





The Power of Words...

For Life

Think of your life as a blank book of opportunity. Fill the pages with words of love, life and light.

You never know when a moment and a few sincere words can impact a life.

—Zig Ziglar

Words mean more than what is set down on paper. It takes the human voice to infuse them with a deeper meaning.

-Maya Angelou

You can change your world by changing your words. Remember, death and life are in the power of the tongue.

—Joel Osteen

Our lives begin to end the day we become silent about things that matter.

—Martin Luther King Jr.

Words which do not give the light of Christ increase the darkness.

-Mother Teresa

...Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

—Ephesians 4:29







BeInspired is a Christ-centered magazine sharing uplifting stories and encouraging faith in the home, work and marketplace.

Published by Faith at Work, a Christian non-profit dedicated to sharing the Good News and encouraging positive living.

In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

—Matthew 5:16

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Beinspire

The Speed of Life...

Enjoy the Ride



Whoa! Is life going too fast for you, too? And you can't seem to slow time down?

Quite often we hear this sentiment, especially from other grandparents.

The speed of life seems like Scott's grandson, Sam, shown here zooming along on his Y-Scooter. For us, time also seems to be picking up speed as we race downhill!

And in many cases, time doesn't simply "march on," but instead seems to "fly-by."

Wasn't it only yesterday when our own kids were requiring so much of our time and attention? Yet we are now both blessed to be grandparents and watching our grandkids grow up.

In 1980, the year Becky's son, Michael was born, John Lennon released an album including the song, *Beautiful Boy*. A few lines of the song's

elnspired 5

lyrics are classic: "Life is what happens to you when you're busy making other plans...Before you go to sleep say a little prayer. Every day in every way, It's getting better and better."



Fast-forward 35 years, Becky and her husband, Peter agree that the years have flown by in a blur of activity. It seems like only yesterday they were in a hospital in Minneapolis holding newborn granddaughter, Briahna and three-year-old grandson, Cole who are now entering third and sixth grades.



For Scott and his wife, Karen multiply the joy of grandchildren six times over (pictured on page 18). With grandkids ranging from 10 months to 8 years, each arrival is such a gift in their lives.

Grandparents Day falls on September 13th this year—as a day set aside to celebrate or remember our grandparents. But as grandparents ourselves, we are the ones who celebrate each day and know the joy grandkids bring to our lives.

No one can slow time down, but we can choose to slow down... enjoy the moment. Whether with co-workers, friends or family, make the time you are with them the most important...be present. Whether the sun is shining or the rain is falling...be grateful.

Are you allowing life to merely "happen" while busy making plans for the future? Life goes fast—and really is beautiful!

Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end. —Ecclesiastes 3:11

Bucky J St

let each of your kids choose a crazy topping for ice cream

Be With Your Kids

It's not easy being a parent. No matter if you work outside the home, inside the home. No matter if you have one, two, three or a dozen children. No matter if you have a small house in a big city, a big house in a small city, or one out in the country. No matter if you have money or very little money.

Kids don't care how fancy we are as parents (or grandparents). We simply need each other without distractions. There is a time and place for technology...and there is a time and place for NO media and NO screens.

There are many ways to be a Playful Family. The magic in the following list is that it's just simply about being together and making memories. (For more inspiration about intentional parenting, visit abundantmama.com.)





Play Ball—grab a ball or two and challenge your kids to find something fun to do outside with you







Surprise Drive—

take the drive where no one knows where you are going by taking turns choosing the direction to go at each intersection



8 - Pi

■ Photos & Stories—

look through family photos and tell funny stories from when kids were younger or from your childhood





Meet—as a family, meet to just catch up or ask questions about their favorite things



11.

Work—help your kids clean their room, the basement, the garage or whatever...make it fun by doing it together



Day off—announce there will be no cleaning or chores for just one day (except don't forget to feed your pets!)



13.

It's Free—give each of your kids a coupon to use for a hug, a trip to the library, zoo or make it personal with something special



The greatest gift a father can give his children is to love their mother...

Hands Free Mama...

What Really Matters



Hello. I'm Rachel. As a *Hands Free Mama*, I want to make memories, not to-do-lists.

