

The *DC Pulse*

Your Connection to a Church with a Heart for the Community



iAM Nursery / Kids / Youth

DISCIPLE NOW 2015

LIVEDIFFERENT — God, Sex, and Holiness

The iAM Youth Ministry and College Ministry hosted Disciple Now 2015, affectionately known as DNow, from June 10th through June 12th at host homes of DC members. The weekend began with praise and worship and an uplifting message entitled *Anoint your Authority* (Luke 7:36-50). Students then ventured to their host home and spent the next two days sharing with one another in Bible study, recreation, fellowship, eating, and fun. On Sunday, the Parent Engagement Coordinators and a team of parents hosted a testimony service and potluck where participants shared their testimonies and made a public commitment to pursue a life of sexual purity.



DNow Coordinators were intentional about the need to strengthen horizontal relationships amongst the ministries and the vertical relationship with God. Horizontally, events focused on socializing, eating, swimming, playing volleyball and football, and visiting the Rock'n River Family Aquatics Center. The group also conducted community service by cleaning various areas of the Church and picking up trash on Martin Luther King, Jr. Blvd (between IH-35 and Airport Blvd). Vertically, the Bible studies, led by Young Adults, afforded participants a deeper look at God's word and inspired participants to live differently. As a result, attendees left with a clearer understanding of sex and sexuality -- from a secular and Biblical perspective and why it is important to understand and follow God's way as well as practical ways in which they could live out true holiness. Bible passages that guided the studies include: Genesis 2:20-25, 1 Corinthians 6:15-20, 1 Thessalonians 4:1-8, and 1 Peter 2:9-12.

Story continues on page 6

Celebrate DC Senior Adults with August Birthdays!

Ethel Ponson

August 3

Susanella Phillips

August 9

Mary Watson

August 15

Alicia Kuykendall

August 26

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



David Chapel Missionary Baptist Church
Church-Wide

Movie Fellowship

FROM THE CREATORS OF FIREPROOF AND COURAGEOUS
WAR ROOM
PRAYER IS A POWERFUL WEAPON

Saturday, August 29, 2015

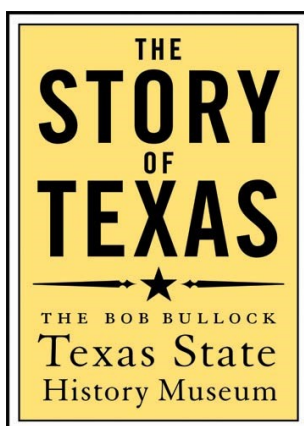
Showtime: 4:00pm

Cinemark Tinseltown 20 and XD

15436 Farm to Market 1825, Pflugerville, Texas 78660

Tickets: \$8.00

From the writer/directors who brought us Courageous, Fire Proof, and Facing Giants, WAR ROOM follows the life of Tony and Elizabeth, played by T.C. Stallings and Priscilla Evans Shirer. They are a couple who seemingly have it all—great jobs, a beautiful daughter, their dream home. In reality, their marriage has become a war zone and their daughter is collateral damage. With guidance from an older, wiser friend, Elizabeth discovers she can start fighting for her family instead of against them. As the power of prayer and Elizabeth's newly energized faith transform her life, will Tony join the fight and become the man he knows he needs to be? Together, their real enemy doesn't have a prayer!



Join the **Platinum Plus Senior Ministry** for a summer outing to the Bob Bullock Texas State History Museum (1800 Congress Avenue, Austin, 78702) to observe the African American History Quilt display on Saturday, August 22nd. Interested in going? Arrive at David Chapel by 9:30 a.m. to ensure arrival at the Museum by 10:00 a.m. Or, meet the group there. The entrance fee for Seniors, with proper identification, is \$10. Contact Sis. Ora McCormick with questions.

Participate in the Pastoral Family Appreciation Festivities

Andre' and Lisa Horton

andre_lisa07@yahoo.com

(512) 828-4527 home; (512) 289-7704 cell

Greetings!

