

# 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 March mystery member is Chad Brooks. Chad completed his first semester at SUNY Oswego where he is studying computer science and received a GPA of 4.0 for his efforts – which put him on the Dean’s List. Congratulations, Chad!!

Our mystery member for April is someone who used to maintain industrial cranes that would be up to 50 feet off the ground. 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



“Again Jesus said, ‘Peace be with you! As the Father has sent me, I am sending you.’”

*John 20: 21*

### Men’s Breakfast



If you missed our Men’s Breakfast last month – or if you were there but forgot – we will, again, have our breakfast the second Saturday this month because of the Easter week-end. So, **men of all ages**, we have just the thing for you. On Saturday morning, **April 10<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.

### Prayer for March

#### CHURCH COUNCIL APRIL 14<sup>TH</sup>

Our Church Council will be called to order at 7:00 on April 14<sup>th</sup>. The Council consists of all Board and Committee members and is open to participation by all who are part of our community of faith. The primary purpose is so everyone has the opportunity to know what is being done by the various ministry groups within our congregation.

The Council also is an opportunity for the conduct of certain types of business that requires congregational approval. One such item, the appointment of a Constitution Review Committee, is on the agenda for April. Please mark your calendar and plan to be in Fellowship Hall that evening.

## Deadline for Witness Articles

Please have all articles for the Witness in to the church office by **April 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. See "The Pastor's Corner" 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 **6:00 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 is a sign-up sheet in Fellowship Hall. If you expect to join us for breakfast, kindly sign the sheet and indicate the number who will accompany you.

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## To Your Health



If you don't notice anything fishy in your kitchen, it might not hurt to make it that way. Good news about omega-3 fatty acids keeps rolling in. One new study suggests it may help critically ill people by controlling inflammation. And another shows that it may help stave off age-related diseases.

Omega-3's are found in fish (especially salmon, herring, anchovies, pollock, and sardines), walnuts, flax, kiwifruit, eggs, organic cheese and milk, black raspberries, among other foods.

Add these benefits to the results of other studies which indicate that diets rich in omega-3's also result in significantly improved cardiovascular health, reduced inflammation for rheumatoid arthritis sufferers, a more effective immune system, and overall brain health.

*As reported in "Fish Oil Benefits Keep Adding Up", Nathan Seppa, Science New, Feb 13, 2010.*

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## CAMPING SEASON IS UPON US

Really, it is. Both Pathfinder Lodge and Camp Vick, our ABC of NYS campgrounds, have open houses planned. Pathfinder's is June 5<sup>th</sup> and Camp Vick's is June 19<sup>th</sup>, both from 10:00 to 3:00.

But here's even bigger news. If you attend one of Outdoor Ministries' programs at either camp, and you bring a friend who has never attended before, you *both* will receive a \$25.00 discount. And there's a \$25 fee reduction for other campers who submit their registrations by May 15<sup>th</sup>.

There are conditions for these deductions. For more information, please contact Grace Shetler or Pastor Bud.

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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.

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"Yesterday is history, tomorrow is a mystery, and today is a gift. That's why they call it the present."

*Eleanor Roosevelt*

# LUNCH BUNCH



Our Lunch Bunch will again gather for lunch and great fellowship on **Tuesday, April 13<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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## Save the Date

If you have children, or your neighbors have children, or your children have children, or your friends have children, convince them to **save this date: August 14<sup>th</sup>**. Why? Our VBS program is scheduled for that day from 10 to 2 at Goettel Park. More details as the date gets near.

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## ABWomen's News



Thank you to *all* who helped in any way to make "Soup-on-Sunday" such a great success! The soups were *delicious*, the desserts *incredible*, and the response *overwhelming!* We received over \$200 that went directly to the ABMen's disaster relief program.

### This Month:

**April 5<sup>th</sup> – 10:00 am** – Association ABWomen Board of Managers meet here. [Delores Olin and Vesta Lewis are on the board.]

**April 5th** – (time to be announced) Nursing home visit with the ABGirls. The girls will do the program and the women will bake goodies to share.

### Coming up:

**Tuesday, May 4<sup>th</sup>** – Association Meeting at Scriba.

**Sunday, May 9<sup>th</sup>** – Mother's Day / Blanket Sunday.

**August** – (date to be announced) Scriba picnic.

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## Holy Week Events



**April 1<sup>st</sup>, 7:00** – **Maundy Thursday** at the Coughdenoy United Methodist Church. The service will begin with a service of foot-washing. *This is strictly voluntary.* Those who do not wish to participate may remain in their pews.

