

JULY 2022, ISSUE #9

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



Be The Church

“Don’t just go to church; BE the church.” Most people think of church as a location with buildings and property, or as an organization. When we are asked about our relationship with “church”, people usually ask us “Where do you go to church?”, “What church do you belong to?” or “Where is your church”? While that understanding of church is common, some think of church as “those people who follow Jesus.” For some, that may include properties, buildings, programs, staff, and all the other trimmings that go with the organizational, or institutional understanding of church. For some of us, it does not. While we find it important to gather with other believers to share the common hope we have in Jesus, we do not limit that to the organizational, or institutional scenario.

Strive to “be the church” in the community every single day. To be the church, all we do is keep our eyes and ears open to the people around us, and try to show them love in whatever way we can. Taking our faith seriously outside the walls of the church and living out our calling to follow Jesus in our communities feels radical. After understanding and accepting God’s love for us, we can begin to love others as God has loved us.

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The Bible gives us guidelines for how to love others:

- Be a Friend – Proverbs 17:17 says, “A friend loves at all times, and a brother is born for a time of adversity” (NIV). Through thick and thin, a friend is there to support and encourage.
- Treat others how you would like to be Treated – Jesus said, “Love your neighbor as yourself.” (Matthew 22:39b NIV).
- Share Burdens – Human connection is a gift from God, and He created us to be in a relationship with each other. Whatever we are going through, we don’t need to carry it alone.
- Sharpen Others – “As iron sharpens iron, so one person sharpens another” (Proverbs 27:17 NIV). Through our encouragement and tough conversations, we help them become more like Christ.
- Forgive Others – To forgive doesn’t necessarily mean that you have to let whoever hurt you completely back into your life. Forgiveness is about your heart and letting go of animosity, bitterness, and anger. “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” Colossians 3:13 (NIV)
- Humble Yourself and Consider Others – Jesus has said, “Greater love has no one than this: to lay down one’s life for one’s friends.” (John 15:13 NIV). When Jesus laid down his life for us, He humbled himself and considered the needs of broken mankind above all.

If the one we worship and imitate is Jesus Christ, then naturally our actions will reflect the light of Jesus to others. People pick up on our actions—how we behave, how we treat others, how we get along with others—and from that decide who we are. So, consistently, be the church in whatever you do and wherever you go earnestly demonstrating God's love to others by listening, with generosity, by encouraging, with acts of kindness, and by praying for others. If our actions imitate Christ, then they will see that we truly belong to Christ. For those who may never pick up a Bible, our words and actions can point them to salvation through Jesus, and God’s love. Remember, we are the church, and wherever we go, Jesus goes with us!

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 selves in God. #LIFEtools

May 22, 2022 - Text: John 5:1-9, Title: "Do you want to be well?"

This question requires us to think and go deeper in our relationships with God, self, and others.

- What patterns or cycles do you need to break?
- In what ways do you recognize the giver of wellness?

May 29, 2022 - Text: Joshua 24:15, Title: "Making choices toward Godliness"

We can choose to serve the Lord even if those around us do not! How? By being willing to do it alone, leaning into God's track record, and doing the work.

- What works towards Godliness do you need to do?
- Does your talk and walk match? What is your testimony pertaining to God's track record?
- Have a conversation with a friend about this week's sermon and ask them to journey with you to become a hearer and doer of God's word.

June 5, 2022 - Text: Acts 2:1-21, Title: "Pentecost Power"

The power of Pentecost helps us establish community, gives us the power to live into our passion, and brings together cross-cultural experiences.

- How can we build community?
- What is your passion?
- How can you build better relationships with others of different generations?

June 12, 2022 - Text: 1 Samuel 16:12-13, Title: "God uses people who are not likely the choice of others."

- Do you know God can use whomever God chooses?
- What can we do to stop counting people out?

June 19, 2022 - Text: Deuteronomy 6:6-9, Title: "A Father's Influence"

Fathers impact the lives of their children for generations by investing in building relationships. Often done with physical reminders that help us recall our journey.

- What stories do you remember about positive parental interaction?
- How did it impact your future?

EMOTIONAL L.I.F.E.

UNDERSTANDING & COPING WITH GRIEF

Grief never ends. But it changes. It's a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith. It is the price of love.

Author Unknown

Grief is a natural response to a loss. A person may experience difficult, overwhelming, and unexpected emotions from shock, or anger, to disbelief, guilt, and profound sadness. Individual experiences of grief vary and are influenced by the nature of the loss. Some examples of loss include divorce, death of a loved one, the ending of an important relationship, moving, job loss, loss through theft, or the loss of independence through a disability. Whatever type of loss you've suffered, there is no right or wrong way to grieve.

Stages of Grief

- **Denial:** Responding to the overwhelming emotion of grief by resisting to accept it.
- **Anger:** Hiding emotions and/or pain behind a veil of anger.
- **Bargaining:** Attempting to make deals with a higher power to try to attain an outcome different than the loss experienced.
- **Depression:** Experiencing grief-related depression includes overwhelming feelings of sadness and emptiness, loss of motivation, increased fatigue, confusion, and lack of concentration after a loss.
- **Acceptance:** Accepting the loss and reinvesting in other parts of one's life as the pain of the loss is no longer all-consuming.

The five stages of grief are not necessarily sequential; people move in and out of some of the stages repeatedly over time. No single stage of grief is universally viewed as the hardest stage. Grief is a process that is different for everyone. By understanding the stages and types of grief, you can find healthier ways to cope.