I want to feel the squeeze of my child's arms, not the pressure of over-commitment. I want to get lost in conversation with people I love, not consumed by a sea of unimportant emails. I want to be overwhelmed by sunsets that give me hope, not by overloaded agendas that steal my joy. I want the noise of my life to be a mixture of laughter and gratitude, not the intrusive buzz of cell phones and text messages. I am letting

go of distraction and perfection to live a life that simply consists of what really matters.

To know me is to know my list of *what really matters*...

Each of my daughters matters.

My older daughter is 11. She is my brown-eyed girl with an enormous heart. I learned what matters in life by watching her walk right up to the suffering and extend her hand.

"Because when you have the important things in life like love, faith, and family there is nothing you own that you can't give away." I penned those words by watching my older daughter live.

My younger daughter is 8. She is my Noticer. She looks for the child struggling to sharpen his pencil or the one who's off in the corner alone. She hops right up to offer her assistance. She doesn't just notice things,

she notices emotion. Her way of life inspired these words: "We are all just waiting for someone to notice—notice our pain, notice our scars, notice our fear, notice our joy, notice our triumphs, notice our courage. And the one who notices is a rare and beautiful gift."

My husband matters. He provides me with the grace and love that I freely give others, but often neglect to give myself. His love constantly reminds me of the beauty inside me. I am certain that his love has added an extra ten years to my life.

Writing matters. My second grade teacher, Ms. Paluska, led me into the world of writing and it has been home to me ever since. Writing for others is my joy. My favorite gift to give someone is a note or a poem that highlights the best qualities about that person.

Teaching matters. Before I was a mom, I was a teacher to special education students. I love sharing information in creative and inspiring ways.

Encouraging others matters. That is because so many people have encouraged me in my life.

Recognizing angels matters. By noticing the angels who come into my life I can then later thank them for it. Every single day, I want to be somebody's angel.

Faith matters. I have faith that there is plan for my life. In this case, I believe that God chose me. And because of my faith I understand why God chose me to tell this story of what really matters to me. Which brings me to my last and most recent item that really matters to me...

Being Hands Free matters. Before, I was holding on to the wrong things and missing out on life. Finally, I am holding on to what matters, and it has given my life new meaning.

Come on and join me; grasp what really matters to you and then start living!

Shared by Rachel in her Blog handsfreemama.com

Good Parenting Makes a Difference...

Michael Carver



Parenting is one of the great challenges in life—a unique opportunity to influence growth, direction and development of your children.

As one who parented four children and two stepchildren, I've had time to reflect on being a parent. Now that they are adults, I've been asked to share my personal priorities for guiding children's growth and development.

Praise not Punish. Building a child's self esteem is one of the greatest challenges we have as parents. Take time to praise children for their activities, attributes and accomplishments.

Hug not Harm. From the time of birth, children need to be loved and hugged by parents. This is especially true when behavior causes difficulties. Frankly, that is when they need to be hugged more than ever!

Support not Direct. Teaching children how to make their own decisions in a responsible way is a great challenge. Often the tendency is to make decisions for them because we think we know best. That approach may keep them from learning how to make decisions. In the long run, this helps them make decisions as they grow into responsible young adults.

Boundaries not Rules. Children need boundaries and guidelines for their daily lives. Think of it as providing a playing field with definite boundaries. This gives children freedom to explore and grow as long as they respect the boundaries that



have been established. Offer a safe place to play, learn, work and explore opportunities and challenges.

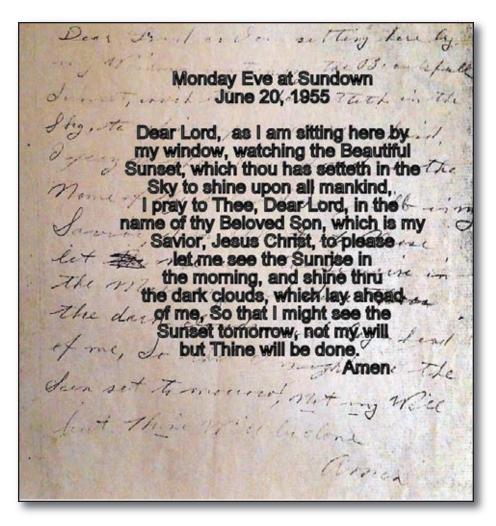
Respect not Intolerance. Teaching children to respect others begins with how we treat our neighbors, friends and family. Being respectful involves understanding strengths and weaknesses, differences and similarities, and appreciating what makes each of us unique. Simply follow the "Golden Rule."

