



This credit union cashier's check has been in storage long enough and must go to work so it can help others like TBN. My sweetheart wife and I are blest by the different programs and we trust others are blest too.

— Spokane WA



Former drug addict, Sharon Blake (Left) told *Joy in Our Town* host Tanny Jackson that “people get addicted to drugs for two reasons: To cover up the pain from abuse or because of peer pressure.” She said that secular rehab programs don’t really solve the problem. Faith-based programs get to the root causes and the one solution that works — Jesus. “When we’re at the end of ourselves, He is there.”

## Only God Can Fill the Hole in Your Heart

What a privilege it is to proclaim that Jesus is involved in the concerns of the Seattle community! Thank you TBN for letting us broadcast the Good News to our hurting and hungry Pacific Northwest.



*Joy in Our Town* host Tanny Jackson (right) talked with Judy Hoff, chemical dependency counselor and recovery coach, about the “hole” everyone has in their heart. “We try to fill that hole with food, alcohol, drugs, shopping, constantly being on the computer, and even trying to fix everyone else’s problems. Then we blame God when the hole is still there. Only God can fill the hole in your heart. He loves you. He forgives.”



**“The Bible says our bodies are temples. But too often we treat them as abandoned apartment buildings.”**

Michelle Cherewatenko, nutritionist and therapist, said on *Joy in Our Town*, “We are the fattest nation in the world. We sit on the way to work, we sit while at work, and we sit watching TV when we get home.”

Her advice: We need to eat better and get more active physically. “At work, take a break every 45 minutes and stretch. Twice a day walk around the building, climb the stairs.” When shopping, stay away from the middle of the store where the high fat and high sodium food is. Shop around the perimeter where the healthy food is.”