

FIRST BAPTIST CHURCH COURIER

OCTOBER 2020 EDITION



OUR STAFF

Rev. Rod Beardsley - Senior Pastor

Debbie Dine - Secretary

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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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To every thing
there is a season,
and a time to every purpose
under the heaven

Ecclesiastes 3:1

Live a Life that Matters

Sunday services: 8:45 and 11 am; Sunday School for all ages: 10 am

CSFBC MISSION STATEMENT

“Infusing TRUTH to produce selfless followers of God.”

PASTOR ROD'S MESSAGE

Unbelievable!!!

I read this and thought I need this for the newsletter:

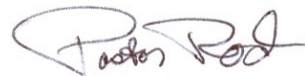
I can only imagine how we would have responded in 2019 if someone had told us we needed to be prepared not to gather in-person in worship services for several weeks/months in 2020. Indeed, if we had been given a glimpse of this crazy year ahead of time, we would have thought the world had gone crazy. It probably has.

Look at these sentences we hear in churches today. We could have never predicted them.

1. **“We need to decide if we are going to require masks in church.”** If I had heard this sentence would be common in churches, I probably would have wondered if we are having mandatory costume parties in 2020. With the different masks used today, maybe we are.
 2. **“We can’t take the offering anymore.”** Really? I think many leaders would have freaked out if they heard financial support would become dependent on digital giving. Probably many more would have been surprised how many members were willing to move to digital giving.
 3. **“We can no longer have the stand and greet time.”** This issue was contentious in many churches before 2020. While many churches held tenaciously to this tradition, it was fading overall. But, imagine if we outright banned it in churches. That has happened for the most part. In case you’re wondering, I’m really okay with this development.
 4. **“We need to measure our streaming views over 30 seconds.”** For sure, a few churches were doing live streaming services prior to 2020, but they were a distinct minority in number. I don’t think any of us anticipated that streaming views would become a common church metric.
 5. **“We need to arrange our worship center seating to accommodate social distancing.”** Prior to 2020, I would have thought social distancing was only something we introverts practiced. Now it is something church leaders plan on a regular basis.
- “We will no longer visit church members in the hospital.”** This development in 2020 is painful both to those confined to the hospital and to those in the church who really want to care for these members. It is indeed one of the tragedies of the pandemic. (-stolen and adapted from Tom Rainer)

We could add other phrases too. This has been the TOUGHEST thing that I’ve dealt with in 40 years of ministry (and I’ve frankly been through the mill). We’ve been through stuff that had people leave the church literally cursing. I’ve watched the church nearly explode and then implode, but we walked with the Lord through it all.

Yet this situation is unique. And I’m not entirely sure ‘why’. One of the most perplexing things for me is how many sincere, true Christians are on diametrically opposite sides of the current issues. I’m talking authentic faith people, whose goal is to walk with the Lord and be His light to the world. I think one person’s question put it best, “Would the Holy Spirit tell me one thing and tell someone else in the congregation the exact opposite?” This was specifically in regard to whether a person should wear a mask or not. And of course the answer is patently obvious. We’ll address it in church this next month.




DEACONS CORNER

Election Time Prayers

We as a nation and individuals need to prepare for our awesome God-given right to vote. We need to spend time with our Creator pleading for our nation. We need to ask Him to change our minds and hearts to do His will as we cast that ballot.

1. Ask for His forgiveness!

“Righteousness exalts a nation, but sin condemns any people.” Proverbs 14:34

Lord, please forgive us and lead our nation. Show us how to love you and our neighbors.

2. Be a humble follower of Christ.

“Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God.” Romans 13:1

Lord, please keep me humble in mind, body and soul. You alone are the Creator God, knowing all. May I see this election not as a win or loss, but as your divine will. May the outcome of the election be seen as Your will, not ours. Give us your grace and mercy to respond to the outcome with praise and thanksgiving for You are in control.

3. Pray for the election.

“I urge, then, first of all that petitions, prayers, intercessions and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.” 1 Timothy 2:1-2

Lord, please help me to honor You with my vote. I seek only that which is your will. You place the rulers of this world and may Your will be done.

4. Pray for our people.

“Remind the people to be subject to the rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate and always to be gentle toward everyone.” Titus 3:1-2

God, only Your Spirit can change the hearts of our nation. We desire peace with You and with one another. If disagreement comes may we agree to disagree and remain respectful and humble. Grant Your wisdom and truth to our leaders and to all who cast a vote. In the name of Jesus, Amen.

