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HIGHWAY NEWS

COVER PHOTO:
OPERATION BLESSING'S RIG
DELIVERING DISASTER RELIEF
04-05



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WWW.TFCGLOBAL.ORG

A WORD FROM OUR PRESIDENT

As God's people proceed toward the kingdom of God, there is a road they must travel—an elevated Road—a highway—that leads to that destination. No other road can take them to the kingdom of God. The Bible speaks often about this highway. With lots of help from Him, God's people should, as the expression goes, “keep it between the ditches” of that road. This is the most important highway of all, the “Highway of holiness,” the narrow path, that leads to eternal life.

Human life has a purpose. The Author and Giver of life had a purpose in mind when He created the world, all the plants and creatures, and then His ultimate handiwork, mankind made in His own image (Genesis 1:27; Hebrews 2:10). Since human life has a purpose, it is important for people to know about, understand, and fulfill that purpose lest they be out of sync with their fundamental reason for existing. Ultimately, everyone will know this purpose, but in today's world, not many do. People need to know how to proceed toward fulfilling God's purpose for them. They need to know the way. The Bible reveals that way.

Obviously, across the world, millions of people feel religious. Many of them come under the title “Christian,” but have absolutely no hope of entering Heaven and escaping hell. Even millions who claim to believe in Jesus believe in His life, death, and resurrection. There were people like that that Jesus ran into Himself, according to the last couple of verses in John chapter 2. There were many who believed on Him, but He didn't commit Himself to them because He knew what was in their hearts. It was a superficial kind of belief. It was a self-serving kind of belief. It lacked the character, depth, repentant attitude and full knowledge of Christ to be real, saving faith.

This fact is clearly stated by our Lord in verse 21 of John chapter 2, “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven.” And He then says, “Many will say that.” This looks at the future when people arrive into the presence of the Lord and say, “Lord, Lord, we're here,” to which He will respond, “I never knew you.” The in verse 23 He says, “Depart from me into hell, you who practice lawlessness.”

Scripture is clear that the only way of salvation is through Jesus Christ. He is the one Mediator between God and man. He is the one Savior, the world's only Savior. No man comes to God the Father except through Him. There is no salvation in any other than Him; Scripture makes that clear. It says, “Salvation comes through faith, and faith comes by hearing a message concerning Christ, in Romans 10. In Ephesians 2 we see again, “Salvation is by grace through faith, not works.”

You cannot mix the religion of human achievement with the religion of divine accomplishment; they don't mix. Paul in Romans says, “If you add any works to grace, grace is no more grace.” And that redefinition is deadly. You only come by grace through faith, not through any acquired morality, religiosity, sacraments, achievements, and human goodness.

There are only two categories of people in the world. There are those who believe the gospel and those who are the enemies of the gospel. Jesus said, “There are those who are with Me and those who are against Me.” Those who are with Him are fully committed to the true gospel as revealed in Scripture. Those who are against Him come in endless religious forms. The true way to Heaven is spelled out, and it is the narrow way. “It is the narrow way,” says verse 14, “that leads to life. It is the broad way that leads,” verse 13 says, “to destruction.”

The question now is which road have you CHOSEN to take?



FEATURED IN THIS ISSUE

- 4-5 **FEATURE:** Operation Blessing
- 7 Chaplain's Corner: Why Trucking Companies Need Chaplains
- 9 Pastor's Channel: Shawn Weaver
- 11 TruckStruck: Insects, Critters & Vehicles
- 14 Professional Drivers Face Mental Health Issues
- 16 International Ministries: Malawi & Tanzania
- 17 What's New in International Ministries?
- 18 Sponsorship Opportunity: Show Hauler
- 19 Gateway to Freedom Foundation: Pornography & the Battle of Manhood
- 20 ANNOUNCING: Faithful Give 2023
- 21 Brad Huddleston: The Epidemic of Self-Harm
- 22 Truckersfinalmile: Support Veterans
- 24 Events & Memorials

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

OPERATION BLESSING

Operation Blessing is a nonprofit, humanitarian organization dedicated to demonstrating God's love by alleviating human suffering in the U.S. and around the world. For more than 40 years, we have provided hunger relief, clean water, medical care, and disaster relief to millions.

Operation Blessing was founded on November 14, 1978. In the more than four decades since, Operation Blessing supporters have reached millions around the world with live-saving and life-changing aid. Operation Blessing's mission is to show God's love by alleviating human suffering with powerful humanitarian aid wherever it's needed most. Truly, Operation Blessing's faithful partners have been an incredible blessing to so many in desperate need around the world.

