

AUGUST 2019

The Suburban Connection

5132 Bellamy Manor Drive, VA Beach, VA 23464 www.sccvb.org Phone: 757.495.0352 Email: info@sccvb.org

VBS WAS AWESOME!

Save the Date!

AWANA

August 3rd

*AWANA Basics
Leadership Training
New Kent, VA

AYM

August 4th – 9th

*AYM @ Watermarks
Camp – Pray for our
youth and leaders as
they are away.

Baptism Service

August 11th

Ice Cream Social

August 11th

*6:00 pm in
Fellowship Hall

Week of Prayer & Fasting

August 25th - 31st



I think it's safe to say that 2019 ROAR VBS was a huge success! Our kids made bricks for Pharaoh, survived the plagues God sent, walked through the desert and built the Arc of the Covenant in honor of God's Glory. We learned lots of interesting facts about some animals and people in Africa. In total we had 47 volunteers and 51 kids (25 who do not attend Suburban regularly). From the singing and dancing to really cool experiments, everyone had a great time.

I would like to thank all the parents who diligently brought their kids each night so that they could hear the Word of God in exciting new ways. To the Crew Leaders and Station Leaders - you all are the backbone of VBS. Without you we wouldn't have the success that we've had. To Chef Hollice and his kitchen crew, who prepared and served dinner each night. To Karen Nicolas-your knowledge is irreplaceable and Suburban thanks you for your many years of directorship. Thanks to the Super family for coming up with beautiful decorations, yet again! To Sarah Nelapaty for recruiting some great people to help and then serving as our registrar. To the people in the Sound Room, who provided music and videos to help teach valuable truths taught during the week. Finally, a huge thank you to those who decorated or donated items-you are invaluable each year. I am so excited to see what plans God has for our 2020 VBS.

Carol Brooks

From the Pastor's Desk:

PSALM 16: WHAT A BLESSING!

A few weeks ago, I was reading Psalm 16 in my morning time with the Lord and WOW, did the Holy Spirit speak to me! For the next several days I "parked" on Psalm 16. There is so much goodness packed into these verses. One of the many things that stood out to me was that Peter quoted 16:8-11 in his Spirit-filled message at Pentecost, to show that Jesus has been raised from the dead!!

After meditating on this Psalm over and over, I felt led to memorize it! What a blessing it is to memorize Scripture...especially "longer portions." In order to do this, it requires going over it day after day after day. There are so many benefits that come from this.

***FAITH IS STRENGTHENED**

"So faith comes from hearing, and hearing through the Word of Christ." (Romans 10:17)

***FILLED WITH THE HOLY SPIRIT**

"Does He who supplies the Spirit to you and works miracles among you do so by works of the law, or by hearing with faith?" (Galatians 3:5)

***WE ARE MADE HOLY**

"Sanctify them in the truth; your word is truth." (John 17:17)

"I have stored up your word in my heart, that I might not sin against you." (Psalm 119: 11)

***WE ARE REFRESHED**

"The law of the Lord is perfect, reviving the soul." (Psalm 19:7a)

***WE ARE MADE WISE**

"The testimony of the Lord is sure, making wise the simple." (Psalm 19: 7b)

***WE ARE MADE JOYFUL**

"The precepts of the Lord are right, rejoicing the heart." (Psalm 19:8a)

***WE ARE GIVEN LIGHT TO SEE**

"The commandment of the Lord is pure, enlightening the eyes." (Psalm 19: 8b)

There are many other benefits that come from memorizing Scripture, but these are some that I have experienced in the last few weeks. Yes, we have our year verse, II Corinthians 8: 9, that we have memorized together and look at all the blessings that have come from it. But I would like to challenge you to memorize longer portions of God's Word. It doesn't have to be Psalm 16, it could be Psalm 119! ☺ How awesome would it be on Sunday for our church family to share the Scriptures we have memorized and How God has used it to be a blessing to us. Lord willing, I may start it this Sunday with Psalm 16.

