

The *DC Pulse*

Your Connection to a Church with a Heart for the Community

DC MAN OF THE YEAR



Congratulations to Keith Overton-Hadnot on being selected as the 2015 Man of the Year! Keith is a proud product of "the village," having been raised at David Chapel. Now, he is blessed with the opportunity to serve as the Director of the Male Mime Ministry and as the Youth Ministry Coordinator. In these roles, he gets to live out his purpose - working with youth. Keith has a deep appreciation for the support, discipline, spiritual guidance, and love the Church has given him so he finds it obligatory to instill these principles in the lives of our youth today. He is an active member of the Young Adult Ministry, the Austin Alphas, Jack and Jill of America Beautillion, current Board member and Treasurer of the Small Victories Foundation and co-founder of the Austin Social Circle.

Keith is the son of Clarissa Overton and Kenneth Hadnot, and the brother of Kevin Overton-Hadnot. He currently works at the Texas Higher Education Coordinating Board as an Auditor. His future plans include the development of the Leadership Development Institute to train young black males in our community to be leaders and better prepared for college and life. Keith notes it is the Men's Ministry that he looks to for spiritual role models and feels blessed to watch and grow from men who have demonstrated their faith, integrity, and love for Christ. Keith further credits his late grandfather, Deacon Hardy Overton, for the principles he passed down that guide his actions: faith, love, integrity, discipline, hard work, respect, service, responsibility, confidence, and unity.



CELEBRATE DC SENIORS WITH JULY BIRTHDAYS



Walter Robinson
July 12

Marva Watrous
July 26

Ida M. Green
July 29

Are you a senior adult with a birthday not listed? Call or [email](#) the church office.



Attention Ladies 18 and Older!

Save the date and make plans to attend the annual Birthday Bash!

Saturday, August 8, 2015

1:00 p.m.—3:30 p.m.

David Chapel Fellowship Hall

Wear your colorful fiesta attire and celebrate your birthday with your DC DIVAS. Enjoy delicious food, play games, and give thanks for another year! For information, contact Sis. Mary Caldwell at (512) 926-3457.



Don't miss Wednesday worship service on the Wednesday following the first Sunday from 7:00 p.m. - 8:30 p.m. This month, Wednesday worship is on July 8, 2015. Rev. Robert Pellette will deliver the sermon.



"For as the body without the spirit is dead, so faith without works is dead also." - James 2:26

During the 91st church anniversary celebration, we were challenged to embrace "random acts of kindness" by seeing a need and working to meet it. Let's keep the spirit of that celebration alive by putting action to this directive and help us to live out our motto of being "A Church with a Heart for the Community". To kick off the initiative, below are a few suggestions for your consideration. This list is only a guide. Be aware that sometimes God will present an opportunity; we just have to be willing vessels.

- Buy bus passes to give to someone in need
- Write a note to the boss of someone who helped you and explain how great a job that person does
- Donate laundry detergent, disposable cups and bathroom cleaner to Ronald McDonald House, 1315 Barbara Jordan Blvd, Austin, TX 78723 (512-472-9844)
- Take a box of doughnuts to the office to share

When you perform an act of random kindness, we would love for you to share your kindness through photographs, videos, simple written descriptions, or any other means. Additional information on how to submit this information is forthcoming. Let's make every effort throughout this year to put our faith into action through our many good works. Our prayer is that when we gather in 2016 for our 92nd anniversary, the evidence of our heartfelt acts of kindness will fill the room in praise to our Lord and Savior.



FREE Diabetes Healthy Living Classes Saturday Mornings

June 13, 2015 - July 25, 2015

10:00 a.m. - 12:00 p.m.

Room 4ABC

HEALTHY NUTRITION • EXERCISE • STRESS MANAGEMENT

Learn how to manage Type 2 diabetes by making small changes. Get an HEB gift card and Free 2 month YMCA Membership by attending all classes! Win raffle prizes! Classes are fun, interactive, and FREE. You don't have to be a diabetic to attend.

Class topics include: Introduction and Overview of Diabetes; Diabetes Management, Monitoring, and Medications; Diabetes Control and Exercise; Diabetes Control and Nutrition; Preventing Complications; and Communication, Managing Stress and Depression, Your Rights.



iAM Nursery / Kids / Youth



Thank You!

