

# KETTERING HERALD

NEWSLETTER OF KETTERING BAPTIST CHURCH LEGACY CENTER

*Ministry in the Spirit of Excellence*

July 2019

Volume 17 Issue 07

## CELEBRATING FREEDOM

This year, the United States will be celebrating its two hundred and forty-third year of freedom from Great Britain. I am sure that many are already buying grills, hotdogs, hamburgers, lawn furniture, and fireworks in preparation for the celebration of freedom. For this celebration, there will be massive fireworks presentations, musical performances, public and private gatherings around food, fellowship, and fun, all to celebrate our freedom of two hundred and forty-three years ago. I have noticed that during these celebrations in the past, everyone seems to come together and have a good time.

As I was preparing to write up this article, I remembered my most recent trip to Birmingham, Alabama. It was there that my wife and I had the opportunity to visit the Civil Rights Museum. It is a well put together presentation of some of the civil rights struggles and the difficult time African Americans have had to endure, in this country, which annually celebrates its freedom from Great Britain. I must say that as I read the articles and listened to the presentations given, I thought to myself on the one hand how far we have come, but then on the other hand how much the same things still are. One night of evening news reminds you that as African Americans, we are not truly free of burden of the color of our skin, though we live in a country celebrating its two hundred and forty-third anniversary of freedom.

It would seem that America is acting like the unmerciful steward of the parable in Matthew 18:21-35, who was forgiven his debt of ten thousand talents by his master, then turned around and threw one who owed him far less into prison because he couldn't pay. How hypocritical of the United States celebrating its freedom while continuing to hold its own members in prison to systems and practices of a dark and ugly time in our history.

So where does this leave us? Do we celebrate our two hundred and forty-three year history of freedom, or do we protest and complain? Well, I have come to the conclusion that when given the chance to celebrate small victories versus celebrating large victories, it is most often best to celebrate the large ones. Defeating Great Britain two hundred and forty-three years ago was a great victory for the United States. However, for the born again Christian, no matter how long ago you were set free from the power of sin, it is a far greater victory. So celebrate your freedom. He whom the Son has set free is free in deed. Remember that all the inequities that are currently still in place, The Lord, The Righteous Judge, will resolve in His time.

Loving My Sheep

Pastor Bucas Sterling, III



Lev 25:10; <sup>10</sup>And 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**





**Submitted by The Health and Wellness Ministry**

Children and technology are practically inseparable these days. Whether for educational purposes or just fun, children are spending a good portion of their day on “screen time” ... staring at the LED screens of computers, tablets, smartphones, and other digital devices.

According to Common Sense Media, children under age eight now spend more than two hours a day with screen media. For 8- to 10-year-olds, screen time triples to six hours a day. And it’s not unusual for kids in middle school and high school to spend up to nine hours per day looking at digital displays. If you’re wondering if all this screen time might cause problems for your child’s eyes and vision, the short answer is: “Yes, it does.”

**Risks Associated With Too Much Screen Time**

Too much unsupervised computer work may cause vision problems for kids. Children who spend multiple hours staring at digital devices are at risk of developing these vision-related problems:

- **Computer Vision Syndrome**—Also called digital eye strain, is a condition that’s caused by visual stress from extended screen time. Computer vision syndrome has a combination of symptoms, including: fluctuating vision, tired eyes, dry eyes, headache, and fatigue. Other non-visual symptoms of computer vision syndrome include neck, back, and shoulder pain. Blue-light glasses and computer glasses can offer relief from digital eye strain.
- **Unhealthy Posture**—When using a computer or digital device for prolonged periods, it’s common to start slouching inward, rounding the back and shoulders, and then tilting the head back and just the chin forward. This unnatural (and unhealthy) posture, called “turtling”, leads to many of the non-visual symptoms of computer vision syndrome.
- **Nearsightedness**—Vision researchers believe increased screen time among children is a significant risk factor for the development and progression of nearsightedness (myopia). The prevalence of myopia has grown significantly in the last few decades and this trend coincides with the increased use of computers and digital devices by children.
- **Increased Exposure to Blue Light**—High-energy visible light, called blue light, is emitted by the LED screens of computers, tablets, smartphones, and other digital devices. Although the most significant source of blue light exposure is natural sunlight, many researchers and eye doctors are concerned that the added blue light exposure from computers and digital devices might increase a person’s risk of age-related eye diseases like macular degeneration later in life.