By His Grace,

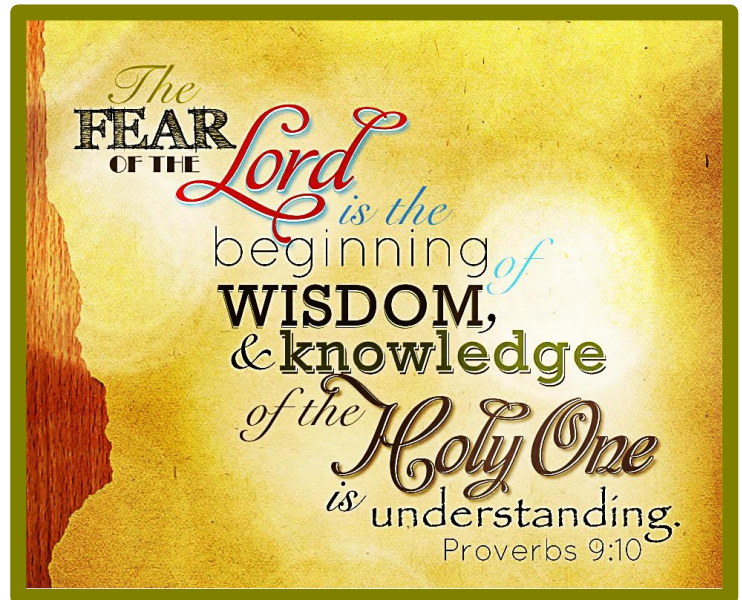
Pastor Todd

Sunday School News

Don't you just love how our sovereign God is in charge of the timing of our lives?! As Pastor Todd is teaching us the wisdom of God found in Proverbs, our children and teens are studying wise king Solomon. The young king asked for God's wisdom, meditated on wisdom and wrote it down for us. When he turned away from God's wisdom, God's people suffered. Pray our young people will "Trust in the Lord with all their heart and not lean on their own understanding. That they will acknowledge Him in all their ways and that God will make each of their ways straight."

Proverbs 3: 5-6

Jan Grills



AWANA Ministry

Amie Mitchell and Liz Bonnett, our new AWANA Commanders, are excited to see what God does through this ministry this year! Please mark your calendars to join us this year, the first night of AWANA will be **Sunday, September 8th** from 5:00-6:30pm.

What an eternally valuable ministry this is, where kids can have fun learning God's Word and hiding it in their hearts. There is no greater treasure a parent can impart to their child than the knowledge of who Jesus is, what He has done for us and how to have a relationship with Him; and then help their child to store up God's own words so He can use them to equip those children to face everything life has in store.



If you would like to be part of this ministry, there are still opportunities available. The Sparks (K-2nd grade) still need one more leader, T&T (3rd-5th graders) also need one more leader and Liz and Amie would love to have someone who would like to run the AWANA store. If you feel led to join in this kingdom work, please let Liz or Amie know!

We are excited to partner with you in helping to equip your children to rightly handle those words of truth that are so desperately needed in this world!

Sarah Nelapaty



PROMOTION

SUNDAY

We're Moving Up!

September 1, 2019

Meet in Fellowship Hall @ 9:00 am

SCC Church Staff



Rev. C. Todd Haynes
Senior Pastor



Sally Harden
Director of Student Ministry



Sarah Nelepaty
Director of Children's Ministries



MISSION: WHY DO WE EXIST?

To glorify God, by making disciples of Jesus Christ by the power of the Holy Spirit.

VISION: WHAT WILL THAT LOOK LIKE?

A growing faith in God
A growing love for God
A growing love for others

ACTION: HOW WILL THIS HAPPEN?