High on Life not on Drugs. One of the greatest challenges we face as children grow up is controlling their potential use of drugs and alcohol. Faith in God and the quest to seek spiritual truth gives strength and direction, especially when challenged by temptations for abuse. Set the example in your own life.

Listen not Lecture. Be an active listener. Ask a simple question like, "How are you doing today?" and be ready to listen.

Editor's Note: Michael Carver is a long-time resident of Urbandale and has served on the Urbandale City Council since 2007. A member and past president of the Iowa Commercial Real Estate Association, he is a commercial real estate broker at NAI Optimum. He is active in the YMCA, currently leading the YMCA's Fatherhood Conference to be held on October 7th. Michael and his wife, Carmela Brown, are shown, opposite, celebrating with children and grandchildren at their 30th Anniversary Picnic. Michael and Carmela are members of St. Pius X Catholic Church in Urbandale.

Grandpa's Prayer



I never knew either of my Grandpas. Grandpa Brunscheen emigrated from Germany at the age of 13 and later farmed and trucked in Eastern Iowa. He passed away in June 1955, at 62, just 5 months before I was born.

As a young boy growing up, I was envious of friends who had special relationships with their grandpas—who played with them

and went to their ball games. But when I grew older, I wondered what my Grandpa Brunscheen was like, and if he was a man of faith. That question was answered several years ago when Mom shared with me this prayer he wrote in his own hand in the hospital the night before he passed away. Being written 60 years ago, Grandpa's is a powerful prayer in my life. He reminds me to be grateful everyday to God who gives life, and how blessed I am to be a grandpa now to six beautiful kids. And although I didn't know him here on earth, because of his faith and mine, I know I will meet Grandpa one day in heaven.

So what do I say when my 8 year-old granddaughter, Nina, asks if she can draw on my face with face paint? Of course, I say "yes!" Then while drawing, with excitement she tells me she is making a picture of my "favorite." So although you may not be able to tell from the photo that (except for baby Onna) Nina, Sam, Tate, Dana, Annie and I all have painted faces...with a football lovingly drawn on mine! As I turn 60 later this year, my prayer is much the same as my Grandpa's—live life so that my kids and grandkids all know Jesus, too. Enjoy today and its sunset...and tomorrow's sunrise!

—Shared by Scott Brunscheen



Medicine for the Heart...

LOVE

How often do you hug? Sit close and hold hands with family members?

National Institute of Health research finds that it is good for your health. Between loving couples, parents and children, or even close friends, physical affection can help the brain, the heart and other body systems in ways that you might never have imagined.

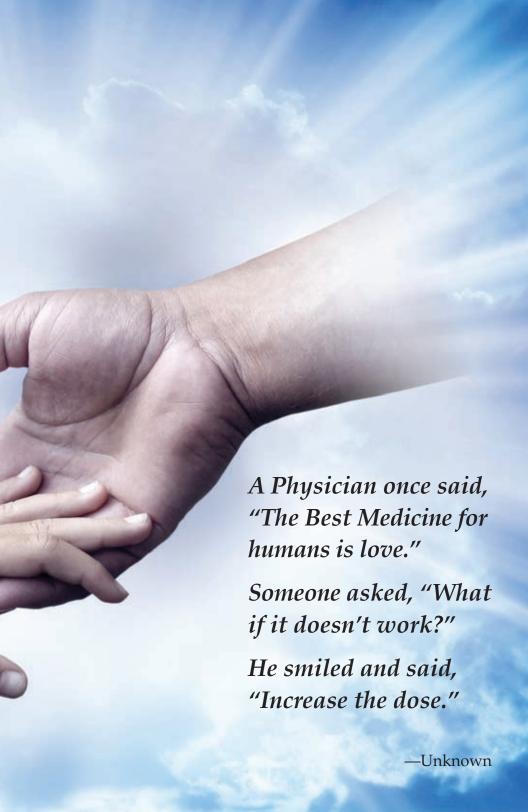
For centuries, artists have examined love through poetry, painting and countless other arts. No subject in song is more frequently recorded than love.

