

THE SUBURBAN CONNECTION

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

SAVE THE DATE

Food Pantry
June 2nd & 16th
12:30 – 2:00 pm

Men's Breakfast & Bible Study
June 6th & 20th
8:00 am
Fellowship Hall

Board Meeting
June 1st
7:30 pm

Senior Ministry Meeting
June 18th
11:00 am
Fellowship Hall

OCC Workday
May 15th
1:00 pm
Suburban Kids Room

July Newsletter Submissions Due
June 23rd

Jan, you will be missed . . .



Jan has been part of the Suburban family for 34 years. She and Al arrived with their 4 girls ages 6-16 and very shortly began investing in the children's ministry. Through the years she has served in many different capacities: 4th and 5th grade Sunday school teacher (baking cookies with them at Christmas and taking them to share them with the shut-ins from our church), Pioneer Club on Wednesday nights, VBS crew leader and more recently shop keeper, Sunday School Superintendent, serving in the Nursery, youth group mission trips, and mission trips to Brazil, and serving with the Good News Club team at Woodstock Elementary.

Jan loves God's Word and the children He loves and has always been an advocate on their behalf for the prioritizing of ministry to children. She has always prayed for and nurtured the children in her care (whether her own or others in her path) in a way that will lead them towards a thriving relationship with Jesus.

She has been an example to me personally of loving perseverance and faithful service. She lives the idea that in kingdom work there is not retirement, just new assignments to learn new ways to trust and obey.

Sarah Nelapaty



From the Pastor's Desk: Caring for the Household of God (I Timothy 3:15) Pastors/Elders/Overseers: Who Are They?

The future of Suburban is bright! In our spring congregational meeting we voted overwhelmingly to adopt the new constitution and by-laws. That means we can now proceed with the selection of future elders and deacons. The most important thing for each of us to do is PRAY! We need the Lord's help and guidance each step of the way – please pray every day.

The next step in the process is the selection of elders. We are asking each of you to submit the names of men you believe God has equipped to be our elders; along with the reasons that qualify them to serve. In order to assist you with this process I thought it may be helpful to remind you of an article I wrote last year which answers the question: "Elders, who are they?" As you read this article, pray for the Lord to help you in your recommendation of Suburban's future elders.

The apostle Paul spent much of his Christian life planting churches through the proclamation of the gospel and helping churches to become spiritually mature through the teaching and application of the gospel. Caring for the church, the household of God was near and dear to the heart of Paul. Colossians 1:28, 29 captures the passion Paul has for the church: "Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. For this I toil struggling with all his energy that he powerfully works within me."

It was the deepest desire of Paul to present every church member mature in Christ. He toiled and struggled, with all God's energy to help every member of God's family become like Christ.

In 2 Corinthians 11:23-29 Paul describes in graphic detail how he suffered for the church. Paul says that he was imprisoned many times, endured countless beatings, five times he experiences the 39 lashes, he was beaten with rods and even stoned . . . all of these he endured for Christ and his church.

I highlight these examples in Paul's life so that we will understand that when Paul, under the inspiration of the Holy Spirit, instructs us on how to care for God's church, he is doing so from a heart of great love and wisdom. We would do well to pay close attention to what Paul has to say in relation to God's design and care for his church.

In the same way that God has designed fathers to care for their families, he has ordained that pastors shepherd the household of God. In the New Testament there are three words that are used interchangeably to describe this position that we know as "pastor" ~ Pastors/Elders/Overseers.

1. Pastor/Shepherds: Ephesians 4:11, 12, "And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of the ministry, for building up the body of Christ." The word "pastor" is the same word for shepherd. Just as a shepherd cares for his flock, protecting them, feeding them, and leading them, the pastor does the same things for the flock of God.
2. Elder: Titus 1:5, "This is why I left you in Crete, so that you might put what remained in order and appoint Elders in every town as I directed you." As the gospel was proclaimed on the island of Crete, new churches were created. Each of these churches needed spiritually mature men, elders, to lead them.
3. Overseer: I Timothy 3:1,2, "The saying is trustworthy: if anyone aspires to the office of overseer, he desires a noble task. Therefore an overseer must be above reproach." In the word "overseer," you can hear the role God has for the pastor. He is the one called by Christ to provide spiritual oversight for God's family.

