



# KETTERING HERALD

KETTERING BAPTIST CHURCH LEGACY CENTER NEWSLETTER

MINISTRY IN THE SPIRIT OF EXCELLENCE

Volume 20 Issue 04

April 2022

## CELEBRATING “22 YEARS” AT KETTERING BAPTIST

If it is possible think back twenty-two years ago. Where were you and what were you doing and how old were you? For some you were not even born yet and for others you were entering a career that you may be preparing to or have already retired from. Bill Clinton was completing the final year of his presidency after the sex scandal with the intern Monica Lewinski. The movie “Rules of Engagement” had just come out and twenty-four year old Tiger Woods was winning six consecutive events on the PGA Tour, which was the longest winning streak since Ben Hogan did it in 1948. The year 2000 had plenty of national stellar and memorable events, while quietly Kettering Baptist Church, in Upper Marlboro, Maryland, was installing a new young pastor to lead them after going two years without pastoral leadership.

The journey for Kettering began with much excitement and anxiety about what the future would hold. While the journey for me as the new pastor was quite different. It began with the sudden, unexpected death of my father and having to perform his home-going, then three months later watching my mother suffer through a massive heart attack, wondering if she would survive and while awaiting Gods answer for that having my younger brother murdered in his own home in front of his young children. I also handled my brother’s home going service and witnessed God heal my mother. The spiritual warfare was tremendous but the vision of God to me was so clear that I continued to press on towards that goal in spite of my pain and the opposition of the enemy.

The Lord says to Jeremiah in Jerimiah 29:11, “For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.” The NIV translates the word

‘thoughts’ to “plans”, thus letter us know that God does have a plan for us regardless of how things look at the moment. Today as I look back over the 22 years, here at Kettering I can honestly say that it was clear that He has a plan for me here at Kettering Baptist Church. In that first year with all the challenges and troubles I experience I witnessed God add to the church two hundred or so members and he continued to add two hundred a year every year over the next four years. We had run out of space, were holding three services every Sunday and looking for more space to accommodate the growth. Over these 22 years there have been so many lives I have been blessed to touch, encourage, counsel, train, lead to Christ, worship with, cry and rejoice with and to build for the Kingdom of God.

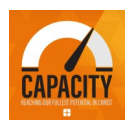
So you want to know why I am celebrating. It because over these years God has upheld me when others were bowing down and giving in. It is because all that we have seen accomplished was only me trusting and following God’s word and will that many doubted and could not see. It is because it did not have to be the plan He had for me. Things could have easily gone another way, but God! I celebrate Kettering family because it really truly is ALL GOD.

Thank you all for allowing me to pastor, shepherd and lead you as God has given me strength and direction over these past twenty-two years, or for however many of them you have been present. I love you all dearly and thank you all for celebrating with 1<sup>st</sup> Lady and I.

Loving My Sheep  
Pastor Bucas Sterling, III



Philippians 3:14 I press toward the goal for the prize of the upward call of God in Christ Jesus. .  
**Achieving Our Full Potential in Christ**





## April is National Stress Awareness Month

### Coping with Stress

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful and overwhelming. **Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.**

Stress can cause the following:

Feelings of fear, anger, sadness, worry, numbness, or frustration

Changes in appetite, energy, desires, and interests

Difficulty concentrating and making decisions

Nightmares or problems sleeping

Physical reactions, such as headaches, body pains, stomach problems, or skin rashes

Worsening of chronic health problems and mental health conditions

Increased use of [alcohol](#), illegal drugs (like [heroin](#), [cocaine](#), [methamphetamine](#)), and misuse of prescription drugs (like opioids)

### Healthy Ways to Cope with Stress

It's natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

**Take breaks from news stories, including those on social media.** It's good to be informed, but constant information about the pandemic can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

#### Take care of your body:

Get vaccinated and stay up to date on your COVID-19 vaccines.

Eat plenty of fruits and vegetables, lean protein, whole grains, and fat-free or low-fat milk and milk products. Eating well also means limiting saturated fats, cholesterol, salt, and added sugars.