We are so excited and honored to Chair the 23rd Pastoral Appreciation for Pastor Parker and Family. It will be held the second Sunday in October on the 11th. We are looking forward to making this a grand occasion to honor such a wonderful man and servant of God.

We are soliciting your assistance to help make this possible. We are in need of volunteers on the program, decorating and hospitality committees. Please let us know if you are able to assist and additionally if you would like to co-chair any of the aforementioned committees.

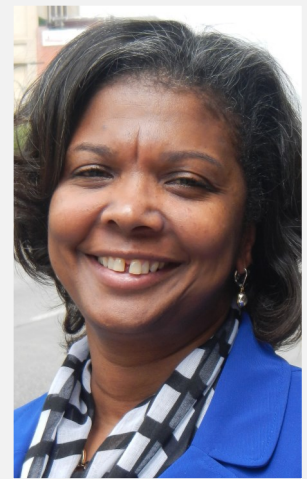
We would like to schedule the first planning meeting in August. Please contact us as soon as possible either by e-mail or phone at your earliest convenience so we can add you to the list and get all the proper information to you.

Sincerely, your brother and sister in Christ,

Andre' and Lisa Horton



Huston-Tillotson University's newly-selected sixth President and Chief Executive Officer, Dr. Colette Pierce Burnette (pictured), will have her inauguration in November 2015. As part of the inaugural activities, David Chapel will host a related worship service in conjunction with our worship service on **Sunday, November 8th**. Additional information will be shared as planning with HTU representatives continues.



Mark your calendars and plan to attend this special worship experience!

BIRTHDAY BASH

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.

THE D.I.V.A.S GO TO DALLAS



The D.I.V.A.S. (Divinely Inspired Virtuous Anointed Sisters) of David Chapel traveled to Dallas to attend the 2015 Desperate for Jesus Women's Conference at Oak Cliff Bible Fellowship on July 25th. The motor coach trip included a full day of fun, food, and fellowship (before, during, and after a bit of shopping). The travel day ended with an after-dinner prayer and praise service to prepare hearts and minds to receive from the conference what God intended. Priscilla Shirer welcomed some 3,000 women and served as the program's moderator. Praise and worship leader, Chrystal Evans Hurst and Praise Team ushered in God's messengers, Devi Titus and Cokiesha Bailey Robinson. Sherry Hill brought a special message for teens. Chrystal Aikin, recording artist, provided musical selections and led praise and worship throughout the day. After a spiritually enriching experience, the D.I.V.A.S. continued worship through their reflections, testimonies, and song as they made their way south to Austin.

Story courtesy of Sis. Joyce Harris



"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.

- Write a letter to a teacher who changed your life.
- Drop off bus tickets to a homeless shelter. (ARCH, 500 E 7th St, Austin, 78701 (512) 305-4100)
- Donate diapers, wipes and unopened formula to Austin Children's Shelter. (4800 Manor Rd, Austin, 78723, 512-499-0090)
- Keep food coupons in your car to give to people with signs on the side of the road requesting money.

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.

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 August:

Shopping without a list. Going to the grocery store without a list or a plan, can result in impulse purchases that are outside your budget. Making a list and sticking to it helps you manage your expenses. One way to help control spending, is to get in and out of the store as quickly as possible. The longer you linger, the more you'll see and be tempted to buy.

Look for details about the event and how you can help in the next issue!

Join us on October 31, 2015 - 6:00 p.m. - 8:30 p.m.

