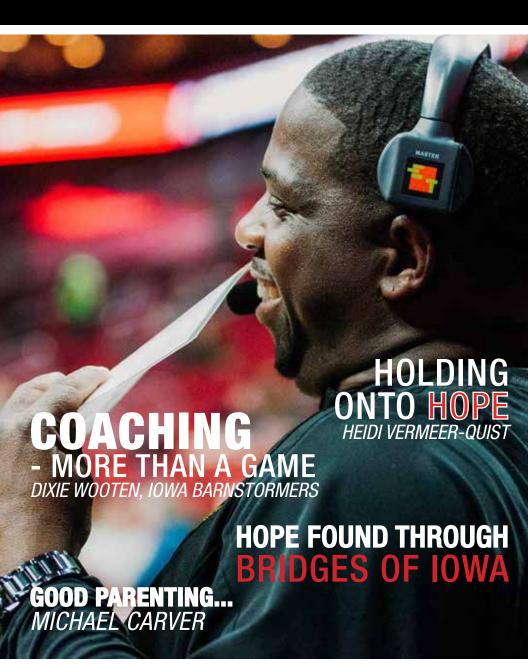
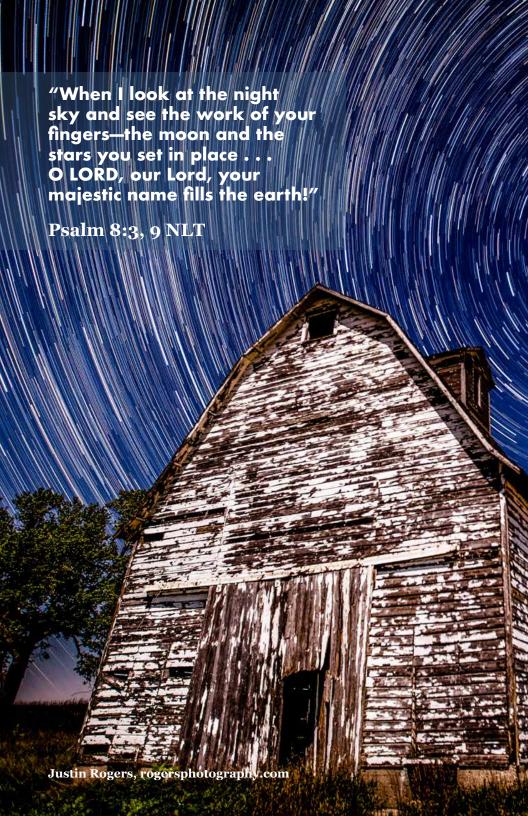
Inspired Faith at Work







Importance of...

HOPE

Only in the darkness can you see the stars. — Martin Luther King, Jr.

Hope is being able to see that there is light despite all of the darkness.

— Desmond Tutu

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

— Helen Keller

We want to create hope for the person ...we must give hope, always hope.

— Mother Teresa

Hope is patience with the lamp lit.

— Tertullian

All kids need is a little help, a little hope and somebody who believes in them. — Magic Johnson

Heaven gives us hope and makes our present burdens easier to bear.

— Billy Graham

Hope itself is like a star- not to be seen in the sunshine of prosperity, and only to be discovered in the night of adversity. — Charles H. Spurgeon

"HOPE IS A
RENEWABLE OPTION: IF YOU
RUN OUT OF IT AT THE END OF
THE DAY, YOU GET TO START

OVER IN THE MORNING."

Barbara Kingsolver





Inspired is a Christ-centered magazine sharing uplifting stories and encouraging faith in God and living a life of integrity every day at home, work and in the community.

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Hope is Everywhere...

If you look for it, Hope is everywhere. From the morning sunrise to the evening sunset. In every drop of rain that helps new crops grow and in every one of my apple tree blossoms that hope to produce fruit. In every helping hand, every smiling face and every kind word. Even the dark rainy days are expectant with the Hope that is coming.

Billy Graham once wrote, "Without the clouds we wouldn't be shielded from the burning sun. Without the clouds there would be no lavish sunsets, no beneficial rain, no beautiful landscapes. The same is true with life's clouds. When hard times come, we easily get discouraged. But behind the clouds God is still present, and can even use them to water our souls with unexpected blessings."

"...THOSE WHO **HOPE** IN THE LORD
WILL RENEW THEIR STRENGTH.
THEY WILL SOAR ON WINGS LIKE EAGLES;
THEY WILL RUN AND NOT GROW WEARY;
THEY WILL WALK AND NOT BE FAINT."

