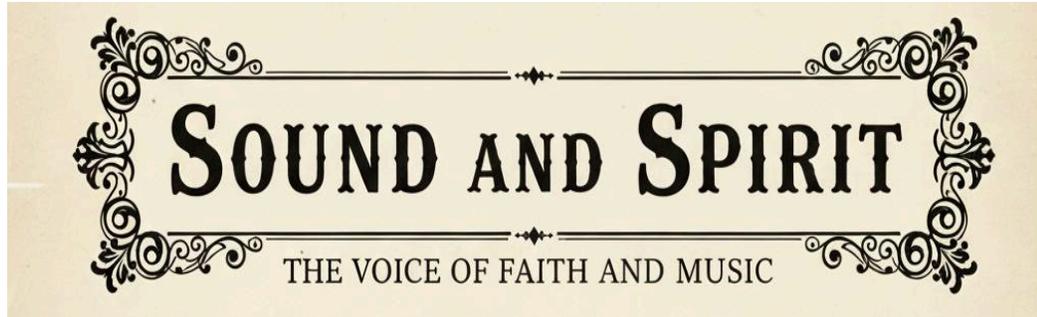


3/2026
Edition



Pastor Joe's Corner

The Vacancy Risk: Why a 'Clean' Life Isn't Enough By Pastor Joe Inman

In the modern pursuit of self-improvement, bookshelves are overflowing with guides on how to "fix" our lives. We are told that if we simply work harder, quit our bad habits, and "sweep" our internal houses clean, we will find peace. However, spiritual wisdom suggests that a clean life, if left empty, is actually a dangerous invitation for old patterns to return—often with reinforcements.

The Parable of the Empty House

The Gospel of Matthew (12:43-45) provides a sobering warning about the "scrub and polish" approach to character. Jesus describes a person who rids themselves of a negative influence, leaving their "house" swept and garnished. Yet, because the house remains unoccupied, the exiled spirit returns with seven others more wicked than itself. The final state of that person is worse than the first.

The lesson is clear: The Christian life is not merely about quitting worldly things; it is about substitution. It is not enough to be "unoccupied." We must be filled.

"You don't clean up to get right; when you are filled by the presence of God, your desires change from the things of man to the things of God."

The Trap of "Looking the Part"

Many people fall into the trap of being "garnished." They focus on external morality, attending the right functions, using the right language, and appearing "perfect" on the outside, while remaining spiritually hollow within. Jesus famously critiqued the

Pharisees for this exact issue, noting they were clean on the outside but neglected the soul.

"We often think we need to fix all our problems before we can approach God," says Pastor Inman. "But that is backwards. God is not about just cleaning us up; He is about lifting us up through His grace."

The Power of Displacement

Real change comes through the "Power of Displacement." The Fruit of the Spirit—qualities like love, joy, peace, and patience—acts as the internal occupant that prevents a relapse into destructive behaviors. When a life is filled with these attributes, there is quite literally "no vacancy" for the old habits of anger, addiction, or anxiety to re-enter.

The Bottom Line

Spiritual growth is not a DIY renovation project where you must finish the work before the owner moves in. It is an invitation for the Presence of God to occupy the home of your heart. His presence is the only key capable of withstanding the enemy.



Did you know?

CAYA has moved to a bigger building!

