

FEATURED EVENTS & NEWS



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



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.

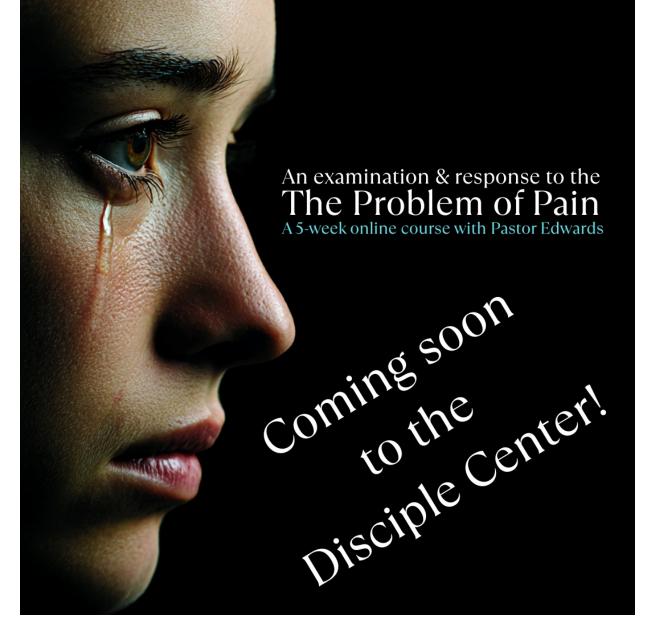


Save the date! Our 2025 Christmas play, "All I Want for Christmas", will take place on **Saturday, December 20th at 3pm.** Featuring NDCBF's gifted cast and crew, the production will be about children exploring the Gift and the Giver. It will be a wonderful experience for all, so tell your friends and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



Registration for our 2025 Thanksgiving food baskets closes on November 17th! 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

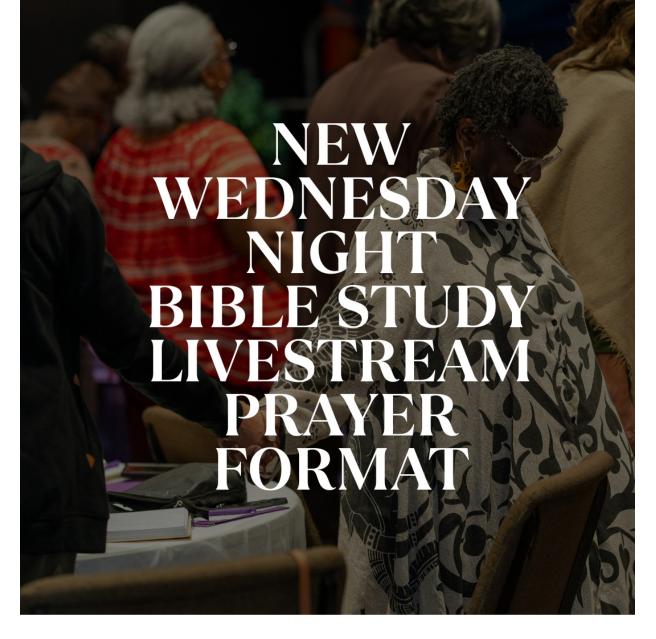


We are excited to demonstrate the love of Jesus Christ and the true joy of Christmas by providing gifts through our Angel Tree initiative! **Registration closes on tomorrow**, so register today to nominate an angel to receive gifts.

Register for an Angel

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.



The Eldred McClean Counseling Center is offering special Surviving the Holidays sessions for DivorcCare. This separate, one-time, virtual session is open to anyone who is navigating the challenges of a divorce or separation. Event Details:

• DivorceCare STH: Tuesday, November 18th, 6:30–8:30 PM For more information, those interested can contact Lenora Kelson

at lkelson@emccleancc.org or 972-930-5652.

Register for DivorceCare



Your safety remains a priority, so we will have an emergency evacuation/shelter-in-place drill briefly after service this 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.

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

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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