

J U L Y 2 0 2 3

# The Suburban Connection

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## Happy Fourth of July



Have you ever wondered about the song "America the Beautiful?" It was based on a poem written by the professor, poet, and writer, Katharine Lee Bates, during an 1893 trip to Colorado Springs, Colorado. When she got to the top of Pike's Peak, the view was so beautiful that it inspired her to write, "All the wonder of America seemed displayed there, with the sea-like expanse."

The poem that Bates wrote first appeared in print in *The Congregationalist*, a weekly journal, on July 4, 1895. Within a few months, it was set to music by Silas G. Pratt. Bates revised the song in 1904, after receiving many requests to use the song in publications and special services. An additional change was made to the wording of the third verse in 1913 to give us the version we know today. The song is considered by some to be the country's unofficial national anthem.

### Save the Date!

#### Men's Breakfast

**July 1<sup>st</sup> & 15<sup>th</sup>**

8:00 am

#### Music Night & Ice Cream Social

**July 30<sup>th</sup>**

6:00 pm

#### VBS

**July 17<sup>th</sup> – 21<sup>st</sup>**

Dinner at 5:15pm

VBS – 6:00 - 8:30 pm



## From the Pastor's Desk: God Is In Control!

Life is unpredictable, it can change in a moment. Many of us have experienced the uncertainties of life. In one day, our lives can literally be turned upside down. In the past few weeks, we have seen Daniel and his friends experience, both the highs and lows of life. In one day, Shadrach, Meshach and Abednego are commanded to bow before Nebuchadnezzar's idol or be cast into a fiery furnace. In one day, Daniel is commanded not to pray to the Lord his God or be cast into a den of lions. Just that quickly their lives were changed.

So, what sustained Daniel and his friends through all the hard things that happened to them? This one truth: "no matter how bad things get; God is still in control!" The sovereignty of God was the rock-solid foundation for their lives. God's sovereignty would be the bed rock beneath them when the forces of hell we're being unleashed upon them. The sovereignty of God has been a great source of comfort to God's people throughout the ages.

I want to highlight a few of the verses in Daniel, that emphasize the sovereignty of God over everything.

**\*Daniel 2:47, "The king answered and said to Daniel, Truly, your God is God of gods and Lord of kings, and the revealer of mysteries, for you have been able to reveal this mystery."** After the Lord reveals both Nebuchadnezzar's dream and its interpretation, Nebuchadnezzar's only explanation is that Daniel's God is the Sovereign Lord.

**\*Daniel 3:27-29, "The fire had not had any power over the bodies of those men. The hair of their heads was not singed, their coats were not harmed, and no smell of fire had come upon them... for there is no other God who is able to rescue in this way."** God demonstrated his sovereignty over the fiery furnace, by protecting his servants from the heat of the flames. Not a single hair on their heads was burned.

**\*Daniel 4:34,35, "At the end of the days, I, Nebuchadnezzar, lifted my eyes to heaven... and I blessed the Most High... for his dominion is an everlasting dominion, and his kingdom endures from generation to generation; all the inhabitants of the earth are accounted as nothing, and he does according to his will among the host of heaven, and among the inhabitants of the earth; and none can stay his hand or say to him, what have you done?"** After God humbled Nebuchadnezzar, making him like a beast of the field, and then later restoring his mind to him, Nebuchadnezzar acknowledges, that God, the Most High is Sovereign and none can stay his hand.

**\*Daniel 6:26,27, "People are to tremble and fear before the God of Daniel, for he is the living God, enduring forever; his kingdom shall never be destroyed and his dominion shall be to the end. He delivers and rescues; he works signs and wonders in heaven, and on earth, he who has saved Daniel from the power of the lions."** God displays his sovereignty by shutting the mouths of the hungry lions and rescuing his faithful servant, Daniel.

All of these are examples where God displays his sovereignty in delivering his servants from danger and death.; however, sometimes the sovereignty of God is revealed not in rescuing his people from disaster but in allowing them to experience it. Think about Jesus. In Acts 4, when Peter and John have been commanded by the religious leaders to no longer preach in the name of Jesus they return to their friends and offer this prayer, "Sovereign Lord, who made heaven and the earth and the sea and everything in them...for truly, in this city, they were gathered together against your holy servant Jesus, whom you anointed, both Herod and Pontius Pilot, along with the Gentiles, and the peoples of Israel, to do whatever your hand, and your plan had predestined to take place."(Acts 4:24,27) The apostles recognized that all the events surrounding the crucifixion of Jesus Christ took place because the Sovereign Lord predestined it.