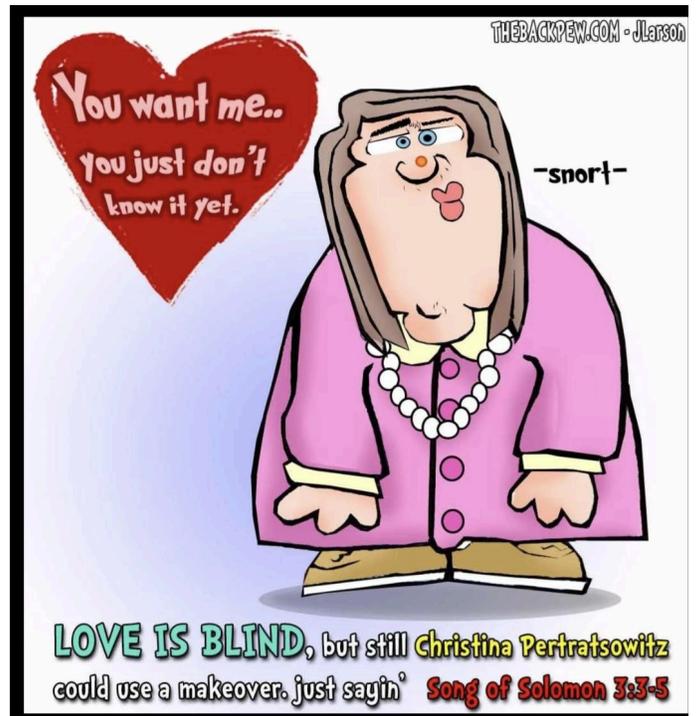
The New Address is:

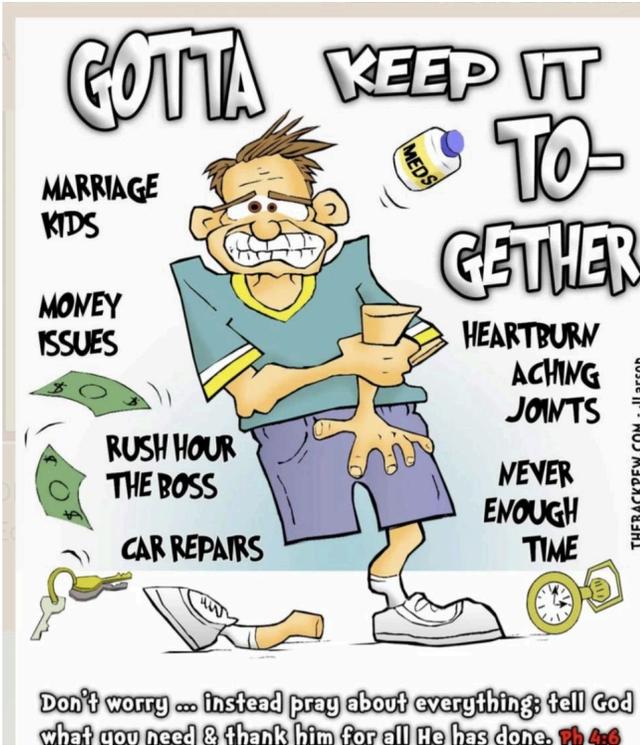
10726 State Hwy 76 Suit D
Forsyth, MO 65653



First Lady's Funnies DOUBLE EXTRA SPECIAL

Selected by
Stada Inman





This will be the last time Lester is asked to open bible study with prayer.

Oh Great and Holy God of our Father Abraham. We beseech thee in the name of Jesus your Son, Savior from our sins, lover of our souls, and 2nd person in the Holy Trinity who came to Earth 2000 years ago. Lived, Died, & Rose!



Editorial

By Nic Seiber

In my adolescent years, I wrote a poem about change.

Changes are very powerful things,
Changes of clothes,
Changes of Kings,
There is one change,
That you may find,
May change your life,
The change of your mind.

There had been much upheaval in my life. Though I had been seeking Christ, I had very little understanding of Him. Sunday school didn't really help me to comprehend the concept of being saved or why I needed to be saved. I was going to church of my own volition, reading the bible, and praying, but still didn't grasp those things. So when I didn't see my fervent prayer answered, I decided that God didn't exist.

You've seen the "Change My Mind" memes all over the interwebs. My "Change My Mind" moment could be better described as an "Oh Crap!" moment. When informing my Mom (in my mid 20's) why I turned away from God, (unanswered prayers to get us out of our living situation), she asked me, "Didn't you know a church gave us the money to move?" My mind was changed, though it took me some time to get over my guilt, some time longer to grow in faith and understanding, and yet more time (lots) to give control of my life over to God.

