

FIRST BAPTIST CHURCH COURIER

DECEMBER 2019 EDITION



OUR STAFF

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Rev. Phil Lowther—Assistant Pastor

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Office Hours:

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

IN THIS ISSUE:

Pastor Rod's Message	2
Pastor Phil's Message	3
Deacon's Devotional	4
Christian Education	5
Health Ministry	6
B/days, Anniversaries, Ministries	7
Special Events and Announcements	8
Special Prayers,	9
Calendar	10
Health Ministry Continued	11



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

Help! It's Christmas!

Barb's already on the countdown towards Christmas. She doesn't know how everything's going to get done. I'm there too.

Now, as if all that goes on with Christmas isn't enough, there's impeachment and immigration, there's whatever the economy is doing, there's a world of craziness and destruction (someone's always blowing up something or killing someone), and there's our relationship issues of who's mad at who, and who can forget the guilt we all carry over all the stuff you wanted (promised) to get done, and then there are always those new aches and symptoms that cause us to wonder, "Should I get an appointment with the doctor",... Wow, now I think I'm getting depressed. Despair at Christmas is a very real issue. It almost seems like a logical conclusion to all the pressures of life that are then added to the pressures of Christmas preparations!

Paul spoke of that pressure and the temptation to despair. But we have this treasure in earthen vessels, that the surpassing greatness of the power may be of God and not from ourselves; *we are* afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed;... 2 Corinthians 4:7-

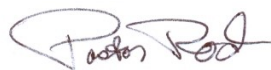
But God's given us a way of escape (as He promised in 1 Corinthians 10:13). The remedy is simple. It's called Advent! For almost 2000 years now God has been reminding us of His RESCUING us. Both His Promised Coming as a Savior born to die for our sin and His Promised Second Coming as our Exalted Lord. Advent allows us a season of focus. The focus is on Jesus. I can guarantee that if He is your focus, you won't be depressed or "lose it" this Christmas. When the focus of Christmas, Jesus, fades away and we get transfixed on stuff, it's then that we forget that the "good news" was the reason He came.

How sad it is when the bad news becomes the focus of our little world. That will always depress anyone. Use this Advent season to refocus on the Good News, Jesus' love and redemption! Here are some specifics: one night every week during the weeks of Advent spend family time around a passage of Scripture (Luke 1:26- or Philippians 2:1-11). Perhaps take an Advent theme (love, joy, hope....) and have everyone look up a verse and discuss it, and how it fits into their life and your family. Make and decorate cookies for someone. Particularly think of reaching out to someone that you 'normally' might not do something for. Reach out to someone in the nursing home or someone you haven't seen for a while (someone that you've wondered or asked, "How they are doing?"). There are so many other options for keeping focus, including daily prayer and Bible study. Of course church services, both community and otherwise and don't forget our every Wednesday Advent lunches. Look for opportunities to enjoy the extra ministries that are available during this holy season.

Allow me to add one more thought: Paul spoke of this 'treasure' in an earthen vessel. God could've given us bodies impervious to pain and depression, but He didn't, why? So that the power to get through would be of God and not from my own ability. God never intended for you to do this on your own, you can't, you aren't supposed to. No wonder people are depressed?

2- Realize it's going to be hard, even overwhelming! We can get afflicted in every way, perplexed, persecuted, and struck down. That's what Paul experienced. You might too. In fact, why not plan on it. BUT also avail yourself to God's power and strength to see you through, because He wants you trusting in Him alone and nothing else. Turn the season over to Him right now, and enjoy it, instead of dreading it!

Enjoying the season with my eyes fixed on Jesus,




MERRY CHRISTMAS

PASTOR PHIL'S MESSAGE

Isaiah 11:10 *In that day the root of Jesse, who shall stand as a signal for the peoples—of him shall the nations inquire, and his resting place shall be glorious. (ESV)*

Growing up my brothers and I would get the toy catalogs and start dreaming. What would we do if we could get every toy that we wanted? While our dreams were big often my parents' budget was less than our imagined wish list. We all have wish lists that often are bigger than what we can afford or even get. While we may not wish for toys anymore we as adults would love to see peace on earth and goodwill towards mankind.

Israel also was under the thumb of the Roman Emperor. It was around 70 years before Christ came that the corruption and infighting of the Jewish leaders lead Israel to ask for help restoring peace and order. The Romans were happy to oblige with the authority and power of an iron fist. Israel could not govern itself, we too cannot govern ourselves without help but we need to look to the source of wisdom.

