

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
Lynda Heer, Interim 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 January mystery member is Nate DeFalco. Nate had been working at our local Wal-Mart for some time with hours that were sometimes a challenge. But with his current position, he has regular hours.

Our mystery member for February is someone who, for many years, was a kindergarten teacher. 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; Stewart Smith; Phyllis Smith; Jackie Willmer; Ray Olin; Hazel Schaff; Arlene LeBeau; Eva Kairis; Sarge Mitchell; Peter Bailey; Peggy Sue Ashby; Patrick Bort; our missionaries; our nation; and our denominational and local church leaders.

Verse of the Month



"You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot."

-Matthew 5:13

Men's Breakfast



Our Men's Breakfast offers a time of sharing our lives along with a hearty meal. This month we will do something a bit different by watching a DVD and then following that up with discussion.

So, **men of all ages**, plan to be in Fellowship Hall on **Saturday, February 5th** at 8:00 – and bring a buddy.

Prayer for January

Heavenly Father, we pray for the homeless and those caring for them. As the weeks grow colder and the winter harsher, allow the weary in our communities to find shelter, to find work, but most of all to find a neighbor. Amen.

BOARD MEETINGS

February 8th is the second Tuesday of the month. And that means our boards will all meet that evening: Trustees at 6:15, Christian Ed and Diaconate at 6:30, and Executive Committee at 8:00.

Witness Articles

All articles for the January 2011 Witness will be due in the church office by **February 21st**.

New Member Class

Pastor Bud will conduct a New Member Class starting Sunday, February 13th during our 9:00 Sunday school hour. It will meet in the first classroom on the left as you enter from the parking lot. During that six-week period, our Serendipity class will meet with the Adult class lead by Delores Olin.

If you have been thinking about becoming a member here but aren't quite sure yet, perhaps taking part in this class will help answer some of the questions that may be swirling in your mind.

CANNED GOODS SUNDAY

Just a reminder. Our Diaconate is receiving canned goods the first Sunday of every month. All the donated food goes to the food pantry ministry of the Downstairs Scotty at St. Michael's Church to help our neighbors in need.

Our Journals

By now, many of you have received one of our blank journals at our Sunday worship time. Those who have been taking notes, have a reminder of what you heard during our sermon to refer to during the week. And when there is a sermon series, like the current series on the Kingdom of God, you can look back and see how – or if – they support one another.

Our prayer concerns and announcements you receive from our ushers can be taped into your journal for future reference. The bulletin jackets our guests receive have our announcements and prayer concerns with a blank page they can use for note-taking.

We will continue this practice through the month of April and decide whether to continue with it permanently, continue for a few more months, or drop it altogether.

Electronic Witness

If you haven't received one yet, you will soon receive a postcard from our church announcing that, beginning with the March issue, we will print and mail paper copies of this newsletter only upon request. The Witness will be available on-line at our web site <http://fbc-cs.com> along with archives for all of 2010 up to and including last month.

If you would prefer to receive a monthly e-mail notice along with a link to that month's newsletter, please contact our church office and – preferably by e-mail – to make sure they have the e-mail address you wish for them to use.

If, instead, you will to continue receiving a paper copy in the mail, you will need to contact our church office and let them know.

This will help us make our newsletter available to more people (it's a lot easier to e-mail a link to one of your friends than it is to make and mail a copy to them), reduce the paper clutter in your home, and to be better stewards of our resources. And, on top of all that, it will help reduce the costs associated with printing and mailing.

Musical Notes



In case you didn't know, our Praise Chorus is a volunteer organization. They are not recruited and they are not paid. That means *you* are welcome to become part of these worship leaders. They rehearse on Tuesday evenings from 6:00 to 7:00 in our sanctuary.

And we have more news. Rehearsals for our Easter cantata will begin soon. Details will be in our next Witness and posted on our web site.

ABWomen

The ABWomen will gather in Fellowship Hall on **Monday, January 10th at 10 am** to work on the White Cross bandages project. Please check with Delores Olin for more information.

BOARD TRAINING WORKSHOP

Just a reminder about the ABC/NYS **Board Training Workshop** on **February 12th** at the Whitesboro Conference Center. The seminars this year will cover **Christian Ed, Trustees, Deacons, Pastoral Relations, Mission & Stewardship, and One Board System.**

Registration fee is \$25. Check with Pastor Bud for more information; or call Kathie at our Region office: 469-4236 ext. 11.

Directory Updates

Please add this phone number to your directory:

Jerry Maynard – 256-3446

Parsonage Thoughts

Now that our parsonage will soon be vacant, our Board of Trustees has begun considering how that building might be used. If you have suggestions, please put them in writing and get them to Don Haury, Chairperson of our Board of Trustees, either by US Mail, e-mail, or hand-delivered.

Small Group Opportunity

Our new Small Group had its initial “ice-breaking” meeting on January 26th. If this is something you would like to try, please speak with Pastor Bud about attending the next meeting. But hurry! Soon this group will be underway and you may need to wait for our next one to form.

Baptist News

The Mission Advocates and Pastors Retreat this year is being dubbed as the “Be Astonished” Missions Conference. The theme is based on Habakkuk 1:5 “Look at the nations and watch – and be utterly amazed. For I am going to do something in your days that you would not believe even if your were told!”

Save these dates: March 11th & 12th. Besides a great retreat, this will give you the chance to experience the Whitesboro Baptist Conference Center. Watch for more information.

