



The Bethlehem Star

Guiding us to God's presence in our lives

Developing Healthy Habits

Three weeks—all 6,307,200 seconds of it—is what some folks suggest it takes to develop a new habit. I doubt that's scientifically true, but it does imply that we must put effort toward learning new things. Instinctually, our bodies keep us alive through its elaborate systems, but most of our behaviors are learned. Many of us are still trying to learn appropriate behaviors and apply them as God intends. We definitely have those moments we do great and are so proud of but we also have the moments where we come up short.

For the next six weeks, I'll offer a sermon series on developing healthy habits in life. Not only will we look at developing a healthy spiritual life including prayer and bible reading but also we'll look at developing healthy lifestyle choices including our bodies, relationships, and giving. It's healthy to take a time to examine ourselves and see where we focus our energies. I hope that each of us will be able to walk away with a goal to make some adjustment in our lives. Some of us need to learn to pray and read the Scriptures. Others of us need to have appropriate boundaries in our lives. Still others need to be less selfish and more giving of their time and resources.

My hope is that the Lord will speak through us and allow us to develop a more enriching lifestyle—a lifestyle that lasts. To get us started, here's my suggestion: **DO ONE THING AT A TIME.**

1. **DO** one thing at a time. Change doesn't just happen because you want it to. You actually have to work at it to develop it. So many of us hope that it will just come naturally—in time it may but we have to work to develop it.
2. Do **ONE THING** at a time: Don't try and change everything in your life at one time. You'll get frustrated and overwhelmed, so focus on one element. Improve that area of your life until it becomes routine and then move on to something else.
3. Do one thing **AT A TIME**: Give yourself a structured, protected time to develop your habit. Don't allow other options to encroach and steal your energies. In time, you'll see success!

~ Pastor Matt

SPECIAL POINTS OF INTEREST:

- Stained Glass Windows Are Completed!
- Wednesday Night Bible Study has a new look

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Happy Anniversary

- (1) Jim & Susie Pearce 58 years
- (8) Tommy & Corine Carr 57 years
- (9) R.B. & Linda Burrus 36 years
Ronnie & Wanda Crumpler 36 years
- (10) John & Jena Brown 20 years
- (12) Glen & Phyllis Hedgepeth 33 years
- (18) David & Rita Salmon 32 years
- (29) Steve & Lisa Tarkington 24 years

Be On The Lookout!

**Our New Web Site Is
Launching Soon!**

Happy Birthday

- (1) John Brinkley
- (3) David Salerno
- (5) Jonathan Clark, Cindy Devers
- (7) Kate Dennis, Rita Salmon
- (8) Mallie Jernigan, Jennie Lanthorn
- (9) Melanie Dorn, Judy Gatling
- (10) Janice Holland, Lynne Johnston
- (11) Mary S. Joyner
- (12) Emily Mizelle, Bennie Speight
- (14) Steve Hurley, Mary Effa Mizelle
- (15) R. B. Burrus
- (16) Michael Boyce, Pam Culbertson, Kay Nelson
Donna Previto, Dawn Turner
- (20) Karl "Chris" Dennis, Ellie Holland, Spencer Salmon
- (21) Yvonne Johnson
- (22) Junius Britt
- (23) Will Porter
- (24) Margaret Holland, Terese Neblett
- (25) Parker Baines
- (26) Frances Smith, Johnny West
- (29) Colton Brown
- (30) Cathy Stancell, Jessica Winters

Wednesday Night Pastor's Class

Discipline—a word often associated with parenting or the military—establishes boundaries and allows appropriate formation of a desired result. Military regiments require discipline for the soldiers to know what to expect from one another. Parents require discipline from their children so they behave in appropriate ways. Well-rounded students have discipline in their studies so that they learn and know the subject matter. Christian faith has discipline in it as well. For two millennia, Christians have practiced spiritual disciplines to help focus their minds and bodies on the lordship of Jesus Christ. Most of us have heard of spiritual disciplines (such as fasting) but we may not have ever practiced them. Beginning in September and running through October, we will learn about spiritual disciplines and try practicing some of them. We'll start at 6:30 each Wednesday night. Come and join us as you're able.

September 3—An Intro to Spiritual Disciplines
September 10—Church Council (No Meeting)
September 17—*Lectio Divina* (Bible Reading)
September 24—Prayer & Our Bodies
October 1—Fasting

October 8—Church Council & Conf. (No Meeting)
October 15—The Discipline of Hospitality
October 22—Confession & Introspection
October 29—The Discipline of Worship
November 5—Church Council (No Meeting)

BCC YOUTH & CHILDREN'S MINISTRIES

WOW, the summer has gone and we are headed back to school! The BCC Kidz will resume their normal schedule. (meeting after church on the first Sunday of the month). We have been planning for and pulling together another exciting year's plans of growing in our relationships with God. We will kick off our year at the church picnic with a day of fishing. I hope to see everyone as we begin our BCC Kidz journey for the coming year.

