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HIGHWAY NEWS

What Happened in
North Bend, Washington?
Read about Steve and
Dauminique. 04



A TFC GLOBAL PUBLICATION
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A WORD FROM OUR PRESIDENT

The Storms of Life

"And a great windstorm arose, and the waves beat into the boat, so that it was already filling. But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, 'Teacher, do You not care that we are perishing?' Then He arose and rebuked the wind, and said to the sea, 'Peace, be still!' And the wind ceased and there was a great calm. But He said to them, 'Why are you so fearful? How is it that you have no faith?' And they feared exceedingly, and said to one another, 'Who can this be, that even the wind and the sea obey Him!'" Mark 4:37-41 NKJV



A friend of mine who is a professional driver in every sense of the word recently endured a very difficult time in his life. A time in which I am sure he could see no way out. A storm of life, as we will call it. We all find ourselves in the middle of life's storms at times. The Bible tells us that "it rains on the just and the unjust alike," Matthew 5:45. However, as obedient children of God, we are not at the mercy of those storms. We have access to a peace in the middle of the storms, a refuge, a strong tower, a savior, knowledge that we serve a God that speaks to the wind and calms the seas, but it's up to us to walk in the power of that knowledge.

The scriptures are clear that God does not want us walking in fear but rather, standing in faith. We can stand in faith against the spirit of fear only because of the knowledge of God's proven faithfulness to come through on His promises. However, while His love is contingent on nothing, the promises of God are contingent on our obedience to His commandments. This is why we find over and over in scripture, that there is a correlation between walking in obedience to God's instructions and commandments and walking in the peace of God. There is a comfort and strength in knowing that, if God called you to it, He will get you through it. Trust Him and be at peace.

However, if you know in your heart that your current trials are a mess of your own making brought about from a lack of obedience, from taking matters into your own hands, or even from outright rebellion, it's not too late. Submit to God, and cry out for help. If you are ready to trust in Him fully, He will restore your peace. The truth is that life for a Christian isn't really about avoiding the storms but rather learning to keep our focus on Jesus in the midst of them.

If you never encounter a stormy sea you'll never learn how to calm one; you'll never understand the majesty, power, compassion, and faithfulness of the God you serve. Make a decision today to walk in obedience and faith and start trusting the power of God more than the power of the storm. Stop telling God how big the storms are, and start telling the storms how big your God is. To help keep your focus on Jesus during those slow moving storms fill your mind, heart, and time with prayer, compassion for others, appreciation to God, all the good things He has done for you, and all the storms He has already brought you through.

Remember this too will pass.

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Executive Editor: Ron Fraser
Director of Communications: Joanna Maart

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International Office: 1525 River Rd, Marietta PA 17547
info@tfcglobal.org; 717-426-9977

Photo Sources:
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Craig Maart *Shawn Weaver*
Austin Kiser *Various African ministry leaders*
Steve Feszchak *Dauminique Fisher*

Contributing Writers:
Joanna Maart *Craig Maart*
Ron Fraser *Brad Huddleston*
Lynn Bolster *Francis Chibukunya*
Norbert Mbwiliza *Shawn Weaver*
Derek Thompson *Brett Aquila*



**Serving the Trucking Community for over 70 years
and recently awarded the Platinum Seal from
Guidestar Candid**

WHAT HAPPENED IN NORTH BEND, WASHINGTON?

TFC Global has always been about bringing the trucking community to Jesus Christ. That hasn't changed! However, the way we do that is changing to go where the professional drivers are and invest in them and their families by providing chaplaincy services to companies. The amount of foot traffic or people visiting a trailer placed at a truck stop has drastically changed. Many truck stops are being remodeled, too, and with that plan, we are being asked by corporate managers and location managers to remove our trailers. Many of our locations have new management or ownership that doesn't see the need for the trailers and are requiring us to remove them. With the driver's time being so precious when he/she are actually stopped, our FaithLife Centers, for the most part, have not been able to support the trucking community with personal connections. It is for that reason that TFC Global has shifted their approach from the trailer to the company.



At the Mid-Atlantic Truck Show this past March, our staff was able to meet Steve Feszchak from FSC Trucking (Feszvhak Speed & Custom Shop). Steve has a very popular YouTube channel where he talks about projects he is working on at his shop in Freedom, Wisconsin. Steve also drives a cabover called Orwell (pictured on the cover) and records videos while traveling. When the tractor and trailer in North Bend, Washington, needed to be removed from the truckstop property, our first call was to Steve to see if he was interested in the tractor, a Ford CL9000 Cabover. He was ecstatic to get the call and started to make plans to haul his way to Washington so he could bring the tractor back to his shop. After figuring out the many logistics necessary to make that happen, Steve headed to North Bend. His friend, Dauminique Fisher from Dauminique the Dump Truck Driver's YouTube channel, made the trip from her home in Washington to measure and check out the tractor and trailer. Listen to their videos so you can see what a feat this project turned out to be.