ISAIAH 40:31, NIV



Longfellow once wrote: "Be still, sad heart, and cease repining; behind the clouds is the sun still shining."

This issue is to remind us about Hope. How even though we often take it for granted, it can be found in so many places if we look or listen. To be mindful that in even what can seemingly be a dark world or times in our lives – Hope remains.

I am hopeful © that the enclosed stories, encouraging quotes and reminder of God's presence may make a difference in your day. That you can be hope for someone else because no matter the problems or adversities, you are a living and breathing proof of **Hope**.

More than a Game...

Coaching

Dixie Wooten loves football, but even more he loves to teach young men through coaching. Now with more than a dozen years of experience playing and coaching arena football, the Iowa Barnstormers head coach is



living his dream and knows from personal experience the impact a coach has in a young person's life.

Dixie grew up in Houston playing quarterback in high school and college before becoming part of an indoor football team in 2005. Even then his love for the sport and coaching was clear, as he played in arena football's spring season and coached in the fall at Kipp Sunnyside High School, a public charter school in Houston. Focusing on values of scholarship, courage and community, the school — with its student enrollment 80% African-American and 15% Hispanic and emphasis of college prep through liberal arts, STEM and critical thinking — was changing the future for young people ... and athletics played a role.

From the age of three, Dixie has been around and learning about football and life from his Dad, who played semi-pro ball in Louisiana and Texas and later became a coach himself. With a Grandma who you didn't disappoint by missing church, and growing up with three brothers and four sisters, his life was rooted in faith and a tight-knit family.

Coach Dixie's favorite part of coaching is the critical thinking that it teaches players. Through coaching, he believes that "If you give great information, you can see them learn and grow through their decision-making and teamwork." His coaching philosophy has proven successful, as the Barnstormers won the Indoor Football League championship last year and are off to a hot start this season.

Now in his third season as the Barnstormers' head coach, Dixie's goal is to do his part to help the football team catch up with the great organization that makes up the Barnstormers — because the team is bigger than what fans see on the field. In addition to the commitment of his coaches and players, Dixie is grateful for the leadership and support of the 13 owners of the Barnstormers, led by team president Jeff Lamberti, as well as the front office staff who wear many hats.



That includes the day-to-day work of Vice President and Chief Operating Officer John Pettit, who, along with Jeff, put together the vision for the Barnstormers. His work hasn't gone unnoticed by the Indoor Football League, as John was named the IFL "Executive of the Year" in 2017. Juli Pettit, John's daughter, works tirelessly in marketing and social media to encourage and build the fan base to support the team.

With a hard-working team on the field and off the field with front office and support staff, Iowa Barnstormer football is a family friendly and affordable night of fun with talented athletes and fast-paced sports competition.

About living in Iowa's capitol city that he now calls home, Coach says, "People show love wherever you go. The community is great ... I love Des Moines."



More than a Tradition...

Encouraging Hope



More than a tradition, and not orchestrated, is an act that takes place throughout the Indoor Football League. After hard fought games, players from both teams gather together in a circle, joining



hands and kneel to pray.

Players know thanking God and encouraging hope in each other through their faith is important. Putting on God's armor helps them to face battles in life outside of football. Some players actively

become involved with discussions about faith or Bible studies that may lead to decisions that forever impacts their life. Such is the following story...

Earlier this year, while attending the American Football Coaches Association national conference, Iowa Fellowship of Christian Athlete representative RJ Sumrall met coach David Olson from Charleston Southern University. Coach shared at an FCA sponsored coaches' breakfast that — thanks to a teammate — he gave his life to Jesus Christ in 2017 while playing with the Iowa Barnstormers.

It was thanks to a teammate pouring into his life that David is now going on to influence and coach other young men, helping them win in life by learning about hope through Jesus Christ.

Inspired 11



A Storied History...

Iowa Barnstormers

The Iowa Barnstormers have a rich history in Des Moines. Starting as a part of the Arena Football League, the Barnstormers were awarded a franchise in 1995 and played in four straight sold-out games at "The Barn" Veterans Auditorium in their first year. In 1998 the Barnstormers saw their star, Iowa native Kurt Warner, sign a contract to play for the NFL's St. Louis Rams. Kurt went on to become a Super Bowl Champion and NFL Hall of Fame quarterback.

