



# KETTERING HERALD

KETTERING BAPTIST CHURCH LEGACY CENTER NEWSLETTER

MINISTRY IN THE SPIRIT OF EXCELLENCE

Volume 20 Issue 02

February 2022

## LOVE LOVE LOVE

It is that time of year again. Love is in the air, or is it? Two years of pandemic have taken a toll on many relationships as well as many people's tolerance, patience and perspective on what it is they truly want in a relationship. The question is does what we want in a relationship limit the emotions and actions of others towards us from qualifying as love?

Many of us are given a lot more love than we receive, simply because we do not recognize it as love or are unwilling to receive from the source of which it comes. The greatest example of this is God's love towards humanity. He not only gave His love for us all over two thousand years ago, but He continues to send love our way day after day and people reject it and ignore it. The reality is many will not even recognize what God does on our behalf as love. That never the less does not disqualify the things He does on our behalf as being true love. Unfortunately, for far too many they will reject and ignore God's love to their own condemnation.

In this month of love, love, love, I want to caution you in identifying what true love is. The florist says it is a bouquet of stunning flowers, while the candy maker says it is a great big box of mixed chocolate. The jeweler says that real love is a custom-made diamond ring or pendant, while the chef contends that love is an expensive and romantic meal well served. How can all these people be right or are they all

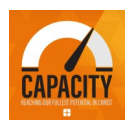
wrong? If we use Christ love as our model, then we would conclude as I Corinthians 13 does, that love is patient, kind, love does not envy, does not parade itself, is not puffed up, does not behave rudely, does not seek its own, is not provoked ... bears all things, endures all things. Love never fails. Love is an action word and involves sacrifice, persistence, determination and a desire to win not just the heart but the very soul of the person. Love is there awaiting you not just on federally designated holidays or birthdays but love is ever present and does not change based upon your actions. Love is consistent and unwavering. Love makes you better and comes to transform you into the image of His Son.

You may be saying, "Pastor that does not sound romantic and celebratory." To the contrary, it really is romantic and celebratory to know that you are loved with God's love. In fact, a final celebration is yet to be held when we all are gathered before the throne of God to thank Him for His love for us, His love in spite of us, and His love all around us. Love, Love, Love.... It is all in the air. Accept God's love today and be thankful to have the opportunity to enter into His love for eternity.

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**





**FEBRUARY IS HEART HEALTH MONTH**  
**ACHIEVING OUR FULL POTENTIAL IN CHRIST**



**Back Door Reading**  
**From your Health Ministries**



**Heart Health**

Your heart beats about  
100,000 times a day!



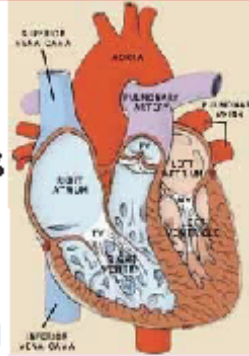
**To make your heart sad:**

- ♥ Eat lots of saturated fats and cholesterol.
- ♥ Stay away from fruits and vegetables.
- ♥ Smoke tobacco.
- ♥ Be overweight.
- ♥ Never exercise if you can help it!
- ♥ Worry a lot!



The King of Hearts in a deck  
of cards represents  
Charlemagne

**Don't be broken-hearted!**



Your heart—love it  
or leave it!



Someone in the US  
has a heart attack

**Live Low, Live long!**  
Blood Pressure,  
Weight, Cholesterol



Even at rest, your heart  
muscle works twice as  
hard as the leg muscles of  
a person sprinting!



**To make your heart glad:**

- ♥ Eat healthy foods.
- ♥ Gets lots of exercise.
- ♥ Watch your weight.
- ♥ Don't smoke.
- ♥ Use prayer, meditation, love of others to reduce stress!

The heart of the  
giraffe is two feet  
long and weighs  
up to 24 pounds!



**Symptoms of a Heart Attack:**

- ♥ Chest or mid-back pain, which may spread to one or both arms, the neck, or jaw. In women, pain is more variable.
- ♥ Feeling clammy or sweaty.
- ♥ Shortness of breath
- ♥ Headache
- ♥ A feeling of impending doom!



**What to do:**

- ♥ If pain lasts more than a few minutes, call 911.
- ♥ Sign up for a class to learn CPR and the AED. You may save the life of a loved one!
- ♥ Prevention is less costly, a lot easier, and much more pleasant than treatment!