FOLLOW THEIR YOUTUBE CHANNELS

@DAUMINIQUETHE
DUMPTRUCKDRIVER

@FSCTRUCKING

Dauminique entered the trucking industry as an over the road driver in 2006, but moved to the construction field after a year. She bought her first dump truck in 2021 (pictured above). First on scene to check out the tractor and trailer





From shrubs growing into the tractor's grill to rocks that had to be moved, Bob and his son, Bobby, used their equipment to help make this project happen.

Pictured below is Orwell and the trailer Steve uses for his hauling. Steve was lining up the trailer so that Bobby could drag the tractor onto the trailer.



Bobby, with Steve manhandling the steering wheel, ragging the cabover the trailer... amazing teamwork in action.

Bobby moving the excavator off of the trailer under Bob's watchful eye to make sure he was safe.



A HUGE thank you to Steve from FSC Trucking, Dauminique the Dump Truck Driver, and Bob with his son Bobby. We couldn't have done this job without them. We are so grateful for their willingness to help and volunteer their time and talents.



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**TFC GLOBAL...
A MINISTRY OF PRESENCE**



Most of us, at some point in our lives, have worked for someone who feels impossible to please.

That feeling of pouring our hearts into a job, and our boss not acknowledging it. Maybe even picking apart the small mistake we made is devastating.

One early holiday morning, I was loaded pretty heavy in a truck I had never been in before. I had consented to working the holiday to help the company out of a pinch.

Later on, I was reprimanded for going 3 mph too fast down a hill. Yes, I was in the wrong, but my sacrifice for the company was never even acknowledged in the conversation. That day, I began to consider my other employment options.

Maybe the reasons we are not valued is because of the corporate structure, or the character flaws in the person overseeing us. No matter what the case may be, it rarely draws out the better parts of us.

In fact, many times feeling undervalued causes us to simply work for the paycheck and nothing more. We have a line at our church that says, "If you feel like you will never measure up, the day is coming when you will stop trying." How many of us can explain our spiritual journey in this way?

My experience has been that most people would say they don't feel right with God, whether that is having tried and fallen short, or never even tried at all due to the perceived standards. Either way, it makes us want to stop trying.

How would your life look different if God was pleased with you?
Who wouldn't want the Creator of heaven and earth in our corner?

If we really believed God was pleased with us, everything in our lives would change. **Everything.** Our daily lives would become an adventure, always wondering what is going to happen next. Problems would be looked at as challenges to see how God is going to meet us in the moment. We might even start to look for ways to see God shine brightly.

The "rules" would not be seen as drudgery, but opportunities to have God not just in a few areas of life, but in all of it!



Yet, this promise is possible for any of us. Thankfully, it is not based on us doing the right things, but on Jesus having done the right thing.

Romans 10:4 in the New Living Translation says; "For Christ has already accomplished the purpose for which the law was given. As a result, all who believe in him are made right with God."

It sounds almost too good to be true. Maybe that is why it is called Good News....

Shawn Weaver serves as the senior pastor at ACTS Covenant Fellowship and as a driver for NHT Logistics.

MINISTRY HIGHLIGHTS & GIVING OPPORTUNITIES



A Muslim driver who was introduced to God's free gift of salvation and accepted Jesus as His Savior (left).
Dr. Norbert praising God for the generous gift from a donor of two motorcycles for ministry use (center).
Ms Tunu sharing the gospel with people in Kenya (right).

A Ministry Report from TFC Global Tanzania

God is always good. I thank Him for enabling us to finish the month of May safely where we saw God bless in the way of providing two motorcycles that transport people to places of ministry in a much quicker and safer way. In other regions, especially Dar-es-Salaam public transportation is hard to find, so ministry is hindered in that way. Pray for a good solution to this need.

The regions reached were Mwanza (14 drivers saved), Arusha (4 drivers saved), Manyara, Singida (3 drivers saved) and Burundi.

In Burundi, pray about the need for TFC Global Tanzania to be registered with the local government. If God is prodding you to support TFC Global's international ministries, give online at www.TFCGlobal.org/give.

We are also seeing the importance in the coming months that we establish a land office for TFC Global Tanzania for government requirements. This would allow ministry to happen with more focus and intentional planning.

Thanks always for the generous support of our ministry to the trucking family here in Tanzania. We lack words to thank our donors who have prayed for us and financially supported us.

MINISTRY HIGHLIGHTS & GIVING OPPORTUNITIES



Ministry Stories:

"I am really blessed to be a communications director for TFC Global Malawi. Working with this team though I am still young has seen me learning a lot about the trucking industry through meeting truckers and their bosses, as well as officials from government side in different trucking stops in Malawi. I will continue serving God as part of the executive team. Pray for me and my parents as I am still in high school and balancing my education and serving this ministry." *Patience Banda*

Ministry Accomplishments:

1. Distributed 100 Bibles in the Chichewa language, 48 English TFC Global New Testaments, and 4,000 English Bibles
2. Distributed 50 Highway News magazines
3. Continuing to train chaplains with the Chaplains International material managed by TFC Global.
4. Starting a nursery school for the children who are vulnerable and located near the office.