L.I.F.E. CALENDAR



- 7/2 - Diaconate Meeting @ 9AM
- 7/2 - Civil Rights Act 1964 Passed
- 7/3 - NLCC Worship & Communion @ 8AM
- 7/4 - Independence Day
- 7/6 - L.I.F.E. Prayer @ 7AM & 7PM
- 7/7 - NLCC Church Meeting @ 7PM
- 7/8 - BGC Day @ Kings Dominion
- 7/10 - NLCC Worship @ 8AM
- 7/12 - King William NAACP Meeting 6PM
- 7/13 - L.I.F.E. Prayer @ 7AM & 7PM
- 7/14 - L.I.F.E. Study @ 7PM
- 7/16 - NLCC Praise Dance Rehearsal @ 11AM
- 7/17 - NLCC Worship @ 8AM
- 7/20 - L.I.F.E. Prayer @ 7AM & 7PM
- 7/23 - PBA Division of Women @ 10AM
- 7/24 - NLCC Worship @ 8AM
- 7/24 - Parent's Day & Cousin's Day
- 7/27 - L.I.F.E. Prayer @ 7AM & 7PM
- 7/28 - L.I.F.E. Study @ 7PM



JULY Birthdays

- 7/10 - Min. Gale Robinson
- 7/11 - Vivian (Irene) Hudson
- 7/15 - Benzena Street
- 7/17 - Stephanie Johnson
- 7/17 - Todd Johnson
- 7/19 - Patricia Goad

HEALTH L.I.F.E.



Ingredients:

- 2 Lbs Chicken Wings
- 1 cup BBQ sauce
- Salt and pepper

Instructions:

- Place wings in a large crock pot.
- In a large bowl, mix barbecue sauce, salt, and pepper.
- Pour over wings.
- Cover and cook on high until cooked through, 2-1/2 to 3 hours.
- Heat broiler.
- Line 2 baking sheets with parchment paper and place wings onto them.
- Broil until crispy, 5 minutes. Serve with BBQ sauce.

SOCIAL L.I.F.E.

NAACP

Civil rights and social justice for all

VISION: an inclusive community rooted in liberation where all persons can exercise their civil and human rights without discrimination.

MISSION: to achieve equity, political rights, and social inclusion by advancing policies and practices that expand human and civil rights, eliminate discrimination, and accelerate the well-being, education, and economic security of Black people and all persons of color.

THEORY OF CHANGE: be committed to a world without racism where Black people enjoy equitable opportunities in thriving communities; be rooted in racial equity civic engagement and supportive policies and institutions for all marginalized people

Attend your local NAACP chapter meeting, or visit naacp.org.

ECONOMIC L.I.F.E.



NEED HELP WITH HEATING OR COOLING?

The Virginia Department of Social Services (DSS) cooling assistance provides the purchase or repair of cooling equipment and/or payment for electricity to operate cooling equipment. To be eligible, a household must contain at least one vulnerable individual aged 60 or over, living with a disability, or under age 6. Applications are accepted from **June 15 through August 15**. Assistance is based on the availability of funds.

Eligibility criteria for assistance include:

Must be resident of the locality in which application is made

Must have a heating or cooling expense responsibility

Monthly gross income may not exceed:

(Household Size - Maximum Income)

1 - \$1,699	6 - \$4,649	11 - \$7,599	16 - \$10,549
2 - \$2,289	7 - \$5,239	12 - \$8,189	17 - \$11,139
3 - \$2,879	8 - \$5,829	13 - \$8,779	18 - \$11,729
4 - \$3,469	9 - \$6,419	14 - \$9,369	19 - \$12,319
5 - \$4,059	10 - \$7,009.	15 - \$9,959	20 - \$12,909

See if you might be eligible at <https://commonhelp.virginia.gov/access/>.

Applications for help with your cooling and heating bills or equipment needs are accepted online at <https://commonhelp.virginia.gov/access/>, by calling the Enterprise Customer Service Center at (855) 635-4370, and at your local department of social services.

NEED HELP WEATHERIZING YOUR HOME?

The Virginia Department of Housing and Community Development (DHCD) administers the Weatherization Assistance Program (WAP). The WAP reduces household energy use through the installation of cost-effective energy savings measures, including sealing air leaks, adding insulation, and repairing heating and cooling systems. *More information is available at <https://www.dhcd.virginia.gov/wx>*

MENTAL L.I.F.E.

UNITED STATES WORDSEARCH

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

ALABAMA
ALASKA
ARIZONA
ARKANSAS
CALIFORNIA
COLORADO
CONNECTICUT
DELAWARE
FLORIDA
GEORGIA

HAWAII
IDAHO
ILLINOIS
INDIANA
IOWA
KANSAS
KENTUCKY
LOUISIANA
MAINE
MARYLAND

MASSACHUSETTS
MICHIGAN
MINNESOTA
MISSISSIPPI
MISSOURI
MONTANA
NEBRASKA
NEVADA
NEW HAMPSHIRE
NEW JERSEY

NEW MEXICO
NEW YORK
NORTH CAROLINA
NORTH DAKOTA
OHIO
OKLAHOMA
OREGON
PENNSYLVANIA
RHODE ISLAND
SOUTH CAROLINA

SOUTH DAKOTA
TENNESSEE
TEXAS
UTAH
VERMONT
VIRGINIA
WASHINGTON
WEST VIRGINIA
WISCONSIN
WYOMING



SUMMERTIME IS HERE

Summer is a great time to enjoy outdoor activities. Taking simple, commonsense precautions will ensure a fun-filled and safe summer.