Fall Festival

DNow, *cont. from cover*

Several students have provided personal reflections, in their own words:

This weekend gave me a perspective on how sex should be handled. I thought it was cool if you had sex as a teen in high school or college, but now I realize even more there is a boundary that has been set when you get married to your wife in God's eye. I also want to say as a teen, I was curious and found that I would not ask my dad, but would isolate myself to try and look at what I saw on commercials or heard guys

talking about in the locker room. My dad came and talked to me more. I realize, that this is the trick of the enemy. Also another trick of Satan is to make it look good in any setting. My parents have been talking to me about this matter so I won't get caught up in the fantasy. I would recommend that any teen come and experience DNow because you can get to hear what other teens think and feel about this matter. [Kameron Cuthrell, Middle School Boys Group](#)



I have been reflecting over Disciple Now, once I told my family about the weekend I received



endless questions about what we talked about. One of the most important things I've been able to take from this experience is, yes in this society and in our generation- everywhere you go- there's a mention of sex, but your body is a temple for the Holy Spirit, so we should live our life sexually in the way God wants us to. This has helped my relationship with Christ, it has opened my eyes to see how God wants me to live my life when it comes to sex. The first thing I did when I got home was call my best friend and tell her about my experience and everything we talked about. She thanked me for giving her knowledge on the subject. Overall this year's Disciple Now 2015 was an eye opening experience, and I'm thankful for

being included, and I can't wait for next years. [Nicole Taylor, High School Girls Group](#)

Personally, DNow 2k15 has really helped me because it taught me that nothing is more important than my relationship with God. Being in a generation that spends so much time on social media, we as followers of Christ have to set ourselves apart from the rest of the world. What I also took away from the lesson is that what God wants for your life regarding sex is what you should be living your life by and not the media or the world. But most importantly, this lesson strived to make sure that if for some reason you do not follow the way that God views sex that no matter what He will forgive you. Lastly, the DNow weekend taught us to stand against peer pressure whether from the media or even your closest friends. [Sydney Zanders, High School Girls Group](#)

DNow was an amazing experience learning about Christ and how to stay on the path He wants us to. Sex was just one of the topics of the weekend, but the main goal was to draw us closer to Christ. One thing I took away from this experience is that in 1 Peter 2:11, Peter urges us to be foreigners to the world's sinful ways and be obedient to God's will and word. [La Mon Crosby, High School Boys Group](#)

Article by Keith Overton-Hadnot. Pictures courtesy of various participants.

The biggest take away from the experience of Disciple Now was learning about how to live holy in a sexual perspective. The three points that we focused on were being sexually pure, respecting others, and having self-control. The biggest point to me was learning about having self-control. In order to be sexually pure and respect others, you have to have self-control, in other words set boundaries for yourself. Setting boundaries for yourself is really important because it prevents you from going too far in situations that you are involved in. This topic really mentored to me because it is definitely something I really need to do mentally for myself being an upcoming freshman in college. The topic "God, Sex, and Holiness" has really opened my eyes to see the plan that God wants me to follow. He wants us to live holy which mostly means being different. In the context of sex, this means embracing God's standards of sex and sexuality instead of the world's standards. DNow helped me realize that I really need to spend more time with God. By doing this it will most definitely strengthen my vertical relationship with Christ. [Rachel Forbes, College Girls Group](#)

This experience prompted students to recognize that sex in the wrong context affects everyone internally. In fact, it is one of the few sins that can hurt us in addition to hurting others. I have never seen anything quite like Disciple Now! From a Christian standpoint, DNow gave time to reflect over thought-provoking questions that needed well-developed answers. This meditation process brought me closer to Christ as I dug deep and asked what He wanted from my life. My horizontal relationships flourished from the brotherhood bonding at my host home, as well as the youth and college ministry fellowship time. Sex has never been put in such a pure light. Under God's provision, sex was a simple, pure act to be enjoyed within the right context, at the right time. DNow channeled the students' focus to being the best we can be throughout our daily lives. The facilitators understood that every student had a different level of experience and understanding with this topic. So they chose appropriate teaching resources that accommodated our needs. As a new member to David Chapel, I was apprehensive to the concept of Disciple Now. I am happy God led me to give it a chance! I am forever changed! [Sterling Hillard, College Boys Group](#)



DNow has led me to gain more knowledge about the Lord in this aspect and grow closer to Him as I gain more love for friends and as I pray for them and be an example to them. I learned that the overall purpose of living a pure life for God is to be an example to others in order to show them a characteristic of Jesus Christ through Christ-like person so that we may lead them to the Kingdom of God. It has made me think about how I can continue to move forward and grow from past struggles, and be prepared if I have to help another who is going through similar struggles that I have experienced. [Dewayne Bryant, College Boys Group](#)



The DNOW Experience

Pictorial highlights from a dynamic, life-changing weekend.