John 13:34-35 New Living Translation (NLT)

³⁴ So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. ³⁵ Your love for one another will prove to the world that you are my disciples."

Join us as we show the world we are his disciples!!!

Upcoming Dates for BCC KIDZ

September 7

3:00—5:00 Family Fishing Fun @ Davis Lakes

5:00 Church Picnic @ Davis Lakes

October 5

12:15—2:00 Pumpkin Picking

Lunch will be provided

Harvest Fest!



Begin planning your costumes for BCC's Harvest Fest. Be sure to drop off some candy to help us out! It's going to be So Much Fun!

Missions Committee Request

The Missions Committee is asking for contributions of paper and plastic products which will be given to the Mid-Atlantic Teen Challenge, a home for troubled adolescent boys. Their needs are paper towels, toilet paper, plates, forks, spoons, etc. There will be a box in the hall behind the sanctuary. We thank you in advance for your support. We will collect these items until the Harvest Fest on October 26.

Get to Know: John Wharton

John joined the BCC family in July and is excited to be a part of God's movement here. As a boyfriend to Tiffany Patty, John has a great introduction to Bethlehem and its wonderful people. A native of Suffolk, John can't think of a better place to live and work. He has become an active member of the ACTS Sunday School Class. John is a personable young man and enjoys meeting new people, so when you see him, extend your hand in greeting! If you're in Northern Suffolk during the week, pop your head into the body shop at Hall Chevrolet and say hello.

Sunday School Promotion Sunday

Sunday morning, September 7, we will have our Sunday School Promotion where our children will move into the next class level. We will be honoring the following students during worship:

1-2 Grade Class

Bryce Holland
Jackson Clinton

3-5 Grade Class

Miranda Carr
Landon Munford

2015 Planning

Please see attached page of nominations from the Nominating Committee. The nominees will be brought to the church for approval on the boards and committees. Please review the list. Nominations may be proposed from the floor; if you intend to offer an alternative nominee, please ensure his/her willingness to serve prior to your nomination. Please note that the Personnel Committee nominee must be nominated from the floor. These nominees will be voted upon at the October Church Conference on October 8, 2014, at 7:30 PM. All church members are expected to attend.

Please review the attached 2015 proposed budget. The church membership will vote on the proposed budget at the October Church Conference on October 8, 2014, at 7:30 PM. All church members are expected to attend.

For questions, please contact the church office.

Handbells Organizing!

The Handbells are organizing under the leadership of Katie Stallings for the Fall season, and we are in need of ringers. If you are interested, please join us. Practices will be held on Wednesday nights from 6:30 to 7:30 PM. It is easy and lots of fun! Contact Katie Stallings for more information.

Stained Glass Window Work Completed!!!!

Praise God for He supplies all our needs! The repair and restoration of our stained glass windows is complete. The work has been finished and the bill has been paid in full. We want to thank all of you for your sacrificial gifts to make this project a success. I hope we can see how God works through each of us as we trust Him. It's inspiring to be a part of the BCC family and let's continue to work hard together every step of the way!

Church Picnic @ Davis Lakes

Sunday September 7, 4-6 PM

What to Bring: A Side Item or a Dessert

Come enjoy the afternoon with your church family. We'll eat around 5 PM, but feel free to come early. You're welcome to fish, swim, lounge, and fellowship. The church will supply drinks, hamburgers, & hot dogs. Please carpool since parking is limited!

BCC Revival

Sunday September 21, 11 AM & 6:30 PM

Monday September 22, 6:30 PM

Tuesday September 23, 6:30 PM

Speakers: Missionaries Marc Loyer and Chacho Jauregui from United in Christ Ministries based in Los Fresnos, Texas.

Musical Guests will lead us in worship each night.

Each night begins with a time of fellowship; Tuesday night, we'll have a closing reception.



**SAVE
THE
DATES!**

Doughnut Sale

Sundays October 5 & 12

Our BCC Kidz will be taking orders for Krispy Kreme Doughnuts to benefit the building fund. Delivery will be Sunday October 19!

Church-wide Breakfast

Sunday September 21, 9 AM

Join us for a delicious breakfast as we kick off revival with a time of fellowship. Adult Sunday School will meet altogether.

Church Work Day

Saturday September 27, 9 AM –12 Noon

We have several small projects around the church that need to be completed. Come out and help us:

Landscape (trim bushes, mulch, etc.)

Paint (eaves, signs, rooms, etc.)

Clean (cabinets, spaces, tables, etc.)

Plus More—there's always something to be done. Consider donating some elbow grease!

Church Yard Sale

Saturday October 4, 7 AM—12 Noon

We are gearing up for our second yard sale of the season! As you uncover those hidden treasures around the house, bring them to the church as we raise money for the Building Fund.

Save room in the fridge because we'll be selling Apple Jacks and Sweet Potato Jacks!

HEARTFELT THANK YOU NOTES!

