

# **THE WITNESS**

The Monthly Newsletter of the First Baptist Church of Central Square

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.”*

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 June mystery member is Randi Driesen. Besides her full-time job as a nurse at Fowler High School in the Syracuse school system, Randi is actively involved with SOVAC with her technical skills and as a board member.

Our mystery member for July/August is someone who used to bake doughnuts at a local doughnut shop. 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**



“I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.”

*Isaiah 43:19*

## **Men’s Breakfast**



We will not have our Men’s Breakfast during the months of July and August. Our time of sharing our lives and our faith will resume again on Saturday, September 11<sup>th</sup> – the second Saturday, because of Labor Day week-end. Have a great Summer, men!

## **Prayer for Summer**

O God, we pray that you would help us remember that all people possess inherent human dignity as your children, made in your image, regardless of race, ethnicity, gender, age, socio-economic status, or legal status. In the documented sister and brother, let us see your spirit, O Lord. Help us not forget that you were an immigrant -- that your family fled to Egypt when your son was a child to escape Herod’s decree. God, help us see you in the eyes of the migrant and recognize your presence among the oppressed.

## **BOARD MEETINGS**

Our Boards will not have their regular meetings during the months of July and August. However, they may have the need to have a called meeting should the need arise.

## Deadline for Witness Articles

The Witness will not be published for the month of August. All articles for the September Witness will be due in the church office by **August 24<sup>th</sup>**.

---

## To Your Health



Avoiding lung cancer is as important to smokers as it is to non-smokers. Although not smoking is a no-brainer way to reduce your cancer risk, there seem to be other steps we can take.

The results of a large-scale study indicates that vitamin B6 (found in beans, grains, meat, poultry, fish and to some extent in fruits and vegetables), the essential amino acid methionine (found in animal products, with fruits and vegetables providing less), and, to a lesser extent, folate can provide significant level of protection against lung cancer.

Although the mechanism of how this works has not been teased out, all three compounds are known to be involved in DNA maintenance, and most lung cancers are caused by DNA damage.

Also not yet known are the therapeutic levels of each or if vitamin supplements would work as well as food-based sources of these compounds.

*As reported in "Vitamin B6 Linked to Lower Cancer Risk", Nathan Seppa, Science New Online, June 15, 2010.*

---

## Baptist News

The American Baptist International Ministries' Xtreme Team Mission Adventure Program is sending seven young adults to do mission discovery and outreach in Egypt this Summer. The training, trip, and debriefing is running from June 14<sup>th</sup> through July 13<sup>th</sup>.

The Xtreme Team enables young adults to Xperience the adventure of cross-cultural mission service while pushing them out of their comfort zones into an extraordinary faith walk with God. During their travels, team members deepen their relationship with God while seeking a deeper understanding of how people of other faiths view God, Jesus, and followers of Jesus. Team members are "Xpected to Xpress" what they have seen and heard when they return to their home churches and regions. To learn more about this ministry, go to [www.xtremeteamonline.org](http://www.xtremeteamonline.org).

Most Christians in North America do not know that the Christian community in Egypt dates back to the first century and was formed as a result of Mark's missionary work.

Attending as a leader is Christy Brownell, a member of ABC / NYS Region staff. Please contact the church office if you would like to have Christy speak to us about this incredible experience.

---

## OUR 2010 GRADUATE

If you haven't congratulated **Rachel Fuller** on her graduation from Paul V. Moore High School yet, you better hurry, because her time here in Central Square is running short. Rachel will be attending Monroe County Community College starting this Fall where she will concentrate on the general requirements for a bachelors degree.

During her time at Monroe, Rachel hopes to fine tune her general interests in animals, in green technologies, and in environmental issues so that she might have clarity on an academic major. Rachel is eager to take this next step in her life as she works, with God's help, to discover what path her life will take.

---

*"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 of Recife, Brazil*

## FLOOR REFINISHING

The floor in our Fellowship Hall and in the hallway leading off the parking lot doors are scheduled to be refinished on Monday July 26<sup>th</sup>. All activities needing that space Monday and Tuesday are canceled, and tentative for Wednesday and Thursday. Check with the church office on those days to see if the floors are usable.

---

## LUNCH BUNCH



Our Lunch Bunch will again gather in Fellowship Hall for lunch and great fellowship on **Tuesday, July 13<sup>th</sup> and Tuesday, August 10<sup>th</sup>**. The time will be **11:45** for both days. Please come if you are able to take part in the delicious meal and heart-felt fellowship.

---

## Of Whales and Kids

If you have children, or your neighbors have children, or your children have children, or your friends have children, convince them to take part in this year's **Vacation Bible School**. Our Board of Christian Education has another great day planned for children aged 3 through 11 with the theme for the day being **Jonah and the Whale**. The date is **August 14<sup>th</sup>** and the setting is **Goettel Park**. Registration starts at 9:30 and parents can pick up their children at 2:00.