Ministry Blessings:

1. We received laptops for our executive team to use for better record-keeping.
2. We are partnering with South Africa Trucking Ministry to increase the reach of ministry to the trucking industry in Africa.
3. The Mwanza team is growing under the direction of Chaplain Martin Banda and is now 29 members strong.



Hope Rises With Every Family Reunited

truckersfinalmile.org
Respect and Dignity for the North American Truck Driver

**Truckersfinalmile is a non-profit
that reunites truck drivers with
their families in the event of
loss of life, serious injury,
illness, and crisis.**

The Affiliate
Charity of



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Respect and Dignity for the North American Truck Driver

In The News

In this section we will be sharing stories about drivers or their families that have been helped through this organization.



In February, Tyree was involved in a horrific tractor trailer collision near Columbus, Ohio. Since that incident, Tyree has been alone, on a ventilator, with no visitors from family that live in Denver, Colorado. Tyree's finance, funded by truckersfinalmile, was able to hold his hand for a couple of days to encourage Tyree to continue to fight for his health.



Over the road driver Joseph passed away while traveling near Cleveland, Ohio at the age of 39. He was reunited with his family in Fulton, Kentucky and, as an organ donor, donated the gift of life. Joseph's family is so thankful for the many comments on social media offering prayers and condolences.

To support this non-profit organization, donate at www.TFCGlobal.org/give. Your contribution will be used to reunite drivers and their families. For more stories on people who have been helped, check out their website at www.truckersfinalmile.org. Follow them on Facebook -- @truckersfinalmile.org.



truckersfinalmile

AN AFFILIATE
CHARITY OF



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SLEIGH BELLS AND SANTA TOY DRIVE

Each year, we collect donations and unwrapped gifts to help children that have lost a mother or father truck driver out on the road, cope during the Christmas holiday season.

The campaign is open to any child 18 or under that has experienced this type of loss. Refer a child by sending a detailed email with contact and verifying information to sleighbells@truckersfinalmile.org no later than December 1.

truckersfinalmile.org is an IRS recognized 501c(3) Charity Organization with a distinct mission: to reunite North American truck drivers and their family in times of crisis.



Purchase gifts from our Amazon Wish List at:
<https://a.co/fgcYbiX>

New, unwrapped gifts can be sent to:
1525 River Road
Marietta, PA 17547

Gifts must arrive *no later than December 8.*

Donations can be made through
tfcglobal.org/give

Contact TFC Global:

☎ 717-426-9977 ✉ info@tfcglobal.org



TFC GLOBAL: FIGHTING THE SPIRITUAL AND LIVES OF THE PEOPLE IN THE TRUCKING COMMUNITY

Why is the development of a chaplaincy program to the trucking community that includes caring for families so important?



Physical care because:

- * *Unhealthy habits due to long hours on the road*
- * *Work environment is characterized by the following: lack of physical care, erratic schedules, disrupted sleep patterns, and lack of support systems.*

Psychological/Behavioral care because:

- * *Heavy workloads can cause the following: burnout, sexual addictions, substance abuse, diminished cognitive function*
- * *High levels of stress can cause the following: hypertension, premature aging, myocardial infarction, extreme fatigue*

Spiritual care because:

- * *There is an openness to faith topics when life seems bleak*
- * *Religion is often used to increase physical healing*
- * *Religion can change one's outlook and perspective, becoming more positive, increasing purpose and focus.*
- * *Religion is often related to greater marital and family stability, more productive employees, and less turnover.*



TFC Global provides an array of corporate chaplains, plus the added benefit of spiritual care.

There are many benefits to having a chaplain:

- * *Increased coping skills*
- * *Improved stability at work*
- * *Improved ability to resolve conflicts*
- * *Reduced stress-related health issues*
- * *More content and relaxed employees*

Would you like to learn more?

RITUAL BATTLE FOR THE HEARTS THE TRUCKING COMMUNITY

ring for the physical, psychological and spiritual needs of our professional drivers and their

road
following: poor access to health
terns, extreme time pressure,

urnout, anxiety, depression,
hed cognitive ability.
y: hypertension, stroke,
tremely high blood pressure.

ie seems to be falling apart.
ealing and well-being.
pective from negative to

nd family stability,
ver.



s an integrated, holistic, and professional care program catered to your company's needs through our network
ains. We offer a custom system of supporting your employees offering from several hours to a full day of service
efit of being on-call for emergent issues. This level of care is priced dependent on the company's size.

enefits to this program. Check out the following:

- skills
- y at home and work
- o regulate emotions and food choices
- lated
- l reliable employees with lower turnover

TFC Global also offers additional programs for the trucking community and corporate environment.

