutdoors.com

For more ideas on how to enjoy God's Great Outdoors visit www.BirminghamChristian.com and click on News/Entertainment.

OCTOBER 2016 Calendar

September 29-October 2
Southern Women's Show- Fashion, health and beauty, fabulous shopping, gourmet and more at the BJCC! Celebrity guests include actor Keegan Allen and Whitney Way Thore from TLC's *My Big Fat Fabulous Life*. See full schedule of events at www.southernwomensshow.com.

October 1, 8, 15, 22, 28, 29
Revelation Walk- Outdoor walk through dramatization of the end time. See Biblical prophecy come alive, 7-10:30pm Eden Westside Baptist, 223 Wolf Creek Road N, Pell City, 35125. For reservations or more information call 205-338-7711, ext. 245. Call for details on special times for handicapped and special needs guests. $10 donation suggested. Not recommended for children under age 10.

October 2
Free Family Event- 4-6pm Verizon Amphitheater hosted by the City of Pelham, First Baptist Pelham, Kingdom Christian Center, Cross Creek Baptist, Life Church and Heavenly United Free games and inflatables. Food trucks.

October 2
The Gathering- 5pm worship with Guest Vocalist Allison Speer, featured artist of the Gaither Homecoming Videos and Tour. Hosted by Birmingham Baptist Assoc. at First Baptist Church of Trussville.

October 2-3
Feast of Trumpets Services- Sun. 6pm, Mon. 11:30am Beth Hallel, Messianic Jewish Congregation for Jews, Gentiles and Interfaith couples, 2230 Sumpter St, 35226, www.shalombirmingham.com.

October 6
Taste of Hoover- Sample dishes from Hoover's best restaurants and Aldridge Garden's preferred caterers. Enjoy live entertainment. 5-8pm Aldridge Gardens, 3530 Lorna Rd, 35216. For ticket details visit www.aldridgegardens.com.

October 6
Charity Golf Tournament- Benefits Baptist Health Foundation and Birmingham Baptist Assoc. ministries. 7am Highland Park Golf Course, 3300 Highland Ave S, Birmingham 35205, bbaonline.org/golf.

October 8
Rider's Rally Motorcycle Ride- 100 plus mile guided ride through scenic middle Tenn. back roads to raise money for children from families in need to attend a life-changing summer camp at Deer Run Retreat. No registration fee for the ride, but bring your 100% tax-deductible donation for the MISSION 42:1 Camper Scholarship Fund, 888-794-2918.

October 9, 23
Vulcan Aftertunes- Live performance by Big Sam's Funky Nation with Tragic City Oct. 9, and Amanda Shires with Jesse Payne Oct. 23. At Vulcan Park, bring lawn chairs and blankets. General admission $15; Vulcan members and children ages 5–12 $8; children 4 and under are free. Ticket includes admission to the concert, the Vulcan Center Museum and Vulcan's observation tower. Tickets at visitvulcan.com or at the gate. Gates open 1pm, opening act 2:30pm, headliner 4pm.

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October 9
Fall Kids' Festival- Special guest Mickey and Minnie, mini race car and trackless train rides, hayride, face painting, inflatables. Free. Cash for food and drinks. 1-3pm Mountain Chapel UMC, 2541 Rocky Ridge Rd, 822-0020, mountainchapelumc.org

October 11-12
Day of Atonement Services- Tuesday 7pm Wednesday 11am, 6:30pm, Beth Hallel, 2230 Sumpter St, 35226, www.shalombirmingham.com.

October 14-15
Merry Market – Do your Christmas shopping early while assisting families with children in medical crisis. Fri. 9am-6pm, Sat 9am-3pm, Gardendale Civic Center. $5 Admission. Visit with Santa Fri. 10am-Noon and Sat 12:30-2pm. Cookies with Characters Sat. 10am-Noon, www.justkeepsmiling.org

October 14-16, 21-23
Leed's Art Council Presents Bloody Murder- Fri, Sat 7 pm, Sun 2 pm. Tickets $10, 8140 Pkwy Dr, Leeds, 699-1892.

October 15
Collard Green Cook-off & Wellness Expo- Noon to 5pm free celebration of food, wellness, and community promoting the healthy living programs at Urban Ministry, 1229 Cotton Ave SW, 35211, www.urban-ministry.org.

October 16-23
Feast of Tabernacles- All week long bring a picnic, feast in the tents. Parade of Nations and Worship on Sun. Oct 16 6pm, Celebration of Sukkot on Shabbat Fri. Oct 21 7pm and Sat. Oct 22 11am, Last & Greatest Day of the Feast Sun. Oct 23 5pm, Beth Hallel, Messianic Jewish Congregation, 2230 Sumpter Street, 35226, www.shalombirmingham.com.