Drawing near to God
Pursuing community
Reaching our world

Visit us on Facebook! Search for "Suburban Christian Church" on www.facebook.com

We want to hear from you! Contact us at newsletter@sccvb.org

Kenya Update from Rebekah Pencook



In some ways, I don't even know where to begin when speaking of what the Lord did on this trip to Kenya. Even how it came to be that I joined the trip was sudden, and yet I knew that it was entirely of the Lord. The best way I can describe the trip is pure joy. There have been times of ministry in the past that have been experiences where choosing joy is required, but every day on this trip when we arrived at the Project Lucas Center, joy met us at the gate in the form of the smiling faces of children whom so easily love. One would think that the life of poverty they experience would have hardened them, but in the seemingly upside down Kingdom of our God, He works those things together for our good and they are actually more softened than those that may have more materially in this world than they. I learned about what real gratitude looks like, and how to have a heart of thanksgiving towards the Lord just by interacting with the Kenyan people. To them, friendship is the most important thing; I was once told that in

the mind of a Kenyan, they would rather have you steal from them than for you to say you are not their friend. So, the things I learned on this trip, I learned from my now friends. I was made to feel like I have a home in Kenya after just two weeks there, and I can say truthfully that leaving them is one of the hardest things I've had to do. After a while of doing ministry, some may think that the goodbyes get easier, but sometimes it seems like they get more difficult. In Isaiah 54 it says, "break forth into singing and cry aloud, you who have not been in labor! For the children of the desolate one will be more than the children of her who is married, says the Lord. Enlarge the place of your tent and let the curtains of your habitation be stretched out; do not hold back; lengthen your cords and strengthen your stakes. For you will spread abroad to the right and to the left, and your offspring will possess the nations and will people the desolate cities" (Isaiah 54: 1-3, ESV). Everywhere I have gone, it seems like the Lord has given me children who my heart attaches to like they are my own. And I can say with confidence that everyone who involves themselves with Project Lucas, will be given at least one child by the Lord to love as if they are your own, and that they will bless your life more than you can imagine. Whether it is receiving a backpack filled with school supplies, and guaranteed school supplies for the next two years, or being sponsored, or receiving an education, I have never seen anyone so grateful to the Lord for what they are given. I think sometimes it is easy to have the mindset that we are going out on mission to bless, but I have been all the more blessed by the Kenyan people and the Project Lucas team.

If you want to hear more about the details of the trip, I hope you'll come on August 11th at 6pm to have ice cream and hear about Suburban's July mission adventures!

Rebekah Pencook





Backpacks for Africa is Project Lucas' premiere project. It all started when our founder met a little girl named Mary who could not go to school because she lacked a simple notebook. She lacked a notebook; therefore, she could not attend school for an entire term.

The purpose of *Backpacks for Africa* is for individuals in America to make a difference in the life of a child in Kenya. A SIMPLE backpack full of school supplies can change the entire world of a child.



The average Kenyan family makes less than two dollars a day, leaving most children unable to afford school supplies and, therefore, not able to attend school. Project Lucas asks individuals, churches and groups to sponsor a backpack that will be filled with enough school supplies for each child to attend school for **two years**. Each student and their family will hear the gospel because of your sponsorship

You and/or your group can assist Project Lucas to ensure Kenyan children receive an education and hope for a better future through the gospel of Jesus Christ.

Information taken from Project Lucas Website



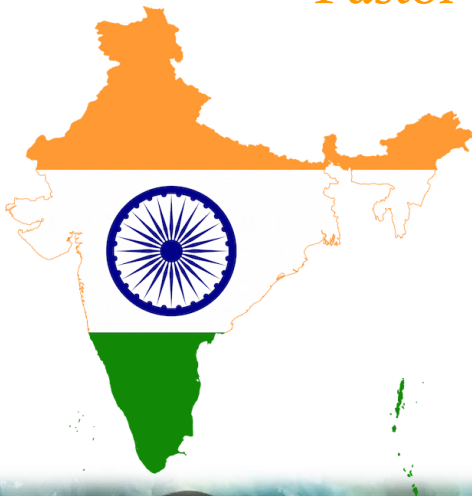
Missionary Update – Mike and Barbara Gray (Japan)

Suburban has played an important role in reaching others for Jesus Christ in Japan and the world through the ministry of TEAM and the Grays. Mike and Barbara began serving as TEAM missionaries in Japan in 1988. God has led the Grays to leave Japan in August for their last home assignment before they retire on December 31, 2019. In their last newsletter, they gave thanks to God for our prayers and other ways they have been supported.



