FIRST BAPTIST CHURCH COURIER

MARCH 2019 EDITION



OUR STAFF

Rev. Rod Beardsley - Senior Pastor Rev. Phil Lowther—Assistant Pastor Debbie Dine - Secretary

Email: csfbc@zoominternet.net Website: www.csfbc.org

Office Hours:

Monday, Wednesday, & Friday 8-5 Office is closed for lunch from 12:30-1:30 pm

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Live a Life that Matters

Sunday services: 8:20 and 11 am; Sunday School for all ages: 9:45 am

CSFBC MISSION STATEMENT

"Infusing TRUTH to produce selfless followers of God."

PASTOR ROD'S MESSAGE

Happiness

The topic of our sermon series and the title of the book were using as our resource for both our sermons and our small group is Happiness.

I was absolutely shocked to see how much God had to say about it! It's a great series for us to use to regain some of what the world has taken from us and what God wants yet to give us. The fact that this is a universal craving is obvious. It's in God and in all of us made in His image. I liked the quote by Pascal: All men seek happiness. This is without exception. Whatever different means they employ, they all tend to this end. The cause of some going to war, and of others avoiding it, is the same desire in both, attended with different views. The will never takes the least step but to this object. This is the motive of every action of every man, even of those who hang themselves.

Incredible isn't it. That happiness is the motive of our every action! From the time we're just infants, we're innately crave joy and happiness. Jesus actually uses that as a reason to follow him. You realize that His goal for us is to have joy inexpressible and full of glory! (...and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory,... 1 Peter 1:8) How have you been doing at being joyfully happy?

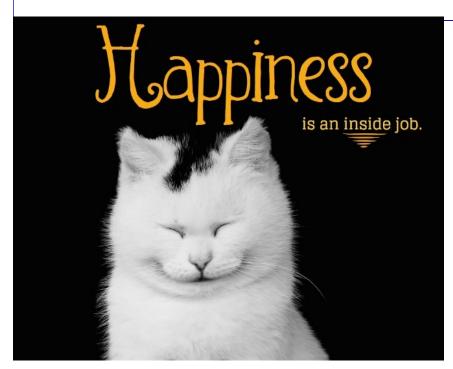
As we mentioned before that even on the cross Jesus could endure all that it meant for the joy set before Him. (...Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame,... Hebrews 12:2) We are willing to undergo great agony for the promise of joy later. It's why James can write to us and tell us to consider painful trials now with joy, because they're purposeful (James 1:2). What are you enduring now that God wants to use in your life to mature you?

You do realize that somethings we go through for someone else's joy. And these things we write, so that our joy may be made complete. 1 John 1:4 Are you involved in completing someone else's joy? Oh yes you are, whether you realize it or not.

Finally, you know that you can trust the Lord to make you to stand blameless and with great joy in His presence someday. (Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy.... Jude 1:24)

This happy joy starts here and now and it's never to end. Which is why we're challenged to: "Delight yourself in the Lord, and he will give you the desires of your heart" Psalm 37:4 Have you given Him the desires of your heart? Why not do that right now.

Because in His presence is fullness of joy, and at your right hand are pleasures forevermore" Psalm 16:11,





PASTOR PHIL'S MESSAGE







Matthew 6:19–21 "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but *lay up for yourselves treasures in heaven*, where neither moth nor rust destroys and where thieves do not break in and steal.

For where your treasure is, there your heart will be also.

"It is true....that he who has God and everything else has no more than he who has God only" - CS Lewis

When was the last time you thought about a treasure? I mean really dreamed about finding something amazing that lay hidden from sight for millennia? As kids, we would dream of unearthing the big find and revealing to all our friends and family that now we could get things that once were not allowed because of budget constraints. (Think Indiana Jones or the Goonies)

Now some people today will tell you that unless you serve for no reward then it doesn't count to help others. This is known as altruism. I must confess that altruism is not real and comes from a philosophy of the middle-ages. Look throughout the Bible and you will not find Jesus speaking of altruism. Jesus doesn't say "Don't worry about treasure just do good." No, He says, "Store up for yourselves treasures in Heaven". We all seek treasure just in different things.