**April 2<sup>nd</sup>, 7:00** – **Good Friday** here.

**April 4<sup>th</sup>, 6:00 am** – **Sunrise service** at Oneida Shores Park boat launch

**6:45 (approx)** Easter breakfast prepared by our Board of Deacons.

**10:00** – Easter Cantata "Jesus: The Resurrection" presented by our choir.

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## SPECIAL OFFERINGS

We are pleased to announce that, so far, we have received **\$695** for the **Retired Ministers and Missionaries Offering**, surpassing our goal of \$610! On behalf of those who have given so much of themselves to the Gospel ministry, *thank you, thank you, thank you!*

And, by the time you receive this newsletter, we will have already begun promoting our **American for Christ** special offering. Our goal for this above-and-beyond offering has been set by our Board of Christian Ed at \$510.

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"When I feed the poor, they call me a saint. When I ask why so many people are poor, they call me a communist."

*Dom Helder Camara, late archbishop in Brazil*

# Money for Printer Cartridges

We received \$39.35 for our last shipment of used ink jet printer cartridges. We receive anywhere from 10¢ to \$4 for each qualified cartridge that is undamaged and electronically sound. Thank you for supporting this effort to slow the entry of these items into our landfills. And the extra money is always helpful, too.

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## Board Meetings for April

Our Trustees and Deacons will meet as usual on the second Tuesday, April 13<sup>th</sup>, at 6:30. But because our Church Council is the following evening, our Executive Committee will *not* meet on the 13<sup>th</sup>. Christian Ed will meet at 6:00 on the 14<sup>th</sup>, prior to our Church Council.

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## Is This for You?

Friends of Oswego County Hospice is looking for volunteers to do home visitation with their clients. As people face the end of their life, a smiling face, a listening ear, and a compassionate voice for a couple of hours once every week or two can be so helpful for those coming to the end of their journey. As many who have done such work will testify, those hours are truly sacred.

If you feel the Spirit of God tugging at you to consider this work, please contact Dawn LaDuc at 343-5223. Or speak with Grace Shetler.

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## “OFF” SWITCHES

Everything that uses electricity causes the meter to run when the switches are left in the “on” position. This is perfectly fine when the items are being used.

But often people forget. Frequently lights are left on, the copier in the office is left on, and the exhaust fans in our rest rooms are left running. Please try to remember to use the “off” switch on these and any other power-consuming item when you are finished using them (except the refrigerator, of course).

This will allow our Trustees to use more of the gifts we receive in ways that further our works of ministry instead of sending them to National Grid.

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## Musical Notes



Our choir, under the inspirational direction of Lynn Bort, has been working diligently as they prepare to lead us in music through the final weeks of Jesus’ life on Earth. But it doesn’t end there, with his death. The music and the story continues with the news that continues to shake up the “normal” ordering of human activities – the miracle of his resurrection!

The cantata, “Jesus: The Resurrection”, is the product of the creative team of Joel Lindsey and Sue C. Smith and arranged by Marty Hamby. The music is expressive and, combined with the lyrics it does more than just present a story. It moves the listener to feel the emotions of those days, 2,000 years ago, when the popularity of Jesus swung wildly up and down like a roller coaster.

They will present this cantata Easter morning at 10:00, during our time of worship. The music will be playing in your head for weeks to come.

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## Energy Tip

When baking items such as casseroles and roasts you can skip pre-heating your oven. And, you can turn it off 15 minutes early.

## **Easter Offering**

Our Trustees decided that our special Easter offering will be applied towards our benevolent obligations. You can participate in this “over-and-above” offering either by using the attached Easter offering envelop, or by including it with your regular Sunday (or monthly) offering.

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## ***United Mission***

Many of you may not be aware that the funding for our ABC / NYS region office and its functions mostly comes from what is called United Mission. United Mission is used to fund almost all works of ministry done on our behalf by ABC / USA, which includes our region support office.

But there has been several things happen that has dramatically impacted the monies directed toward United Mission. The most obvious is that state of our economy. As people lose income, the amount of their tithe also decreases. This is no surprise.

But what may be surprising is that as churches and individuals commit financial support directly towards a specific missionary, the amount they contribute to United Mission declines. The hope was that direct support of missionaries would be an “over and above” offering.

As a result, all ABC ministry work is being impacted, including our region office. Much of what ABC / NYS does is behind the scenes, such as field ministers that support our Pastors and associations, co-ordination of missionary furlough visits and the administration of the ordination process. Others are highly visible on occasion, such as providing staff services for search committees and assistance in resolving church conflicts.

Then there are the on-going activities of Outdoor Ministries, Mission Advocates and Ministers Retreat, and on-going resourcing of pastors and churches.

If you are able, kindly consider including an extra bonus with your regular giving to support our region, ABC / NYS.