# FIRST BAPTIST CHURCH COURIER

## **NOVEMBER 2019 EDITION**



## **OUR STAFF**

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

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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

# Are you Thankful?

The late Og Mandino used to challenge audiences to consider how wealthy they were, asking rhetorical questions like, "How much would you sell your eyes for? Your arms? Your legs?" He also once stated:

"Count your blessings. Once you realize how valuable you are and how much you have going for you, the smiles will return, the sun will break out, the music will play, and you will finally be able to move forward the life that God intended for you with grace, strength, courage, and confidence."

We are by far the MOST blessed people that have ever lived on planet earth. The conveniences, the abundance of food and the availability of everything that we could ever want or even imagine is not only available but abundant. Yet the fact that we live in a world where depression and suicide are on the increase, reveals a startling truth for those that have ears to hear and a heart to receive it. The Truth is that "things" only can bring very temporary satisfaction.

This was the clarion cry of the 'Preacher' of Ecclesiastes. As a king, he tried some of the very same indulgences that we can enjoy here in America every day. Yet he found out what so many haven't grasped yet, it's all vanity and striving after wind. Until we experience that epiphany, we'll still go after those earthly things that will ultimately fail us and cause us to grasp for yet something else. The may even be good things: great job, perfect home, spectacular spouse, an ethereal experience, wondrous health, helping multitudes of people.... Sorry those won't do it. Listen to the 'Preacher'.

The answer is of course spiritual, which is why nothing here in this life will bring you the joy you seek. Until Jesus is truly your Life, you'll keep seeking that elusive happiness, but you'll never be satisfied, never! Why not admit it to our Savior right now. Only He promised to give abundant life because it's only His to offer. I know you want it. I know He wants to give it.

So I will Bless the LORD, O my soul, And forget none of His benefits; Who pardons all your iniquities....

Read Psalm 103





## PASTOR PHIL'S MESSAGE

### The Boiling Point! By Pastor Phil Lowther

It is often stated, "a watched pot never boils". The pot always seems to boil when you walk away. I remember as a kid often having to clean the stove after I left something there and it boiled over. Boiling is the process of applying power to water until the heat produces bubbles and steam. Boiling-over happens when too much power is pressed into a closed space so hot water or whatever comes out. We see the effects of what power can do when applied to water. What can power do when applied to your life or the world?

Today we see people who often boil over for the wrong reasons. We have seen a rise in the Social Justice Warriors who love a variety of causes and march against social ideas they disagree with. The mantra of the world is much like the Apostle Paul in Thessalonica, "These men have turned the world upside down" (Acts 17:6). When we encounter opposition realize we have not done something wrong but something right. Jesus promised that if He was persecuted we will also suffer for His sake if we follow Him (John 15:20). Jesus' power overcomes the power of darkness rescuing sinners and bringing them through repentance and faith to His Kingdom (Colossians 1:13-14).

Just like Paul encountered false gods called idols we too encounter people today who are spiritual but not worshippers of God. This brings their ideas of God into direct opposition to God himself. When speaking with someone today the first thing needed it to understand what god they believe in or don't believe in. It takes questions and kindness to understand. We need God's Holy Spirit to help us and to cause a dead lifeless heart to respond to the Gospel.

Today more than ever we need to speak up and wake up to reach our friends and neighbors around us. There have been several books written about the collective yawn of the church. We need a wakeup call and as this election shows, the lines are drawn very clearly. There are lives at stake as we see with the issues of abortion, marriage, and freedom to share the Good News of Christ! Look at this verse: Romans 12:11 *Do not be slothful in zeal, be fervent in the Spirit, serve the Lord.* 

God tells us not to be slothful in zeal. We as Christians need to claim opportunities and speak up as we live in a culture that is becoming more rampant to celebrate the wrong and calling it good. To be slothful is to be slow, hesitant, or to be lazy. When was the last time that you spoke to someone about Jesus and told them of all the benefits we have in Christ? Zeal is one of those words we don't use that often but it is hard to replace with one word it means to hasten or hurry to be diligent or eager for something. How often do you hurry to speak about Christ trusting Him with the outcome?

