

A place to ... Love, Mend, Train, Send



November 22, 2016

SERVING HANDS AT NCC!!!

Sunday, November 27, 2016

Welcome Center

Mable Moore

Greeters

Ben and Edna Bull

Altar Ministry

Tod and Jill Trebony

Barbara Young and Dondell Green

Danny and Joann Copeland

Ushers

Daniel Gaines

Vince Curtis

Jim Walton

Dondell Green

Thomas Dixon



Ben Bull 11/24
Aden Murphy 11/27

Services

Sunday Services

- ❖ 9:00 Sunday School
- ❖ 10:00 Coffee Bar and Fellowship
- ❖ 10:30 Worship Service

Wednesday Services

- ❖ 3:30 After School Youth
- ❖ 5:00 Dance and Drama team
- ❖ 6:30 Youth
- ❖ 6:45 Life Groups

Upcoming Events

- ❖ **November 23rd** – No Service
- ❖ **November 24th** – Thanksgiving (Office Closed)
- ❖ **November 30th** – 6:15PM Decorate the Church
- ❖ **December 7th** – 6:30PM Children's Christmas Party
- ❖ **December 14th** – 6:00PM Annual Christmas Party at Pastor Dave's and Alli's home

From Pastor Dave's Sermon this past Sunday

"Faith leaves a blue print for others to follow... When Jesus walked upon the earth, multitudes of people were touched by His life and ministry. His name became a household word because of the reputation of His miraculous deeds. Everyone was clamoring to be in His meetings because miracles and healings were happening everywhere He went. Faith is contagious."

Song of the Month

Set Me Ablaze

By: Jesus Culture

<https://www.youtube.com/watch?v=RRwcIFHbRg0>



It's that time of year again! You can purchase a Poinsettia in the lobby for \$6.50 in memory or honor of someone you love. You may also purchase them at the church office during office hours. Poinsettia's will be displayed in the sanctuary and may be picked up and brought home following Christmas day's service.



Wednesday, November 30th at 6:15pm

Deck the Halls!

Come out and let's
decorate the church together
for the Christmas season.
Bring soup or salad to share!

SCRIPTURE OF THE WEEK

“[Thanksgiving] I always thank my God for you because of his grace given you in Christ Jesus. For in him you have been enriched in every way – with all kinds of speech and with all knowledge”

1 Corinthians 1:4-5 NIV



“Not what we say about our blessings, but how we use them, is the true measure of our Thanksgiving.”



CHILDREN'S CHRISTMAS PARTY

FOR PRESCHOOL THROUGH ELEMENTARY AGES
AT THE CHURCH ON DECEMBER 7th at 6:30PM

Pizza will be provided and we will also have games and crafts! So come ready for fun!!



MEMBER OF THE WEEK



Shirley Chong

Miss Shirley has been a member of NCC since 2008. Shirley is a current greeter with our Hospitality Ministry as well as a member of our Silver Saints. Shirley has worked in our nursery for several years and was a foster parent to many children. Shirley has a compassionate heart for children. Shirley is originally from Jamaica and has several nieces and nephews. Shirley is a blessing to all of NCC!!!



CALLING ALL SILVER
SAINT'S

Our next luncheon will be on
December 1st at noon in the
home of Jim and Judy Dorris.
Please call the church for more
information. 226-3246



ANNUAL COMMUNITY THANKSGIVING DINNER
FOR THOSE IN NEED

THOMASVILLE HIGH SCHOOL 11:00am -2:00pm

Volunteers are needed setting up, serving, delivering, etc.
Volunteers with trucks are appreciated also.

For more information, please visit
<http://www.projectbackyard.com/thanksgiving/>
or contact Bryan Watt at 229-233-0409



**There will be NO Wednesday Night Service in
honor of Thanksgiving! Everyone have a
blessed and safe Thanksgiving!**

Taking Care of the Temple

The following information was taken from a website called greatest.com. The title of the article is, "The One Thing Top Nutrition Experts Do to Stay Healthy During the Holidays."