Although the team's history included a seven-year break from Des Moines, the current ownership group led by Jeff Lamberti rebirthed the Barnstormers in 2007. April 2010 was the first game in their return and also marked their largest crowd with 12,184 fans in attendance at Wells Fargo Arena. Now more than 20 years later the Barnstormers are a member of the Indoor Football League and continue to bring great sports competition and entertainment to Central Iowa.

The Iowa Barnstormers are committed to being active in Central Iowa. Team representatives, including the ownership group, John Pettit and Coach Wooten, speak at meetings for businesses and organizations on a variety of topics, including the rules of the game and the team's history.

More than 20 players are on the roster, and there is a four-member coaching staff (head coach, defensive coordinator, offensive line coach and special teams coordinator and defensive backs coach).



The players are quality athletes ... young men who love football and are hoping for game film that may provide an opportunity to play at the next level in the NFL. Physical, mental and spiritual care are important to and for the players. The Barnstormers provide financially, as well as housing, food and medical care. This makes it possible for players to work hard and focus — most of them fulltime — on their game.

The front office has an important role of operations, corporate sales, marketing and accounting, and the support staff are just as critical to the team's success, including: game



operations, equipment manager, athletic trainer, PA announcer, in-game host, play-by-play radio show host,

music director, team doctor and team Chiropractor.

The Barnstormers have had distinctive uniforms true to the aviation theme. The gold helmets with the aviator goggles have not changed since the original team. They continue to be one of the most recognized helmets in sports. In 2008, the helmet was ranked as the eighth coolest of all time — in the same company as the Pittsburgh Steelers and the Green Bay Packers.

The team hosts many events during its season, including the always popular military night. Barnstormer players are available for charity and public appearances, as are the Storm Chasers Dance Team and Billy the Barnstormer mascot — a favorite of kids and families — for special events.

For more information, go to theiowabarnstormers. com or contact Juli Pettit at (515) 564-8457 or email julipettit@theiowabarnstormers.com.

REMAINING 2019 HOME GAMES



MAY 24 | 7:05 PM Wells Fargo Arena

> JUN 08 | 7:05 PM Wells Fargo Arena



JUN 15 | 7:05 PM Wells Fargo Arena



Encouraging Hope Through...

Good Parenting

Last year, after reading a local article dealing with the mental health crisis in our community, I became focused on the connection there often is between good parenting and kids who are encouraged with hope and develop a strong mind.

Having a healthy mind refers to an overall psychological well-being, including the way individuals feel about themselves, the quality of their relationships, the ability to manage feelings and deal with difficulties. Issues that challenge that healthy mind can encompass a wide range of conditions, some more serious than others.

Some are chronic, stemming from diseases while others can be temporary, prompted perhaps by stress or grief.

But research shows childhood trauma — ranging from physical abuse to bullying to family stress — can lead to



a lifetime of physical and mental health consequences. Research also shows that when kids have trusting relationships, it reduces the negative impact that trauma has in their development.

That's why good parenting is so important in building strong foundations and filling kids with hope.

Based on my personal experience and research, I believe there is no question about a direct relationship between how children are parented and some aspects of mental



health. Good parenting supports a child's self-confidence, selfesteem and positive mental attitude. It does not mean that children do not have challenges in overcoming obstacles in their life, but with strong parental support and guidance (including professional help, when needed), kids are better able to overcome these challenges.

Parenting is one of the great challenges in life, and it requires full-time commitment, demanding much mentally and physically. For me, the strength

needed to do the job well was grounded in my faith and tied to my church.

Along the way, I compiled these priorities for guiding children's growth and development:

• Praise your children for their qualities and accomplishments.

- Have fun with your children, as that helps develop a positive attitude in life.
- Make good decisions in setting boundaries to provide a defined playing field to learn, grow and explore.
- Recognize that children do make mistakes, and support them in helping to understand how they might have handled a difficult situation differently and instead of strong disciplinary actions hug them and reinforce your love.
- Support, not direct teaching children to make their own decisions in a responsible way and helping with goal-setting, especially those relating to their educational advancement.





- Teach your child the importance of respecting others, especially young people who are disadvantaged and need support from you and others to achieve success in their life.
- Love each day keeping a good inventory of strengths and achievements. Children need to know that you will always love and support them no matter what happens in their life.

Recognize that good parenting requires support



from spouses, neighbors, friends, grandparents, child care providers and others.

