

KETTERING HERALD

NEWSLETTER OF KETTERING BAPTIST CHURCH LEGACY CENTER

Ministry in the Spirit of Excellence

February 2019

Volume 17 Issue 02

YOUR HISTORY MONTH

According to the Library of Congress' website, "Harvard-trained historian, Carter G. Woodson's hopes to raise awareness of African American's contributions to civilization was realized when he and the organization he founded, the Association for the Study of Negro Life and History (ASNLH), conceived and announced Negro History Week in 1925. The event was first celebrated during a week in February 1926. The response was overwhelming: Black history clubs sprang up; teachers demanded materials to instruct their pupils; and progressive whites, not simply white scholars and philanthropists, stepped forward to endorse the effort.

By the time of Woodson's death in 1950, Negro History Week had become a central part of African American life and substantial progress had been made in bringing more Americans to appreciate the celebration. The celebration was expanded to a month in 1976, the nation's bicentennial. President Gerald R. Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." That year, fifty years after the first celebration, the association held the first African American History Month.

Regardless of the color of your skin you too have a responsibility to make an impactful contribution upon the world in which you live. Our very purpose in creation was to glorify God while impacting the world with His image and likeness. As children of God we too should be celebrating our contribution on civilization. That is, of course, if we have been about our Father's business.

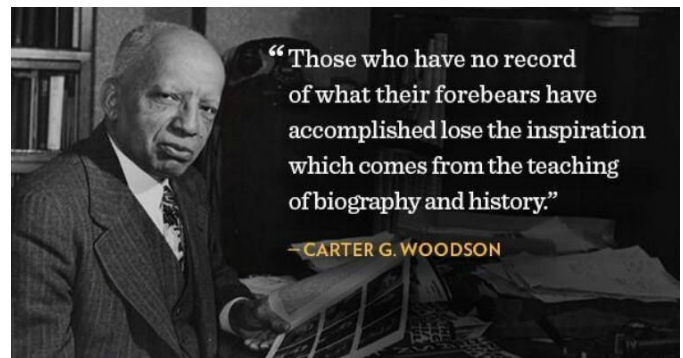
What is our Father's business you might ask? It is to be His witness in our Jerusalem, Judea, Samaria, and to the uttermost parts of the world. The dark and dismal world should be brighter and filled more intentionally with the light of God through His children

of light. The world we live in should be improved by our presence and work. We are called the salt of the earth and we should be seasoning it with the witness of a Savior, who desires to save the lost. We should be active in loving the widows and children. Blessing the homeless, feeding the poor, and visiting the sick should be amongst our accomplishments. Can it be said in the reflection of our history that we have presented our bodies as living sacrifices unto God? The question is, what noteworthy contribution are you making to the desperately wicked civilization in which we live that has been recorded in heaven that can and will be celebrated when your history month is realized?

If "Your History Month" unveils that there is little to nothing to celebrate, I urge you to begin today being involved in shaping the civilization in which we live. Begin today becoming one of the characters of history that others will read about and celebrate your contributions to improving our culture, God's Kingdom, and your very own life. The truth is, while you are being used to impact and shape civilization through your God given power and assignment, God is using the process to impact and shape you ever closer to the image of His Son.

Loving My Sheep

Pastor Bucas Sterling, III



Lev 25:10; ¹⁰And you shall consecrate the fiftieth year, and proclaim claim liberty throughout all the land for all its inhabitants. It shall be a Jubilee for you...

Celebrating Jubilee

50 YEAR
Golden Jubilee



5 THINGS TO DO DAILY TO KEEP YOUR HEART HEALTHY CELEBRATING JUBILEE

50
YEAR
Golden Jubilee

You know that exercise and a good diet can keep your heart healthy. But what else can you do to keep your ticker going strong? Incorporate these five habits into your lifestyle and your heart health will be the best it can be for you.

1. Eat healthy fats, NOT trans fats

We need fats in our diet, including saturated, polyunsaturated, and unsaturated fats. One fat we don't need is trans fat, which is known to increase your risk of developing heart disease or having a stroke over a lifetime. This is because trans fat clogs your arteries by raising your bad cholesterol levels (LDL) and lowering your good cholesterol levels (HDL). By cutting them from your diet, you improve the blood flow throughout your body. So, what are trans fats? They are industry-produced fats often used in packaged baked goods, snack foods, margarine and fried fast foods to add flavor and texture.



Tip: Read the labels on all foods. Trans fat appears on the ingredients list as partially hydrogenated oils. Look for 0 percent trans fat. Make it a point to avoid eating foods with trans fat.