Thank you members of David Chapel for your generosity! The Infant and Preschool Ministry's community service project was a big success! With your donations, we have helped provide one of the most basic needs to the clients of Austin Diaper Bank.

*Tashia Coleman and
Shalane Sheppard*



The iAM Youth Ministry and College Ministry will be hosting this year's Disciple Now 2015 on Friday, July 10th through Sunday, July 12th at our host homes. The topic is God, sex, and Holiness.

During this weekend, we hope our youth will be pushed to explore their faith more deeply, gain a greater understanding of God's word, and challenge themselves and each other to grow in their relationships with Christ. Students are asked to make an investment of \$35 for Disciple Now 2015. You may sign up and pay on Sunday, July 5th in the Fellowship Hall. Additionally, as there will be a testimonial service and potluck dinner on that Sunday afternoon (July 12th), we are asking parents to also sign up on July 5th to bring a dish. Please contact Keith Overton-Hadnot at (512) 751-8428 with questions.

Financial Ministry



The DC Financial Ministry continues to educate our church on the importance of financial health and God's desire for us to manage our finances biblically. Each month, the ministry is going to give you a tip or reminder to stay on track towards God's goals for you!

Here is the tip for July:

Put critical papers in order. What would happen if you were injured in an automobile accident, incapacitated by a stroke, or the victim of an airplane crash? Would your family be able to find the information they need to handle your affairs? For most Americans

the answer would be, "no!"

Most people put off until too late organizing important documents that will be needed if they die or become incapacitated. However, Solomon said, "The prudent sees the evil and hides [prepares] himself, but the naïve go on, and are punished for it" (Proverbs 22:3). Wise men and women leave their survivors with organized, readily accessible, yet safely protected, records. So, it is advisable to pull together and to organize all important papers and documents now—before the need arises (even if it means writing a new will and/or trust)—and tell at least one trustworthy family member or close friend where all papers and documents can be found.



The Ushers Ministry is looking for enthusiastic and friendly persons of all ages to join their team to meet, greet and seat our members and guests.

If this sounds like something you would like to be a part of, please contact Brother Alfred Hunt, Interim Usher President at (512) 992-0835 or by e-mail at alh224@aol.com. Sister Delores Duffie, Secretary, is also available and can be reached

at (512) 472-8178. Explore this opportunity to give back!

St. John District Association

The St. John District Association begins Monday, July 20th and continues through Sunday, July 26th. The St. John Regular Baptist Association is a community wide membership of over 300 churches, including David Chapel, designed to enhance church collaboration and further the "Great Commission." David Chapel ministries participate in each night and all activities take place at the St. John Tabernacle, 7501 Blessing Avenue, Austin.

As part of its participation in St. John activities, David Chapel will not have 10:30 a.m. worship on Sunday, July 26th. Instead, a 8:00 a.m. worship service will be held in its place.





AND STILL WE RISE

Race, Culture and Visual Conversations

June 19, 2015 - August 30, 2015

And Still We Rise: Race, Culture and Visual Conversations features works by contemporary artists from the Women of Color Quilters Network.

Curated by Dr. Carolyn Mazloomi, the exhibition narrates nearly four centuries of African American history from 1619 through today. Over 50 artists, including Carolyn Crump of Houston, and Barbara Ann McCraw of Denton, Texas are represented. The artists' unique works draw on the enduring American tradition of visual storytelling through the textile art of quilting.

The [Bob Bullock Texas State History Museum](#) is hosting the exhibition in conjunction with the 150th anniversary of Juneteenth in 2015. Located at 1800 Congress Avenue in Austin, the exhibit entrance fee is \$12.00 for adults with discounts for seniors, college students, and children and includes access to all Bullock Museum Special Exhibitions and re-entry throughout the day.



Stay Safe in the Summer Heat

Our Central Texas summers are filled with plenty of outdoor activities and fun in the sun. If you are planning on being outdoors on a hot summer day, you can take simple precautions to keep you and your family members safe from the summer heat. Stay cool and make simple changes during

hot weather to help reduce the risk of hyperthermia and heat stroke.

- Pack your cooler with water, ice and cool packs or cloths. Avoid caffeinated and alcoholic beverages which are diuretics and can dehydrate you.
- Dress for the heat in loose, light colored clothing, wear a hat and use sunscreen.
- Stay hydrated and drink more water than usual, 2 to 4 eight ounce cups of water every hour when outside for long periods of time, and when performing strenuous work or exercise.
- Don't over-exercise, take breaks, and seek the shade or air conditioning to cool yourself down.

