

# KETTERING HERALD

NEWSLETTER OF KETTERING BAPTIST CHURCH LEGACY CENTER

*Ministry in the Spirit of Excellence*

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## HELP ME FIND THE CHRISTMAS SPIRIT

Thanksgiving has come and gone. It was great time spending the day with family and friends. For those who traveled to see loved ones, I'm sure you enjoyed the time away as well, reconnecting to family and either getting on their nerves or having them get on your nerves. A time of eating turkey, ham, chicken, greens, yams and cakes and pies filled our stomachs to the brim and we were surely ready to repent for over eating. But still amidst all of that I couldn't seem to find the Spirit of Christmas. Black Thursday/Friday, Small business Saturday, spend more Sunday and Cyber Monday, Tuesday... and still the Christmas Spirit didn't come.

Is it possible that we have so drifted away from God and the reason for the season, as they say, so that the Christmas Spirit refuses to show up? Perhaps once we get the decorations and lights up all over town that will help. May the lighting of the Christmas tree on the mall or the Christmas parties will spur it on and I can finally say I have the Christmas Spirit. I do not know what is happening but it seems that time is moving so fast that by the time I find the Christmas Spirit, it will be 2020. Or worse than that maybe I will never find the Christmas Spirit this year.

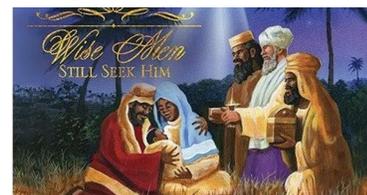
Am I too busy? Am I not spiritual enough? Am I depressed? What is going on with me? I need help to find the Christmas Spirit. Ok let us settle down. It cannot be this hard. And I don't want to miss it. What is the Spirit of Christmas anyway? Is it buying and getting gifts? Is it lights and trees and holly? Is it time off from work and work parties where people get out of character? I don't think that is it. In fact though all or many of these things happen during the Christmas time of year, they are just trimmings to a much larger picture.

So let us search out that larger picture. I know I can find the spirit with the Father and with the Word, because they are inseparable. The Christmas Spirit is in that great story that "God so loved the world that He gave His only begotten Son that whoever believes in

Him should not perish but have everlasting life." The Spirit of Christmas is in the story of a virgin named Mary becoming pregnant by the Holy Spirit and giving birth to The God Man. It is very present in the star pointing the way to Him and shepherds and wise men coming to worship Him in stable without decorations, lights or trees. The Spirit of Christmas is seen in the giving of gold, frankincense and myrrh to God Himself. Not in asking for what we want or buying our kids and family and friends gifts. I know you have heard this before but listen a little closer. There is a spirit in that but it is more a Spirit of joy we receive by the blessing of others or being blessed. The spirit of Christmas can be found in looking at the face of God and realizing the miracle that He has come to you alone to be in you a guarantee of the eternal promise of the Father and the response you have is to release any and everything you have of value to worship Him and acknowledge that He is worthy of it and more. The true Spirit of Christmas can only be experience in its fullness when we are willing to let go of self, fall humbly before God and surrender all, realizing in doing so you cannot loose. At that moment you realize you are not of this world any more but you have been adopted into the family of God. You are going to feel The Spirit of Christmas, and the good news is that it can be experience all year long.

Now I realize I never lost the Christmas Spirit. It was there with me all the time. I was just expecting a feeling of festivity when I already have the power that freed me from captivity. Thank you for your support Kettering family. I pray that this Christmas holiday time of year will prove to be a blessing to you and your family and that it last all year round.

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**

**50** YEAR  
Golden Jubilee



## 9 TIPS TO COPE WITH HOLIDAY DEPRESSION CELEBRATING JUBILEE



By Darlene Lancer, JD, MFT

The stress of the holidays triggers sadness and depression for many people. This time of year is especially difficult because there's an expectation of feeling merry and generous. People compare their emotions to what they assume others are experiencing or what they're supposed to feel and then think that they alone fall short. They judge themselves and feel like an outsider. There are a host of things that add to stress and difficult emotions during the holidays:

**Finances.** Not enough money or the fear of not having enough to buy gifts leads to sadness and guilt. The stress of financial hardship during this economic downturn is often compounded by shame. When you can't afford to celebrate it can feel devastating.

**Stress.** The stress of shopping and planning family dinners when you're already overworked and tired can be overwhelming.

**Loneliness.** A whopping 43 percent of Americans are single, and 27 percent of Americans live alone. When others are with their families, it can be very painful for those who are alone. Seventeen percent of singles are over 65, when health, age, and mobility can make it more difficult to enjoy yourself.