Many thanks to our Host Families: Kaye Crosby, Albert and Jackie Hawkins, Vedia Miles, Calvin and Sophia Williams, and Suzanne Woodward. Also, much appreciation to our Young Adult Facilitators: Angela Brown, Leonie Jones, Larry Marshall, Traniece McDonald, Jade Moore, Keith Overton-Hadnot, Kevin Overton-Hadnot, Ty Shaw, Jamar Whitehurst, Rev. Mary Whitehurst, Rev. Courtney Williams, and Ranada Williams. Additional thanks to our Parent Teams led by the Parent Engagement Coordinators: Sonya Collin and Linda Zanders; and to the church staff.



AUGUST is
national

IMMUNIZATION
awareness month

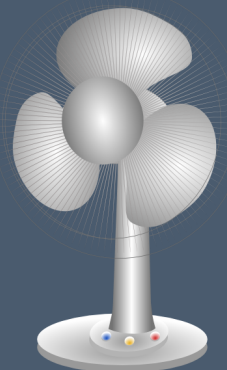


VACCINES
are not just for kids.

We need
vaccines
throughout
our lifetime.

Immunizations are critical to the control of serious infectious diseases and aren't just for children. Getting vaccinated is an easy way to stay healthy all year round. During the month of August, take the time to make sure that you and your loved ones have received all of the vaccinations you need. By making sure your vaccinations are up to date, you can help prevent harmful diseases from affecting you and your family. Visit vaccine.gov for more information on recommended immunizations for your family.

THANK YOU DAVID CHAPEL! The Texas summer is rapidly heating up and many of our neighbors in the community are in dire need of fans to help relieve them from the heat and humidity of the hottest months of the year. This summer, Family Eldercare has distributed over 4,700 fans across 11 counties. Thanks to your efforts, the DC DIVAS contributed 26 fans and \$275 dollars to this worthy cause.



5 Things We Know for Sure About Raising Great Kids

How can I raise self-disciplined, happy kids?

All of us want to raise children who become self-disciplined -- and happy -- adults. The only question is how best to do that. Luckily, we know a lot of the answers. Research studies have been following children from babyhood to adulthood for decades, so we actually know much of what works to raise great kids. Here are the five most important things we know.



1. Children need a secure attachment with at least one loving adult.

Parents facilitate this secure attachment in the first year by listening to their unique baby and responding to her needs. They continue to nurture secure attachment by accepting the full range of who their child is -- including all that messy neediness and anger -- into the toddler years and beyond. Parents who are unable to tolerate the child's neediness, controlling (rather than accepting the child as he is), intrusive (rather than taking the child's cues), or otherwise reacting out of their own needs rather than responding to their child's needs are less likely to raise a securely attached child. **This close relationship is what motivates kids to cooperate and to accept their parents' recommendations and rules. Without that bond, parents lose their influence as soon as children begin interacting with peers, because kids are looking to satisfy those unrequited needs via their peers.**

Do you have to "attachment parent" to raise a securely attached child? No. Estimates are that before parents in the US began using what we think of as attachment practices (baby-wearing, co-sleeping, nursing), about 60% of toddlers were still securely attached. It's the parent's emotional responsiveness that determines security of attachment. Of course, many parents say that attachment practices increase their responsiveness, which the research is beginning to confirm, at least for baby-wearing.