How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!" Isaiah 52:7

Pastor Nandu & Swarnalatha Nelapaty (India)



Pastor Nandu and Swarnalatha are active missionaries in their home country of India. Pastor Nandu is the Senior Pastor of Faith Baptist Church in Hyderabad, India. They lead several discipleship programs to train up leaders within their church and join them in their greater outreach to their city and surrounding areas.

Pastor Nandu regularly travels far out into the country ministering to tribal and nomadic groups that live in the mountains and jungles of his state that have previously been unreached with the Gospel. He has been instrumental in evangelizing, discipling and training up men from within the Koya and Banjar tribes who are now actively pastoring their own people.

Mrs. Swarnalatha supports her husband in these efforts and has organized many women's retreats for the ladies of these tribes to teach and train them in the Gospel message.

WEEK OF PRAYER



"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"

Psalm 139: 23-24

The emphasis for Secret Church this year was the importance of prayer and fasting together as spiritual disciplines. This time last summer we, as a church, took part in a Week of Prayer; after sitting in on the Secret Church night, I realized that our prayer this year should be paired with fasting. As you sign up for your hour slot of prayer this year, my hope is that you would choose to fast on that day; it could be fasting from food, television, social media etc. Whatever you choose, I pray that it would be the removal of something with the intention of refocusing our hearts on the LORD. When we sit before the Lord in prayer, He is able to search our hearts. There will be more announcements to come in the next few weeks, but I am excited for how the Lord will use this week.

Rebekah Pencook

Operation Christmas Child Corner

Good News. Great Joy.



We had a "Christmas In July" wrapping day but there are still shoe boxes to wrap and wrapping paper available in the storage room at church. Let me know if you can help.

August collection will be **school supplies** (pencils, erasers, notebooks), **hygiene supplies** (soap, washcloths, toothbrushes) and **puzzles**. Walmart and other stores have crayons and other school supplies really inexpensive right now. Roses still has socks, 6 pairs for \$1.00 and children's t-shirts for \$1.00 too.

Thanks for all you're doing to help this ministry this year. Keep your eyes open for bargains and keep praying for the children who will receive the shoe box gifts.

Lynn Cooke



Men's Ministry

The Saturday Morning Men's Prayer Breakfast for August will meet on the first and third Saturdays of the month, August 3rd and August 17th. The in-depth study and discussion of the Book of Acts will continue with the completion of Chapter 9 (verses 32-42), into Chapter 10.

The Month's study will introduce Peter's healing of a man named Aeneas, in Lydda, and his restoring life to a disciple name Tabitha, in Joppa. It will then center on Peter's involvement with a Roman centurion in Caesarea.

Included will be a discussion of visions that initiated Peter's ministry to Cornelius and his family, thus, ushering in the spreading of the Gospel to Gentiles. That incident gave evidence of the Holy Spirit's direction in the missionary work of Paul and the other apostles.

The Men's Prayer Breakfast and Bible Study is an outstanding opportunity for Bible study, prayer, and fellowship. It is open to all men, church members, and non-members.

All are invited to enjoy a good breakfast of scrambled eggs, sausage, biscuits, grits, sausage gravy, fruit, juice, and coffee. Come and enjoy good fellowship, and the Good News found in God's Word. Plan to attend and bring a friend. It's a good and enjoyable way to spend a couple of hours twice a month. Breakfast begins at 8:00 am and is followed by Bible Study and prayer. It concludes no later than 10:00 am.

Bob Grymes



Seniors' Ministry

Our last meeting was held the second Thursday of the month, July 11th, due to VBS being held the third week of July. LCDR Kevin and Shelia Adams, parents of nine children, presented a very delightful program, "Life In the Military and At Home." Kevin shared several highlights from his 26 years in the military, and Shelia talked about the joys and trials of raising nine children. After the program we held our annual indoor picnic.

August 15th will be our next meeting. The menu will be "favorite salads."