So if we are to store treasures in Heaven, how is this accomplished? Too often we throw ideas around and don't know how to obey commands that God gives us. We must look to God's Word and find out what will last and what will be destroyed. We know that God has given us His Word that will last forever. We don't take possessions with us to heaven in a U-Haul when we die.

So seeking treasure from God is right, godly, and eternally of importance for all believers. We need to see the economy of treasures that will last forever as imminently more valuable than the mere tiddlywinks of possessions in the here and now. We look to the eternal treasures that are found at God's right hand over the fleeting treasures of this world (Hebrews 11:24-26). Like Moses, we need to look to the greater wealth of utmost gain and that is being counted with Christ, even if that means reproach or death. We were created to be satisfied in God alone and nothing else will do.

Storing treasures in heaven means investing in the lives of people who are made in the image of God. Paul in Ephesians (1:18) prays that we may know the "riches of God's inheritance in the saints". We speak of the preciousness of people in our church and community because that is what the Bible speaks of as well. Peter refers to people in Christ as belonging to God (I Peter 2:9). There are only two choices either you belong to God or you belong to this world and Satan (John 8:44). The truth of God's Word reveals whose you are, either you believe God or you go with the devil. We need to see God and live.

This means that finding treasure is doing and living in light of God's goodness to us. We have found Christ to be the greatest Treasure so we give His love in tangible ways to those we meet each day. Jesus found us to be the motivation to endure millions of hells at the cross for the joy of us being with Him forever (Hebrews 12:2). God values you and treasures you! This should be a truth that gets into your heart and amazes you. Jesus sought you at the cost of His own life. May we be astounded at this!

When we see people as God sees them we realize our calling is to love and draw them to the love of our God. We share a cup of water or a meal to show how amazing God is for He is the giver of every good gift (James 1:17). When we serve and realize the treasure all

around us we understand a little bit more of the very heart of God toward our neighbors! God loves people and we are to love them as well. We extend grace and mercy to those in need showing them that repentance from sin and faith in Christ is the only way out of hell.

Eternal reward shows us the way to share His love with even the bitterest enemies of the Cross. We seek to give life in Christ where the world steals and takes from those in darkness. Our concern is for God's love to be offered to those in need so that He will get the treasure of a people who have been bought at the greatest cost, His very Son! Look for ways to treasure people today with His Word!

Pastor Phil



Deacons Devotional

As I often do, I am learning a lot from the message I get from being involved with Youth 3:16. The series we are studying is called "Plugged In" and it is based on the verse, 1 Corinthians 10:31 "Therefore whether you eat or drink or whatever you do, do everything for the glory of God". The main focus is the example of a cellphone. Some Christians are like a cell phone, they are "plugged" into God on Sundays and try to "charge" their spiritual battery and hope that charge can get them though until next Sunday. Instead Christians should be like a lamp, and be plugged into God all the time, letting his light shine.

We can start to do this by first establishing a personal relationship with God. This is done by reading and studying His Word daily and spending time in prayer.

We then need to be involved with other Christians throughout the week. This can be done by going to small groups, attending programs at your church or volunteering at activities your church sponsors. If you are not interested in any your church offers the start a bible study on your own or just have fellow Christians over to your house. You need to be a part of the body of Christ in order to stay plugged in to God.

We also need to move our attitude from self-centered view to an others centered view. We need to give more and take less. We should focus not on what we can get from people, but how we can help others. We need to give God the glory for everything.

The world is full of ways to become unplugged from Jesus, but with a little diligent work and change of attitudes we can be a lamp, plugged into God, and shining His light continually.



How to be nourished by God's Word

The Bible says much about the importance of drawing from its pages the nourishment we need each day (see, for instance, 1 Peter 2:2 and Hebrews 5:12-14). Every verse in Psalm 119, the longest chapter in the Bible, emphasizes the value of not just nibbling on but indulging in God's Word. Here are some tips to nourish ourselves with Scripture:

- 1. Pray about it. See Matthew 5:6 and Psalm 107:9
- 2. **Have the right goal**. Don't read only to acquire knowledge of God's Word or to get through Genesis to Revelation. **Read to be in God's presence.**
- 3. **Keep it simple.** Get in the habit of reading regularly, truly focusing on the text, gleaning bite-sized nuggets to meditate on throughout the day.
- 4. **Be consistent.** Schedule your Bible reading before you schedule anything else.
- 5. **Have a plan.** Pick a reading plan so that you can easily get into each day's reading rhythm.
- 6. **Keep track.** Journaling what you read and insights you gained can help you focus.
- 7. **Go further.** Challenge yourself to **study** the Bible, **memorize** verses and longer passages, **meditate** on God's Word and **apply** it to your life.