I will share with you some scripture about change. I will give you the book, chapter and verse but not the text. Take a moment to look for yourself and study what the bible says about change, then decide for yourself what to do with what you learned.

**Malachi 3:6 Hebrews 13:8 James 1:17 Romans 12:2
2 Corinthians 4:16-18 and 5:17 Isaiah 43:18-19 Ecclesiastes 3:1
Revelation 21:5 Matthew 3:2 and 4:17**



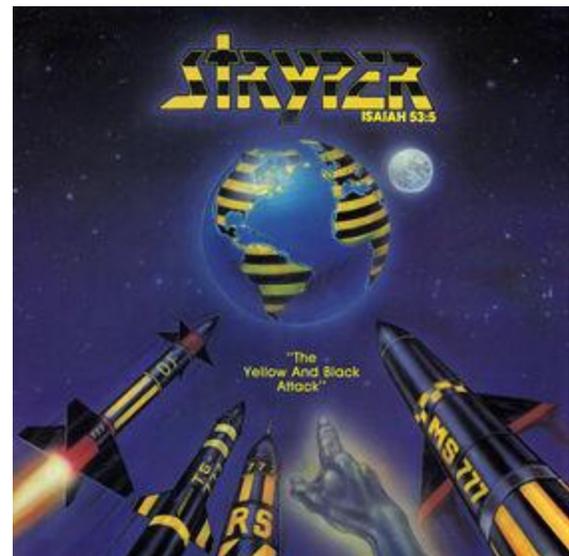


The Lunchbox Block Album of the Month

By Intern Brando

Today we are covering "The Yellow and Black Attack", Stryper's Debut Album! Or EP? Stryper is probably one of the most well known Christian bands of all time. Originally called the "Roxx Regime", they quickly changed their name to "Stryper" to reflect their beliefs and do the work God had planned for them. This album's cast consisted of Michael and Robert Sweet, Oz Fox

and Tim Gaines. "The Yellow and Black Attack" actually started as the bands debut EP (Extended Play), which basically means it was too long to be a single and too short to be an album, as it only had six tracks on its original release in 1984. From all that I know of the 80's (despite not actually being there myself) this album carries all the vibes of popular 80's music but about Jesus! This album is like two sides of a coin. One side is Glam metal galore complete with easy to understand and sing along lyrics with the guitar work to boot and on the other side you got the sappy sickly sweet love songs in the form of ballads. Michael Sweet's vocals lend themselves perfectly to this album being able to hit those high pitched metal screams while also being able to slow down for the ballads still carrying the same weight and impact all throughout. In 1986 after the success of "Soldiers Under Command" Stryper went back to remaster their first release this time adding two more tracks a new version of "My Love I'll Always Show" which was from their days as "Roxx Regime" and "Reason for the Season" a Christmas song that actually sounds nothing like a Christmas song unless you pay attention to the chorus. If you lived in Japan you got another Christmas Song with this release "Winter Wonderland" Which seems like a really weird exclusive. My personal Favorite standouts in this album are "Loud'N' Clear" and "From Wrong to Right" which are actually the first two tracks on the album but they are the best examples of keeping the energy with simple lyrics about Jesus which I am all here for! but what did you think? Let me know on the KMTM Lunchbox Block.





How Are You Living Your Life?

By Joel Shell

Recently one of our church members lost her son to cancer. I've been thinking about that and how short and precious life is. We never know from one day to the next what could happen to us or a loved one. Last summer, my then-four-year-old niece lost one of her cats after it contracted a tick-borne illness. The same day we buried Gingerbread, she said, "We only have one life on this Earth." That was a profound and true statement coming from a child. I treasure my niece's words and try to live them out daily.

Even though I am totally blind, I don't let it stop me from living a rich and fulfilling life. I've gotten to do a lot of fun and exciting things throughout my life, from driving a four-wheeler to traveling all over the country in a semi-truck, to recently flying in an airplane for the first time. Every day is a gift from God and I am thankful for His blessings.