Over the years, your support has enabled Operation Blessing to respond to numerous major disasters like Hurricane Katrina, earthquakes in Haiti and Nepal, the Ebola outbreak in Liberia, the COVID-19 pandemic, and, more recently, hurricanes Ian, Fiona, and Laura along with the historic earthquakes in Turkey. Our teams have also provided critical assistance in response to man-made disasters like the war in Ukraine. Not only that, Operation Blessing's Hunger Strike Force has supplied many tons of food to struggling families across the United States.

This spring, dozens of tornadoes struck the United States across the south and midwest, devastating homes and lives. Operation Blessing deployed a relief team to deliver items such as water, emergency meal kits, and cleaning supplies. Volunteer teams worked in struggling communities to offer hot meals, debris cleanup, chainsaw work, and roof tarping.

Currently, Operation Blessing is in Hawaii near fire-stricken Maui and has been gathering critical supplies to take to families who have lost everything. We are partnering with YWAM (Youth With A Mission) utilizing our decades of experience to plan and coordinate the relief effort, providing long-term supply items to those affected. "Things like generators, gas grills, tents, tarps, ropes, and various articles of clothing, diapers, flashlights and batteries," said David Wright, Operation Blessing's Senior Deployment Manager.

Through compassionate, efficient and locally-focused programs, we are able to target the specific needs of those we serve and truly be the hands and feet of Jesus for those who are suffering and in need. Are you looking to work for a job that has meaning and purpose? If you have a Class-A Commercial Driver's License with over 300,000 miles of driving experience, we are looking for you! We are in need of full-time over-the-road truck drivers to join our team and move into one of our 2022 Freightliner tractors. You will transport food and relief aid to America's poor and less fortunate from pick-up and delivery locations across the Mid-Atlantic region. Please visit www.operationblessing.org to learn more and submit an application.





WHAT WE DO

Many people in developing countries have no other choice but to get their water from contaminated streams or ponds. Water-borne illnesses cause many easily preventable deaths every year, especially among children and the elderly.

Thanks to support, Operation Blessing WASH programs (Water, Sanitation, and Hygiene) are making an impact. Together, we are saving lives and bringing lasting change through clean water solutions like rain catchment systems, water filtration, solar-powered water wells, as well as sanitation and hygiene training.

From natural disasters like hurricanes, tornadoes, earthquakes, and tsunamis to refugees amid life-threatening conflicts, OB's mission is to help disaster victims endure and recover by providing critical aid.

Operation Blessing partners, staff, and disaster relief volunteers are the first on the ground, partnering with emergency management services and local churches to bring food, clean water, medicine, and other vital supplies to meet the immediate needs of those who are suffering.



Operation Blessing provides food for children and families all over the world, as well as training on the importance of a nutritious diet.

Our hunger-relief measures prevent health problems like stunted growth, malnutrition, anemia, and more.

In partnership with our donors, we fight hunger, famine, and food insecurity with a variety of hunger-relief programs.

Operation Blessing provides medical aid to people in remote villages and impoverished communities that lack access to medical care.

Partners enable us to offer love and dignity through medical and dental brigades, community health volunteers, women's health programs, life-changing surgeries, and more.

Operation Blessing partners with pharmaceutical companies and local hospitals to maximize our ability to provide medicine, care, and treatment to patients who have limited access to healthcare.



LEARN TO PROVIDE CHAPLAINCY THE RIGHT WAY!

If you're considering what it would take to become a chaplain or know someone who is considering this calling? TFC Global's Chaplaincy Training Institute (CTI) offers a personal, comprehensive, and robust program that acquaints you with the world of Christian chaplaincy. Whether or not you are looking to apply for a position as a TFC Global chaplain, CTI is available to you at a cost much less than other comparable training programs.

You can expect the following:

- Twenty hours of quality, in-person teaching
- Teaching by TFC Global staff with real-world experience
- Information on most areas and organizations where chaplains serve
- Instruction and discussion on the basics of Christian counseling methods
- Learn how to help people experiencing critical stress situations
- Tested on CTI material and upon passing, receive a certificate of credentialing



COST: \$400

This cost includes:

- Application fee for Chaplains International
- Training Manual
- In-Person Training
- Lodging & Meals at the training facility
- Processing of credentialing requirements

SIGN UP TODAY!

**FOR REGISTRATION FORM OR
TO SPONSOR A CANDIDATE,
EMAIL INFO@TFCGLOBAL.ORG.**

NEXT CLASS DATES - FALL 2023

CONTACT US



info@tfcglobal.org



717-426-9977



WHY TRUCKING COMPANIES NEED CHAPLAINS

When is the best time to make sure you have an umbrella or rain jacket? Before it starts raining, of course. When is the best time to look for an attorney, doctor, chiropractor, more reliable car or toilet paper? When is the best time to set up a will? It is before you need it. Would you prefer to go to a doctor who has known you for years or a different doctor every time. Would you prefer the state take care of your estate in place of a will? Um, NO! When is the best time to prioritize a chaplain's presence? Same answer: before you need it.