**Grief.** Missing a deceased loved one is painful at any age, but seniors have more reasons to grieve.

**Estrangement.** When you're not speaking to a relative, family get-togethers can usher in feelings of sadness, guilt, resentment, or inner conflict about whether to communicate.

**Divorce.** If you're newly divorced, the holidays may remind you of happier times and accentuate your grief. It's especially difficult for adult children of divorce who have to balance seeing two sets of parents. The stress is multiplied for married children who have three or even four sets of parents to visit.

**Pleasing.** Trying to please all of your relatives – deciding what to get, whom to see, and what to do – can make you feel guilty and like you're not doing enough, which leads to depression.

**SAD.** Many people experience the blues during gloomy weather due to decreased sunlight, called Seasonal Affective Disorder (SAD).

Much of the planning, shopping, and cooking is done by women, so they carry the greater burden in preparing for family gatherings. Women are at twice the risk for depression than men. After heart disease, depression is the most debilitating illness for women, while it's tenth for men. To read more on this, see *Depression in Women*.

Some measures you can take to cope with the holiday blues include:

- Make plans in advance, so you know how and with whom your holidays will be spent. Uncertainty and putting off decision-making add enormous stress.
- Shop early and allow time to wrap and mail packages to avoid the shopping crunch.
- Ask for help from your family and children. Women tend to think they have to do everything, when a team effort can be more fun.
- Shame prevents people from being open about gift-giving when they can't afford it. Instead of struggling to buy a gift, let your loved ones know how much you care and would like to, but can't afford it. That intimate moment will relieve your stress and nourish you both.
- Don't allow perfectionism to wear you down. Remember it's being together and goodwill that matters.
- Make time to rest and rejuvenate even amid the pressure of getting things done. This will give you more energy.
- Research has shown that warmth improves mood. If you're sad or lonely, treat yourself to a warm bath or cup of hot tea.

*(Continued on page 4)*

### **Pastor Bucas Sterling III The Newsletter Ministry Members**

Sis. Brenda Brown  
Sis. Letitia Hinton  
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](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.*



# LADIES JOINT PRAYER BREAKFAST CELEBRATING JUBILEE



## By Conchita McRavin

On October 19<sup>th</sup>, sisters of all ages from four churches, united at Hillcrest Baptist, for a joint prayer breakfast. Our gracious host, First Lady Amelia Pearson, opened the event with prayer and welcomed everyone. In attendance, were about 180 sisters from Clinton, Hillcrest, Kettering, and Sharon Bible Fellowship churches. We mingled, laughed, conversed, met some new friends and hugged on some old ones!

After enjoying a bountiful continental breakfast, we proceeded to the sanctuary. Sister Pearson read our theme scripture, **Psalms 145:18 – ‘The Lord is near to all who call upon Him, to all who call upon Him in truth.’** – then explained the areas of prayer we were to focus on. After an awesome time of praise and worship, led by the mother and son duo of Bea and Michael Brown, Jr., we broke into groups of 4-6 sisters, from the different churches, and proceeded to pray for sisters, and/or loved ones, with cancer, widows, relationship issues, and other matters that were heavy on our hearts. As prayers were vocalized all over the sanctuary, we were continuously blessed with worship songs from Sister Bea and Michael!

The highlight of the morning was the powerful presentation of ‘Cardboard Testimonies’! Sister after sister silently, and slowly, walked across the front of the sanctuary, holding up their cardboard revealing their struggles on one side, then flipping the cardboard over to reveal their deliverance through their faith in Jesus Christ! It was amazing to experience the transparency of our many struggles, without judgement! There were cheers, tears, and praises galore, and God certainly got the glory!

Finally, Kettering’s Women’s Enrichment Ministry presented chocolate roses to all of the sisters from Hillcrest, Clinton and Sharon  
*(Continued on page 4)*





## LADIES JOINT PRAYER BREAKFAST (CONT) CELEBRATING JUBILEE



*(Continued from page 3)*

Bible as a token of our appreciation and sisterhood! They were all pleasantly surprised and grateful!

Sister Pearson closed us out with prayer as we said goodbye-for-now to our sisters.



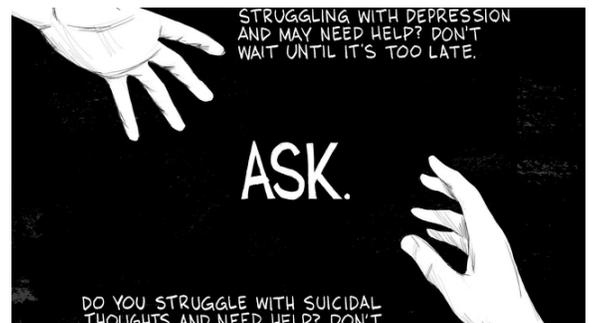
## 9 TIPS TO COPE WITH HOLIDAY DEPRESSION (CONT) CELEBRATING JUBILEE

*(Continued from page 2)*

- Spend time alone to reflect and grieve, if necessary. Pushing down feelings leads to depression. Let yourself feel. Then do something nice for yourself and socialize.
- Don't isolate. Reach out to others who also may be lonely. If you don't have someone to be with, volunteer to help those in need. It can be very uplifting and gratifying.

