

# *NBCC KIDS*

## NEWSLETTER

JULY 2026

***“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”***

***-Psalm 139:13-14***

I have the most ridiculous little dog at home. She’s a miniature schnauzer and she is afraid of everything. I am not kidding, we actually keep a list on the fridge of all the things she is afraid of, and we add to it quite a bit. To give you just a sample, she is afraid of hats, boxes, bags, sneezes (hers or anyone else’s), aluminum foil and spoons. Those are just a few things, the list is actually quite extensive. And I share all this, because it is rather funny, but this morning was quite the adventure.

Every morning is an adventure with Madchen, she is also absolutely petrified of my neighbor’s basketball hoop that lives at the end of his driveway and she is afraid of bumblebees. These are important details. So this morning, like every other morning, I attached her collar and her leash for her morning constitutional, and we headed out the door. She always gives the aforementioned basketball hoop a wide berth, and she finds the next patch of grass on the sidewalk to sniff at. I don’t know how much you know about schnauzers, miniature or otherwise, but their sniffing is practically an art form, as well as a form of exercise. We try to give her ample time to sniff wherever her nose takes her. And this morning, it took her to a patch of grass with some small flowers nearby and while she sniffed, she apparently drew the attention of a bumblebee, who promptly flew out and ever so briefly touched Madchen.

To say she flipped out would be an understatement! She yipped, and with her cotton-ball sized tail tucked firmly between her legs she leapt into my arms and that was the end of her walk. I carried her homeward, all the while coaxing her by telling her (and I swear this is not a joke!) that she is “my big, brave girl”. I say that to mock her, for sure, but also to reassure her that she is not defined by her numerous fears.

Now, I feel the need to also mention that this week has not been without its fair share of fearful mishaps for my little dog. On Monday, on our return from our walk we encountered a small fiddler crab right outside my front door. On first sniff she seemed totally disinterested in said crab. Then it moved, and she had to be carried the 2 feet to our front door. Once safely inside she scurried to find refuge between the kitchen island counter and the kitchen stools. I was convinced that she would never go outside again.

So as I am carrying my “big, brave girl” back home, I make the momentous decision to write my children’s newsletter on fear! And how do we as parents help our children overcome their fears? I was thinking through this when I stopped dead in my tracks. Fear gripped me. I almost dropped the dog. My blood ran cold, and I could hear my heartbeat thumping in my ears. There on the road right in front of me was a SNAKE!

Now, I could lie and tell you it was a 12 foot python with fangs the size of my fist and that it was charging straight at me. I could lie and tell you that it was a big fat copperhead slithering towards me, mouth gaping wide with venom dripping from its sizeable needle-like fangs. The truth is, it was neither of those. It was a tiny little garter snake, probably only 6-7 inches long and it was completely stationary. But, the terror I experienced was very real, and I panicked. I ran into my house. Locked the front door and ran upstairs to my sleeping husband.

I don’t know what I expected Dave to do. The snake was outside, and I was safe. After all, I had locked the door. That amazing man, knowing my irrational fear of snakes, dragged his exhausted self out of bed and went outside to investigate. It was a “for better, for worse” moment.

So, there you have it. After all my teasing of my ridiculous little dog, I confess that I am afraid of snakes. I know I am not alone in this fear. It is irrational, and admittedly a little foolish. I avoid snakes at any and all costs. I am not a big, brave girl.

God tells us over and over to not be afraid. There is a popular myth that states the Bible tells us 365 times to not be afraid. That is just not true. But, and this depends on what translation you prefer, we are told roughly 100 times to not be afraid. The NASB says it roughly 150 times and The Message comes in with the least amount of times, instead saying things like “don’t run away” or “don’t let them intimidate you”. My point is, that God does tell us, nay He *commands* us, to not be afraid.

I know this. My heart, my brain, all of me knows that God is sovereign and in control and that fear is the enemy trying to control me. I get all that. And I don’t want to be afraid. And fear is a natural part of the human experience. It tells our body to fight or flight. My

background is in neuroscience, and I know and understand that the amygdala (a tiny almond shaped structure in our brains) receives sensory input and tells our brains that there is a present danger. And then the hypothalamus receives that input and sends signals via to the spine. I won't go into the intermediolateral cell column and the parasympathetic nervous system and how our hormones kick in and we experience an increased blood flow thus causing our hearts to race, our lungs take in more air and our pupils dilate. Although it really is fascinating.

But, when I saw that teeny, tiny snake, in less than a second my body went into full-on panic mode and all I could do was run away in fear.

*“For GOD gave us not a spirit of fear, but of power and love and self-control.”*

~2 Timothy 1:7

God equips believers with courage, *HIS* courage to face whatever dangers we perceive. As believers the Holy Spirit is within us and that is most definitely not a spirit of fear! So in those moments when we experience a racing heart and our lungs expand to get more oxygen, and the amygdala and hypothalamus are doing what they do, we can also experience and know God's great power and God's great love. And practicing self-control we can use reasoning to determine that a tiny little snake 10 feet away from me is *probably* not quite the danger to me as I falsely first interpreted. And that locking my door was *probably* a smidge dramatic.

*“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your GOD is with you wherever you go.*

~Joshua 1:9

God commands us. Be strong. Be courageous. Do not be afraid. Because HE is with us, wherever we go. That is not to say that we won't experience sheer moments of panic and extreme fear at times in our lives. Of course we will. But what we do in those moments matter. We can panic and make poor decisions. Or we can pray, asking our God to help us, to save us, to show us how to be brave. Which is certainly much more rational than how I behaved this morning. And I think as parents that is a skill and a habit that we should instill in our children. And that is a skill and a habit that I clearly need to work on for myself too. Because my understanding is that South Carolina has a lot of snakes.

As always, there is a lot happening in Kingdom Kids! We are just starting our new series called, Wonderfully Made. We will spend the next few weeks learning about God's unchanging character, and how He created us individually, purposefully and wonderfully. I am really excited for this series as it allows me to learn more about your children, their likes and dislikes, talents and skills. I value the time that I get to spend with them and

learn about them. I love seeing their artistic side, or their athleticism or how good they are at math! We have some really fun activities to go along with these lessons.

Family Worship Day is coming up on August 9th. If your kiddos want to be a part of the Kids Choir for that day, please let me know! We also have a fun skit planned for that day, so if your son or daughter wants to participate, let me know!

Thank you for allowing me the privilege of working with and spending time with your children. I love them all, and as I am coming up on my 2 year anniversary at NBCC in a couple of months, I am truly amazed at how my relationship with your children has grown. I love hearing about their weeks, their friends, their schools, their worlds in general. I love that I get to be a part of their world!

If you would like to join my team, please reach out! I am always looking for people to hold babies, entertain toddlers, play with preschoolers and debate with elementary aged-children! We really do have the most fun!

Sincerely,

Miss Amy