Though all three terms describe the same office (pastor, elder, overseer) each title highlights a unique emphasis for the God designed leader of his people.

"Pastor's Desk" continued inside...



Food Pantry Ministry

As June begins, we are grateful to God and our church family for the support we get as we reach out to our community. June can be full of challenges as many families rely more heavily on our pantry for meals because the kids are out of school. June is also a time of opportunity to celebrate Global Parent Day on the first, Flag Day on the fourteenth, and we can't forget our dads on the twenty-first. So, you be blessed family and keep us in your prayers as we go forward. The Food Pantry Team

Seniors Ministry

At our May meeting, Cliff and Leigh Simms initiated a time of sharing by showing a film from Our Daily Bread.

In June, I'm sure many will show an interest when historian John Clyburn presents the history of the Kempsville area.

Ham with mac and cheese and green beans will be served for lunch. Please bring a side dish or dessert to share. Larry Thomas



Operation Christmas Child

June collection suggestions: Flip flops, sunglasses, and yo-yos. Now is the time to begin thinking of what to put in your shoebox gift this year. Watch the summer sales and pick up an empty box from the church to fill. Each and every box gives a child an opportunity to hear about Jesus Christ as they receive a simple gift. They are given a booklet entitled The Greatest Gift and have the Gospel message shared before they are given the shoebox. Our small gift helps them to remember God's love is unconditional.

Last year Suburban collected and shipped off 844 shoebox gifts. Let's try to send just one more this time. Thank you for continuing to pray for the children. See you in church. Lynn Cooke



Nursery Ministry

Date	Sunday School	Worship Service	Worship Service Assistant
6/7/2026	Melissa Tucker Betty Owens	Stacie Raymer Lika Pesio	Liam Cooke
6/14/2026	Melissa Tucker Betty Owens	Maureen Field Nancy Herbst	Donovan Saucedo
6/21/2026	Melissa Tucker Stacey Super	Chris Bulaski Debbie Kiyadu	Ella Litzenberger
6/28/2026	Melissa Tucker	Christine Rogers Laura Tyler	William Schnurr



Thank you to our new volunteers! We always welcome new individuals to care for our little ones. If you would like to be a part of this ministry to our church families, please contact Stacie Raymer (sraymer@odu.edu; 757-589-5731). We can always use substitutes. Young teenagers are also welcome to volunteer.



Rev. C. Todd Haynes
Senior Pastor



MISSION: Our desire at Suburban Christian Church is to help you KNOW, SERVE, AND SHARE Jesus Christ,