Good parenting can't ensure that children will be spared from challenging or dark times in their life. But it can make a huge difference in constructively dealing with those experiences and returning to a life filled with hope.

Parenting is hard work, but it also is a unique opportunity to influence the growth, direction and development of your children — and one of God's greatest callings in our lives.





Mike Carver of Urbandale, Iowa, is a commercial real estate broker who has been actively involved in community issues and programs relating to parenting. He is a member of the city council, and in the early 1980s, Mike assumed primary responsibility for his four

children and later assisted with raising two older stepchildren. He has served as volunteer chair of the YMCA Fatherhood Program since its inception in 2007 and has written extensively on the subject of parenting. For more information, contact Mike at mrccmb@aol.com or 515-238-8766.



We All Need ... HOPE

Hope is like the air we breathe. We depend on it every day yet so easily take it for granted – that is, until it is missing. And just like air, once it is absent, we are in trouble. Without hope, it is difficult to survive — and impossible to thrive.

We hope so, hope not and even hope for the best. Just think of all the things that you hope for and quickly realize the list is almost endless. We hope for aches and pains to be gone by morning ... more happy and healthy years with our spouse ... a friend or brother to forgive us ... the future of our children — or grandchildren ... our favorite team to win ... a cure for cancer ... just one more day with a loved one.

The meaning of hope is that we want something to happen or be true. When hope is missing ... we are without hope or hopeless. When hope is present, there is power in this small four-letter word.



Life is about faith, hope and love ... the three things that will last forever. In many ways, faith creates hope, and hope causes us to love.

But where or who do you find your hope in? Just like the song some of us grew up with, hope has a name ... Jesus Christ. Because He lives, we can have hope for tomorrow. Because He lives, all fear is gone.

Are you filled with hope, or hopelessness — or does it depend on the day? I know that

we can't avoid all of the valleys or dark times in life, but hope is like a bridge that keeps you above the valley of depression and hopelessness and instead encourages you to have hope for tomorrow.

If you're in a season that seems bleak and hopeless, don't be defeated. Talk to someone; turn to God, and place your hope in Jesus. There is power in Hope ... there is power in His name.

HOLD ONTO HOLD ONTO

Heidi Vermeer-Quist, Psy.D.
Clinical Director & Psychologist at
Heartland Christian Counseling Center

Hope: a feeling of expectation and desire for a particular thing to happen, a feeling of trust.

Hope is huge. From an emotional perspective, it may be the most important feeling or emotional outcome people pursue in counseling. When asked about the mental health crises in our communities, I find (and oodles of research suggest) that most mental health problems (including suicidal thoughts, self-harm behaviors, deep depression, paralyzing panic and others) stem from a common core problem: Hopelessness.

In the field of mental health "instilling hope" is critical. So, yes, hope is critical. But then I think we ought to

ask, "What are we hoping for?" I asked Anna, my 11 year-old daughter, "How would you define 'hope'?" She said, "Well, it's kinda like faith. It's really important to hold onto through tough times." So, What or Who are you holding onto during those tough times?



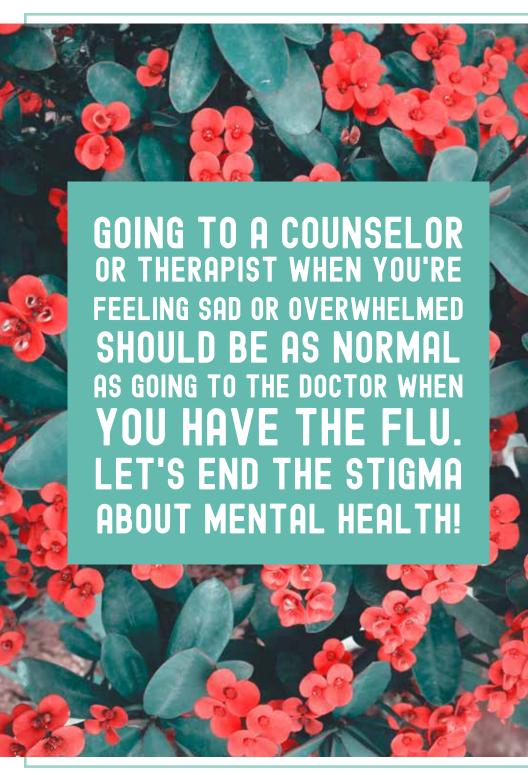
A well-known verse from the book of Jeremiah came to my mind: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

This is truly a bold, kind of confusing yet deeply comforting statement for the time it was written. Ieremiah was an Old Testament prophet, who lived during a time when the people of Judah were turningawayfromGodand were taken into captivity by the Babylonians. They did not have the options or the freedoms we take for granted every day. Yet, Jeremiah reminded them that God was their



ultimate Provider. Jeremiah urged them to put their trust and hope in God.