*** Human Trafficking Awareness training under the Gateway to Freedom Foundation's direction**

*** Pornography addiction intensive through a weekend retreat**

*Would you consider hosting an ICTA event at your church or company? Would you also think about inviting our human trafficking expert to speak at your church, school, company orientation, young men/women's groups?
For more information, contact us at info@tfcglobal.org or call our office at 717-426-9977.*



Did you know that TFC Global's Highway News magazine is full of stories and information to support our trucking community? Would you put a rack like this in your business? There is no cost to you. The rack would be maintained by our staff with new magazines each month. Partner with us to encourage drivers and their families by contacting us now.

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IT'S EASY! IT'S AFFORDABLE!

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- * Leave with the sick or homebound
- * Share with Bible study groups
- * Leave in coffee shops, truck stops, restaurants & more!



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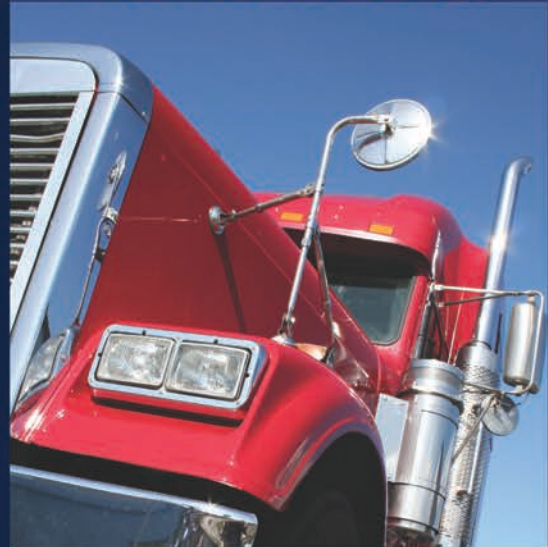


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FEATURE: Read about the Smith family and Truckers4Hope where passion and cause collide. 04

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TruckStruck

By Lynn Bolster

ADVENTURES WITH FUEL

In the scrap world there are dangers but one of the most volatile is fuel. Flash points of various fuels differ and you have to be mighty careful junking items containing fuel. The flash point of gas is much higher than that of diesel. Gas ignites instantly compared to diesel which takes a longer time to catch. This is important to remember when junking fuel pumps at your house.

The truck stop in Baltimore was revamping the fuel islands and updating their pumps. The manager knew we were junkers and asked if we were interested in hauling away 20 pumps, some gas, some diesel. Why not, a buck is a buck and these we could dismantle at home, so we loaded the flatbed and up the road we went.

I wasn't a big fan of doing this so close to the house but Bill, Mr. Fearless, replied with his usual "you worry too much." So for the next several days we junked pumps. Once off loaded they were lined up for disassembly. The front panels were pulled off and all visible metal cut out. Wiring was saved to burn off for copper. I was relieved that things were going so smoothly.

Our neighbor across the street barely worked so he would come over and watch the action. He would always bring his raunchy coffee cup with him. It was black inside from months of coffee stains that he insisted made the coffee taste better. It was so black inside that you couldn't tell if there was coffee in it or not because dirt and coffee are the same color. He always wanted to help scrap, but he was a bit off-center and made Bill nervous so he became our daily spectator, not a helper.

After several days we were down to the last few pumps. It had been a long week of smelly gas clothing - I made Bill undress on the porch, and I kept his clothes outside rather than gas us out in the house. He couldn't smell anything after years of smoking, painting vehicles and burning scrap so he thought I was over reacting. My headache told me otherwise. There was also the possibility that his clothing could spontaneously combust like a pile of gasoline soaked rags had done not long ago in the garage. He wore the same pants all week and then tossed them when we were done since that smell would be a bear to completely wash out.

Eager to finish the process, Bill decided to speed things up. The diesel pumps were done, and gas was next. Working under the big shade tree

helped us stay cool in the summer heat. He decided he was being too conservative draining each line of any fuel residue before using the torch. After all, most fuel lines had barely any fuel or fumes left in them. Forgetting that he was now working on gas not diesel, he said, "we only have a few to go, I'm not going to bother draining the lines," and fired up the torch. He inched close to cut and ****WHOOOSH**** flames exploded like fireworks! Off-center neighbor's eyes bugged out as did mine while watching the tree branches over the pump catch fire, feet from the house. Bill shut off the torch and just stared. Off-center and I raced down the hill to various junk vehicles and pulled fire extinguishers from under the seats hoping they were still in the green. We raced back to flames licking the limbs and leaves, pulled the pins and blasted the powder everywhere, high up, at the base of the pump, anywhere to save further spread. Luckily, everything was spared except our nerves that day!