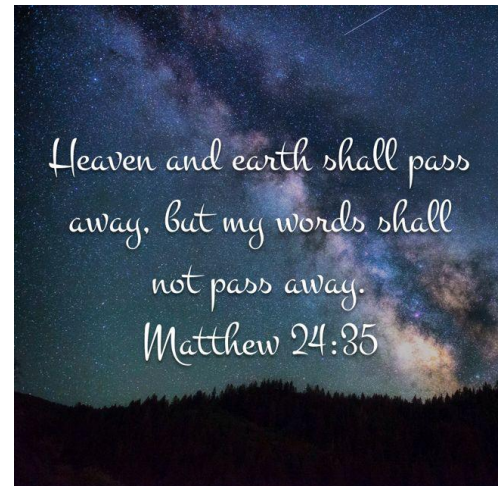


Derrick J. Sloan
Associate/Next
Generation Pastor

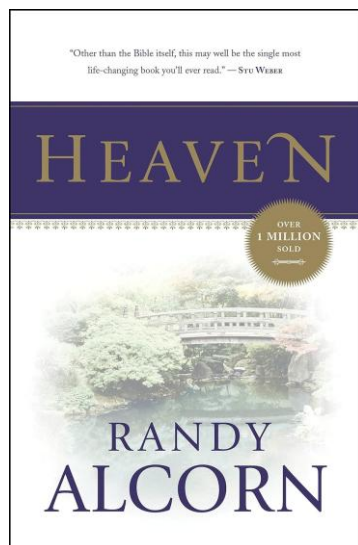
Visit us on Facebook! Search for "Suburban Christian Church" on www.facebook.com
We want to hear from you! Contact us at office@sccvb.org

Sunday School Ministry

The Bible is for everyone! No matter our age or how long we have been a Christian, the Bible is rich with truths that challenge, encourage and inspire us to become more Christ-like. Our oldest and youngest classes have both been studying in the book of Acts. The focus in the high school class is "So That the World May Know". The youngest class was also focusing on the spread of the gospel. Their theme was "The Church Tells About Jesus". The middle school class has been studying Jesus' ministry in the book of John. And the elementary school class has been learning about "God's Wonderful World" from the book of Genesis and how "God Meets Our Needs" as seen in the books of Exodus, 1 Samuel and 2 Kings. In Matthew 24:35 Jesus said, "Heaven and earth will pass away, but my words will not pass away". Praise God for His eternal Word that He has shared with everyone. Laura Tyler



Adult Sunday School ~ Cornerstone Class ~ Fellowship Hall B



Have you ever wondered what Heaven is really going to be like? What will we look like? What will we do every day? As the years pass and we watch more and more of our family, friends and mentors pass away, it is only natural to ask questions about heaven. However, our understanding of heaven is often limited to a few half-forgotten Sunday school lessons and the insubstantial images provided by popular movies and T.V.

The Cornerstone class delves into the scriptural evidence of Heaven based on a study of Randy Alcorn's book "Heaven" into which he poured over 25 years of research. Join us to learn what the Bible says about the place Christians will call home for the rest of eternity.

If you would like to join in the Adult Sunday School class via conference call, please call 612-746-7360. The conference code is 809549.

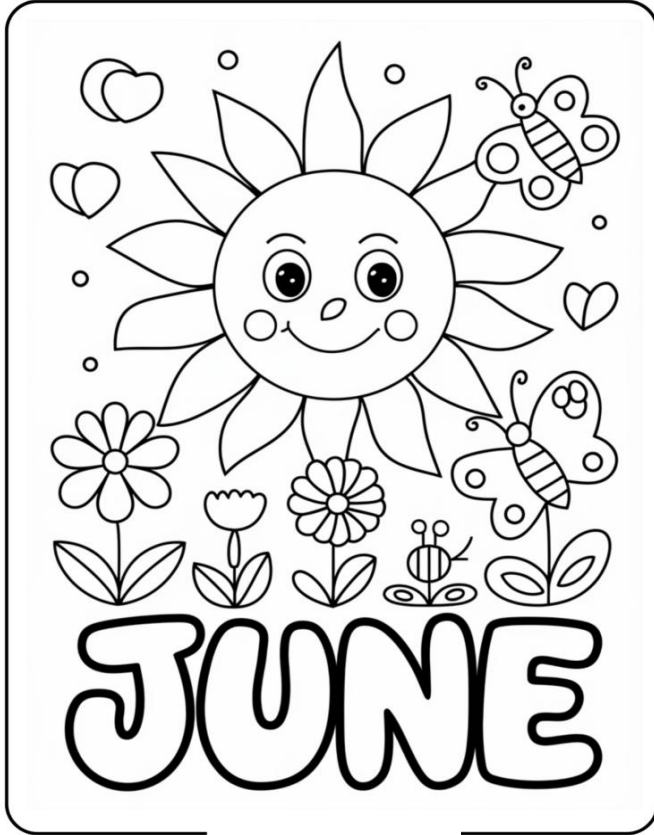
Ron Raymer



Save the date . . . June 28th!