Going to bed at the same time each night and getting up at the same time each morning, including on the weekends, can help you [sleep better](#) (seven or more hours per night for adults).

Move more and sit less—every little bit of physical activity helps. You can start small and build up to 150 minutes a week that can be broken down to smaller amounts such as 20 to 30 minutes a day.

Take deep breaths, stretch, or [meditateexternal icon](#).

Limit [alcohol](#) intake. Choose not to drink, or drink in moderation by limiting consumption to one drink a day for women—two for men—on days that alcohol is consumed.

Avoid using prescription drugs in ways other than prescribed, someone else's prescription, or illegal drugs. [Treatmentexternal icon](#) is available and [recovery starts with asking for helpexternal icon](#).

Avoid [smoking](#) and the use of other [tobacco](#) products. People can and do [quit smoking](#) for good.

Continue with regular health appointments, testing, and screening.

**Make time to unwind.** Try to do some other activities you enjoy.

**Connect with others.** [Talk with people](#) you trust about your concerns and how you are feeling.

**Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

#### Pastor Bucas Sterling III

#### The Newsletter Ministry Members

Sis. Brenda Brown

Sis. Jaime Eley McDowney

Sis. Debbie Mosby

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.*





## PASTOR & FIRST LADY STERLING 22ND ANNIVERSARY ACHIEVING OUR FULL POTENTIAL IN CHRIST



The Pastor and First Lady's Anniversary Celebration was held on the 1<sup>st</sup> Sunday in April. It was a celebration of Pastor and First Lady Sterling's twenty-two years of exceptional service to the Kettering Baptist Church Family and the community. Music was offered by our Praise Team joined with music recording artist, Capri M<sup>c</sup>Clean. The songs were inspirational and uplifting for all who heard them. The Dance Ministry presented a solo dance performance. Ministry presentations were made to Pastor and First Lady. The Ministries that presented are captured in our photo array. It should be noted that the Women's Enrichment Ministry's expression of love for the First Lady was an especially moving tribute to her.



Women's Enrichment Ministry Presentation



Reverend Frank J. Williams  
Senior Pastor Wake-Eden Baptist Church  
New York City

The message for the day was brought by Reverend Frank J. Williams, Senior Pastor Wake-Eden Community Baptist Church and the Bronx Baptist Church, New York City, NY. The subject of his message was taken from Ephesians 4: 11-16; *Body Building*. Rev Williams pointed out that as Christians our number one task is to build the body of Christ. We must be equipped to do so. The Lord has given us pastors and teachers to equip us to complete this task. Rev Williams highlighted that Pastor Sterling exemplifies what an outstanding Pastor and teacher is. We must concentrate our efforts in edifying one another, prevailing against the forces of darkness bringing them into submission to the work and authority of God. Rev Williams concludes asking the question, "Are you causing the growth of the body in edifying itself in love." You are encouraged to listen to the message in its entirety at the



Gifted Hands Ministry Presentation



Senior Ministry Presentation

Presentations continue page 4

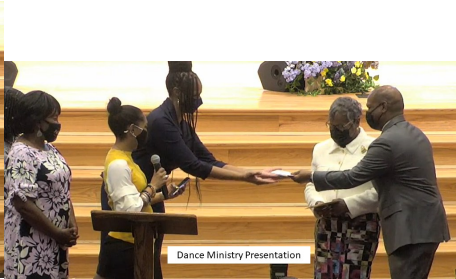




## PASTOR & FIRST LADY STERLING 22ND ANNIVERSARY (CONT) ACHIEVING OUR FULL POTENTIAL IN CHRIST



Men's Ministry Presentation



Dance Ministry Presentation



Health & Wellness Ministry Presentation



Contribution Management Ministry Presentation



Scholarship Ministry Presentation



Deacons Ministry Presentation



Fellowship Ministry Presentation



"ACHIEVING OUR FULL POTENTIAL IN CHRIST"

