

# THE WITNESS

The Monthly Newsletter of the First Baptist Church of Central Square

*“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.”*

Rev. Bud Adams, Pastor  
Lynn Bort, Moderator

Cindy Cuny, Secretary  
Sharryl Baker, Church Clerk

Cindy Cuny, Witness Editor  
Victor Vrooman, Organist

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



## Mystery Member of the Month

Our February mystery member is none other than Ken Bird. Ken’s days in the Army took him to a remote site in the icy expanses of Greenland, where he had a lot of solitude.

Our mystery member for March is someone who attained the Dean’s List last Fall at their place of higher education. Do you know who this person is?



## Prayer Concerns

Please keep these members and friends in your prayers: Mavis Cooter; Alice Silva; Joe Silva; Bob Abel; Penny Faulter; Ken Bird; Sharryl Baker; Stewart Smith; Jackie Willmer; Jan Rogacki; Fred Schaff; Hazel Schaff; Arlene LeBeau; Eva Kairis; Peter Bailey; Peggy Sue Ashby; Patrick Bort; our missionaries; our nation; and our denominational and local church leaders.

## Verse of the Month



“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.”

*Romans 8:5-6*

## Men’s Breakfast



This winter weather is good for one thing: being inside with your friends. So, **men of all ages**, we have just the thing for you. On Saturday morning, March 6<sup>th</sup>, we will meet in Fellowship Hall at **8:00** for a hearty breakfast, good fellowship, and reflective conversation spurred by readings from Jimmy Carter’s book Sources of Strength.

For an early notice, our April breakfast will be April 10<sup>th</sup>, the second Saturday due to the busy nature of our Easter schedule.

## Prayer for March

*Help us to love you and to love our neighbors as you love us. Give us eyes to see and hearts to be attentive to the ways in which we can demonstrate this love for our friends, our families, and those in need. Amen.*

## MEETING NIGHT MARCH 9<sup>TH</sup>

Our newly elected Boards of Christian Education, Deacons, and Trustees are all scheduled to meet at 6:30 on Tuesday, March 9<sup>th</sup>. These meetings will be followed by our Executive Committee meeting at 8:00.

## Deadline for Witness Articles

Please have all articles for the Witness in to the church office by **March 22<sup>nd</sup>**.

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## Evangelism Workshop

Please mark your calendars to set aside the morning of **Saturday, April 17<sup>th</sup>** for an evangelism workshop here in our Fellowship Hall.

“OH, NO! Not that “E” word!” If that’s what just went through your mind, you probably have a lot of company. The hard-corps tactics and in-your-face approaches you are well aware of will *not* be part of this event.

See “The Pastor’s Corner” in next month’s issue of the Witness for more information.

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## Easter Breakfast

Our Diaconate will be serving breakfast early on Easter morning in our Fellowship Hall. For those who attend the Sunrise service at Oneida Shores Park, it will be close to eating time by the time you get to Fellowship Hall.

To help them in their planning, there will be a sign-up sheet in Fellowship Hall. If you expect to join us for breakfast, sign the sheet and indicate the number who will accompany you.

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## To Your Health



“An apple a day . . .” may keep the cardiologist away. Since apples are a rich source of many antioxidants and inflammation-fighting micro-nutrients, researchers at Florida State University conducted a year-long, apple-eating trial with healthy post-menopausal women. Why post-

menopausal women? Because cardiovascular disease is the leading cause of death for them.

The women ate 75 grams of dried apple every day. After just the first three months, the results were eye-opening. Compared to the control group, there was about a 60% drop in C-reactive protein (CRP – a major risk factor for heart disease) a 10% drop in triglycerides, and about a 4% reduction in serum cholesterol.

This is just preliminary. This is not a suggestion to stop taking whatever drugs your doctor has prescribed for you. But it sure wouldn’t hurt to eat an apple or two every day. It may contribute to having a healthy cardiovascular system. And, unlike your drugs, there are no side effects.

*As reported in “Apple a Day May Keep Cardiologists Away”, Janet Raloff, Science New Online, Apr 20, 2009.*

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## TORTURE – WHAT WOULD JESUS SAY?

On **Saturday, March 20<sup>th</sup>** we will host a discussion session that is open to all our neighboring communities of faith discuss the issue of torture and what our proclaimed identity as followers of Jesus informs us about it. We will begin at **10:00** (with coffee and snacks available) and conclude by noon. You can read more about it in The Pastor’s Corner.

