

Volume 28 Issue 8

August 2024



OUR MISSION: Impacting The Kingdom Of
God One Person At A Time

Pastor: Dr. Dennis Felder

USBC NEWS

Sometimes, a break
from your routine is the
very thing you need.



AUGUST A “NEED BREAK”

In our fast-paced world, it can be easy to get caught up in the hustle and bustle of everyday life. From work demands to family obligations, it can feel like there is always something pulling us in a million different directions. But it is important to remember that taking time for yourself to rest and rejuvenate is essential for overall health and well-being.

One of the best ways to do this is by taking a “**need break**” – a time set aside specifically to focus on your physical, mental, emotional, and spiritual health. This intentional time of rest and relaxation can help you recharge and reset, allowing you to be your best self in all aspects of life.

Physically, taking a break can help give your body the rest it needs to heal and recover. In the Bible, we are reminded of the importance of rest in Exodus 20:8-11, where God commands us to remember the Sabbath day and keep it holy. By taking time to rest, we honor God and care for our physical bodies.

Mentally, a break can help clear your mind and give you a chance to refocus and gain perspective on any challenges you may be facing. In Philippians 4:6-7, we are encouraged to “*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*” Stepping back and taking time to pray and to reflect can help calm your mind and bring peace in the midst of chaos.

Emotionally, a break can give you the opportunity to process and work through any emotions you may be experiencing. In Psalm 23:1-3, we are reminded that the Lord is our shepherd, who leads us beside still waters and restores our souls. Taking time to pause and reflect on your emotions can help you release any pent-up feelings and find peace and healing.

Spiritually, a break can provide the space for you to reconnect with your faith and deepen your relationship with Christ. In Matthew 11:28-30, Jesus invites us to come to Him when we are weary and burdened, promising rest for our souls. By taking a break to rest and rejuvenate, you can create the space to draw near to God and experience His presence in a deeper way.

So, if you are feeling overwhelmed and in need of a break, remember that it is okay to take time for yourself. Set aside a time to care for your physical, mental, emotional, and spiritual well-being, and allow yourself to rest and recharge. In doing so, you will find renewed strength, peace, and joy in the Lord.

Therefore, **Upper Seneca Baptist Church** is declaring the month of August for a time of rest in order to strengthen yourself physically, mentally, emotionally, and spiritually. During this last summer month, **USBC** will plan limited church activities so that you can find time to rest and relax before we engage in a busy September for the church.



August SERMONS

Pastor Dennis Felder

In August, I will be sharing a variety of sermons to help strengthen and to help encourage us as we face daily challenges in life.

Aug. 4th

Sermon Title: *“The Art of Resting”*

Scripture: Mark 6:30-32

Synopsis: Rest is not just a physical necessity, but a spiritual one. In life, we need to learn how to unplug from the busyness of life and reconnect with God.

Aug. 11th

Guest Speaker: *Tom Shuggars*

Aug. 18th

Sermon Title: *“Dealing with Discouragement – Part 1”*

Scripture: Nehemiah 4:10-12

Synopsis: In life, we all experience discouragement. When discouragement strikes it can have a crippling effect. So, to make certain that we overcome the effects of discouragement, it is important that we recognize the symptoms. In addition, we need know how to defeat it.

Aug. 25th

Sermon Title: *“Dealing with Discouragement – Part 2”*

Scripture: Nehemiah 4:13-20

Synopsis: In life, we all experience discouragement. When discouragement strikes it can have a crippling effect. So, to make certain that we overcome the effects of discouragement, it is important that we recognize the symptoms. In addition, we need know how to defeat it.



Church Council Meeting – Aug. 4th.
 Golden Corral - Aug. 23th.
 Church Chat – Aug. 25th.



Below, is a list of ministry activities that will be taking place in September. As we get closer to September, more details will be provided for each event.

- Ministry Team Meetings (Sept. 8th)
- Hotdog & Movie Night (Sept. 13th)
- Special Mission Sunday (Sept. 15th)
- Men’s Saturday Luncheon (Sept. 28th)
- Church Chat (Sept. 29th)
- Dive Deeper Bible Study (Sept. 29th)



The *Forever Young Luncheon* will take place on Tuesday, Aug. 13th at 12:30 p.m. We will be meeting at the **Golden Corral** in Frederick, MD. Remember, anyone is welcome.



During the month of **July** and the first part of **August**, our church will take on two very important tasks. First, we will collect non-perishable food for families needing a helping hand. Please make certain that the non-perishable food you donate has not expired.

Second, we will be collecting school supplies for children who need that extra support. A list of items needed are on the table in the back of the sanctuary. These items can be dropped off in the church’s foyer and will be distributed at a later date. To provide a monetary donation toward the purchase of new school supplies, please go to the Faith Connections website (www.faith-connections.org).

Be sure to note in the memo section of your check “School Supplies” & mail to: *Faith Connections, Inc. P.O. BOX 28 Damascus, MD 20872.*



CANCELLED

- *After the Sermon Bible Study* (Aug. 13th & Aug. 20th)
- *Prayer Meeting* (Aug. 13th & Aug. 20th)
- *Dive Deeper Bible Study* (Aug. 25th)

USBC NEWS

Upper Seneca Baptist Church
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Germantown, MD 20876



God's Plan Of Salvation

Trust Jesus Christ today! Here's what you must do:

1. Admit you are a sinner.

"For all have sinned, and come short of the glory of God;" (Romans 3:23)

2. Be willing to turn from sin (repent).

Jesus said: "I tell you, Nay: but, except ye repent, ye shall all likewise perish." (Luke 13:5)

3. Believe that Jesus Christ died for you, was buried, and rose from the dead.

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." (John 3:16)

4. Through prayer, invite Jesus into your life to become your personal Savior.

"For whosoever shall call upon the name of the Lord shall be saved." (Romans 10:13)

What to pray:

Dear God, I am a sinner and need forgiveness. I believe that Jesus Christ shed His **precious blood** and died for my sin. I am willing to turn from sin. I now invite Christ to come into my heart and life as my personal Savior.

Next Newsletter Deadline

August 18, 2024

Weather Policy

If the church cancels or postpones any service or activity due to inclement weather or wintery conditions, a cancellation notice will appear on the church's Facebook page, church's website, through church email, and on the church's voice recorder. To access the church's voice recorder, please dial (301) 972-3686. The church will only post a cancellation message if a service or activity is canceled or postponed.

Also, if you have something to be included in the newsletter, an announcement, an article, a birthday, we are always looking for information and new ideas!

Church Office: 301-972-3686

E-mail: Church@USBChurch.org

Web Site: www.USBChurch.org

Facebook: www.facebook.com/usbchurch/