Every day, I pray that I can be an example of Christ's love. Recently, I've been spending time at the school where my wife works. I enjoy talking, laughing, and encouraging the students there. If they ask questions about why I can't see, I attempt to answer them the best way I can.

All of this being said, I have some questions. How are you living your life? Are you making every day count? How is your walk with Christ?

Be sure to show your friends and loved ones how you feel about them, whether through words or actions. If you have a hurt or grudge against anyone, be sure to resolve it. Life is too short to carry around hurt and anger.

If you know someone who doesn't have a personal relationship with Christ, be sure to share the plan of salvation with that person. You never know how your words and actions can impact those around you.



Where are they now?: Rick Cua

By Dennon White

Last month on the Morning Horizon Show, Joe and I talked about a new segment of our show called 'Where are they now?' focusing on some of the people who shaped the Contemporary Christian Music (CCM) genre from the 70s to the 90s and where they are today. One of Joe's personal favorites that we talked about on the show was Rick Cua - a man with a take on music that seems to not

beat around the bush and gets straight to the message of his popular hits such as 'Don't say suicide', 'young boy, young girl' and so many other great tunes. Today, we are going to take a look into his past, his career, but most importantly, Where is he today? Where were they?

Let's take a quick look into where he came from and his career leading into the 21st century. Born on December 3rd, 1948 in Syracuse, New York, Fred Riviole Cua, better known as Rick Cua, the son of Bastilio 'Buz' and Rita Cua, was one of five children. Rick quickly picked up on music and was playing gigs by the age of 14- thanks to his father, who played in 1944-1946 with the 629th Army Band. Eventually Rick would marry his High School sweetheart- Diana in 1970 at the age of 21 where they began their long and happy marriage. In 1977, his wife had returned from a Phil Keaggy concert, playing one of Keaggy's records convinced Rick to get into the mainstream music industry, stating 'Wow, this is real music. It was the kind of music that I loved.' Rick would eventually start playing with the Outlaws, a secular southern Rock band in the year of 1980. During this time, Rick would start putting out singles until he would leave the band and start as a solo artist in Contemporary Christian Music in 83. For 15 years, Rick would go on and make popular hits in Christian music that inspired and got people thinking about the deeper messages going on in the 80s and 90s that touched on topics of suicide, sex and even drugs, including a total of 6 number 1 hits, some of which had made him nominated year after year for dove awards. In 1995, Rita, Rick's mother, had sadly passed away.

What have they been doing?

In 1998, Rick Cua took a step away from music to pursue a career behind the scenes, taking on the position of Executive at EMI (Electric and Music Industries) Christian Music Publishing until 2003. During this time, he had been operating two other companies of his own which he began during his music career called Rick Cua Entertainment, which manages artists



and works in music publishing, film and

TV licensing. And All for the Kings music, offering coaching and inspiration to help musicians through workshops and free electronic delivery of original worship music. In 2007, after beginning his solo career 25 years prior, Rick Cua released one more album titled, 'Won't fade away', a more early 2000s pop rock take on his music. On May 19th of 2009, Rick had to say goodbye to his father, Buz, who sadly died at the age of 90, unfortunately Rick was unable to attend due to his battle with prostate cancer but some of his band members were able to step in and be his fathers pallbearers.



Where are they now?

Since 1987, Rick Cua had been working on and off again with a group of other musicians that formed to make the band BluesCounsel, a band who mixes blues, latin and rock, and helped release an album back in 2020 called 'The best of the decade'. Alongside his music, Rick is a minister at Southall Church as a Pastoral Care Pastor while his wife serves as a Biblical Counselor at the same church and also teaches equipping classes and is a member of the prayer team. Diana is also the co-founder of a support group called Surrogate sisters, who are based in Nashville Tennessee and assists the wives and families of Christian performers who are gone for long periods of time. Whenever Rick isn't playing music or isn't ministering at Southall, he is a loving father and grandfather to his 2 kids and their children.