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## Constitutional Review

Our congregation authorized the formation of an *ad hoc* Constitutional Review Committee at our Annual Meeting. Even though the issue to be addressed is concerned with details regarding membership, our entire Constitution is open for revision.

We now have two people who have expressed interest in reviewing the guidelines that have been set for ourselves. As times change, the way we need to function changes. Having guidelines that don’t match present reality is not very helpful.

If you are interested in serving on this committee, please contact our new Moderator, Lynn Bort, or Pastor Bud.

# LUNCH BUNCH



Our Lunch Bunch will again gather for lunch and great fellowship on **Tuesday, March 9<sup>th</sup> at 11:45** in Fellowship Hall. Please come if you are able to take part in the delicious meal and even better fellowship.

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## Dessert Madness!

ABC / NYS Outdoor Ministries has a story to tell and Rev. Dr. John Buskey, our Executive Director of Outdoor Ministries and Youth Ministries wants you to hear it. SO, he will make a presentation of all that's happening in this exciting and life-changing ministry.

It will take place on Thursday, **March 18<sup>th</sup>** at First Baptist Church of Syracuse (in **Jamesville**) from **7:00 to 8:30 pm**.

**Reservations are required by March 13th!** To make yours, contact Kathie at 469-4236 ext. 11. Or, by e-mail at [KShevchuk@abc-nys.org](mailto:KShevchuk@abc-nys.org)

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## Baptist News

ABC of New York State will hold its annual **Mission Advocates and Pastors Retreat on March 19<sup>th</sup> & 20<sup>th</sup> at Whitesboro Baptist Church**. The programming will begin with dinner on Friday evening and will conclude by 3:00 on Saturday.

Special guests this year include Nora and Pieter Kalkman who have been working with more than 50 Baptist entities within the European Baptist Federation, mostly within the former Eastern Bloc nations; Dr. Laura Miraz Associate Executive Director at ABC National Ministries; and Rev. Ray Schooler, Director of Church Relations with International Ministries. Please see the flyer on our bulletin board for more information.

**The cost**, which includes Friday dinner, Saturday breakfast and lunch, and program expense) is **\$25**. Please see Pastor Bud for a registration form and

for a list of some of the local motels. **Registration must be received by our Region Office not later than March 12.**

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## ABWomen's News



### Monday, March 1<sup>st</sup> at 7 pm

AB Girls present a mission program on our International Ministries missionary to France, Dr. Wm. Thomas, Jr.

### Sunday, March 14<sup>th</sup> at 11:30

**"Soup-on-Sunday"** – The donations will go to the NYS Special Mission Project "Disaster Relief: Equipping the ABMen's New Disaster Relief Trailer." Please join us immediately following our time of worship for a variety of tasty soups, crackers, Italian bread, dessert, and beverage.

### Coming up:

April 5<sup>th</sup> – Nursing home visit with the ABGirls

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## Holy Week Events



Holy Week is the first week in April, but to give you a head start in planning your week, please reserve the following dates. [More details to appear in the April Witness.]

April 1<sup>st</sup> is Maundy Thursday in Caughdenoy.

April 2<sup>nd</sup> is Good Friday here.

April 4<sup>th</sup> is Easter Sunrise at Oneida Shores.

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*"Gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect."*

*--Oren Arnold American editor  
and free-lance writer (1900-1980)*

## KEN FAULTER CALLED HOME



Ken Faulter, life-long participant in the life of this congregation, and resident of Central Square from the day of his birth, departed this life on Tuesday, February 16<sup>th</sup> at 7:30 am. Ken had struggled with heart problems along with medication side-effects for the last ten years. After entering St. Joe's hospital two weeks earlier, Ken – with the support of his family – made the brave decision to receive enter the hospital's Palliative Care service.

Ken and Penny were married here in our sanctuary 53 years ago and had been constant companions and best friends ever since. Ken had served many years as usher and was a faithful worshiper and supporter of the ministries of this church.

Ken was loved by all who knew him and made life-long friends in every stage of his life. We ask that you help Penny during her time of mourning with phone calls, prayers, and visits.

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## Text4Baby

If you or anyone you know is pregnant or a new mom, there's a new, free service called **Text4Baby** that can help you and your baby stay healthy. **Text4Baby** will send 3 text messages each week to your cell phone with expert health tips to help you through your pregnancy and your baby's first year. It costs nothing to sign up and the messages are free.