We live in a world that wants to shut-up any followers of Christ. So what are we to do? Fervent (zeontes) is a word that is not used much in a conversation but the word means to boil over or to come to life in. The Holy Spirit and His work is the answer to sluggish slowness to obeying Christ. We should be boiling over in the Holy Spirit. This is not to mean a hyper-emotional state but calls us to serve Christ.

How do we boil over in the Holy Spirit? By serving the Lord in joyful hope, patience in tribulation, constant in prayer (Romans 12:12). If we are truly not to be conformed or pressed into this world's mold, we must follow Jesus with intensity and focus (Romans 12:1-2). Are your eyes fixed on Jesus the Author and Perfecter of our Faith (Hebrews 12:2)? May God help us live lives that boil over with the Gospel, that Christ rescued us from sin and died for us to receive forgiveness and righteousness in His victory!

Live for God's glory! Pastor Phil

## **Deacons Devotional**

### "Who Packed Your Parachute?"

Charles Plumb was a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, 'You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!' 'How in the world did you know that?' Asked Plumb. 'I packed your parachute,' the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, 'I guess it worked!' Plumb assured him, 'It sure did. If your chute hadn't worked, I wouldn't be here today.'

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell-bottom trousers. I wonder how many times I might have seen him and not even said "Good morning, how are you?" Or anything because, you see I was a fighter pilot and he was just a sailor.'

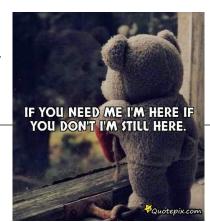
Charles thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb asks his audience, 'Who's packing your parachute?' Everyone has someone who provides what they need to make it through the day. He also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory--- he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason. As you go through this week, this month, this year, recognize people who pack your parachutes.

Thank you to my many friends and family for your part in packing my parachute and don't be afraid to ask me to help pack yours.

Galatians  $6:2 \sim$  Bear one another's burdens, and thereby fulfill the law of Christ.



## Sunday School/Youth 3:16/Kids Club



## **Adult Sunday School Classes:**

Robyn Kovschak ~ 1 & 2 Thessalonians ~ Yahweh Room ~ downstairs

Dan Viglione ~ Men's Issues ~ Bereans Room ~ Behind Kitchen

Pastor Phil ~ Gospel Project ~ Sanctuary

Sunday School for adults is from 10 am till 10:45 am every Sunday. Choose any class that suits your interests.



We made it!!! Six weeks of Kids Club under our belts

81 kids ministered to,

over 400 dinners served.

soooo many dishes done,

Scripture imparted,

wonderful crafts that echoed our Bible point, and

songs that lifted to God that ran through our minds all week ('Stand Strong' anyone?).

None of this could have happened without all of you Whatever role you played, (prayer partner, walker, food service, crew leader etc.) was vital and appreciated, not only by us ~ using your spiritual gifts pleases God! Thank you for sharing your gifts with this ministry!

"As each has received a gift, use it to serve one another, as good stewards of God's varied grace: whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To Him belong glory and dominion forever and ever, Amen" 1 Peter 4:10-11 ESV



#### FIRST BAPTIST CHURCH COURIER

## Health Ministry

#### Is Napping Good or Bad for Your Health? By Brian Krans

Experts say the key questions to napping are why you need the daytime rest and how long you snooze.

- In a recent study, researchers say napping two or three times a week might be good for your heart health.
- Experts say daily napping may be a sign of inadequate nighttime sleep or an underlying health problem.
- One expert says naps should be shorter than 30 minutes or longer than 90 minutes.