In Isaiah 11 we see that Jesus is referred to as the “root of Jesse”. This word root means source or foundation. When we think of authority as in assumed power but the author of creation, God Himself is the source of our existence and therefore our complete author. Jesus existed before time and from eternity always was and is. Jesus is the root of Jesse and the root of Christmas in three different ways.

The first way Jesus is the root of Christmas is that He warns us when our hearts are chasing after other gods. Look at this passage in Deuteronomy 29, we must be wary of our hearts growing cold and bitter toward God this happens when we chase things rather than cultivating time with Christ and His Word. Look for ways to read the Bible this Christmas time.

Deuteronomy 29:18 *Beware lest there be among you a man or woman or clan or tribe whose heart is turning away today from the LORD our God to go and serve the gods of those nations. Beware lest there be among you a root bearing poisonous and bitter fruit, (ESV)*

The second way we see Jesus as the root of Christmas is that He is the root and tree that we have been grafted in so our life must be found completely in His life. Romans 11 details our humility and His power. We need to find ways to make much of Christ in all we do this Christmas. That is why we exist and move and have our being.

Finally, Jesus is the root of Christmas because He brings light by sending us His Holy Spirit. Isaiah 11 speaks of the resting or dwelling of the Holy Spirit upon Jesus in Wisdom and power. We need wisdom in this crazy world so He sends us not a messenger but God himself with us and for us to transform us more and more into the image of Christ.

May this Christmas find us more in love with Jesus and more empowered to live in His joy and thanksgiving than ever before. He is the root and author of each of our stories!

Pastor Phil



Deacons Devotional

Isn't hard to believe that 2019 is nearing an end? What a year it has been! Maybe a new start in a new year is what we need individuals and as a nation. How much farther can we fall away from the Truth?

Genders are now treated as something a person can determine for themselves. No longer boys or girls, I've lost track of the number of different identities one can choose from. And if you don't agree, you'll be called all kinds of names. Abortion up to birth is being pushed. How long until after-birth abortions are allowed? Deliver your child and if baby doesn't meet your criteria, end it's life and try again. As a church we had to stand with the Lord's teachings against our own denomination. Sad stuff!!! How bad was it in the days of Noah? Think we're close?

If you put your hope in the things of this world, you won't find any. But, GOOD NEWS! Jesus is our hope! As we prepare to celebrate His birth this month, let us focus on the hope God provided us through His Son. Not only did HE sacrifice His life for us, He left the perfection of heaven to come to a world full of us sinners. I don't think we will fully understand the sacrifice of leaving heaven until we stand with Him there, to those who believe and receive.

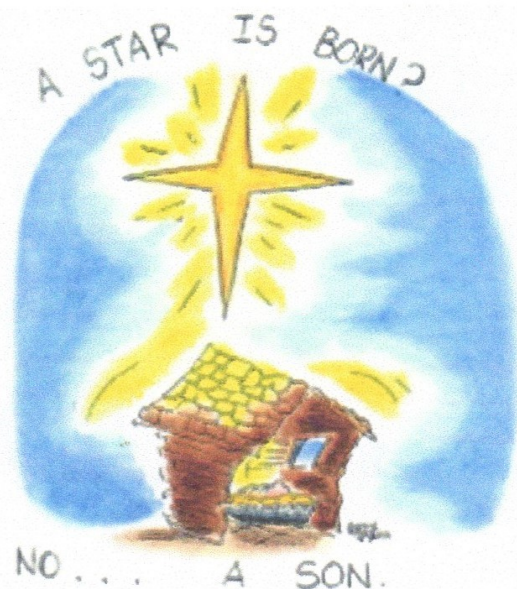
But praise be to God, HE had an amazing plan to redeem lost souls. HE sent Jesus in the form of a helpless baby, Who lived a sinless life and then gave it all for people the likes of you and me. And Jesus told us there was only one way to come to the Father and it was through Him.

As God looks upon the ugliness of our world today, HE still offers that same hope to those who are caught up in the lies of satan. Salvation is still available to those who seek Him. Hope is still alive!

How about we end this year with willingness to be lead by the Lord to those in desperate need of finding Jesus? Oh, and that would be a good way to begin 2020! We can't imagine how hard life must be these days for people without true hope. So, instead of spreading cheer this Christmas, let us spread the Good News that "unto you is born this day in the city of David a Savior, who is Christ the Lord."