God is love. Those are not just words on paper, but what God tells us (1 John 4:8). Not only is He love, but we are able to love each other because He first loved us (1 John 4:19). Not just a little, but God loved us so much that He sent Jesus to be our Savior.

Laughter may be good medicine, but Love is the best...

For God so loved the world: He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life. —John 3:16





Joshua Christian Academy...

Hands-On Learning



Joshua Christian Academy (JCA) opened as a one-room classroom in 2009 after a group of passionate, faith-filled individuals came together with a vision of providing value-based, Christian education to lower-income urban children.

Thanks to these dedicated volunteers, urban parents now have an opportunity for quality education for their children in a safe, structured, hands-on learning environment.

Marie Mure, a social worker and mother of a JCA student says, "My hope is that my daughter will graduate from JCA, and I want to continue to be active here so that many other little girls like her will have the same opportunity."

As a mission school in the heart of Des Moines that opened in 2009 with only nine students, in just 6 years, JCA has grown and now serves more than 120 students in kindergarten through ninth grade.

JCA follows the traditional curriculum of language, mathematics, science, history and the arts, while focusing heavily on spiritual and social values, including reconciliation, responsibility, respect, character and hard work. Class sizes are small—approximately 15 children per class—so all students receive the personal attention they need to succeed.

Currently, the administrative staff is all volunteer-based while the paid staff includes carefully selected highly-qualified teachers with a passion for God and a heart for helping every child learn, regardless of family income.

According to Rev. Keith A. Ratliff Sr., JCA Executive Director, the goal of Joshua Christian Academy is to "prepare our children to be all they can be academically, spiritually and socially for this global marketplace."

To achieve this goal, Rev. Ratliff says, "The mission of Joshua Christian Academy is to build a Christ-centered academic foundation within the hearts and minds of urban children, equipping them and their families to serve God and others to their fullest potential through outstanding biblical education."

To change lives, Joshua Christian Academy was founded on the principle that a traditional rigorous curriculum is effective and can be taught to any student. They believe that while selfesteem, individual rights and freedom of speech are important, those should not overshadow personal responsibility, respect, character and hard work. JCA not only expects students to learn, but expects good conduct—creating an atmosphere contributing to learning.



Rev. Keith Ratliff, above, with JCA students in a hands-on learning experience—a literal field trip to the pumpkin patch

They place as much emphasis on behavior as learning. Students are given every opportunity to achieve skills necessary in life, should their decision be military, work or college. JCA believes a key to learning those skills is good study habits and they are committed to working alongside parents to help encourage their children's study habits at home.

The founders of JCA believe that all children are created and loved by God, and each child is unique with God-given talent, ability, and potential. Race, social class, income, or geography does not limit that child's ability and potential. In fact, a child's potential is only limited by the lack of opportunity, low expectations, and the lack of hope.

JCA works with parents as part of the "three-legged stool" approach to student success in school—parent involvement, student involvement, and teacher involvement—all working together for the positive development of the children, with the belief that "Team Work Makes The Dream Work." Parents of JCA students are required to get involved by attending parent/teacher conferences; volunteering at the school and helping their children develop good study habits at home. Tuition is based on family income with a minimum of \$50 per month per family.



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Playground Campaign

Currently, students only have green grass—no playground euqipment—outside Joshua Christian Academy.

As a solution to this problem, JCA is planning to build a creative, fun and safe outdoor Transformation Station for their

students and the surrounding neighborhood.

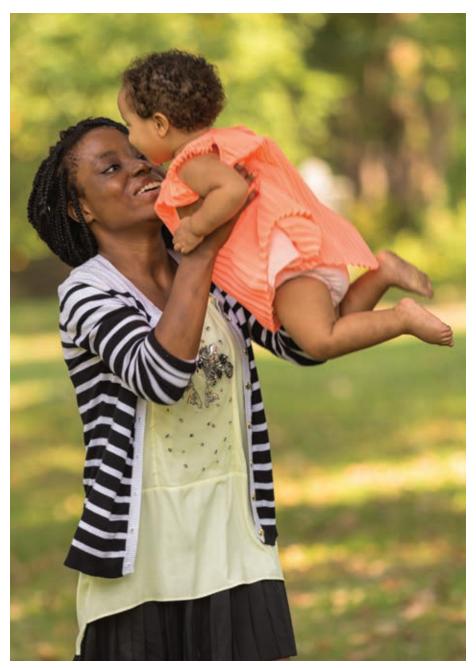
An \$87,000 campaign is underway to raise the necessary funds for this Transformation Station at Joshua Christian Academy, located at 1740 Garfield, Des Moines.