We don't know what will happen in the future, but we do know who holds the future. Who? The Sovereign Lord! We know God has promised in Romans 8:28, that he will work every single thing for our good and his glory. How? Because he is the Sovereign Lord.

Praising our Sovereign God with you!  
Pastor Todd

GOD IS  
*Sovereign*

## Sunday School

Have fun this summer and create a summer bucket list for your family. Kids and adults can add things to the list. See how many family activities you can do by August 31<sup>st</sup>. Here are some ideas to get you started:

- Christmas in July (complete with lights around your living room, cookies and favorite holiday movies)
- Glow stick dance party. All you need are some glow sticks from Dollar Tree and some music on your phone.
- Read all of Psalm 119 (maybe read 8-10 verses every morning at the breakfast table)
- Try a new food
- Learn to swim
- Family movie night
- BBQ and s'mores
- Water balloon and water gun fight
- Get to know your neighbors (deliver homemade treats and strike up a conversation)
- Walk the entire perimeter of your favorite mall
- Memorize one Bible verse each week
- Make homemade fruit popsicles. Do a Google search to find my favorite recipe. [Frozen Strawberry Smoothie Bars recipe | CookThisMeal.com](#) I use vanilla yogurt and leave out the apple juice. Don't have molds? Dixie cups and popsicle sticks work great!
- Take a hike on a path you've never hiked before. Praise God for the beauty of His creation.
- Look to the sky (sunsets, sunrises, star gazing, fireworks)
- Invite someone from church over for dinner.



The possibilities are endless! Have fun this summer building strong family bonds and creating fun family memories!

Laura Tyler



## Save the date: Music Night and Ice Cream Fellowship Sunday, July 30<sup>th</sup>, At 6:00 pm



You will not want to miss this fun night of worship and fellowship! We will be singing all of Suburban's favorites! If you would like to sing a special, please see Lynn Cooke.

After the singing, we will enjoy ice cream, homemade or bought, in the church Fellowship Hall. All are invited to attend.



## Nursery News

Date	Sunday School	Worship	Worship Helper
7/2/23	Melissa Tucker Betty Owens	Stacie Raymer Ravyn Thomas	Nyssa Rakes
7/9/23	Melissa Tucker Betty Owens	Jeff Herring Susan Haynes	Elena Tyler
7/16/23	Stacey Super	Nancy Herbst Chris Bulaski	Samara Saucedo
7/23/23	Melissa Tucker	Laura Tyler Teresa Birk	Liam Cooke
7/30/23	Melissa Tucker	Stacie Raymer	William Schnurr



Thanks for all of our wonderful volunteers! We could still use two volunteers for those months when we have 5 Sundays! Please contact Stacie Raymer ([sraymer@odu.edu](mailto:sraymer@odu.edu); 757-589-5731). Young teenage helpers are also welcome!

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

## SCC Church Staff



Rev. C. Todd Haynes  
Senior Pastor



### 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](http://www.facebook.com)

We want to hear from you! Contact us at [newsletter@sccvb.org](mailto:newsletter@sccvb.org)

# AYM (Ambassador Youth Ministry)

## 'In His Image' Mission Trip Devotions

### Overview:

Our theme this summer is 'In His Image'. Below is an overview of what your teen will be learning in Bible study. This theme will be emphasized throughout camp programming.

At some point in our lives, we have all struggled with our image – what we look like, who we really are, how we fit in, what we stand for. As humans, we are uniquely created in the image of God. If you believe this to be true, what does that mean for your life and others around you? As Christians, we are called to bear this image like Christ did on earth. Therefore, we are called to live as a new creation, one who is set apart and is a reflection of the God who created us and loves us.

*"We all, with unveiled faces, are looking as in a mirror at the glory of the Lord and are being transformed into the same image from glory to glory; this is from the Lord who is the Spirit." 2 Corinthians 3:18*

### Day One: Image of God

Scriptures: Genesis 1:27, Psalm 139: 13-16, Deuteronomy 7:6-9, Galatians 3:13-14

Key Verse: "I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well." Psalm 139:14

Life Question: What does it mean to be created in the image of God?

God created us in His image. He set apart the Israelites as His chosen people. As believers, we are called to bear God's image like Christ did on earth.