# 22nd Pastoral ANNIVERSARY Celebration

PASTOR BUCAS STERLING III  
1ST LADY CAROLYN STERLING

**Sunday,  
April 3, 2022  
10am**

VIRTUAL AND IN PERSON SERVICE

**LIVE** @kbclegacycenter1  
[www.ketteringministries.org](http://www.ketteringministries.org)

**Guest Preacher  
Pastor Frank I Williams**  
Wake Eden Community Church and  
Bronx Baptist Church of Bronx, New York

KETTERING BAPTIST CHURCH LEGACY CENTER  
6909 Crain Hwy. Upper Marlboro MD 20772





## CHURCH ANNOUNCEMENTS ACHIEVING OUR FULL POTENTIAL IN CHRIST



### Men's Day Celebration



All men are encouraged to join us for a Men's Day Weekend of events: On Friday, May 13th at 7pm we will have Revival with musical guest Jarell Smalls and guest preacher Reverend Jason Thomas of the International Mission Board. On Saturday, May 14th at 9 am we will Huddle and discuss "Being the best man for your family" and on Sunday, May 15th we will dress in all black and celebrate Men's Day with an all-male choir. We look forward to seeing you this weekend!

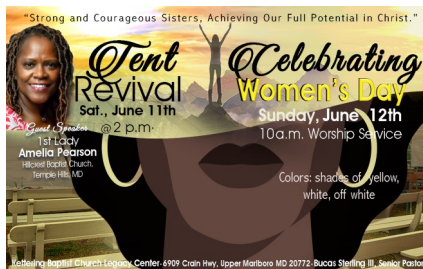
### Employment Ministry



Join the Employment Ministry for Exploring Entrepreneurship: Building Your Business Dream Team on Saturday, May 21st from 10 am – 12 pm.

Lead and facilitated by Chantrell McCormick with Insight Financial Consulting, this event will feature a panel of professionals that will help current and aspiring entrepreneurs learn how to access capital to fund their business, protect business assets, and understand the value of a business attorney. This event is free and open to KBC members and the community. [Click here](#) to register by Thursday, May 19th

### Women's Day

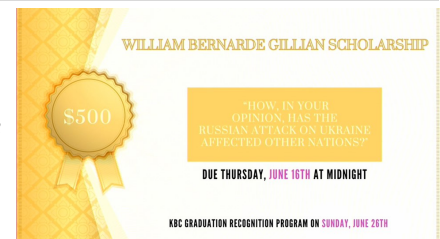


Attention all ladies of all ages: Come join the Women's Enrichment Ministry's 2022 Ladies Tent Revival on Saturday, June 11, 2022 at 2:00 p.m. here at Kettering Baptist Church. Our theme is "Strong and Courageous Sisters: Achieving Our Full Potential in Christ". Our guest speaker will be none other than 1st Lady Amelia Pearson of Hillcrest Baptist Church in Temple Hills, Maryland. Following our tent revival, we will be celebrating Women's Day on Sunday, June 12th with shades of yellow, white, and off white. Let us, together, allow God to revive our hearts during revival and rejoice on Sunday as "Strong and Courageous Sisters, Achieving Our Full Potential in Christ" See you there!

### Scholarship Ministry



**2022 KBC Graduation Recognition Ceremony:** All members, family and friends are invited to join us on **Sunday, June 26th at the 10am worship service** as we recognize the accomplishments of the KBC students who are graduating from Pre-school through Professional School. The Ministry requests that all graduates and /



or parents of graduates complete the online survey [Graduation Recognition Form](#). **Completed surveys are due on Sunday, May, 29th.**

—The **KBC Scholarship Application** for **2022** high school and college students planning to further their education is now available at [2022 Scholarship Application](#). The completed Application and supporting documentation are due on **Tuesday, June 10th**. For more information, please email [scholarship@ketteringministries.org](mailto:scholarship@ketteringministries.org).