Jesus is the reason for the season!

From the Deacon Board: May your celebration of Jesus' birth fill you with renewed awe as you focus on the hope we find only in Him.



Sunday School/Youth 3:16/Kids Club

Sunday School December Schedule:

- December 1st: Winter quarter lesson one
- December 8th: Christmas program rehearsal day
- December 15th: Christmas program
- December 22nd: Christmas lesson and class parties
- December 29th: Winter quarter lesson two



Y 3:16 Schedule for 2019

Friday Nov. 29th: 6 pm Hanging of the Greens. Join us to help decorate the church to celebrate the birth of our risen Savior!

Sunday Dec. 1st: Cookie decorating during Youth Group! Please bring your favorite sprinkle, dragee, or sanding sugar ~ we'll provide the cookies and frosting. These cookies will be donated to our town's tree lighting celebration next week!

Friday Dec. 6th: 6—8 pm at the CS Fire Hall ~ We are again helping with our town's tree lighting celebration. Please dress for the weather as we will not only help at the fire hall but also travel to Marcy Park to hear the Christmas message from our own Pastor Phil, sing carols, and usher our very favorite Santa (way to go Larry!) into town on a fire truck. PLEASE MEET AT THE FIRE HALL AT 6PM!

Sunday Dec. 8th: Ministerium Christmas Program at FBC. We will have a shortened youth group time in order to attend the Christmas program at 7 pm.

Sunday Dec. 15th: Youth group Christmas Party!!!

We will be eating dinner at the party so come hungry. We will be having a white elephant gift exchange. \$5 or less gift value. It may be something "regifted" or simply found at your home, but it may not be food! Be creative this is all about having a grand time. We always have extra gifts for those who have forgotten their gift, so everyone should be able to play!

Sunday Dec. 22nd and 29th: No Youth Group! Enjoy your holidays!

Sunday Jan. 5th: First youth group of the new year, invite a friend to join you.

We may also be ringing the bell for the Salvation Army. Stay tuned for date and times!

WHAT CHRISTMAS IS ALL ABOUT



And, lo, the angel of the Lord came upon them... And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord.



LUKE 2:9-11

Health Ministry

How Can You Tell If You're Dehydrated?

Overview

Dehydration happens when you don't get enough water. Your body is almost 60 percent water. You need water for breathing, digestion, and every basic bodily function. You can lose water quickly by sweating too much on a hot day or by exercising a lot. Your body also loses water through too much urination. You can get dehydrated if you have a fever, are vomiting, or have diarrhea. Dehydration can be serious. Fortunately, there are several ways to tell if you're dehydrated. You might have symptoms even with a little water loss. Being dehydrated by even 1 or 2 percent can cause signs and symptoms. Let's take a closer look at the indicators.

1. Skin

Your skin loses water by sweating when it's hot. You also lose moisture through skin in cooler weather because the air is drier. Check your skin for signs of dehydration such as: roughness or flaking ~ flushing or redness ~ cracked skin or lips ~ cold or clammy skin ~ tightening or shrinking (less plump skin)

2. Breath

Your mouth and tongue may feel dry or sticky when you're dehydrated. You might also have bad breath. Your body needs plenty of water to make saliva or spit. When you're dehydrated, you have less saliva. This causes more bacteria to grow in your mouth. Brushing your teeth and drinking plenty of water helps to get rid of odor-causing bacteria.

3. Urine

You may be able to tell if you're dehydrated by looking at your urine. Dark yellow to amber urine means you may have mild to severe dehydration. You can usually tell you have healthy hydration levels if your urine is very light in color. You may also urinate less than normal when dehydrated.

4. Constipation

Dehydration can cause or worsen constipation. You may have difficult or fewer bowel movements if you're not getting enough water. Your stool may look dry or like small lumps. Water is needed to help digest food and move waste along your digestive tract. Drink plenty of water to stay regular.

5. Thirst and hunger

Thirst is a sign your body needs more water. You may also feel hungrier when you're dehydrated. A medical review found that adults who were dehydrated often had a higher body weight. More research is needed on the link between dehydration and hunger. Getting plenty of water may help reduce food cravings. Adults who weigh more also need more water to stay hydrated.