### Day Two: Image Distorted

Scriptures: Genesis 3:6-7, Exodus 32:1-6, Romans 1:22-25

Key Verse: "For all have sinned and fall short of the glory of God." Romans 3:23

Life Question: What have you allowed to distort the Image of God in your life? Do you find your identity in Christ or in the world?

Sin distorted the Image of God in our lives, resulting in a broken relationship with Him. The Israelites turned from God and created their own image and worshiped it.

### Day Three: Image Renewed

Scriptures: Isaiah 53:1-12, 2 Corinthians 4:16-17, Colossians 3:9-11

Key Verse: "Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!" 2 Corinthians 5:17

Life Question: Have you experienced renewal through the new covenant of Christ? What impact does that have on your daily life?

The Old Testament is filled with Scriptures pointing to the promise of a coming Messiah to fulfill the law and to be the ultimate sacrifice for sin. Jesus came as the prophesied new covenant to replace the old covenant made with the Israelites. Through Him, our relationship with the Father is renewed.

### Day Four: Image Shared

Scriptures: Matthew 9:36-38, Matthew 28:18-20, Acts 1:6-8

Key Verse: "Go, Therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." Matthew 28:19

Life Question: Who in your life needs to know that they were created in the image of God? What is keeping you from sharing?

Everyone is created in God's image. Jesus was the image of God on earth, and therefore is the perfect example of how to share this image with others. So, like Christ, we are to have compassion on them and share the love of God with them.



## AYM (Ambassador Youth Ministry)

Our teens will be heading to Black Mountain, North Carolina on Sunday, July 2, for M-fuge camp. Each day will begin at 7:00 with breakfast, morning celebration, quiet time, and lunch. During the afternoon hours, we will be going to different sites to do painting, construction, yard work, or possibly minister to children in the community. When we return to camp, we will have dinner, worship, church group time, and then lights out at 11:00 pm.

The camp theme is "In His Image." Daily devotions have been provided for our church family to follow along with us on our camp journey. These are available in the newsletter.

Pastor Todd decided to extend our time away with the group enjoying a tour of the Biltmore House in Asheville, North Carolina on Thursday afternoon and whitewater rafting on Friday at French Broad Adventures. We will be arriving in Virginia Beach late Friday night. Parents, your kids will be worn out when we return! But most importantly, we are praying that their lives are changed through the teaching from God's Word and service opportunities during the week.

### Where We're Going...

AYM students are encouraged to use the summer to participate in various service opportunities. One being Vacation Bible School during the week of July 17-21. We are also providing a "Teen Summer Challenge" (service opportunities) for our AYM gang to accept. Pick your challenges (with parent's approval), complete them, and bring the list back to Pastor Todd. At the end of the summer, the person that complete the most service opportunities will receive a prize.



The challenge list is included in the July Newsletter. Rules are as follows:

1. Parents must approve each challenge and sign off on the challenge once it has been completed.
2. Pray before each challenge – that God would help you glorify Him while completing the challenge.
3. Write a small summary of the challenge experience and what you learned. These must be attached to the challenge list.
4. All lists and summaries must be turned in to Pastor Todd by Sunday, September 10<sup>th</sup>.

**Challenge list is on the next page...**

## Ambassador Youth Ministry Teen Summer Challenge

Challenge #	Challenge Description	Parent's Initials
1	Clean up a park or street	
2	Volunteer to sing in the church choir for the summer (see Lynn Cooke)	
3	Help a neighbor and don't charge them (gardening, weeding, lawn mowing, etc.)	
4	Pull weeds in the church playground	
5	Visit one of the shut-ins from church (see Mrs. Wendy for a list)	
6	Collect food for the Suburban Food Pantry Ministry	
7	Provide free babysitting	
8	Do something kind for a family member	
9	Volunteer at a soup kitchen, library, nursing home	
10	Walk a friend's dog	
11	Host a movie night for your friends	
12	Help in Children's Church (see Lois Ritger) or the Church Nursery (see Stacie Raymer)	
13	Volunteer at Union Mission	
14	Wash your family car	
15	Read to a group of children	
16	Clean out your closet and take clothes/toys to local charity	
17	Paint a flowerpot, fill it with dirt and a flower/herb, and take it to a neighbor with a nice note	
18	Write a letter to your pastor	
19	Write a letter to your parents	
20	Write a letter to your Sunday School teacher	
21	Volunteer as a greeter on Sunday morning before the worship service (see Ara Miller)	
22	Ask Mrs. Phyllis Wiggins if there is something you can do around the church to help her and complete the task	
23	Volunteer for the Food Pantry Ministry at Suburban	
24	Power wash the church sidewalks	
25	Help all week during Vacation Bible School (see Carol Brooks)	
26	Write out and send verses in the mail to encourage someone	
27	Bring the snack for AYM one Sunday evening (check with Mrs. Wendy)	
28	Have a yard sale or lemonade stand and give the money you make to one of the missionaries our church supports	
29	Make a picnic lunch or dinner for your family	
30	Build an obstacle course in your backyard for your family	