Pray, then cast your vote. It's the right thing to do!

★PRAY★

ENGAGE

★VOTE★

HEALTH MINISTRY



Is Walking After Eating Good for You?

Written by [Daniel Preiato, RD, CSCS](#) on July 13, 2020

The positive effects of exercise on health have been proven time and time again. In recent years, a growing trend in the health and fitness community has been to take a short walk after each meal to yield various health benefits. This article reviews the specific health effects of walking after eating, including suggestions on timing and duration.

Potential benefits

[Exercise](#) is associated with many positive health benefits. This includes walking after eating, which has some unique benefits of its own.

May improve digestion

A major potential benefit associated with walking after eating is [improved digestion](#). Body movement can aid your digestion by promoting stimulation of the stomach and intestines, causing food to move through more rapidly. In addition, low to moderate physical activity after eating may have a protective effect on the gastrointestinal (GI) tract. In fact, it's been shown to prevent diseases like peptic ulcers, heartburn, irritable bowel syndrome (IBS), diverticular disease, constipation, and colorectal cancer.

May help manage blood sugar levels

Another notable benefit of walking after eating is [improved blood sugar](#) management. This is particularly important for people with type 1 and 2 diabetes — conditions that impair blood sugar processing — because exercising after eating may prevent excessive spikes in blood sugar, thus reducing the amount of insulin or oral medications required. A 2016 study in people with type 2 diabetes found that light walking for 10 minutes after each meal was superior to walking for 30 minutes at any one time for blood sugar management. While post-meal exercise is particularly impactful for those with diabetes, others can benefit from its blood-sugar-lowering effects as well.

May reduce heart disease risk

For decades, physical activity has been linked to [heart health](#). More specifically, regular exercise may lower your blood pressure and LDL (bad) cholesterol, while also reducing your risk of a stroke or heart attack. One study suggests that several small bouts of exercise throughout the day may be superior to one continuous bout of exercise for lowering blood triglycerides, a risk factor for heart disease. You can mimic this pattern by taking 5- to 10-minute walks following your main meals throughout the day. The U.S. Department of Health and Human Services (DHHS) recommends 30 minutes of moderate-intensity exercise at least 5 days per week, and simply by completing three 10-minute walks per day following meals, you can easily meet this guideline.

May promote weight loss

It's well known that exercise plays a major role in [weight loss](#) in combination with a proper diet. To promote weight loss, you must be in a calorie deficit, meaning that you burn more calories than you take in. Walking after meals could bring you closer to reaching a calorie deficit that — if consistently maintained — can aid in weight loss. That said, more data is needed to determine the specific effects of walking after meals on weight loss. **Continued on page 5**

Christian Education Board

As you all know, this has been a very trying year for all of us due to the pandemic. We in the CE Board are very excited to get back into Sunday School. We discussed how to safely hold classes for all ages. We decided to ask all classes for kids 12th grade and under to wear masks while the adult class will alternate mask wearing corresponding with what is going on during church service that week. We implemented social distancing to the best of our ability by taking the tables out of classrooms, facing all chairs in the same direction, and providing each child with their own lap desk and bag of supplies to use each week. Ken Dine will sanitize after class each Sunday. With all this in place, our first day of Sunday School went off without a hitch. Thank you to everyone involved with helping make this possible! Along those lines, please look forward to Youth Group starting up again soon. More information to come.

We also discussed continuing the Children's Moment until we can transition this into Children's Church at some future date. Anyone wanting to serve the Lord by volunteering for this important mission please speak with Debbie Baer.

Cambridge Springs Borough has decided to have Trick-or-Treat this year, and we will be handing out tracts and treats as usual, but there will not be any refreshments under the tent as in year past to cut down on large groups. There will still be plenty of opportunity to spread God's Word and love to our community though!

Lastly, we are still looking for replacements for three vacant positions on the CE Board. Please be in prayer that we can find just the right person for each of these positions.



Health Ministry continued

May help regulate blood pressure

Walking after meals may also help [regulate blood pressure](#) to a certain extent. Several studies associate 3 daily 10-minute walks with reduced blood pressure levels. What's more, several 10-minute walks throughout the day appear to be more beneficial for lowering blood pressure than one continuous session. Another study in sedentary individuals found that starting a walking program can reduce systolic blood pressure by as much as 13%, or about 21 points. Based on current data, participating in walks after meals might have a potent blood-pressure-lowering effect.