We are having our annual church picnic on Sunday, June 28th! It's always fun to get together with family! Come and enjoy the fellowship, waterslide, games, and cornhole! Hamburgers and hotdogs will be provided. There is a sign-up sheet in the foyer for sides and desserts.

Color Me:



Just for ... **Suburban Kids**

Look up the verse and fill in the blanks: **Exodus 20:12**

_____ your _____
and mother, that your _____
may be long in the land that
the Lord your _____ is giving
_____.

All About My Dad

My dad is _____ years old.

He has _____ eyes and _____ hair.

His job is _____.



He loves to eat _____.

His favorite drink is _____.

He is really good at _____.

He always says _____

He is happy when _____

He is SUPER because _____



©Lauren Thompson @ Mrs. Thompson's Treasures

FLAG DAY WORD SEARCH

Solve the following puzzle by finding all the hidden words!

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

- PATRIOTISM
- WHITE
- FREEDOM
- PRIDE
- CEREMONY
- FLAG
- STARS
- BLUE
- SYMBOL
- COUNTRY
- SALUTE
- RED
- UNITY
- STRIPES
- NATIONAL
- BANNER
- INDEPENDENCE
- EMBLEM
- CELEBRATION
- HONOR



~Ambassador Youth Ministry ~ Let's Talk About It: What is Eternality?

It slows down when you wish it would speed up. It keeps moving forward when you want it to stay. It is the means by which we all experience life. It is how we measure our every day. What is it? The answer is of course, time.

As human beings, all of us live within the confines of time. Think about it. There are moments of life that seem to drag on with no end in sight. The day that you are late for school or work, is the very same day that all of Virginia Beach decided to join you on the road.

There are also moments of life that sweep past us no matter how hard we try to keep our grip on them. How often do we think back to those precious memories with friends or family and long to experience it just one more time? Every experience we had, every goal we are working towards, and every phase of life we are in, is secured to the rails of time. No matter our disposition of this reality, this train keeps on rolling.

To put it another way, as humans we are limited by time. Our time on earth is set; we cannot add a single hour to it. (Matt. 6:27). We are restricted to the present, unable to know the future (James 4:14). We undergo change rather than remaining the same because of the progression of time (Eccles. 3:1-8). While our experiences in life will vary one from another, we all are confined *in* time.

This may sound like an obvious observation to make, and maybe it is. But it is remarkable how quickly we lose sight of our time bound predicament when the world is not keeping pace the way we want it. How easily we forget our limitation when the red light lasts one minute too long.

When we ponder the reality of time and our relation to it, we almost feel like a prisoner. Time is the ole ball and chain and we long to be rid of it. It begs the question, is there hope in this limitation we all share? Can we find comfort as we ride the rail of time? Actually, we can.

Contrary to popular belief, comfort in the confines of time is not found in "living it up," nor is it acquired by having the most toys at the end. Hope in time is found in the One who transcends time. Hope for today and for tomorrow is in our eternal Creator.

"But wait a second" you might add, "Transcendence? Eternality? How are big words supposed to give me hope with the difficulties I face in time?" That is an excellent question. So, let's go to the Scriptures and talk about it.

Time is *Not* of His Essence

In Psalm 102, we find very relatable language. The psalmist is experiencing affliction from difficult circumstances around him. While the context of the event is debated, what is clear is the distress he is in and how that distress is directly connected with time. His days are not forever but quickly pass (vs. 3, 11). The taunts of the enemy drag on all day long (v. 8). The time he believed he once had, seems to have shortened (v. 23). The psalmist recognizes that he is limited by time and the affliction he faces only amplifies this reality. This emotional distress sounds familiar in the midst of trials, does it not?

When the affliction expressed by this psalmist is seen all at once, it takes the form of a burden on his back that is about to crush him underneath its weight. But during this real moment in time, strength begins to fill his worn muscles. Strength not found in himself, but outside of himself. Strength found in the One outside of time.

