



## FEATURED EVENTS & NEWS

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Please join us for our next Prayer Gathering scheduled for **this Saturday, 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!

**THIS SUNDAY!**

# JOIN OUR Nursing Home Ministry

**This Sunday, November 9th, is second Sunday!** Our Nursing Home Ministry will gather after service to minister at San Remo Rehab. If you have a passion to minister to our seniors through the Word of God and song, we invite you to serve! If you have questions, contact Gary and Sharon Reed at 214- 783-3262 or [grant1949@sbcglobal.net](mailto:grant1949@sbcglobal.net).



Join Logos Christian School for a great time of honor, appreciation, and celebration for our Veterans on **Tuesday, November 11th at 9am**. The Logos students will sing, share and give gifts to the veterans, followed by a reception. The program will take place here at 501 Accent Dr. Please RSVP to **[jcapehart@logoschristianschool.org](mailto:jcapehart@logoschristianschool.org)** to attend. We hope to see you there!

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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



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, join Pastor Edwards for a 5-week journey through The Problem of Pain (online course). Registration closes tonight!

Dates: Each Thursday from November 6 - Dec 11, 6:30pm-8pm (no class on Thanksgiving)

Location: Online (look for course link in confirmation email)

**Register for Class**





**Registration for our 2025 Thanksgiving food baskets closes on November 9th!** If you are experiencing a tough time financially, please let us bless you with what you need to enjoy a great holiday meal.

[Register for a Food Basket](#)

[Register to Sponsor a Basket](#)



We are excited to demonstrate the love of Jesus Christ and the true joy of Christmas by providing gifts through our Angel Tree initiative! **Registration closes on November 14th**, so register today to nominate or request an angel to receive gifts.

[Register for an Angel](#)

[Register to Sponsor an Angel](#)

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## 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.









Your safety remains a priority, so **we will have an emergency evacuation/shelter-in-place drill briefly after service on Sunday, Nov 16th.** During the drill we will cover procedures in case of emergencies, considering a variety of scenarios. Be sure to bring a comfortable pair of shoes, as you may be standing for about 45 mins or so.

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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 thru 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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