

November 2023, ISSUE #25

L.I.F.E. CHRONICLES

News & updates from our church for our community



NEW LIFE COMMUNITY CHURCH
Rev. Littykia Clay-Crawley, Pastor

SCHEDULE

WORSHIP

SUNDAYS - 8AM

LIFE PRAYER

WEDNESDAYS - 7AM & 7PM

YOUTH PRAYER

WEDNESDAYS - 8PM

LIFE STUDY

2ND & 4TH THURSDAYS - 7PM

ZOOM MEETING ID: 804-928-1376

CONFERENCE NUMBER: 804-256-2515



2024: Strive for More, Holistic Wellness for a Strong Core!

Dear Church Family,

As we draw nearer to the end of 2023 and eagerly anticipate the fresh opportunities that a new year will bring, we are thrilled to unveil the guiding theme for 2024: “Holistic Health and Wellness.” In the upcoming year, we will embark on a journey encompassing education, physical exercise, mental well-being, and spiritual integrity, all deeply rooted in our faith.

At our beloved church, we firmly believe that true wellness extends beyond our physical health, encompassing our mental and spiritual well-being as well. Our mission for 2024 is to equip you with the necessary tools and unwavering support to nurture your holistic health, fostering a deeper connection with your faith and a more fulfilling life. Our goal is to help you live your faith every single day.

What Does 2024 Hold for Us?

- **Education for Wellness:** Throughout the year, we will offer enlightening workshops, seminars, and resources designed to educate you on various facets of health and wellness. Topics will range from healthy living to stress management and personal growth.
- **Physical Exercise:** Regular physical activity is a cornerstone of overall health, and we are committed to providing exercise opportunities and classes that make staying active an enjoyable and social experience.
- **Mental Wellness:** Just as vital as physical health, caring for our mental well-being is paramount. Our focus will be on providing guidance and unwavering support in managing stress, anxiety, and cultivating a positive mindset.
- **Spiritual Integrity:** Strengthening our faith lies at the heart of our 2024 theme. We will embark on spiritual journeys and engage in meaningful discussions, fostering a deeper connection with God and enhancing our spiritual integrity.
- **Nutrition and Cooking Classes:** Nutrition plays a crucial role in our overall well-being. In light of this, we will offer classes that teach you how to prepare healthy and delicious meals, equipping you to make informed decisions about your diet.
- **Accountability Partners:** We warmly encourage each of you to find an accountability partner within your community. These partners will offer the vital support and encouragement needed to stay on track with your wellness goals in the coming year.

The Inaugural Step: December 2023 Stretching Challenge

Our journey toward holistic health and wellness commences as early as December 2023 with a “Stretching Challenge.” This engaging and accessible challenge is the perfect way to launch your wellness journey and underscores the importance of prioritizing your physical health. It sets a positive tone for the year ahead.

However, our commitment doesn’t stop there. We want to ensure that you have consistent support and encouragement throughout 2024. That’s why we encourage each member of our church to find an accountability partner this month. Your partner will be your rock—providing motivation and unwavering support as you work towards achieving your wellness goals, whether they involve physical health, mental well-being, or your spiritual journey.

We are enthusiastic about the holistic health and wellness journey that awaits us in 2024. By embracing various facets of well-being and weaving them into our faith, we strive to bring positivity, balance, and a deeper connection with God into our lives.

Let’s embark on this transformative journey together, lifting each other up, and living each day in faith. Together, we can embrace wellness and experience the boundless blessings it brings.