When we read the Bible we can expect great things to happen.

Health Ministry

5 Simple Rules for Amazing Health

Following a healthy lifestyle often seems incredibly complicated. Advertisements and experts all around you seem to give conflicting advice. However, leading a healthy life doesn't need to be complicated. To gain optimal health, lose weight and feel better every day, all you need to do is follow these 5 simple rules.

1. Do Not Put Toxic Things Into Your Body

Many things people put in their bodies are downright toxic. Some, such as cigarettes, alcohol and abusive drugs, are also highly addictive, making it hard for people to give them up or avoid them. If you have a problem with one of these substances, then diet and exercise are the least of your worries. While alcohol is fine in moderation for those who can tolerate it, tobacco and abusive drugs are bad for everyone. But an even more common problem today is eating unhealthy, disease-promoting junk foods. If you want to gain optimal health, you need to minimize your consumption of these foods. Probably the single most effective change you can make to improve your diet is to cut back on processed, packaged foods. This can be tough because many of these foods are designed to be extremely tasty and very hard to resist. When it comes to specific ingredients, added sugars are among the worst. These include sucrose and high-fructose corn syrup. Both can wreak havoc on your metabolism when consumed in excess, though some people can tolerate moderate amounts. In addition, it's a good idea to avoid all trans fats, which are found in some types of margarine and packaged baked foods.

SUMMARY You can't be healthy if you keep putting disease-promoting substances into your body. These include tobacco and alcohol, but also certain processed foods and ingredients.

2. Lift Things and Move Around

Using your muscles is extremely important for optimal health. While lifting weights and exercising can certainly help you look better, improving your appearance is really just the tip of the iceberg. You also need to exercise to ensure your body, brain and hormones function optimally. Lifting weights lowers your blood sugar and insulin levels, improves cholesterol and lowers triglycerides. It also raises your levels of testosterone and growth hormones, both associated with improved well-being. What's more, exercise can help reduce depression and your risk of various chronic diseases, such as obesity, type 2 diabetes, heart disease, Alzheimer's and many more. Additionally, exercise may help you lose fat, especially in combination with a healthy diet. It doesn't just burn calories, but also improves your hormone levels and overall body function. Fortunately, there are many ways to exercise. You don't need to go to a gym or own expensive workout equipment. It's possible to exercise for free and in the comfort of your own home. Just do a search on Google or YouTube for "bodyweight workouts" or "calisthenics," for example. Going outside to hike or take a walk is another important thing you should do, especially if you can get some sun while you're at it (for a natural source of vitamin D). Walking is a good choice and a highly underrated form of exercise. The key is to choose something that you enjoy and can stick with in the long run. If you're completely out of shape or have medical problems, it's a good idea to talk to your doctor or a qualified health professional before starting a new training program.

SUMMARY Exercise doesn't just help you look better, it also improves your hormone levels, makes you feel better and reduces your risk of various diseases.

3. Sleep Like a Baby

Sleep is very important for overall health and studies show that sleep deprivation correlates with many diseases, including obesity and heart disease. It's highly recommended to make time for good, quality sleep. If you can't seem to sleep properly, there are several ways you can try to improve it:

Don't drink coffee late in the day.

Try to go to bed and wake up at similar times each day.

Sleep in complete darkness, with no artificial lighting.

Dim the lights in your home a few hours before bedtime

It may also be a good idea to see your doctor. Sleep disorders, such as sleep apnea, are very common and in many cases easily treatable. **SUMMARY** Getting quality sleep can improve your health in more ways than you can imagine. You'll feel better both physically and mentally and lower your risk of various health problems down the line.