October 20
Worship Center Fall Festival- 6-10pm, free event includes games, rides, candy, Birmingham's Best food Trucks, 100 Derby Pkwy, 35210, www.twccc.org.

October 20
Sherman Williams for Shepherd's Fold- Tide and NFL champ will speak and sign copies of his book *Crimson Cowboy* at Shepherd's Fold 30th annual fall fundraising banquet at Briarwood Presbyterian, 6:30pm dinner, 7pm speaker/program, 7:45pm book signing. Tickets $75 each, table for eight $500. Call 780-6211 or email dedra@sfalabama.org for details,www.sfalabama.org.

October 22
Crossroad Baptist Church Holiday Craft Market -744 Dee Hendrix Rd, Hueytown, 35023, 9am-2pm, www.crossroadbaptistchurch.com. Support free Ladies Spring Ministry Conference.

October 24
Creepy Crawly Spiders of Alabama- 6:30-8:30pm, Aldridge Gardens Hoover. Learn about the fascinating world of spiders with Dr. Drew Hataway from the Biology Dept Samford Univ. Bring flashlights for a fun-filled field trip after class in search of harmless wolf spiders on the grounds. Members: Adult $12, Child $5. Non-members: Adult $15, Child $7, www.aldridgegardens.com.

October 29
Hometown Heroes Super Hero 5K & 1 Mile Costume Run- Hosted by HomeTown Lenders to raise funds for children of local police to achieve their dreams through scholarships. Veteran's Park, Valleydale Rd, 5K 8am ($35), 1 mile fun run/costume run 9am ($10). Register at www.active.com. All runners receive t-shirt and goodie bag.

October 30
Meadow Brook Baptist Fall Festival- 3-6pm carnival games, inflatables, face painting, hay ride, candy, trunk or treat, hotdogs, popcorn and more, 4984 Meadow Brook Rd, 991-8384, www.meadowbrookbaptist.org.

See our listing of
LOCAL SUPPORT GROUPS
visit us online at
BIRMINGHAMCHRISTIAN.COM
Just click Events, Support Groups

Does your church or organization host a support group?
Tell us so we can share with ***Birmingham Christian Family*** **readers.**

EMAIL: Laurie@ ChristianFamilyPublications.com

Coming in NOVEMBER

November 1
Halloween Candy Buy Back- 8:30am-5pm hosted by Dr. Michael Anglin and Dr. Erin Nelson, 3825 Lorna Road, Suite 206, Hoover 35244, wwwbirminghamkidsdentist.com, 988-9800.

November 1,3,8,15
Volunteer Training Sav-a-Life- 6-8:30pm at Sav-a-Life Vestavia. Contact Steve or Laurel 979-0302 for more details about this opportunity to become a trained peer counselor, mentor, parenting class instructor, receptionist, and more, www.savalife.org.

November 3
Vulcan Community Awards- Recognizing civic pride, progress and leadership in the Birmingham region at The Club. Purchase tickets at www.visitvulcan.com/the-vulcans, 933-1409, ext. 111.

November 3-6
Christmas Village- BJCC Thurs-Sat 10am-8pm, Sun Noon-5pm. Over 700 booths. For tickets call 205-836-7173. Advanced ticket holders admitted one hour early. Adults $12, children 6-12 $5, under 6 free.

November 12
Run to the Son- 8am Sharon Heights Baptist, Brookside. Benefits foreign and local missions. Facebook.com/runtotheson

November 18-20
Deer Run's Married Couples Fall Romance Weekend- The Lodge at Deer Run Retreat just outside Franklin, Tenn. Call 615-794-2918 for more info and register at www.deerrun.camp//events.

JUDGEMENT HOUSE®
Real People. Real Choices. Real Consequences.

October 8-12
Judgement House- Experience this walk-through drama that presents the truth of people's choices versus the consequences of those decisions both in this life and the next. 5pm Oct 8-9, 6pm Oct 10-12, Calvary Baptist Centreville, 133 Oakley Ave, 35042. Reservations encouraged especially with large groups, 926-4079.

October 2
Whispers from the Past, A Native American Experience- Rediscover the contributions and the culture of Native Alabamians, 10am-5:30pm Aldridge Gardens, Hoover. $10 admission for adults 18 & older, $5 for kids 2 & older, Kids under 2 free, www.aldridgegardens.com.

October 8
Rider's Rally Motorcycle Ride- 100 plus mile guided ride through scenic middle Tenn. back roads to raise money for children from families in need to attend a life-changing summer camp at Deer Run Retreat. No registration fee for the ride, but bring your 100% tax-deductible donation for the MISSION 42:1 Camper Scholarship Fund, 888-794-2918.

