

KETTERING HERALD

NEWSLETTER OF KETTERING BAPTIST CHURCH LEGACY CENTER

Ministry in the Spirit of Excellence

June 2019

Volume 17 Issue 06

Waiting for Dad to Come

I most recently have been involved in two strikingly similar conversations. Both of these conversations began on one topic and led to the same expression of hurt and disappointment. In my conversations, both persons shared their frustration regarding a father who disappointed them over and over again by promising to come and pick them up, but despite continuous anticipation and excitement to have their dad come and get them, he never showed up. I know it sounds like such the common cliché. We see it in movies, we hear it in the classroom, we read about it in countless stories, but it really does happen. In fact in my latter conversation, the individual's entire body language, voice tone, and facial expression changed as she described the typical child who waits by the door, waits in the bedroom, and waits on the front porch, then belted out, "I was that child!" The other person spoke with the voice of pain, disappointment, and helplessness, even though decades had passed since it had occurred.

Because these two incidents happened in such close proximity of time to one another, I began to wonder how many more are out there suffering through the same pain or inflicting it upon the helpless hopes of an innocent child. I also wondered why it happens. Are we, as men, so insensitive to the children we create from the seed of our loins? Perhaps there is another set of reasons that causes this. So, I set off to find some answers.

I discovered that in some situations, the relationship between the parents is so toxic that it creates great distance between a father's desire and his ability. At other times, it is the business of life and hustling or even work that constantly interrupts the plans made by the father. And of course, there is the liar, who has no intention of fulfilling his word, but has no problem filling a child's heart with empty hope over and over again. Is it possible that he lies because he

does not want to see his child saddened by his departure and leaving the promise that he will return, encourages the child that their separation is temporary?

As I pondered all of these thoughts, I could not help but be reminded that as children of God, our Father also promised to come back and get us and take us to heaven and that we would always be with Him. Listen to the conversations Jesus has as He is preparing to leave a scared, insecure group of children who love Him and want Him to remain always. In John 14:1-3 He says, "Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. *I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.*" He doesn't stop there. In John 14:18 He says, "*I will not leave you orphans; I will come to you.*" Then finally in John 14:23, "Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, *and We will come to him and make Our home with him.*" With all of the promises He made, are there a host of frustrated, angry and disappointed Christians who have been waiting for His return like that child on the porch and feel He has not kept His promise? Maybe some even feel as though He lied to them or that He doesn't love them. Maybe even the thought haunts them that they are not important to Him.

Let me assure you that nothing is farther from the truth. I will begin by clearing up some misunderstanding in the communication. First of all, He has come to every child who believes in Him and who has repented of sin. He has come to not just be with you for the weekend, but to live inside of you as the indwelling Spirit of God, who through His Spirit has made you alive onto God.

Continued on page 2



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



Continued from page 1

He truly will never leave you, because you are too valuable to Him. He paid the price of His life for you. He rose from the dead for you and He will not make a promise that He will not keep. Secondly, He is coming again in the final rapture to remove you from the wrath that is to come of the seven year tribulation period. In I Thessalonians 4: 16-18, we read, “For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. *Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord.* Yes the Lord our Father will come for His children and gather them from the four corners of the earth.

How encouraging this is to know that our Father has not lied to us. He has come and is with us and will come again and receive us to be with Him forever. I suppose even here, the toxic relationship between our heavenly Father and sinful Mother earth has created some problem in Him seeing us always, but when we shed the sinful flesh of this earth, in the end He will completely fulfill His entire promise to us. And in reality, what He has done and will do for all who seek Him is give them power to overcome the hurts, pains, and frustrations that perhaps an earthly father through sin and shortcomings may have inflicted upon any. For His love covers all sin. Be encouraged my sister and my brother, embrace the love of God, and release the pain of your past and you will find the power of our Father’s healing works like nothing else you have ever experienced. You no longer have to wait for dad to come, He is come and is here and is coming back again.

Loving My Sheep

Pastor Bucas Sterling, III



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.