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Health article continued from page 5

4. Avoid Excess Stress

A healthy lifestyle involves a wholesome diet, quality sleep and regular exercise. But the way you feel and how you think is also very important. Being stressed all the time is a recipe for disaster. Excess stress can raise **cortisol levels** and severely impair your metabolism. It can increase junk food cravings, fat in your stomach area and raise your risk of various diseases. Studies also show that stress is a significant contributor to depression, which is a massive health problem today. To **reduce stress**, try to simplify your life — exercise, take nature walks, practice deep-breathing techniques and maybe even meditation. If you absolutely cannot handle the burdens of your daily life without becoming overly stressed, consider seeing a counselor. Not only will overcoming your stress

Advice About Healthy Eating Habits
• Eat a variety of healthy eating

- Enjoy plenty of whole grains, fruits and vegetables
- Eat moderate portions
- Maintain a healthy weight]
- Reduce, don't eliminate certain foods
- Balance your food choices over time

Make changes gradually

y Lho

make you healthier, it will also improve your life in other ways. Going through life worried, anxious and never being able to relax and enjoy yourself is a big waste.

SUMMARY Stress can wreak havoc on your health, leading to weight gain and various diseases. There are many ways you can reduce your stress.

5. Nourish Your Body With Real Foods

The simplest and most effective way to eat healthy is to focus on <u>real foods</u>. Choose unprocessed, whole foods that resemble what they looked like in nature. It's best to eat a combination of animals and plants — meat, fish, eggs, vegetables, fruits, nuts, seeds, as well as healthy fats, oils and high-fat dairy products. If you're healthy, lean and active, eating whole, unrefined carbs is absolutely fine. These include potatoes, sweet potatoes, legumes and whole grains such as oats. However, if you're overweight, obese or have shown signs of metabolic issues such as diabetes or metabolic syndrome, then <u>cutting back on major carbohydrate sources</u> can lead to dramatic improvements. People can often lose a lot of weight simply by cutting back on carbohydrates because they subconsciously start eating less. Whatever you do, make an effort to choose whole, unprocessed foods instead of foods that look like they were made in a factory.

SUMMARY Choosing whole, unprocessed foods such as fruits, vegetables, seeds and whole grains is very important for your health.

You Need to Stick With It for Life

It's important to keep in mind that a dieting mindset is a bad idea because it almost never works in the long term. For this reason, it's critical to aim for a <u>lifestyle change</u>. Being healthy is a marathon, not a sprint. It takes time and you need to stick with it for life.

Lenten Schedule 2019

March 6th: Ash Wednesday Lenten Lunch at Church of God ~ Noon

March 13th: Lenten Lunch at St. Anthony's ~ Noon

March 20th: Lenten Lunch at FBC ~ Noon

March 27th: Lenten Lunch at Presbyterian Church ~ Noon

April 3rd: Lenten Lunch at Methodist Church ~ Noon

April 10th: Lenten Lunch at Christian Missionary Alliance ~ Noon

April 14th: Palm Sunday ~ Baptism Service

April 17th: Lenten Lunch at St. Paul's ~ Noon

April 18th: Maundy Thursday Service ~ 7 pm

April 19th: Good Friday Service ~ Noon

April 20th: Egg Hunt ~ 10 am

April 21st: Resurrection Sunday 6:30 am Sunrise Service at Tom and Kay Gage's ~ 7 am Breakfast in All Purpose Room ~ 8:20 Worship ~ 9:45 S.S. ~ 11 Worship

MARCH BIRTHDAY'S AND ANNIVERSIES

1st: Ellie Shearer 30th: Heidi Novosel 5th: Ron Colvin 31st: Cliff Wise

7th: Sue Stoudt Madison Klemm

Ashley Dine

8th: Quinton Burchill
9th: Bob Boylan

9th: Bob Boylan 11th: Lydia Humes

13th: Sandy Mumau

Jackson Brace

Cailian Maddox

14th: Levi Gardner

16th: Darlene Gorske

Dylann Dupont

18th: Lorraine Acklin

20th: Mike Stone

23rd: Kay Gage

Camryn Schmidt
Colton Steudler

26th: Brayden Barnett

27th: Janet Beanland

29th: Dani Schmidt



10th: Doug and Debbie Shearer
12th: Craig and Cindy Billingsley
13th: Don and Esther Closky
19th: Bob and Michelle Wilmoth



1st Service:

