

KETTERING HERALD

NEWSLETTER OF KETTERING BAPTIST CHURCH LEGACY CENTER

Ministry in the Spirit of Excellence

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BLINDED BY YOUR OWN DESIRES

Can you imagine what it would be like to lose your vision and not be able to see your way around? I mean when you get up in the morning it is total darkness, even when you turn on the lights it is still total darkness. You cannot find your way to the bathroom because you cannot see. You will be challenged in picking out clothes, ironing, getting dressed, fixing and eating breakfast, and making your morning java. How will you get to work? Well a better question is, would you be able to do the job you have if you were blind? I think you see how big a challenge life would very quickly be if all of a sudden you lost your sight and became blind. There would be so much you would miss out on and so much you would need help with.

Interestingly, over the last few weeks while just being my normal self, I have been complimented over and over again about how kind I was and how much people appreciated it. Now, not that it never happened before, but it seemed to me to be much more frequent. One person told me they appreciated me being patient with them because they realized I didn't have to be and how rare and refreshing it was to experience someone being kind and they did not have to be. Then I heard my daughter say the same words referring to a man they ran into while on vacation. For some reason those words stuck with me and in a sense, my eyes were opened to what some may call random acts of kindness that people were doing. I hesitate to call them random acts of kindness because it may not have been random to them. Perhaps they were just being themselves.

As I began to see and experience the kindness of others, it was as though I had my head in the sand for months, never noticing these kindnesses before. Someone holding a door until you are able to get to it, sharing information or directions to assist you in your routine or travels, and so on. Why have I not

seen this going on in the past? Was it because it wasn't happening? Or was it because I was blinded to it because of my own plans? I believe it was that I was blind to it. I, like many of you, was walking in darkness as to how God had been using others to aide in the simple things in life to make my day and my life a little easier.

I Corinthians 12:12-14, says "For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. For by one Spirit we were all baptized into one body whether Jews or Greeks, whether slaves or free and have all been made to drink into one Spirit. For in fact the body is not one member but many." In the daily pursuits of our own desires we tend to be blinded to the fact that we alone are not the Body. We alone cannot expect to find our way around, or feed ourselves, or fulfill our work requirements. In the kindness of God, He looks out for us by putting people in our paths as well as us in the path of others, that we as the body, may assist one another through the challenges of being blind. The arms cannot see, but with the assistance of the eyes their job is so much easier.

I suppose what I am trying to say is that if we only see life from the eyes of our limitations we are blind. We are blind to our need for others and blind to others need for us. Blinded by the belief and drive that we can be eyes when we are feet or hands. Blind to what others do on our behalf as a means to help the entire body and blind to others need for us to assist them in the body. My brothers and my sisters, I want to encourage you to pray that your eyes be open to the ways in which you can give help and support to the rest of the body as well as to the ways other members are being supportive of you.

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

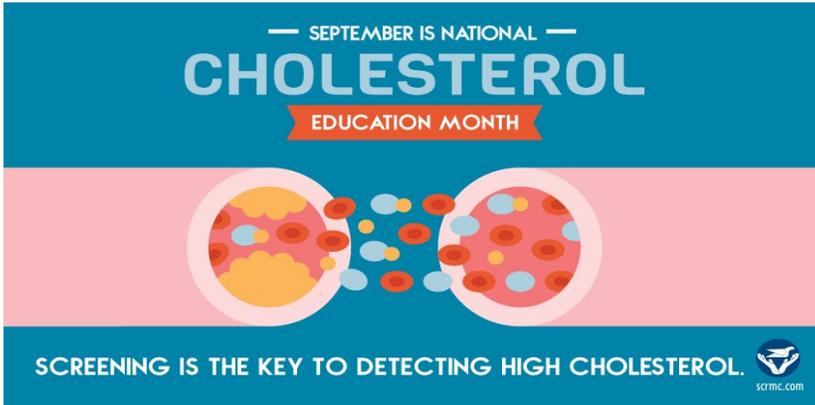




SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH
CELEBRATING JUBILEE



Submitted by The Health and Wellness Ministry



Have you had your cholesterol checked lately? Cholesterol is a waxy fat-like substance found in your body and many foods. Many may not know cholesterol is produced naturally in the body on its own. Cholesterol plays a vital role in hormone production, in the formation of bile by the liver to aid in digestion, as well as in the creation and maintenance of the protective membranes around cells. So how exactly can cholesterol be bad for us? Like with most things too much can be dangerous.