Getting an afternoon nap in might be the dream for most working adults and parents who set their young ones down to sleep, hoping to do so themselves. But while young children need to spend the majority of their days asleep, taking a midday slumber as we age may not be as innocuous as it seems. The American Academy of Pediatrics recommends newborns sleep up to 16 hours a day, including naps, but they stop including naps in overall sleep time for children as young as 6 years old. Teenagers should get between 8 to 10 hours of sleep a night. The Centers for Disease Control and Prevention reports that a third of adults in the United States don't get the recommended 7 hours of sleep a night. Getting that every night as an adult seems more like a pipe dream than attainable goal. We often suffer for it later, relying on caffeinated beverages to help us power through our day when we'd rather find a quiet spot in the office to doze off for a minute. From the "I'm just closing my eyes" to crashing long enough that you awake wondering what time and day it is, naps are surprisingly controversial in the medical community. For starters, the need for a nap could signal larger health problems. Among other things, it can mean you're not getting adequate sleep during the night. It can also be a symptom of dementia in older adults. New research published this past week suggests sleep is yet another thing we need with a Goldilocks-like balance, and napping a few times a week to catch up might help stave off cardiovascular-related incidents, such as heart attack.

#### The importance of sleep

Any medical professional will guickly tell you about the importance of getting a good night's rest each and every day.

Our body and mind are configured to need to be powered off for about a third of their existence. Not doing so has a strong connection to many health problems, both mental and physical. Sleep helps us recoup from stress and allows our vital organs time to rest. This is why not getting enough sleep can have a cascade of detrimental effects. For example, <u>previous research</u> has shown people with a genetic predisposition to heart disease can lower those risks by getting the right amount of sleep. However, having too much or too little sleep can put people at risk for heart attack. Why and how is that? Quite frankly, researchers are still in the dark when it comes to how napping plays into our health. None-theless, medical professionals say they have some pretty basic ground rules when it comes to closing your eyes while the sun is still up.

#### Naps and heart health

Yue Leng and Kristine Yaffe, psychiatry professors at the University of California, San Francisco, recently wrote a paper published in <u>BMJ's Heart</u> that addresses the fact that researchers still have more questions than answers when it comes to napping. The biggest challenge, they wrote, is how to define and measure these rest periods. "Are they planned or unplanned? What is the purpose of the naps? Are they taken occasionally when needed or habitually as a cultural practice? Are they taken to compensate for insufficient or poor night-time sleep, or do they indicate underlying ill health?" Leng and Yaffe wrote. They also question whether a 5-minute "dozing off" counts as a nap. "Until we get to the answers to some of these questions, the implications of napping cannot be fully addressed," they wrote. Their comments were in response to the study published this past week. In the study, researchers from the University Hospital of Lausanne in Switzerland used data from 3,462 people without a history of cardiovascular disease enrolled in a Swiss population-based study. They examined how often and how long participants napped per week and what condition their hearts were in later on.

Continued on page 11

### **NOVEMBER BIRTHDAY'S AND ANNIVERSIES**



Heidi Mumau

Cori Schmidt

Kevin Held

22nd: Debbie Brickett

Debbie Shearer

Jim Steudler

23rd: Bill Hodge

24th: Sam Stoudt

26th: Dan Williams

Louise Gamble

27th: Ryan Shaffer

28th: Stacie Klemm

Gene Shearer Alexis LaVan

Paige Billingsley

9th: Blake Boylan

10th: David Oakes

1st:

2nd:

5th:

7th:

11th: Esther Closky

12th: Jen Shaffer

14th: Brenda Morrow

Estela Crowe

15th: Tom Gage, Jr.