A chaplain's presence is critical because a chaplain is more likely to be approached by someone who is not part of a church. The term chaplain is a lot more "safe" and acceptable in 2023 vs the title "pastor". Because of recent highly publicized failures in some churches and denominations, many people are hesitant to trust our religious organizations again. Another reason people are skeptical is because most churches gave into government overreach during the pandemic. When people needed the church the most, churches were not open and available to them. It will take time for people to believe in what a church is supposed to represent. Therefore, the presence and role of a chaplain has increased in value.

It is the same with chaplaincy. Life is hard, messy, and disaster is inevitable. During a hardship, mess or disaster is not the time to look for someone to care for you, be with you, listen to you, connect you to resources, and keep checking in on you. A chaplain needs to be in place before the inevitable poo of life happens.

So, we are working to get TFC Global chaplains into more trucking companies. We have had chaplains in place before a bad truck accident occurred, a shooting, emergency surgery of a driver's baby girl, a woman taking in her grandkids because her daughter was sent to prison, a driver's relationship with his girlfriend broke off due to pornography addiction, and more. Without a chaplain's presence a company is left to deal with the fallout by themselves. These kinds of situations are not part of what HR departments handle. A trained TFC Global chaplain could be in place for times like these.

Why does a trucking company need a chaplain in place before disaster strikes:

- Life issues, with no one to talk to, distract from productivity which costs companies money
- Distracted employees are a danger in the workplace
- Employees are going to vent at work. Would you rather have it with a chaplain or with other employees? 80% of low work productivity is caused by presenteeism (being there physically, but not really being there to work)

Benefits a chaplain provides:

- A trusted and confidential listening presence
- Accountability to company owners and management
- Spiritual guidance toward a transformed life
- A company culture that cares for employees beyond the job
- Relational equity when rough stuff happens
- Fast and personal access to your chaplain
- Healthier employees are more stable and productive, improving the bottom line
- On-scene care in the event of an accident, trauma, or death of an employee

As you can see, it is critical to have a chaplain's presence in trucking companies before their services are needed. Imagine going to the scene of an accident, handling a shooting, dealing with a violently disgruntled employee, or having the police come to your company to arrest someone without a chaplain's presence. Now think about the difference a chaplain's presence would make in these scenarios. There is a big difference. TFC Global chaplains are called by God, trained, experienced, and ready to come alongside a trucking company to provide loving care for all employees in your company. To find out how we can benefit your company, contact me at craigm@tfcglobal.org or call 717-426-9977. We have chaplains ready and eager to serve you.



*we are your expert in
providing chaplaincy
services for your business*

HOLISTIC CARE FOR YOUR EMPLOYEES

WE OFFER



ON SITE SCHEDULING

*Develop a regular time for a
chaplain to be available in-person*



24/7 CRISIS CARE

*Contact a chaplain during an
emergency for immediate
attention*



RESOURCES & EDUCATION

*Create a custom blend of our
resources and workshop topics
that fit your organization's needs
and vision*

CONTACT

US NOW



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Marietta PA 17547
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**TFC GLOBAL...
A MINISTRY OF PRESENCE**



Three hours later, I am still sitting at the dock. It doesn't take long in trucking to learn this truth. Trucking isn't all about driving.

We also know that in third-party deliveries, waiting becomes all too common place. There I sat after I had unloaded 20 pallets of pineapples onto the dock of a food distributor, only to find out they were rejecting them due to "quality issues". Now I had a problem. Since the pineapples didn't belong to the trucking company and the food distributor didn't want them, now what do I do with them?

I wasn't going to take them back to the farmer in Mexico, and since the owner of them was in the midwest somewhere, we were all stuck. I sat there for hours hanging out with the guys in the warehouse while all the "powers that be" argued over who is paying for these beautiful pineapples. Even though I had no idea who these people were, as long as they were paying me, they were in charge of my life for a few hours.

Romans 6 says, "Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey..."

We are the slaves of whom we obey.

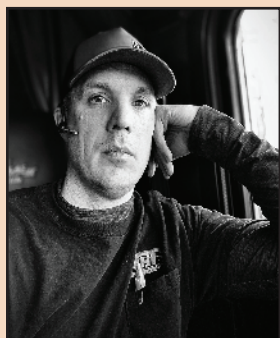
Most of us would say we are not slaves of anybody, except laughably maybe a controlling spouse or even a despised dispatcher. Yet, being free, there are things that have us on their payroll. Addictions, depressions, desires and patterns have us at their beck and call.

How is it that a grown human being bends the knee to things that we know will destroy us?

We try to discipline ourselves like someone we see on YouTube. We try plans or even accountability, yet how do we remain a slave? Easy. It's what's in the darkness that controls us.

