



# KETTERING HERALD

KETTERING BAPTIST CHURCH LEGACY CENTER NEWSLETTER

MINISTRY IN THE SPIRIT OF EXCELLENCE

Volume 18 Issue 04

April 2020

## ESSENTIAL PERSONNEL

Needless to say times have changed since February of this year. These changes have created a new way of living daily as well as a new vocabulary for many. Words like, pandemic, social distancing, COVID, essential personnel and so on have become regular parts of our vocabulary. For some the use of the word essential personnel has proven to make the difference between being able to continue to work or staying home and not having a job. A word being used synonymously to essential personnel is front liners.

While in the military we were very clear as to who was essential and what place on the line we had. For those who went in first and to the front of engaging of the enemy in war were considered front line defense. Marines, infantry, security, scouts, and snipers were some of the front line people. As we saw in the old television series, "M.A.S.H." the logistics, hospital and medical personnel were just behind that front line saving lives, patching up people and coordinating logistical needs.

The difference today is that the line where the war is being waged, has moved to the hospital, the bus, the grocery store, the fireman, the paramedic, the police officer, the janitor and cleaning staff, certain government workers and contractors. These are now front liners, essential personnel. Of course there have been a few odd people added to this group that I am not sure belong, such as the liquor store worker and the Easter Bunny.

The challenge for many is that they are not used to being on the front line and now, not only are they there, but they are experiencing the war in its hottest and most overwhelming vehemence. Interestingly, it is now that everyone is becoming much more aware

and appreciative of what these people do every day to allow us to have and experience our normal lives. Do not misunderstand me, these people deserve all the support and encouragement we can possibly provide them. However, their worthiness did not just begin with the Covid virus.

Every warfare has front line people. Those whose lives are put in the most vulnerable position as they fight for victory that others may live. Front line people in the spiritual warfare are often times mistreated and underappreciated as well. Every Christian should be a front line worker, helping to advance the Kingdom of God. The good news is that Christ already sacrificed His life for us that we may live. The danger of death has been removed for us. Hallelujah!

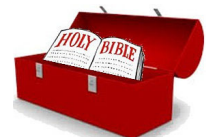
So the motive of all this conversation is to encourage us all to reconsider who is valuable to you and to our society. As opposed to looking down upon someone or disgracing them because they do not have the education or degree or opportunity, as if it makes them less valuable to the balance of our lives, take the time to honor them, celebrate them, and appreciate them at every opportunity you have. This is a call to Christians to take your stand on the front line for Christ. Finally, remember all the essential personnel.

Loving My Sheep  
Pastor Bucas Sterling, III



John 1:50; 50 Jesus answered and said to him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these."

**Changing the World with What You Have**





## CHAT & CHEW

### CHANGING THE WORLD WITH WHAT YOU HAVE



By Benda M. Brown

Friday, March 13th was an evening for women only, an evening for us to do something most of us don't do on a regular basis! It was a night for us to temporarily forget about our spouse, forget about our children, forget about our jobs, forget about what we would be cooking the next day, forget about the laundry and all the other household chores on our list of things to do. It was the one night we could forget about the myriad of things that occupy and crowd our mind in exchange for spending a few hours focusing on us!



The evening began with an opening prayer and the blessing of the food. Then we all had a chance to experience the "chew" portion of the Chat & Chew. The food was utterly delicious and there was more than enough for seconds and thirds!



Prior to the "chat" portion of the evening, we had the opportunity to visually see how all of us spend our time, and to no one's surprise, the majority of us spend little to no time on ourselves! This spoke volumes to many of us, as we know we are always busy and taking care of everyone else, but to view this reality on paper allowed us to see how we place ourselves on the back-burner, and it wasn't a pleasant sight. (Being a super-woman isn't always what it's cracked up to be)!



Now that we took the time to reflect on our true selves, it was time for us to see how to rewrite the script and turn things around, and the one person to help us do this was our own Sis. JoLinda Agnew. Not only is Sis. Agnew a member of KBC, she is a Certified Coach, Speaker and Teacher. She began by sharing her favorite scripture with us in the form of Matthew 6:33, which reads, "But seek first the kingdom of God and His righteousness, and all these things shall be added to you". (NKJV).