Why is this important? In the US, more than 500,000 babies are born prematurely and an estimated 28,000 die before their first birthday *every year!* The infant mortality rate in the US is one of the highest in the industrialized world, and the rate in the Syracuse area is the highest in the nation.

To sign up, simply text **BABY** (or **BEBE** for Spanish) to **511411**. You can also sign up and learn more about it at [www.text4baby.org](http://www.text4baby.org). Text4Baby is an educational service of the

National Healthy Mothers, Healthy Babies Coalition. It's the first ever free mobile health service in the US. Spread the word.

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## Reading Racks

You may have noticed that keeping our periodic reading material (denominational updates, newsletters, etc.) presentable on the round table in Fellowship Hall was difficult at best. Not because it disappeared, but because that space is being used for so many purposes that it often was in disarray.

So, we now have racks hanging on the way by our coffee pots that keeps our reading material organized and easy to get to.

Another way you can keep up-to-date with the world of religion is by keeping up with the items posted in the hallway. Issues of The Associated Baptist Press Weekly, articles from the Baptist Joint Committee, ABC International Ministries releases, summaries from the Pew Forum on Religion and Public Life, and other related sources are posted and kept current.

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## PRE-EASTER CLEAN-UP DAY



Our Trustees invite all who are willing and able to come to the church on **Saturday** morning, **March 27<sup>th</sup>** beginning at **9:00** to make our Church Home beautiful for Easter. We will be cleaning both inside and out (weather permitting) so please bring along cleaning cloths, cleaning liquids, buckets, rakes, gloves and any other supplies you think may be needed to do the job right.

We're also planning a light lunch for all those who come so we'll need you to sign up if you plan to be there. A sign-up sheet will be available in fellowship hall so we can plan properly for refreshments. We hope to see you then!

## Directory Update

Prior to our 2010 Directory being produced, many provided updates on the draft copy in Fellowship Hall and they were entered into our church computer. But, somewhere along the line, they ended up going to 'data heaven'. At the very last minute, we noticed that some of the updates were missing. Although we thought we recovered all of them, such was not the case.

So, please make these corrections to your copy of the directory:

**Barb Bailey**  
54 Mechanic Street  
Seneca Falls, NY 13148

**Sarah Bailey**  
5499 Cooper St.  
Vernon, NY 13476

**Devon Robinson**  
59 Baum Rd.  
Hastings, NY 13076

**Amber Eisinger**  
998 County Route 23  
Constantia, NY 13044

**Delete** the 668-7099 phone number from the Gillettes. They have switched to cell phones only.

**Jean Hart** – phone is 695-2438

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“For now, it seems that some fasting is the best way to remind myself of the millions who are hungry and to purify my heart and mind for a decision that does not exclude them.”

- Henri J. M. Nouwen, from his book *The Genesee Diary*

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## PRAYER CHAIN UPDATE

The Prayer chain list has been updated. If you have any prayer concerns please feel free to contact any one of the people below and they will begin the prayer chain. We KNOW that prayer

works and if we can help you in anyway please don't hesitate to contact us.

Pastor Bud	668-2138 (church) 676-4204 (home)
Delores Olin	668-2719
Genie Rotundo	675-8646 (home) 952-5424 (cell)
Sharryl Baker	668-2477
Lynn Bort	317-3864
Dail & Rich Mizerski	675-3271
Lynda Heer	668-1691
Arlene LeBeau	635-5195
Mavis Cooter	452-4693
Art Brooks	668-7064
Grace Shetler	427-6875
Roseann Prouty	668-0253
Phyllis Smith	668-6478

To prayer chain participants: Thank you so much for your prayer support!!!

The Bible tells us to “be joyful always, pray continually, give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”

*1 Thessalonians 5:16-18 NIV*

When you get a prayer request please pass the message on to the next person on the list. If they are not at home feel free to leave a message and then continue down the list till you speak to someone in person. Therefore, we know that two or more persons are praying at the same time. Please feel free to call Pastor Bud with immediate prayer concerns and then BEGIN calling the prayer chain.

If you would like to join in this prayer chain, please contact Rich Mizerski.

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## AB Youth News

Our ABYouth offered a Parents Night Out service (with a little help from their advisors) on February 19<sup>th</sup> which turned out to be a great success! Altogether there were parents of fifteen kids that had the night off to do whatever they pleased between the hours of 6:00 and 10:00.

The money they took in will help our Youth attend **Kingdom Bound** at Darien Lake this Summer. And they were a blessing to many parents.