The root of these problems are deeper than a bad thought or habit. Many times they are even hidden from our conscious mind. Yet, they sit there with hands on the controls of our lives. However, it doesn't have to be that way.

David said it this way in Psalms 139, "Search me, O God, and know my heart; try me, and know my anxieties; And see if [there is any] wicked way in me, And lead me in the way everlasting."



If we ask God, He will show us any ways we have violated ourselves by not following His ways. When we allow darkness into our lives it opens up the control rooms in our hearts to the enemy wanting to destroy us. When we acknowledge that God's ways are right and turn towards Him, He forgives and cleans out the darkness.

That amazing process of light removing the darkness has a name. It is called salvation.

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

Receive an Income Stream by
Making an IRA Gift to

TFC GLOBAL

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.



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



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?

TruckStruck

By Lynn Bolster

INSECTS, CRITTERS & VEHICLES

In an ideal world, critters and insects stay outdoors. We're in, they're out and that's the way it should be. But when they do invade, it's often sudden, scary, and not so funny all at the same time.

Everyone knows that once mice invade vehicles, especially those that have been parked for a while, shredded insulation and wires, droppings, and all a matter of havoc will show up. A retired driver we knew had a '75 Corvette for sale. He thought his ship would come in once he sold it. He did nothing to prevent the rodent invasion so when he popped the hood for a potential buyer, the number of mice that scattered, leaving behind their torn and tattered world, quickly squelched the sale. He said to the buyer, "it was worth \$7000 when I bought it in 1975." The seller snapped, "back in '75 I was 170 pounds and had a head of hair but those days are gone too" as he sauntered back to his car, cash still in his pocket, shaking his head.

Little mice in big trucks can cause huge hazards. We were loaded heavy as we descended a mountain one pitch-black night. Our headlights were getting dimmer by the minute. We pulled over to assess what was causing this terror. It turned out that mice had chewed big chunks in our wiring harness, so we got out the wiring kit and tools and by flashlight we spliced and taped enough to get us down to safety. Crisis averted!

A mechanic friend of ours lived in a run-down trailer and wasn't much of a housekeeper after his wife left him. He relayed that he had an unwanted visitor in his bedroom recently. I was afraid this chat was getting too personal so I stayed silent as he continued. "I went to get my underwear out of the drawer and a racoon stuck his head up out of a pile of socks so I hit him on the head with a frying pan and everything was fine." I decided to keep my burning questions quiet such as how did a racoon get in there anyway and more so, who has a frying pan at the ready in their bedroom to fend off a critter in a sock drawer? This shouldn't have surprised me because he was the same guy who climbed the utility pole at his place, stuck a fork in the works and was able to get free electricity for about eight months until the electric cooperative caught on.

How about fire ants? If you've run Florida, all you have to do is step in a nest of fire ants like we did and up your leg they'll travel. Stings are intense and painful. Tracking them into the truck is what we did, and what a chore to get them out!

Speaking of Florida, all the years we ran it, we never had air conditioning. Talk about toughen up buttercup - no frills on this ride! Not a total death wish but it would've been a luxury whereas nowadays no one would even consider running without it. Because of the heat and the amount of perishable products that come out of that state, refer (refrigerated) trailers are everywhere. Guaranteed wherever you park in a Florida truck stop, you will end up between two refer trailers and good luck sleeping. The constant screeching and churning sounds as the refer units cycle on and off are heard everywhere. The noise is continuous, and as soon as one stops another starts.

While backing into our parking spot one hot evening in Haines City, we heard the shrieking sounds. We decided rather than back into our spot we would pull in to avoid being next to the noise. It was so peaceful - why hadn't we thought of this before? We also found a small body of water back there, like an oasis. We got our showers, ate, and went back to the truck to relax. With the sun set it was cooler, so we settled down to watch TV. We weren't 20 minutes in when we were inundated with mosquitos! Our oasis was actually a swamp! We slapped, scratched, and were besieged with their high-pitched buzzing sounds in our ears. Our truck became a mosquito motel! We couldn't put up the windows, it was entirely too hot. Our only alternative was to turn the truck around and suffer the screaming refers. We maybe got four hours of sleep until we decided to just get up and get down the road as we were under a tight dispatch window anyway.

Never underestimate the power of insects and critters...many are small but mighty or as Shakespeare said in *A Midsummer Night's Dream*, "though she be but little, she is fierce."



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.