In honor of Men's Health Month in June, the Health & Wellness Ministry is providing the following health tips for your consideration. These tips are taken from an article published in the on-line version of Consumer Health Digest.

Tips for Men's Health Month:

There are several things that can be done to maintain optimum health for males. This is because the things that are done or not done daily have a big impact on the health of an individual. There are five things that should be done daily to ensure that one is healthy.

- Ensure that one gets enough sleep for at least 7-8 hours. Rest is important for the metabolism in the body.
 - Exercise should be done every day and this includes the simple things like walking, aerobics, swimming, and dancing. 2-3 hours of exercise per week will help to make a big difference in health!
 - Eat healthy by avoiding all junk foods and instead of taking more of vegetables and fruits. It is important to ensure that the food one is taking is balanced with all nutrients. It is also advisable to take at least eight glasses of water per day to help in removing the harmful substances from the body.
 - Avoid stress by taking part in relaxation activities. This includes playing, meditation, yoga or reading a book. In extreme cases of stress, counseling should be sought.
- Ensure that one goes for regular checkups. This should be done at least once per year and 2-3 times if one is suffering from any chronic illness to include diabetes and hypertension.

Conclusion

The month of June is very important to help create awareness and sensitize all men to go for screening and seek early treatment for diseases. Men are encouraged to take care of themselves by ensuring that they are in good health. Health problems in men are a family issue because this has an impact on all family members. Therefore, men are encouraged to take care of themselves as they take care of their families.

Source:

www.consumerhealthdigest.com/mens-health/june

HEALTH DECADES
MEN'S HEALTH TIPS FOR ANY AGE

20s

- Get adequate sleep.
- Eat a diet full of vitamins, minerals, and fiber, while being mindful of portion size.
- Maintain an active lifestyle to help build a strong foundation for the rest of your life.
- Be aware of what's in the supplements you are using.
- Use sunscreen to avoid risks of skin cancer.

30s

- Schedule annual visits with your doctor for liver, kidney, sugar, and cholesterol screenings.
- Continue to pay close attention to your diet. Following a strict diet can help balance out getting less physical activity as a result of increasing responsibilities at work and home.
- Avoid falling into a sedentary lifestyle by getting sustained exercise. Chasing the kids around the yard isn't enough.

40s

- Talk with your healthcare provider about necessary tests and screenings.
- Get plenty of fluids.
- Continue to exercise. Aim to walk 2 miles a day at a brisk pace.
- Focus on portion control. Get your Vitamin D through walks in the sun, leafy green vegetables, and drinking milk.

50s

- Schedule an appointment with your healthcare provider for routine screenings.
- Maintain your diet and exercise regimens.
- Avoid sugars and exercise moderation in alcohol consumption.
- If your joints are beginning to bother you, consider changing up your workout routine.

60s

- Join new clubs or become more involved in organizations that interest you to help adjust to the life changes of this decade.
- Keep up to date with doctors' visits and screenings.
- Explore fitness options like Tai Chi, yoga, or other programs that focus on stretching.

70+

- Stay safe and careful at home.
- If living alone consider adopting a small pet.
- Communicate with your primary care physician regarding all medications you take to manage side effects.

Image Credit: upmc.com



DEAF-BLIND AWARENESS MONTH CELEBRATING JUBILEE

50
YEAR
Golden Jubilee

The **Wonderfully Made Ministry** in June's recognition of **Deaf-Blind Awareness Month**. Helen Keller Deaf-Blind Awareness Day is June 30, 2019.

Deaf-blindness is a low incidence disability and within this very small group of children there is great variability. Many children who are deaf-blind have some usable vision and/or hearing. The majority of children who are deaf-blind also have additional physical, medical and/or cognitive problems. Children are considered to be deaf-blind when the combination of their hearing and vision loss causes such severe communication and other developmental and educational needs that they require significant and unique adaptations in their educational programs.