Return your list to Pastor Todd on **Sunday, September 10<sup>th</sup>**.

*Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. Colossians 3: 23-24*

Just for...

Suburban  
Kids

Whether at a picnic, on the beach or playing outdoors, it seems like we're always joined by uninvited guests – bugs! Bugs and other little creatures are mentioned in the Bible.

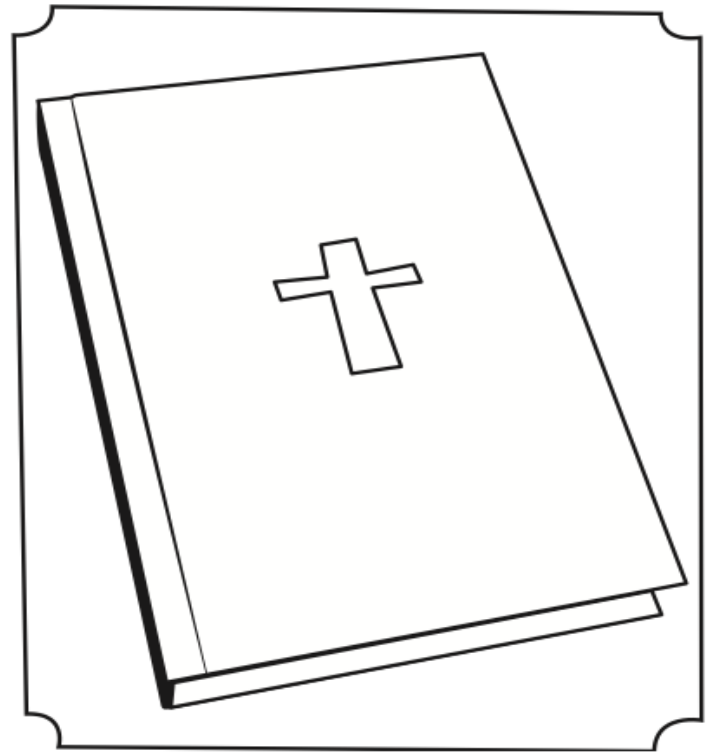


Fill in the blanks with the little creatures mentioned in each verse.  
Circle them in the puzzle below.

Proverbs 6:6 _____	Exodus 16:20 _____
Psalms 78:45 _____	1 Sam. 24:14 _____
Matt. 23:24 _____	Isaiah 50:9 _____
Judges 14:8 _____	Isaiah 59:5 _____
Acts 12:23 _____	Leviticus 11:22 _____
Leviticus 11:22 _____	Leviticus 11:22 _____
Leviticus 11:22 _____	
Deuteronomy 7:20 _____	



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



"In the beginning was the Word, and the Word was with God, and the Word was God"

- John 1:1

How many  
books are in  
the Old  
Testament?

\_\_\_\_\_

How many  
books are in  
the New  
Testament?

\_\_\_\_\_





## Seniors Ministry



At our June meeting, we enjoyed hearing Sarah Schnurr speak on homeopathic medicine. It is good to remind ourselves that although we don't abandon modern medicine, we must keep our eyes open concerning the doctors and medicines we choose. Homeopathy is a system of medicine that is fundamentally different from conventional (allopathic) medicine. Allopathic medicine tends to heavily focus on pharmaceuticals, many of which merely suppress symptoms and cause side-effects leading to further imbalance. Homeopathy seeks to stimulate the body's own healing mechanisms to correct the underlying imbalance that caused the symptoms in the first place.

We also heard from Barbara Sobczak on the importance of supporting local farmers who care about the products they grow. She introduced us to The Neighborhood Harvest, which is a local group of farmers who sell their products and deliver them to families around the Tidewater area. She brought a salad (from The Neighborhood Harvest farmers) and homemade dressing for us to enjoy! Wow! What a difference in the taste of locally raised produce! We also enjoyed a hot ham and cheese sandwich on Ciabatta bread.