16th: Andi Risjan

18th: Alex Wheeler

19th: Stephen LaVan



2nd: Ron and Gina Brace

13th: David and Robin Oakes

15th: Bob and Bonnie Boylan

Ben and Andrea Maddox

17th: Mike and Laura Stone

22nd Bill and Linda Roth



#### 1st Service:

3rd: Fawn Pabon and Paula Steudler

10th: Dani and Cami Schmidt

17th: Debbie Acker and Dayna Burchill

24th: LuAnn Wheeler and Brenda VanMatre

#### **Sunday School:**

3rd: Ken Dine and Paul Sellers

10th: Wendy Gardner and Debbie Dine

17th: Pam Lowther and Lydia Sellers

24th: Josh and Emily Mumau

24th: Andi and Jillian Risjan

#### 2nd Service:

3rd: Darlene Gorske and Robin Oakes10th: Andi Lundin and Brenda Morrow17th: Stacie and Aubrey Klemm

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



#### November

2nd: Laura Stone and Kris Bancroft9th: Nancy Gage and Bonnie Boylan

16th: Toni Merritt/Dana

23rd: Sandy and Heidi Mumau

30th: Closed for Thanksgiving

#### FIRST BAPTIST CHURCH COURIER

## Special Events and Announcements



Tuesday
November 5th
Prayer Meeting
7 pm

Election Day
Tuesday November 5th
7 am till 8 pm





Parenting Small Group
Friday
November 8th 7 pm

@ Lowther's



L.O.V.E. Marriage Small group will meet every 3rd Friday at the Hovis'. The next meeting is Friday November 15th at 6 pm. L.O.V.E. stands for Living Our

Vows Everyday.



Wednesday November 20th 6 pm

Annual Thanksgiving Dinner and Business Meeting

Everyone is welcome to come.

Turkey, Gravy, Table Service and Beverages provided.

Sign up on the Welcome Center for what you will be bringing. Thank you.

**ATTENTION HUNTERS:** Don't be like this guy. Come to the church on **SATURDAY NOVEMBER 30TH AT 4:30 AM** for a filling breakfast before going into the woods.





The Ministerium Christmas Program will be held on Sunday December 8th at 7 pm at the First Baptist Church.

Come and enjoy an evening of worship and singing. Refreshments will follow in the All Purpose Room.

## SPECIAL PRAYERS

The Grieving: Colvin and Yenny Families, Lynn Smith

**Cancer:** Karen Held, Karon Runyan, Chris Peterman

Health Issues: Kim Marzke, Julie Brink, Pete Teed, Rose Cummings

Rehabilitating: Janet Wise, Michelle Wilmoth, Debbie Brickett, Misty Hovis

Nursing Home: Paul Kirk, Ralph Batchelor, Judy Klemm, Bill Hodge

<u>Military:</u> Dillon Lang, Keith Bentley, Howard VanMatre, Adam Alm, Jimmy Humes, Gregg Merritt, Wesley Fleischer, Christian Ross, Austin Shearer, Wyatt Fleischer, Tyler Hauf, Bryce Kirk

**Guidance:** Brian & Lynette Smith, Eugene and Fawn Pabon

<u>College Students:</u> Madison Klemm, Mark VanMatre, Stephen VanMatre, Katie Duda, Jordan Anderson, Neely Colvin, Clayton Dingle, Zachary Dingle, Austin Jones, Jillian Risjan, Cami Schmidt, Cori Schmidt, Ryan Shaffer, Alex Wheeler, Brenna Rindfuss





Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office Open 8:30-5 1/2 day of school CBCA	2 9-Noon Mandated Reporter Training
						Pray for Pastor Rod
3Daylight Savings Ends! Turn clocks Back! COMMUNION 6 pm Youth 3:16 7 pm Small Group	4 Office Open 8-5 1:30 pm Ministeri- um 7 pm Trustees	5 7 am till 8 pm	6 Office Open 8-5 10 am Women's Bible Study	7 6:30 pm Prison Ministry 6 pm Praise Group	8 7 pm Parenting Small Group	9 11-5 All Purpose Room in Use
	Pray for Pastor Phil	7 pm Prayer Meet- ing				Pray for Pastor Rod
10 12:30 pm SS Teacher Mtg. 6 pm Youth 3:16 7 pm Small Group	11 Office Open 8-5 Veteran's Day 6 pm C.E. Board	12	13 Office Open 8-5 10 am Women's Bible Study	14 6 pm Praise Group	15 Office Open 8:30-5 6 pm Marriage Small Group No School CBCA	16
	Pray for Pastor Phil					Pray for Pastor Rod
17 12:30 pm Mission Committee Meet- ing 6 pm Youth 3:16	18 Office Open 8-5 6:30 pm Deacons  Pray for Pastor Phil	19	20 Office Open 8-5 10 am Women's Bible Study 6 pm Thanksgiving Dinner and Business Meeting	21 6 pm Praise Group	22 Office Open 8:30-5	Pray for Pastor Rod
<b>24</b> 6 pm Youth 3:16	25 Office Open 8-5  Pray for Pastor Phil	26	27 Office Open 8-5 10 am Women's Bible Study Noon Advent Lunch Church of God 1/2 day CBCA	28  **Happy **Chanksgiving	29 Office Open 8:30-5 No School Penn- crest and CBCA	30 4:30 AM Hunter's Breakfast Pray for Pastor Rod
<b>NOT</b>	7em	ber	2 0 1 9			

# Health Ministry Continued

Over the next 5 years, researchers noted 155 fatal and nonfatal heart-related medical events among those participants. They saw a significantly lower risk of those events in people who took a nap once or twice a week compared to people who didn't nap at all. That even accounted for people with sleep apnea or who were excessively sleepy during the day. The researchers showed they found no association between how long those naps were and heart-related medical events. Their research builds off a 2015 meta-analysis published by the Sleep Research Society. Researchers at the University of Tokyo in Japan — a culture where napping at work is seen as a sign of hard work — found 11 studies that showed naps and heart health appear to follow a J-shaped curve. That means the risks dip to a certain point but then shoot up later on. The researchers stated that naps less than 30 minutes — commonly referred to as "power naps" — to be beneficial in preventing coronary heart disease, but they seem to have an opposite effect if people snooze for longer than that. That's not to say naps are bad for your heart. Rather, the need for them might mean there's something else going on. The study shows a correlation — meaning things occur together — not causation. Noting it was premature to conclude whether napping was appropriate for maintaining optimal heart health, Leng and Yaffe wrote that the research did "offer some reassurance that the answer is probably more than a simple 'yes' or 'no,' and that we have much more to learn about napping."

#### The experts weigh in

<u>Dr. Anil Rama</u> is the medical director and founder of Kaiser Permanente's tertiary sleep medicine laboratory, adjunct clinical faculty at Stanford University's Center for Sleep Sciences and Medicine in California, and author of the new book "Shut Up and Sleep." Rama told Healthline one key is looking at whether a person's nighttime sleep is healthy and free of things such as arousals, awakenings, disordered breathing, and other issues that prevent a person from getting actual rest, rather than simply being in a bed. "In my opinion, the question of whether napping is healthy or not in terms of duration or frequency is not relevant," Rama said. "The relevant question: Is one's sleep healthy? If so, one would surmise that napping should be healthy." Dr. Sujay Kansagra, a sleep health expert with the mattress store chain Mattress Firm and an associate professor at Duke University Medical Center in North California, says the new study on napping frequency and cardiovascular disease is an interesting one. "[However], like many great studies, it ends up creating more questions than answering them," Kansagra told Healthline. Those include whether it's the napping that helps the heart or if it's because those who have an opportunity to nap actually have less stress. "We know that sleep is vital for maintaining overall health. Sleep is a time where blood pressure and heart rate overall tend to be lower than while you are awake, so [it's] likely playing a role in restoration of the heart," Kansagra said. He says as long as a person doesn't have issues with insomnia, there's nothing wrong with napping. He recommends people nap between 20 to 30 minutes or extend the nap to 90 minutes. "Waking up in between these times may lead to grogginess since the body gets into the deeper stages of sleep during that time," he said. "The nap will still be beneficial, but you may not feel so great right upon waking up." Nate Masterson, head of natural product development for Maple Holistics, says an important part of the new research is that it acknowledges the biggest challenge when it comes to measuring the health effects of naps is determining the underlying reason for the naps themselves. "If you're getting enough good quality sleep throughout the night, you shouldn't be needing to nap during the day," he told Healthline. "That being said, it's important to honor your body's needs, and pushing through fatigue can have an adverse effect on numerous bodily functions, including your cardiovascular health." Basically, if you're tired and have the time, a quick nap isn't the worst thing for you. But you shouldn't ignore why you're so tired in the first place.