SUMMARY

The benefits of walking after meals are plentiful and include improved digestion, heart health, blood sugar management, weight loss, and regulated blood pressure.

While walking after meals has few downsides, some may experience an upset stomach. Hence, it may be helpful to keep the intensity and duration of your post-meal walks low when starting out.

All True Christian Must Vote

At times, Christians are tempted to despair, wondering if it's even worth voting, if the politicians and the programs offered are even worth engaging. Some wonder if, by voting, they are usurping the sovereignty of a God who works through the affairs of men to put in power whom he will (Romans 13:1; Daniel 2:21; Psalm 75:7).

I understand the temptation toward disengagement in the voting process, but I believe every Christian should vote:

1. We should vote out of love for neighbor.

The prophet Jeremiah told the Jewish exiles in pagan Babylon to “seek the welfare of their city” by building, planting, creating and cultivating. This was difficult instruction for the people of God, thrust into a culture where their way of life and their values were out of step with those around them.

Thankfully, many evangelicals are beginning to see their surroundings, not as the Promised Land, but as Babylon, as a mission field, as a place where God has called them to reflect, in part, the coming Kingdom of God. Jesus told us that we should love our neighbor as ourselves—how can we love our neighbor, how can we seek the welfare of our cities, if we sheepishly abdicate the opportunity to choose the people who lead us? How can we love our neighbor if we ignore the policies and structures that affect him?

2. We should vote because God has given us a stewardship for which we will be held accountable.

In a representative republic like the United States, citizens are given a share of power—we are tasked with electing our local, state, and national leaders. This isn't a perfect system and history has shown that even in a great country like the United States, the system can at times be gamed and manipulated. And even the best politicians often pander to the worst fears and base instincts of the people in order to win their vote. But this is the system we have.

In Romans 13, Paul reminds us that all civil authority is granted by God (Rom. 13:1-7). This power to vote—this is a God-given divestment of authority to the voter. This responsibility should change the way we vote in two ways. First, it should move us away from the idea that to vote is to put your full faith and power in a candidate or movement. We vote, not because we believe our man or woman will usher in the Kingdom, but because we are fulfilling a God-given stewardship. Secondly, it should remind us that, even in the best election with the most inspiring of choices, we are choosing between two fallen sinners. Every election is about the lesser of two evils.

3. We should vote because it can help speak up for the vulnerable and help gospel advance.

On issues of human dignity, a vote for or against a candidate can be a vote for or against human dignity. It is a way the powerful can speak out for the powerless on issues of life, dignity and religious liberty. It's a way to love our neighbor by seeking the common good.

Some well-meaning Christians take a defensive posture, arguing that Christians should not work for religious freedom—but this is at odds with Jesus, who told his audience that there are limits on the authority given by God to governments. The conscience belongs, not to Caesar, but to God (Mark 12:17). This is also at odds with Paul, who told Timothy to pray for a government that would protect the freedom of Christ followers so the gospel could advance (1 Timothy 2:1-3).

Elections are messy and often unpleasant affairs. There is an incivility and dishonesty in some of our politics that is at odds with a Christ-shaped witness. But as Jesus said in his prayer in John 17, we have not been parachuted out, but have been sent into this world, as ambassadors of the Kingdom of God.

Excerpted from: [The Ethics and Religious Liberty Commission](#)



