



**NORTH DALLAS
COMMUNITY
BIBLE FELLOWSHIP**

UPCOMING EVENTS & UPDATES

**2026
SENIOR
SUNDAY**

May 31st
After 11:30am service

**REGISTRATION NOW
OPEN FOR GRADUATION
LUNCHEON TICKETS!**

im
act
Eternal Impact
Every Ministry

[Register](#)

NEW MEMBER ORIENTATION

A New Beginning

**JUNE 6TH
9AM-1PM**



FAMILY LIFE MEET & GREET

*We want to get to
know you!*

**JUNE 7TH
AFTER EACH SERVICE**



[Register for New Member Orientation](#)

OPPORTUNITIES TO SERVE

2026 VBS



2026 VBS Theme: Joseph in Egypt. Collectively, we will take a step back in time and walk through Egypt to explore this wonderful story of man's faith and God's faithfulness. **Volunteer registration ends May 22nd!** **Volunteer training will take place on May 23rd.**

[Register to Volunteer](#)

[Register to Attend](#)

FOOD

**Saturday,
June 27th**

BASKET

**8am-
10am**

DRIVE

**NDCBF
Parking Lot**

Donate non-perishable items

**North
Dallas
Community
Bible
Fellowship**



Communications Meeting | June 28th

Immediately after 11:30am service

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



We praise God that 100% of our teachers and students are returning to Logos Christian School for the 2026-27 school year and we have many new families enrolled also.

With our growth, Jody Capehart is interviewing for additional teachers for:

- PreK
- Kindergarten
- Spanish and Latin
- 5th Grade
- 6th Grade

Please contact Mrs. Capehart at jcapehart@logoschristianschool.org if you are interested.

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 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!

THE WELLNESS CORNER

Let's Celebrate National Physical Fitness & Sports Month!

May is National Physical Fitness and Sports Month — a time to prioritize your health through movement and activity. Established in 1983, this month encourages people of all ages to build healthier habits and stay active.

Consistent physical activity can help you:

- Improve sleep
- Reduce the risk of serious conditions like heart disease and diabetes
- Perform your best at school and work
- Boost your mood and energy

Tips to Move More This May

- Sign up your kids or grandchildren for summer sports like bowling, baseball, softball, or track
- Add resistance training at least twice per week
- Aim for 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic activity each week
- Schedule walks with a friend
- Add workouts to your calendar — and set reminders!

20-Minute Walking Workout (All Ages)

Get up and get moving with this simple walking workout:

Warm-Up

5 minutes

Easy-paced walking

Intervals

10 minutes

- Walk easy for 2 minutes
- Fast walk for 30 seconds
- Repeat for 4 rounds

Have more time? Complete 8 rounds for a 30-minute workout.

Cool Down

5 minutes

Easy-paced walking

Goal: Complete this workout 3–4 days per week on non-consecutive days.

Let's move more in May!

M. Renette Schmidtke, MEd.

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