Don't say Suicide by Rick Cua: A look into the impact of music

Back in 1988 in an interview with Fire By Nite, Rick Cua said, "if we never write another song that has the impact that 'don't say suicide' has, that would be okay." The story of how 'Don't say suicide' was made begins in the 80s, in a decade full of rock & roll, VHS tapes and MTV was also the rampant reports of suicide rates, almost monthly was the increasing numbers of teens taking their lives at an alarming rate with little to no knowledge of how to get through to these young men and women. From the years of 1970-1980, over 285,000 lives were lost to suicide. The alarming rate of deaths due to these unfortunate circumstances eventually worried people like Diana Cua. She came up with an idea of some lyrics and brought it to her husband, Rick and his guitarist Bob Halligan Jr who quickly turned the few words into the song.

Don't say Suicide, officially being released on January 1st of 1985 as the opening to their new album of 'You're my road', quickly hit the airwaves, with a mix of their message and the music itself making it a quick hit- especially in the Christian music.

During the rise of this great hit comes an example of how this song saves lives. A DJ out of Nebraska was about to start his shift but as he approached the door of his station, he came across a letter. The note read that at 10, a young man was going to take his life- and his request was for the DJ to play a specific song. Throughout the entire show the DJ pleaded with the young man to call in so they could talk, just minutes before the 10 o'clock hour, the host played 'Don't say suicide' and as soon as the song finished, the young man called in, the pair talked, prayed and the young man proceeded to look into pursuing a life with Christ. Months later, the pair would meet Rick Cua at a concert in Chicago where they would talk about the incident and pray for the young man's life.

In 2023, over 49,000 lives were lost to suicide- one life every 11 minutes and that number still rises today. I urge everyone to pray for your friends and family, check in on them and make sure they are alright, if you or someone you know is suffering from depression or suicidal thoughts, know you are not alone and together with Christ, we can take on any fight thrown our way. Just like in the song, "He wants your life for what it's worth, it's like gold to be refined."

If you are suffering from suicidal thoughts, call or text 988

Sources for information:

Perspectives in Disease Prevention and Health Promotion Suicide -- United States, 1970-1980

Suicide Data and Statistics | Suicide Prevention | CDC

Rick Cua interview on Fire by Nite [Feb '88]

Editor's note: As one who struggled through self harm ideation for many years, this article holds a special place for me. If you struggle with thoughts of self harm, let me assure you of a few things:

- You matter! The effect you have on people and the world is significant.
- You are loved! Whether or not you see it, someone loves you and would hurt if you were gone.
- Your worth is immeasurable! Not one person can measure your worth, not even yourself. Only God knows your worth.

Talk with a parent, sibling, friend, pastor, counselor, doctor, or even a stranger, **Call or text 988**. Don't be embarrassed. You are not alone. Please seek help. Seeking help is a sign of strength, not weakness. **Make that call or send that text to 988.**





A Cup of Joe with Joe Filmmaker Linda Bentley Discusses New Family-Friendly Political Drama, "Liz Town"



This past Saturday afternoon, I had the pleasure of sitting down with award-winning filmmaker, writer, producer, and actress Linda Bentley. We discussed her upcoming family-friendly TV series, *Liz Town*, and how the public can get involved in bringing this story to life.

A Secret in the South

Liz Town is a suspenseful political drama centered on the life of Liz Patterson, a divorced, middle-aged mother who unexpectedly becomes the mayor of a small Southern town. While she navigates her new political role, she carries a heavy burden: a "horrible secret" she has hidden from the person she loves and trusts most. "Everything she does politically as mayor is driven by her internal spiritual and moral conflict," Bentley explained. "The audience is in on the secret, but no one else in the town knows—at least, not at first."



The stakes are high for Mayor Patterson. In addition to her hidden past, she faces a mysterious political enemy. While she initially suspects the former mayor—who was ousted for corruption—the true antagonist is someone the audience would never expect.