The dramatic shift takes place in verse 12. The psalmist says, "But you O LORD, are enthroned forever..." Chaos appears to have won the day, but hope invades the scene when truth enters in. This conflict is not unfolding haphazardly but is in control of the LORD whose reign is forever. God is on the throne and will bring everything to pass in this situation according to his time schedule (v13). But how can that be? How can God's reign be forever? His reign is forever because he is the eternal King.

"Eternality" continued on next page . . .

"Eternality" continued . . .

The psalmist summarizes God's eternality quite nicely in verses 25–27. God has no beginning because he is the One who has brought all things into being, including time (v. 25). God has no succession of moments because he is not "in" time like creation is. Creation grows, changes, and eventually perishes as it moves along the rail of time. God however remains the same because he is not subject to time. Finally, God has no end. Though all of creation will eventually pass away, God does not (v. 27).

No beginning, no succession of moments, and no end. God is eternal. The question still remains however, what is the tangible hope that we can draw from this truth as time bound creatures who experience life moment by moment?

Strength for Today and Bright Hope for Tomorrow

Consider once again the language of Psalm 102. This is a heightened moment of complex difficulty. The psalmist's affliction is intense. But now consider the book of Psalms as a whole. Over the span of the book, the emotions of human experience ebbs and flows as it follows along the course of time. We are not so far removed from this pattern of life. Instead, as humans we relate to this pattern well. As time goes on, new circumstances arise that we must respond to. With time then, we experience change and must learn to adapt. Truly, there is a time for every matter under heaven (Eccles. 3:1).

Because we can only live in this world moment by moment, certainty in ourselves is as elusive as time. We cannot know what lies ahead, and even in the present we have no ultimate control of the circumstances. Time reveals our finitude. We are more fragile than we know.

But when we bring in the truth that our God is eternal and stand upon it, our mood shifts. Why is that? Because when we see reality as it is, certainty follows with it. For example, we cannot know what tomorrow brings. But because God is not bound by time, we can be certain that he already knows every circumstance we will face. Indeed, he is bringing about our every moment (Eph. 1:11). Or consider the fact that we cannot supply ourselves with what we need in this world. We are not self-sufficient, rather we are always dependent upon things outside of ourselves. If you do not believe me, try going a day without oxygen (not really, of course). But because God has no beginning, that means he is dependent upon nothing for his existence, including time. Instead, he gives creation all that it needs to exist without failure and can do so since he does not change with time (Acts 17:28).

This world is full of change, and each day brings with it something new. Tomorrow we will once again have to learn, adapt, and respond to the circumstances before us. Left to ourselves, we have no true hope for any moment of time now or in the future. But when we lay hold of the truth that time is held in the hands of our eternal God, we have certainty. His love for us will not fade, for he remains. His sustaining power over our lives will not pass away, for he has no end. His grace given to us does not have to progress in maturity, because his grace has always been. Christian, take heart. You can have strength for today and bright hope for tomorrow because your God is eternal.

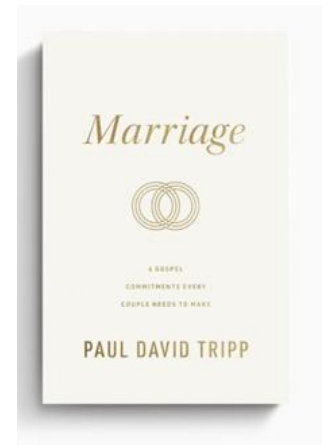
If you have a question that you would like to have answered in "Let's Talk About It," email pastor Derrick at derrickslan@sccvb.org.



**Join AYM on Wednesdays
at 6:00 pm for their study on the
attributes of God.**

College & Young Adults

The College & Young Adults meet every second and fourth Sunday evening of each month! They are exploring a book titled **Marriage: 6 Gospel Commitments Every Couple Needs to Make** by Paul David Tripp. If you would like to find out more information, please see Derrick Sloan.