Although the term *deaf-blind* implies a complete absence of hearing and sight, in reality, it refers to children with varying degrees of vision and hearing losses. The type and severity differ from child to child. The key feature of deaf-blindness is that the combination of losses limits access to auditory and visual information. Children with deaf-blindness require teaching methods that are different from those for children who have only hearing or vision loss. When *both* vision and hearing are affected, especially from birth or early in life, natural opportunities to learn and communicate can be severely limited.

More than 90% of children who are deaf-blind have one or more additional disabilities or health problems and some may be identified as having multiple disabilities rather than deaf-blindness. In these cases, the impact of combined hearing and vision loss may not be recognized or addressed.

There are many causes of deaf-blindness. Those that are present or occur around the time a child is born include prematurity, childbirth complications, and numerous congenital syndromes, many of which are quite rare. Deaf-blindness may also occur later in childhood or during adulthood due to causes such as meningitis, brain injury, or inherited conditions.

Many experts in the United States and other countries believe that the population of children who are deaf-blind has become more severely disabled over the past several decades. This may be due, in part, to advances in medical technology that have increased the survival rates for premature infants and children with very serious conditions, who are also deaf-blind.



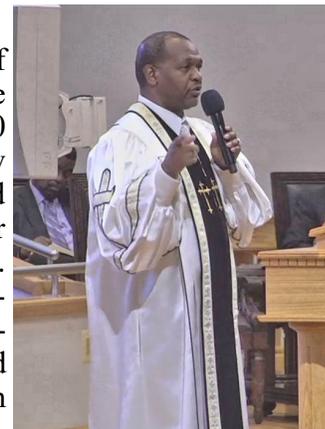


MEN'S DAY CELEBRATING JUBILEE

50
YEAR
Golden Jubilee

By Bro. Joseph Polk

Men's Day 2019 was a time of high praise and worship. After three joyful nights of rehearsal, the Men's Day choir was fired up, ready, and prepared to sing songs to the Glory of God on Sunday. The choir fell short of our goal of 100 men, but about 50 men turned out on Sunday morning in their black suits, white shirts, and assorted bow ties to glorify God in song. Some of the men had never sang in a choir before and were certainly a little nervous about singing before the congregation. However, under the anointing of the Holy Spirit and the masterful direction of our guest director, Mr. Michael Smith, the men sounded like a seasoned choir. The choir lead the congregation in Praise and Worship with its renditions of Fred Hammond's "Lord of the Harvest" and Todd Dulaney's "Victory Belongs to Jesus." The choir also encouraged hearts with the offertory song "Stronger" by the Canton Spirituals', and finally in preparation for the word, David Crowder's "How He Loves Us."



We were then blessed by a powerful word from Pastor Sterling, challenging us men to "Bring the Ark Back." The sermon text was from II Samuel:6. Pastor Sterling challenged us to bring the Ark (i.e., the presence of God) back to its rightful place (the church, the home, the schools, the government). Pastor Sterling explained to us that we need "choice" men to bring back the Ark of God—men who don't take short cuts to bringing back the ark; men who know God's way of doing it; men who give sacrificial worship; and men who have an expectation of opposition to bringing back the Ark.

A high time was had by all, but more important than the singing and the preaching is that several souls came to Christ. Oh, what a joyous day! Men's Day 2019!





**MEN'S DAY PICTURES
CELEBRATING JUBILEE**

50 YEAR
Golden Jubilee





NATIONAL DAY OF PRAYER CELEBRATING JUBILEE



By Bro. Kenneth Trass

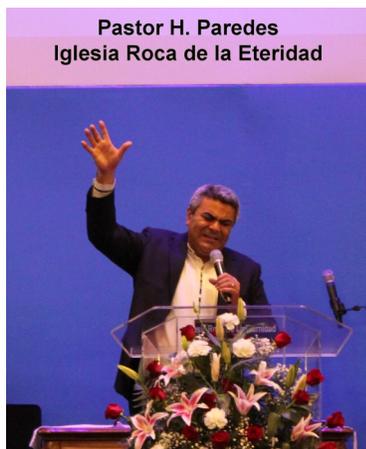
Pastor Sterling, with members of KBCLC, attended the National Day of Prayer service at Iglesia Roca De la Eternidad, Pastor Herber Paredes, in Landover Hills. The service was a spiritual experience. Each pastor and prayer leader led heartfelt prayers to our Lord, which were moving for the worshippers. The Iglesia Roca De la Eternidad Praise Team inspired the masses with their musical selections. All songs were sung in both Spanish and English. This was definitely a different experience for me.

