

First Baptist Church
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September 2014

Back to School

This is your copy of *The Witness*
 We wish God's blessings on



THE WITNESS

The Monthly Newsletter of the first Baptist Church of Central Square

Church Office hours: Mondays & Tuesdays from 9:00-12:00

Phone Number 315-668-2138

www.fbc-cs.com

"Our mission as a church is to share and respond to God's love for each person by welcoming all. Together, we can return God's love by becoming witnesses and followers of the teachings of Jesus Christ throughout our daily lives. We allow these things to help us become new people in Christ."

Lynn Bort, Moderator

Linda Heer, Church Clerk

Victor Vrooman, Organist

Cindy Cuny, Church Secretary

Cindy Cuny, Witness Editor

**News and Upcoming Events about our Community of Faith
Notices Concerning Our Affiliated Denomination – The American Baptist Churches in the USA
Information to Help Live a More Fulfilled Life**

PRAYER CONCERNS



Please keep these members and friends in your prayer; Pastor Bud Adams, Mavis Cooter, Ken House, Stewart Smith, Phyllis Smith, Helen Webb, and our missionaries, our nation, and our denominational and local church leaders.

PRAYER FOR SEPTEMBER

Back to school blessing-

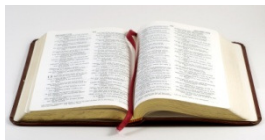
God of all knowledge and wisdom; we ask your blessing upon students, teachers, and administrators. Give them patience, understanding, perseverance, and knowledge. As they grow in knowledge, may they become companionate of the needs around them, and treat others with kindness and respect. Bless the students, both young and old with parents, grandparents, teachers and supporters who will surround them with encouragement.

Amen

MEETING NIGHTS

Board of Christian Ed	September 7 th	after Church
Deacons	September 9 th	6:30
Trustees	September 14 th	after Church
Executive	September 16 th	6:00

VERSE OF THE MONTH



Lamentations 3:22-23

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

WITNESS ARTICLES

All articles for the October Witness are due in the church office by September 20th. Please write an article and submit it! If you need an idea, just ask.

Thank you AB Women



AB Women would like to thank all of those who were able to attend the Lunch and Learn in July with our guest speaker Shannon Bigelow. It was very inspiring! She has such a wonderful message to share! We were able to donate \$60 to the **TRUE BEAUTY CAMPAIGN!**

We'd like to have her back if we can generate enough interest. Please let Misty DeFalco know if you'd be interested in attending, her program would be wonderful for the youth male and female alike! Also some of you have asked about the **TRUE BEAUTY** t-shirts.

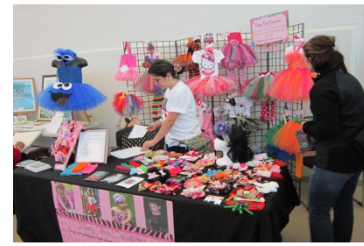
They are for sale for \$10 and Misty DeFalco can take orders and pass them on to Shannon should you be interest.



Happy September!!!

The AB Women will be hosting our **2nd Annual Trunk-or-Treat** on **October 25th from 4-6pm**. This was very successful last year and we hope to get a great response from the community again!! For those who couldn't participate: Children go trunk to trunk tick-or-treating, every trunk is decorated in whatever theme you may wish! (SU, Star Wars, Spooky) If you're interested in donating your time- and your trunk please let Misty or Cindy know!! We will also be collecting candy/treat donations to provide for all the children- a box will be labeled in Fellowship Hall. Treats and cider will be served in Fellowship Hall for all the folks to warm up with.

Crafters



Just a note to let you know on December 6th we will be having a Craft show from 9am - 4pm. We will have a booth with food and baked goods for sale. We will need donations and help with this. As it gets closer I will have more details. Make sure you mark your calendars. Thank you.

Apple Fest



We would like to have a booth at Apple Fest. Apple Fest is September 27th & 28th. In order to due this, we need volunteers to help at the booth. This means several people, so we can schedule each person so no one person is left to be there all day or both days alone. There is a Signup sheet in fellowship hall. We will need bakers for September 23rd, 24th, and 25th. The times are on the calendar in the witness and on the back of sanctuary doors. Please consider helping.

***A Huge Welcome To Our
New Minister Pastor Meg
Biddle and her family***



My wish is that each of you makes time to get to know Pastor Meg and her family and help them get settled into our area. They will have many questions please be there to help assist them.

Thinking About Our Purpose



On September 1, 2014, the First Baptist Church of Central Square will have a new full time minister, Pastor Megan Biddle. In thinking about what we as the church, and members of this church, will be able to do to help with this transition, I came upon two things I want to share with you.

I Will Do

I am only one, but I am one.
I cannot do everything, but I can do something.
And that which I can do, by the grace of God, I will do.