Children's Church Ministry

Summer days filled with sunshine, the beach, boat rides, and watermelon are here! As we continue to learn about the early church, did you know that Paul went on a boat ride? He had been put in prison for preaching the gospel and God put him on a prison ship to Rome. It was a dangerous trip! It took every sailor trick in the book to survive. When they made it to shore as Paul was gathering wood for a fire, a venomous snake bit him! But God used the snakebite to share Jesus with the islanders. Paul later sails to Rome and proclaims the gospel. (Acts 27-28)

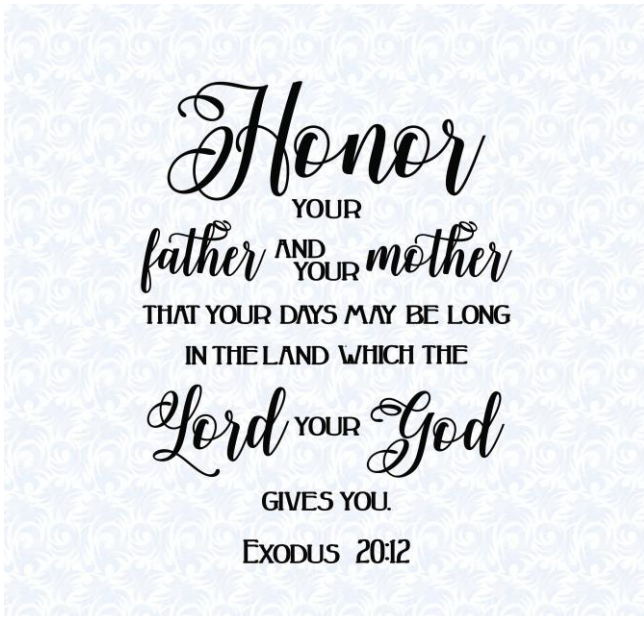
Paul's journey on the ship is a great picture of what it can be like to follow Jesus. Sometimes we face great storms, scared of what's ahead. Even after Jesus brings us through the storm, we often face new challenges – like Paul being bit by the snake! When we follow Jesus, we will still face hard things. But because of Jesus we have hope of something better to come! Just like Paul, we too will make it to our promised destination – not Rome, but HOME. The home Jesus has gone to prepare for us in heaven. Paul's wild journey can remind us that no matter what hardships we face, God will be with us and bring us safely to our forever home.

Did you know that 13 of the New Testament books were written by Paul? Many of Paul's letters were written while he was in prison for sharing the Gospel. In Paul's letter to the Romans, Paul is reminding us that God will keep us safe if we trust in Jesus. There is nothing that can separate us from God. We know through Jesus that the snake has been crushed, that our sins have been paid for, and that death has been defeated. We have nothing to fear! We are safe. Safe in Jesus. ^{wh}

June Children's Church Schedule



Date	Leader	Assistant	Helper
6/7/2026	Mary Justis	Leigh Simms	Samara Saucedo
6/14/2026	Rita Krentz	Jeff Krentz	Liam Cooke
6/21/2026	Sammy Saucedo	Andrew Saucedo	Donovan Saucedo
6/28/2026	Susan Haynes	Jeff Haynes	



Elder Nomination Forms

We want to hear from you! The time has come to give your suggestions on who you believe could serve as an Elder at Suburban. The nomination forms are available in the Sanctuary foyer, at the Welcome Desk, and on the church website. To return your form, please place it in a sealed envelope and return to the church office by Sunday, June 28th.

Men's Breakfast & Bible Study

Come join us on the first and third Saturdays **(June 6th and June 20th at 8:00 am)** for our men's breakfast and Bible study in the Fellowship Hall.

Current study: The Book of Proverbs



Music Ministry

Have you heard that music heals the soul or “that is music to my ears”? There actually is a scientific basis for these common phrases. Neurologists know that listening to music activates multiple regions of our brain at the same time. Those responsible for emotion, memory, movement and even our immune system functions.

