

APRIL 2022, ISSUE #6

L.I.F.E. CHRONICLES

News & updates from our church for our community



NLCC 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

L.I.F.E. CHRONICLES

IT'S ALL ABOUT JESUS: HIS DEATH AND RESURRECTION

In Christian tradition, Holy Week begins on Palm Sunday and on through Maundy Thursday, Good Friday, and Holy Saturday. It is a time for Christians to reflect on Jesus' journey to the Cross, beginning with his entrance into Jerusalem and ending with his lonely journey from the Upper Room through the garden of Gethsemane, and ultimately to Calvary, and the empty tomb. The empty tomb tells us that the grave could not hold Jesus. His body rose from the grave. The empty tomb was evidence of Jesus' resurrection.

Diverse traditions in Christianity have symbols that represent important events, or teachings within the Christian faith. One universal symbol is the Cross. The cross symbolizes what Jesus did for us; his death on the cross as an atoning sacrifice for our sin. When we see the cross, we're reminded of what Jesus did. Likewise, the empty tomb is a symbol of the resurrection. When we see or hear of the empty tomb, it should point us to Jesus' resurrection and our upcoming resurrection. It symbolizes victory over death. Although the cross is an easy symbol to display, the empty tomb is not. However, an empty cross represents both. Jesus is no longer on the cross, he is not dead, and he has risen.

Christ's resurrection should be celebrated every day, rather than just once a year. At the same time, those of us who celebrate Easter Sunday shouldn't allow the fun and games to be a distraction from what the day should truly be all about.

***Jesus said to her, "I am the resurrection and the life.
The one who believes in me will live, even though they die;
and whoever lives by believing in me will never die.
Do you believe this?" John 11:25-26 NIV***

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Resurrection Sunday facts to know in preparation for Easter.

- Resurrection Sunday was prophesied. (*Hosea 6:2*)
- Women were the first witnesses of the Resurrection. (*John 20:14-16*)
- Christ is within every believer. (*Romans 8:10*)
- Seeing is believing and yet there is something greater. (*Romans 10:9-15*)
- There were many witnesses to the Resurrection. (1 Corinthians 15:6)
- The Resurrection is key to the Christian faith. (1 Corinthians 15:14-15)
- Churches as we know them wouldn't exist without the Resurrection.
- Sin is forgiven. (1 John 1:9)
- There's a future beyond this life. (Revelations 21:1-7)
- The Resurrection should be celebrated all year long.

Christ is Risen
CHRIST IS RISEN
CHRIST IS RISEN

Luke 24:6-7: "He is not here; he has risen!"

YouTube Music Video Link: [CHRIST IS RISEN](#)



SPIRITUAL L.I.F.E.

As you think about what you are going to do in 2022, consider the following questions for application this month, from each sermon text below. Journal or chat with a friend about what God is saying to you and invite them to participate as well, as we try to be our best self in God.

March 1, 2022 - Text: 2 Corinthians 3:15-4:2, Title: "Going Deeper" Pt. 3

There are times when people cannot see God except through us. What are we showing others?

- How are we living with the Spirit and exemplifying freedom?
- How have we been transformed to reflect the glory of God?
- What truth do we need to speak this week?

March 8, 2022 - Text: Matthew 8:5-13, Title: "Say the Word"

Understanding that we find real power in Jesus and that as he is our we too are able to operate as advocates for others.

- How might you exhibit power over your circumstances this week?
- How might you serve as an advocate for others this week?

March 15, 2022 Text: Matthew 9:2-8, Title: "I am Forgiven"

During this Lent season, we are exploring the power of the Gospel. Jesus told the man his sins are forgiven. Although we are taught we are forgiven, are we living a life that exemplifies that fact?

- How can you live in a way that models you are free to become?
- Are you modeling the truth about Jesus' authority?
- Are you living in traditions that have not benefited you?

March 22, 2022 Text: Matthew 9:18-25, Title: "The Power of Touch"

The power of the gospel is its ability to touch - to relate, to have influence, to move to feel, to leave a mark or impression, to have bearing on.

- This week how will you touch others so that the dead things in their lives may come alive? Have you been touched?
- Are you being called to hope or to posture yourself towards what God has for you because of a touch?



L.I.F.E. CALENDAR

- 4/2 - Diaconate Meeting @ 9:00AM
- 4/3 - NLCC Worship & Holy Communion
- 4/6 - L.I.F.E. Prayer
- 4/7 - NLCC Church Meeting @ 7:00PM
- 4/9 - NAACP Meeting @ 2:30PM
- 4/10 - Palm Sunday
- 4/13 - L.I.F.E. Prayer
- 4/14 - L.I.F.E. Study
- 4/14 - Maundy Thursday
- 4/15 - Good Friday
- 4/16 - Last Day of Lent
- 4/16 - NLCC Praise Dance Rehearsal @ 11 AM
- 4/17 - Easter Sunday
- 4/20 - L.I.F.E. Prayer
- 4/23 - PBA Division of Woman @ 10:00AM
- 4/27 - L.I.F.E. Prayer
- 4/28 - L.I.F.E. Study



APRIL Birthdays

- 4/5 - Mark Douglas
- 4/12 - Shantel Russ
- 4/15 - Teresa King
- 4/30 - Marvin Washington



SPRING!