To learn more about Joshua Christian Academy or to support their growing vision, please contact *keith.ratliff@gotjosh.org* or call Sheryl VanWeelden at (515) 468-5674.

Top 10 JCA Project Needs

- 1) Fenced-in playground (Transformation Station)
- 2) Outdoor security lighting
- 3) New windows
- 4) Heating & air-conditioning units
- 5) New flooring for halls in great room
- 6 Bathrooms remodeled
- 7) Teacher computers for each classroom
- 8) Classroom smartboards
- 9) Worship ministry equipment
- 10) Scoreboard and gym equipment

Editor's Note: Are you a supplier or contractor, or know of one, who may be interested in helping sponsor these projects? We hope you can help!



When I was lost and afraid, everyone here at InnerVisions was by my side and willing to listen...I was in the dark, but you guided me into the light. From the bottom of my heart, I thank everybody here. There are no words to express my gratitude. —Cherish

InnerVisions HealthCare...

Vision for Life

At one time or another, most of us have experienced the jolt of an unexpected challenge—from a bank overdraft notice to getting stopped for speeding. While many of these disappointments of daily life can be resolved in a matter of days or weeks, the challenges of an unplanned pregnancy can last a lifetime.

Fortunately, in the Des Moines area, helpful advice for exploring options is only a phone call away. InnerVisions Healthcare provides women and men facing unplanned pregnancy with compassionate, nonjudgmental, and truthful information. By providing education and free medical care, the clinic empowers clients to make the most informed, life-affirming decisions.

After more than four years in ministry, InnerVisions has empowered more than 285 women to embrace their womanhood and motherhood.

In celebration, they sponsored a free baby photography session at Grandview Park in East Des Moines for clients and babies to enjoy a



delightful afternoon of play and photographs. Staff member and local photographer, Kris Gaspari devoted an entire Sunday afternoon to taking photos of baby after baby after baby. Each mother received free photos and the staff enjoyed reuniting with the mothers and their babies—and to see so many happily grow from crawlers to toddlers and preschoolers.

Jenny Condon, the clinic's founder and director noted, "The mothers were grateful for the opportunity and the free photos."

Helping women make the best choices for themselves and their child is the purpose of InnerVisions Healthcare. The clinic's mission to empower and support women and value the life of the baby makes an important and valuable contribution to the Des Moines community. The services provided to clients include pregnancy testing and counseling, referrals for OB care and social services, and limited obstetrical ultrasounds.

This makes InnerVisions unique. "It isn't just another pregnancy center, says Jenny Condon, "we are doing something special here."



Lisa's Unplanned Journey: When she first walked into InnerVisions, Lisa was looking for information on an abortion she didn't want to have but didn't feel like she had a choice. Abandoned by an abusive boyfriend, unemployed, recently evicted from her home with young children to care for, and afraid to tell her parents, Lisa, like so many clients, felt abortion was her only option. She was tired, she said, of being a disappointment.

Coming to InnerVisions changed

how Lisa saw her options. With the love and support she received from the staff at InnerVisions, Lisa was able to see another way out—a way that included life for her baby.

Support and counseling from the InnerVisions staff helped Lisa see ways to work around and through many of the obstacles. Through the generosity of some of InnerVisions donors, many of Lisa's financial hardships were alleviated. In addition, the staff continues to support Lisa in her search for work and housing.

Lisa is amazed and grateful for the support she received not only that hot June day, but ever since. Regular phone calls and visits from InnerVisions HealthCare staff have helped Lisa keep her spirits up during an undeniably tough time in her life.

