



CHURCH
ANNIVERSARY
MONTH

36

9.13
Church Picnic

9.14
Communications
Meeting

9.21
Anniversary
Sunday

9.28
Ice Cream Social &
Talent Show

We hope that you have enjoyed the celebratory events in honor of our anniversary month! The Lord has blessed us to spread the Gospel and make disciples for 36 years and we are beyond grateful.

ANNUAL
TALENT
SHOW

In place of September’s fellowship meal on **Sunday, September 28th**, we will have a small reception with light refreshments immediately after morning worship, followed by our talent show. Grab a cup of ice cream on your way out after the talent show!

FEATURED EVENTS & NEWS

NOW
ACCEPTING
DONATIONS!

NEW
MEMBER
ORIENTATION
A New Beginning
OCT 4TH

FAMILY
LIFE MEET
& GREET
We want to get to know you!
OCT 5TH

A CELEBRATION OF FUN, FAITH, AND FELLOWSHIP!

Support AWANA by donating and help us disciple the next generation! AWANA is a tool we use to sink Scripture into the hearts and minds of our kids, here at the NDCBF.

Ready to join the NDCBF family? **Register here** and come out to the next new member orientation on **Oct 4th** where you will learn more about the church and meet some of the ministry leaders and staff. Join us for family life the next day on **Oct 5th** for a brief meet and great with some of the NDCBF family! We will gather briefly after service upstairs in the mezzanine.

Hosted by NDCBF children’s ministry and Logos Christian School, the fall festival will take place here at NDCBF on Friday, **October 31st** from 4pm-6pm and will be a wonderful time to connect and fellowship over games, relays, face painting, pumpkin decorating, and more. Tickets will be sold 10 for \$5.00 and can be used for games, activities, and food. **Click here** for more info. and volunteer registration.

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.

FEATRUED RESOURCES

You don’t have to figure out money ALONE.
SIGN UP TODAY

Eldred McLEAN
FALL 2025 GROW GROUPS | FREE |

Therapy Tools for Teens Learn how to manage your emotions and thoughts.	Senior Wellness Learn how to manage your health and aging.	Overcome Anxiety, Stress, & Depression Learn how to manage your mental health.
GriefShare Learn how to manage your grief and loss.	Love & Respect Learn how to manage your relationships.	DivorceCare Learn how to manage your divorce.

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.**

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.**

Join Logos for their next



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

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 Saturday, September 27th at 11am in preparation to minister on Sunday, September 28th.

MEN'S ENSEMBLE REHEARSAL

Brothers of NDCBF, the Men's Ensemble will gather to rehearse on **9/30, 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

North Dallas Community Bible Fellowship | 501 Accent Drive | Plano, TX 75075 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)