How to Support the Project

To learn more about the production of Liz Town or to support the project through voting

and funding, visit Good Works Hub and vote for "Liz Town"

For more information on Linda Bentley's body of work, visit her official website at Grace

Like Rain Entertainment.

Where to Listen

You can hear the full interview by visiting the CAYA Fellowship Media Archive or by visiting the CAYA Fellowship Ministries YouTube channel.

Be sure to join us every Saturday on KTFR Radio for "Nothing But Outlaw."

We play "saved" country music and interview leaders in the faith-based film industry who are sharing the message of Christ's love through cinema.





The Well-Read Llama
Reviews and Interviews with Christian Authors

Hosted by Erin Mifflin
Mondays
10 a.m. Central Time
www.mtmbroadcasting.com



Faith-Filled Sports Fiction

Did you watch any of the recent Olympics? I vividly remember the first Olympics I watched when I was ten years old, and I was totally captivated by it all—especially the figure skating. I grew up in a basketball-loving family, and when I was 20 years old my radio was permanently tuned to the local sports channel. I was interested in all of it!

Though I don't have time now to follow sports in general with the same level of closeness, I still enjoy them and try to be

aware of big events so I can converse about them with my friends or students. The Olympics remain my favorite, and in recent weeks I watched as much as I could fit around my schedule.

Did you know that one of my historical novels is going to include the 1904 Olympics? This book isn't scheduled to release until 2028, but I am so excited about it. It's a marriage of convenience story, and my heroine is a female boxer. Female boxing was an exhibition sport at the 1904 Olympics, and yes, those Edwardian ladies wore their puffed-sleeve blouses and bloomers, with their hair up in pompadours, for these matches! I am so excited to combine my love of sport with the gift of storytelling, and of course there will be faith woven in too.

If you are interested in following this story and finding out about my other books, you can visit my website AuthorErinMifflin.com/links.

Would you like to know about other Christian fiction that incorporates different sports? I've interviewed many of these authors on my radio show, which airs Mondays at 10 a.m. Central time on CAYA-MtM Broadcasting. You can find those replays on my YouTube channel as well. These ladies are all believers in Jesus who bring Him into their stories. If they sound interesting, I hope you'll check them out!

First Love, Second Draft by Becca Kinzer. A major league pitcher wants nothing more than to win his ex-wife back in this romantic comedy.

Hearts on the Fly by Toni Shiloh. An injury forces a hockey player to rethink the future he imagined for himself, and his friends set him up with someone from his past.

Amanda by Sarah Monzon. A woman with an autoimmune illness feels unworthy when the burly NFL defensive lineman she's managing takes an interest in her.

Playing By Heart by Anne Mateer. This historical novel focuses on a young basketball coach in 1917. I loved learning about the early forms of this game.

When the Ice Melts by Ashlyn McKayla Ohm. A retired figure skater becomes friends with a former speed skater, with both looking for answers in life and faith.

Meant to be Mine by Becky Wade. A professional bull rider made one huge mistake, and now he'd do anything to make it up to those whose lives he changed.





Breaking Strongholds

Breaking Strongholds is a drama mystery series from 2021. It follows a family (Ryan, Riley, and Ethan) who is working through their grief of losing their mother in a tragic car accident five years before and the emotions of being teenagers with a single father who is also a detective. Their teacher, Lindsey Jordan, has disappeared and her friend, Grace, is trying to help the police find her. There's also a man, Redmond Quinn, who is leading a cult and bringing people into his fold.

This show touches on subjects such as addressing teen suicide, depression, and spiritual warfare, and a biblical concept regarding dismantling entrenched, negative mental, spiritual, or behavioral patterns. The show was created around the rapid issues of suicide rates amongst young adults



within Montgomery County of Texas and is dedicated to a young lady who lost her life in 2015. Reflective Media Productions (The studio that helped produce the show) won best tv series at the 2023 Branson International Film Festival and has won numerous awards at Hard faith fest in Hollywood back in 2023. If you wish to see this show yourself, you can find it on Amazon, Xumo play, Roku Channel, Tubi and fuboTV!