These programs are planned and sponsored by the Seniors Ministry, but they are open to all ages. If you have suggestions for programs, please talk to one of the members of the Steering Committee. We are always looking for new ideas!

The Seniors Ministry needs you! Over the years, we have lost a number of our original members due to age, illness and death. Several of these people served on the ministry's steering committee, including Harry Warren who went home to the Lord this past week. We are seeking new members with new energy and new ideas, including some who would be willing to contribute their time and talents to the steering committee. If you are interested in serving on the steering committee, please contact Ray McGrady.

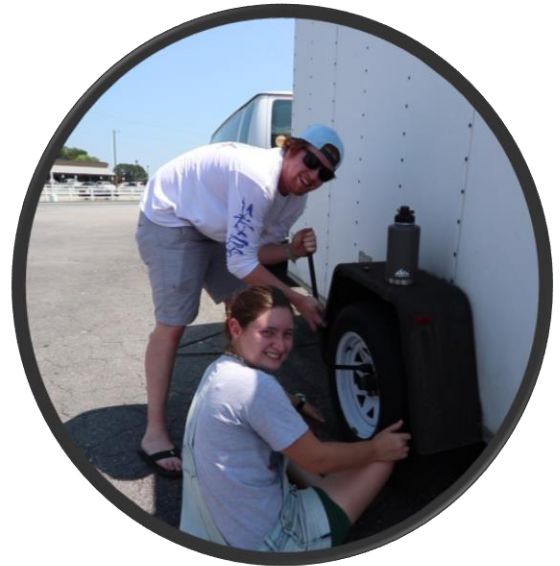
Dana Mosteller

Ambassador Youth Ministry

WHERE WE'VE BEEN...

Wow! July feels like it just started and now we are already into August. This past month has been jam-packed with things. First, our Week of Service was amazing especially working with Union Mission. Then we had VBS, which was so fun to watch our AYM student work with so many of our young children. The most rewarding and amazing thing to watch is our AYM students working on our mission trip to North Carolina! I want to give a shout out to Anna, Jon, Emma, Ben, Cassie, Genesis, Nick, Emmy, and Inara. They did amazing and I am so proud of all the work they did in spite of the Carolina heat. Also, a special thanks to Tyler and Sam for being amazing leaders! I can't wait for camp and our next mission trip.

Sally Harden



WHERE WE'RE GOING...

August:

Watermarks Camp: August 4th – 9th

Adventure Park Ropes Course: August 14th

Movie Night in the Embassy: August 21st

End of Summer Party: August 28th



Life Group News

Life Groups have one, simple purpose: to bring people together. We believe God created us to live in relationship with others and only then can we live the full life He intends for us. Sharing life through community is part of our design, but meaningful relationships aren't always easy to find. Beginning at the end of September, our Life Groups will resume. Come ready to experience new Bible studies and encourage one another in their walk with Christ.

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Serving Together...

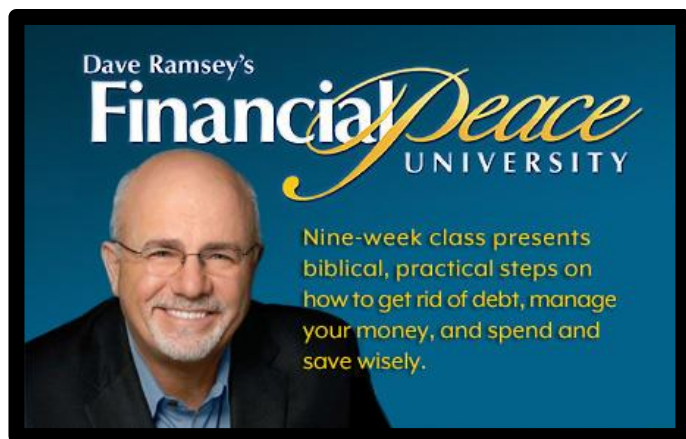
When you get a group of the Suburban family together, a lot gets accomplished. THANK YOU to all the volunteers who came out to help spruce up our Suburban Kids playground. Ken Phelps, Hollice Wiggins, and Stacey Super prepped the area by moving playground equipment and getting rid of those pesky weeds. The rest of the group, including little Steffany Roby, helped spread much. While this was going on, volunteers were painting, trimming bushes, returning VBS supplies to the attic, meeting about our Children's Church ministry, and wrapping Operation Christmas Child boxes later in the afternoon. As people drove by, a lot of heads turned to see what was going on. This is a great example of God using the **attitude of availability** to be a light to our community.

