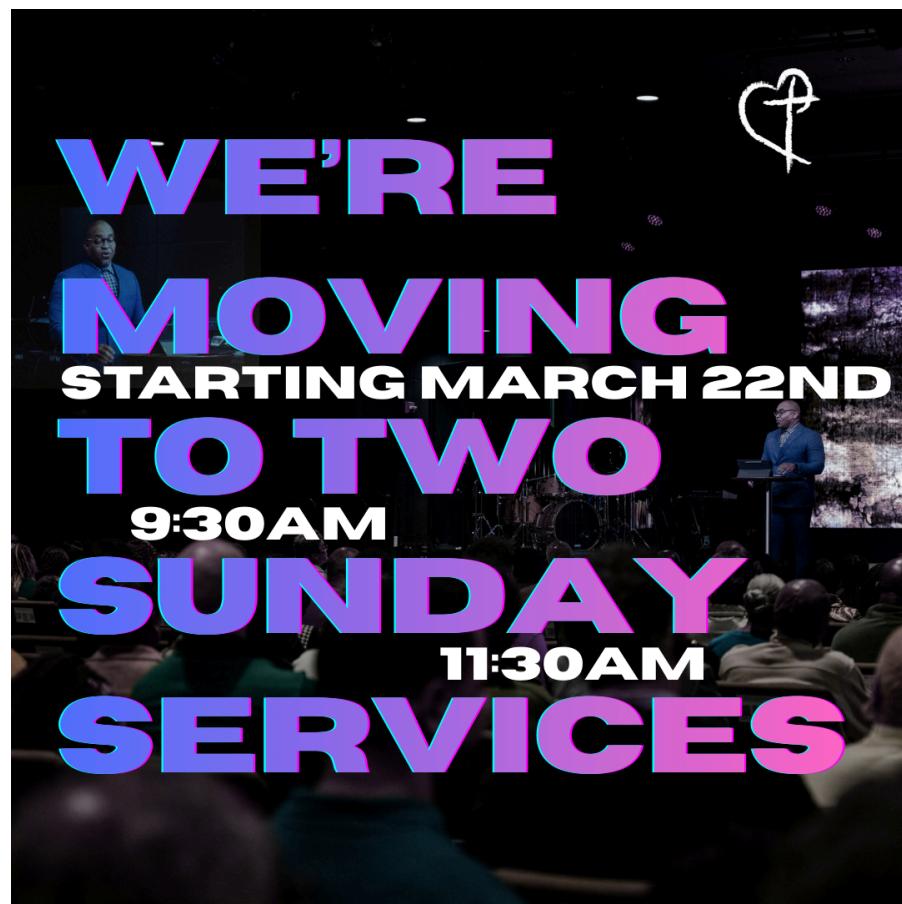




## FEATURED EVENTS & NEWS



With a second Sunday service and discipleship as our priority, various ministries need your help with serving. See where your gifts fit and get plugged in to serve below.

[Learn more & Sign Up to Serve](#)

**VISION SUNDAY**  
**MADE TO**  
*You are the salt of the earth*  
**FLAVOR**

**SUNDAY**  
**FEBRUARY 1ST**



[Register Here](#)



The True Love Conference will help teenagers from the Youth Ministry get a full understanding of the destructive standard for love and relationships, then contrast that with the biblical standard from God's Word. They will be encouraged to live it out in their own lives for the glory of God. This year we will focus on "situationships" and the damage of pornography/online sexual content.

[Register Here](#)



On Feb 13th 6pm-10pm, our children's ministry will be hosting Parent's Night Out! We will be starting the night with dinner, then we will split into groups for a fun night filled with activities centered around biblical love! There will be stations where the kids will enjoy crafts, story time, worship, and games! Sign up now because space is limited!

[Register Here](#)

# REGISTRATION NOW OPEN!



It's that time of year again, registration for the 2026 Shift conference is officially open! The goal of the camp is to have our students SHIFT from a cultural worldview to a biblical worldview in every area of their life. During the camp they are immersed in lessons, worship and small groups that will allow for them to see a sharp contrast between worldly culture and ideologies versus Godly standards set forth by the Word of God. Click below for more information and registration:

[Learn More](#)



Registration for the Sisters Meet-Up is officially open. This is a gathering of women who are ready to grow, connect, laugh, breathe, be poured into and enjoy real sisterhood, real conversations, real joy, and great food. Click below to learn more and register.

[Register Here](#)

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For a complete list of events, please visit [ndcbf.org/events](http://ndcbf.org/events). Select current events are also featured in the events section at the bottom of the [ndcbf.org](http://ndcbf.org) homepage.

Contact [communications@ndcbf.org](mailto:communications@ndcbf.org) with any questions.

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## FEATURED RESOURCES



As we all know, prayer is a key component of discipleship. Gain confidence in approaching God in prayer through prayer coaching. The class is open to all.

[Register Here](#)



On Thursday, Jan 29th at 7pm, Logos Christian School will be hosting an information meeting for parents to learn about the school's 2026-2027 voucher program. Logos is anchored in Christian, Classical Education — nurturing environments, small classes, and caring teachers. If you or someone you know may be interested, contact Mrs. Jody Capehart at [jcapehart@logoschristianschool.org](mailto:jcapehart@logoschristianschool.org) or visit [logoschristianschool.org](http://logoschristianschool.org).



[ndcbf.org/classes](http://ndcbf.org/classes)

## FEATURED RESOURCES

### Physical Activity Tips for Those Fasting

Keep up your physical activity during the fast. *Matthew 6:16-18*  
If your energy level is low and you're unable to maintain your current workout routine, consider the following ways to stay on track during the fast.

- Aerobic Training: Reduce your mileage, move at a lower intensity, and shorten the length of your workouts.
- Strength Training: Do fewer sets, lift lighter weights, reduce the number of strength training days, and/or take longer breaks between sets.

Choose the workout time that works best for you and your schedule (i.e., before your daily fast begins, during your feeding window, or before the daily fast ends).

When this year's fast is over, take your time to build up to a more challenging workout gradually.

***Always consult your physician before starting any physical activity program.***

M. Renette Schmidtke, MEd, NCSF CPT

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