Sweet treats and rich meals can be land-mines for health-conscious people, yet no one wants to feel deprived during the happiest season of all. No need to fear—there are sensible ways to navigate this territory. And who better to show you how to do it than healthy eating experts themselves? We asked the country's top nutritionists and dietitians to tell us the single rule they follow to make it through the season without overdoing it or stressing so much that they miss out on the festive fun. The following culinary advice comes just in time for the holidays!

- Michael Wood, C.S.C.S., Founder of Sports Performance Group
-My one rule: Watch out for sneaky sugar.

Sure, you know that pumpkin pie with whipped cream or chocolate lava cake is a sugar-bomb, but the sweet stuff hides in innocuous places like sauces, seasonings, and processed foods. Stay away from sneaky sugars and eliminate the ones you won't miss, like the barbecue dipping sauce or the packaged crackers, to keep your blood sugar and weight stable. Wood says women should aim to stay under 100 calories per day from sugar while men should stick to 150 calories or less.

- Lindsey Joe, Registered Dietitian and Nutritionist
-My one rule: Eat what you love, leave what you like.

Instead of piling your plate a mile high with things that don't really tantalize your taste buds (fruit cake, we're looking at you!), pick only the foods that give you true enjoyment. If something doesn't make you swoon, leave it on the sideline.

- Erica Giovinazzo, R.D., Head Coach and Nutritionist at Brick Cross Fit and Body Change Dietitian
- My one rule: Keep your treats to one day a week.

The biggest mistake people make at the holidays is making Thanksgiving a four-day feast instead of a one-day indulgence. Then the holiday parties come, and all of a sudden you're giving yourself an excuse to have treats nearly every day. Rather than letting your holiday feast roll into pie for breakfast, limit your splurges to one event per week.

- Lisa Moskovitz, R.D., CEO of NY Nutrition Group
-My one rule: Nix the guilt.

Feeling guilty after eating foods you don't usually allow yourself to eat can breed more unhealthy behaviors. So abandon those negative voices in your head, give yourself permission to enjoy the indulgence guilt-free, and then remember to get back on track with your normal eating routine the very next day.

- Justin Robinson, Registered Dietitian
-My one rule: Don't eat something just because it's holiday food.

Listen to your body; most people eat particular foods like pumpkin pie on Thanksgiving or down cups of eggnog at a Christmas party because "that's what we do during the holidays." Consuming without thinking about what you're putting into your body and why, makes you ignore your internal cues of hunger and satiety. Do you really even like pumpkin pie or eggnog? Or if you could have any treat, would you choose your favorite ice cream or hot cocoa instead? Just because it's limited doesn't mean you have to eat it.

RECIPE FOR CRANBERRY SAUCE

Cranberry sauce: a Jell-O-jiggly mass filled with sugar (and who knows what else!) that always takes up space on the Thanksgiving table. This year, try making it from scratch. In this version, we swap out the sugar for honey. Fresh orange juice and zest add more sweetness and flavor, and the mystery ingredient— thyme— keeps dinner guests guessing (in a good way!).

5 Ingredients:

- 1/4 cup freshly squeezed orange juice (about 1/2 orange)
- 2 teaspoons orange zest
- 1/4-1/3 cup honey
- 2-3 sprigs fresh thyme
- 4 cups cranberries

Directions:

1. In a sauce pan, bring 3/4 cup water, orange juice and zest, honey, and thyme to a slight boil over medium-high heat.
2. Add cranberries and stir. Return to a simmer, stirring occasionally, until cranberries start to burst.
3. Reduce heat, stirring occasionally, until sauce reaches desired consistency.
4. Remove thyme sprigs and discard. Remove from heat and let stand (sauce will thicken as it cools).



Welcome to the
family
Olivia Claire Odom
Born November 19th
at 6:10pm.
8 lbs. 3oz.
19 1/4 inches long
Congratulations
Josh and Kimberly
Odom!!