Her topic for the evening was "Self Care". To hear those words, you may think this topic was all about how to physically

*(Continued on page 3)*

**Pastor Bucas Sterling III**  
**The Newsletter Ministry Members**  
 Sis. Brenda Brown  
 Sis. Letitia Hinton  
 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](mailto: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.*



## CHAT & CHEW (CONT) CHANGING THE WORLD WITH WHAT YOU HAVE



*(Continued from page 2)*

take care of ourselves, such as the importance of exercise, or eating the right foods, or the correct way to do our nails, or things along those lines, however, Sis. JoLinda shared with us that self-care is much more than physical care. Self-Care is any activity we do deliberately in order to take care of our mental, emotional, and physical health. She stressed self-care is different for each of us, meaning self-care can manifest itself in different ways, but the foundation of her lesson that all of us were to hone in on and build upon were:

- we were created in God's image - Genesis 1:27
- we are a holy people, and as such, we are valuable to God - Deuteronomy 7:6
- our bodies are temples - 1st Corinthians 6:19-20

In other words, she let us know that not engaging in self-care means we are not honoring God, and who wants to not honor God! (Her choice of words here truly put things in perspective). Self-care is not being selfish, and we as women must begin to take good care of our bodies. We must learn to care for ourselves first before we can properly care for the ones we love. That is mind-boggling, as we all think we are taking good care of our loved ones right now, but if we truly were taking care of ourselves first, imagine what we could be for the ones we love!

We applaud the Women's Enrichment Ministry, headed by First Lady Carolyn Sterling, for bringing this valuable lesson to us! Sis. JoLinda was amazing and she spoke from the heart in caring and sharing with us and we thank her for it. Our sincere thanks go as well to our dedicated Fellowship Ministry for providing us with a festive and enjoyable meal. They always exceed the mark! Appreciation also is being given to go to our Gifted Hands Ministry, our Sound Ministry and our Trustees! Everyone came together in support of this which led to it being a rewarding and successful event.

The evening was an awakening for this writer, and I'm sure it was for all the ladies in attendance at the Chat & Chew. We came in one way, but we left knowing we all had work to do...work that would enable us to be the best women we can be, but more importantly, the best women God wants us to be!





## **A 7-DAY CORONAVIRUS PRAYER GUIDE**



### **PRAY FOR THE SICK**

Pray for those who are sick, and their families, that the Lord would heal and comfort them.

### **PRAY FOR HEALTHCARE WORKERS**

Pray for those on the frontlines treating those who are sick, that the Lord would protect and strengthen them.



### **PRAY FOR THE VULNERABLE**

Pray for those who are especially vulnerable to disease, that the sickness would pass over them and that they would rely on others for help.

### **PRAY FOR THE UNEMPLOYED**

Pray for those who have lost work, that God would provide through their families and communities.



### **PRAY FOR OUR LEADERS**

Pray for national and local government leaders, that they would have wisdom to do what is best for all.

### **PRAY FOR STUDENTS & FAMILIES**

Pray for students who are out of school, and their families, that the Lord would give them patience and discipline.



### **PRAY FOR CHURCHES**

Pray for churches and ministry leaders, that they would know how to best show the love of Christ in this time.

“Peace I leave with you. My peace I give to you. I do not give as the world gives. Don’t let your heart be troubled or fearful.”

**JOHN 14:27**



## GUESS WHO JUST TURNED “80” YEARS YOUNG! CHANGING THE WORLD WITH WHAT YOU HAVE



By Brenda M. Brown

To look at her, you would never know, nor can you believe **she is 80!** And who am I talking about...well let me give you some insight into this remarkable and amazing lady we have in our midst.