Property of St. Anne's Parish, Annapolis, Health Ministry;  
Distributed in partnership with the National Episcopal Health Ministries

**Pastor Bucas Sterling III**  
**T**

**he 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

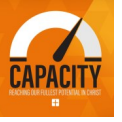
**Please send articles to:** [KetteringNews@ketteringministries.org](mailto:KetteringNews@ketteringministries.org)

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





# A LOOK AT NEW YEAR'S EVE ACHIEVING OUR FULL POTENTIAL IN CHRIST



KBC Praise Team



MC  
Min. Ryan  
Richardson



Comedien  
Clean Ryheem



Senior Pastor  
Bucas Sterling III



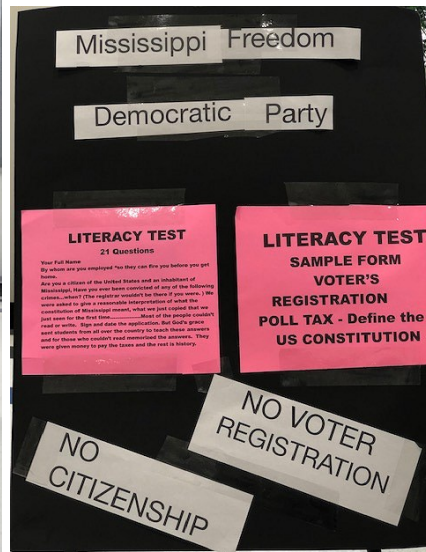
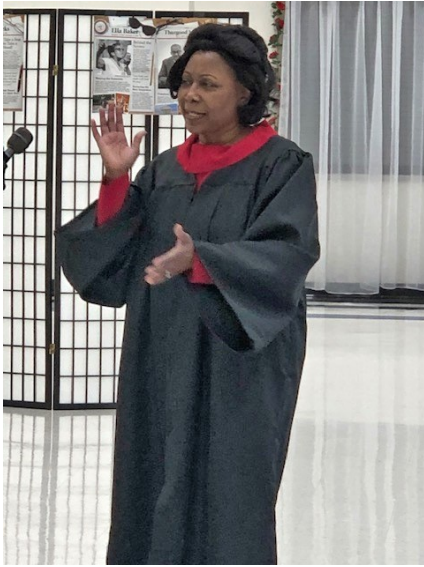
Kurt Carr  
& the Kurt Carr Singers



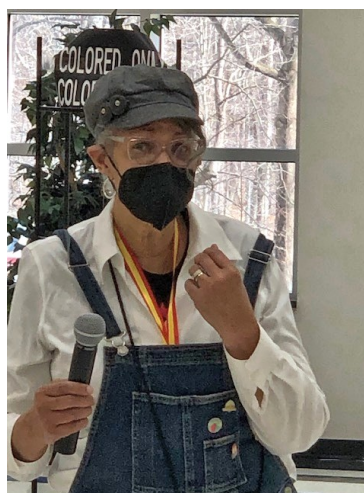
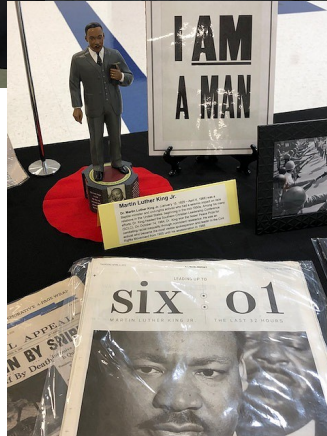




## POP-UP BLACK ARTIFACTS MUSEUM ACHIEVING OUR FULL POTENTIAL IN CHRIST



The Seniors Ministry sponsored a visit by the **"Pop-up Black Artifacts Museum"** to Kettering Baptist Church Legacy Center, Saturday, 19 February. One of Kettering's very own seniors, Regina Small, shares this Pop-up museum at schools and other venues in the area. It is an awesome sharing of **Black History!** It was interesting, educational, and powerfully encouraging!! In addition to experiencing the many artifacts, we were able to meet and greet several historic black heroes (those portraying them) and hear a personal, recorded message from those not be able to attend "in person" but had a heart-felt message for you. It was a blessing to experience this museum.







## CHURCH ANNOUNCEMENTS ACHIEVING OUR FULL POTENTIAL IN CHRIST



# 3<sup>FOR</sup> Three Challenge

## Kettering Baptist Church

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go." Joshua 1:9

FEBRUARY, MARCH, & APRIL

- ▶ Lead 3-people to Christ and Baptism
- ▶ Lead 3-people to church membership
- ▶ Lead 3-people to commit to serving in a ministry

6909 Crain Hwy. Upper Marlboro MD 20772 • Bucas Sterling III, Senior Pastor

### COVID 19 TESTING

Kettering Baptist Church is hosting

## Free COVID 19 TESTING

TEST DON'T GUESS!!

**Saturday March 5, 2022**

**KBC Legacy Center**  
6909 Crain Hwy Upper Marlboro, MD  
Senior Pastor, Bucas Sterling, III

Visit the Church Website for more details!  
[www.ketteringministries.org](http://www.ketteringministries.org)

Kettering Baptist Church, in partnership with Omega Gold Development Group, will host *Test Don't Guess* free COVID testing on Saturday, March 5th from 11am to 1pm. All testing will be drive-through with results sent in 48 – 72 hours. The first 200 tested will also receive a free bag of groceries! Pre-register by [clicking here](#). Email questions to: [operations@ketteringministries.org](mailto:operations@ketteringministries.org).