One of the worst smells is old gas from a car that has been sitting for a while. When you junk a car most places make you drain the fluids, puncture a hole in the gas tank and roof and remove the tires or pay a fee for those left on the vehicle. Usually you pull the tank and put it on the back seat or in the trunk. Stale gas fumes just seem to hang in the air, and then you have to figure out what to do with it. We used it to feed the fire while burning off wire for copper.

Junking is smelly, dirty and often physically challenging but the payoff can be pretty lucrative, including the quick cash found under vehicle seats. The most labor intensive vehicles we junked were ambulances. Huge amounts of wiring to accommodate all the life-saving instruments on board and a lot of crouching to access those wires did a job on our knees! We enjoyed junking together over the years. Country singer Luke Bryan does a song called "Huntin', Fishin', and Lovin' Every Day." My life was more like Truckin', Junkin', and Lovin' Every Day!



Lynn Bolster loves anything to do with trucks and has been active in the trucking industry since the 1980s. She drove over the road for 12 years with her now deceased partner of 22 years, Bill. She has her Bachelor's degree in Journalism and a Master's degree in Recreational and Leisure Studies Management with a focus on health and fitness. Her Master's thesis was: "The Recreational Pursuits and Health Habits of Long Distance Truckers." She has appeared in The Washington Post, USA Today and has written for various trucking industry publications. She was the sales manager covering three truck stops for several years. Lynn is on the Board of Directors for TFC Global.

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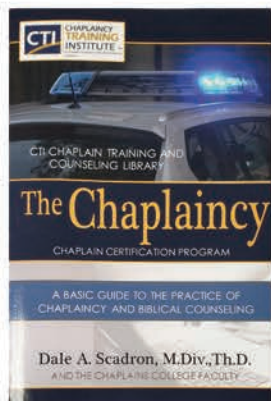


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Course cost of \$400 is all-inclusive: application fee, training manual, in-person training, lodging, meals at the training facility, and processing to become credentialed with Chaplains International and their network of chaplains. Those seeking to serve with TFC Global will have additional orientation training.

SIGN UP TODAY! Next class is October, 2023.



THE CHAPLAIN'S SECRET SAUCE

A good chaplain serves primarily with a ministry of presence. For some people this may seem odd, and they would quickly dismiss the effectiveness of this essential part of being a chaplain. People who have to say everything that comes to mind would not make good chaplains. This ministry of being fully present with people is the secret sauce TFC Global chaplains use to be highly effective. Of course there is more to it, but the main ingredient in our secret sauce is this ministry of presence.

When a person seeks out a chaplain to ask for prayer and seek counsel with the issues of life, they want to be heard. A chaplain's response can't be "I know how to fix this" and proceed to start prescribing their "fix". The response needs to be, "tell me more", or "help me understand more of what else is really going on". Every part of their body language and focus is on the person in front of them. One of the biggest things we hear from trucking company employees and drivers is, "I just want someone to listen to me". This world is nuts and the selfishness in all of us is not decreasing. Everyone has an angle, something to sell, or an agenda to push. People feel overworked, underappreciated, and lonely. When you find someone you can share the real you with and they patiently listen and make you feel heard, it's like someone putting aloe on sunburn or taking a shower after a long day at work. Being listened to starts the healing process and provides relief. An example of this secret sauce in action is from Steve Holsinger, who is currently doing an internship through Capital Seminary with TFC Global. Steve regularly contacts two men who he met while being present at the Frystown Flying J truck stop. The common theme these men tell Steve is, "I am surprised you called me back. Usually people don't care enough to call me back". This is a sad reality.

We are not meant to go through life alone. God did not design us to live in isolation. We all know relationships are the best and the worst, the most life-giving and the most life-sucking reality we all live in. So why is it so hard to find people who will just be with you, fully present with you and listen? The unfortunate truth is we all have developed short attention spans. We all tend to look directly in front of us at the next thing. We think we can multi-task and not have it affect us. We tend to bury our faces in devices and not look up long enough to even notice those around us who need that listening presence. I can't tell you how many times I have been to the hospital or had someone ask to talk and I just sit with them and listen. When they are done talking, they usually let out a big exhale, sit back, look up and say "thank you, I feel so much better". I haven't said a word, attempted to diagnose or respond at all. I just sat there, focused on them, and gave them undivided attention. This is how TFC Global chaplains are trained. It's our secret sauce.

A good example of this is from one of TFC's chaplains, Howard Goodwin. Howard serves in a trucking company in York Pa. He has served in different forms of ministry, been a police officer, and now drives a truck in addition to being a part-time chaplain. He has experienced a lot of hurt in life and uses those experiences in addition to the chaplain training to give people what he knows they need and what wasn't adequately given to him. The people Howard serves love him. He has a presence that brings calm and security in chaos. The stories he can tell from his experience as a police officer are entertaining that's for sure, but his presence makes a big difference. He will share with me how employees where he serves will see him at the store or gas station and come over to say hi and continue talking with him about ongoing issues in their life. This stuff is not a nuisance to Howard at all. He does not lead a rushed life. Howard is not boring, but what I am saying is people know they matter to him. When someone wants to talk to Howard, they get his attention. It is a gift we all need to learn.