### PERSONAL

Birth Date - **February 28, 1940**

Personal Traits - (as observed by this writer) - stylish

dresser; lover of stilettos, endearing, friendly, caring, tech-savvy, world traveler

Currently a **Mom** to one daughter, one son & a son-in-law

Her oldest daughter passed away in 2012

She's a **Grandmother** to five living grandchildren

One grandson, age 17 years old, died in a tragic and horrific car accident the morning of Mother's Day, 1997

Another grandson was murdered in Washington, DC on March 27, 1999, and his murder is still unsolved

Both grandsons were raised in and involved in church

She's a sister, sister-in-law, cousin, aunt, "second Mom" and friend

Advice She's Given to her Grandchildren - "Don't be afraid to dream; reach for the sky, read, explore, be kind to others; stay focused on what you want to achieve and do your best, for I believe excellence is attained if you care more than others think wise; risk more than others think safe; dream more than others think practical; and expect more than others think possible". She further tells them "there is one thing I'm certain of, if you leap and fear that you might fall, just remember, God will supply the net"!

This writer asked her what was the key to her longevity and she responded, "God's Grace"!

She also indicated she smoked one cigarette at the age of 14, and that was the only time, as her Mom caught her in the act, made her put the cigarette out, and EAT IT, so she never had another cigarette. She didn't drink her first glass of wine until she was in her 20's.

### SPIRITUAL

She's been a faithful member of KBC since the year 2000.

Member of KBC Employment Ministry

Favorite Scriptures - Psalms 120 & 121

Our honoree indicated she first heard Pastor Sterling speak in 1999 during a homegoing service for one of her co-workers. She took one of her grandsons with her to the service, as they had plans afterwards. She said Pastor Sterling was so dynamic with the eulogy, her grandson, who was seven years old at the time said, "Grandma, we need to come back to this church to hear him again", and that is what she did and we're happy to say she has been here with us ever since!

### EDUCATION

Entered George Washington University @ **32 years of age**, and received her undergraduate degree in 1978

She's a 1990 graduate of the Army Management Staff College, Fort Belvoir, VA

She attended the Haus Rissen Institute for Politics and Economics in Hamburg, Germany

Took graduate courses in Public Administration at Central Michigan University

Received a Master's degree in Human Resource Development in May, 1995 from Bowie State University. (She began working on this Master's Degree at the age of **53**)!

Began doctoral studies at George Washington University in September 1996 where she pursued a Doctorate in Human Resource Development.

### CAREER

(Continued on page 7)



# CHURCH ANNOUNCEMENTS CHANGING THE WORLD WITH WHAT YOU HAVE



## Bible Study

JOIN US ON FACEBOOK LIVE AS WE STUDY  
THE BOOK OF COLOSSIANS

**BIBLE  
STUDY  
SESSIONS**

EVERY WEDNESDAY AT 7:05PM  
WITH PASTOR BUCAS STERLING III  
@KBCLEGACYCENTER1

Bible Study on Wednesdays @ 7pm and Friday Night Chat @ 7pm. If you don't have Facebook, the Bible study and Friday night Chat are posted to the Kettering website soon after broadcast is over, or the link can't be sent to you by someone you know who has Facebook so you can watch live, without Facebook.

## Tithes and Offerings

**REMEMBER TO**  
*Give Your Tithes & Offerings*  
**DURING COVID-19**

**THERE ARE SEVERAL WAYS TO GIVE:**

- MAIL YOUR OFFERING IN
- E-TEXTING (301) 246-8018
- E-GIVING [WWW.KETTERINGMINISTRIES.ORG](http://WWW.KETTERINGMINISTRIES.ORG)

"So let each one give as he purposes in his heart, not grudgingly or out of necessity for God; for God loves a cheerful giver."  
2 Corinthians 9:7

Tithes and Offerings can be mailed in to the church at: 6909 Crain Highway, Upper Marlboro, 20772. Mail is checked daily. Please do not send cash. You may also give online through the website and app or text your giving (see flyer below).

## AIM

EVERY WEDNESDAY AT 12 NOON

**AIM**  
*To Pray*

We are getting in position for GOD to MOVE!  
We must be adamant, intentional and motivated to pray so that GOD will be provoked to move on our behalf.

