



Your feedback matters! Take a few moments and let us know how you enjoyed the church picnic – things you would like to see again, things you would not like to see again, etc. It's because of YOU we are able to make this happen, so thank you and let's make the next picnic even better. **Please [click here](#) to complete the survey.**

FEATURED EVENTS & NEWS

2ND SUNDAY, OCT 12TH

JOIN OUR Nursing Home Ministry

Join us in discipling our seniors on **October 12th, 1:30pm-2:30pm!** The Nursing Home Ministry gathers every 2nd Sunday to minister through song and the Word at San Remo Rehab. Contact Gary and Sharon Reed at 214- 783-3262 or grant1949@sbcglobal.net for questions or more information.



Volunteers are needed for our upcoming festival! Join us on **Oct 31st, 4pm-6pm** for a wonderful time to connect and fellowship over games, relays, face painting, pumpkin decorating, and more. **[Click here](#)** for more info. and volunteer registration.

FIRST SUNDAY PRAYER CONFERENCE CALL



Our Women’s Ministry will have their monthly Prayer Conference Call this **Sunday, October 5th at 7pm** . All sisters are welcome to join during this time of praying, interceding, and standing on God's Promises. Also, In observance of Breast Cancer Awareness and Domestic Violence, we are asking the church to wear or accessorize in Pink OR Purple for the month of October. Let’s unify and support those who are in the fight!

For a complete list of events, please visit ndcbf.org/events. Select current events are also featured in the events section at the bottom of the ndcbf.org homepage.

Contact communications@ndcbf.org with any questions.

FEATURED RESOURCES

You don’t have to figure out money ALONE.

SIGN UP TODAY

Financial Peace University has a new start date!Join our upcoming class starting on Friday, **October 3rd** at 6:30pm and learn God's ways of handling money. Register today! Classes are virtual. [Register here.](#)

Eldred McCLEAN
COUNSELING CENTER

FALL 2025 GROW GROUPS [FREE]

Therapy Care for Teens

For ages 13-17, this group provides a safe space for teens to explore their feelings, thoughts, and behaviors. Led by a licensed therapist, this group is designed to help teens develop coping skills and build self-esteem.

REGISTRATION SEPTEMBER 8 7:00PM-8:30PM

REGISTER HERE

Senior Wellness

Age 65+ For older adults processing life transitions, losses, and redefining purpose.

REGISTRATION SEPTEMBER 9 7:00PM-8:30PM

REGISTER HERE

Overcome Anxiety, Stress, & Depression

Struggling with anxiety, stress, or depression? This group provides a safe space for individuals to share their experiences and learn coping strategies. Led by a licensed therapist, this group is designed to help individuals manage their symptoms and improve their overall well-being.

REGISTRATION SEPTEMBER 9 7:00PM-8:30PM

REGISTER HERE

GriefShare

Helping people find comfort after the loss of a loved one for 34 years

REGISTRATION & COST - NOVEMBER 3, 2025 \$100/PERSON

REGISTER HERE

Love & Respect

Online class for dating, engaged and married couples.

REGISTRATION SEPTEMBER 8 7:00PM-8:30PM

REGISTER HERE

DivorceCare

Online class for adults who are separated or divorced

TUESDAYS 12 WEEKS AUGUST 19-NOVEMBER 18, 2025 6:00PM-8:00PM CST

REGISTER HERE

EMCC therapeutic “Grow Groups” blend faith and evidence-based tools to help you master the everyday challenges that steal peace and joy. Choose the class that fits your season—Anxiety Reset, Grief & Grace, Healing and Wellness, or Thriving Relationships. [Register here.](#)

LOGOS
CHRISTIAN SCHOOL

Join us for Parenting Classes every First Friday available to Logos and NDCBF families.