Now zoom ahead to Jesus...who showed us a whole new level of living with hope. He took on all our sin and shame, conquered death for us and promises to be Emmanuel (God with us). Jesus invites us to simply abide in His love and receive His wisdom in each present moment.



People feel hopeless when they are faced with losses... usually loss of things or of people whom they had put their hope in...but were never guaranteed to keep anyway. These losses may include external losses like death, life changes, unmet expectations or internal losses like obsessive criticisms of my own shortcomings and habitual "stinking" thinking in my own mind's eye.

You and I have choices, every moment. Do we get sucked into the pit of hopelessness? If so, where are we putting our hope? Do we choose to despair about losses...and for how long? Or do we grieve those losses (work through the emotions with support) and commit to acceptance and to renewal of hope? We cannot control the Others, the Outcomes or the Old stuff of life (I like to call that the "O Zone"), but we certainly can choose the thought life we adopt. We can certainly cry out to the God of Hope, and we can commit to a posture of HOPE.

"NO GUILT IN LIFE. NO FEAR IN DEATH.
THIS IS THE POWER OF CHRIST IN ME
FROM LIFE'S FIRST CRY TO FINAL BREATH.
JESUS COMMANDS MY DESTINY
NO POWER OF HELL. NO SCHEME OF MAN.
CAN EVER PLUCK ME FROM HIS HAND
TILL HE RETURNS OR CALLS ME HOME
HERE IN THE POWER OF CHRIST I'LL STAND."

IN CHRIST ALONE - STUART TOWNEND

Now, let me talk with those of you have been stuck in a pit of hopelessness for quite some time. If you've been stuck there for many days or even weeks, get help! There are certain mental health conditions that truly prohibit people from physically accessing Hope. See your doctor. Start some counseling. Get help. Don't go this alone! God may be providing for you in and through the process of asking for help.

God made you. God loves you. God is providing everything for you right now. He was, He is and He is to come. More than that, we have been given a hope in and through the love and life of Jesus. We are all invited to abide in Jesus and follow him, our Good Shepherd, who leads us away from fear and into hope and freedom.

Try this: If you feel hopeless, catch yourself. Stop and choose Hope. Grab it. If it is hard to take it, then ask for help from God and from supportive friends and professionals who can help you! Pursue hope and receive hope in the precious present moment.

May the God of all HOPE fill you with love, life, wisdom and joy as you turn your eyes upward and outward to Christ Jesus.



Dr. Heidi Vermeer-Quist is a licensed clinical psychologist with over 20 years of clinical, teaching and consulting experience. She provides clinical services through Heartland Christian Counseling (www.heartland-christiancounseling.com), as well as, family business and

organizational consulting services.

Heidi has released the first two books of a three-book personal growth series called Gardening Your Life (www.gardeningyourlife.com). Faith and family come

first, and Heidi enjoys singing, raising their three amazing kids with her husband, Chad, and the joy of each Godgiven moment.



For more information, please contact Heidi.VermeerQuist@Heartland-ChristianCounseling.com

> "Be kind, for everyone you meet is fighting a great battle." - Ian MacClaran

Building Bridges to a Better Future...

Bridges of Iowa

People can change and there is always hope. That is a truth at the forefront of Bridges of Iowa as it celebrates 20 years of working to see lives changed.

An experience that I will never forget was attending a graduation at Bridges several years ago. The room was filled with family and friends. Each graduate of the substance abuse treatment program — both men and women — one by one came forward to share their story. After each spoke, guests attending were given an opportunity to speak love and encouragement into the graduate's life.

As I watched this room filled with emotion, a woman graduate was given her opportunity to speak. Across the aisle in the same row as me were seated three children together who looked to be about ages 6, 9 and 12 ... and I couldn't help but wonder why they were there? The youngest child looked like she didn't understand what was going on, and the oldest looked entirely disinterested. But the middle child — a little girl — listened intently and was hanging on to every spoken word.