Dear Bethlehem Church,

Thank you for your gift of \$50.00 for the support of "Our Daily Bread". We sincerely appreciate your contribution to the work of RBC Ministries. Your partnership allows us to reach people around the globe with resources that bring the wisdom of the Bible to many.

Thank you again for your gift and prayers, which makes this outreach to the world possible.

Sincerely,
RBC Ministries

Dear Bethlehem Church Family,

I would like to take this opportunity to thank my church family for the many prayers, phone calls, visits, and food during my recent hospital stay and home recovery. They were appreciated and all played a big part in my recovery. Also, would like to thank Pastor Matt for his support during this time.

Les Stallings

Dear Friends,

It is such a blessing to see the stained glass windows have been paid for. The church is dear to my heart and has been for all of my life. I extend my love to each of you. Thank you so much for your love and care.

Mary Effa Mizelle

Food Pantry Update



The BCC Food Pantry continues to serve about seventy-five families per month over the course of the three weeks. If you aren't aware, our food pantry gives away food three times per month. We have dedicated volunteers who meet the second, third, and fourth Tuesdays of every month. These volunteers give bags of groceries away to

our neighbors. While it's a blessing to be able to give the food away and while it's a blessing for these volunteers to be present on these Tuesdays, there is a lot of work that goes on behind the scenes. We have volunteers who collect the food, go to Food Lion and the Food Bank to pick up donated food, and bag the food. All told, these volunteers log some forty to fifty hours of work each week. There is a huge investment in this ministry. Not only do we want to say thank you to these volunteers but we also want you to know that you are welcome to be a part of the ministry team. Whatever your skill set or time available, we'll work with you and your schedule. Just let us know how you can help and we'll sign you up. Give the church office your name and we'll enlist your help.

Donations Needed: Jelly, Wholesome Cereals, Oatmeal, & Paper Bags

Dear Bethlehem Church Family,

I wanted to thank everyone for the cards, visits, prayers, phone calls, and other acts of kindness during my recent hospital stay. My recovery has been blessed by your generosity and by your love you have shown to me.

W. Rufus Powell



September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day	2 10:30 a.m. Savage Circle 7 p.m. Board of Christian Education	3 10 a.m. Bible Study 6:30 p.m. Prayer & Bible Study NO Choir Practice	4 5 p.m. Meals On Wheels Graham Hall 7 p.m. Jackson Circle	5	6 Walk Out of Darkness at Mount Trashmore
7 Sunday School Promotion 4:00-6:00 PM CHURCH PICNIC At Davis Lakes BCC Kidz/Fishing	8 6:30 p.m. Girl Scouts Graham Hall 7 p.m. King Circle Old Fellowship Hall	9 6:30 p.m. Cub Scouts	10 10 a.m. Bible Study 6:30 CHURCH COUNCIL	11 6:30 p.m. Girl Scouts Unit 730/OFH 7:30 Choir Practice	12	13
14	15 6:30 p.m. DEACONRY BOARD	16 6 p.m. House Committee 6:30 p.m. Cub Scouts	17 10 a.m. Bible Study 6:30 p.m. Prayer & Bible Study JAH Bus Trip	18 7:30 PM Choir Practice	19	20
21 9 a.m./GH CHURCH WIDE BREAKFAST REVIVAL 6:30 p.m. Social Time 7:00 p.m. Revival Service	22 6:30 Girl Scout/OFH upstairs REVIVAL 6:30 Social Time 7:00 p.m. Revival Service	23 11 a.m. Fellowship Club 6:30 Cub Scouts 7:00 p.m. REVIVAL Reception after service	24 10 a.m. Bible Study 6:30 p.m. Prayer & Bible Study	25 6:30 p.m. Girl Scouts Awards Committee Old Fellowship Hall 7:30 Choir Practice	26	27 CHURCH WORK DAY 9:00 AM — 12:00 PM
28 9:45 Sunday School 11 a.m. Worship	29 6 p.m. Sons of Confederate Veterans Graham Hall	30 6:30 Cub Scouts				



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We resolve to love...We unite to serve.

BCC Walk Team for the Million Steps Challenge

An article in the Suffolk News-Herald piqued my interest several weeks ago. Our sister city, Suffolk, England, challenged the Suffolk, VA community to a million steps challenge. Jett Johnson, our own Anna Johnson's grandson, is helping mobilize our community to step up to the challenge. The goal for the challenge is to enlist and engage as many teams, or individuals, who are willing to walk a million steps over the course of a month. To achieve a million steps during the four weeks, a team must walk about 20 miles per week (2,000 steps is roughly a mile). While that seems daunting, dividing the workload up among the team members makes the goal much easier to achieve. By working together, we can get a lot more accomplished than working individually—hey, that sounds like a good biblical principal. I wonder if Jesus said anything about that...Look it up and let me know.



Here's the skinny:

- The month for this challenge begins Monday, September 8, and runs through October 5, 2014.
- Register and log your distance at the website www.healthypeoplehealthysuffolk.org/millionsteps
- Also log your distance on the church Facebook page. Let's see if we can be multimillion—steppers