### VOLUME 32; ISSUE 11

## This and That!

Can nursery volunteers make a huge impact in children's lives? At first glance, you might not think so. Babies can't recite a memory verse back to you, sing a worship song or tell you what they learned from the lesson. But there is much more going on that can't be seen.

YES...nursery volunteers can make a huge impact in children's lives. In fact, I believe that nursery volunteers have one of the most important

YES...nursery volunteers can make a huge impact in children's lives. In fact, I believe that nursery volunteers have one of the most important roles in children's ministry. The early years of a child's life are the most critical. It's the foundation that shapes a person's life. Research confirms that the first five years are particularly important for the development of a child's brain, and the first three years are the most critical in shaping a child's brain architecture. Early experiences provide the base for the brain's organizational development and functioning throughout life. They have a direct impact on how children develop learning skills as well as social and emotional abilities.

Nursery volunteers can make a huge impact by lovingly holding, hugging and rocking a baby. A child wants to be held and touched from the very first day of life. Touch is one of the strongest communicators of emotions. Studies show that touch is linked to an infant's growth and emotional development. A gentle, affectionate hug reaches the brain through a class of nerve fibers in the skin called c-tactile afferents. Nursery volunteers can model the compassion and love of Jesus by doing this. And when this happens, babies will begin to instinctively know that church is a safe place where they will find comfort, love and security.

Nursery volunteers can make a huge impact by planting early seeds of the Gospel in a baby's heart. Children learn more quickly during their early years than at any other time in life. Whispering to a baby "Jesus loves you," showing a baby a Bible and saying "this is the Bible...it is God's Word" and playing worship lullabies makes an impact that is lasting. It is planting seeds of faith that will grow into a saving knowledge of Jesus when they are older.

**Nursery volunteers can make a huge impact by praying over a baby.** When a volunteer prays over a baby, heaven listens and responds. You can be intentional about this by providing prayer promises that volunteers can pray over the children. This should be a simple prayer that is whispered over the baby while holding him or her.

**Nursery volunteers can make a huge impact by encouraging a baby's parents.** Young parents are looking for support and encouragement. Speak words of encouragement and blessing when they drop off and pick up their child. Let them know you are praying for them and their child and are there to partner with them. Encourage them to participate in baby dedication. When you influence a baby's parents, you influence the future of the baby.

If you serve in the nursery, be encouraged. You are making a huge impact. You are a living example of the old song that reflects the heart of Jesus so well.

Jesus loves the little children...all the children of the world. Red and yellow, black and white, they are precious in His sight. Jesus loves the little children of the world.

Debbie will be making out the 2020 nursery schedule very soon. Please contact the church office you are willing to make a difference in the life of a little one (and their family). 814-398-4243



## Coming in December!!!!

December 1st: 1st Sunday in Advent

December 4th: Advent Lunch Noon at FBC

December 8th: 7 pm Ministerium Christmas Cantata at FBC

December 11th: Advent Lunch Noon at CMA

December 15th: SS Christmas Program 9:45 am

December 18th: Advent Lunch Noon at Presbyterian Church

December 24th: 7 pm Christmas Eve Candlelight Service; 11:30 pm Christmas Eve Communion