

# 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 January mystery member is Donnie Flower. Back in the time before automatic pin spotters arrived in Central Square, he set pins and returned balls at the local bowling alley – sometimes working two lanes at the same time.

Our mystery member for February is someone who is working towards becoming a Nurse Practitioner. 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; Ken Bird; Stewart Smith; Phyllis Smith; Ray Olin; Ken House; Hazel Schaff; Jerry Maynard; Arlene LeBeau; Eva Kairis; Peggy Sue Ashby; Patrick Bort; our missionaries; our nation; and our denominational and local church leaders.

## Verse of the Month



“I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.”

- John 13:34-35

## Prayer for February

God of healing, we pray for the restoration of the girls, boys, men, and women who have been rescued from the sex trafficking industry. Provide safe and secure shelters, with loving and compassionate caretakers, to aid in their healing. Send your spirit to calm their minds, bodies, and souls. Amen.

## BOARD MEETINGS

Our Board of **Christian Education** will meet on Sunday, **February 6<sup>th</sup>** following our time of worship. Our **Trustees** will meet Tuesday, **February 7<sup>th</sup>**, at **6:15** and our **Diaconate Board** at **6:30**. Our **Executive Committee** will convene at **8:00** that same evening.

## Ash Wednesday



February 22<sup>nd</sup> marks the beginning of the Lenten season. As we have in past years, we will observe it with our friends from the Brewerton Disciples of Christ and the Central Square Community Churches.

We will be the host church for this somber occasion. Please come prepared to empty your heart to God that you may experience a season of personal repentance.

*“The purpose of worship is not merely about changing people’s views, it’s about glorification of the God who changes our very natures.”*  
Tex Sample

## To Your Health



Stressful Social interactions can bring with them biological risks. “Competing in vain for the attention of someone special or fretting over a mid-term exam may not be healthy.” Such are the conclusions of researchers at the UCLA School of Medicine who were found that young, healthy college students who had endured those types of stresses had high concentrations of two inflammation-causing proteins circulating in their blood stream.

A revved-up inflammation system when there’s no infection to fight can has been linked to an increased risk of heart disease, high blood pressure, cancer, and depression.

So, as the song goes, “Don’t worry – be happy.”

*As reported in Science News, “Social Friction Tied to Inflammation”, Nathan Seppa, January 23, 2012 web edition.*

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## New Thermostats

As a reminder about our new programmable thermostats. If it is necessary to raise the temperature kindly follow the instructions posted next to them on the wall. Although they will reset after four hours to their previous setting, try to remember to turn them back down again. And, *please* do **NOT** turn them ‘off’!

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## The Parsonage

The votes on the disposition of our parsonage have been tallied and, as reported at our Annual Meeting, our congregation decided to **sell** that property by a count of **35 to 10**. We have a tentative buyer in the Central Square Volunteer Fire Company. Now that they know that property

is available, their membership will vote whether or not they wish to buy it.

Just so you know, any sale of the parsonage property will be contingent on the agreement that First Baptist Church will forever retain usage of the property up to the line described by the north-facing wall of the parsonage building.

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## Witness Articles

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

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## Valentine Celebration



The plans are set and tickets are selling like hot cakes – but hot cakes are not on the menu for the evening. Mark and Margaret Heitmann are planning a scrumptious meal for all to enjoy. If you haven’t been treated to the culinary skills of the Heitmann family, this is your chance to see what you’ve been missing!

Tickets are **\$5 a person and \$10 per couple**. This is an “adults only” affair. The only catch is that each person is requested to **bring a chocolate dessert to share**, and to be judged by your fellow-revelers.

**Place:** Fellowship Hall

**Date:** Saturday, **February 18<sup>th</sup>**

**Time:** 5:30 for snacks and fellowship  
6:30 dinner begins

Fun and games, including a real karaoke machine, will follow at the conclusion of the meal.

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*My life is not simply a meaningless conglomeration of serendipitous events and unremarkable happenstance. Rather, it is a series of divine appointments with the goal of shaping my character."*

- Kelly James Clark

# AB Women's News



## **Friday, February 3<sup>rd</sup> at 10:30**

Finish roller bandages

## **Sunday, February 26<sup>th</sup>**

Soup-on-Sunday for NYS special project "Break the Chains, Stop the Pain" focusing on violence.