The trucking demographic is a different breed and the lives they tend to lead don't allow for developing deep, mutually-beneficial, in-person, relationships. That's why the CCN (Corporate Chaplains Network) at TFC global is whipping up a fresh batch of our secret sauce that makes TFC Global chaplains so effective. We see the trucking community and are constantly working and asking God to show us ways to reach that community.

If you are a driver and want to talk to a chaplain, contact us through www.TFCGlobal.org. If you know of a trucking company who needs the ministry of presence a trained TFC Global chaplain can provide, please contact me at craig@tfcglobal.org or call 717-426-9977. We want our sauce to be shared with everyone. That philosophy may not work for the Kentucky Fried Chicken's 12-herbs-and-spices secret recipe, but we are not selling chicken. Eternity hangs in the balance for everyone, so we want this sauce smothered everywhere we can. Want a taste? Contact TFC Global today.

Leave a Legacy of Faith for TFC Global's future ministry to the trucking community.



Receive an Income Stream by
Making an IRA Gift to

TFC GLOBAL

You know the important work that TFC Global does. You understand that while some organizations are treating the symptoms of a broken world—sexual violence, divorce, fatherlessness, addiction, greed, and suicide—we are called to bring healing at the root-cause level.

As an investor in this important work, we invite you to take the long view along with us. Through your prayerful, planned giving to the work God is doing through TFC Global, you're building the kingdom of God and a legacy of changed lives.

In our **Planned Giving Options** below, to see a variety of wise, innovative ways for you to give. Thank you for making a difference in the lives of the men and women of the trucking community, their families, and the trucking community that will last not only long into the future, but for eternity.

- * Stocks and bonds
- * Real estate
- * Retirement Assets
- * Insurance benefits

Our faith partners support us financially because they support our vision — support it because they know a driver, are a driver themselves or own a trucking company — support it because God has called them to give.

For more information email info@tfcglobal.org or call our office at 717-426-9977.

What about you?

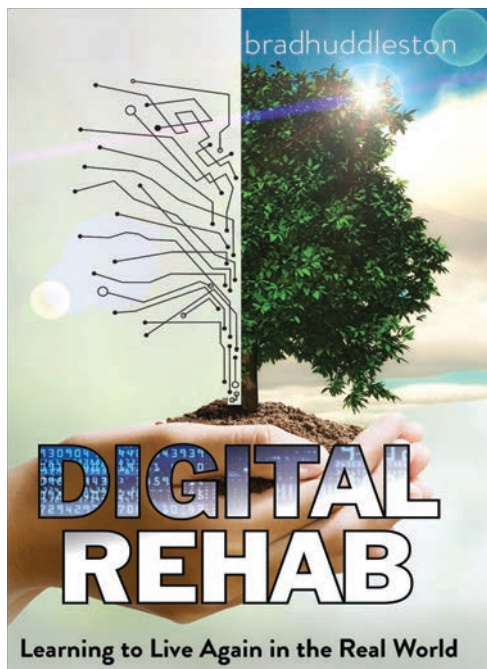
For individuals age 70 1/2 or older, the Secure 2.0 Act allows you to direct up to \$50,000 of your IRA to fund a charitable gift annuity or charitable remainder trust.

Benefits of this gift include:

- Conversion of lump-sum distribution to a one- or two-life ordinary income stream
- Lifetime income payments of 5% or greater
- Tax-free distribution from your IRA
- Potentially reduce or eliminate your required minimum distribution this year
- Ability to direct your gift to any program of TFC Global

For more information, contact us at info@tfcglobal.org or call 717-426-9977.





DIGITAL REHAB - PART 1

BRAD HUDDLESTON

In my previous articles, Digital Cocaine - Part 1 and Part 2, I discussed the real issue of digital addiction. I explained that brain scans of digital addicts are the same as those of cocaine or heroin addicts.

You are not under a dark cloud of condemnation because you have allowed, even purchased, most of the technology your children use. The truth is, this article is about the unintended consequences of the misuse and overuse of technology. I have never met a parent who purposely set out to cause brain damage in their children. Of course, you do have a significant problem on your hands, and you must deal with this issue right away. But the purpose of this article and book is to provide guidance and encouragement along your digital journey.

Many who acknowledge they have an issue with digital addiction will say, "I'm going to back away from so much technology use and balance things out." That sounds good, but it

rarely, if ever, solves their issues. The truth is one must first go through a thorough dopamine detox before attempting to use technology in a balanced fashion daily.

There are three common methods of detoxing from digital devices.