HAVE AN EVENT?
TELL US ABOUT IT!
And have it appear in *Birmingham Christian Family* magazine! Simply visit birminghamchristian.com/events and share your community event details.

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Belhaven – 601-968-5940, www.belhaven.edu

Beth Hallel – 822-2510, www.shalombirmingham.com

Bradford & Holliman – 663-0281, www.bradfordholliman.com

Brother Bryan Mission – 322-0092, www.bbmission.com

Bud's Best Cookies – 987-4840

Buck, Frank – 933-7533, franksbuck@gmail.com

Calvary Baptist Centreville – 926-4079

Campus Spirit – 995-9288, 977-7377, 620-5088

Children's Health System – 638-9100, www.childrensal.org

Christmas Village- 836-7173

Classic Iron Works – 322-6868, www.classicironworks.com

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Double Oak Mountain Pharmacy – 991-0800, www.DoubleOakMountainRX.com

Eden Westside Baptist – 205-338-7711, ext. 245

Express Oil Change - www.expressoil.com

Greater Shelby Chamber of Commerce – 663-4542, ww.shelbychamber.org

Harris Piano Tuning – 218-9009, www.harrispianotuning.com

Henderson & Walton Women's Center – 930-1800, www.hwwc.net

Jimmie Hale Mission – 323-5878, www.jimmiehalemission.com

Just Keep Smiling – www.justkeepsmiling.org

KATS Grocery - 624-0777, www.thekatsinc.com

Korduroy Krocodile – 879-0030, www.korduroykrocodile.com

Little Caesars – www.littlecaesars.com

Mark's Outdoors – 822-2010, www.marksoutdoors.com

Meadow Brook Baptist – 991-8384, www.meadowbrookbaptist.org

New Gardendale Funeral Home – 631-8810, www.thenewgardendalefuneralhome.com

New Hope Publishers – 991-8100, www.newhopepublishers.com

NobleBank & Trust – 588-7060, www.noblebank.com

PaintBall is Good – www.paintballisgood.com

Pelham Civic Complex – 620-6448, www.pelhamciviccomplex.com

Priority Talk - www.prioritytalkradio.com

Samford Athletics – www.samfordsports.com

Sanctuary Christian Books and Gifts – 663-2370

Sav-a-life – www.savalife.org

Shepherd's Fold – 780-6211, www.shepherdsfoldinc.org

Stephen's Plumbing – 956-6882, 823-0175, 326-6861

St. Vincent's Health System – 939-7878, www.stvhs.com

Tire Engineers – www.TireEngineers.com

Transportation South – 663-2287, www.thebuscenter.com

UPS Store – 980-8180

Valleydale Animal Clinic – 991-5416, www.valleydaleanimalclinic.com

Vision Financial – 970-4909, www.vision-financialgroup.com

Vulcan Park & Museum – 933-1409, www.visitvulcan.com

Warrior Wrestling – 845-978-4924, www.warriorwrestlingclub.com

WDJC-FM – www.wdjconline.com

Wild Birds Unlimited – 823-6500, www.wbu.com/birmingham

Worship Center Christian Church - 451-1750, www.twccc.org

Our Mission

Birmingham Christian Family ® exists to reach people in the community with the Good News of Jesus Christ and help businesses grow through advertising. The local publication is designed to promote positive living by providing readers with relevant news on entertainment, healthy living, parenting and inspirational literature as well as what individuals and organizations are doing to address the needs of the family.

Photo Fun

Citizenship Celebration!

The American Village in Montevallo recently hosted a Naturalization Ceremony for 57 individuals from 27 countries who took the Oath of Allegiance to become new citizens of the U.S. Janaki Patel ceremonially rang the bell in observance of her new American citizenship and Dr. Teny Topelian poses with American Village historical interpreter Chris Long. Topelian was so excited to become a new American citizen that she was the first to arrive and the first in line when the doors opened for the naturalization ceremony.

Giving the Gift of Life

16 year old Frances Grace Hirs of Fairhope meets her bone marrow donor Bryan Schneider of Texas at a recent Marrow Registry Drive at Children's of Alabama. 190 people registered at the event and you can also register at www.bethematch.org.

Our Lady of Sorrows Catholic Church parishioner Don Fleming donates blood during American Red Cross blood drive at the Homewood church. By the time the fourth Mass of the day was being celebrated, nearly 50 people had become blood donors including members of the community at large.

SEND US A PHOTO

It may soon appear in *Birmingham Christian Family*. Please include your name, phone number and address. Email to: Laurie@ChristianFamilyPublications.com • Subject: Photo Fun

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