**What To Do**

Digital devices, such as tablets, can cause eye strain in kids, so monitor their use as well as that of desktops and laptops. It’s not realistic to think that children will stop using modern technology. But there are some easy things you can do to decrease your child’s risk of eye and vision problems from prolonged use of computers and digital devices:

- **Encourage frequent visual breaks**—One of the best things you can do to reduce your child’s risk of digital eye strain is to get them to follow the “20-20-20” rule: Every 20 minutes, take your eyes off your screen and look at something that’s at least 20 feet away for at least 20 seconds.

**Continued on page 3**

**Pastor**

Bucas Sterling III

**The Newsletter Ministry Members**

Sis. Brenda Brown

Sis. Jaime Eley McDowney

Sis. Debbie Mosby

Sis Tamara Tisdale

**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 submis-*



**Continued from page 2**

This simple task relaxes the focusing and eye alignment muscles, reducing the risk of many of the symptoms of digital eye strain. The 20-20-20 rule also might decrease the risk of myopia progression. Some research suggests focusing fatigue may be associated with the onset and worsening of myopia. Taking frequent breaks from staring at digital screens helps reduce this fatigue.

- **Encourage Frequent Posture Checks**—The time taken to follow the 20-20-20 rule is also a good time to sit up straight and realign the head, neck and shoulders. Moving the head slowly to the right and left and also up and down can relieve strained muscles and reduce fatigue. If it's possible, getting up to walk and stretch the entire body is also a good idea to reduce the risk of non-visual symptoms of computer vision syndrome.
- **Protect Their Eyes From Blue Light** —Currently, no one knows for sure how damaging the added exposure to blue light emitted by computer screens and digital devices might be to a child's eyes over time. It may take researchers decades to sort that out.

In the meantime, it's prudent to protect your child's eyes from blue light from both sunlight and digital devices.

Outdoors, polarized sunglasses offer the best protection from glare and blue light, blocking roughly 90% or more of the sun's harmful blue light. For indoor and outdoor wear, photochromic lenses such as Transitions lenses (Essilor) are an excellent choice.

For indoor wear, eyeglass lenses with an integrated blue light filter are a good choice. Be aware that different eyeglass lens companies may measure blue light filtration properties differently, and lenses with the most effective blue light filters have a tint that will affect the appearance of these lenses.

Also, certain anti-reflective coatings can help eyeglass lenses filter blue light.

- **Establish Media-Free Times**—It's a great idea to establish media-free times each day to break your child's fixation on digital devices, reduce eye fatigue, and limit blue light exposure. Use this time to connect as a family.
- **Schedule Annual Eye Exams**—Schedule annual eye exams for your children prior to the start of every school year with an eye doctor near you.

Children and technology are the future. Taking these simple measures can go a long way toward keeping your tech-savvy child seeing clearly and comfortably for years to come.

*In observance of August's "Children's Eye Health and Safety Month", this submission was taken from an internet article appearing in 'All About Vision' and written by Gary Heiting, OD.*





## WOMEN'S REVIVAL CELEBRATING JUBILEE

50  
YEAR  
Golden Jubilee

### By Tamara Tisdale

AWESOME, describes how the Women's Revival went this year. The Women's Revival at Kettering Baptist Church is consistently amazing year after year; however, this year it was exceptionally amazing. Sister Carolyn Sterling, Kettering Baptist Church's First Lady, began the evening by giving a cordial and heartwarming welcome to everyone. Sister Beverly Bell opened up in prayer and shared the scripture from Colossians 3:22-24.

The guest Psalmist was Tiera Furby. Sister Furby is no stranger to the Kettering Baptist Church family. Sister Furby, along with the Praise Team, blessed the ladies in song. Sister Furby came at the women full force, uplifting and praising God as she ministered in song.

Sister Millicent Williams introduced the guest speaker for the evening, Pastor Keith Battle. Sister Williams read the many accolades belonging to Pastor Battle, encapsulating all of his deeds as busy working for the Lord.