Please visit our web site – [www.fbc-cs.com](http://www.fbc-cs.com) – and see our flyer on the “Youth” page for more details. You can also print off a registration form.

---

## Jackie Willmer's Birthday

Jackie Willmer has been living at Loretto Fahey for several years now and she hasn't had the opportunity to see her church friends very often. But that will change on Thursday, July 8<sup>th</sup> when her son, Dennis Goettel, will bring Jackie to our

Fellowship Hall to celebrate her birthday (which is on the 7<sup>th</sup>).

Dennis will supply a meat tray, dessert, and beverages and asks that all who attend bring a side dish to share. He would also like to know how many people he should plan for. So if you are planning to attend, please add your name to the orange sign-up sheet in Fellowship Hall.

---

## Church Picnic

On Sunday, **August 15<sup>th</sup>** our sanctuary will be closed. Locked. No one will be worshipping there. But just for that Sunday. Why? Because we all will be at **Taft Bay Park** for our yearly Worship-by-the-Lake and **picnic**. Our time of worship will begin at **10:30** and will be followed by our picnic.

Our Diaconate will furnish the meat and beverage and each household is asked to bring a dish and/or dessert to share.

We will have a very special celebration that day as we will witness the baptism and profession of faith of at least one of our worshipers. If you are one who is sitting on the fence, being one who has been considering becoming a follower of Jesus and you now feel ready to “take the plunge” (so to speak) and let the world know about your decision, please contact Pastor Bud.

---

## HEALTHY KID SNACKS

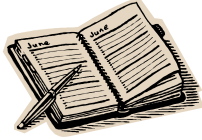
Here's another nutrition tip for those who care for youngsters from nubites, the newsletter of Nutrition Matters.

Fruit Dip – Dip fruit – cantaloupe, orange, banana, kisi, apple – in low fat flavored yogurt. [Then eat.]

---

*One evening a father overheard his son pray, “... and, God, please help be the kind of man Daddy is.” Later that night, the dad prayed, “O God, help me become the kind of man my son believes I am.”*

## Book Study



Anger is a human emotion we all are afflicted with and very few people are more than dimly aware when their own anger flairs into dangerous and harmful conduct. Jill Gillette had stumbled upon a book that she has found extremely helpful to everyone and has initiated a study group to investigate that book.

Our book study will explore Annie Chapman's book Letting Go of Anger. The group has had their introductory meeting on June 27<sup>th</sup> with their first "real" discussion session planned for Sunday, July 11<sup>th</sup> at 7:00 in Fellowship Hall.

For those who are interested but missed the initial meeting, we encourage you to obtain a copy of this book [[www.bookfinder.com](http://www.bookfinder.com) is a great source for books], read through the end of the first chapter, and review the study guide in the back of the book. And then join in on July 11<sup>th</sup>.

---

## Our Web Site

Our web site is up and operational. To take a look, go to [www.fbc-cs.com](http://www.fbc-cs.com). We're still making adjustments and will have new pages to add as time goes by. Please keep in mind the primary purpose of this is to connect with those who are not involved with any church.

We will be posting pictures from recent youth events and other activities that may be attractive to people who think they might be curious about who Jesus really is. Please speak with Pastor Bud if you have suggestions.

---

## Ice Cream Sales

It is that time again. Summer means ice cream. Summer means the **Concert-in-the-Park** series. So **Grace Shetler** will again head up the selling of **ice cream novelties** to all who attend the concerts in Goettel Park this year.

The concerts begin Wednesday, July 7<sup>th</sup> at 7:00 and will continue on Wednesday evenings through the Summer. A complete schedule for the concerts will be available at the concerts.

The money raised through this effort will be donated to the Parsonage Roof Fund. If you are interested in helping out, please contact Grace.

---

## Friends of Deegan

The Friends of Deegan are pleased to announce that the benefit they conducted on June 12<sup>th</sup> raised \$2,206, all of which will go to help offset the burdensome costs associated with Deegan's cancer therapies. The Friends express their heartfelt thanks to all who made donations, attended, and lent support to this expression of love.

---

## PARKING LOT SEALING

Our Trustees have contracted to have our parking lot re-sealed during the week of August 2<sup>nd</sup>. The exact day it is sealed will depend on the weather, of course, so we are planning on limited activities throughout that week. People will be able to enter by walking up the southside concrete sidewalk from the front of the church. It will be important to stay completely off the parking lot until the barriers are taken down.

---

## ABW Women's News



### Coming up:

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

---

*"We are not just borrowing the earth from our children; we are consuming it, devouring it, and destroying it."*

- Rt. Rev. James Jones, Anglican Bishop of Liverpool