Treasured Wellness

With host Michelle McCoy

Editor's note: Friends, if you haven't caught Treasured Wellness on our stations, you are missing out. Michelle McCoy is a Holistic and Functional Health Coach who has half an alphabet's worth of certifications and qualifications behind her name. Her podcasts are highly informative. We are proud, lucky and grateful to have Michelle contributing to the Sound and Spirit newsletter.

When your Heart feels 'off' but STRESS is the Real Issue:

I want to address something right away that many women don't talk to others about, sometimes even their closest girlfriends. When your heart races, skips beats, your chest feels tight, or you get winded more easily...at first...you may brush it off, but then...the more it persists, a bit of worry or fear creeps in. *'Is something wrong with my heart?'*

This is how I felt years ago when I was first experiencing heart symptoms that were *really* related to my high stress levels. Many of the women I work with have done the tests with their provider, even going so far as to have a full cardio workup with an EKG and bloodwork. They've been told things look 'normal.' But yet their body still feels off. However, because the doctor checked and ruled out the heart...they tend to send women on their way...still feeling off...but with the comforting knowledge that it's NOT their heart that is failing.

It's a big relief, right?

But still... This often leaves us with more questions than answers.

In this article, I aim to help you understand why your body is reacting with heart symptoms, the way it is after years of carrying a lot, handling a lot, and rarely slowing down long enough to truly restore harmony in the body.

You can stop being nervous or afraid of your heart-related symptoms and start understanding what your body is saying to you and what it actually needs.

Why So Many Midlife Women Think It's Their Heart:

Heart-related symptoms often show up quietly and sporadically at first. They may begin as palpitations during a meeting when you need to present. Shortness of breath climbing the stairs. Feeling chest tightness at night when the house goes quiet and you finally lay down for sleep. Your heart skips beats or races suddenly for a few minutes.

These seemingly 'odd' symptoms are messages to you. And when they persist, you do what is the right thing to do. You schedule an appointment with your primary doctor and share your symptoms. Tests come back normal. Labs look fine. Yet the symptoms remain. Maybe an extensive test is done or you are sent to a cardiologist. More tests are done and you get a clean bill of health for your heart. YAY!!

But yet, you are still feeling the way you are feeling. Tired. Stressed. Anxious. Wired. This disconnect leaves many high-achieving women anxious, confused, and questioning their body. From a holistic functional perspective, this is rarely a true heart failure issue...it's a **stress-driven issue**.

We know the body was brilliantly created. **Fearfully and wonderfully made. (Psalm 139:14)** So we need to go back to the Creator.

I help my clients to ask: *What's not right in my life right now, God, that is causing my heart to react this way?* We know that the Lord says in **Matthew 6:33** to seek Him first.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Matthew 6:33 KJV

The Lord will never steer us down a path that is not for our good.



The Stress–Fatigue–Heart Connection:

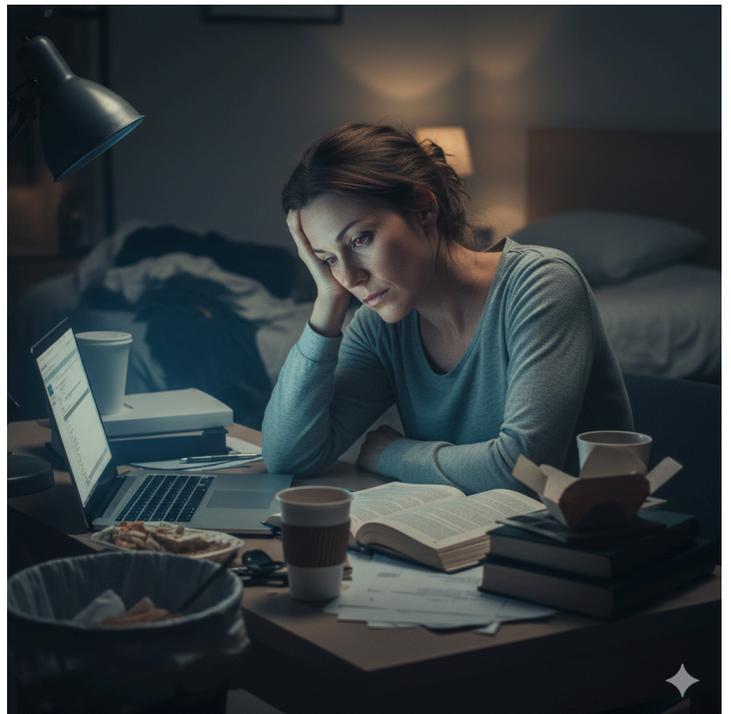
Chronic stress keeps cortisol and adrenaline elevated. Cortisol is your main stress hormone. It's why you acknowledge it when you actually feel stressed in your body... you know, intellectually, that your cortisol is high.. Because you are physically feeling the signs in your body.

But other times you are just in go mode and you may not notice these signs as much because you are used to feeling rushed, over scheduled and super busy.

Regardless, over time, this leads to:

- Increased resting heart rate
- Blood pressure fluctuations
- Palpitations
- Dizziness especially upon standing
- Exercise intolerance (harder recovery)
- Nighttime anxiety (or tired and wired feeling)

The heart responds because it is exquisitely sensitive to stress signals and it was created to be this way.



This is a connection I unpack further in the **Treasured Wellness** podcast episode: [*OWN Your Health: How Pushing Through and Stress Steal Your Life. #325*](#)

(copy and paste the above line into your browser)

One Main Growth Step:

Part of my **SOS Method** is to build in daily RESTORE times. Gentle, short moments that allow your body to feel calmer and safer.

Establishing rhythms of rest rooted in stewardship of your tired body as you honor and treasure your temple. Start with 5 minutes to step away, breathe, eat a healthy snack, hydrate and anchor yourself with the truth of God's word. These 'rhythms of rest' are what I like to call sacred pauses! It's a beautiful way of restoring what's been drained in your body, mind and spirit. Truly a *whole-istic* approach to wellness.

So as you are seeking the Lord for your overall health, pause, pray and press into the Lord's peace as you allow Him to lead you down the path of good health.

Let's begin now:

Father God, I come to you with open hands and an open heart acknowledging that you are Almighty God. You created me to be in good health as I walk through this life WITH You. Forgive me for not always including you in my health. That stops right now. I need you Lord to walk WITH me through my health journey, leading and guiding me in Your TRUTH. Help me to quiet the noise of the world and lean into your arms as I seek You more. In Jesus name, amen.

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 2



RESURRECTION SUNDAY SERVICE



APRIL 5TH, 2026

SUNRISE SERVICE 6:30 AM
COMMUNION

BREAKFAST FOLLOWING

11 AM SERVICE
COMMUNION

EGG HUNT FOR KIDS

CAYA FELLOWSHIP
10726 SUITE D US 76
FORSYTH, MO.



Service Times:

Sunday School 10 am

Morning Service 11 am

Evening Service 7 pm

Caya Recovery: Monday 6 pm

Youth Meeting: Tuesday 6 pm

Bible Study: Dinner 6:30 pm, Study 7 pm

15960 US HWY 160 Forsyth, MO

Phone: 417-696-2423

Email: cayapsalms147@gmail.com

Services broadcast on TikTok (caya.fellowship), Facebook, and cayafellowship.com Bible Study broadcast on TikTok.



<https://live365.com/station/KTFR-OutLaw-Christian--Country-a56001>

<https://live365.com/station/KMTM-Broadcasting-a47010>

<https://live365.com/station/KJAC-CAYA-Coffee-Cafe-Worship-a01009>