ADAMANT. INTENTIONAL. MOTIVATED  
PRAYER

Every Wednesday at Noon, please be dedicated in your prayers. Pray for our country, our church, our community, our leaders, for the COVID-19 situation, persons working on the frontline and any other areas of concern. We believe that if we bombard the throne of God, HE

will hear us. AIM (Adamant, Intentional and Motivated)!

## Updates

- ◆ Worship services are being broadcast livestream on Sunday morning at 8:00 am and 11:00 am on Facebook and posted to the church website [www.ketteringministries.org](http://www.ketteringministries.org).
- ◆ All April events have been cancelled.
- ◆ Church office are closed through the remainder of the month
- ◆ June 7=10 SBLC event cancelled
- ◆ Church is exploring virtual platforms for ministry meetings and small virtual events

## Financial Relief Opportunities

- Small business loans and grants available
- State of Maryland 90 day forbearance available for auto loans and mortgages (must contact lender to discuss); request terms of forbearance when you contact the lender (in most cases principal is added onto rear of the loan with no interest); if still working and it is granted - consider using funds to pay debt down
- CARES ACT - student loans - no payment; deferment through September 30th, no interest (contact lender)
- Contact auto insurer for reduced rates (not driving vehicle so reduces annual mileage)

**LIVE  
CHAT**

WITH  
**PASTOR STERLING**  
**FRIDAYS AT 7PM**  
**ON FACEBOOK**  
**@KBCLEGACYCENTER1**



## GUESS WHO JUST TURNED “80” YEARS YOUNG! (CONT) CHANGING THE WORLD WITH WHAT YOU HAVE



(Continued from page 5)

### “Good Government Worker”

Began Federal service in the secretarial field

Worked in Human Resources (HR) field

Served as Acting Director, EEO, US Army Europe & 7<sup>th</sup> Army, Heidelberg, Germany from 1988 - 1991

Retired and ended her Federal career in 1996 after 37+ years of dedicated and faithful service, with her last position being senior advisor to the Inspector General as Director of Equal Employment Opportunity (EEO) at the Department of Defense, Office of the Inspector General

Her career gave her the opportunity to become a national and international world traveler.

She’s traveled all over the United States covering both coasts

Other travel has taken her overseas to places such as, Heidelberg, Germany; Davos, Switzerland; Spain; Sweden; France; Holland; Denmark; Venice & Vicenza, Italy; Belgium; Budapest, Hungary; Vienna, Austria; and Liechtenstein (a principality in Germany)

After retirement, she became a consultant with the Government Training Institute and subsequently formed her own business - Dimensional Insights - *Strategies for Change and Resolution*

From 1998 - 2015, she provided professional EEO services to the Defense Threat Reduction Agency; consulted with and conducted EEO Investigations for various Department of Defense and Department of the Army agencies (in the US and overseas); the US Postal Service, National Science Foundation, Social Security Administration and the Department of Agriculture

A grand total of 54 years working for and serving the Federal workforce

### WHO IS SHE?

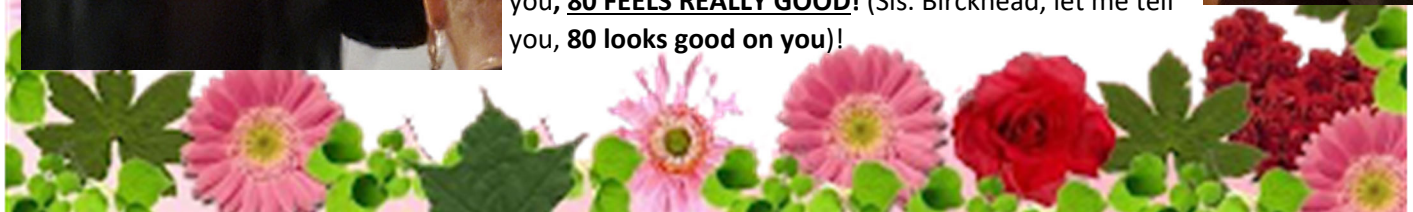
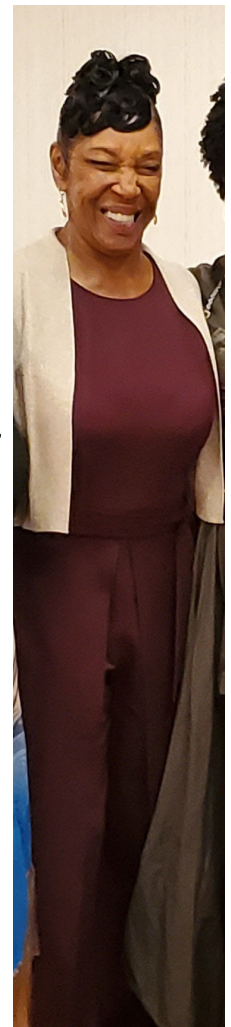
Her philosophy is “life is a journey, not a destination and it’s been a perfect mix of excitement, amazement, and wonder with a little bit of disappointment sprinkled in here and there”!