3rd: Amy and Cassidy Boylan10th: Angie Mumford and Kalle Kula17th: Fawn Pabon and Paula Steudler

24th: Dani and Cami Schmidt

31st: Debbie Acker and Betsy Mateja

Sunday School:

3rd: Pam Lowther and Dani Schmidt10th: Wendy Gardner and Lydia Sellers

17th: Josh and Emily Mumau24th: Debbie and Jenna Shearer31st: Chris Zirkle and Debbie Dine

2nd Service:

3rd: Darlene Gorske and Emily Cadle
10th: Andi Lundin and Brenda Morrow
17th: Stacie and Aubrey Klemm
24th: Andi and Jillian Risian

31st: Sandy Mumau and Hsiao-Yi Shearer

Garden Room Schedule

Please be sure to call your partner prior to working to confirm. If you are unable to work, please call to switch with someone and notify your partner. If you cannot work or find anyone to switch please call Laura at 398-2507



March

30th:

2nd: Laura Stone and Kris Bancroft
9th: Paula Steudler and Bonnie Boylan
16th: Toni Merritt and Karon Runyan
23rd: Sandy and Heidi Mumau

Laura Stone and Kris Bancroft

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Special Events and Announcements



Sunday March 10th Daylight Savings Time begins Be sure to turn your clocks ahead one hour before bed Saturday evening or you will miss church and another great sermon on Happiness!!!



Tuesday March 5th Prayer Meeting



Parenting Small Group

2nd Fridays of the month

Friday March 8th

7 pm

Lowther Residence



Baptism/Membership classes begin March 10th during the Sunday School hour and will continue each Sunday through March 31st. If you are interested please see Pastor Rod, Pastor Phil or call the office. Baptism service April 14th.



VBS Planning Meeting
March 13th
6 pm
ANYONE interested in helping is en-

couraged to attend!

VBS is June 24-28 2019

Fellowship Family Game Night Saturday March 16th 6 pm



Sunday March 31st

Come and enjoy a pre-release screening of Pilgrims Progress.

6 pm

Book of the Month

ANGELS by Billy Graham

What are your thoughts about angels? There are many places in the Bible where angels are mentioned.

According to Dr. Graham angels are real. He lifts the veil between the visible and the invisible world to give us an eye-opening account of these behind-the-scenes agents. In this book Dr. Graham, with keen insight and conviction affirms that:

-God's invisible hosts are better organized than any of the armies of man-or Satan.

-Angels "think, feel, will and display emotions.

- Angels guide, comfort, and provide for people in the midst of suffering and persecution.

-At death, the faithful will be ushered by angel unto the presence of God.

"The angels are the dispensers and administrators of the divine beneficence toward us; they regard our safety, undertake our defense, direct our ways and exercise a constant solicitude that no evil befall us. John Calvin

"Reading
gives us some
place to go
when we have
to stay where
we are."

Mason Coolev

@K-3TeacherResources.com Free Quote Wednesday

The one thing we are not to do is worship and pray to angels!

SPECIAL PRAYERS

<u>The Grieving:</u> Karon Runyan, Dan Viglione, Jan Cory, Joyce Cory, Nadine Shaffer

<u>Cancer:</u> Karen Held, Larry Haroon, Kelsey McClellan

<u>Health Issues:</u> Emily Williams, **Kim Marzke**, **Misty Hovis**, Julie Brink

<u>Rehabilitating:</u> Janet Wise, Gary Boylan, **Bill Hodge, Jim Acklin Nursing Home:** Paul Kirk, Jean Port, Ralph Batchelor, Judy Klemm

<u>College Students:</u> Austin Jones, Katie Duda, Stephen VanMatre, Cami Schmidt, Neely Colvin, Brenna Rindfuss, Clayton Dingle, Zachary Dingle, Mark VanMatre, Jordan Anderson

<u>Military:</u> Dillon Lang, Keith Bentley, Howard VanMatre, Adam Alm, Jimmy Humes, Gregg Merritt, Wesley Fleischer, Christian Ross