After the graduate finished her remarks, loved ones — all adults — took turns speaking until this middle child little girl received the microphone. This was her Mom and through tears, she pleaded with her to not do drugs

anymore. How they missed her and wanted her to be home. Out of her little heart poured all of the love and emotion she had bottled up for her Mom. Hanging on to hope.

I was in tears and could hardly breathe. All three young children were there because that was their Mom. It looked as if the youngest child wasn't interested because she truly did not understand, but maybe the oldest child understood too much after seeing his Mom fail

too many times before in other programs. But the middle little girl had not given up hope.

Bridges of Iowa has been quietly transforming lives in our community, directly impacting more than 2,000 men and women since its founding. But the indirect impact is much greater, with many times that number affected through the graduate's employers, coworkers, neighbors, friends, parents and children –



like the three who I witnessed at that graduation. The ripple effect of one person, successfully staying free from drug and alcohol addiction can impact hundreds of people not just now but future generations.

The idea for Bridges of Iowa began when Anthony Lamberti was moved after reading the book "Holes in Time," an autobiography by Frank Costantino. The writer liked to describe his life of being a taker and a loser, but through Christ he became a winner. Who, after a 20-year prison sentence and experiencing difficulties as an ex-offender in reentering society, turned his life tirelessly to prison ministry and founded Bridges of America. His organization was helping thousands of substance abusers — both in and out of prison — successfully conquer their addictions and become new people with bright futures. With more than 500,000 copies of "Holes in Time" distributed, his story of God's amazing grace is being heard and making a difference all across the country.

Anthony's parents, Don and Charlene Lamberti, founders of Casey's General Stores, were also moved by Cosantino's story and set out to replicate the results of his Bridges of America program in Iowa. Don traveled to Florida with friends, Larry James Sr., Almo Hawkins and Tom Jackowski to see the to see Bridges of America program firsthand. As a result, Bridges of Iowa was founded on August 30, 1999, with the support of an initial gift from Don and his wife. Now 20 years later, the work continues, and the need is as great as ever.



Bridges of Iowa Founder Don Lamberti with Iowa Governor Kim Reynolds

Bridges works to get qualifying men and women out of jail, free them from addictions and give them the tools needed to avoid returning to a pattern of substance abuse and crime. All their services are directed at transforming lives permanently through faith, hope and compassion.

With unmatched results in substance abuse treatment and rehabilitation, every year Bridges measures:

- Sober five years after graduation 85%
- Employed at program graduation 100%
- Graduates not returning to jail 94%

In addition to residential and outpatient care for substance abuse in the greater Des Moines area, Bridges offers a full range of substance-abuse-treatment programming designed to help at any stage or addiction. The full program can last as long as a year and is built on effective, evidence-based practices and interventions, clinical services led by certified treatment professionals, outpatient programming and transitional living support needed in overcoming the barriers faced to reenter society — including employment services like job placement and career-readiness training and support with financial management.

The focus at Bridges is not about "don't do drugs" but instead "who do you want to be"? Many want to be good sons or daughters, husbands or wives, fathers or mothers, and with the right focus and support, they can reach their goals.



Bridges has more than forty counselors and other staff and operates on an annual budget of nearly \$4 million. As a faith-based nonprofit, nearly 50% of their support comes from donations. And for those wondering about the return on investing into changing lives, it is estimated that there is a savings of \$100,000 per year when a person is clean, not incarcerated and contributing to society. More importantly, the impact to families is priceless.

Celebrate and support the work of Bridges of Iowa as they celebrate 20 years of changing futures — not just of the graduates but those of families just like the little girl who pleaded with her Mom. Thanks to Bridges of Iowa, moms and dads are coming home.

If you or someone you know needs help, go to BridgesofIowa.org or call 515.414.8049 today.

Editor's note: Many families have a story of being impacted by addiction and mine is no different. On the same night when finishing this article, I read the following Facebook post from my loving niece and mother of two who wrote, "Celebrating 6 years of continuous sobriety today. So grateful for the 2nd chance I was given. Life seems to get better with each passing year. For anyone struggling with addiction, there is **hope**, and recovery is possible." Morgan, we are so proud of you!

You're invited!

to Join us for this **SUMMER luncheon** as Jim Wright shares his "Unconventional Business" story.