Date:

September 5, 2025

October 3, 2025

November 7, 2025

December 5, 2025

January 9, 2026 (2nd Fri)

February 6, 2026

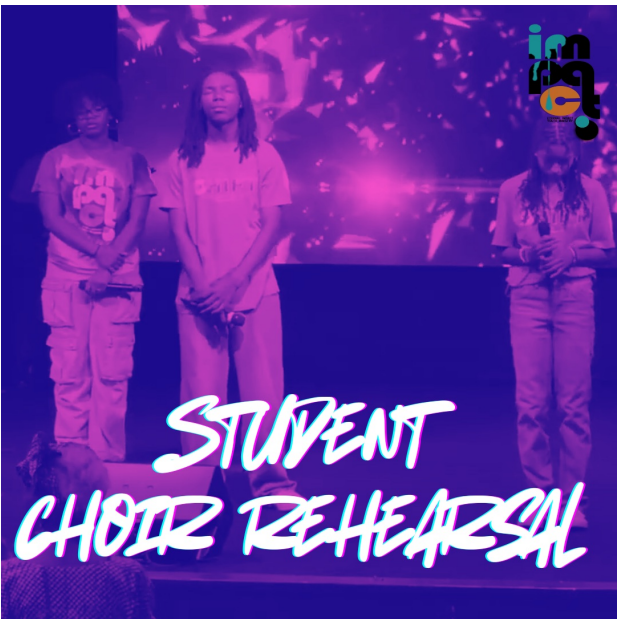
March 6, 2026

April 10, 2026 (2nd Fri)

May 1, 2026

Join Logos for their next parenting class on **October 3rd, 9am-10:30am**, to learn about challenging and cherishing your children! RSVP to jcapehart@logoschristianschool.org to take advantage of this great resource for discipleship! Homeschooling parents can bring their children ages 6-17 to the class. Childcare is available for children under 5 years old. RSVP to admin@logoschristianschool.org if childcare is needed.

REHEARSALS



Calling all youth who love to magnify the Lord through song! **Our student choir will have rehearsal on the following Saturdays - October 11th and Oct 25th at 11am in the youth area** in preparation to minister 4th Sunday, October 26th!

MEN’S ENSEMBLE REHEARSAL

Brothers of NDCBF, the Men’s Ensemble will gather to rehearse on **10/7, 10/14 and 10/16 @6:30pm** in the children’s area in preparation to minister 3rd Sunday, Oct 19th. Bring your best voice and a heart postured to magnify our Lord through song.

The Wellness Corner

Aerobic training vs. Resistance training: What’s the difference?

Aerobics, aka Cardio, are activities that use the cardiovascular system to strengthen the heart by increasing your heart rate. A few examples are:

- Brisk walking
- Swimming laps
- Stair climbing
- Running
- Dancing

Resistance Training, aka Weightlifting, uses an external force (i.e., your body weight, dumbbells, kettlebells, bands, barbells, etc.) to strengthen the muscles of the upper and lower body.

- Upper body muscles: biceps, triceps, chest, shoulders, abdominals, back
- Lower body muscles: quadriceps, hamstrings, glutes, and calves

Why this matters to you: Knowing the difference between these forms of physical activity helps you know which areas of the body you’re targeting during your workout.

Doing a combination of aerobic and resistance training often results in a strong, resilient mind and body that moves easily as you age.

Here are some reasons why you should incorporate both forms of exercise into your weekly workout routine:

Improved cardiovascular fitness: Aerobics helps improve your heart and lung health.

- **Increased muscle strength and endurance:** Resistance training helps build muscle and improve your overall strength and endurance.
- **Weight management:** Both aerobic and resistance training can help you manage your weight.
- **Improved bone density:** Resistance training helps improve bone density, reducing the risk of osteoporosis.
- **Improved mood and mental well-being:** *Exercise releases endorphins, which can improve your mood and mental well-being.*

Before starting any new exercise routine, it’s important to consult with your healthcare provider to ensure that it’s appropriate for your health and fitness level.

Until next time,
M. Renette Schmidtke
MED., NCSF Certified Personal Trainer