## **Tuesday, March 6<sup>th</sup>**

ABGirls Mission Program

## **April – Date TBA**

Nursing Home visit – date: Grace Fuller

## **May – Date TBA**

Spring Association dinner, Central Square hosting.

## **May, Mother's Day**

Church World Service Blanket & Tools Offering

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## Personal Notes

"Thank you, very much, to each of you for the loving and generous Christmas gift you gave Tanya and me. The love I receive from you is all I could ever ask for; it enriches my life abundantly. Your gift is a tangible symbol of that love, something for which I can never thank you enough.

May God continue to bless you and keep you . . .  
Pastor Bud and Tanya"



## Nursery Needs

Several needs have been identified for our nursery. These needs fit in two general categories: items that can be donated and items that require installation work.

**Please check** with our nursery staff **before** installing any items so they can describe exactly

what they have in mind and where they would like them installed.

## **Desired Donations**

Plastic toy boxes

Any type of toys. If they are electronic, please make sure they work.

Construction paper

Coloring supplies

Washable markers

Rocking chair cushions

CD player

## **Items Needing Installation**

Plastic or rubber-coated hooks for hanging coats

Shelves on the wall closest to the Music Room

Shelves in the bathroom

Electrical outlet safety inserts

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## Ten Commandments of Health

Eat wisely

Drink plentifully [water]

Eliminate thoroughly

Bathe cleanly

Exercise rationally

Accept inevitability

Play enthusiastically

Relax completely

Sleep sufficiently

Check up occasionally

First prescribed to members of Congress by Dr. G.W. Calver in 1928, when they were dying at the rate of twenty per year. It was accompanied by this: "Give 5% of your time to keeping well. You won't have to give 100% getting over being sick."

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## Directory Update

Please update your directory with this new address for Roseann Prouty:

**47 Beaver Way**

**West Monroe, NY 13167**

[phone number unchanged]

## Food Pantry Help

Our Diaconate has been actively helping our community during this time of deep need by delivering non-perishable food items to St. Michael's Downstairs Scotty. They are able to do this because of our generous donations our worshipers drop off in the Pantry Wagon on the first Sunday of every month.

Besides passing on the gratitude of those who operate that Food Bank operation, our Deacons wish to remind us that the need for food assistance remains high. So, please, don't forget to "feed the wagon" on February 5<sup>th</sup>.

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## Men's Dinner

The men of Eastwood Baptist Church are planning a dinner and inviting men from other American Baptist Churches to attend. The date is Tuesday, March 6<sup>th</sup>. The word "planning" above means that the cost, time, agenda, and who to contact for reservations are still in the works – but the date is solid. This is a great opportunity to have a good meal and mingle with other ABC men.

Final details will be in the March Witness. If you would like that information earlier, we will have it posted on our web site under "News Flashes" as soon as we have them.

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## Religious Liberty Scholarship

### ASSOCIATION MISSIONARIES

Our Iroquois Association is helping to sponsor two ABC International Missionaries (IM) missionaries. In case you're not aware, IM has moved from a model where they completely sponsor our missionaries to one where they provide travel expenses and the missionary must raise their salary support.

The missionaries selected by our Association are **Deliris Carrion Rosa who serves in Haiti** and

**Katherine and Wayne Niles, serving in the Democratic Republic of the Congo.**

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## Musical Notes



Our Praise Chorus will be trying different ways of providing music at the beginning of our worship experience. Some you may find you do not like, but the person sitting next to you does. And some you will love while the person behind you does not. But that's how music is and our hope is that the mixture will bring enough joy into our sanctuary that it will help prepare our hearts to be open to the ministry of the Spirit of God.

Our television screen brings many new opportunities to enhance our time of worship by bringing images to stimulate our imagination as we sing from our hearts.

Even so, we all are blessed when someone shares their musical gifts with us. If you give Pastor Bud just a two-week notice of when you would like to sing or play an instrument on Sunday morning, he will make sure it will be in our order of worship.

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## FEBRUARY BIRTHDAYS

14 – Victor Vrooman

28 – Bob Chamberlin

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*"To allow ourselves to become digital chips in an electronic world, isolates in an interdependent universe, women and men out of touch with the life pulse of a living God, indifferent to creation, concerned only with ourselves, and still call ourselves good -- is to mistake the rituals of religion for the sanctifying dimensions of spirituality."*

- Joan Chittister, *The Monastery of the Heart*