2. Children learn self-discipline from limits with empathy.

Kids who are raised without limits don't get many opportunities to practice self-discipline, so they don't necessarily learn to be considerate of others or to manage themselves through unpleasant tasks -- which is why permissive parenting can raise undisciplined kids. BUT -- and this is a big BUT -- if the limits are imposed in a way that provokes resistance ("Don't you sass me, young lady!"), the child still doesn't learn self discipline, because he doesn't internally accept the limit. So when a limit is perceived as harsh or unfair, kids don't actually learn self-discipline, which is why authoritarian parenting raises kids who ultimately can't manage themselves without outside discipline (and are more susceptible to peer pressure). All punishment undermines self-discipline. (Did you really think he was sitting on the naughty step taking responsibility and considering how to be a better kid? He was reviewing why he was justified in his behavior and plotting revenge, like any normal human!)

When limits are imposed with empathy: *"I see you're mad! Shoes are still not for throwing... Tell me in words!"* ...kids may not like the limit, but they don't get stuck in resistance. They feel understood, supported, connected.

That connection makes them willing to live with the limit, especially if parents also accept their upset about the limit. She builds more self-discipline every time she practices it; when she stops herself from going after what she wants because there is something she wants more--a good relationship with you. What's more, she learns that she can't always get her way, but she gets something better: someone who loves her exactly as she is. This unconditional positive regard becomes the core of unshakable positive self esteem and stable internal happiness.

3. The skill of self-soothing is essential for children to learn to manage their anxiety, emotions and behavior. Children learn to self-soothe by being soothed by parents.

That's because the neural pathways that release soothing biochemicals are formed when the baby is soothed by the parent. Leaving little ones alone with their big emotions does NOT teach them to self-soothe; it makes it harder for them to calm themselves throughout their lives. Children who are explosive, anxious, or "dramatic" need extra support in the form of parental calming (as well as safe opportunities to show us their emotions, see #4 below).

4. Children can only manage their behavior when they can manage their emotions, and they learn to manage their emotions by having parents who accept their emotions

...even while limiting actions as necessary. Human emotions need to be felt so they dissipate and leave us; feelings that are repressed are beyond conscious control so they pop out unrestrained and cause "bad" behavior. But children need to feel safe to experience their big upsets and let them go. Kids who are uncooperative, angry or fearful are signaling that they need us to "witness" their feelings by letting them be upset in our loving presence. Children who know their feelings are "allowed" don't store them up, so they're better able to manage their emotions and behavior. So if you're connecting with your child, and setting limits with plenty of empathy, and your child is still acting out, she's signaling you that she needs help with her emotions.

5. Children learn what they live.

This is simple. If we're considerate and respectful to them, they become respectful, considerate people. Kids who are rude and disrespectful learned it somewhere; if they bring it into the house and we politely remind them that we don't relate that way, they don't adopt that style. If we yell at them, they learn to yell, and they'll be yelling back at us by the time they're eight. Easy? No. This kind of parenting requires you to manage your own emotions. That's the hardest work there is. But giving your kids a good start in life means you're sending ripples for generations into the future. Not just your children, but their children, and their children, and their children. Imagine all those happy, self-disciplined people, all flourishing, because of you. They're all waving to you from the future, saying thank you.

Article included at the direction of Pastor Parker.
Published by Laura Markham Ph.D. in Psychology Today. All rights remain with the author and publication.

**"Train up a child in the way that he should go,
and when he is old, he will not depart from it."**

Proverbs 22:6

DAVID CHAPEL MISSIONARY BAPTIST CHURCH
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(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 offerings 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 September publication must be submitted to the church office or Keisha Nunn (communications@davidchapel.org) by **Sunday, August 16th**.



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 August 5, 2015.

Rev. Asante Todd will deliver the sermon.

Sunday Morning Bible Study

Sunday School -- 9:15 a.m.

Tuesday Bible Studies

Tuesday Morning -- 10:00 a.m.

TNT Bible Study -- 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