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*As each has received a gift,
us it to serve one another,
as good stewards of God's varied grace.
§ Peter 4:10*





Financial Peace Class Update

The Financial Peace University class has been going on since the end of June. With 11 families in attendance, the class has been learning Dave Ramsey's Baby Steps based on biblical principles.

What are the Baby Steps? Glad you asked. These 7 steps show you how to save for emergencies, pay off all your debt for good, and build wealth. It's not a fairy tale or nice story for someone else. This is a proven, practical way for you to change your life step by step.

BABY STEP 1

Save \$1,000 for your starter emergency fund.

BABY STEP 2

Pay off all debt (except the house) using the debt snowball.

BABY STEP 3

Save 3–6 months of expenses in a fully funded emergency fund.

BABY STEP 4

Invest 15% of your household income in retirement.

BABY STEP 5

Save for your children's college fund.

BABY STEP 6

Pay off your home early.

BABY STEP 7

Build wealth and give.



Why the Baby Steps Work...

Forget everything you know about money-management plans. With Dave Ramsey's 7 Baby Steps, you don't need a degree in finance to take control of your money. Anyone can do it! The Baby Steps show you exactly what to do as you pay off debt and build up your savings. With each step, you'll start changing the way you handle money—little by little.

It's all about...

Education: Learn how to better manage your money.

Encouragement: Build momentum with small wins along the way.

Empowerment: Make financial decisions with confidence in every aspect of your life.

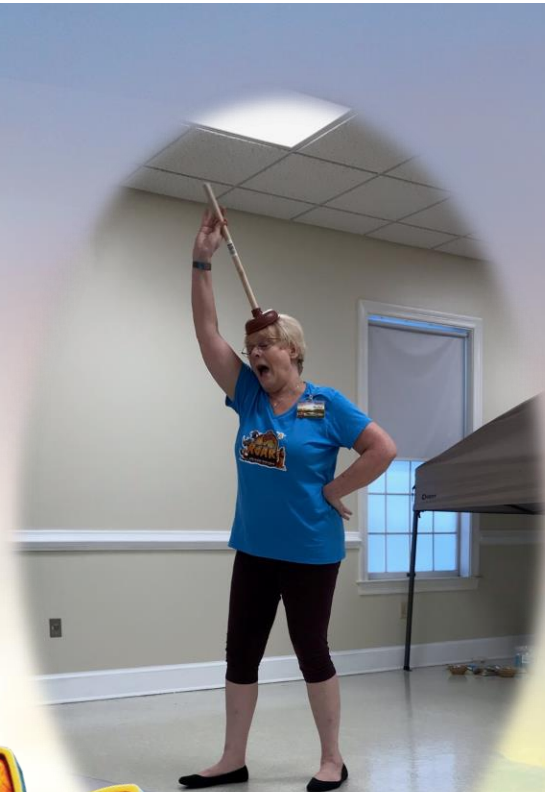
Stephanie Council



The rich rule over the poor, and the borrower is the slave to the lender.

Proverbs 22:7





ROAR!



Suburban Kids M D O

Getting kids back into their normal routine after a summer of late nights and skipped naps can seem like a huge challenge, here are a few tips to ease back into a solid routine. If you've been lax with making your children go to bed at a regular time, you may want to start making changes now. Expect your children to complain and try to stay up later, but the earlier they get to bed, the more prepared they'll be for school. A couple of weeks before the first day of school, put your kids to bed a little earlier each night (in half-hour increments) until they are used to their earlier bedtime. The sooner you start this process, the easier it will be for them to get used to going to bed early again.

