

KETTERING HERALD

NEWSLETTER OF KETTERING BAPTIST CHURCH LEGACY CENTER

Ministry in the Spirit of Excellence

August 2019

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MISSION ON

During the month of July, many of Kettering members had the privilege to serve on mission to the Baltimore, Ghana, Guyana, and the D.C. metropolitan area. What a month it has been! What was the mission you may ask? Well simply put, to make disciples of Jesus Christ as we go. And off we went to fulfill the Great Commission.

Perhaps it would be helpful to understand why we do missions at Kettering Baptist Church the way that we do. It all goes back to my experiences in Bible College. Every time I would go to a class, at the beginning of class, people would share why they were there at Bible College. Over and over again I heard young, mostly Anglo students, say their passion was spurred while serving on a missions trip which they had participated in, traveling to one place or another. I felt a bit strange in that I had been in church all of my life and not only had I never been on a missions trip, neither had my church participated in one. In fact, the vision I had of missionaries was the little old ladies who sat in the front of the church wearing white, who were called the missionaries. But they never went anywhere. The other vision I had of missionaries came from Sunday school literature that depicted Anglo missionaries in African villages with tents helping poor African children and adults with disabilities. As I dug deeper into difference I had experienced from my Anglo brothers and sisters, I learned that my African American church was normal in that nearly no African Americans were serving or participating in mission. Most specifically, that African Americans were the least represented group of people serving on mission in any part of the world among all religions in the world. We just were not there.

God laid on my heart as a result of my discovery to do something to change this void. So when I came to Kettering, one of my great passions was to change

the story about African American missionaries. So we began to budget for mission trips and pay for youth and adults alike to have the opportunity to serve on mission to the city, the country, and the world. This move has relieved the burden of raising money, often lots of money, for one to experience God at work in them on mission around the world. In the nineteen years I have been serving as pastor of Kettering, we have seen over four hundred people experience serving on mission somewhere in the world. I think a difference is being made.

One of the evidences of the difference being made is in the comments of some of the African children and adults who are elated to see African Americans coming to their country to share Christ, to worship, and to show that we care. Through many testimonies I have personally received from those in Africa, they are glad to see us and often have said that they wondered if we even cared about them because they never saw any African Americans serving in their towns as missionaries. I cannot quite say the entire mission has been accomplished, but I can see a dent has been made. Now it is your turn to go serve on mission. Our God is waiting for you to say "Yes" to His call for you to join Him on mission to the world. "Mission On," Kettering Baptist Church. Let us work together to change the world for Him.

Loving My Sheep

Pastor Bucas Sterling, III



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



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.

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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

The Newsletter Ministry kindly reserves the right to edit or alter all submis-



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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.





**KBCLC 2019 GRADUATION RECOGNITION PROGRAM
CELEBRATING JUBILEE**



By Peggy Armstrong

On June 23, 2019, the Kettering Baptist Church (KBC) Scholarship Ministry sponsored the 2019 Graduation Recognition Program, honoring 37 students from Nursery School through Graduate/Professional School. Jacqueline Brown served as moderator and introduced the College/Technical School and Graduate School graduates. Cassondra Pope announced the Pre-School/Nursery School through High School graduates. Youth Pastor Colin Pugh II presented each graduate with a gift and pictures were taken to memorialize the event.

Six High School graduates that will be entering college in the Fall received a \$1,000.00 scholarship. They were: Lauryn Bolds, Stevenson University; Amyah Curtis, Prince George’s Community College; Chigozie Maduka, University of Maryland College Park; Brianna Mercer, Frostburg State University; Taylor McCormick, Pennsylvania State University; and Jamie Reed, Coppin State University. Lauryn Bolds was this year’s recipient of the William Bernarde Gillian Scholarship that was presented by Joseph and Paulette Gillian for the eleventh year.

KBC 2019 GRADUATES

Graduate School Graduates

Neyesia C. Lawrence
Ryan Richardson
Brianna Turner

College/Technical School Graduates

Demetrius J. Boyd
Christian Edwards
Cheryl Ruffin
Isaiah Smith
Corey Snowden
Jeffery Williams, Jr.

High School Graduates

Lauryn Bolds
Amyah Curtis
Jonathan Edwards
Anthony C. Harper
Badi Robert Joyce, Jr.
Taylor McCormick
Chigozie Maduka
Brianna Mercer
Christopher T. Nelson
Siann Omorogieva
Jamie R. Reed
Nyla Ruffin

Middle School Graduates

Nyla Adon
Arielle Carr
Bernard Meade
Jackson Pugh

Elementary School Graduates

Keilah Brown
Rhyne Halsey
Evan Frink
Amirah Harper
Kennedy Leslie
Aiyana P. McCoy
Cameron Phillips

Kindergarten

Laila E. McCoy
Caitlyn Wilson

Nursery School Graduates

Kara Brown
Charles-William Hemsley-Jones
Ryelle Richardson



**KBCLC 2019 GRADUATION RECOGNITION PROGRAM, CONT'D
CELEBRATING JUBILEE**

50 YEAR
Golden Jubilee



Congratulations to our 2019 Graduates!



