



True Riches eNewsletter

April 2008

"So if you have not been trustworthy
in handling worldly wealth, who will
trust you with true riches?" Luke
16:11

In This Issue

[Doing Good is Good For Your Health!](#)

[How to Choose the Right Professional Advisor](#)

[Local Ministry Events](#)

[Recommended Reading](#)

[A Laugh A Day...](#)

Doing Good is Good For Your Health!

excerpted from an article by Stephen G. Post, *The Benefits of "Doing Unto Others"*

Ever heard the saying, "Reward the behaviors you want?" Whether you are dealing with pets or people - you want to reward the behaviors you want them to keep doing. So, would it surprise you to know that the God who created us placed in us physical mechanisms that actually help us be healthier through the act of giving?

Science has been accumulating evidence for well over 20 years now that supports the hypothesis that doing good is good for your health. In fact, "one of the healthiest things a person can do is to step back from self-preoccupation and self-worry, as well as from hostile and bitter emotions, and there is no more obvious way of doing this than focusing attention on helping others."

Unfortunately, space does not permit a full list of the benefits but let me give you a few to whet your appetite:

- Doing good makes us feel good (there is a literal physical response!) and enhances our self-esteem



Helping People Achieve Lives of Stewardship Excellence Before God

The Christian Legacy Foundation (CLF) exists to enable faithful stewards to give wisely to further the Gospel of Jesus Christ.

CLF is the Tampa Bay area affiliate of the National Christian Foundation.

Open your Giving Fund today, or learn more about our innovative giving solutions, tools and resources at www.clfinc.org.

1408 N. Westshore Blvd.
Suite 504
PO Box 22774
Tampa, FL 33622-2774
(813) 567-1499

Did you know
you can give...

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- "Helper's high" is a real phenomenon. Volunteer reports: 43% felt stronger and more energetic, 28% felt warm, 22% felt calmer and less depressed, 21% experienced greater feelings of self-worth, and 13% experienced fewer aches and pains
- Volunteerism is more strongly correlated with well-being for retirees than for those who continue to hold paying jobs
- Volunteering in adolescence prevents teen pregnancy and academic failure, enhances social competence and self-esteem, and protects against anti-social behaviors and substance abuse
- Generative adolescents become both psychologically and physically healthier adults and are 3 times happier
- Strikingly, *just thinking about giving* seems to have a physiological impact
- One study documented an astounding *44% reduction in mortality* among older volunteers as compared to older non-volunteers

It should come as no surprise that our Creator would place in us a unique reward system that actually helps us live longer, healthier lives through giving.

May His wonders never cease!

Want all the facts? [Click here to read the entire article.](#)

Featured Article: How to Choose the Right Professional Advisor

Many donors that begin giving through CLF each year learn about us because of a referral from their professional advisors - financial advisors, CPAs, attorneys, and others.

Odds are, you've already chosen your advisor, but those who haven't often wonder, what does the "right" one look like? What are some of the characteristics you should be looking for as you select an advisor?

Consider the following factors as you go through this selection process:

Is he or she technically competent?

In any area of life, we all want to work with someone who knows what they are doing. It's not enough to know that someone is a Christian. Do they have experience and expertise in their field? Are they someone you can trust with your situation?

Is their worldview compatible or consistent with my own?

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Finding an advisor with a Biblical Worldview is a must for any Christian. Because we are merely "stewards" - as opposed to "owners" - of the gifts, abilities, and assets that have been entrusted to us, those we seek counsel from should hold the same worldview we do. If not, there will inevitably be conflict.

[Read on ...](#)

Local Ministry Events

Christian Legacy Foundation is now exclusively using the community calendar of FaithTampaBay.com, because of the strategic relationship between the two ministries.

April 18 - Tampa Bay Men's Bible Study is hosting **Coach Jim Levitt** at their continental breakfast held at Palma Ceia Golf and Country Club. RSVP to Tom Blake at exemin1@tampabay.rr.com or 813-902-9117.

If your ministry event isn't listed, please go to www.FaithTampaBay.com and sign up with them or let us know by emailing Angie at angie@clfinc.org. We'd like to include all our ministry partners' events.

Recommended Reading

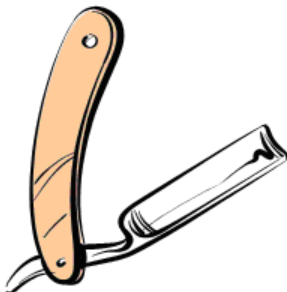
More Than A Carpenter

by Josh McDowell

Josh McDowell's timeless examination of the true nature of Christ and his impact on our lives is one of the best-selling Christian books ever (more than eight million copies in print worldwide!). Written by a former skeptic of Christianity, it is a hard-hitting book for those who doubt Jesus' deity and his purpose.

You can find this book at most online bookstores.

A Laugh A Day...



There was a barber that thought that he should share his faith with his customers more than he had been doing lately. So the next morning when the sun came up and the barber got up out of bed he said, "Today I am going to witness to the first man that walks through my door."

Soon after he opened his shop the first man came in and said, "I want a shave!" The barber said, "Sure, just sit in the

seat and I'll be with you in a moment." The barber went in the back and prayed a quick desperate prayer saying, "God, the first customer came in and I'm going to witness to him. So please give me the wisdom to know just the right thing to say to him. Amen."

Then quickly the barber came out with his razor knife in one hand and a Bible in the other while saying, "Good morning sir. I have a question for you.....Are you ready to die?"

email: clf@clfinc.org
phone: (813) 567-1499
web: <http://www.clfinc.org>

CLF IS Christian Estate Planning and Design

Did you know that CLF has developed a uniquely Christian approach to estate planning and estate design? If you would like to hear our ideas or if you would like a free second opinion on your current estate plan, please contact us. You may find a new, creative way to support your church and favorite ministries!

Find out how a Giving Fund can be a powerful and flexible part of your estate plan by downloading [Testamentary Giving](#) from our website.

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