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

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



Physical care because:

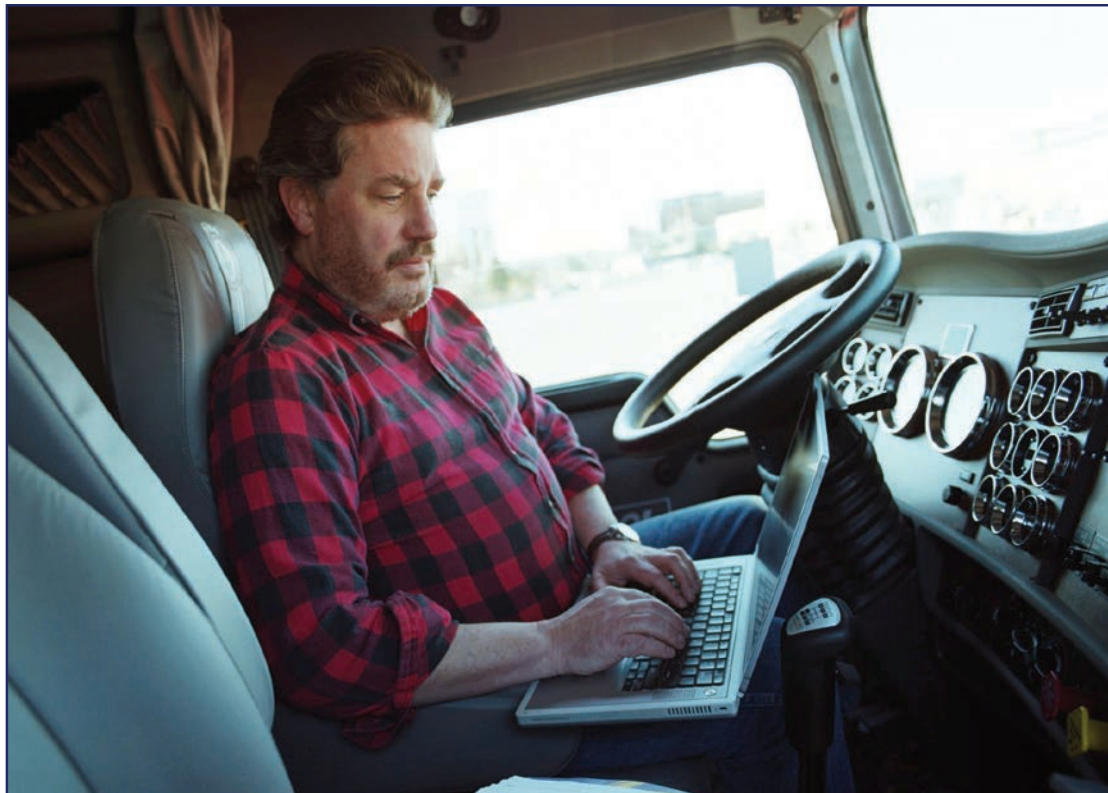
- * Unhealthy habits due to long hours on the road
- * Work environment is characterized by the lack of physical care, erratic schedules, disrupted sleep patterns, and lack of support systems.

Psychological/Behavioral care because:

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

Spiritual care because:

- * There is an openness to faith topics when spiritual care is provided
- * Religion is often used to increase physical and mental health
- * Religion can change one's outlook and perspective, increasing purpose and focus.
- * Religion is often related to greater marital satisfaction, more productive employees, and less turnover



TFC Global provides an integral part of corporate chaplains. We offer spiritual care plus the added benefit of being a chaplain.

There are many benefits to having a chaplain on board:

- * Increased coping skills
- * Improved stability at home
- * Improved ability to regulate emotions
- * Reduced stress-related health issues
- * More content and reliable drivers

Would you like to learn more?

ITUAL BATTLE FOR THE HEARTS THE TRUCKING COMMUNITY

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

e road
following: poor access to health
patterns, extreme time pressure,

: burnout, anxiety, depression,
ished cognitive ability.
ng: hypertension, stroke,
extremely high blood pressure.

life seems to be falling apart.
healing and well-being.
erspective from negative to

and family stability,
over.



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

this program. Check out the following:

e and work
te emotions and food choices

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.



PROFESSIONAL DRIVERS FACE MENTAL HEALTH CHALLENGES

Truck drivers once ranked among America's unsung heroes. When the pandemic hit, a huge spotlight was shed on the importance of drivers in our country. Truck drivers were, and still are, responsible for providing much of the goods and materials our communities need. Not much attention has been paid to the stress, anxiety, and conditions that chip away at truckers' mental health. The shuttering of rest areas, bathrooms, motels, and other infrastructures during the

pandemic raised alarms about the hardships faced by CDL professionals. But now that the economy has reopened, truckers still continue to do an essential job that justifies the need for attention to their mental health and wellness. Trucker issues must remain in the national conversation, and drivers should get the support they deserve.