High cholesterol is a major contributing factor to heart disease, and can even increase one’s risk for heart attack and stroke. Children, young adults, and older Americans can have high cholesterol. More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke. High cholesterol usually doesn’t have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications. It’s important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or “bad” cholesterol), HDL (high-density lipoprotein, or “good” cholesterol), and triglycerides.

If you have high cholesterol, what can you do to lower it? Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains e.g. Oat, Avocado, Green Tea, Nuts, Beans.).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don’t smoke or quit if you smoke.

Just as important, a diet that is heavy on fruits, vegetables, beans, and nuts is good for the body in ways beyond lowering cholesterol. It keeps blood pressure in check. It helps arteries stay flexible and responsive. It’s good for bones and digestive health, for vision and mental health.

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-



SENIOR CRUISE CELEBRATING JUBILEE

50
YEAR
Golden Jubilee

Submitted by Min. Larry Camper

The Senior Cruise on the Potomac, aboard the Spirit of Washington, was tremendously enjoyable. Upon leaving the dock on the very comfortable and spacious cruise ship, the Spirit of Washington, the seniors experienced a great afternoon of fellowship and fun, dining and dancing. As we cruised, additionally we were blessed by the awesome sights the cruise on the Potomac provided us with. Whether one enjoyed dancing the time away, was excited about enjoying the awesome and tasty spread prepared for us, or simply beheld and appreciated the beautiful sights—it truly was a great time had by all!





PEARLS OF PURPOSE GRADUATION CELEBRATING JUBILEE



Pearls of Purpose

“To empower young ladies through the teaching of Godly principles to impact the world and draw others to Christ in speech, dress, countenance and Godly relationships.”

2018 — 2019 Pearls Of Purpose Graduates

Lauryn Bolds	Nyjavinghi Kahan
Lauren Caldwell	Chisom Maduka
Desiree Davis	Kiersten McClure
Brianna Frink	Jamie Reed

Special thanks to those who helped make this 2018-2019 year a great success:

Pastor & First Lady Sterling	Dr. Brenda Bellamy
Dr. Charlene Dukes	Dr. Denise McClain
Prince George’s Community College	Ms. Thella Jones
Dr. Jacqueline Brown	Ms. Heather Chapman
Mrs. Barbara Driggins	Dr. Chenere Evans
Mrs. Rhonda Caldwell	Mrs. LaTonya White
Ms. Julie Carr	
Women’s Enrichment Ministry	





PEARLS OF PURPOSE GRADUATION, CONT'D CELEBRATING JUBILEE

50 YEAR
Golden Jubilee



For girls ages 13-18 years old.

Pearls of Purpose



GENTLEMAN'S JOURNEY PICTURES CELEBRATING JUBILEE

50 YEAR
Golden Jubilee





GUYANA MISSIONS TRIP PICTURES 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 Fishing Trip

Men of Kettering, you are invited to join us on Saturday, October 12th for a day of deep sea fishing. The cost is \$75 per person and a non-refundable deposit of \$45 is due by Sunday, September 8th and final payment is due Sunday, September 29th. This trip will sell out fast, so do not delay. Sign up today immediately following service.

Men's Ministry
Fishing and Fellowship
Saturday, October 12, 2019
Registration begins on
Sunday, August 26th

Back to School Youth Service

Awana resumes on Wednesday, September 11th from 7pm – 8:30pm. The registration fee is \$25 per child (scholarships are available). You may [click here to register online](#) or you may register in person on Wednesday, September 11th from 7pm-8:30pm. POC: Pastor Pugh at 301-627-9500.

AWANA

Wednesday, September 11th
7:00 to 8:30 p.m.

The non-refundable registration fee is \$25 per child and scholarships are available

Church Picnic

Our Church-wide Picnic will be held on Saturday, September 28th from 12pm – 4pm. We are asking KBC members to supply the following according to your last name.