One is to check into a digital detox clinic. The problem with this method is that unless you live in South Korea, where the government sponsors 200 counseling centers and hospitals, there aren't many rehab centers dedicated solely to digital addiction. Fortunately, many traditional alcohol and drug rehabilitation centers are beginning to add treatment for digital addiction to their programs. So, if one is near you and you can afford it, this might be a good option, especially if a person you are detoxing threatens self-harm, suicide, or becomes violent.

Method two is a digital detox boot camp, a technology-free camp that usually lasts between one and two weeks. The idea is to distract campers from their technology with challenging outdoor activities, such as sports and survival training. Again, this is an excellent option if you can find one near you.

Our focus in this article will be method three. A digital detox should be done as a family because parents are often more addicted to devices than their children. For example, I mentioned in the previous article that globally, the average age of a video gamer is 35. In other words, video gaming is more of a problem among adults than children. And mothers are often just as addicted to social media as their daughters. Therefore, parents must lead the family and possibly even detox before guiding their children through this challenging journey.

How long does it take to complete a digital detox? Please do not let what I am about to say overwhelm you. Remember, whenever we decide to do the right thing, God will make a way where there is no way (God's word is full of true stories of God performing miracles for His children.)

It takes four to six weeks to restore proper dopamine levels (homeostasis) with no technology whatsoever, including not watching television. I know what many reading this are thinking:

"But my work requires that I have and use technology!" "My children are required to use technology for school!" I get it. I really do. I have a four-year degree in computer science, so I know all too well about overdoing it with screens and then suffering severe burnout. I am advocating seeking the face of God for His wisdom to plan far ahead for a family detox.

Next month, I'll elaborate on more solutions in Part 2. In the meantime, I invite you to check out my newly released book, Digital Rehab: Learning to Live Again in the Real World, at bradhuddleston.com.



TRUCKING — TRUTH —

THE BACKING RANGE AT TRUCK DRIVING SCHOOL -- IT'S LIKE CLOWN SOUP FOR THE SOUL

LET'S REVIEW:

- 1) AS NATURAL AS THREE LEFT THUMBS**
- 2) THERE'S A FIRST TIME FOR EVERYTHING...
UNFORTUNATELY**
- 3) EVEN GOD HAS TO BE LAUGHING**
- 4) YOU CAN DO IT!!**

HAVING FUN MAKES LEARNING EASIER

Listen, when you get out there on that backing range you're going to be humbled in a big way. Learning to back up a truck is really, really tricky for everyone. Some pick up on it more quickly than others, but in the end you'll get it just fine. It doesn't matter when you get it, as long as you do.

Have a ton of fun out there and have a great attitude about it. Learning to drive a rig is such a cool experience. So many people grow up dreaming about having that chance, so enjoy it. And most importantly, be patient with yourself and stay confident. There are two things you can pretty much count on when learning to back up a rig:

1. You're going to figure it out just fine in the end.
2. You're going to look like a total idiot until you do.

ADVICE FROM AN EXPERIENCED DRIVER

Get out there and have fun! Be the best idiot you know how to be. We were all idiots when we first

started out in trucking which is why it's so fun watching you take your turn. The experienced drivers that are now your instructors have paid their dues in the trucking industry and deserve to be rewarded. So when you get out there and try to back up that rig for the first time, remember you're doing more than just having fun and learning a new trade. You're also giving your instructors plenty of fun stories to tell in the instructor's lounge while you're not around to hear it!

You know how people say, "I'm not laughing at you, I'm laughing with you." Well, you can forget that. We're definitely laughing at you! But hey, we took our turn and gave people something to laugh at. Now it's your turn. Get out there, enjoy learning your new trade, and give those instructors something to laugh about!

Brett Aquila has been a driver for over 30 years. His website www.truckingtruth.com allows new drivers be successful in the crazy career of driving truck.

Check out Trucking Truth's High Road Online CDL Training Program, an easy, effective way to prepare for your permit tests.



MINISTRY SPOTLIGHT



Madagascar Siblings Aina & Elissa Noviatina

The following is a summary of an interview with some wonderful siblings. When we were at our Chaplain Training Institute in May, we were blessed to meet the Noviatinas, Aina and Elissa. They were helping the chef with meal preparations and service for our group.

Question: How did you happen to come to the United States?

Answer: Growing up, ministry has always been part of our lives. Our parents were raised with Christian faith and the value of sacrifice and service to others. God put in our hearts the burden for the outcast and low in society. Two years before the pandemic we were introduced to an opportunity to study ministry at Summit International School of Ministry in Grantville, Pennsylvania.

Question: What are some of the unique things you have learned in your educational program at Summit?

Answer: Although we have been involved in the ministry for years, our education in the US has taught us new and better ways of doing things. The unique

thing we have learned was to do ministry according to the model of Jesus. We believe that Jesus' model of ministry is the perfect model. Another unique thing was the contribution technology and media communications can make to help a ministry thrive and grow. Prior to our education here in the states, we were poorly equipped with the usage of media communication and new technology.