Now Lisa sees herself as a strong young woman who chose life for her baby. She has hope for the future as obstacles are turned into opportunities and looks forward to supporting herself and her children. She hopes to further her education and wants to help others who are dealing with circumstances similar to those she found herself in. Lisa credits InnerVisions with helping her get to a point where she can look to the future with hope and her head held high. (Lisa shares her story at *ivhcare.org*)

Director Jenny Condon sums it up, "Like so many of the women who come to InnerVisions Healthcare, Lisa needed someone to hear her, someone who could help her navigate her situation to make the best decision for herself and for her baby.

By listening to what they need and connecting clients with resources and individuals in the community, InnerVisions has empowered clients to make the best decision for more than 285 children who have a hope and a future."

InnerVisions HealthCare Clinic is conveniently located at 1355 50th Street, Suite 400, West Des Moines, IA 50266.

Walk-ins are welcome to the clinic during business hours: Monday & Wednesday 9am-5pm; Tuesday & Thursday 9am-8 pm; Friday & Saturday by appointment only.

For more information call (515) 440-CARE (2273).

Editor's Note: InnerVisions needs more volunteers.

Nurses. If you want to join their mission and serve women in crisis in Central by the lowa, contact their office. Editor's Note: InnerVisions needs more volunteers—especially Registered

Grab Your Family...

Pickup & Go



As a former NFL player, Super Bowl-winning coach and commentator for NFL telecasts, John Madden

spent most of his career in a football stadium. He retired from broadcasting in 2009 in order to spend more time with his family. As a grandparent, Madden is still in the game—whether in the stands or parking lot.

Madden says, "I've got five grandkids. They play baseball, they play football, they play basketball. I go to all the games. You always have that urge to say something when you're watching them. But I've learned to keep it to myself. I've blurted out some things and embarrassed myself. If you look at tailgating, everyone does it. It's for everyone who likes to cook outdoors."

In Iowa, that can be said of just about everyone who has a pick-up truck. New or old, it's the perfect vehicle for tailgating—from football stadiums to farm fields or fishing on the lake. Try the recipes on the following pages for your next tailgating adventure.







Finger Food for Football Fans...

Spicy Fried Wings

For the Seasoning:

1 tbsp. seasoning salt

1 tbsp. red pepper flakes

2 tsp. cayenne pepper

2 tsp. poultry seasoning

1 tsp. lemon pepper

Freshly ground black pepper

3 lbs. chicken wings, split at the joint, tips removed

For the Batter:

2 large eggs

2 tbsp. hot sauce

1 tbsp. red pepper flakes

1 tsp. cayenne pepper

Freshly ground black pepper

2 c. all-purpose flour

Vegetable oil, for frying

For the Dipping Sauce:

1 c. sour cream

2 tbsp. horseradish

1/4 c. chili sauce

1/2 tsp. cayenne pepper

Kosher salt & freshly ground black pepper



- 1. **Make the seasoning:** Whisk the seasoning salt, red pepper flakes, cayenne, poultry seasoning, lemon pepper and 2 teaspoons black pepper in a small bowl. Set aside 2 tablespoons seasoning in a separate bowl.
- 2. Rinse the wings under cold water and place in a shallow baking dish. Sprinkle with the seasoning, then refrigerate, covered, 1 hour.
- 3. **Make the batter:** Whisk the eggs, hot sauce, red pepper flakes, cayenne and 1 teaspoon black pepper in a medium bowl. Put the flour in a shallow dish or pie plate.

- 4. In a large deep fryer or Dutch oven, heat 2 inches of vegetable oil until a deep-fry thermometer registers 350 degrees F. Dip the wings in the eggs, then in the flour.
- 5. Place the wings, three at a time, in the hot oil and fry until golden, 8 to 10 minutes, turning occasionally. Transfer to a paper-towel-lined baking sheet. Make sure the oil returns to 350 degrees F before adding the next batch. Sprinkle the wings with the reserved seasoning to make them extra hot.
- 5. Make the sauce: Mix the sour cream, horseradish, chili sauce, cayenne, and salt and black pepper to taste. Serve with the wings.

—Recipe courtesy of Pat and Gina Neely
Food Network Magazine



Tailgating on the Farm...