When we listen to enjoyable music, a chemical called dopamine is released. Dopamine is sometimes called the “feel good” neurotransmitter. More than that, we experience a reduction in cortisol levels. Cortisol is known as the stress hormone. So, combine this diminishing of stress hormone and increasing dopamine and you have the perfect recipe for healing. Better still, that healing doesn't just occur in your brain. It is transported to all tissues in your body through your bloodstream.

So, whether feeling emotionally stressed, or experiencing physical stress through injury, illness or surgery, this powerful duo can restore health. However, healing isn't the only benefit, we can prevent or reduce the impact of these conditions on our systems by listening to music we enjoy. I would argue that all types of music can be beneficial if the listener is transported “beyond the moment” while listening. That is, the brain sets aside the distractions of reality, and the music itself consumes every thought.

Now, bring this back to church music, worship music. Is the effect for you of standing in the pews singing hymns and worship songs simply a recitation of time-honored lyrics? Perhaps it is a segment of time where the noise of children nearby or the inability to stand for long has a hold on your thoughts. If so, let me challenge you to experience Sunday's music in a different way. Examine the words as you sing them. Do they reflect something in your spiritual walk? Do they remind you of a powerful moment in your past where God's intervention in your life confirmed for you that He is the omniscient, omnipotent God the bible declares Him to be?

This is the healing power of music. It doesn't need words to have the same effect, but the lyrics do add context. Use the worship time in church to let go of “this moment” and enter into a healing time with God's presence. The effects of the cortisol and dopamine will last far beyond the church hour, but they don't last forever. Continue listening to music throughout your day, often, and you'll be amazed at the restoration you experience. If you have a favorite song, write it down and let me know what it is. We might be able to use it in worship.

The choir will continue to meet through the month of July but will take a break in August. We are still praying and anxious to meet SIX new choir members this year! We have a seat for YOU! ~ Karen Meads



"Pastor's Desk" continued . . .

***Pastors are called by God.**

It is important to understand that God both calls and equips men to serve as elders. Ephesians 4:10-12 states that pastors and teachers are a precious gift that Christ has given to his church. First Timothy 3:1 says that God will place within the potential elder a desire to serve him and his flock. Just as God calls elders to serve his church, he will also help the church to see and confirm that calling. The church family will in agreement say, "oh yes, I can see him serving as our elder/pastor . . . and "Yes, I can see that God has equipped him to faithfully teach the word of God."

***Pastors will display the character of Christ.**

First Timothy 3:1-7 describes the qualifications of an overseer. Other than the God-given ability to teach his word, the other qualifications address the character of the pastor. Yes, these spiritual qualities should be present in the life of every believer, but what God is saying is that these Christ-like characteristics should be "clearly" seen in the life of the elder.

"Therefore an overseer must be above reproach, the husband of one wife, sober minded, self-controlled, respectable, hospitable, able to teach, not a drunkard, not violent but gentle, not quarrelsome, not a lover of money. He must manage his own household well, with all dignity, keeping his children submissive, for if someone does not know how to manage his own household how will he care for God's church? He must not be a recent convert, or he may become puffed up with conceit and fall into the condemnation of the devil. Moreover, he must be well thought of by outsiders, so that he may not fall into disgrace, into a snare of the devil."

God doesn't expect pastors/elders to be perfect, only Christ was perfect and praise God, he imputes his perfect righteousness to us. However, God does expect pastors to consistently display the character of Jesus Christ in their daily lives. It is God's design for the congregation to look at elders and see an example of what it looks like to follow Christ.

Therefore, as we prayerfully consider the future elders of Suburban, we are looking for Godly men, growing in the image and likeness of Jesus Christ.

Pastor Todd



Vacation Bible School 2026

When: July 19-22, 2026

Time: 6:00 – 8:00 pm

Volunteer positions coming soon!

Online Registration Begins:

July 1, 2026