



## FEATURED EVENTS & NEWS

**\*\*\*Recipient and sponsor registration for holiday food baskets and Angel Tree gifts will be open soon, so stay tuned!\*\*\***

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**AFTER  
SERVICE**




Come out and get to know your NDCBF family over good food! Even if you're bringing your own food but still plan to attend fellowship, please register so we can be sure to have enough space for you! Each meal is \$15 and includes 1 choice of grilled fish OR fried fish along with shrimp alfredo pasta, salad, rolls, desserts, tea, lemonade and bottled water. This is a great opportunity to build community and connect with other likeminded brothers and sisters. **Register [here!](#)**



A CELEBRATION OF FUN, FAITH, AND FELLOWSHIP!

## **VOLUNTEERS NEEDED!**

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.



WOMEN'S CONFERENCE WITH  
WORKSHOPS TO LEAVE YOU

EQUIPPED.  
ENCOURAGED.  
EMPOWERED.

This year's women's conference, slated for **Nov 1, 9am - 2pm**, 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, registration closes soon, 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!



Please join us for our next Prayer Gathering scheduled for **Nov 8th, 9am-noon**. Our Prayer Gatherings are a safe place where we come together in our core values of genuine love and unity. This is a no judgement zone, so no matter your comfort level with prayer, you are welcomed and encouraged to join in. Please come out and bring a friend!

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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



Eldred McCLEAN  
COUNSELING CENTER

## FALL 2025 GROW GROUPS [FREE]



**Therapy Care for Teens**

A supportive space for teens to talk about anxiety, identity, academic pressure, relationships, and healthy coping.

**BEGINNING SEPTEMBER 9  
7:00PM-8:30PM**

**Anxiety is lying to you!**

- Real Talk: Managing Stress, School, and Self-Esteem
- Friendship, FOMO & Feelings
- Creative Coping: Express Yourself

REGISTER NOW

972.930.5652



**Senior Wellness**

Age 60+  
For older adults processing life transitions, losses, and redefining purpose.

**BEGINNING SEPTEMBER 9  
7:00PM-8:30PM**

REGISTER NOW

972.930.5652

- Aging with Grace: Coping with Change, Loneliness & Grief
- Memory, Mood & Meaning
- Legacy Conversations



**Overcome Anxiety, Stress, & Depression**

**BEGINNING SEPTEMBER 9  
7:00PM-8:30PM**

REGISTER NOW

972.930.5652

*Manage Anxiety & Stress*  
Learn to use Mindfulness (CPL) meditation, grounding (5-4-3-2-1) and improve focus.

*Transform Depression & Self-Isolation*  
Be your best self. Learn to let go of the past, set boundaries, and take steps to change the future.



**GRIEF SHARE**

**GriefShare**

Helping people find comfort after the loss of a loved one for 25 years

**SEPTEMBER 5, 2025 - DECEMBER 2, 2025  
7:00 PM - 9:00 PM CST**

REGISTER NOW

972.930.5652

While everyone's response to loss is unique, people facing loss and grief will experience many of the same challenges. The weekly GriefShare topics address these common struggles—providing valuable tips, encouragement, and direction.



**Love & Respect**

Online class for dating, engaged and married couples.

**BEGINNING SEPTEMBER 9 | 7:00PM-8:30PM**

REGISTER NOW

972.930.5652

Discover the simple secrets that help marriages thrive—every wife's long for love, every husband needs respect. Learn for engaging video teaching, practical exercises, and practical tools to challenge and strengthen connection and define conflict—no matter your season of marriage.



**DIVORCE Care**

**DivorceCare**

Online class for adults who are separated or divorced

A source of care and support for people who have experienced separation or divorce. This 13-week, video-based support group provides practical tools for coping and healing.

**TUESDAYS: 13 WEEKS  
AUGUST 26-NOVEMBER 18, 2025  
6:30PM-8:30PM CST**

REGISTER NOW

972.930.5652

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 **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.



