



UPCOMING EVENTS & UPDATES



[Register Here](#)

A green chalkboard background with school supplies like a yellow alarm clock, a pencil, and a ruler. The text "BACK to SCHOOL" is in large, colorful, bubbly letters. Below it, "DRIVE-THRU SUPPLY DRIVE" is in white on a red oval. Further down, "MORE SPONSORS NEEDED!" is in large white letters, followed by "SUPPLY DROP OFF THIS SATURDAY AT NDCBF 9AM-1PM & SUNDAY, JULY 26 (BEFORE & AFTER WORSHIP)" in white.

BACK to SCHOOL

**DRIVE-THRU
SUPPLY DRIVE**

MORE SPONSORS NEEDED!

**SUPPLY DROP OFF THIS SATURDAY AT NDCBF
9AM-1PM
&
SUNDAY, JULY 26
(BEFORE & AFTER WORSHIP)**

[Register To Sponsor](#)

Four black t-shirt designs are shown. The top row shows the front and back of "Shirt 1". The bottom row shows the front and back of "Shirt 2". The front of Shirt 1 says "MADE TO You are the salt of the earth FLAVOR". The back of Shirt 1 has a pencil icon and Greek text "Υμείς έστε το άλας της γής" above "MATTHEW V:XIII". The front of Shirt 2 has the same pencil icon and "You are the salt of the earth". The back of Shirt 2 says "MADE TO FLAVOR MATTHEW 5:13". A large white text overlay on the bottom left says "Shirt Sales End Aug 9th!".

MADE TO
You are the salt of the earth
FLAVOR

Shirt 1

Υμείς έστε το άλας της γής
MATTHEW V:XIII

You are the salt of the earth

**MADE TO
FLAVOR
MATTHEW 5:13**

Shirt 2

**Shirt Sales
End
Aug 9th!**

[Purchase Shirts Here](#)

NEW MEMBER ORIENTATION

A New Beginning

AUGUST 1ST
9AM-1PM



FAMILY LIFE MEET & GREET

*We want to get to
know you!*

AUGUST 2ND
AFTER EACH SERVICE



[Learn More](#)

OPPORTUNITIES TO SERVE

4TH SUNDAY!

JOIN OUR

Nursing Home Ministry

AT COLLINWOOD NURSING
AND REHABILITATION

Contact Gary and Sharon Reed: (214) 783-3262
grant1949@sbcglobal.net



Unity, as one of our core values, is absolutely, indisputably essential for discipleship. That being said, it is with great excitement and heartfelt anticipation that we invite you to be part of a powerful community-wide evening of worship.

[Learn More](#)

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 for the families that He is bringing to Logos Christian School. In light of this we need additional teachers for Kindergarten and 3rd grade and we would love to recruit from our NDCBF family. If you or someone you know is interested please contact Jody Capehart at jcapehart@logoschristianschool.org

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

Water activities to enjoy all year long!

Our Texas summers are hot but consider adding water activities to your weekly workout. If you're heading outdoors, remember to wear sunscreen, bring bottled water and apply bug spray. Get outside early before it heats up or later in the day when temperatures are cooler.

Keep moving with these water activities:

Water aerobics

- A low impact activity that's easy on your joints and can help improve cardiovascular health.
- No swimming experience is required.
- Classes are offered in both shallow and deep water. Special flotation equipment is provided for deep water classes.

- A swimsuit is required, water shoes are optional.
- If your gym has a pool, water aerobics classes may be included with your membership.
- Contact your local YMCA or aquatics center to find a class near you.

Swimming

- A low impact activity that can improve cardiovascular health.
- Can be enjoyed in a pool, lake or ocean.
- It's never too late to learn to swim. Contact your local YMCA or aquatics center to schedule lessons for yourself or your family.

Pool Walking

- A low impact activity that's easy on your joints and can improve balance and coordination while helping you stay cool.
- Walk in water that is about waist high or lower.
- Can be enjoyed in a pool, lake or ocean.
- Water shoes are optional.

Stand up Paddleboard (SUP)

- A low impact activity that can improve balance, endurance and core strength.
- Can be enjoyed on a lake, ocean or river. Some facilities offer pool based classes.
- A life jacket is required.
- Paddle while standing, sitting or kneeling on a board.
- Equipment rentals are typically available.
- Many locations offer paddleboarding lessons and fitness classes such as yoga.

Kayaking and Canoeing

- A low impact activity that can improve your cardiovascular health, strength and flexibility.
- Can be enjoyed on lakes, rivers or the ocean.
- A life jacket is required.
- Equipment rentals are typically available.
- Check with local outfitters or recreation centers for lessons and guided trips.

Additional water activities:

- Wakeboarding
- Water Polo
- Diving
- Surfing
- Windsurfing
- Synchronized swimming

No matter which activity you choose remember to follow water safety guidelines, wear a life jacket when appropriate, stay hydrated and never exercise alone in open water.

Challenge yourself to do one of these activities before summer ends.

Let's Keep it Moving!

M. Renette Schmidtke

MEd, NCSF CPT

Renette

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