Yours in Faith,

Pastor Littycia Clay-Crawley

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L.I.F.E. CALENDAR



November 2023

Love the Lord your God
with all your heart & with all your soul
& with all your mind & with all your strength.
MARK 12: 30

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- 11/01 - L.I.F.E. Prayer @ 7AM & 7PM/Youth Prayer @ 8PM
- 11/02 - NLCC Church Meeting @ 7PM
- 11/04 - NLCC Diaconate Meeting @ 9AM
- 11/04 - NLCC Praise Dance Rehearsal @ 11AM
- 11/05 - Daylight Savings Time Ends (Fall Back)
- 11/05 - Holy Communion/In-person Worship @ 8AM
- 11/07 - Election Day
- 11/08 - L.I.F.E. Prayer @ 7AM & 7PM/Youth Prayer @ 8PM
- 11/09 - L.I.F.E. Study @ 7PM
- 11/11 - Veterans Day
- 11/12 - NLCC Virtual Worship @ 8AM
- 11/13 - NLCC Woman's Ministry @ 7PM
- 11/15 - L.I.F.E. Prayer @ 7AM & 7PM/Youth Prayer @ 8PM
- 11/19 - NLCC In-person Worship @ 8AM
- 11/21 - Thanksgiving Basket Pick Up @ 11AM - 3PM
- 11/21 - PBA Thanksgiving Worship @ 7PM St. Paul's BC
- 11/22 - L.I.F.E. Prayer @ 7AM & 7PM/Youth Prayer @ 8PM
- 11/23 - Thanksgiving Day
- 11/26 - NLCC Virtual Worship @ 8AM
- 11/26 - Virtual Changemakers Meeting @ 12Noon
- 11/29 - L.I.F.E. Prayer @ 7AM & 7PM/Youth Prayer @ 8PM

Happy Birthday!

Latoya Kelly 11/03
Deacon Frank Crawley 11/06
Deacon Geoffrey Ransome 11/06

Happy Belated Wedding Anniversary

GEOFFREY & CATHERINE RANSOME


Deacon Ulric Eley, Sr.
Trustee Everett Green
Bro. Lonnie Pierce
Bro. Marvin Washington
Thank You





Virginia Early Voting:
NOW until 11/4



Election Day: 11/7

VOTE

Virginia Department of Elections



NOVEMBER OBSERVANCES

Days

- [Autistics Speaking Day](#) -1st
- World Vegan Day -1st
- National Stress Awareness Day -1st
- Veterans Day -11th
- World Diabetes Day -14th
- National Adoption Day -18th

Month

- American Diabetes Month
- National Family Caregivers Month
- [National Healthy Skin Month](#)
- Peanut Butter Lovers Month
- National Model Railroad Month

Weeks

- Chemistry Week -1st
- Game and Puzzle Week -1st
- [Nat. Diabetes Education Week](#) -1st
- [Gastroesophageal Reflux Disease \(GERD\) Awareness Week](#) -3rd
- National Family Week - 3rd

Budget Submission Announcement

Dear Church Ministries,

As we prepare to embark on a new year, it's that time when we lay the foundation for our mission and ministry plans. We kindly request all ministries to submit their 2024 budget proposals by November 15, 2023. This vital step allows us to allocate resources effectively, ensuring that our shared vision and goals can be realized in the coming year.

Your timely submissions will facilitate a transparent and well-coordinated budgeting process. We appreciate your commitment and dedication to our church community.

Please submit your budgets to our clerk, Dianne Green no later than the specified deadline. If you have any questions or need further assistance, feel free to reach out. Together, we can make 2024 a year of growth, impact, and spiritual enrichment.

In His Service,

Dianne Green, Church Clerk



RELATIONAL L.I.F.E.



Welcome to a month of reflection and thanksgiving within our church community. In the spirit of gratitude, we've prepared a series of prompts for November that invite us to pause, reflect, and appreciate the blessings in our lives. These prompts not only align with the themes of the Thanksgiving holiday but also strengthen the sense of unity and generosity within our church. Let's embark on this journey together as we foster a culture of thankfulness and appreciation.