The signs of depression are feelings of sadness, worthlessness or guilt, crying, loss of interest in usual activities, fatigue, difficulty concentrating, irritability, social withdrawal, and changes in sleep, weight, or appetite. If these symptoms are severe or continue for a few weeks, more than the holidays may be the cause. Seek professional help.

Submitted by the Health & Wellness Ministry





# SWEET SPIRIT NIGHT CELEBRATING JUBILEE



By Tamara Tisdale

Once again, Sweet Spirit Night was a big success for all of the kids and some kids at heart too. The kids, and a few adults, were dressed in different types of creative costumes. The video game truck was popular for the video gamers. There were screens on the side of the truck as well as screens inside of the truck. There was not one, not two but three moon bounces for jumping and showing off various tumbling skills. The kids collected tickets after competing in the many carnival games to include, basketball hoops, soccer kicks and knocking over the milk bottles, just to name a few. The tickets were used to select from the many, many prizes on display. Face painting is always a big hit. There were many designs to choose from.

Grilled hotdogs and hamburgers and chips and drinks were tasty treats needed to fuel the hearty appetites after participating in all of the activities.

With so much to do in so little time, the kids found a way to participate in everything there was to offer. A fun time was had by all.





**SACRED MARRIAGE:  
A UNION OF CONSECRATION, EDUCATION AND CELEBRATION**

By Brenda M. Brown

The Embassy Suites in Richmond, VA was the location of KBC's 2019 Marriage Retreat which took place November 7<sup>th</sup> – 9<sup>th</sup>. The theme for the Retreat was taken from Matthew 19:5-6, "...For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh? So then, they are no longer two but one flesh. Therefore what God has joined together, let no man separate".

The very first activity of the Retreat took place Thursday evening. It was a Welcome Reception, along with a Meet & Greet. Twenty-Five couples attended this year's Retreat, and during the Meet & Greet, some couples indicated they were blessed to have been attending the Retreat for the very first time! We also found out there was a diverse longevity of marriages, as the range went from two years of marriage up through 49 years of marriage. The longevity of some marriages stood as a testament to all in attendance that with God's help, marriages can thrive and survive!

After the Meet & Greet, Game time was upon us! While some couples were engaged in various games, others watched from the sidelines and cheered them on. It was a fun night full of laughter, excitement and getting to know other couples better.

Friday, after breakfast, our first session began. The husbands and wives were separated so each could have their own group session. The facilitators of the sessions were Pastor Glenn Faulkner, Pastor of the White Oak Fork Missionary Baptist Church in Virgilina, VA for 30 years, who led the husbands in their session, and his wife of 38 years, Lady Laurietta Faulkner who led the wives in their session. Sessions I and II were the separate sessions and Session III was a combined session for the couples. Some of the session topics covered were "First Things First" and "The Seasons of our Lives". During the sessions, husbands and wives had the opportunity to ask questions, get clarification on the subject matter discussed, and relay how the information being taught related to them and their marital relationships. The discussions were inspiring, uplifting, and at times, emotional and moving. After the combined session ended, couples were free to go out on their own for their individual "Date Night". There were many options to choose for Date Night, such as dinner, the movies, going to a museum, sporting activities or just going out from a stroll, holding hands and looking in each other's eyes!



*(Continued on page 7)*



# MARRIAGE RETREAT (CONT) CELEBRATING JUBILEE



(Continued from page 6)



On Saturday, a delicious breakfast was had by all, then we were off to our last session, which was a combined session. We then had a discussion on everything we'd learned over the past two days, and afterwards, we were all optimistic about putting in to practice and using all of the tools we had been given to enhance our marriages.



The Retreat was a big success, and everyone in attendance was grateful for having had the opportunity to attend, the chance to meet new couples, and to share in what thus saith the Lord in regards to our marriages. The facilitators spoke from God's word, from their walk with the Lord, and from their marital experiences and everyone was enriched as a result.

Kudos to our Marriage Ministry for making the Retreat an overwhelming success and for touching each couple in a special way with the intent of bringing marriages together for the uplifting of God's Kingdom! To God be the Glory for the thing he hath done!





