



UPCOMING EVENTS!

4TH SUNDAY FELLOWSHIP MEAL



Register for this month's fellowship meal while there is still time! Hosted by AWANA and catered by Olive Garden, the meal includes your choice of lasagna or chicken alfredo with green salad, bread sticks, desserts and beverages. Meals are only guaranteed to those who register, so register [here](#) today!



As iron sharpens iron, So one man sharpens another (Proverbs 27:17). Brothers, Your desires and ideas matter and we want to better serve you! Come out to our next men's breakfast to fellowship and share your ideas for future events. We are placing an emphasis on mentorship to provide practical skills to the youth. [Register here!](#)



You are invited to be a part of a powerful community-wide worship event titled "One Voice, One Heart, One Savior – Better Together!" Our focus is simple yet profound: Unity in Christ through worship and fellowship. Join us on Saturday, August 23rd at 6:30pm as we glorify our King. It will take place here at NDCBF. Bring a friend!

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.

THE WELLNESS CORNER

TAKE “60”

Dr. Brenda Wakefield, PhD

Holistic Natural Health & Nutrition Practitioner

Who would ever think a few minutes of stillness could bring a wealth of renewal to the mind, body, and spirit?

With summer winding down, road trips ending, and school prep beginning, now's the perfect time to pause and reset. As we approach Labor Day—the final holiday of the season—consider making space not just for barbecues or shopping, but for you.

Labor Day holiday is marked on the calendar—but are you? Mark it now. Take 60 intentional minutes to decompress and renew. Stress rarely announces itself boldly—it shows up subtly: as headaches, back tension, irritability, fatigue, anxiety, or emotional numbness. Self-care isn't selfish; it's sacred, and proactive care helps us heal from the inside out.

This message applies to children and teens too. Today's fast-paced, screen-heavy world leaves little room for release. Kids may not articulate stress the way adults do, but they feel it. The cries of an infant are often deciphered, but what about the silent cries of overstimulated children and teens?

Here's a critical thought: When was the last time you or your child had 30–60 minutes of therapeutic quiet? Not sleep. Not screen time. But intentional stillness—a pause to allow the nervous system to settle and the body to release stored stress?

Too often we reach for quick fixes—medications, distractions, or denial. But there are alternatives. Try this instead:

Self-Care Techniques to Start Today:

- **Guided Breathing:** Try 4-7-8 breathing (inhale 4, hold 7, exhale 8) to calm your nervous system.
- **Progressive Muscle Relaxation:** Tense and release each muscle group, from toes to head, slowly.
- **Tech-Free Hour:** Turn off devices and enjoy a walk, a journal session, or quiet reflection.
- **Therapeutic Touch:** Book a massage, craniosacral therapy, or simply self-massage your shoulders.
- **Nature Reset:** Sit outside barefoot for 10 minutes—earthing reduces inflammation and improves mood.
- **Sound Bath or Soaking:** Use calming music or take a magnesium bath to soothe sore muscles and minds.
- **Body Scan Meditation:** Close your eyes and bring awareness to each part of your body for 10–15 minutes.

Model these habits for your family. Children mirror what we prioritize. They need guidance to learn that rest is not a punishment—but powerful medicine.

The truth? Most people ignore pain, mask it, or tolerate it. But your

body is a divine creation—it speaks to you. The more you listen, the more you'll recognize imbalance before it becomes illness.

This Labor Day plan to kick-off a lifestyle shift. Schedule your “Take 60” session—weekly or monthly—and stick to it like any important meeting. Be still, be quiet, and let your body recalibrate.

This isn't about luxury—it's about life. Imagine a body without tension, a mind without chaos, and the energy to thrive daily. That's a gift worth giving yourself.

Your health is your wealth. Celebrate that—every day,



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