Prayers

1. Pray for God's purposes to be fulfilled in our nation. **Proverbs 29:2; 2 Timothy 1:9; Psalm 99:1-9**
2. Pray that the schemes of the enemy would be exposed, dismantled & destroyed. **1 Peter 5:8**
3. Pray for swift justice for any unlawful or corrupt action that is taken to thwart our nations Constitution, laws or integrity. **Ephesians 4:28; Proverbs 21:15**
4. Pray for the election process to be fair, honest, and free of corruption and manipulation. **2 Corinthians 8:21**
5. Pray for candidates to have an encounter with Christ that is life-changing if they do not know Him. **Psalm 145:18**
6. Pray for candidates and leaders who are God-fearing to be protected, continue seeking God, and to have favor. **2 Corinthians 9:8; Psalm 111:10**
7. Pray that believers conduct due diligence on candidates and their positions, and that they would weigh those positions with the Word of God. **Hebrews 5:14; Hosea 14:9**
8. Pray that believers would take their responsibility to vote seriously, and would cast their votes in much greater numbers. **Proverbs 29:2**
9. Pray for citizens to be able to discern the truth as they hear the candidates, see ads, watch debates, and tune in to pundits and the media. May they have the desire to seek truth and discern it. **Psalm 43:3; Hosea 14:9**
10. Pray that discourse would be civil and respectful during this time of polarizing views. **Ephesians 4:32**
11. Pray for physical protection for our President, Vice President, all candidates, and current leaders during this time. **2 Thessalonians 3:3; Psalm 34:7**
12. Pray that the election outcome would result in our nation being poised for greater spiritual growth and revival. **Psalm 85:6; 2 Chronicles 7:14; Psalm 22:27**



A Prayer for Teachers

Dear God,

As countless teachers begin a new school year, grant them an abundance of Your wisdom. Prepare their hearts to welcome and love our loved ones, and may we make sure to show them love and respect in return. Give them grace as they help students who aren't thriving, courage to say what needs to be said, tools and knowledge on how and when to speak love, and strength when they feel weak. When they feel unseen, remind them that no moment goes unnoticed. They are shaping the future in one million small ~ yet incredibly important ~ ways every day. We are overwhelmed with gratitude for the gift of learning they share with our children. Bless them, Lord, and may they see even just a glimpse of how their faithfulness will forever impact generations to come. Amen

Scriptures to pray for our children

Numbers 6:24-26	Joshua 1:9	3 John 1:2	Isaiah 26:3
Psalm 91	Jeremiah 29:11	2 Timothy 1:7	Psalm 121:8
Ephesians 6:10-11	Proverbs 4:20-22	Isaiah 54:13	

For Your Information



Tuesday
October 6th
Prayer Meeting
7 pm



Congratulations to Nick and Brean Longnecker on the birth of their son Carter on Sept. 8th. Grandpa and Grandma Walczak we congratulate you too!



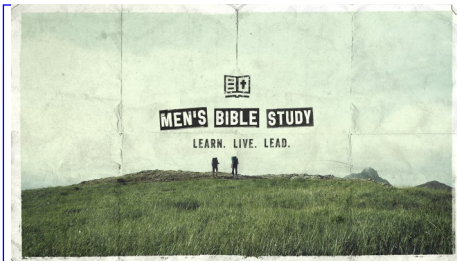
Be sure to let Pastor Rod (and Barb) how much you appreciate his ministry to us as well as the community of Cambridge Springs.



Attention Board and Committee heads.



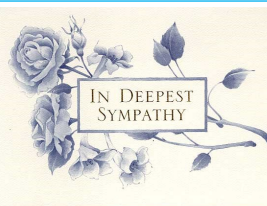
The Trustee Board will be working on the 2021 budget very soon. Please have all of your projected budgets into them by October 11th for consideration. Thank you.



Men's Fellowship begins again on **Saturday October 17th at 8 am** in the All Purpose Room. Larry Klemm will be teaching on "How to be a godly man". God has created men to have incredible strength. But today's culture has hijacked masculinity, distorting strength into passivity and abuse.

In this 5-part video Bible study series, pastor Joby Martin invites men to embrace God's definition of masculinity and to step into His calling upon their lives to wield their strength on behalf of others. God has designed

men to be protectors, providers, and defenders. When men act like men, everyone flourishes. You will be able to come to the church or watch via zoom meeting. Contact Larry at klemmdog4571@gmail.com if you have any questions.



Our condolences to Lorraine Acklin on her brother passing, Bonnie Boylan on her mother's passing, Brian Crowl on his sister in law's passing and Betty Held on her brother's passing. May God send His comfort to you.



We will once again be handing out candy and tracts this October.

We usually get around 500 children so we are asking for **donations of bags of candy**.

We then bag them and put a gospel tract in with the candy.

You can drop them off in the office during regular office hours or on Sunday mornings.

Thank you.

PLEASE BE MINDFUL OF LITTLE ONES WHEN PURCHASING.