**First Lady Carolyn Sterling**



**Sister Millicent Williams**

Using the scripture from Ephesians 6: 5-8, Pastor Battle's delivery of his message was focused on service. Considering the theme this year for the Women's Day events was "Faithful and Service to Christ", Pastor Battle listed four ways women should serve. He explained how women should serve on their jobs and in their marriage. Additionally, he explained how women should serve as nurturers and as ministry members in church.

Having a heart to serve shows love among one another, which in turn shows love for God. Pastor Battle used his own life experiences to encourage and to highlight that service should not be thought of as an obligation, but a privilege. He also pointed out that although service is important, rest cannot be neglected.

Pastor Battle summed up his message using the scripture from Luke 10:38-42, "Serve like Martha, sit like Mary." Being faithful in the walk with Christ is a requirement. What better way to meet this requirement than to serve like Jesus served.



**Guest Psalmist Tiera Furby and the KBC Praise Team**



**Pastor Keith Battle**





# WOMEN'S DAY CELEBRATING JUBILEE



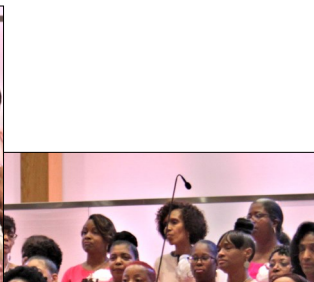
On Sunday, June 9, 2019, Kettering Baptist Church Legacy Center celebrated its annual Women's Day. The choir loft, as well as congregation, was aglow with women dressed in various shades of pink. In addition to the soulful singing of guest soloist Sister Michelle Williams, about 90 women participated in the Women's Day Choir. An all woman band was assembled to further the theme of Women's Day. The band members were, Sister Katrina Lewis on keyboard, Sister Didi Lewis on bass, Sister Genny on guitar, and Sister EJ Jones on drums.

This year's theme was *Women Revived to Serve*. Senior Pastor Bucas Sterling, III delivered a soul-stirring and thought-provoking message, "*Presentation of the Body*." The text was taken from Romans 12:1, "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service" (NKJV). God is good to forgive us of our sins. The least that we should be joyously prepared to do is present our best selves to Him, using our talents and efforts to serve Him in all that we do.

Thank you, women of Kettering, for ministering in the spirit of excellence!



**Pastor Bucas Sterling, III**





## CHURCH ANNOUNCEMENTS CELEBRATING JUBILEE

50  
YEAR  
Golden Jubilee

### 2019 Marriage Retreat

All married couples are invited to join us Thursday, November 7th through Saturday, November 9th at the Embassy Suites Hotel in Richmond, VA. The cost per couple is \$500 which includes a 2-night stay in a Deluxe Suite, three meals, refreshments, and conference materials. Initial deposit of \$100 and regular payments in \$100 increments (non-refundable) can be made online. In-person payments can be made every 2nd Sunday.

*Marriage*  
**Retreat**  
**2019**  
Nov. 7-9  
Embassy Suites Hotel in  
Richmond, Va.

\$500 per couple initial  
Deposit of \$100  
due on March 10th.

### Music Ministry

Calling all **Children, Youth and Young Adults!** Please join us **next Sunday, July 14<sup>th</sup>** at **both services** as the Youth and Young Adults of Kettering come together for a great time of Praise and Worship to our God in song and dance! Final choir rehearsal will be held **this Friday, July 12<sup>th</sup>** at 7pm.

### Bible Study Schedule for July

During the month of **July** there will be no Noonday or Evening Bible Study.

### Church Council Meeting

The next Church Council meeting is **this Thursday, July 11<sup>th</sup>** at 7pm. Ministry leaders, please be present or have a reliable representative attend the meeting.

### Summer Tithing

Please don't take the holy tithes on vacation with you; mail it in, pay through e-Giving, texting, Facebook or through direct deposit.

### Summer Casual

We are designating **Sundays**, except 1st Sundays in **July and August** as summer casual dress Sundays. Please dress comfortably and respectfully as this is the house of God.