2. Don't sit for too long at one time

In recent years, research has suggested that staying seated for long periods of time is bad for your health no matter how much exercise you do. This is bad news for the many people who sit at sedentary jobs all day. When looking at the combined results of several observational studies that included nearly 800,000 people, researchers found that in those who sat the most, there was an associated 147 percent increase in cardiovascular events and a 90 percent increase in death caused by these events. In addition, sitting for long periods of time (especially when traveling) increases your risk of deep vein thrombosis (a blood clot).



Tip: Experts say it's important to move throughout the day. Park farther away from the office, take a few shorter walks throughout the day and/or use a standing work station so you can move up and down. And remember to exercise on most days. Aim for 150 to 300 minutes of moderate exercise – or 75 to 150 minutes of vigorous exercise each week. This is according to Physical Activity Guidelines for Americans, a scientific report produced in fall 2018. The guidelines recommend that adults supplement their weekly activity with two sessions of resistance muscle-building exercises and that older adults incorporate balance enhancing exercises into their fitness regimen.

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Pastor

Bucas Sterling III

The Newsletter Ministry Members

Sis. Brenda Brown

Sis. Jaime Eley McDowney

Sis. Debbie Mosby

Sis Tamara Tisdale

Bro. Kenneth Trass

Our Mission Statement

To lift up the name of Jesus Christ, that all men may be drawn to Him. To inform, edify, and encourage the members and ministries of Kettering Baptist Church Legacy Center. To inform and encourage our community.

Article deadline: 25th day of the previous month

Please send articles to: KetteringNews@ketteringministries.org

The Newsletter Ministry kindly reserves the right to edit or alter all submissions for publication. The Pastor has the final authority on publication.



5 THINGS TO DO DAILY TO KEEP YOUR HEART HEALTHY, CONT'D CELEBRATING JUBILEE

50
YEAR
Golden Jubilee

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3. Practice good dental hygiene, especially flossing your teeth daily

Dental health is a good indication of overall health, including your heart, because those who have periodontal (gum) disease often have the same risk factors for heart disease. Studies continue on this issue, but many have shown that bacteria in the mouth involved in the development of gum disease can move into the bloodstream and cause an elevation in C-reactive protein, a marker for inflammation in the blood vessels. These changes may in turn, increase your risk of heart disease and stroke.



Tip: Floss and brush your teeth daily to ward off gum disease. It's more than cavities you may have to deal with if you are fighting gum disease.

4. Get enough sleep

Sleep is an essential part of keeping your heart healthy. If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or other health habits. One study looking at 3,000 adults over the age of 45 found that those who slept fewer than six hours per night were about twice as likely to have a stroke or heart attack as people who slept six to eight hours per night. Researchers believe sleeping too little causes disruptions in underlying health conditions and biological processes, including blood pressure and inflammation.



Tip: Make sleep a priority. Get 7 to 8 hours of sleep most nights. If you have sleep apnea, you should be treated as this condition is linked to heart disease and arrhythmias.

5. Avoid secondhand smoke like the plague

Studies show that the risk of developing heart disease is about 25 to 30 percent higher for people who are exposed to secondhand smoke at home or work. According to the American Heart Association, exposure to tobacco smoke contributes to about 34,000 premature heart disease deaths and 7,300 lung cancer deaths each year. And nonsmokers who have high blood pressure or high blood cholesterol have an even greater risk of developing heart disease when they're exposed to secondhand smoke. This is because the chemicals emitted from cigarette smoke promote the development of plaque buildup in the arteries.



Tip: Be firm with smokers that you do not want to be around environmental smoke—and keep children away from secondhand smoke.

Follow these five tips and you'll be doing your heart a favor. You'll feel better and be able to stay active with a heart-healthy lifestyle.

Contributor: A. Marc Gillinov, MD

Reference: <https://health.clevelandclinic.org/5-things-to-do-daily-to-keep-your-heart-healthy/>



CHURCH PRAYER BREAKFAST CELEBRATING JUBILEE

50
YEAR
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By Bro. Kenneth Trass

The purpose of the breakfast was to worship the Lord in prayer, fellowship, and impact the prayer lives of all in attendance. The theme for the breakfast was “Our Prayer Life.” The program provided the participants lessons centered on three aspects of prayer. After the welcome by the Prayer Ministry Chair, Domonick Miller, the morning kicked off with an inspiring praise and worship session led by Minister Brian Bailey.



