

# FIRST THINGS

A publication of First Things First



## JOIN US FOR

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Christian Recording Artist

**GARY SMALLEY**  
One of the Country's Best Known Authors  
and Speakers on Family Relationships

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**DAN CATHY**  
Chief Operating Officer,  
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**DANNY CAHILL**  
Winner of NBC's  
Biggest Loser

**JEFF KEMP**  
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### CHATTANOOGA CONVENTION CENTER

ADMIT ONE

# CHATTANOOGA'S GREAT DATE NIGHT OCTOBER 5TH • 7 PM



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### IT'S A NIGHT THAT YOU & YOUR DATE WILL NEVER FORGET

Yes, we're providing the magic, music, motivation and a whole lot more. It's a night you won't want to miss!

**Chattanooga's Great Date Night** is coming on Tuesday, October 5 from 7 p.m. to 9 p.m. at the Chattanooga Convention Center. FTF joins with Chick-fil-A to bring you a night of music, laughter, excitement and inspiration! Hear from "The Love Doctor" Gary Smalley, Dove Award winner and Grammy-nominated singer/songwriter Michael O'Brien; from "The Biggest Loser-Season 8", Danny Cahill, Dan and Bubba Cathy from the founding family of Chick-fil-A and others. There will also be great door prizes like cruises, weekend getaways, free Chick-fil-A and much more. This is one event you won't want to miss! Visit [firstthings.org](http://firstthings.org) for details and register for your FREE tickets.

# GET YOUR FREE TICKETS AT FIRSTTHINGS.ORG

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You can donate to First Things First through the CFC Campaign!

*A gift has been given in honor of  
Jim and Deedee Raulston's 50th Wedding Anniversary  
from Bill and Judy Brown*

## It's Harvest Time!

Have you ever driven past a huge field of corn or a beautiful garden and considered what it actually took to get those kinds of results?

A couple of years ago, I was talking with a farmer as I prepared to start my garden. I'm thinking, "I'll buy seed, plant and water it, and Voila! Next thing you know, I will have a ton of flowers and vegetables." The farmer's eyes got wide as I talked excitedly about all that I had planned. Then he opened his mouth and said, "Not so fast!"

He began sharing with me that you don't buy just any seed. If you want a really good crop, you have to buy good seed. And you don't just plant the seeds in the soil, you have to prepare the soil first with nutrients. And you have to make sure all the weeds are gone. He had a whole list of things that I needed to do in order to have a beautiful garden. If you get in a hurry and take short cuts, all kinds of things can go wrong.

It's the same with families. If you want to raise your family well, there really are no shortcuts. It starts when you plan to marry, making sure you spend as much time preparing for your marriage as you do for your wedding. After you marry, it is important to be intentional about taking care of your relationship. When you decide to have children, you have to plan how you will care for them, nurture them and be an active part of their lives. One of the most important parts of being a parent is making sure you focus on keeping your marriage healthy.

While all of this may seem like a lot of work, you have to keep your ultimate goal in mind. What kind of marriage do you want to have? What kind of legacy do you want to pass along to your children and your grandchildren?

When you begin with the end in mind, it is a lot easier to determine your priorities, make career decisions, and even say 'no' to things that just don't make sense during a certain season of life.

First Things First is here to assist you in your efforts to build a strong family. This newsletter is full of great resources to meet you where you are and help you make a bad marriage good, or a good marriage great. There are also opportunities for you to learn with other parents about creative ways to be involved and engaged in the life of your child.

Whether you are engaged, married with children, or single and raising children, know that we were never meant to do these things in isolation of others. When people participate in our classes and seminars, they realize that no one escapes the challenges and adventures of being in relationships. This can be very comforting when you are going through a difficult time with your spouse or child.

So as you plant the seeds for your marriage or family, know that FTF is ready to help you 'work the ground' to reap a bountiful harvest.



**Julie Baumgardner**  
*President &  
FTF Executive Director*



**Check out our recommended reading section at [firstthings.org](http://firstthings.org).**

A portion of the proceeds goes to benefit the programs of First Things First.



# Smart Marriages

This summer, members of the FTF staff attended the 14th annual SmartMarriages Conference in Orlando, Florida. This week-long event brought together like-minded individuals from all over the world who share the commitment to strengthen marriages and families. First Things First is regarded as an established leader in this growing movement, and our presence was well-received during the conference. FTF President and Executive Director Julie Baumgardner and author Marshall Howard joined forces to educate conference attendees about the importance of establishing and cultivating good relationships in both your professional and personal lives.