Dwight L. Moody

From the book *The Purpose Driven Life*, by Rick Warren, comes a verse to remember: (thank you Reverend Tharp)

“God works through different men in different ways, but it is the same God who achieves His purposes through them all”. 1 Corinthians 12:6

In what ways can we see ourselves passionately serving others, and loving it?

***A Thank You Note from the
Tharps***



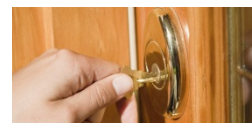
“Thanks for the Memories,” lyrics that many recall as a signature song of Bob Hope, seems like an appropriate expression of our appreciation for all that the people of Central Square 1st Baptist have meant to us. Over the months that we have spent with you we have shared the word and work of Christ, become friends, known your joys and sorrows, built our hopes, and known times of stress. We are thankful for those who have remained faithful through the trying times and have joined together in carrying the banner of Christ. First Baptist is about to open a new chapter of its history, which will stand on the chapters that have gone before. We hope and pray that future days will see a new zeal for prayer and pursuing the truths of Scripture as revealed to you in the ways of Jesus and by the power of the Holy Spirit.

Our sincere thanks for the generous gift given to us at our last service and the thoughtful cards and words of farewell. Nancy and I will keep you in our hearts and in our prayers.

Sincerely, John and Nancy Tharp

PS One thing we won't miss is the fire whistle.

Reminder



When you're up at church during the week please remember to turn lights off and fans and make sure you lock the doors. We appreciate your help with this.

Health News

Health News: High Blood Pressure, aka
Hypertension
September 2014

Blood pressure (BP) is the force of blood pushing against the walls of your arteries which carry blood from your heart to other parts of your body. Your BP will normally rise and fall throughout the day, but if it stays high for a long time, it can damage your heart and lead to health problems.

High blood pressure is called the silent killer because it often has no warning signs or symptoms, and many people don't know they have it. Undetected high blood pressure can lead to heart disease, and stroke.

The only way to know if you have high blood pressure is to have your health care provider measure it. If you do have HTN, your doctor may ask you to lose weight. To reach this desired weight, and maintain it, eat foods low in saturated fats. Eating foods high in fiber will also help prevent high cholesterol. Be sure to eat plenty of fresh fruits and vegetables. Limiting salt in your diet can also lower your blood pressure. And be sure to drink plenty of water.

Physical activity will help you maintain a healthy weight and lower your blood pressure. Exercises can include walking, biking, even kayaking! The suggested time is 2 ½ hours of exercise every week. Be sure to drink plenty of water!

Avoid drinking too much alcohol, which can raise your BP. And no smoking! If you do smoke, quitting will lower your risk for a stroke.

CDC.gov

Rummage Sale



Starting on **September 29th & 30th** we will be getting set up for our annual rummage sale. The actual date for the rummage sale is **October 3rd & 4th**. Please clean out your house of things you no longer use or want. Be sure to bring these items up to church before our sale. It's a great way for you to get rid of things you don't want. We will also have a chili hut and bake sale. If you can help with donations of chili or baked goods or be there at the sale to help out and of course the clean up at the end. We would appreciate anything you can do. Please let Linda Heer know at 668-1939 or Genie Rotundo for the chili hut supplies only.

Pastor's Corner -

I recently read an article that said on average, a person will move twelve times during their life time. I think I had accomplished this task by the age of twenty. Like most transitions in life, moving can be difficult; something always seems to get lost or left behind, and despite our promises to "Keep in touch" our relationships change, even if we are just moving across town, as opposed to across the country.

My family once moved from Indiana to Arizona, not for ministry, but because we were looking for a change. We sold our home, packed our car full of stuff, put the remaining items in storage, and off we headed for an adventure. The moment we walked through the doors of our new apartment in Chandler, Arizona, I burst into tears and cried myself to sleep at night every night for the six months we lived there. I want to assure you, I have not cried once since arriving in New York. The difference is, adventures are for vacations, mission trips, and crossing items off our personal

bucket list, not for moving 1800 miles away from home because you think the grass is greener else where, Grass n Arizona is not real, not green, and randomly catches on fire, just so you know.

What I failed to realize was that God had a plan for my life, and running off was not accomplishing anything except making me, and consequently everyone living with me, extremely miserable. When I look back at this period in my life, admittedly, it is embarrassing to say that I was an adult running away from home. When I announced to family that I had been called to serve in New York, there were those who chose to remind me of Arizona. This time I was able to respond with confidence that I was moving to New York not because I was running away from something, but because I was running to my appointed purpose.

Maybe you have lived here all your life, and only threatened to run away from home when you were mad at your mom or dad, Perhaps you are a little more like me, and have taken the long way around to get where you are; be encouraged, you are in good company. Even when we take the long way around, God does not give up on us, God works in spite of us. No matter how many wrong turns we make, as long as we are living, God is not through with us.