MENTAL HEALTH DISORDERS SUFFERED BY TRUCK DRIVERS

The truck driving landscape lends itself to isolation, uneven sleep, and forces CDL professionals to operate a vehicle weighing upwards of 40 tons in a constant state of hyper-vigilance. The NIH (National Institute of Health) conducted a study of 316 truckers between 23 and 76 years old and found the following results.

- 27.9 percent struggled with loneliness
- 26.9 percent suffered some form of depression
- 20.6 percent indicated problems associated with chronic sleep disturbances
- 14.5 percent had symptoms of anxiety
- 13 percent identified other emotional problems

These are common warning signs, according to the National Alliance on Mental Illness (NAMI).

- Feeling excessively sad or low
- Confused thinking or problems concentrating or learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping and eating habits as well as sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress

WHAT CAN TRUCKING COMPANIES DO TO IMPROVE MENTAL HEALTH SUPPORT?

It's important to note that the trucking industry does not necessarily require a radical culture shift. But the time of ignoring significant problems must end if truck drivers are to enjoy the personal rewards of a job well done. Trucking companies may not be able to alter roadway infrastructure, but they can make a difference. These are ways trucking companies can help reduce mental health problems:

REMAIN OPEN TO RIDER POLICIES

Social isolation contributes to the leading mental health issues suffered by truckers — loneliness and depression. Truck drivers are often expected to go entire weeks away from friends and family members, sleep at rest areas, truck stops, or alone in roadside motels. This is an absolute recipe for diminished wellness. When trucking companies are flexible about their rider program policies, allowing truckers to have a friend or spouse who signs off on a waiver, long-term solitude can be eliminated. Many trucking organizations are hesitant to allow third parties in rigs. But flexible companies are more likely to see greater driver retention and less burnout. They're also doing the right thing in terms of mental health.

CHECK FOR SLEEP APNEA

The NCBI reports that 20.6 percent of drivers struggle with sleep disturbances. This physical disorder places undue mental health stress on drivers. The study identifies the following telltale signs. Trucking companies have the ability to publish these warning signs and enforce sleep apnea screenings. Many believe it would be in the long-term benefit of its driving force for them to do so.

PROVIDE CHAPLAINCY SERVICES FOR THE DRIVERS AND THEIR FAMILIES

Chaplains provide care and counseling for those who cannot bear their burdens alone and who need a trusted and objective friend and confidant. Very few companies realize the transformation a chaplaincy program can bring to their company. Where can you find a chaplaincy program specifically designed for the trucking community? TFC Global's Corporate Chaplains Network provides that kind of program.

MENTAL HEALTH RESOURCES FOR TRUCK DRIVERS

Being on the road does not mean truckers are cut off from reliable mental health support systems. Wireless technology allows drivers to work with private therapists via video conferencing platforms. Having a professional to discuss mental health and challenges while on the road can make a substantial difference in terms of wellness. Professional truck drivers made a Herculean effort to keep America's food supply chains open and deliver essential products during the time of the pandemic. Truckers are no longer unsung heroes, and our valued women and men of the road deserve quality care and improved conditions.



MINISTRY HIGHLIGHTS & GIVING OPPORTUNITIES



Before I was reached by TFC Global evangelism, my life as a driver was filled with uncertainty and challenges. I struggled to make ends meet and provide for my family. But then, Jesus sent the team from TFC Global Tanzania, and He came into my life. Everything changed. Through their guidance and support, I found stability and a renewed sense of purpose. The teachings and principles they shared with me helped me overcome obstacles and navigate through life's difficulties. I discovered a newfound inner strength and confidence that I never knew I had. Not only did TFC Global Tanzania transform my own life, but it also equipped me with the tools to reach out to other drivers in our area. I now have the opportunity to share my story of transformation with them and offer them the same hope and guidance that I received. Together, we are building a supportive community where we uplift and encourage one another. TFC Global Tanzania has not only impacted my financial situation but has also enriched my spiritual and emotional well-being. I am grateful for their presence in my life and the positive changes they have brought. Today, I stand as a testament to the transformative power of TFC Global's evangelism, and I am committed to spreading their message of hope to others. TFC Global, God bless you for reaching many hopeless drivers like me. I am sure through TFC Global Tanzania many drivers will sing and praise the Lord Jesus. Glory be to God. ***Driver Asoun Jeremiah***



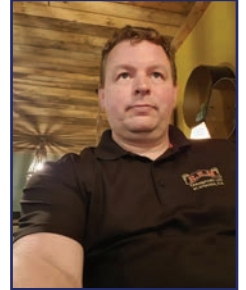
Francis Ananda Chipukunya, director of TFC Global Malawi reports that 3,000 drivers were reached with from several different countries. Of those drivers, 450 received Christ as their Savior and Lord. The ministry continues to grow in team members and opportunities to serve the trucking community. Their greatest need this month is getting more printed resources like this magazine and Bibles for passing out to the drivers they meet. Madalitso Chazama from Mthunzi Transport in Lilongwe, Malawi had this to say, "I do thank and praise God for the wonderful gift of the Bible that I have received today. I will really use it accordingly for the glory of God. This has been a long time dream of my life. God has answered my prayer."