My Kids Are Driving Me Crazy:

How To Spot The Signs Your Child May Be Experiencing Emotional Distress

National Minority
Mental Health Awareness Month
July 2015

The AKA/NAMI Partnership

Starting in 2015, Alpha Kappa Alpha Sorority, Inc. (AKA) and NAMI, the National Alliance on Mental Illness, are working together to increase mental health awareness in the African American community.

AKA is the oldest sorority founded by African American women. It is an international service organization that was founded on the campus of Howard University in Washington, D.C. in 1908. Alpha Kappa Alpha is comprised of more than 283,000 members in 987 graduate and undergraduate chapters and is often hailed as "America's premier Greek-letter organization for African American women.

AKA chapters have made a commitment to work with NAMI Affiliates to provide information about mental health, treatment and recovery to the African American community. "My Kids Are Driving Me Crazy" is our first collaborative event in Austin. We hope it will mark the beginning of wonderful partnership in helping the community access much needed services and support. Learn more at www.namiaustin.org

Children's Mental Health Forum Saturday, July 18 ~ 10:00 am – 12:00 noon

David Chapel Baptist Church ~2211 E. Martin Luther King, Jr. Blvd.

featuring

Dr. Ada Ifesinachukwu

Child and Adolescent Psychiatrist, Summit Mental Health Clinic

Dr. Judith Enders

Pediatrician, Austin Regional Clinic

Diane Hoffman, LPC

Diane Hoffman Therapy

Michael Cox, MA, LPC Intern

Youth Engagement & Cultural Competence Specialist, Texas Institute for Excellence in Mental Health, Center for Social Work Research, University of Texas System of Care

This is a *FREE* event, but we do ask you to register!
PLEASE REGISTER by email at mabconsultant@aol.com
Call 512-739-7948 for questions

When is bad behavior? When is it emotional distress? How do you tell the difference? In celebration of Minority Mental Health Month in July, the Beta Psi Omega Graduate Chapter of Alpha Kappa Alpha Sorority Inc. and the Austin affiliate of the National Alliance on Mental Illness-NAMI Austin are hosting this free community event.

"My Kids are Driving Me Crazy" is an informative and engaging panel discussion and workshop to help parents, grandparents and caregivers identify signs that a child or teen may be experiencing emotional distress. Participants will also learn what resources are available for children and their families to address these critical issues. Studies consistently show that early intervention leads to better outcomes for children experiencing emotional distress. We encourage you to join us in this informative panel followed by a question and answer session as well as advice from expert panelists.

The panel will be moderated by Michele Alexander Bibby of AKA (Beta Psi Omega Graduate Chapter). Karen Ranus, NAMI Austin Executive Director, will provide information about resources NAMI provides for families.



DAVID CHAPEL MISSIONARY BAPTIST CHURCH

2211 E. M.L.K., Jr. Blvd ▪ Austin, Texas ▪ 78702 ▪

(512) 472-9748 ▪ www.davidchapel.org

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Joseph C. Parker, Jr., Esq., D.Min., Senior Pastor

Remember to check the [church calendar](#) regularly for new events and scheduling changes.

ONLINE GIVING -- Members and non-members may give their tithes and offering online **safely** and **securely** through checking account, debit/credit cards and electronic fund transfers. Visit David Chapel's website for online giving, more information, and instructions at www.davidchapel.org.

BABY DEDICATIONS are held the 3rd Sunday of each month, unless it is a holiday or an annual day. Please contact the church office at (512) 472-9748 to schedule your child's dedication and to obtain additional information regarding the event.

Publication Deadline

All announcements and articles for the August publication must be submitted to the church office or Keisha Nunn (communications@davidchapel.org) by **Sunday, July 19th**.



The church office will be closed on Friday, July 3, 2015 in observance.

Sunday Morning Bible Study

Sunday School – 9:15 a.m.

Tuesday Bible Studies

Tuesday Morning at 10:00 a.m.

TNT Bible Study at 6:45 p.m., Nevertheless Church
2700 W. Pecan St., Suite 570, Pflugerville

Wednesday Prayer & Praise and Bible Study

Prayer & Praise Service – 7:00 p.m.

Bible Study – 7:30 p.m.

BIBLESTUDY
JOIN US THIS WEEK

