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## 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](mailto: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.



This year's women's conference is carefully designed to Equip, Encourage and Empower women to navigate important life decisions and experiences. It is open to all women 18 years & older. The conference session topics have been chosen in response to needs expressed at our previous Relate & Release Chat & Chew breakfast. Session topics include estate planning; the power and freedom of forgiveness; solutions for caregivers; and connecting through creative cardmaking. Tickets are \$35, and includes lunch. Space is limited, so don't miss this opportunity to be part of this transformative experience! **Register here.**



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!

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

Contact [communications@ndcbf.org](mailto:communications@ndcbf.org) with any questions.

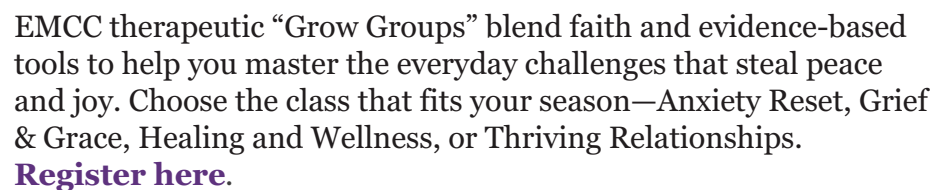
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## FEATURED RESOURCES



# ALONE.

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.**







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**

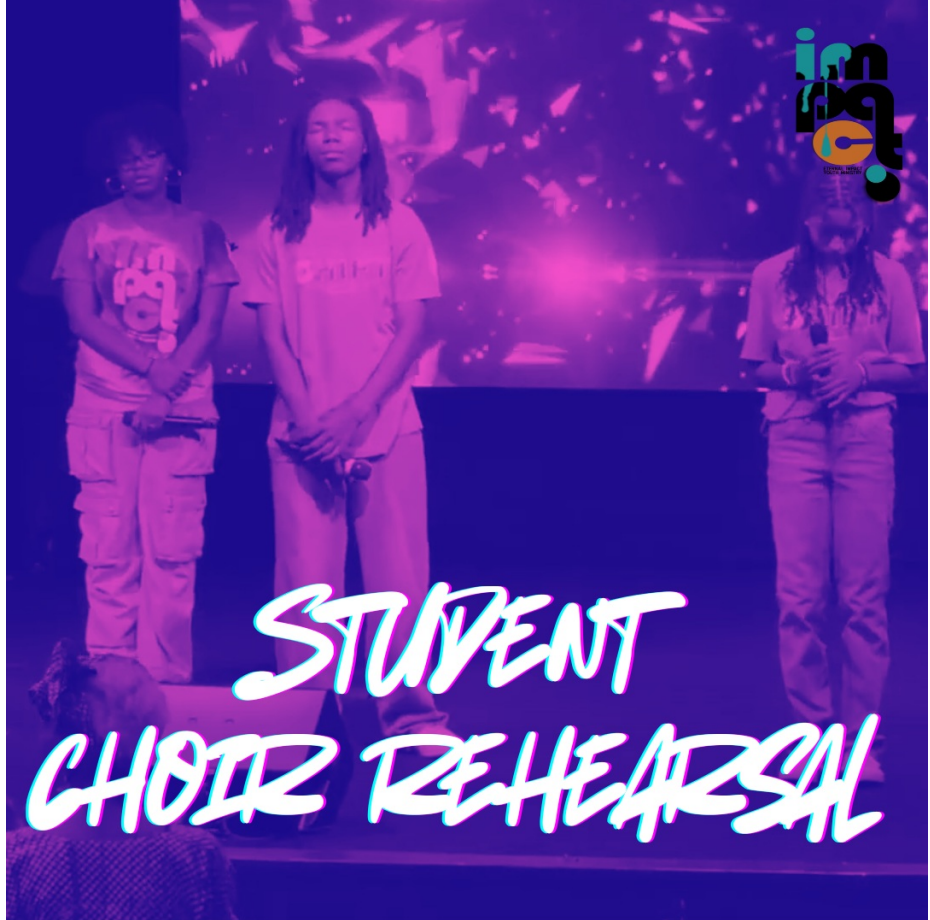
Join Logos for their next parenting class on **November 7th, 9am-10:30am**, to learn about cultivating a grateful heart with your child! RSVP to [jcapehart@logoschristianschool.org](mailto:jcapehart@logoschristianschool.org) to take advantage of this great resource for discipleship! Homeschooling parents can bring their children ages 6-17 to the class. Childcare is available for children under 5 years old. RSVP to [admin@logoschristianschool.org](mailto:admin@logoschristianschool.org) if childcare is needed.



God created us to crave community. When we serve, study, pursue, and worship God together, we get better. The purpose of these groups is to study God's word in various small settings at any location and to equip us with the tools to spread the Gospel and make other disciples. If you are interested in facilitating a home group, we invite you to our leaders interest meeting on **Saturday, October 25<sup>th</sup> at 9:30am, in the Children's Assembly Area. Bring your excitement and lots of questions!**

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## 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 **10/14 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.

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## 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

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