



FEATURED EVENTS & NEWS



**AFTER
SERVICE**



God created us to crave community. When we serve, study, pursue, and worship God together, we get better. The purpose of our home 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 attend our home group leaders interest meeting on **Sunday, November 30th at 11am, in the Children's Assembly Area**. Bring your excitement and lots of questions!

NEW MEMBER ORIENTATION

A New Beginning DEC 6TH



Ready to take that next step in your discipleship journey and join the NDCBF family? Come out to our next new member orientation session on **Saturday, December 6th from 9am-1pm in the Children's area**. This is a wonderful opportunity to get to know some of our ministry leaders and staff, while learning all about the NDCBF culture of discipleship. If you plan to attend, make sure to register for family chat first.

[Register for New Member Orientation](#)

FAMILY LIFE MEET & GREET

We want to get to know you!

DEC 7TH



On **December 7th immediately after service in the upstairs mezzanine**, we welcome you to join us for our Family Life meet and greet. Open to all who have recently joined NDCBF or are considering joining, the Family Life meet and greet is another great opportunity for you to get to know some of the NDCBF ministry leaders and other members. Our Family Life team is here to walk with you in all seasons of life, whether you are married with children, married, single or just looking to connect, let's connect at the Family Life meet & greet.



Save the date! Our 2025 Christmas play, “All I Want for Christmas”, will take place on **Saturday, December 20th at 3pm**. Featuring NDCBF’s gifted cast and crew, the production will be about children exploring the Gift and the Giver. It will be a wonderful experience for all, so tell your friends and family, and mark your calendars!

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



Have you ever wondered why suffering exists, or the Christian response to skeptics who see pain and the existence of evil in the world as reasons to doubt God? Furthermore, what does the Resurrection of Jesus have to do with suffering? If you would like to develop prepared responses to these questions or simply want an opportunity to reflect on suffering in your own life, Pastor Edwards is teaching a 5-week journey through The Problem of Pain (online course). Registration has closed, but course materials will be made available at ndcbf.org/disciple-center in the very near future. Stay tuned!



The Thanksgiving food baskets will be picked up **this Saturday, November 22, 10am-noon here at NDCBF**. There is still time to register for Christmas food baskets, so click below for more information and registration! Sponsors are always welcome.

[Register for a Food Basket](#)

[Register to Sponsor a Basket](#)



Registration to nominate an angel to receive gifts is closed; however, we still welcome sponsors! Register to sponsor and help us demonstrate the love of Jesus Christ and the true joy of Christmas by providing gifts!

[Register to Sponsor an Angel](#)

RESOURCES



We are excited to present our enhanced Bible study prayer format where we can pray with you in real time during our Wednesday night Bible study. If you are unable to attend Bible study in person, we still want to provide an engaging online experience where we can serve your needs by praying with you! So when you join the livestream, feel free to drop your prayer requests in the chat and we will pray with you right after the praise and worship segment.



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

Walk Your Way Through the Holidays

Let's keep it moving this holiday season! Don't let the holidays control you; decide to stay on track with your health and fitness goals. Walking and eating balanced nutrition can help your efforts. NOTE: In this article, my focus is on physical activity. Please see previous newsletters for nutrition guidance by Brenda Wakefield.

Walking is a simple way to stay active during the holiday season and year-round. All you need is a pair of sneakers and a little time. Whether it's in the morning, after lunch, or after dinner, a brisk walk has many benefits, which include boosting your mood, reducing your risk of heart disease, and helping with weight management.

So, what are you waiting for? Here are some ideas to get you started.

- Go on a Destination walk – Choose a destination then start walking!
- Go on a nature walk – walk a path along a trail, in a park, by a river, etc.

- Find a walking buddy! Your spouse, friend or co-worker
- Reward yourself (not with food)– Set a goal (i.e., I’m going to walk 3 days a week in November), when you reach the goal, then treat yourself to a new pair of sneakers, new workout pants, new water bottle, new purse, etc.
- Check out Nordic Walking - Adding Nordic walking poles will activate the muscles of your upper body during your walking workout.
- Join a walking group
- Walk the dog (or your neighbor’s dog)
- Scavenger Hunt – make a game out of your walks. For example, Alphabet walk – Find something that starts with every letter of the alphabet in order.
- Join a walking challenge like Walk Across Texas
- Walk with purpose – sign up to walk a 5K or half, or full marathon. Better yet, participate in a charity walk for your favorite cause.

Until next time,
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