In July, we will enjoy a Fourth of July lunch of grilled hot dogs. Gary Zalas, from the sheriff's department, will speak on senior safety. We love Him because He first loved us...Larry Thomas



## Food Pantry Ministry

**Listed below are items the Food Pantry needs:**

Pasta Sauce	Jelly	Peanut Butter
Rice-A-Roni	Baked Beans	Paper Towels
Canned Beans	Hamburger/Tuna Helper	Spaghetti Noodles
Jell-O and Pudding Mix		

Please remember Aimee Mitchell and Gloria Livingston and all the volunteers as they lead our Food Pantry Ministry and for the families who come to receive help. Pray for God to provide gospel opportunities and that our food pantry needs are met every month.



**FOR THIS IS WHAT THE LORD HAS COMMANDED US, "I HAVE MADE  
YOU A LIGHT FOR THE GENTILES, THAT YOU MAY BRING SALVATION  
TO THE ENDS OF THE EARTH."**

**ACTS 13:47**

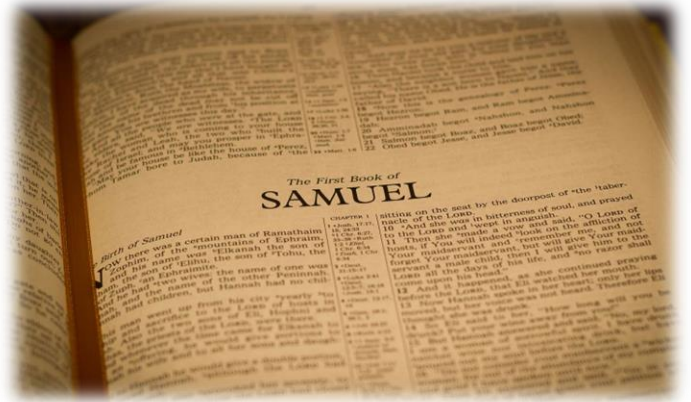
# Saturday Morning Men's Breakfast & Bible Study

## July 1 & 15, 2023

**The Saturday Morning Men's Prayer Breakfast and Bible Study will meet in July on the 1<sup>st</sup> and the 15<sup>th</sup>.**

As usual, the study will feature a chapter by chapter, verse by verse, word by word, comprehensive Bible study.

**Last month's study** ended with Saul's jealous anger against David because of his growing popularity with the people who cheered him with, "*Saul has struck his thousands and David his ten thousand (18:7).*" From that point on, Saul plotted to kill David; twice by hurling spears at him.



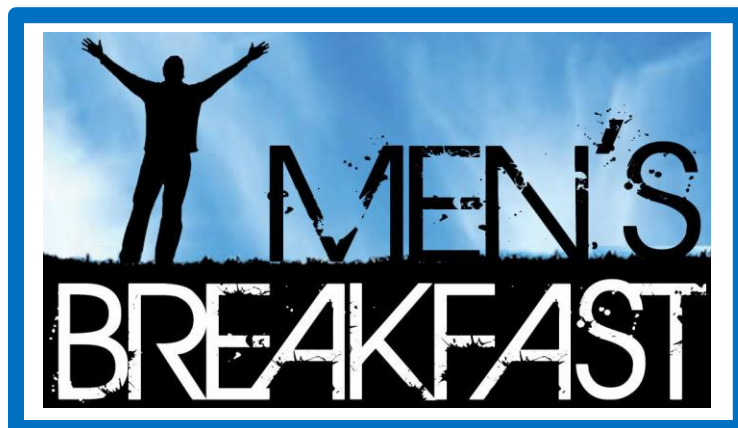
**The study on July 1<sup>st</sup>** will continue with Saul's efforts in that vein by requiring that prior to David's marriage to the King's daughter, Michal, he first bring him proof that he (David) had killed 100 Philistines, thus directing Philistine anger for revenge against him so that David might fall by their hands.