WHAT'S NEW IN INTERNATIONAL MINISTRIES

TFC Global is excited to announce two new additions to our International Ministries family!

First of all, we recently received this request from the Netherlands: “Good evening, my name is Igor Smits. I would like to know what is needed to have a TFC Global ministry in the Netherlands. I am familiar with TFC as I was a truck driver in the United States from 2006 until 2019; I had visited chapels in Canada and the USA often. In 2019 I moved back to the Netherlands and wanted to start a trucker’s ministry here. It is quite difficult here as the Netherlands is officially a non-believing country. I also did a two-year course at Easton Bible College from 2017 till 2019, earning an associate’s degree in Biblical studies. I hope that there will be a TFC Global ministry here in the Netherlands and western Europe soon, if that is possible. God bless, Igor Smits.”



After much prayer and after doing our due diligence, along with seeking more information, we believe God would have us move forward in the Netherlands. We are setting up a TFC Global Netherlands entity and will begin doing ministry in that country shortly. Please pray for Igor and his team as they begin doing ministry to the trucking community in Western Europe.

Secondly, God has also opened the door for us to have a director on the ground in Africa to oversee our regional directors and entities in Malawi and Tanzania, as well as further expansion in Africa. His name is Adriaan Fourie. He and his wife Marina presently have a ministry called South African Truckers Ministry. In the past two years, SATM has served in more than 73 outreaches covering more than eighteen towns and cities across South Africa providing more than 1,200 truck drivers with encouragement and guidance on Christian and moral-based issues, traveling more than 11,7760 kilometers. Adriaan’s background includes nine years’ experience as a South African Police Service special ops fingerprint expert, draughtsman, and crime photographer; six years as a SAPS fraud detective; fourteen years as a missions mobilizer, initiator, and projects co-coordinator, and 21 Years as a missionary. For the last four years the couple has served through the South African Truckers Ministry. We are glad to have them as part of the TFC Global leadership team.





**SPONSORSHIP
OPPORTUNITIES**

NEEDED:

Show Hauler

You do not have to be a truck driver to know about the increased number of trucks in the rest areas across America. More and more drivers are avoiding the truckstops because of time constraints, the cost of parking, and the transition away from caring for the truck driver versus the traveler.

TFC Global is looking for new ways of ministering to those drivers who frequent the rest areas along major highways. A vehicle like the one pictured would serve a dual purpose -- care for drivers at rest areas and assistance during a natural disaster. A show hauler would give a living space for chaplains as well as a place for gathering for prayer or conversation.

This type of vehicle is built with longevity in mind with a strong frame and aerodynamic design. Our prayer is that someone might have this type of vehicle to donate to TFC Global for a mobile ministry.

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PORNOGRAPHY & THE BATTLE OVER MANHOOD

A few years ago I started noticing different social media campaigns and online rhetoric stating "real men do or don't do..." and then filling in the blank with different actions. Some were quite funny, many of them absurd. For example, "real men don't use coupons", "real men don't order dessert," "real men don't eat bananas," and so on. Then there was "real men own guns," or "real men go fishing," etc. At first, I thought this was a silly trend, like so many other things on social media, until I realized that messages like these, falsely defining manhood, went viral long before social media was ever a thing. Stop me if you've heard "real men don't cry?" Or, what about "real men don't ask for directions?" Yeah, these messages have been around a long time and these opinions about manhood are likely having a more profound impact on adolescent boys than we realize.

What must it be like for boys growing up in a society that has such cliché statements of what it means to be a real man? Not only must it be quite confusing, but it is probably rather frustrating as well. After all, if a boy likes bananas, is his manhood at stake? Does saving some money using coupons discredit a guy? The truth is that real men do and don't do all kinds of things, and none of those things makes them any less or more of a man. All these messages do is confuse boys into trying to achieve counterfeit manhood.

That is why I cringed when I saw the campaign several years ago, "Real men don't buy sex." Although I believe the intentions were good, the messaging is counterproductive to what it was attempting to promote, i.e. not buying sex. This type of messaging plays right into the hands of the porn industry. The porn industry loves the dialogue being focused on real manhood. Not only does it profit the industry when young boys are confused about their identity and feel shame for who they are, but pornographers are more than happy to give a definition of what they want men to do. All this really leads to is a needless game of tug-of-war, in which boys are caught in the middle.