6. Blood pressure

About 55 percent of your blood is liquid. Water loss can lower your blood volume and affect blood pressure. The American Heart Association lists dehydration as a cause of low blood pressure. Drinking water helps balance blood pressure.

7. Tiredness

Medical research shows that dehydration can make you feel tired even when you're rested. Men in a study on dehydration reported they felt fatigue, lethargy, and tiredness. These symptoms may be due to low blood pressure caused by dehydration. Being properly hydrated helps raise energy levels.

8. Headache

You may have a headache even if you're mildly dehydrated. A study found that women being just 1.36 percent dehydrated triggered headaches. Headache pain may be linked to low blood pressure due to water loss. Drinking water may help raise blood pressure and ease symptoms.

9. Nausea

Dehydration can cause nausea and dizziness. The nausea may lead to vomiting. This makes you lose even more water, worsening symptoms. Nausea may also be linked to low blood pressure caused by dehydration.

DECEMBER BIRTHDAY'S AND ANNIVERSIES



30th: Hannah Pabon
 31st: Teresa Findlay
 Samantha LaVan
 Robin Oakes

1st: Bill VanMatre III
 3rd: Christian Beers
 4th: Mary Manross
 5th: Andi Lundin
 6th: Damarius Olsen
 8th: Keith Held
 9th: Mason Zimmerman
 11th: Paula Steudler
 12th: Brian Crowl
 15th: Brenda Beers
 16th: Brenna Rindfuss
 Michael Held
 20th: Travis Porter
 25th: Annette Walczak
 27th: Amy Boylan
 28th: Ricky Smith



15th: Terry and Renee Terrill
 Tom and Tenae Gage
 17th: Pastor Rod and Barb Beardsley
 21st: Tony and Judy Jardina

Nursery

1st Service:

1st: Karen Burchill and Missy Zimmerman
 8th: Gina Brace and Tenae Terrill
 15th: Carol Thumm and Teresa Findlay
 22nd: Marilyn Dine and Chris Zirkle
 29th: Cindy Billingsley and Brenda Beers

Sunday School:

1st: Debbie Shearer and Jenna Dudenhoefer
 8th: Debbie Dine and Karen Joslin
 15th: Ken Dine and Paul Sellers
 22nd: Wendy Gardner and Chris Zirkle
 29th: Pam Lowther and Lydia Sellers

2nd Service:

1st: Sandy Mumau and
 8th: Robyn Kovschak and Jenn Howell
 15th: Kristin Held and Barb Beardsley
 22nd: Darlene Gorske and
 29th: Andi Lundin and Brenda Morrow

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



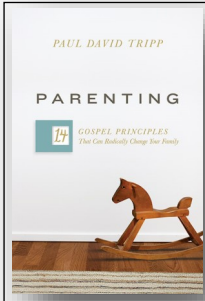
December

7th: Paula Steudler and Bonnie Boylan
 14th: Toni Merritt and Karon Runyan
 21st: Sandy and Heidi Mumau
 28th: Closed for Christmas and New Year's

Special Events and Announcements



Tuesday
December 3rd
Prayer Meeting
7 pm



**Parenting Small Group
Christmas Party
Friday
December 13th 7 pm
@ Lowther's**



**L.O.V.E. Marriage Small group
will meet every 3rd Friday at
the Hovis'. The next meeting is
Friday December 20th at 6 pm.
L.O.V.E. stands for Living Our**

Vows Everyday.



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.



A Service of Remembrance will be held on Wednesday December 11th at 7 pm for anyone wishing to participate and remember a lost loved one.

Christmas Eve Candlelight Service will be at 7 pm Tuesday December 24th. There will be a Communion Service at 11:30 pm that same evening.



SPECIAL PRAYERS

The Grieving: Colvin and Yenny Families, Lynn Smith

Cancer: Karen Held, Karon Runyan, Chris Peterman

Health Issues: Kim Marzke, Julie Brink, **Brian Smith, Bryce Kania**

Rehabilitating: Janet Wise, Michelle Wilmoth, Debbie Brickett, Misty Hovis, **Jan Cory**