Saul's plot backfired. As often as the Philistines came out to battle, "*David has more success than all the servants of Saul, so his name was highly esteemed (18:30).*"

"*Saul was even more afraid of David. So Saul was David's enemy continually (18:29).*"

**On July 15<sup>th</sup>** the study will look at **Chapter 19** with another account of David and Jonathan's friendship, as well as Samuel's involvement on behalf of David. It will include the ironic story of Saul and his messengers being influenced by the "*Spirit of God,*" causing him to prophesy before Samuel "*all that day and all that night (19:24).*"

The breakfast and the Bible study are open to all men, and all are invited to enjoy a good, homemade breakfast of eggs (scramble and fried), sausage, corned beef hash, pancakes, waffles, biscuits, grits, sausage gravy, fruit, orange juice, and coffee. Come and enjoy good fellowship, and the Good News found in God's Word. It all begins at 8:00 AM and concludes around 9:30.



# Suburban Kids Children's Church Update

In children's church, we finished up our *Jesus Storybook Bible* lessons learning about Pentecost, how Saul became Paul, and the Revelation. On Father's Day we completed a craft, made cards for our fathers and enjoyed playing Father's Day bingo. Next month we will begin a new series called *The Armor of God*. All children grades K - 3 are invited to join us for stories, games, crafts, songs, and more. Mary Justis



## July Children's Church Schedule

Date	Lead	Assistant	Service Helper
7/2/23	Mary Justis	Jeff Herring	TBA
7/9/23	Lois Ritger	Jeff Haynes	Samara Saucedo
7/16/23	Mary Justis	Susan Haynes	Elena Tyler
7/23/23	Lois Ritger	Jeff Haynes	Sophia Deuell
7/30/23	Mary Justis	Jeff Herring	Samara Saucedo



# Children's Church



## Vacation Bible School News



**Where:** Suburban Christian Church  
**Date:** July 16<sup>th</sup> – 21<sup>st</sup> from 6:00 pm – 8:30 pm  
**Register @** [vbspro.events/p/sccvb2023](https://vbspro.events/p/sccvb2023)

### Ways to Support VBS in 2023!

**Donations:** A donations list is in the foyer. Tear off an item to donate & leave your contact info. Donate snacks or materials or MONEY!

**Let Us Borrow:** We are in need of pop-up tents (not the camping type) for the Marketplace! If you have a tent we can borrow, please contact Stacey Super.

**Lead the Kids:** You can lead the kids by being a Tribe Leader or a Station! **There will be 2 training days available: July 1 & July 8 (both at 10a).** You only need to attend one training day, unless you want to come to both. You will get to play with crafts and run through some "What to Expect" items.

**Set up/Decorate & Tear Down:** We will get to decorate the Sanctuary & Fellowship Hall on the Sunday prior (July 16), so all hands, mighty & tiny are welcome! Carol Brooks





## Music Notes

Our song is the one thing we most commonly enjoy among the broad diversity of Christian traditions. We meet in different buildings, on different continents, at different times, using different styles of music, different tempos, different instruments and different tones. But, we all still meet on the common ground of "song". And sometimes, even singing the same basic songs in all our different languages. Do we realize how central our song is to the release of God's divine power within, among and through us, the many membered body of the living Christ.

Song and singing are some of the mightiest gifts of the Holy Spirit. Millions have been and continue to be born again when God's word is brought to them through music. Don't think you're just listening to or singing through a pleasant melody. Let the words and meanings sink into your heart and pour out of your mouth as you worship God. (Paraphrased from THE CELEBRATION HYMNAL c.1997)

See you in church! Lynn Cooke

## Operation Christmas Child Corner

Keep up the praying for the children. Our donations have slacked off a little in the last month or so, but things are picking up again. July is the month that the stores begin "back to school" sales. Our needs for the shoeboxes are **ONE SUBJECT, SOFT SIDED, SPIRAL NOTEBOOKS**. These are usually pretty inexpensive (sometimes only .25 each) and the hard cover, composition notebook will not fit in the shoebox.

The other items we're collecting are those left off from May and June. So, any **yo-yo's, flip-flops, or sunglasses** will still be much appreciated.

## UPCOMING EVENTS:

**August 12 - Saturday - 11:30pm- 1:30pm - Christmas in August Luncheon.** Plan to come and bring your family and friends. We'll play a fun "Christmas" game, watch some of the Shoebox Recipient videos and have a simple lunch together. The only cost to you is an item to help fill the shoebox gifts. Don't miss it! There is a sign-up sheet in the foyer by the church office.

**September 9 - Saturday - 9 am - 11 am - Area Wide Operation Christmas Child Project Leader Workshop and "360 degree" missionary speaker.** Everyone is invited to hear the testimony of one of the shoebox recipients who has come to America and become a missionary. Our last speaker was from Ukraine and this time, the speaker is Schimea Ngnessan from the Ivory Coast. His story is truly inspiring. Plan to come now to hear him.

