



UPCOMING EVENTS & UPDATES





Sister Meet-Ups

Let's come together to connect, fellowship and get to know each other better!

women@ndebf.org
Saturday, July 25th

[Register Here](#)

NEW MEMBER ORIENTATION

A New Beginning

AUGUST 1ST
9AM-1PM



FAMILY LIFE MEET & GREET

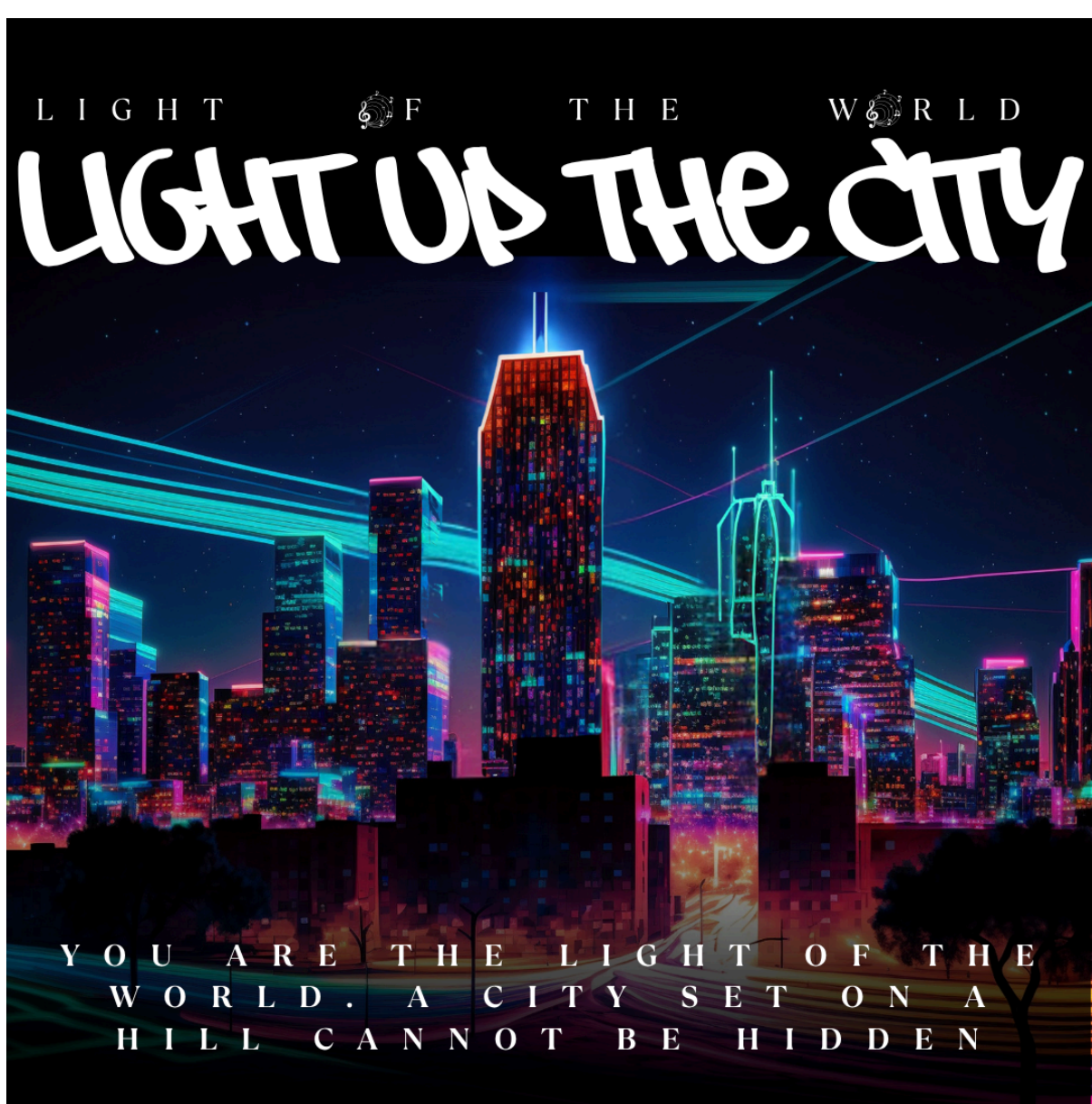
We want to get to know you!

AUGUST 2ND
AFTER EACH SERVICE



[Learn More](#)

OPPORTUNITIES TO SERVE



Our CityWide Community Worship Night is slated for August 29th at 6:30pm, and we invite all singers who have a passion to glorify God through singing. **Next rehearsal is Monday, July 13th @6:30pm in the sanctuary.** Contact kpittman@ndcbf.org with any questions. Register below to sing with us and learn more about the event!

[Choir Registration](#)

[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

"Summer is officially here, bringing longer days, brighter sunshine, and new opportunities to focus on your health, wellness, and self-care. As we welcome this beautiful season, we invite you to take time to nourish your mind, body, and spirit."

Summer Inspiration:

Rest • Restore • Rejoice

This season, take time to Rest in God's peace, Restore your mind, body, and spirit, and Rejoice in the abundant blessings that surround you every day.

Rest

Summer is a wonderful time to slow down, release stress, and find true rest in God's presence. When we pause and trust Him, we allow our minds, bodies, and spirits to be refreshed.

Scripture: "Come unto me, all ye that labour and are heavy laden, and I will give you rest." -Matthew 11:28

Restore

God specializes in restoration. Whether you need physical healing, emotional renewal, or spiritual strength, He can restore what has been worn down and guide you toward wholeness.

Scripture: "He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake." -Psalms 23:3

Rejoice

No matter what season of life you're in, there is always a reason to rejoice. Gratitude shifts our focus from our challenges to God's faithfulness and blessings.

Scripture: “Rejoice in the Lord always: and again I say, Rejoice.” -Philippians 4:4

Your Health Matters

Small daily habits create lasting results. Whether your goal is improved energy, better nutrition, weight management, stress relief, or overall wellness, every positive step counts.

Summer Wellness Reminder

- The warmer months are a perfect time to:
- Stay hydrated by drinking plenty of water
 - Spend time outdoors soaking up natural sunlight
 - Increase fresh fruits and vegetables in your daily meals
 - Prioritize movement through walking, stretching, pilates, or exercise
 - Make time for relaxation and stress reduction

Recommended Quick Tips

- Lemon water mornings
- 15 minutes of daily movement
- Daily gratitude

Ready to elevate your wellness?

Scripture - “The leaves of the trees are for the healing of the nations” - Revelation 22:2

Blessings,
Dr. Brenda Wakefield, PHD
Holistic Natural Health and Nutrition Practitioner

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