Bereavement Support Group

Our Bereavement Support Group continues to meet from **6:30 to 8:00** on the **last Monday** of every month. It is open to anyone regardless of church affiliation.

If you would like to participate or someone you know is struggling to cope with the loss of someone dear to them, or if you would like more information, please speak with Pastor Bud.

IT Team

At our Annual Meeting, Moderator, Lynn Bort, suggested we form an Information Technology (IT) Team. Some might think of it as a Tech Team, but that is so ‘90s. The Tech Team of the past was involved with audio-visual support. Today, we have that and more, with tie-ins to the Internet and vastly more opportunities for technological enhancement and enrichment of our worship experience.

But it doesn’t start and stop on Sunday morning. We now have a web site and a Facebook page to further enhance our presence in the community.

As wonderful as all this is, it does come with a price. And that price is staff time. If you have the interest and the abilities and would like to use abilities to support the mission of our church, please contact Lynn Bort or Pastor Bud.

FAREWELL TO JANE ROOT



Sadly for us, Jane Root's earthly life came to an end late in the afternoon of Friday, December 31st. As had been her practice, Jane was in Florida for the Winter which allowed her to spend the Christmas season with her daughter, Beth. Then, just a few days after Christmas, Jane developed a viral form of pneumonia. That disease on top of her advanced COPD was just too much for her to endure.

We will miss Jane. She was a perennial servant here – as a Trustee, our auditor, and her involvement in many other forms of service to us.

Happily, Jane did have the joy of having her entire family present in Florida over Thanksgiving – the first time they had all been together in 25 years. This truly was a blessing for Jane as well as for her family.

We thank our Deacons for providing a meal for Jane's family and friends, giving them an opportunity to reconnect with old friends and feel the warmth of hospitality that is part of the culture of our congregation.



Pairs and Spares

As we slug it out through another cold, snow Winter, it's too easy to get into hibernation mode until mid-May. To help us have a break from it all, once again, Mark and Margaret Heitmann have volunteered to help us enjoy a Valentine-themed dinner and party in our Fellowship Hall.

The Heitmanns will prepare the entire meal, but are asking for volunteers to decorate the Fellowship Hall and plan our fun activities. So, please contact Mark or Margaret to see how you can help.

More details (cost, time, menu, etc.) will be announced on Sunday mornings and posted on our web site when they are available.

ABWomen's News



During the month of February, the ABWomen will have a daytime meeting to work on a mission project. The exact day and time will be announced on an upcoming Sunday.

On Monday, March 7th beginning at 7:00 our ABWomen will be treated to a Mission Night by our ABGirls. Our young women have been very creative in their Mission Night presentations and we are looking forward to having a lovely evening with them.

All women are invited. Our ABGirls would love your support.

Kingdom of God

The sermon series focusing on the Kingdom of God that Pastor Bud has begun may bring up sermon issues and questions that you would like to discuss. (For more background on what is motivating him to deliver this series, see "A Note from the Pastor's Corner".)

We will schedule these sessions for the first Saturday of the month – which this month is February 5th – at 10:00. For our men, that means shortly after we finish our Mens Breakfast. For our women, that means shortly after the men finish their breakfast.

Coffee and doughnuts will be available. If you expect to take part, please inform the church office

"Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented."

Elie Wiesel

CPR Training Here



Cardio-pulmonary resuscitation (CPR) training is something we may hope to never need to use, but it's also something we don't want to be without if and when the need for it does arise.

One of our own, SOVAC member Randi Driesen, is heading up a training session to be conducted in our Fellowship Hall and classrooms on Saturday, February 19th from 9:00 to 1:00. The program of instruction, called Family and Friends, is intended to teach people how to give CPR to an adult, child, or infant. It will also cover emergency actions to take when either an adult, a child, or an infant is choking and provide instruction on the use of the automated external defibrillation devices (AED) that have become common in public places.

Please contact the church office not later than Monday, February 14th to register so the appropriate materials will be available for you. Although the cost for the course is \$10, nobody will be turned away. Please speak with Pastor Bud if you would like access to scholarship funds.

by phone or e-mail to help the planning process.

ANNUAL REPORTS



If you were unable to attend our 145th Annual Meeting, you may pick up your copy of our annual reports and our 2011 Directory outside the Fellowship Hall entrance to our sanctuary.

"The struggle to maintain peace is immeasurably more difficult than any military operation."

- Anne O'Hare McCormick, first woman to win the Pulitzer Prize for foreign correspondence

To Your Health



To paraphrase William Shakespeare, "To sleep or not to sleep; that is the question." Pulling an all-nighter, whether as a college student cramming for an exam, or for a Three Stooges aficionado watching a film fest of that trio of tricksters, there's an energy price to pay.

It may seem like a good thing, because a person will burn about 150 more calories by missing that night's sleep than if they were snoozing. But, during the 'make-up' time, fewer calories are burned as the body tries to recover what it lost.

Even more important is that the intent for the energy that is readily available at night is believed to be used "to fuel essential sleep functions such as rewiring connections between brain cells, boosting the immune system and regulating hormones ..." Those functions are essential for good health, so it's really not worth it.

The same deficits probably exist for those who suffer from sleep apnea and chronic insomnia.

As reported in Science News web edition, "Tallying the caloric cost of an all-nighter", Tina Hesman Saey, January 19, 2011.

"It's as if people cared more about birds than African Americans. It shouldn't have to be so hard."

Derrick Evans, community activist in Gulfport, MS, on how progress in stopping hazardous waste dumping was finally made when the low-income and minority community was recognized as a haven for tropical birds,