

# **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, 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 April mystery member is Genie Rotundo. If you recall, she earned her BS in Nursing a few years ago and decided she enjoyed school so much she’d just keep on going. She’ll be receiving her Masters Degree this Spring.

Our mystery member for May is someone who is. 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; Jerry Maynard; 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**



“Let your gentleness be known to everyone. The Lord is near.”

- *Philippians 4:5*

## **Men’s Breakfast**



Our Men’s Breakfast offers a time of sharing our lives along with a hearty meal. We will continue our practice of using Jimmy Carter’s book, Sources of Strength as a discussion starter.

So, **men of all ages**, plan to be in Fellowship Hall on **Saturday, May 7<sup>th</sup> at 8:00** – and bring a buddy.

## **Prayer for May**

Lord, the resurrection of your son has given us new life and renewed hope. Help us to live as new people. Grant us wisdom to know what we must do, and the strength to complete it. Amen.

## **BOARD MEETINGS**

Our Board of Christian Education will meet immediately following our time of worship on May 8<sup>th</sup>. Our Diaconate (6:30) and Trustees (6:15) will meet on Tuesday, May 10<sup>th</sup> followed by our Executive Committee at 8:00.

## **Witness Articles**

All articles for the June 2011 Witness will be due in the church office by **May 23<sup>rd</sup>**.

## ABBREVIATED ISSUE

Due to Pastor Bud's move, this will be a smaller issue than usual.

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## CANNED GOODS SUNDAY

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

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## *vBs NEWS*

Vacation Bible School is scheduled for Saturday, August 13<sup>th</sup> at Goettel Park. The theme for this year is 'camping' with Moses being the focus. Mark your calendar and make ask all the youngsters you know to reserve the date. More details in June's Witness.

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## Pork Roast Results

Great news about the public pork roast put on by Mark and Margaret Heitmann! The net proceeds were \$479.50, and it was all donated to our church. Thank you, Margaret and Mark – *very much!!*

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## *AB Women's News*



**Monday, May 2<sup>nd</sup>**

Women's Spring Association Meeting

**Sunday May 8<sup>th</sup>**

Blanket Sunday. Donations received will be directed to the **Church World Service** project that supplies blankets, tools, and other emergency supplies to help people in the wake of disasters.

**Tuesday, May 10**

Bernhards Bay Luncheon. Contact Delores Olin for details.

Also, the AB Women's Association meeting will be at West Baptist Church in Oswego. Contact Delores Olin for details.

**Friday, June 10<sup>th</sup> [2:00 to 7:00] and Saturday [9:00 to 2:00]**

Rummage Sale.

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## LUNCH BUNCH



Our Lunch Bunch gathering this month will be on **Tuesday, May 10<sup>th</sup> at 11:45** in Fellowship Hall. In case you're wondering, our Lunch Bunch is open to anyone who can be there. You don't have to be a Senior Citizen to attend.

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## PATHFINDER OPEN HOUSE

Pathfinder Lodge, one of our ABC/NYS campgrounds, will have an open house for Jr. and Sr. High youth May 20<sup>th</sup> thru 22<sup>nd</sup>. Cost is \$25 per person. Check the flyer in our hallway for details, or call Kathie at 469-4236 ext. 11.

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## Church Picnic

Before you finish making your vacation and travel plans for the Summer, plan to be in town August 14<sup>th</sup> so you don't miss our Worship-by-the-Lake at Taft Bay Park.

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## America for Christ

Our America for Christ special offering resulted in \$594 for our Home Mission Societies. These funds will help them to the work of the Church in the United States and Puerto Rico.

## To Your Health



“Heart-healthy antioxidant compounds found in blueberries limit the buildup of fat in mouse cells. Many darkly hued fruits are rich in polyphenols, antioxidant compounds that have been linked to vascular health. Shiwani Moghe of Texas Women’s University in Denton reported April 10 finding that blueberries’ polyphenols not only fight the proliferation of fat-precursor cells but also limit the accumulation of fat droplets once fat cells do develop (by 27 to 73 percent, depending on the dose of polyphenols used).

For these preliminary tests, her team incubated mouse cells for eight days with a natural mix of isolated berry polyphenols. Moghe says there’s no telling how much people might have to eat if they hoped to achieve a similar effect.”

Although this is not direct proof, eating more blueberries may be a good idea.

*As reported in Science News Web Edition, “Blueberries Take Aim at Body Fat”, Janet Raloff, April 20, 2011.*

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## Association Spring Meeting

we will be holding our annual Spring Association Meeting on Saturday, May 21 at the United Church of Auburn with Rev. Larry Bell, as host pastor. The meeting will start with registration at 9 am and will conclude by 3pm. Lunch will be served around 12 noon. Highlights of the meeting will be a presentation on Haiti and the status of reconstruction and mission efforts underway by the group from Iroquois (who received Association mission budget support) that went on the Haitian Mission Trip in February sponsored by ABC/NYS, plus a short business meeting which will include details on the Adopt-A-Missionary Challenge, and a vote on the acceptance into

membership of our Association of the Chin and Karen Churches located in Syracuse after they have now completed the required 2years under Watchcare. It will be a great meeting - full of all kinds of the latest information on Association, Church and Regional activities. Further program details will be sent shortly and include a flyer for posting. But we ask that you put this meeting date on your calendar now - Thank You.

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## BRING-A-FRIEND

May 15<sup>th</sup> is our Bring-a-Friend Sunday. This is the day we’ve been praying about and preparing for over the last two months. The friends you have been praying about for this, that their hearts may feel a gnawing sense that something is missing in their life, is just as important as the prayers in which you have been seeking help from the Holy Spirit in preparing yourself.

This is not just a Sunday to bring your friends, but also to make sure they stay for our carry-in dinner that we will provide in their honor.

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## Directory Update

Please make the following change to your directory:

**Pastor Bud and Tanya Adams**  
202 Euclid Drive  
Fayetteville, NY 13066  
637-0468

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## Pastor Bud on Vacation

Pastor Bud will be on vacation from Sunday afternoon, May 22<sup>nd</sup> through Saturday evening, May 28<sup>th</sup> as he visits his son, Matthew, in Texas. In case you are in need of pastoral care during this time, please contact our Moderator, Lynn Bort.

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*“The church can only be a counter-community. If it is anything other than that, it has already compromised itself.”*

*Jacques Ellul*