## CHURCH ANNOUNCEMENTS CELEBRATING JUBILEE

50  
YEAR  
Golden Jubilee

### New Year's Eve Concert Service



Join us for our New Year's Eve Concert Service on Tuesday, December 31st at 10pm as we bring in 2020 with a high night of praise and worship! Special guests are Capria McClearn, the Seek and Find Project, Stellar Award Winning Gospel Recording Artist Isabel Davis, and Powerful preaching from our very own Pastor Bucas Sterling, III.

### Missions, Youth & Young Adult Ministries

It's the shopping season and we will be "Shopping for Souls." Join us as we share Christ (the true reason for the season) without fear, **Saturday, December 21st at 11am at Annapolis Mall.** Sign up after each service in Room 107.

### AmazonSmile Program

Amazon will donate a portion of your purchase to a charitable organization when you shop on AmazonSmile. Go to [smile.amazon.com](http://smile.amazon.com) and select Kettering Baptist Church. Thanks for your donations.

### YWAM DC Prince George's County

Youth with a Mission (YWAM) is hosting a mission's outreach trip to the 2020 Olympics in **Tokyo, Japan** from **Wednesday, July 22, to Monday, August 3, 2020.** Mission ministry activities include: daily music, drama, sport, fun and games at open-air festivals, sharing your faith at International Cafes, and more. The cost is \$3,500.00 per person and covers all expenses. A non-refundable \$300 deposit is **due immediately.** **All ages are welcome!**

### Christmas Cantata



The Music Ministry's Christmas Cantata will be held on Sunday, December 15th at 4pm, under the direction of guest Director, Michelle Bennett. Please join us for an afternoon of song and storytelling!

### Men's Prayer

Men of Kettering, come out and join us on Saturday, December 14th at 8am in a blessed morning of prayer as we look to conclude 2019 and usher in the new decade of 2020. We look forward to a serious turnout of Men, as we lift each other up in prayer. To GOD be the glory for an opportunity to petition Him for His grace and favor!!!

### Discipleship Training Ministry (DTM)

Attention DTM participants! There will be a DTM Certificate awards ceremony on Sunday, December 15th at the 11am service for those who have completed the foundational level courses through Level II. You should have been contacted notifying you of your eligibility, if not please contact Pastor Williams.

### Junior Achievement

Kettering Church Family it's time to support Junior Achievement (JA) once again! JA is the world's largest organization dedicated to educating students in Grades K-12 about financial literacy, work readiness, and entrepreneurship through their experiential, hands-on programs. JA will host James Madison Middle School on Tuesday, January 14, 2020 from 9:45am - 2:45pm. Our goal is to provide 16 volunteers. KBC will provide lunch and transportation. For more details and to sign up, please contact Rhonda Caldwell.

### Night to Shine

On Friday, February 7, 2020 from 6pm - 9pm, First Baptist Church of Glenarden will host "Night to Shine", sponsored by the Tim Tebow Foundation. "Night to Shine" is an unforgettable prom night experience, centered on God's love, for people with special needs, ages 14 and older





CHURCH CALENDAR  
CELEBRATING JUBILEE

50 YEAR  
Golden Jubilee

 <div style="display: inline-block; border: 1px solid black; padding: 5px; margin-left: 20px;"> <h2 style="margin: 0;">December 2019</h2> </div> <div style="display: inline-block; text-align: right; margin-left: 20px;"> <p><b>Kettering Baptist Church</b>  <b>Legacy Center</b>            Email: <a href="mailto:kbchurch@ketteringministries.org">kbchurch@ketteringministries.org</a></p> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 12:15pm Children's Choir Rehearsal	<b>2</b>	<b>3</b> 6:45pm Children's Choir 7:00pm Mass Choir 7:30pm Youth Choir	<b>4</b> 12pm Bible Study 7pm Bible Study & Awana	<b>5</b>	<b>6</b> 7:00pm Men's Huddle	<b>7</b> 8am Men's The 33 10am New Members Fellowship 10am Circle of Comfort
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> 12pm Bible Study 7pm 2020 Budget Presentation, Study and Awana	<b>12</b> 7:00pm Mass Choir	<b>13</b>	<b>14</b> 8am Prayer
<b>15</b> 11am DTM Awards Ceremony 4pm Christmas Cantata 	<b>16</b>	<b>17</b> 7:00pm Mass Choir	<b>18</b> 12pm Bible Study 7pm Bible Study & Awana	<b>19</b>	<b>20</b>	<b>21</b> 11am Young Adults "Soul Shopping" 
<b>22</b>	<b>23</b>	<b>24</b> Christmas Eve	<b>Merry Christmas</b>		<b>27</b>	<b>28</b> SANCTIFIED SATURDAY
<b>29</b>	<b>30</b>	<b>31</b> Happy New Year 10pm New Year's Eve Service				


  
**A Holy and Blessed Christmas**