### MISSIONS MINISTRY

The Missions Ministry, in partnership with YWAM DC: Prince George's County, is sponsoring a missions trip this summer, to the Gulf Coast of Louisiana, for youth and young adults ages 13-25. Join us July 6th through 11th to travel to the Gulf Coast and minister through rebuilding homes and community outreach. COVID-19 policies will be put in place to protect participants as well as the community. If you are interested, please email [missions@ketteringministries.org](mailto:missions@ketteringministries.org) by Monday, March 14th. An interest meeting will be held Monday, March 21st at 7pm and attendance is required.

The Missions Ministry in partnership with YWAM DC: Prince George's County

## Young Adults And YOUTH ages 13-25 MISSION TRIP

Join us July 6-11 to the Gulf Coast of Louisiana

please email [missions@ketteringministries.org](mailto:missions@ketteringministries.org) by Mon. March 14th

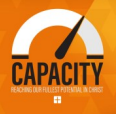
### NEWSLETTER MINISTRY

HELP NEEDED:  
NEWSLETTER MINISTRY

[newsletter@ketteringministries.org](mailto:newsletter@ketteringministries.org)

Point of contact: Kenneth Trass

The Newsletter Ministry is currently seeking a Chairperson. The monthly newsletter includes a message from Pastor Sterling and reports on KBC events and activities. Qualified candidates must be a member of Kettering Baptist and undergo a Church provided background check. For more information, please contact Kenneth Trass at [newsletter@ketteringministries.org](mailto:newsletter@ketteringministries.org).



## **FEBRUARY 2022 BIRTHDAYS**

<b>2/1</b>	KARITA DAVIS LOUELLA DUKE GAIL GIBSON DAVID WARE, SR.	<b>2/14</b>	JONATHAN EDWARDS MARCUS HOLLAND VASCA HOYTE RODERICK MARSHALL
<b>2/2</b>	SHAARON PHILLIPS TERRY WILLIAMS	<b>2/16</b>	HATTIE BLACKWELL CHLOE CAMPER JEREMY CHERRY STEPHANIE CURTIS ALYSSIA JONES MORGAN RADCLIFF
<b>2/3</b>	SABRENA BARNES SHEILA TOWNS RACHAEL WATSON	<b>2/17</b>	ANTOINETTE HAGOOD JANADA MINTON OWEN TYLER
<b>2/4</b>	TERESA BROCKETT BRANDI CARPENTER SARRAH CHAPLIN MARGARET DUNSTON LINDA FOREMAN DIANNE JOHNSON ERIC POSTELL CORNELIUS WILSON	<b>2/18</b>	JAMAL BELTON BRIANNA FRINK GISELLE SOLOMON
<b>2/5</b>	JOSHUA COPELAND JR. LISA WILLIAMS	<b>2/19</b>	JURNIE BRAYBOY BRANDI BING DAKEIA DALE ZYAIR VEASLEY-SEWELL
<b>2/6</b>	GEORGETTE BROWN YVONNE BRUCE NATIA PARRISH DORIS POWELL	<b>2/20</b>	ALEESHA ALI BEVERLY GASKINS BEATRICE MIREKU-BOATENG
<b>2/7</b>	SYLVIA BAZEMORE JAMES LUALLIN CORRARI TIGGLE GERALDINE VOID	<b>2/21</b>	JEANETTE DAWLEY MARLANA KELLY SELYCE MORRISON VICTOR TURNER TOMMIE TYSON
<b>2/8</b>	BEVERLY ALLEN VALERIE PETTUS-JOHNSON DEBORAH WARREN	<b>2/22</b>	ZELDA PEGUES LUCILLE THOMPSON
<b>2/9</b>	CHARLENE CHURCH TYRONE HILL II JAMEEL LACEY MONIQUE LEWIS ANGELA MILLHOUSE	<b>2/23</b>	RENEE PERRY
<b>2/10</b>	MARIETTA BEDFORD BARBARA M. BROWN VELMA KING	<b>2/24</b>	KEISHA JONES
<b>2/11</b>	SHANNON BOWLING SHARON MACK DARCY PARRIS DARLENE THORNS	<b>2/25</b>	PAUL NANCE
<b>2/12</b>	MICHAEL CUNNINGHAM ANNAH NZOMO ARDELLA SIMMONS	<b>2/26</b>	GLORIA GLADDEN TONIE GREENE BETTYE HELLAMS LISA MITCHELL SHAUNTEE WHITTINGTON SHIRLEY WILSON BELINDA SPEARS
<b>2/13</b>	CHLOE CLERKLEY BRENDA GLENN DEIDRE HICKS WANDA WESLEY ANGELA WILLIAMS	<b>2/27</b>	ADRIAN HILL ANGELA JOHNSON-DANTLEY STEPHANIE MORRIS TERRENCE SHERROD JOHN YOUNG
		<b>2/28</b>	CAROLE BIRCKHEAD NATHANIEL COLLINS TONYA PROCTOR