NOVEMBER

Gratitude's Glow: Let it Flow

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W

TH

F

S

S

- | | | | | |
|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 1
What's one thing you're thankful for in your home environment? | 2
Describe a friend you're grateful for and why. | 3
Reflect on a book, movie, or piece of art that has had a positive impact on your life. | 4
What's a recent experience that brought you joy? | 5
Share a memory of a place that is special in your heart and why it's special. |
| 6
Write about a skill or talent you possess that you're thankful for. | 7
Express gratitude for aspects of nature you are thankful for? | 8
Think about a teacher or mentor who has influenced you positively. | 9
Reflect on a moment when you overcame a challenge and what it taught you. | 10
Write about a family member you appreciate and why they're special to you. |
| 11
Consider a gadget or technology you're grateful for in your daily life. | 12
Describe a food item you're thankful for and the memories associated with it. | 13
Share something you're thankful for about your physical health | 14
What's a song or piece of music that holds a special place in your heart? | 15
Reflect on an achievement you're proud of. |
| 16
Write about a pet or animal that brings joy into your life. | 17
Express gratitude for a quality or characteristic you admire in yourself. | 18
What's a charitable act you've witnessed that made you thankful? | 19
Share a fond memory of a past holiday or celebration | 20
Write about a historical figure or role model you look up to and why. |
| 21
Reflect on a place you've traveled to that has broadened your perspective. | 22
What's a hobby or interest that you're grateful for, and how does it bring joy to your life? | 23
Share something you appreciate about your workplace or a coworker. | 24
Write about a family tradition that you love and look forward to. | 25
What's a childhood memory you're thankful for and why? |
| 26
Reflect on a current event you care about and how you can make a positive impact. | 27
What's something you're grateful for in your community or neighborhood? | 28
Express gratitude for a valuable life lesson you've learned. | 29
Share a quote that inspires you and explain why it resonates with you. | 30
Summarize what you've learned about gratitude. |

EDUCATIONAL L.I.F.E.



In 2023, how are we going to be?

What will we do? **NLCC**
 How will we act? **CHANGEMAKERS**
 How will we live? **are**
INTENTIONAL



Blue-Zone Strategy BELONG

Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy. Being part of a faith-based community or organization that you care deeply for can promote your purpose and create close-knit friendships while helping you practice beliefs and/or support causes that you value.

Live Longer and Healthier Together

New Life Community Church



Women's
Discipleship

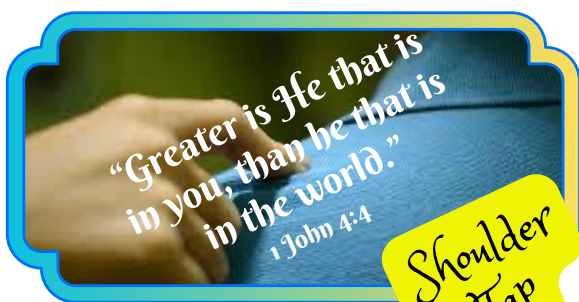
GROWING SHARING MENTORING

2nd Mondays
7 PM

Meeting ID: 813 9067 4298

Dial In: (301) 715 8592

Meeting ID: 813 9067 429



**GROW THROUGH
WHAT YOU
GO THROUGH**



COLLABORATIVE BIBLE STUDY

What do you believe about God?

2ND & 4TH THURSDAYS

ZOOM MEETING ID:
804 928 1376

ALL ARE WELCOME

Baptist Liberty Church
Leading by Love

NEW LIFE COMMUNITY CHURCH

IT'S THE HOLIDAY SEASON!!

The newsletter a few months ago covered using a revolving savings account to save money for big expenses, vacations, holidays, etc. Hopefully, you have been saving for this holiday season. If you haven't, there is still time!

Whether or not you have saved for Christmas, now is the time to set your budget! Below are questions to help guide you.

- How much do you plan to spend? *Be realistic about what you can afford.*
- Who do you want to buy for? How much money will you need per person?
- How much do you need to save in total? How much will you need to save per pay period? *If you do not have enough time to save the money needed, consider trimming your budget.*

Don't go into debt this holiday season! In 2022, 35% of Americans accumulated \$1,549 in debt on average making holiday purchases. You have the knowledge and tools to make sure you are not included in that statistic in 2023. If you need help just reach out!