The audience was then immersed in the first lesson presented by Brother Domonick. The lesson was titled “Importance of Prayer.” The lesson covered three ideas about the importance of prayer. First was the fact that who we are praying to is important. You must know that it is God. It is imperative to understand that HE wants to have a relationship with us. (I John 4:9-10) GOD has directed us to pray. (Philippians 4:6-7) At the end of the lesson, participants were asked to pray aloud at their seats.



Brother Domonick presented the second lesson, “Impact of Group Prayer.” He used examples from the Bible extolling the effectiveness and need for group prayer. In Acts 1: 12-26, the disciples and others came together to pray for a replacement for Judas. Through prayer, Matthias was chosen. In Acts 12: 4-10, the church offered constant prayer to God for Peter in prison; Peter was freed. In Acts 4: 23-31, Peter and John, after being released by the authorities, prayed for boldness. That they would continue to speak the word of God in the face of persecution and possible execution. Peter and John became filled with the Holy Spirit and continued to speak the word of God.



Brother Domonick divided the audience into segments and assigned them a subject to pray for. The subjects were our Church leaders, the Church body, and the lost and unsaved. The members stood and prayed as a table with each person at the table offering a prayer.



Deacon Vernon Bell offered the last lesson, “Improving Your Prayer Life.” He used the story of the prophet, Daniel, being casted into the lion’s den (Daniel 6: 10-23). Deacon Bell explained through this narrative six facets of prayer life. They are 1) Priority of prayer; 2) Place for prayer; 3) Position for prayer; 4) Persistent in prayer; 5) Purposeful in prayer; and 6) Practice prayer.



At the conclusion of the lesson, Brother Domonick had everyone in attendance join hands around the walls of the Fellowship hall and he led a final group prayer. Pastor Sterling gave his remarks and blessed the food.

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CHURCH PRAYER BREAKFAST, CONT'D CELEBRATING JUBILEE

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While the caterer completed the set up for food service, members were asked to write prayer requests on a sheet of paper and drop them in a basket at the foot of the cross that was in the room.

After a hearty breakfast, everyone returned home having been blessed by the morning's event.





CHURCH ANNOUNCEMENTS CELEBRATING JUBILEE

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Singles Valentine Fellowship

All singles are invited to join us for a Valentine's Celebration with great food and fellowship at Rusty Scuppers in Baltimore on **Saturday, February 16th from 11:30am to 3pm**. Reserve your seat for only \$30; space is limited. Register in-person on **Sunday, February 10th**, which is

Singles VALENTINE'S FELLOWSHIP

Saturday, February 16, 2019

11:30 am to 3:00 pm.

Rusty Scuppers,
Baltimore, MD

Cost \$30.00



Youth Ministry Lock-In

Calling all youth ages 13-17! The Youth Ministry is hosting a **Youth Lock-In** from **Friday, February 15th at 7pm to Saturday, February 16th at 7am**. The cost per person is \$35 which includes dinner, Laser Tag, snacks throughout the night, and breakfast. You may register on-line **now through Wednesday, February 13th**. This will be a night of fellowship, laughter and fun! **Scholarships are available.**

all youth ages 13
through 17

\$35 per person
includes dinner,
Laser Tag, snacks,
and breakfast

Friday, Feb, 15th 7 pm - Saturday, Feb 16th 7am

Please register online through
Wednesday, February 15th

Senior Safety Seminar

There will be a free **Senior Crime Prevention Seminar** on **Wednesday, February 13th from 12noon to 1:30pm**. The PG County Sheriff's Office will facilitate the seminar and share insight and expertise on different ways to keep our precious seniors safe in terms of identity theft, their physical safety, and how to avoid scams aimed at seniors. The seminar will be very helpful to seniors and to anyone who is concerned about the safety of seniors.

Marriage Ministry Hot Topics

Attention Married Couples! Join us for our **Hot Topics Discussion** this **Friday, February 8th from 7pm - 9:30pm**. There will be food, skits, dialogue, and laughter. Feel free to invite other married couples to join us. Childcare is provided.



Attention Married Couples!

HOT TOPICS Discussion

Friday, February 8th at 7pm

The event is **free!**
Join us for a great discussion.

KBC Legacy Center

Child care will be provided.
Please sign after each service outside of the Fellowship Hall.

Health & Wellness Ministry

Sisters, did you know that February is American Heart month? The Health and Wellness Ministry welcomes ladies of all ages to attend our first seminar of 2019 **"Wear Red for Heart Disease in Women!"** this **Saturday, February 9th from 10am-1pm** and we're asking all ladies to wear red. On that day you will also get a chance to have your blood sugar, cholesterol, and blood pressure checked as these can lead to heart disease if not controlled. The guest speaker will be Dr. Harjit Chahal.