- A-E: 3 each 24 count: Baked goods (i.e., cookies, cakes, etc.) store-bought only
- F-J: 2 each 20 count: Chips (snack pack bags)
- K-O: 2 each 10 count: Juice/drinks (kids juice i.e., Capri sun)
- P-T: 2 each 12 count: Soda (cans, no diet soda)
- U-Z: 2 each of 34-38 count: Bottled water (small bottles encouraged)

All members are encouraged to drop off their items between Monday, September 23rd and Friday, September 27th. The church will supply all the cooked food i.e., hot dogs, hamburgers, chicken, fish, veggie burgers and side dishes.

The following volunteers are needed: set up, clean up, food servers, moon bounce attendants, game leaders and more. Please sign up today after each service. We need all to participate!

KETTERING CHURCH FAMILY GET
READY FOR SOME FUN, FOOD,
AND FELLOWSHIP

CHURCH
Picnic
SATURDAY SEPTEMBER 28TH
FROM NOON TO 4 00 PM
VOLUNTEERS NEEDED



CHURCH ANNOUNCEMENTS, CONT'D CELEBRATING JUBILEE

50 YEAR
Golden Jubilee

Evangelism Ministry

Evangelism Walk: Join us in sharing Jesus with our community on Saturday, September 21st at 10am at our Church-wide Evangelism Walk. We will meet here and depart to the designated routes, then return and close out with prayer. If you are unable to walk, you may remain at the church and pray.

EVANGELISM WALK
JOIN US!
SATURDAY SEPT 21ST 10AM

*Let's reach the unsaved
with the **Good News!!!***

Evangelism Training: “Then He said to His disciples, “The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest.” – Matthew 9:37-38. Join the Evangelism Ministry on Saturday, September 14th from 9am – 12pm for our next training, Evangelism Made Easy, as we prepare laborers for the harvest. Come learn skills to help you overcome any reservations that you have about sharing the Gospel. Registration will begin Sunday, September 1st.

Kettering Church Family
EVANGELISM TRAINING
Saturday, September 14th
9am - 12pm

Senior Fitness Day & Picnic

Seniors (60 and over) are invited to Senior Fitness Day and Picnic at Watkins Regional Park on Friday, September 13th from 10am to 2pm. Informational flyers with details on how to register are available on the Resource Table. Transportation will be available for those who need a ride. POC: Minister Camper at 301-627-9500.

**SENIOR
FITNESS
DAY &
PICNIC**



**WATKINS REGIONAL PARK
FRIDAY, SEPTEMBER 13TH
10AM TO 2PM**

**TRANSPORTATION PROVIDED
FOR THOSE IN NEED**

Sunday, September 8th
2019 Living Legend
Join us at the 11 a.m. service as we celebrate the Kingdom contributions of this year's Living Legend.

Legendary Sunday

On Sunday, September 8th we will recognize our 2019 Living Legend!

PREVIOUS LIVING LEGENDS OF KETTERING BAPTIST CHURCH

- 2001- Polly Lambert
- 2002- Freddie & Edna Williams
- 2003- Mildred Trent
- 2004- Douglas Taylor
- 2005- Florence Dove
- 2006- Geneva Hall
- 2007- Joseph & Barbara Brown
- 2008- Lucille Thompson
- 2009- Winnifred Rowe
- 2010- William & Modestine Medley
- 2011- Arnell & Brenda Jones
- 2012- Charlene Dukes
- 2013- Geraldine Thomas
- 2014- Joseph Bryant
- 2015- Annette Whitley
- 2016- Morgan & Annie Smalls
- 2017- Christine Carraway
- 2018- Deacon John Young



CHURCH CALENDAR
CELEBRATING JUBILEE



September 2019

Kettering Baptist Church
Legacy Center
www.ketteringministries.org

Sun Mon Tue Wed Thu Fri Sat

1	2 Labor Day	3	4 12pm Bible Study 7pm Bible Study	5	6 7pm Youth & Parent Workshop 7pm AYA Bridging the Gap	7 9am Youth & Parent Workshop 10am Prayer Walk
8 Legendary Sunday	9	10	11 12pm Bible Study 7pm Bible Study 7pm Awana Begins	12 7pm Church Council Meeting	13 10am Seniors Fitness Day at Watkins Park	14 9am Evangelism Workshop
15	16	17	18 12pm Bible Study 7pm Bible Study & Awana	19	20	21 9am Men's Huddle 11am Evangelism Walk
22	23	24	25 12pm Bible Study 7pm Bible Study & Awana	26	27	28 12pm Church Picnic
29	30					