Question: What do you see for the future of ministry to trucking in Madagascar and the need for that type of ministry?

Answer: Trucking is a big industry in Madagascar. Since the country is an island, we do a lot of imports from foreign countries. So the goods must be transported from the main seaport which is located on the eastern coast of Madagascar to their final destination. Since Madagascar's staple food is rice, eaten at least two times a day, 500,000 tons is imported every year. At this time, the most reliable and convenient means of transportation to get these bags of rice across the entire country is through trucks. Other means of transportation are a lot more expensive and time consuming. Trucking ministry in Madagascar is a great mission field since the industry is often looked down on and neglected. Drivers have a very low income and have to put up with poor road conditions and job insecurities. They often get very discouraged. In my own experience, truckers are one of the categories of people who are most open to the gospel due to their status and level of education. In Madagascar, the richer and more educated the person is, the harder it is for them to accept what is being told and to the point of avoiding the conversation.

Question: What are some of your goals for the future?

Answer: We would like to finish college and graduate. After that, we pray that God would open the door for TFC Global to reach truckers in Madagascar. We would love to be part of that.



Be a hero in the fight against sex trafficking

Did you know 10 million men in the U.S. pay an average of \$100 dollars per transaction soliciting prostitution, and an average of \$576 dollars annually. This creates a \$5.7 billion dollar incentive to pimps and traffickers to recruit and groom more children into sex trafficking.

This is why the Gateway to Freedom Foundation (GTFF) is committed to putting sex trafficking out of business by equipping local communities to reduce and end the demand for consumer sex. GTFF's work underscores the reality that sex trafficking is a supply and demand business. Without the demand for consumer sex, there would be no victim.

GTFF needs your help!

The Gateway to Freedom Foundation recently launched the Be A Hero Campaign to raise awareness as well as the necessary funds to combat the demand for sex trafficking. This is a critical season for GTFF as it seeks to raise an initial ten thousand dollars to expand its program reach and effectiveness. This provides an opportunity for you to be a hero in the fight against sex trafficking.

By supporting the Be A Hero Campaign you help protect children from being exploited for profit. Last year Gateway helped over 20 people break free from consumer sex, thus taking money away from pimps, traffickers and pornographers. This year, with your support, our goal is to triple that number. This means that every dollar raised through the campaign takes money away from pimps and traffickers. What an incredible return on your investment.

Don't wait any longer and let the demand for sex trafficking grow any bigger.

Help GTFF reach its goal of 100 heroes giving \$100 dollars annually (or just \$8 dollars monthly) and help put sex traffickers out of business for good. To learn more about the Be Hero Campaign and to give visit www.TFCGlobal.org/Gateway and click "Donate" today.

This puts pimps and traffickers out of business.



tfcglobal.org/gateway

Gateway to Freedom Foundation is a program of



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and put together our
magazine

To help TFC Global meet these needs,
contact our office at info@tfcglobal.org
or call 717-426-9977.



UPCOMING EVENTS

21-23, JULY

GearJammer Magazine Truck Show
Greenfield, MA

SUMMER, 2023

Chaplaincy Training Institute
Marietta, PA
Contact Craig at craigm@tfcglobal.org

4-6, AUGUST

Carlisle Truck Nationals
Carlisle Fairgrounds
Contact info@carlisleevents.com

16, SEPTEMBER

Susquehanna Chapter Prayer Breakfast
First Baptist Church, Sunbury, PA, 8:00 AM
Contact Don at 570-374-9479

If you were to die today, where would you spend eternity? You can know for sure.

- A. Admit you are a sinner. "For all have sinned and fall short of the glory of God." (Romans 3:23)
- B. Believe in Jesus for the forgiveness of your sins and for eternal life. "For God so loved the world that He gave His only Son, that whoever believes in Him will not perish, but have eternal life." (John 3:16)
- C. Confess Jesus as your Savior and Lord, and turn from your sins. "If you confess with your mouth that Jesus is Lord, and believe in your heart that God raised Him from the dead, you will be saved." (Romans 10:9)

To accept this free gift and ask Jesus to be the Lord of your life, pray the prayer below.

"Lord Jesus, I know that I'm a sinner. I believe that You died on the cross and shed Your blood to pay the penalty for my sins. Please forgive me and come into my life. You are my Savior and Lord."

We would love to hear about your salvation. Email TFC Global at info@tfcglobal.org or call 717-426-9977. Resources will be sent to help you grow in your faith.



1525 River Rd
Marietta PA 17547

In Memory of or In Honor of:

In Memory of Doug Olander
by Larry Kallhoff

In Memory of Doug Olander
by Thomas P. Koskamp

To find out how you can honor or remember
a loved one, email info@tfcglobal.org.