The message of building good, solid relationships really hits home for FTF. Through collaborating with individuals, business partners and various organizations, we have become a successful model for other community marriage initiatives. But our efforts to be the best in this industry are motivated by a sincere desire to better serve you and your family. In short, we do what we do. . . because of YOU. Thank you for giving FTF a reason to shine.

## FamilyLife's "Weekend to Remember" comes to Chattanooga

Every couple needs time alone to relax, rejuvenate or even rekindle their romance. That's why the "Weekend to Remember" Marriage Getaway is coming on November 12-14 to the Holiday Inn Chattanooga Choo Choo. This weekend is presented by FamilyLife, and is set aside for couples to get away from everyday distractions, and just be together as a couple. Wherever you are in your relationship—whether you're engaged, newly married or have been married for years, this is an opportunity to connect with the one you love.

FamilyLife is giving area couples a chance to attend the getaway for half-price! Just visit [firstthings.org](http://firstthings.org) and click on the FamilyLife link.

*Take your relationship from good to great, and strengthen your marriage at the "Weekend to Remember".*



The dynamics of the modern family have changed quite a bit over the past few decades and even more so in these past few years of economic uncertainty. Today's families often face a new set of challenges that come with remarriage, fathering from a distance and even becoming an empty-nester. That's why FTF brings you Family University or "Fam U" which offers a variety of classes to help you meet these challenges head on. To view our class offerings, visit [firstthings.org](http://firstthings.org).

# FTF IN THE COMMUNITY



This summer, area ministers were invited to learn more about ways to enhance their church's marriage ministry with a series of Pastor luncheons hosted by First Things First and Chick-fil-A's WinShape Retreat. The luncheon program featured a presentation by Betty

Bergin from WinShape, a marriage retreat on the beautiful Berry College campus. Testimonials were heard from Hugh Maclellan and Pastor Heath Bennett of Rock Pointe Church about the importance of strengthening marriages and families in our community. T.W. and Laurel Francescan told how their marriage was strengthened through attending FTF marriage enrichment classes as well as retreats at WinShape. As a special treat, pastors got to see a sneak peak of the upcoming film, **Courageous**, produced by Sherwood Baptist, the makers of *Fireproof* and *Facing the Giants*.

Our goal is to partner with area churches and provide resources to help build strong marriage and family ministries. **If your church would like to become one of our active partners, please call FTF at 423.267.5383.**



## THE MAKING OF "COURAGEOUS"



**Coming in 2011**, Sherwood Pictures presents the new inspirational thriller *Courageous* which follows the lives of four law enforcement officers and their individual challenges of fatherhood. Sherwood Pictures is the creator of both *Fireproof* and *Facing the Giants*, and this new feature is already getting rave reviews.

*For more information about the film, visit [www.courageousthemovie.com](http://www.courageousthemovie.com).*



# MOVIES IN THE PARK

We recently completed the eighth season of Movies in the Park and a great time was had by all! More than 16,000 people came out this year as we partnered with the City of Chattanooga to bring this event to you and your family. One of the highlights this year was the Moon Pie giveaway from Chattanooga Bakery...by the light of a silvery full moon. We look forward to offering you another great season in 2011!

*Special thanks to our 2010 sponsors:*

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**Geico—local Chattanooga office**

**Chattanooga Parks and Recreation  
Department**

**Chick-fil-A**

**Chattanooga Bakery/Moon Pie**

**Lifeguard Ambulance**

**Family Concessions, LLC**



# Living Single

Area singles got the real story on self-discovery and relationships at our 2nd annual Living Single seminar in August. Topics ranged from leaving your relationship baggage at the door and dating with children to online dating and social networking. Attendees left with a new outlook on how to develop and maintain healthy relationships, and what "living single" is really all about.



# DAD OF DAD

## It's All About Dad!

We know that being "Dad" often means having lots of ups and downs. Not to worry. Just check out our monthly e-newsletter, *Dad to Dad*. Each edition is full of timely articles, helpful advice and fun activities from other dads on how to get through this thing called fatherhood. There's even a cartoon strip called "I Am Dad".

To sign up for the newsletter, visit [firstthings.org](http://firstthings.org).