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

Military: 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

College Students: 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

Expectant Moms: Emily Mumau and Rachelle Held



Ministerium
Advent Lunches

Advent
Celebrate the Coming King


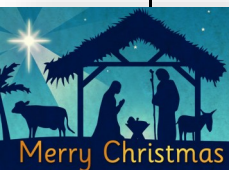
December 4th Church of God

December 11th Christian Missionary Alliance Church

December 18th Presbyterian Church

All services start at noon with a short message/devotion followed by a soup luncheon.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				2 0 1 9		
1 1st Advent Sunday COMMUNION	2 Office Open 8-5 7 pm Trustees No School Pray for Pastor Phil	3 7 pm Prayer Meeting	4 Office Open 8-5 Noon Advent Lunch Church of God	5 6 pm Praise Group 6:30 pm Prison Ministry 7 pm Christmas Choir	6 Office Open 8:30-5	7 Pray for Pastor Rod
8 2nd Advent Sunday 9:45 am SS Christmas Program Rehearsal 7 pm Ministerium Christmas FBC	9 Office Open 8-5 6 pm CE Board 6 pm Deacons Pray for Pastor Phil	10	11 Office Open 8-5 Noon Advent Lunch at CMA 7 pm Service of Remembrance	12 6 pm Praise Group 7 pm Christmas Choir	13 Office Open 8:30-5 7 pm Parenting Group Christmas	14 All Purpose Room in Use Pray for Pastor Rod
15 3rd Advent Sunday 9:45 am SS Christmas Program	16 Office Open 8-5 Pray for Pastor Phil	17	18 Office Open 8-5 Noon Advent Lunch Presbyterian	19 6 pm Praise Group 7 pm Christmas Choir	20 Office Open 8:30-5	21 Pray for Pastor Phil
22 4th Sunday in Advent First Day of Winter	23 Office Open 8-5 No School Pray for Pastor Phil	24 No School 2 pm All Purpose Room in Use 7 pm Christmas Eve Candlelight Service 11:30 pm Christmas Communion	25 Merry Christmas  Merry Christmas	27 No School	26 Office Open 8:30-5 No School	28 Pray for Pastor Phil
29	30 Office Open 8-5 Pray for Pastor Phil	31				

Health Ministry

10. Fainting

Severe dehydration can lead to fainting. You may feel lightheaded or faint when you stand up suddenly after sitting or lying down. These symptoms may happen when dehydration lowers your blood volume and blood pressure.

11. Heart effects

Dehydration can lead to a pounding heart. A fast heartbeat and quick breathing may be a sign of severe dehydration. Water loss leads to lower blood volume. This makes the heart work harder to move blood throughout your body. Getting hydrated raises blood volume and returns your heart rate to normal.

12. Brain function

Your brain is more than 70 percent water. Research on men in their 20s found that dehydration slows some types of brain function. It can affect alertness, concentration and memory. Study participants made more mistakes on vision and memory tests when they were dehydrated. Another study showed that even slight dehydration can cause driving mistakes. This includes drifting across lanes and slowed reaction time while braking. The results found that driving while dehydrated can worsen driving skills as much as if you were at the legal alcohol limit (0.08 percent in the United States), or if you were driving while sleep deprived.

13. Pain

Medical research found that dehydration may make your brain more sensitive to pain. Men in the study showed more pain activity in the brain when they were dehydrated than when they were given plenty of water to drink.

14. Mood

Studies on both men and women found that dehydration made individuals feel anxious, tense, or depressed. Adults reported their mood was lower. Tasks seemed more difficult when they were dehydrated. Mood changes, such as confusion or irritability, are signs of serious dehydration.

Symptoms in babies and toddlers

Babies and toddlers can lose water quickly because of their small size. Signs your baby may be dehydrated include:

- a diaper that's been dry for three hours or longer
- crying without tears
- unusual sleepiness or drowsiness
- fussiness
- dry mouth

high fever

The takeaway

In most cases, you can treat dehydration by simply drinking more water. See your doctor if you think your dehydration may be due to an illness or a medication. Get urgent medical help if you have symptoms of severe dehydration. These include:

- stomach cramping
- fainting or seizures
- low blood pressure
- heatstroke

delirium or hallucinations



Jesus

IS THE GREATEST GIFT

FOR UNTO US A CHILD IS BORN,
UNTO US A SON IS GIVEN...
AND HIS NAME SHALL BE CALLED
WONDERFUL, COUNSELLOR, THE MIGHTY GOD,
THE EVERLASTING FATHER,
THE PRINCE OF PEACE.

ISAIAH 9:6 KJV

dayspring.com

**Merry Christmas from
First Baptist Church of Cambridge Springs**