PRAYERS

The Grieving: The Held Family, Leona (Red) Smith, Lorraine Acklin, Bonnie Boylan, Brian Crowl, Betty Held

Cancer: Chris Peterman

Health Issues: Rose Cummings, Randy Gorske, Lee Manross, Judy Santey, Reed Gage, Matthew Tenney, Sandy Mumau, Red Smith, Sue Davis, Brenda Beers, Keithe Bancroft

Rehabilitating: Janet Wise, Marilyn Dine, Patty Yenny, Cathy Williams, Kim Marzke, Linda Roth

Nursing Home: Ralph Batchelor, Judy Klemm, Bill Hodge

Military: Dillon Lang, Keith Bentley, Howard VanMatre, Adam Alm, Jimmy Humes, Wesley Fleischer, Christian Ross, Austin Shearer, Wyatt Fleischer, Tyler Hauf, Bryce Kirk, Wyatt Doubet, Alex Baer

Newborns: Jonathan Held, Lydia Baer, Syrus Baer, Carter Longnecker

Guidance: Brian and Lynette Smith, Jen (Mitchell),

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



Sunday School has returned to FBC!

3 year olds—K; taught by Miss Angie and Miss Bettina; Emmanuel Room
 1st—3rd grades; taught by Miss Cindy and Miss Brenda; Adonai Room
 4th—6th grades; taught by Miss Jen and Miss Karen; Jehovah Room
 7th—12th grades; taught by Mr. Justin and Mrs. Kristin; Elohim Room
 Adults: taught by Lee Manross; All Purpose Room

Masks required in 3yr through 12th grades. Masks according to that Sunday's requirement in All Purpose Room for Adults.

Keep everyone in prayer!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7 pm Praise Group Prayer for Constitution Re-vamp Committee	2 Pray for Election	3 Pray for Pastor Rod
4 COMMUNION Masks optional	5 Noon Ministerium Prayer for Denominational Search	6 5 pm National Night Out with CSPD 7 pm Prayer Meeting Prayer for Congregation	7 6 pm Search Committee Meeting Prayer for Search Committee	8 7 pm Praise Group Prayer for Constitution Re-vamp Committee	9 Pray for Election	10 Pray for Pastor Rod
11 Masks required	12 6 pm C.E. Board 7 pm Trustees No School Penncrest Prayer for Denominational Search	13 Prayer for Congregation	14 10 am Women's Bible Study 6 pm Search Committee Meeting Prayer for Search Committee	15 Noon Barnabas 7 pm Praise Group No School CCA Prayer for Constitution Re-vamp Committee	16 No School CCA Pray for Election	17 8 am Men's Bible Study Pray for Pastor Rod
18 Masks optional	19 6:30 pm Deacons Prayer for Denominational Search	20 Pray for Congregation	21 6 pm Search Committee Meeting Pray for Search Committee	22 7 pm Praise Group Prayer for Constitution Re-vamp Committee	23 Pray for Election	24 Pray for Pastor Rod
25 Masks required	26 6:30 pm Board Chairmen Mtg. 7 pm Advisory Board Pray for Denominational Search	27 Pray for Congregation	28 10 am Women's Bible Study 6 pm Search Committee Meeting Pray for Search Committee	29 7 pm Praise Group Prayer for Constitution Re-vamp Committee	30 Penncrest Parent/Teacher conferences Pray for Election	31 Pray for Pastor Rod
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October Birthdays and Anniversaries



24th: James Mumau
 25th: Blake Burchill
 26th: Nathan Walczak
 27th: Justin Fuller-Gaines
 28th: Phil Held
 Tom Crowe

1st: Danny Held
 2nd: Jeb Brace
 4th: Justin Held
 Karen Burchill
 5th: Keithe Bancroft
 6th: Rachelle Held
 9th: Jamie Gardner
 Noah Lowther
 10th: Cassidy Boylan
 13th: Lisa Rindfuss
 14th: Kathy Parsons
 Nancy Gage
 16th: Cindy Billingsley
 Calvin Burchill
 18th: Emily Mumau
 19th: Juliet Maddox
 Eleanor Maddox
 22nd: Ben Maddox



2nd: Vince and Audrey Byrne
 Rob and Amy Boylan
 Mick and Cindy Mitchell
 4th: Randy and Darlene Gorske
 8th: Reed and Nancy Gage
 27th: John and Debbie Acker
 28th: Cliff and Wendy Wise
 30th: Lee and Mary Manross

Nursery

**No Nursery until
 COVID 19
 restrictions lifted.**



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

**Not open until
 COVID 19**