THURSDAY, JUNE 6, 2019 | 11:00AM - 1:00PM

Embassy Suites, Downtown 101 E. Locust Street, Des Moines, IA 50309

Jim Wright CHAIRMAN OF THE BOARD & CEO OF TRACTOR SUPPLY (retired)

Executive Chairman of the Board and CEO of Tractor Supply retired Jim Wright, will share his amazing story of an unconventional culture that grew Tractor Supply to become the largest operator of rural lifestyle retail stores in the U.S. with more than 1700 Tractor Supply stores operating today in 49 states.

During his tenure, he instilled a mission and values that fostered the company's growth, even though the recession of 2008. At that time, Jim Wright made a pledge to all Tractor Supply team members, "If you are with us now and continue to contribute, you will have a job with us at the end of the recession, or I will have failed in my job." The effect was powerful. In 2008 and 2009, Tractor Supply added 165 stores, created over 1,600 jobs and achieved record sales and earnings both years.

Join us on June 6th to hear Jim's highly engaging story of growing an "unconventional business" culture!





to Join us for this **FALL luncheon** as Michele Rigby Assad reveals her "Unconventional Business" story.

TUESDAY, SEPTEMBER 10, 2019 | 11:00AM - 1:00PM

Doors open at 11:00 a.m. for networking and meet and greet the speaker.

Lunch service and program begins at 11:30 a.m.

Michele Righy Assad FORMER CIA OPERATIVE



Michele had no idea that her master's degree in Contemporary Arab Studies from Georgetown would lead her to 10 years as an undercover CIA operative for the Middle East. Her unconventional vocational calling ultimately resulted in her and her husband (also a former operative) successfully evacuating 159 Christian Iraqi refugees to safety in Slovakia.

She has been featured on Today and 20/20 and recently released her first book, "Breaking Cover" February 2018.

Today Michele serves as an international security consultant, splitting her time between the Middle East, Florida and Washington DC.



A special thank you to our platinum and gold sponsors!

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GRATEFUL FOR... FAITHFUL SUPPORTERS

We never know who or where support for *Inspired* magazine may come from, including other states!

Our thanks for the lead gift received for this issue go to Monica Dirr, a military veteran and woman business owner of Pace Machine & Tool located in Stuart, Florida.

Monica is a high school classmate of mine who learned of *Inspired* and asked how she could help. Her company is a worldwide provider of precision machining that supplies the aerospace industry with



tooling and parts manufacturing. Growing up with Iowa's strong work ethic and values, Monica is passionate about the quality her company provides an important industry ... and even more passionate about sharing her faith.

"I support *Inspired* and want to see it grow, and as a business owner, this is like your business. I know the ups and downs that you go through, and it's my pleasure to do what I can to help. God has blessed me – in Jesus, I find my peace." - Monica Dirr

Thank you, Monica ... and thanks to all who support *Inspired!* Whether big or small — helping sponsor an issue, contributing once a year or once a month — this publication would not exist without you!

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Inspired is distributed to more than 500 grocery stores, restaurants, coffee shops, medical and professional offices as well as manufacturing companies and other businesses.

Copies are FREE to pick up and take home... as well as mailed to a growing list requesting the magazine to be sent to their home or business. *Inspired* is sponsor supported through charitable gifts.

Inspired is published by Faith at Work, a Christian nonprofit.



(American flag painted on Pace Machine & Tool wall)

THANK YOU

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PLEASE JOIN OUR TEAM BY GOING TO THE WEBSITE AND MAKING A MONTHLY OR ONE-TIME GIFT.

- Visit FaithatWorkIowa.org to donate online
- Mail your gift to: Faith at Work 5585 NE 16th Street Des Moines, Iowa 50313

For more information, please contact **Scott@FaithatWorkIowa.org** or call **(515) 974-5415**.

Lessons from...

Noah's Ark

- 1. Don't miss the boat.
- 2. Remember that we are all in the same boat.
- **3.** Plan ahead. It wasn't raining when Noah built the Ark.
- **4.** Stay fit. When you're 60 years old, someone may ask you to do something really big.
- **5.** Don't listen to critics just get on with the job that needs to be done.
- **6.** Build your future on high ground.
- 7. For safety's sake, travel in pairs.
- **8.** When you're stressed, float a while.
- **9.** Remember, the Ark was built by amateurs, the Titanic by professionals.
- **10.** No matter the storm, when you are with God, there's always a rainbow waiting









We hope you enjoy this issue of *Inspired* magazine, filled with stories and a message of faith to offer encouragement and inspiration. Please consider sharing this issue with family and friends. Thanks to support from our sponsors, it's our gift to you!