Nighttime Routines:

Get your children in the habit of following a routine every night. If they choose their clothing for the next day, take a bath, brush their teeth, and get into their pajamas every night before they go to bed, you're transitioning them into settling down. Having a set routine such as this, or any schedule that works for your family, will give them a strong sense of consistency and help them wind down. This process can also reduce complaining from your kids about bedtime.

Morning Schedule:

It's a good idea to create a chart of things that your child needs to do each morning. You may want to use pictures to create a "to-do" list with the following items:

- Get dressed – picture of clothing (shirt, pants, socks, and shoes)
- Eat breakfast – picture of food
- Brush teeth – picture of toothbrush and toothpaste
- Get ready to go – picture of backpack and lunch bag.



Having clear structures in place gives your child a sense of trust, safety, and security. They'll know what to expect and can easily move through responsibilities. Establishing a sound routine will make the first day of school go much smoother. We look forward to seeing our little friends Tuesday, September 3rd!

We are excited to announce we are fully staffed for this coming school year! However, we are always looking for substitutes. If you are interested, please see Andrea Hoover or drop by the church office.

We also have a few openings in the 2 and 3-year-old classes. Flyers are available in the foyer to pass along to friends and neighbors who may be looking for a great place for their children. Andrea Hoover



*But Jesus said, "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven."
Matthew 19:14*

Nursery Ministry

August Nursery Schedule

Date	9:00 Sunday School	10:15 Service
8/4/19	Betty Owens Stacie Raymer	Deidre Caughel
8/11/19	Vicki Chitty Juli Cox	Lou & Ara Miller Jeff Herring
8/18/19	Nancy Herbst Mitzie Ricks	Al & Jan Grills Lara Young
8/25/19	Melissa Tucker Emily Collins	Kathleen Staten Ally Litzenberger Lisa Smiley



New nursery volunteers are needed! Contact Mary Deuell (grills7@msn.com) or Stacie Raymer (sraymer@odu.edu) if interested.



Children's Church Ministry

We are getting geared up for a new year in both Junior and Children's Churches! Our Junior Children's Church is excited to welcome our newest 4-year olds to join us as we continue our journey through the Bible and see how God uses Moses to rescue His people from Egypt and lead them to the Promised Land... What a great place to pick up after our VBS focusing on God's GOODNESS through these same stories.

In Children's Church we are looking forward to our new group of 1st graders joining us when we begin again in September! We are excited to add a mission's component to the curriculum through the Gospel Project. Through videos we will be able to introduce the kids to different missionaries and their families on the 2nd Sunday of every month. When we pick up again on the 2nd Sunday of September we will continue our journey through the 23rd Psalm and seeing God's GOODNESS in His leading, protection and provision for us.

Please continue to pray for God's leading, protection and provision for this and all our children's ministries. This is a ripe harvest field and frequently it feels as if the workers are few, but we are asking the Lord of the harvest to send the laborers into the field and we are expecting a rich harvest!!!

Sarah Nelapaty



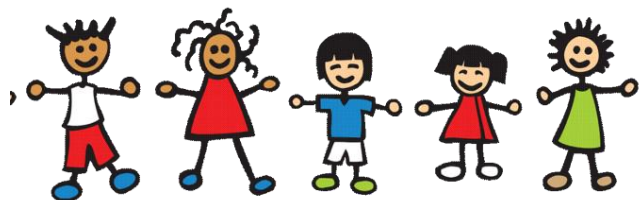
Suburban Kids



Directions: Look up these Bible verses and fill in the blanks.

Ephesians 6: 1-3

Children, _____ your parents in the _____, for this is _____. Honor your _____ and _____ (this is the _____ commandment with a _____), that it may go well with _____ and that you may _____ in the.



Jesus Walked on Water Word Search

Find the words on the list that are hidden in the puzzle. The words can be right to left, up and down, or diagonally.

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

AFRAID
FAITH
WALKED

BOAT
MIRACLES
WATER

DISCIPLES
PETER
WAVES

DOUBT
PRAY
WIND

Jesus Walks On Water. Matthew 14:25