PEARLS OF PURPOSE CELEBRATING JUBILEE

50
YEAR
Golden Jubilee

By Lauryn Bolds

Prior to attending the Pearls of Purpose, I thought that I was too old to join and that I would feel uncomfortable. However, after attending the sessions they become an outlet where I could be myself and be around other like minded young women. From the start, last August, the sessions have been nothing short of amazing! Each topic I attended equipped me with an abundance of knowledge that spoke to where I was at the moment and gave me the tools that will stay with me for a lifetime. For example, in the Dating Etiquette/ Expectations and Appropriate Interactions session, Pastor and Mrs. Sterling shared some of the thoughts that go through men's minds and some of the purposes of dating, so we know what qualities to look for in a man when the time is right to start dating. One particular verse that stood out to me was 2 Timothy 3:16-17, "All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work." It let me know that God's word has everything I need to get thru any life situation.

Another session I really enjoyed was the etiquette session we had with Mrs. Barbara. She shared some of her own personal experiences with us about the importance of etiquette and the effects of first impressions. She emphasized that giving a firm handshake and looking into that person's eyes is a good way of showing respect and showing that you are interested in what that person has to say.

What the Pearls of Purpose means to me is that we are made unique and special, so that we can do what God has created us to do. Pearls symbolize modesty, purity, and value. That is why we must take care of ourselves and stay closely connected to God. We have been made for a specific purpose even if we may not know it yet. Matthew 13:45-56 says, "Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it."





AWANA CLOSING PICTURES CELEBRATING JUBILEE

50 YEAR
Golden Jubilee





VBS PICTURES
CELEBRATING JUBILEE

50 YEAR
Golden Jubilee





MOVIE NIGHT PICTURES CELEBRATING JUBILEE

50 YEAR
Golden Jubilee





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.

Men's Ministry

Attention Young Men!! There's still time to be a part of the **Gentleman's Journey to Manhood**. This 12-month program will guide young men (13 to 18) through spiritual, physical, and intellectual growth into manhood. The program starts on **Saturday, August 17th at 10am**. If you are interested in participating but have not registered, please visit the Men's Ministry table after each service to receive more information.

Discipleship Training Ministry (DTM)

DTM Registration for the Fall Semester "Session A" will be held on **Sundays, August 11th and 18th** in Room 110. Online registration begins on **Sunday, August 11th**. A schedule of classes is on the Resource Table.

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.

Back to School Youth Service

Calling all youth ages 12 to 18 to come out on **Sunday, August 11th at 11am** for our **Back to School Youth Service** (this is a separate service that will be held in the Multipurpose Room). Come and experience a great time of worship featuring our very own One Accord Choir, and a strong word from Youth Pastor Colin Pugh. Due to the Youth Service, there will be **no** Sunday School or Children's Church on **Sunday, August 11th**.

It is that time once once again!

Back to School
Youth
Service youth ages 12 to 18

August 11th 11 am service

Come and experience a great time of worship featuring our very own One Accord Choir, Praise Dance Ministry, and a strong word from Youth Pastor Colin Pugh.

Thank You!

Many thanks to everyone for your prayers for our Missions Ministry teams to Ghana, Guyana and Baltimore. Men, women and children came to know Christ and others were encouraged in their faith. Continue to keep the people of each of these regions in prayer. And now, please consider seeking God's will for you to serve on a mission's trip next year or even later this year as God may provide opportunity.

Awana Leaders Needed

The Youth Ministry needs men and women leaders for Awana, an extraordinary children and youth ministry for pre-school through 12th grade. We are having a planning and prep meeting on **Wednesday, August 14th at 7pm** for those who would like to join, and for returning leaders. POC: Pastor Pugh at 301-627-9500.

Seniors Spirit of Washington Event

As a reminder, if you have registered and paid to attend this event, please arrive at the church on **Thursday, August 15th no later than 9:30am sharp** as the buses will depart on time.

Directory Pictures

The New Members Ministry is available after each service, in the Sanctuary, to take pictures of members who have never had their picture taken or who want to update their current picture for the online directory.



CHURCH ANNOUNCEMENTS, CONT'D CELEBRATING JUBILEE

50
YEAR
Golden Jubilee

Evangelism Ministry

Evangelism Walk: Join us **Saturday, August 17th at 10am** as we go out, in obedience to the Great Commission, to share Jesus with the lost in our community. Allow the Lord to use you as Ambassadors of the Kingdom of God to change someone's eternal destination.