What if instead of focusing on manhood, the messaging focused on the reality of the negative outcomes of consuming pornography? For example, instead of telling boys, "If they view pornography, they aren't real men," they were told the ways pornography is harming them. Did you know that regularly using pornography as an adolescent often leads to erectile dysfunction in adulthood? Or, that pornography messes with a person's impulse control and creates anger, shame, and depression in users. Did you know that pornography is a leading cause of divorce, creates fantasies of sexual violence, and leaves users feeling empty or emotionally numb? These are just a few examples of the very real harms pornography causes.

Do you see how this type of messaging is way more effective than shaming boys into compliance? Instead of questioning a boy's manhood leading to shame, it equips boys to make wise and healthy choices regarding sex; something boys are capable of doing. So, let's stop engaging in counterproductive arguments regarding what real men do or don't do. The truth is that real boys and men do view pornography, and therefore boys and men need to know the very real consequences of that behavior which will more likely lead them to stop.

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THE EPIDEMIC OF SELF-HARM

BRAD HUDDLESTON

After speaking at a school in South Africa, I offered to stick around and chat with students. There were so many students that the principal suggested I use his private office. For four and a half hours, individuals and groups of students came to see me. I'll never forget one in particular. A very sweet, and by all accounts, normal-looking young female student came in, pulled up her pants leg, and exposed numerous cuts on her ankle. She was cutting in that location to hide her wounds. In another school, I encountered a young girl who was picking at scabs on her hand, thus never allowing them to heal. Those are just two stories of many, and I can confirm anecdotally what the research shows; self-harm is prolific the world over.

The most significant expression of self-harm appears to be cutting, where the person uses a blade of some kind to actually make cuts in the skin, most commonly on the forearms, thighs or ankles. The Mayo Clinic lists the following as other forms of self-injury: burning (with lit matches, cigarettes or hot sharp objects like knives), carving words or symbols in the skin, hitting or punching, piercing the skin with sharp objects:

Social Psychologist Dr. Jonathan Haidt, of the NYU Stern School of Business, was featured in the documentary, *The Social Dilemma*, and said the following: "There has been a gigantic increase in depression and anxiety for American teenagers which began right around 2011. The number of teenage girls out of 100,000 in this country who were admitted to a hospital every year because they cut themselves or otherwise harmed themselves, was pretty stable until around 2010, and then it begins going way up. It's now up 62 percent for older teen girls. It's up 189 percent for the preteen girls. That's nearly triple. Even more horrifying, we see the same pattern with suicide. In older teen girls, 15 to 19 years old, the rate is up 70 percent, compared to the first decade of this century. The preteen girls' rate, who have had very low rates to begin with, are up 151 percent. And that pattern points to social media." Social media's influence on teenagers who are already struggling with mental health issues can be highly detrimental.

Often, people who cut themselves have "rows" of old and new wounds. To simplify our understanding of how this addictive process works, one woman, named Sarah S., offered her explanation on the website *The Hope Line*. After being addicted to cutting for six years she said, "Your body has its own pain management using hormones called endorphins. Endorphins manage physical pain, as well as emotional pain. When someone cuts, endorphins are released and help [cover up] the emotional and physical pain. It will make you feel better for a few minutes, and then you will crash again. Eventually, your body will build a tolerance to it. You will have to cut deeper and/or more frequently and more cuts at one time to get the same effect as before."

So, what do we do about it?

If you self-harm, please understand it is no accident that you are reading this. God loves you, and our ministry cares for you. After all, that's why I'm writing this article. The first thing you must do is talk. Find a Christian you trust and release your immediate pressure by simply speaking out about the problems you're presently experiencing. Then, find a pastor or Christian counselor who can work with you to help you solve the issues you're facing. If you need help finding someone to talk to, visit bradhuddleston.com and use the contact button at the top of the page.

For more information, check out my newly released book, *Digital Rehab: Learning to Live Again in the Real World*, at bradhuddleston.com.

In The News

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



On August 12, US Air Force veteran and truck driver Eric passed away while working near El Paso, Texas. He was 45. Truckersfinalmile was able to reunite Eric with his family near Athens, Georgia.

A special message from Robert Palm, Truckersfinalmile's founder and president:

Since May 2014, 565 drivers have been reunited with their family through the programs of truckersfinalmile. Of these, 175 have been military veterans that transitioned to the trucking industry and passed away out on the road while serving our nation in a second capacity after their time as a member of the armed forces. As a veteran myself, it's important to me to take care of these drivers and families, honoring their life of service both to our country and to our economy. If you are part of a veteran's organization or are a company that supports our military, I urge you to donate to our charity.

Thank You!

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.

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28, OCTOBER

BENTON ARKANSAS PRAYER BREAKFAST
4th Saturday of the Month

JJ's Truckstop, Benton, Arkansas

Contact George at georgel@tfcglobal.org

18, NOVEMBER

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.



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By his son, Dayel Giammarino**

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