Men's Ministry—The Huddle

The Men's Ministry invites all men to attend our huddle discussion on **Friday, February 22nd at 7pm**. The huddle is an opportunity for men to be real and transparent in sharing victories and discussing the challenges that affect us. This month's topic is "How to Navigate through Anger and Forgiveness." Refreshments will be provided!!

Seniors' Skit

Kettering Baptist Church Seniors will be presenting a skit, "Only by the Grace of God II" on **Wednesday, February 20th at 12noon**. Two years after giving her heart to the Lord and having been able to make it through a number of issues, by the grace of God, a woman is, herself, used by God. Come out and bring a friend and see how the way we live our lives can make a difference in the Kingdom of God.



NO GREATER LOVE CELEBRATING JUBILEE

50
YEAR
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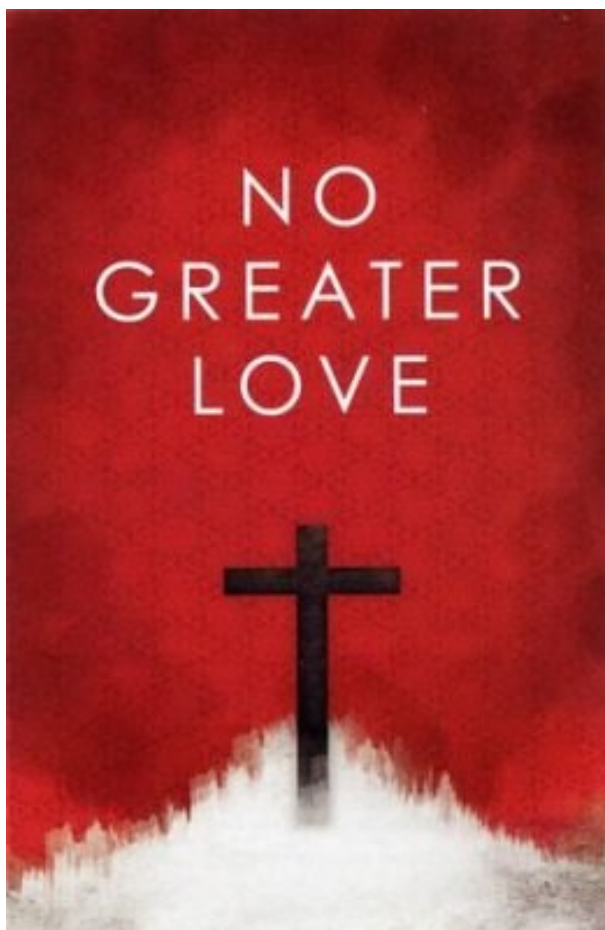
I don't deserve to call You Father. I don't deserve to call You at all.
I don't deserve the way You listen and answer when I call.
I don't deserve life, when Your life you laid down for me.
I certainly don't deserve liberty. Yet by your blood, I am made free.

Yet Lord, You spoke the words, "Our Father", as You taught us to pray,
And to think of You as "Pappa", and that You love us anyway.
You also lovingly listen to me, to my words, to my thoughts and to each tear.
Never are You too busy and wherever I am, You are near.

Then the gift of life You gave to me, in exchange for Your very own.
Now I must tell the Good News of You, my Father, and the great love that You've shown.
I have and enjoy freedom for which You paid, Your precious blood covering the debt.
While my blood flows warmly in my veins, You Father, I far too often neglect.

You Lord, deserve better than anything that I can give,
It is amazing the way You died. It is Your grace, the way I live.
Now Lord I ask You to help me to keep our love on track,
To accept the great love You give, and to give that same love back.

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CHURCH CALENDAR CELEBRATING JUBILEE

50 YEAR
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Sanctified Saturday
3 5:30pm Church-wide Super Bowl Fellow- ship	4	5	6 12pm Bible Study 7pm Bible Study & Awana	7	8 7pm Marriage Min. Hot Topics 7pm Children's Drive- In Movie 7pm Night to Shine (FBCG)	9 10am Women's Heart Disease Seminar
10	11	12	13 12pm Senior's Semi- nar on Crime Preven- tion 7pm Bible Study & Awana	14 Valentine's Day	15 7pm Youth Lock-In Begins	16 7am Youth Lock-In Ends 11am Singles Valen- tine Event in Baltimore
17	18  Presidents' Day	19	20 12pm Senior's Skit 7pm Bible Study & Awana	21	22 7pm Men's Huddle	23 9am Evangelism Workshop 9am Musicians Sum- mit
24	25	26	27 12pm Worship Service 7pm Quarterly Business Meeting & Awana	28		