### Attention all Singles!

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

### Single's Sight and Sound Excursion

Tickets are limited and  
can be purchased now  
\$65.00 includes lunch,  
transportation and play

Tuesday, August 6<sup>th</sup>

SIGHT & SOUND  
THEATRES

**JESUS**

### Missions Ministry

- **Pray for Our Adult Mission Teams:** Please keep our adult mission teams in prayer as they travel to serve and to share Christ. The team to Ghana, Africa leaves **Thursday, July 18<sup>th</sup>** and returns **Tuesday, July 30<sup>th</sup>** and the team to Guyana, South America leaves **Friday, July 19<sup>th</sup>** and returns **Saturday, July 27<sup>th</sup>**. Please pray for God's protection, guidance of the Holy Spirit, that their faith will be made stronger, and that those whom they are serving will see the light of Jesus in them and desire to know Him.
- **KBC Mission Team:** Please pray for our Mission Team as they minister in **Baltimore, Maryland, from Wednesday, July 24<sup>th</sup> – Saturday, July 27<sup>th</sup>**.
- Members of Kettering are invited to join alongside the mission team on **Saturday, July 27<sup>th</sup> from 10am to 5pm** to participate in a **community festival outreach event**. Transportation will be provided. If you are interested in attending, please confirm by **this Friday, July 12<sup>th</sup>**. POCs: Nikki Barnes at 410-726-7427 & Heather Chapman at 240-354-4676.

### Kettering Church Family

**Pray for Our**  
**MISSIONS**  
**Teams**



## CHURCH ANNOUNCEMENTS, CONT'D CELEBRATING JUBILEE

50 YEAR  
Golden Jubilee

### Honor Roll Recognition

In order to recognize the achievements of our 4th quarter honor roll recipients, the Scholarship ministry requests that a copy of the student's report card be emailed to [scholarship@ketteringministries.org](mailto:scholarship@ketteringministries.org), faxed to the administrative office at 301-780-8578, or placed in the ministry's mail slot no later than **Friday, July 19<sup>th</sup>**.

### Quarterly Business Meeting

We encourage all Kettering Baptist members to make a special effort to attend our Quarterly Business Meeting on **Wednesday, July 31<sup>st</sup> at 7pm**. These meetings are very informative, and will give you an in-depth understanding of the inflow and disbursement of funds, and ministry activities and needs.

### Ministry Members Needed

- The **Fellowship Ministry** assists the congregation with all food related services. We are seeking individuals to help plan, setup, serve and support events happening in the church, and we would love to have you join us. If you are interested, please contact Alvin Clark at 301-704-0463.
- **Seeking Praise Team participants.** The Music Ministry is looking for altos and tenors for the Praise Team. We are seeking born again, passionate, worshippers who are confident and capable singers. If you or someone you know fits this description, please contact us. Auditions are forthcoming. You must be a member of Kettering Baptist Church to participate. For more information, please contact Brian Bailey at 202-438-3367.



## ADDITIONAL WOMEN'S DAY PICTURES CELEBRATING JUBILEE

50 YEAR  
Golden Jubilee





**MINISTERS LICENSING CEREMONY PICTURES  
CELEBRATING JUBILEE**

**50** YEAR  
*Golden Jubilee*



**Pictured from left to right: Newly licensed Ministers Mac Harrell, Anthony Barnes, Nathaniel Appiah, Ramsey Moorman, and David Hall**



**The newly licensed Ministers and their wives**





CHURCH CALENDAR  
CELEBRATING JUBILEE

50 YEAR  
Golden Jubilee



# July 2019

Kettering Baptist Church  
Legacy Center  
[www.ketteringministries.org](http://www.ketteringministries.org)

**Sun Mon Tue Wed Thu Fri Sat**

	1	2	3	4  Happy July 4th	5	6 SANCTIFIED SATURDAY
7	8	9	10	11 7pm Church Council Meeting	12	13 10am Lake Arbor Jazz Festival
14  Youth and Young Adult Praise & Worship at 8am & 11am Services	15	16	17	18 Adult Missions Trip to Ghana Begins	19 Adult Missions Trip to Guyana Begins	20
21	22	23	24	25 Youth Missions Trip to Baltimore Begins	26	27 10am Church-wide Missions Outreach in Baltimore Adult Missions Trip to Guyana Ends
28	29	30 Adult Missions Trip to Ghana Ends	31 7pm Quarterly Business Meeting			