See you soon. Lynn and the team

**CHRISTMAS  
IN AUGUST**  
Luncheon

## Belong Women's Ministry: Why Women's Ministry is Important

This world is extremely tough for women in so many different ways. On a daily basis, women are constantly inundated with images of what we should look like, expectations of how we should act, and are expected to stand strong through difficult circumstances.

Women need a place to **Belong**, a safe haven where they don't feel judged by the world's standards, and a setting where they can go to be re-fueled. Women have a great desire to be surrounded by people who love them by Jesus Christ's standards. Jesus is the ultimate example of unconditional love, peace, gentle reproof, steady grace, mercy, and faithfulness in relationships. This is why we have a women's ministry.

The Belong Women's Ministry is designed for women to come together in the midst of our busy lives, to support one another and to journey through this season of our lives together. We purpose to do these things in an effort to pursue God together. Belong is designed to strengthen and encourage one another, which in turn enables us to go out and be God's hands and feet. Each of us is unique in our personalities, experiences, circumstances, and relationships. But in our uniqueness, women seek fellowship for many of the same reasons:

### Getting Real

Every woman desires a place where she can be real and genuine, where she can trust and depend upon those around her. Isn't it comforting to know that Jesus welcomes us, just as we are! A women's ministry can provide just the right place for her to feel safe enough to be her own, authentic self. Belong is a place where women can feel comfortable in their own skin. The goal of Christ is to transform us into His image, but thankfully, He welcomes us just as we are.

### A Place of Refuge

Every woman needs a place where she can feel safe. The world we live in holds many dangers, and if you are like me, you always keep an eye over your shoulder wherever you go. How refreshing it is to be in a setting where women can gather and know for certain that they are safe and loved, and for a short time don't have to be wary about the world around. (Psalm 91:9-12)

### Finding Strength

Life throws some pretty crazy things at each of us. Many times, you get hit with things and it feels like you'll never be able to get out from under them. A godly fellowship of women can help you find the strength and determination to persevere (2 Thessalonians 3:5) and overcome life's challenges! Sometimes a simple verse shared or an encouraging word from a fellow sister-in-Christ is just what is needed to regain the strength to endure hardship. (Romans 8:28)

### Search for Inspiration

It's very easy in our daily lives to lose inspiration. After all, it's hard to find the time to delve into God's Word amidst our busy days because of the constant demands on our time. It's no wonder that women seem to lose inspiration! A women's ministry can provide just the inspiration you need, and the reminder that God's Word really does speak for any and all situations. (Matthew 19:26b)

### Cultivating Friendships

Friendships are a very important part of every woman's life. We all need other women who can spur us on in the great hope we have in Jesus Christ. Building strong, faithful, lasting friendships with other women is important in our walk with God. God uses our Christian friendships to support and encourage us, helping to keep us on track. Likewise, building up our sisters-in-Christ strengthens our friendships. (Proverbs 13:20)

### Maturing in Christ

Women's Bible study groups are excellent places to meet this need. Our women's ministry can provide just the setting to learn how to dig deeper into the Word and into our relationship with God. (Ephesians 4:15,16) One of the goals of **Belong** is to grow in our love for Christ through His word. Throughout the year we provide Bible studies to meet this need.

I would encourage all of the women of Suburban to get involved in our **Belong Women's Ministry – there's always a place for you!**

Wendy Haynes



## Church Cookout Highlights



Fun, food, and fellowship were enjoyed by our church family on Sunday, June 25<sup>th</sup>, after the worship service. Jeff and Hollice grilled to perfection the hamburgers and hotdogs. Mrs. Kathy planned and orchestrated all the games for families, and to top it off, the water slide was a hit with the kids!

We would like to thank all who brought sides to share and for those who worked behind the scenes (set up and tear down) to make our annual church cookout a success! Until next year . . .





## Men's Ministry Update

After the Men's Breakfast and Bible Study, the men helped to beautify the church grounds by putting out pine straw in the flower beds. The men enjoyed the fellowship and had a few laughs due to our church van getting stuck in the ditch near the church playground. With the determination of Robert Ramirez and everyone pitching in, the church van was successfully rescued! Even one of Virginia Beach finest made sure our men were safe as the rescue plan was developed and carried out.