Ten prayers were offered from the pulpit. The prayers were offered by primarily the Pastor's in attendance with a couple of exceptions. The prayers were entitled:

- Prayer for Repentance
- Prayer for the Persecuted Church
- Prayer for Israel
- Prayer for the Government
- Prayer for the Military (Pastor Sterling)
- Prayer for the Media
- Prayer for Business
- Prayer for Education
- Prayer for the Church (Pastor Sterling)
- Prayer for the Family

The service concluded with small group prayer led by designated Prayer Captains. Our own Domonick Miller was a Prayer Captain. Other churches represented were New Creation Bible Fellowship, Kendal Baptist Church, Largo Community Church, New Song BFC, and Church of the Living God.

The National Day of Prayer is an annual observance held on the first Thursday of May, inviting people of all faiths to pray for the nation. It was created in 1952 by a joint resolution of the United States Congress and signed into law by President Harry S. Truman. It originally called for a day to be designated each year by the president. After what looks to be some inconsistency in a day being designated, President Regan amended the original law. He signed Public Law 100-307, designating the first Thursday in May as the annual observance for the National Day of Prayer.



Pastor H. Paredes
Iglesia Roca de la Eternidad



Pastor B. Sterling



Pastor L. Jones
Kendal Baptist Church



Pastor R. Curry
KBC/New Creation Bible Fellowship





UPCOMING EVENTS CELEBRATING JUBILEE

50
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Kingdom Men Rising

The “**Kingdom Men Rising**” movie is coming to Kettering! Everyone is invited to come out on **Friday June 14th at 7pm** to see this outstanding documentary. The film centers on the challenges and confusion that hinders men, and the journey that must be taken for them to become real men. With Father's Day approaching, invite the men in your life to see this dynamic life changing movie!! Group discussions will follow. Light refreshments will be served and childcare is available. Admission is free, but you must have a ticket to attend. Sign up is available online or you may sign up in-person **today** and on **Sunday, June 9th**.

2019 Vacation Bible School (VBS)

- **Daytime VBS** is **Monday - Friday, June 17th - 21st** and **June 24th - 28th**. The cost is **\$150 per week per child** and includes daily field trips. Please register in-person **today** or register on-line.
- **Evening VBS** is **June 17th - 21st** and is free for **all children and adults**.

Men's Ministry

Men's Golf Fellowship: Whether you are an avid golfer or just want to play for fun, All Men of Kettering are invited to come fellowship and play 18 holes of golf on **Saturday, June 22nd at 7am** (tee time)! The cost is **\$60** per person. You may sign-up online or after each service until **Sunday, June 16th**.

Missions Ministry Trip

Kettering Baptist Church is sponsoring a mission's trip to Baltimore on **Wednesday July 24th through Saturday, July 27th** for all members (youth and adults). Activities in sharing Christ include: neighborhood cleanup, street witnessing, soup kitchens, homeless outreach and a large scale community outreach on **Saturday**. Space is limited. Please indicate your interest to join us **today by 5pm**.

Women's Enrichment Ministry

- Sisters, you are invited to join the WEM for our **Women's Revival this Friday, June 7th at 7:30pm**. Our guest speaker will be Pastor Keith Battle of Zion Church. Please pray for him as he prepares to minister to us in the spirit of excellence.
- We are also celebrating **Women's Day on Sunday, June 9th** and would like each of you to join us as we sing unto the Lord! We anticipate a **100+ Choir!** Our colors are shades of pink. The final **rehearsal is this Thursday, June 6th at 7pm**. Women and girls of all ages are welcome to participate.

Attention all Singles!