—**Additional Scholarship Opportunity:** On behalf of Joseph and Paulette Gillian, Kettering Baptist Church announces the **William Bernarde Gillian Scholarship**. The scholarship in the amount of \$500 will be awarded at the KBC Graduation Recognition Program on Sunday, June 26th. To be eligible, you must be a KBC member and a graduating high school senior attending college in the fall. To apply, submit a 250 word essay on "How, in your opinion has the Russian attack on Ukraine affected other nations?". On the top page of your essay, please write your name, address, telephone number and email address. The essay must be submitted no later than **12 midnight on Thursday, June 16th** via email to: [wbgsscholarship@gmail.com](mailto:wbgsscholarship@gmail.com). Late applications will not be considered. The successful applicant will be chosen by Mr. and Mrs. Gillian.



## BIRTHDAY LIST

ACHIEVING OUR FULL POTENTIAL IN CHRIST



# APRIL 2022

- 4/1** ANTHONY BELL  
TRINA HARRISON  
NICHOLAS POWELL  
ELIJAH SMITH
- 4/2** BRANDI CARPENTER-HOOKS  
CECILE KAHAN  
SR. PASTOR BUCAS STERLING III
- 4/3** ANTHONY AGNEW
- 4/4** KAREN BATTLE  
DERWIN MCKINLEY  
ERIC POSTELL
- 4/5** NATHANAEL ALI  
LANAE FLUELLING  
ALEYNA GASKINS  
EUGENE HELLAMS, SR.  
APRIL MEADE  
KYRA RICH
- 4/6** TIMMY BROWN  
APRIL JENKINS  
EMANI LESANE  
JUSTUS MULWA  
MYKAH RATHER  
JAYDEN STERLING
- 4/7** TENNILLE GREEN
- 4/8** DIANE BERG  
SHEILA KING-COLEMAN  
MADELEINE NEH  
DONALD WILLIAMS
- 4/9** LISA JOHNSON  
GREGORY POWELL, JR.  
PATRICK BAZEMORE
- 4/10** PASCALINE MATE  
MARIAN DICKSON
- 4/11** DOMINIQUE JACKSON  
DORIS JOHNSON  
RICHARD COPELAND
- 4/12** BRANDON SINGLETON  
TONY WRIGHT  
ANTHONY HARPER
- 4/13** NICOLE NEWTON  
NATHANIEL PARRISH  
JAMES TAYLOR  
DEDE CHOICE
- 4/14** DEAN MORGAN  
EDWIN OBIRI
- 4/15** JAY CAMMON, JR.  
ALEASE GASKINS  
CAROLYN GEORGE-REMY  
TIFFANY JONES  
SAMUEL MONTGOMERY  
DHYANA PARKER
- 4/16** JOSEPH BATTLE  
CALNECIA GREGG
- 4/18** TY BOSCO  
JOSEPH POLK
- 4/19** LORETTA BROWN  
ISAIAH GILLIAN  
JAYLA REED  
ROBERT C. WRIGHT  
RAYCHELLE YOUNG
- 4/20** ANDRE BROOKS  
KAYLA GANT
- 4/21** BRITANY DELEON  
CHAFICA MILES
- 4/22** CHRISTOPHER DAVIS
- 4/23** JIMMY CALDWELL  
ANDAIYE CAMMON  
AVA DAVIS  
THOMASINE HEWINS  
JAMES JONES  
JEFFERY WILLIAMS JR.
- 4/24** ALICE CALDWELL  
JOSIAH CALDWELL  
JAMES GREENE  
KENNETH HACKLEY  
DIANE LUNDY  
GERALDINE MOODY
- 4/25** KIMBERLY PARKER  
KEVIN WYNN
- 4/26** AYANA KERR
- 4/27** BRADEN BELL  
DERRICK LYONS SR.  
CORA MCCASKILL  
JASMINE WHITE
- 4/28** ARIELLE CARR
- 4/29** JOSHUA FARRISH  
SONJA SMITH
- 4/30** LAMIA CHAPMAN  
TIFFANY COMBS  
VICTOR EVANS  
VERONICA SMITH