One of our summer highlights was the 2nd annual "Big League Dreams" Father-Child baseball camp. The campers returned to AT&T Field, but this year the emphasis was geared toward fathers participating with their kids. All the dads or father-figures attended the last day of camp, but several of them stayed all three days. The Chattanooga Lookouts also came out to meet the kids and provided hitting demonstrations. Special thanks to Coach Doug Simons and his staff from Covenant College for the great job they did in working with the campers, and helping the dads learn to coach their kids both on and off the field. Thanks also goes to Fox Sports Radio for being a contributing sponsor of this year's camp and to the Chattanooga Lookouts for partnering with us to make the camp possible.

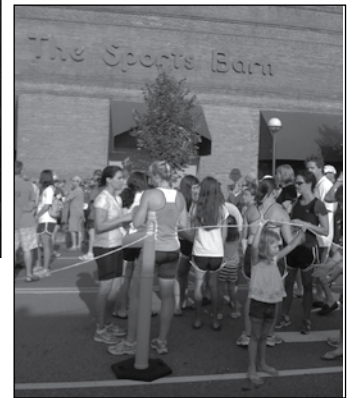


## SPRINT TRIATHLON



This year's SportsBarn/Quintana Roo Sprint Triathlon on Sunday August 8th was another huge success! More than 800 participants got up before dawn to begin their journey at the Chickamauga Lake and Amnicola Highway to swim, ride and run to the Chattanooga Riverfront and downtown district. Congratulations to all winners in each division.

The SportsBarn/Quintana Roo Sprint Triathlon was sponsored by Personal Fitness Specialists, News Channel 9, KZ 106, 107.9 The Duke, Talk Radio 102.3 and Southern Coffee. Net proceeds from the event go to support the continued work of First Things First in strengthening marriages and families. Special thanks go to David Brock, Scott and Teresa Wade and the entire SportsBarn family.



## I'M GONNA BE A FATHER?

Becoming a father is one of the greatest rewards in a man's life- once he gets over the initial shock. FTF helps to ease the stress of first-time fathers with a class called **Boot Camp for New Dads**. Veteran dads teach new fathers and fathers-to-be things like how to care for both mom and the baby, what to do when the baby cries and how to make it through a diaper change.

### Here's is one family's experience:

"My husband participated in Boot Camp for New Dads as we prepared for the arrival of our first baby. He came away from the experience with great ideas for the physical care of our little boy as well as the confidence that he would be a great dad! He also took excellent care of me at the hospital and when we came home, drawing upon suggestions he heard at boot camp. He also taught me a thing or two. Thank you First Things First! You had a huge impact on our family."

—Kristy Sussdorf

### Upcoming classes:

**Saturday, October 16**  
at Erlanger Women's East, 9 a.m.–Noon

**Saturday, December 11**  
at Erlanger Women's East, 9 a.m.–Noon

**For a listing of additional classes, visit [firstthings.org](http://firstthings.org)**





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*LOOK FOR DETAILS  
FROM OUR  
VERY SUCCESSFUL  
13TH ANNUAL  
BANQUET AT  
[FIRSTTHINGS.ORG!](http://FIRSTTHINGS.ORG)*

## **What's in Store for 2011?**

- **“Courageous” Movie Premier**
- **Flower Fest**
- **“Raising Truly Great Kids” Seminar with Tim Kimmel**
- **Celebrate Marriage**
- **Father-Child Baseball Camp**
- **Movies in the Park**
- **And a whole lot more!!**

## **The 6th Annual Families on the Run**



First Things First invites you and your family to kick off the holiday season in style with the **6th annual Families on the Run** on Saturday, December 4. This holiday family tradition consists of a competitive 5K and 10K race, as well as a non-competitive Kiddie K Fun Jog and ever-popular Santa Stroll with the jolly ol' elf himself! The course begins and ends at the Hunter Museum of American Art overlooking beautiful downtown Chattanooga. The race starts promptly at **7:45 a.m.**, and will again

utilize ChampionChip timing which provides accurate net and split times for every individual athlete.

Registration includes race entry, a long-sleeved t-shirt, a hot breakfast and a goody bag. Participants may enter as individuals or as family or couple teams. Both individuals and teams are also invited to collect contributions from their families and friends to support FTF's community initiatives. Top fundraisers will qualify to win great prizes. Come celebrate the season of light with First Things First. Festive holiday attire recommended!!