While you are working on your holiday budget you might find that you need to spend wisely. Check out these holiday shopping tips:

- Start shopping early
- Compare prices including online vs. in-store
- Look for deals
- Buy the previous years' electronics
- Consider DIY/homemade gifts



Shantell Russ- Founder & Financial Coach

Phone: 571-390-4515

Email: Hopefilledfinancialcoaching@gmail.com

Website:



Vegan Southern Collard Greens

By Chef Jenne' (Sweet Potato Soul Cookbook)

Black Vegan Chets



INGREDIENTS

- 2 tablespoons olive oil or neutral oil
- 3 cloves garlic minced
- 2 juicy ripe tomatoes diced or 1/2 15-oz can of diced tomatoes
- 1 large bunch of collard greens stems removed and leaves very thinly sliced (removing the stems is optional)
- sea salt
- 2 tablespoons tamari or normal soy sauce
- 1 teaspoon smoked paprika + more to taste

INSTRUCTIONS

1. Warm oil on medium heat in a large heavy-bottomed pot.
2. Add the garlic, and sauté on medium-low until it begins to turn golden.
3. Stir in the tomatoes, and cook until soft, about 3 minutes.
4. Add the chopped collard greens and a sprinkle of sea salt, and stir well. Reduce the heat to low, and cover the greens. Cook until tender, about 30 minutes, or longer depending on your preference.
5. Turn off the flame, then stir in the soy sauce and smoked paprika. Season to taste with more soy sauce if necessary.

Speak the Word of God



O C L E S N U O C E S I W W O G M N A T A S M T
 V U G E V U C S E L B A R A P J B P N K X E L Y
 T D S T I R I P S N A E L C N U Q V B T K U D B
 R C N D J R C K F A I T H I N G O D T D F G O I
 A N M D C O O U O Y E S A N D A M E N T O C G B
 E O O R V T Y O U B E L J L V O X Y I D D L O L
 H I D O T B G F T E T M B B D S H U S F P U T E
 C T S L A M I U U S O I A G D A R W Z I S F Y E
 H C I E G Q M R A L J W N N T F O O A Y A T R U
 O E W H L L I G H T O I M O S R R E A P L I O G
 O R F T H C U D F H K C N O D I E D U Z V U L N
 S R G F O I A P X O C A R P D J H S K S A R G O
 E U J O F A L R L I R L S U S E J N K U T F E T
 L S G R D K M K I S I G U S H R I T I R I N G F
 I E I A A Y M H I M T H I O L C I H A E O U B O
 F R N E R L T F Q S J R L V S E G K C V N Y E R
 E Z B F K A Q N O D D Y E D E J G O B I V O L E
 S B N S E L B N P W S H R N B N N N K L B D I W
 A L E D W A O U I P L O N I G F E N A E P F E O
 L E D B W F F Y I A W G J E E T O S F D Z M V P
 T S E O G U Z R S E G H N S V Q H O S A Y S E N
 U S S O C U I S L U S Z S I R A D P C H Z O S A
 X P D Z H T F D U S P E A K T H E W O R D G G H
 T H N W K H I R E F U G E N T C Q H F X F S U E

salt
 fruitful
 parables
 forgiveness
 refuge
 Resurrection
 power of tongue
 In His Name
 confess

light
 unfruitful
 Eden
 unclean spirits
 Yes and Amen
 Salvation
 Son of God
 heart
 bless

Holy Spirit
 idle words
 deliver us
 satan
 Glory to God
 Faith in God
 says
 god
 Bible

miracle
 sow
 kingdom
 joyful
 Wise Counsel
 Gods Word
 Choose Life
 Fear of the Lord
 believes

roots
 reap
 heaven
 strength
 Speak the Word
 wisdom
 Jesus
 death
 angels