At a recent event, she said, “Do something for someone other than yourself. God has gifted all of us with something special - use that gift and Pay It Forward. If you know something that will help someone else, be a resource, not an obstacle. If someone asks you for information,

never say I DON’T KNOW, even if you don’t---INSTEAD say I’m not sure, but I’ll try to find out---BE A HELP NOT A HINDRANCE”!

Even though she has garnered much success, accolades and rewards for her stellar work with the Federal Government, many of us here at KBC probably didn’t know any of the information shared with you in this writing... why...because she is very meek and humble person, a quiet storm you might say. For all she has and for all she is, she said it’s all from God, as he’s been with her throughout it all ordering and guiding her steps. Blessed are the meek for they shall inherit the earth. Matthew 5:5 NKJV

The amazing woman who God has truly blessed is in the form of **MS. CAROLE L. BIRCKHEAD**, and as she will tell you, **80 FEELS REALLY GOOD!** (Sis. Birckhead, let me tell you, **80 looks good on you!**)





Be **SMART** & inform yourself about **#coronavirus**



Follow accurate public health advice from WHO & your local health authority



Follow the news on latest coronavirus updates



To avoid spreading rumors, always check the source you are getting information from



Don't spread rumors

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



UNITED NATIONS



World Health Organization

**Protect others from getting sick**

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



**Throw tissue into closed bin immediately after use**

**Clean hands** with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



World Health Organization



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

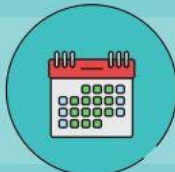
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

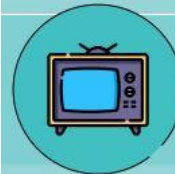
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

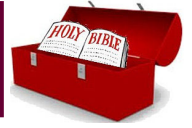






# MORE CORONAVIRUS INFORMATION

## CHANGING THE WORLD WITH WHAT YOU HAVE



### Stay connected to the resources and care you need

As the coronavirus pandemic continues to touch lives across the country and around the world, we're constantly looking for new ways to keep our members feeling healthy, safe, and supported.

### Coping during this challenging time

If you're feeling the emotional and mental weight of this moment, you're not alone. Trying even a few simple tasks can help us all thrive together even while we're apart. Here are a few ideas and tips to try:

[Improve your mood with exercise](#)

[Practice self-care with the help of apps and activities](#)

[Talk to loved ones about how you're feeling](#)

This information is provided by Kaiser Permanente.

SURFACE		LIFESPAN OF COVID-19 VIRUS
	Paper and tissue paper**	3 hours
	Copper*	4 hours
	Cardboard*	24 hours ■
	Wood**	2 days ■■
	Cloth**	2 days ■■
	Stainless steel*	2–3 days ■■■
	Polypropylene plastic*	3 days ■■■
	Glass**	4 days ■■■■
	Paper money**	4 days ■■■■
	Outside of surgical mask**	7 days ■■■■■■

\*At 69.8 to 73.4°F (21 to 23 °C) and 40% relative humidity    \*\*At 71°F and 65% relative humidity

Source: New England Journal of Medicine\*; The Lancet Microbe\*\*

BUSINESS INSIDER