Before "Spring" took the name of its season, it was called "Lent." Lent was an Old English word in the 15th century. Biblically, Lent is a traditional time of fasting and self-denial.

"Spring," also known as Springtime, is the temperate season between Winter and Summer. In 2022, Spring in the northern hemisphere is from March 20th through June 21st. The days seem to grow longer because the Earth's axis is tilted towards the sun at 23.5 degrees. During the spring, there is more sunlight and less darkness. It's the time of year when plants awaken from their Winter sleep with bright green leaves bursting forth as the atmospheric temperature starts to rise.

People start to forget about Winter and prepare for the Summer. During this time of preparation, people transition from Winter to Summer activities, such as cleaning, organizing, and repairing. Many people also spend more time outside on picnics or visiting gardens, because it's warmer outside than during the winter months. People are also more active once again in gardens and lawns after months of waiting for spring to come.

Spring is a period when animals begin to have their babies; lambs, chicks, bunnies, and baby hedgehogs are born. It's a reason for celebration.

Remember the saying, "April Showers bring May Flowers?"

April Observances

Walk to Work Day	April 1, 2022
Stress Awareness Month	April 1 - April 29, 2022
World Autism Awareness Day	April 2, 2022
Parkinson's Awareness Week	April 10 - April 16, 2022
National Pet Day	April 11, 2022

National Autism Awareness Month



April is National Autism Awareness Month. More than 3.5 million people in the United States have autism spectrum disorder (ASD), and that's one in every 68 births. Every individual with autism is different and symptoms can vary widely, including things, you can't see. There are no medical tests for autism. Instead, doctors use behavior and stimulus diagnostic tests. Children are diagnosed very early and can be as young as 18 months. The Center for Disease Control (CDC) reports boys are 4.5 times more likely to be diagnosed with ASD than girls. However, experts say this could be because girls are better at "masking" or hiding their symptoms. There is no cure for autism, but early interventions may help autistic children soar. Free autism evaluations are available in early childhood education programs. Experts still don't know what exactly causes autism, but most agree that it's a combination of genetic and environmental factors. Some signs of autism in children include lack of verbal skills or response to being spoken to, repetitive behaviors or obsessions with a toy or item, trouble making eye contact or expressions, and if they haven't played pretend by 18 months.

How to get involved in Autism Awareness month

1. Celebrate your teachers and therapists

During the month of April, you and your child with autism can help celebrate Autism Awareness Month by making simple gifts like homemade cookies, a thank-you note, and a flower or a homemade card from your child would be a wonderful way for you to thank your child's teacher.

2. School bulletin boards

With the permission of the teacher, students in your child's class can assist with decorating a bulletin board to help celebrate Autism Awareness Month. Children along with art teachers can display information about autism to help involve and educate students and staff members.

3. Wear and display the color blue

Some communities celebrate Autism Awareness Month by displaying blue lights. Homes and businesses will replace their regular light bulbs with blue ones. It is a wonderful way to actively involve your community in celebrating loved ones with autism. At school, Autism Awareness Month could be celebrated by placing blue lightbulbs in classroom lights. Students could be encouraged to wear blue t-shirts on Fridays to celebrate autism.

4. Movie time

Showing a movie is a great way for family members and community members to learn more about autism. Teachers and parents can host a movie night in their school and home. Some you might want to consider could include:

- *Temple Grandin*
- ***Best Kept Secret*** > [YouTube Movie Link](#)
- *Rain Man*
- *The Horse Boy*



5. Read a book

Parents can ask the school librarian to get involved with celebrating Autism Awareness Month. Librarians can display books dealing with autism for students to select. Librarians can also read a book about autism to your child's class. There are many books dealing with autism or books featuring autistic characters that your school librarian could select. Some examples are:

- *There's Something Different About Dad* – Kirsti Evans and John Swogger
- *Ian's Walk* – Laurie Lears and Karen Ritz
- *Andy and His Yellow Frisbee* – Mary Thompson
- *Tobin Learns To Make Friends* – Diane Murrell



National Pet Day

National Pet Day is April 11, 2022. It was founded in 2006 to celebrate the joy pets bring to our lives. It also creates public awareness about many different animals awaiting a forever home in shelters and rescues all around the world. National Pet Day is an observance dedicated to sharing the love for your pet. Pets cheer us up when we're feeling down and keep our minds and bodies healthy. When we tell our friends and family about all the great things our pets bring to our lives, we encourage them to consider opening up their home to a furry and fun-loving pet in need.