*Big intentions. Making disciples.*

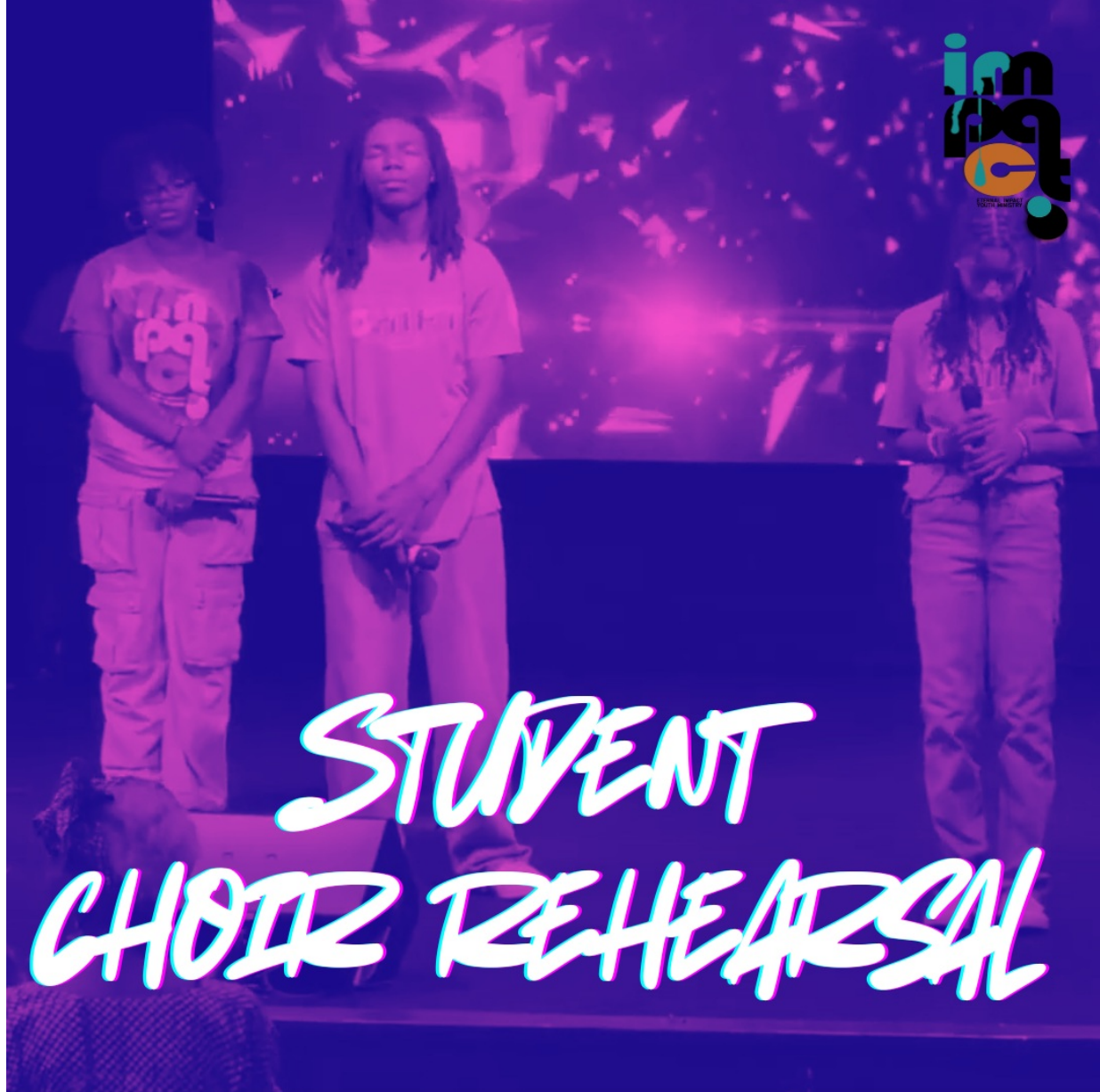
# HOME GROUPS

*Leader Interest Meeting  
10.25 9:30am Children's Area*

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 Saturday, 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 **TONIGHT @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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## **Warning!**

If you receive any solicitation emails addressed from Pastor Edwards, or any of the church's leadership, or staff, please report to [communications@ndcbf.org](mailto:communications@ndcbf.org) immediately. No one in the NDCBF leadership or staff will ever contact you for any donations. Please remain alert, and when in doubt, always reach out with questions or concerns. Thank you!

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# The Wellness Corner

## Fall Into Wellness: Simple Tips for a Healthy Autumn

The leaves are turning, the air is crisp, and cozy season is here. Fall is a beautiful reminder to slow down and nourish yourself through body, mind, and soul. Here are simple ways to stay energized, grounded, and glowing all season long.

### 1. Eat with the Season

Your body naturally craves warmth and grounding foods as the weather cools. Fall produce is packed with nutrients that support immunity and digestion.

#### Stock up on:

- *Pumpkin & squash – rich in beta-carotene for healthy skin and eyes.*
- *Root veggies – carrots, beets, and parsnips for steady energy.*
- *Cruciferous veggies – kale, broccoli, and Brussels sprouts for detox support.*
- *Apples & pears – high in fiber and antioxidants for gut and heart health.*

*Pro tip:* Roast your veggies with olive oil, garlic, and rosemary for a comforting, nutrient-packed side dish.

### 2. Strengthen Your Immune System

Shorter days and cooler temps can take a toll on your immune defenses. Give your body extra support through food and lifestyle.

#### Top nutrients:

- **Vitamin C:** citrus, peppers, and kale
- **Vitamin D:** sunshine or supplements
- **Zinc:** pumpkin seeds, chickpeas
- **Probiotics:** kefir, sauerkraut, or miso

**Simple morning ritual:** Warm lemon water + ginger + honey = gentle immune and digestive boost.

### 3. Sip for Wellness

Trade sugary lattes for warming drinks that heal from within. Try **golden milk** (turmeric + cinnamon + milk) for anti-inflammatory comfort, or an **apple cider vinegar tonic** to support digestion. Chamomile or elderberry tea at night soothes the soul *and* strengthens immunity.

#### **4. Move with the Season**

Keep your body warm and strong with movement you love. Hiking, Pilates, or brisk walks in the cool air are perfect this time of year. Exercise boosts mood, circulation, and immunity plus, you get to enjoy those golden leaves.

#### **5. Hydrate & Nourish from Within**

It's easy to forget water when it's not hot outside, but hydration supports energy, skin, and digestion. Sip warm water or herbal tea throughout the day and load up on soups and seasonal fruits for extra hydration.

#### **6. A Few Seasonal Staples to Add**

- **Pumpkin seeds: zinc + magnesium**
- **Chia or flaxseeds: omega-3s and fiber**
- **Raw honey: antimicrobial and soothing**
- **Dark leafy greens: folate and vitamin K**

Small swaps make a big difference in how you feel through the colder months.

#### **7. Embrace the Change**

Fall reminds us that slowing down is powerful. Take time to enjoy comforting meals, cozy evenings, and gratitude for the season's abundance.

**The information provided is for informational purposes only and is not a substitute for professional medical advice.**

With Warmth,

**Dr. Brenda Wakefield, PhD**

Holistic Natural Health & Nutrition Practitioner

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