Pearls of Purpose Graduation

The Pearls of Purpose (a ministry of Women's Enrichment Ministry) will be celebrating their 2018-2019 graduating class on **Sunday, August 18th during the 11am service**. Please come out and support our young ladies as they have completed their one year program in becoming distinguished women of God.



Women's Enrichment Ministry
**Pearls of Purpose
Graduation**
11 a.m. Service
Sunday, August 18th

School Supply Drive

- It's that time again! Our church family has yet another opportunity to demonstrate our love and support for students who do not have the basic back-to-school supplies. Kettering has adopted **nine** schools in our area and we have purchased **900** backpacks. As we have done each year, we are asking our members to fill them to overflowing. The following items are required: Pens, Pencils, Wide or College Ruled Paper, Composition Books, Spiral Notebooks, 24-Pack Crayons, Kleenex, Rulers and Glue. Please place all items in the designated container **through Wednesday, August 28th**.
- Calling all children and youth to help fill the backpacks on **Wednesday, August 28th at 7pm**.
- Men, we need your help to deliver the backpacks on **Thursday, August 29th at 9am**. POC: Pastor Pugh at 301-627-9500 ext. 116 or colin.pugh@ketteringministries.org.

Relationships and Money Symposium

Attention married and dating couples! Your money can impact your relationships! The Financial Empowerment Center at PG Community College (PGCC) and The Together Program invite you to join them in their efforts to strengthen couple's financial well-being and quality of life. The partnership will provide couples with skills and counseling related to communication and problem-solving, stress reduction, money management, and career-employment needs. Classes will be held starting **this Thursday, August 8th through September 12th from 6pm to 8:30pm** on the PGCC Largo Campus. Dinner will be provided and couples will be compensated with over \$160 in gift cards for attending all the sessions. Register at bit.ly/Couples_KetteringBC. Flyers are available on the Resource Table.



Congratulations to KBC's 4th Quarter 2018 – 2019 Honor Roll Recipients

Nyla D. Adon	Robert Goddard Montessori School
Paris L. Adon, II	Robert Goddard Montessori School
Keilah E. Brown	Perrywood Elementary School
Bianca J. Bullock	Gwynn Park Middle School
Naomi C. Bullock	Frederick Douglass High School
Myles W. Burrows	Charles H. Flowers High School
Ava T. Davis	Glenarden Woods Elementary School
Desiree R. Davis	Suitland High School CVPA
Isaiah A. Davis	Bowie High School
Noah A. Davis	Robert Goddard Montessori School
Karis J. Edwards	Academy of Health Sciences at PGCC
Evan D. Frink	Rockledge Elementary School
Amirah V. Harper	Kingsford Elementary School
Khairi A. Hill	St. Pius X Regional School
Kyla A. Hill	Phyllis E. Williams Elementary School
Kyle A. Logan	St. Pius X Regional School
Kendall L. Massey	Kettering Middle School
Aiyana P. McCoy	Kenilworth Elementary School
Brianna Mercer	The SEED School of Maryland
Denai N. Newton	Kenilworth Elementary School
Cameron S. Phillips	Glenarden Woods Elementary School
Jamie R. Reed	Suitland High School
Jayla R. Reed	Benjamin D. Foulois Academy
Elijah Z. Smith	Westlake High School

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



CHURCH CALENDAR
CELEBRATING JUBILEE



August 2019

Kettering Baptist Church
Legacy Center
www.ketteringministries.org

Sun Mon Tue Wed Thu Fri Sat

				1	2 6:45pm Children's Choir Rehearsal 7:15pm One Accord Choir Rehearsal 7:30pm Movie Under the Moon	3 8am Prayer 10am Circle of Comfort 11am Men/Young Men Go Cart
4	5	6 Singles Ministry Sight & Sound 5pm National Night Out	7 12pm Bible Study 7pm Bible Study	8	9 6:45pm Children's Choir Rehearsal 7:15pm One Accord Choir Rehearsal	10
11 DTM Registration 8am & 11am In-Service Prayer 11am Youth Service	12	13	14 12pm Worship Service 7pm Bible Study	15 Senior Men & Women Spirit of Washington Luncheon	16	17 8am Prayer 10am Evangelism Walk
18 11am Pearls of Purpose Graduation DTM Registration	19	20	21 12pm Bible Study 7pm Bible Study	22	23	24 8am Prayer
25	26 DTM Classes Begin	27	28 12pm Bible Study 7pm Bible Study 7pm Filling Backpacks	29	30 9am Backpack Delivery	31 SANCTIFIED SATURDAY