Video Link: [Picking the Right Pet for You and Your Family](#)



BUNNY LOVE

I LOVE TO HOP
FROM HERE TO THERE
MAKE A QUICK STOP
TO CATCH SOME AIR

LIVE IN THE PRESENT
FORGET THE PAST
THE PAIN I UNDERWENT
I HAVE SURPASSED

I WAS GIVEN A NEW START
BY A KIND DEVOTEE
THEY OPENED THEIR HEART
AND ADOPTED ME

Video Link: [Tik Tok Cute Bunnies - Tiktok Pets](#)

"TOOLS TO HELP YOU LIVE IN FAITH EVERYDAY"

L.I.F.E. STUDY

Out of Your League

The Spirit intercedes for God's people
in accordance with the will of God.

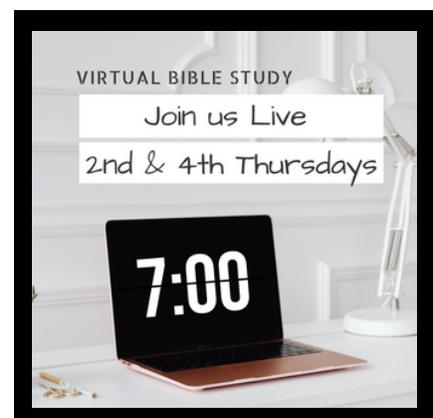
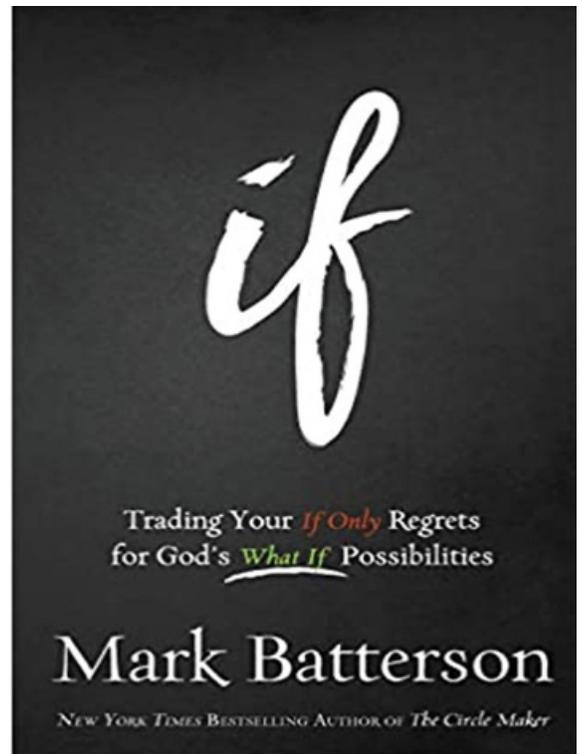
Romans 8:27

"Prayer is a team sport, a tag team with the Holy Spirit", says Batterson. The Spirit of God isn't just praying for us. He is praying through us.

No one can network or negotiate like the Holy Spirit. He knows everyone and everything. Don't allow our narrow framing to restrict us from taking small steps. We must trust God with what we can't see.

The Holy Spirit intercedes for us in accordance with God's will. Prayer must be in alignment with the will of God or it's null and void.

If it is not God's will, you're not going to get whatever you ask for. If it is God's will, God will make away. Even if it's out of our league!



Fresh Fruit Salad with Honey Lime Dressing

Ingredients

- 1 Pound Strawberries, Chopped
- 4 Kiwis, Peeled and Chopped
- 1-1/2 Cups Blueberries
- 2 Bananas, Sliced
- 1 Large Apple, Diced
- Honey Lime Dressing
- 1/4 Cup Honey
- 1 Lime, Juiced, and Zested



Instructions

1. Add chopped fruit to a large salad bowl; set aside.
2. In a mixing bowl, whisk together honey, lime juice, and zest.
3. Pour Honey Lime Dressing over the salad; gently toss to coat.
4. Cover with plastic wrap and refrigerate for 20 minutes before serving.
5. Serve.

Tips

- If not serving right away, wait on adding in the apples and bananas because they will brown.
- You can keep bananas and apples from browning simply by tossing them with a little pineapple juice.
- You could also use lemon or lime juice, but those will add a tart after taste. Also if not serving right away,
- Do not add in the dressing either. To make ahead, cover the salad and keep it refrigerated for up to 24 hours.
- When ready to serve, prepare the apples and bananas; add dressing and serve.