The Gingham Apron



During this time of year, the men of the family are working hard on the farm. The second crop of hay is being wind-rowed and rolled up. With the above-average rainfall, our family is watching the corn grow tall and the soybean rows quickly merging. This summer in Iowa has produced an abundance of greenery, for which we are thankful!

To celebrate all the beauty of the farm scenery that surrounds us, each of the women of the Gingham Apron brings a homemade dish for our field tailgating, along with a quilt and some simple decorations for the truck bed. With our kids in tow, we meet up with our husbands in the field where they are working to enjoy eating and visiting together. When we say we're tailgating, we really use our tailgate!

-Denise Herrick

Editor's Note: To enjoy more of the Herrick family's favorite recipes, activities for children and more, go to *theginghamapron.com*.

Grandma Betty's Potato Salad Served with...

Sloppy Sliders



8-10 white potatoes, peeled (halved or quartered, dependent on size) 8-10 hard-boiled eggs, peeled (sliced or chopped) 1/2-2/3 diced medium onion 1 1/2-2 c. real mayonnaise 1 tsp. dry mustard 1 tsp.sugar pinch of black pepper

- 1. Boil potatoes in water (add a pinch of salt) for 20 minutes. Rinse, drain, and cool.
- 2. Cut the potatoes into fairly small pieces. In a large bowl, add the potatoes and the hard-boiled eggs.
- 3. Add the mayonnaise, mustard, sugar, and pepper. Mix together.
- 4. Refrigerate until ready to serve.



2 lbs. ground beef
1/2 onion (chopped or minced)
1 can cream of chicken soup
4 oz. chip dip, (toasted onion
or French onion)
3 tbsp. Heinz 57 Sauce
Cheese slices, optional

- 1. Brown ground beef and chopped onion in large skillet.
- 2. Add soup, chip dip and Heinz 57 Sauce. Simmer for 5–10 minutes.
- 3. Serve on artisan buns with optional cheese slice.



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When Easy Isn't Always the Answer...

Two-Part Question

Bob had finally made it to the last round of the \$50,000 Question. The night before the big question, he told the host MC that he desired a question on American History.

The big night arrived. Bob made his way onstage in front of the studio and TV audience. He had become the talk of the week. He was the best guest this show had ever seen.

The MC stepped up to the mike. "Bob, you have chosen American History as your final question. You know that if you correctly answer this question, you will walk away \$50,000 dollars richer. Are you ready?"

Bob nodded with a cocky confidence—the crowd went wild. He hadn't missed a question all week.

"Bob, yours is a two-part question. As you know, you may answer either part first. As a rule, the second half of the question is always easier. Which part would you like to take a stab at first?"

Bob was becoming more noticeably nervous.

He couldn't believe it, but he was not sure, but American History was his easiest subject, and he played it safe. "I'll try the easier part first."

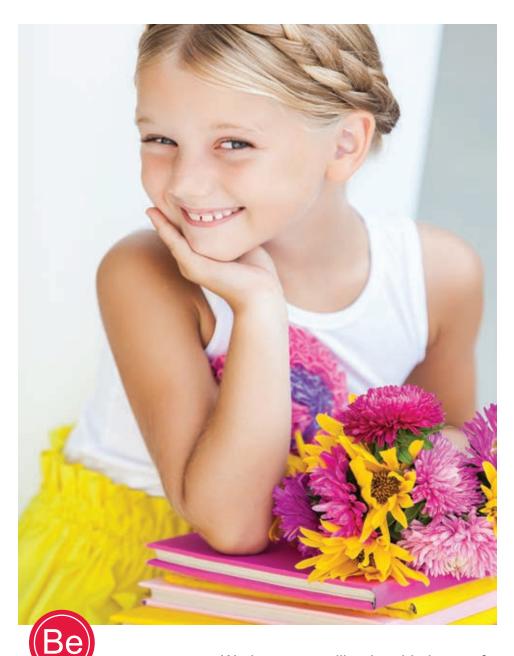
The MC nodded approvingly. "Here we go Bob. I will ask you the second half first, then the first half."

The audience grew silent with growing anticipation...

"Bob, here is the second half of your question:

And in what year did it happen?"





We hope you will enjoy this issue of BeInspired Magazine. We've gathered encouraging stories of faith, hope and love you'll want to share. Thanks to support from our sponsors, it's our gift to you.