Join us on an excursion to the Sight and Sound Theatres to see the play “**JESUS**” on **Tuesday, August 6th**. The cost of \$65 per person includes the play, lunch and transportation. Tickets can be purchased in-person **today through Sunday, July 28th**. Tickets are limited and non-refundable.

Awana Closing Ceremony

Join us **this Wednesday, June 5th at 7pm** to celebrate and encourage our children and youth as they share what they've learned in Awana. Refreshments will be served.

Scholarship Ministry

- **2019 KBC Graduation Recognition Ceremony:** All members, family and friends are invited to join us on **Sunday, June 23rd at the 11am service** as we recognize the accomplishments of the KBC students graduating from Pre-school through Professional School. A reception for the graduates will follow the program.
- **List of Graduates:** Those listed in the bulletin will be recognized at the ceremony. If you submitted a survey and your name was omitted or if there is a correction, please send an email to the ministry at scholarship@ketteringministries.org.



WORLD VISION GLOBAL 6K FOR WATER CELEBRATING JUBILEE

50
YEAR
Golden Jubilee

By Sis. Jaime McDowney

On Saturday, May 4, 2019, Kettering Baptist Church hosted the World Vision Global 6K for Water. This even occurred all over the world on this day. In partnership with World Vision, Kettering raised \$8,778 through 136 participants, to provide clean water and better resources to those in under-privileged countries. Due to our efforts, roughly 175 children will have access to clean water.

In addition to providing clean water, World Vision also provides educational opportunities, clinical/medical facilities, and horticulture training in the communities. All of these things work together to provide a more holistic approach to providing clean water in the underprivileged communities.

So, you might say why 6K? This equates to about 3.7 miles, the average distance that those without clean water have to walk to get to water that most often is not clean at all. It is typically the women and children who are walking to get clean water. Unfortunately, men are often waiting for the women and children at these locations to cause harm and put them in unwanted situations. Our goal is the help these women and children so that they can steer clear of these negative situations. This is only a small sacrifice for the Kettering family to make to help these families. As Matthew 25:4 reminds us, "...inasmuch as you did it to one of the least of these My brethren, you did it to Me."





WORLD VISION GLOBAL 6K FOR WATER PICTURES CELEBRATING JUBILEE

50 YEAR Golden Jubilee





Present Help

By Min. Larry Camper

You are special to God. He loves you and it is for you that His precious Son died.
He knows when you have quit and is very aware when you truly have tried.
The very problem you're struggling with, that you don't know the answer to,
God knows and is the Answer and wants to help you make it through.

You may wonder, "Can anybody help me? Does anyone even care?"
Please know that God cares, He loves you, and will always be right there.
Though sometimes the load is heavy and you simply cannot see your way out,
Though at times instead of looking upward and believing you look downward in doubt.

God has spoken to us through His Word and all His Word is true.
He said that He would never leave nor forsake me or you.
That means He's with you through the tough times and through the thick and thin,
No matter how big or difficult seems to be the mess you find yourself in.

God loves you so much that in His very own image, He created you.
And so much that when life's storms come He'll be there to take you through.
Though others may desert you, when the storm clouds come your way.
With you is where God is, and with you is where He will stay.

Remember God is love, has all power, and in trouble a very present help He is.
He is always in your presence, may you forever be in His.

Our
very present
Help





THIRD QUARTER HONOR ROLL RECIPIENTS
CELEBRATING JUBILEE



Honor Roll

Aidan A. Ashton
 Kamari Barnes
 Jurnie I. Brayboy
 Bianca J. Bullock
 Naomi C. Bullock
 Myles W. Burrows
 Arielle Carr
 Ava T. Davis
 Desiree R. Davis
 Isaiah A. Davis
 Noah A. Davis
 Brianna D. Frink
 Evan D. Frink
 Kyla A. Hill
 Sebastian V. Leslie
 Kyle A. Logan
 Aiyana P. McCoy
 Brianna Mercer
 Naomi Morgan
 Denai N. Newton
 Siann I. Omorogieva
 Sydney R. Owens
 Jamie R. Reed
 Jayla R. Reed
 Michael J. Simmons
 Elijah Z. Smith
 Malachi L. White