Guidance: Brian & Lynette Smith, Lucas Crowe



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				2 0 1 9	1 Office Open 8:30-5	2 All Purpose Room In Use Pray for Pastor Rod
3 COMMUNION 6 pm Youth 3:16 7 pm Small Group	4 Office Open 8-5 7 pm Trustees	5 7 pm Prayer Meet- ing	6 Office Open 8-5 Noon Lenten Lunch Church of God 3 pm Kids Club	7 6:30 pm Prison Ministry 6:45 pm Ladies Bible Study 7 pm Praise Group	8 Office Open 8:30-5 7 pm Parenting Small Group	9 All Purpose Room in Use
	Pray for Pastor Phil					Pray for Pastor Rod
10Daylight Savings Begins! Blood Pressures Taken 9:45 am Baptism/ Membership class 6 pm Youth 3:16 7 pm Small Group	11 Office Open 8-5 6 pm C.E. Board Pray for	12	13 Office Open 8-5 Noon Lenten Lunch St. Anthony's 3 pm Kids Club Finale 6 pm VBS Planning	14 6:45 pm Ladies Bible Study 7 pm Praise Group	15 Office Open 8:30-5 6 pm All Purpose Room in Use	16 Pray for
	Pastor Phil					Pastor Rod
17Mission Moment Camp Judson 9:45 am Baptism/ Membership class 12:30 pm Mission Committee 6 pm Youth 3:16 7 pm Small Group	18 Office Open 8-5 6:30 pm Deacons Pray for	19	20 Office Open 8-5 Noon Lenten Lunch FBC	6:45 pm Ladies Bible Study 7 pm Praise Group	Office Open 8:30-5	23 6 pm Fellowship Game night Pray for
	Pastor Phil					Pastor Rod
9:45 am Baptism/ Membership class 6 pm Youth 3:16 7 pm Small Group	25 Office Open 8-5 6:30 pm Board Chairmen 7 pm Advisory	26	27 Office Open 8-5 Noon Lenten Lunch Presbyterian	6:45 pm Ladies Bible Study 7 pm Praise Group	29	30 All Purpose Room in Use
	Pray for Pastor Phil					Pray for Pastor Rod
31 9:45 am Baptism/ Membership class 5:30 pm Pilgrims Progress Movie screening						

In The News



student success. The

"A shared vision equals student success."

teachers of Conneaut Valley Elementary have embraced a shared vision that all students can learn and grow regardless of their individual circumstances. When teachers adhere to this philosophy and connect with their students on a daily basis, students are inspired, motivated and take ownership of their learning. This shared vision has resulted in a positive school culture and academic achievement that has been second to none in Crawford County."

Adam is currently serving on our Christian Education Board as Adult Chairperson. He is also in the process of attaining his doctorate.

Camp Judson

Summer Camp: Registration for Summer Camp is open at www.campjudson.com Those who register by April 10th receive \$10 off their overnight camp registration and 1st time campers (and those who invite them) will receive a \$15 credit in the camp store.

Summer Staff Hiring: Camp Judson is in the process of recruiting summer staff and volunteers. They are asking for prayer for this process as we seek to build a summer staff team that will point campers to Jesus. Visit www.campjudson.com/summerstaff to find more information or to apply

Family Forum with Duffy Robbins: We are bringing youth ministry veteran, Duffy Robbins, to Erie for our First Family Forum event. He will be sharing with parents and youth leaders how to better understand today's teens and provide them with what they need to seek to point them to Jesus and help them grow into the adults God created them to be.

Spring Retreats: Our **Crafting Retreats** will be held March 20-22 and March 22-24. They are filling up as they rapidly approach. The **Women's Retreat** May 17-19 will feature speaker Courtney Cherest of One19 ministries.

Spring Volunteer Workday and Alumni & Friends Work Week: The annual Spring Volunteer Workday is Saturday May 4th. Alumni and Friends Work Week is scheduled for May 19-23. Come and join us as we get camp ready for summer by de-winterizing cabins, raking leaves, cleaning trails and vesper sites, wash windows, touch up paint and an assortment of other projects. Meals and lodging are provided, please call (814) 922-3834 to let them know you are coming.

Building the Kingdom Capital Campaign: Please continue to be in prayer as we launch the capital campaign to renovate the pool and dining hall and construct new duplex cabins.

Rally Day: Don't miss our special Rally Day June 15, 2019

70th Celebration of Camp Judson: Saturday August 24th! SAVE THE DATE.