Columbia Park Elementary School
 Kettering Middle School
 Thomas Edison High School
 Gwynn Park Middle School
 Frederick Douglass High School
 Charles H. Flowers High School
 Walker Mill Middle School
 Glenarden Woods Elementary School
 Suitland High School CVPA
 Bowie High School
 Robert Goddard Montessori School
 Bowie High School
 Rockledge Elementary School
 Phyllis E. Williams Elementary School
 McLean School
 St. Pius X Regional School
 Kenilworth Elementary School
 The SEED School of Maryland
 Reid Temple Christian School
 Kenilworth Elementary School
 Elizabeth Seton High School
 Imagine Andrews Public Charter School
 Suitland High School
 Benjamin D. Foulois Academy
 McLean School
 Westlake High School
 Calvert High School

*We are so proud of you!
 May God continue to guide your path.*





FAMILY CARE GROUP

Month of June

All members are encouraged to contact their assigned family care group leader to pray for their specific concerns or needs



Family Care Group Leader/Helper	Leader Responsible For		Family Care Group Leader/Helper	Leader Responsible For	
	Start	End		Start	End
Ramsey Moorman Danny & Brenda Bellamy	All A's		Anthony Barnes Clifton & Valeria Shields	<i>After</i> King- Coleman, Sheila	Loftin, Vivian
Mack Harrell Tyrone & Zahra Hill Delores Thompson	Beginning of B's	Bishop, Robert	James Sylvester Kevin & Christina Farmer Veronica Hale	<i>After</i> Loftin, Vivian	McKenzie, Clark
Jimmy Caldwell Indria Burrows Bennie & Clara Thomas	<i>After</i> Bishop, Robert	Bryan, Trevionne	Corey Wilson Belinda Wiltz	<i>After</i> McKenzie, Clark	Moorman, Ramsey
Dennis Goodwin, Sr. Richard & Gwendolyn Nash Gerald & Veronica Gordon	<i>After</i> Bryan, Trevionne	Chery, Jimmy	David Hall Christopher & Laila Miller	<i>After</i> Moorman, Ramsey	Newton, Devin
Anthony Owens Jonathan & Mia Beckett	<i>After</i> Chery, Jimmy	Curtis, Monica	James Taylor Eugene & Bettye Hellams James & Phyllis Wright	<i>After</i> Newton, Devin	Pugh II, Colin (Pastor)
Nathaniel Appiah Joe & Barbara Brown	<i>After</i> Curtis, Monica	Dixon, Nicole	Mack Harrell	<i>After</i> Pugh II, Colin (Pastor)	Roseman, Stephanie
Calvin Lyons	<i>After</i> Dixon, Nicole	Evans, Kenya	Anthony Owens Derek & Gwen Drummond Renee Tinsley	<i>After</i> Roseman, Stephanie	Smith-Hall, DeBorah
John Young	<i>After</i> Evans, Kenya	Gant, Lisa	Andre Williams Cleggett Johnson Derrick & Danielle Lyons	<i>After</i> Smith-Hill, DeBorah	Thomas, Geraldine
Winfred Harris Paris & Quitiqua Adon Robert & Margaret Dunston	<i>After</i> Gant, Lisa	Hamilton, Shamika	Colin Pugh Walter & Carla Bradford	<i>After</i> Thomas, Geraldine	Travers, Ernest
Larry Camper Roger & Cora Stephens James & Mary Paschall	<i>After</i> Hamilton, Shamika	Howerton, Kenneth	James Lee Paul & Kathleen Lanham Calvin & Delana Archie	<i>After</i> Travers, Ernest	White, Brandon
Hensley McRavin	<i>After</i> Howerton, Kenneth	Johnson, Deion	Brian Bailey Adrion & Miseen Batson	<i>After</i> White, Brandon	Wiltz, Floyd
Vernon Bell	<i>After</i> Johnson, Deion	King-Coleman, Sheila	Ronald O'Neal	<i>After</i> Wiltz, Floyd	End of Z's