

# FIRST BAPTIST CHURCH COURIER

NOVEMBER 2020 EDITION



## OUR STAFF

Rev. Rod Beardsley - Senior 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: 8:45 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

How should I vote?

Well, I can tell you how NOT to vote. Don't vote based on your feelings or even on the externals of how a person looks. I remember the VP search for a black woman.

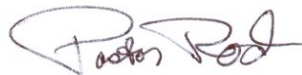
CBS said "It is very important to have a woman of color or a woman, as [Biden] has said—on the ticket." Politico echoed it: "He better pick a Black woman." "If he wants us to not just vote but bring our family and communities along in record numbers, he's got to put a woman of color on the ticket." said a person to *USA Today* What is most important is how someone looks on the outside! But the LORD said to Samuel, "Do not look on his appearance.... For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart." But we can see what comes out of their mouth and then you'll know what's in their heart. ("But the things that proceed out of the mouth come from the heart, and those defile the man. Matthew 15:18) Listening will help you decided on how to vote.

2) God has ordained government to maintain law and order. For rulers are not a terror to good conduct, but to bad. Would you have no fear of the one who is in authority? Then do what is good, and you will receive his approval, for he is God's servant for your good. But if you do wrong, be afraid, for he does not bear the sword in vain. For he is the servant of God, an avenger who carries out God's wrath on the wrongdoer. Romans 13:3- If it doesn't do that, then it's an illegitimate government that takes it direction from satan, not our God. If someone encourages anarchy and lawlessness then we must vote for the opposite of that candidate. Consequently, "We must obey God rather than men." Acts 5:19

3) In this fallen world, we must look for the candidate who will most closely enact laws that follow Biblical Truth. We're not to reflect culture, but the values of the Word. Who will most closely follow the Truths of the Bible? So we must consider the moral concerns that will be issues that the POTUS must resolve. Some of the major ones are: abortion, Genesis 1:27, marriage Genesis 2:24, and gender God only made male and female. Genesis 5:2 Of course there are other issues: like climate change. But God says: "While the earth remains, Seedtime and harvest, And cold and heat, And summer and winter, And day and night Shall not cease." Genesis 8:22 Please understand that for many issues, we must simply decide whether we believe God or man.

Remember the goal of government is "...in order that we may lead a tranquil and quiet life in all godliness and dignity." 1 Timothy 2:2 So, we must pray and then pray more. In fact we need to pray without ceasing. 1 Thessalonians 5:17 Have you prayed as much as you've watched TV?

Still praying for revival while there's still hope and time,



**★PRAY★**

**ENGAGE**

**★VOTE★**

**★PRAY★**

**ENGAGE**

**★VOTE★**

**★PRAY★**

**ENGAGE**

**★VOTE★**

**DEACONS CORNER**

I decided to write this deacon's corner about money and budgets. The Bible, I have heard, contains over 2000 verses pertaining to money (wealth), so I think it is ok to talk about it here.

We all know 1 Timothy 6:10 "For the love money is the root of all evil." "And the borrower is slave to the lender". Proverbs 22:7. But rarely quoted verses about money are Luke 14:28-30 "For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it? Otherwise when he has laid the foundation and is not able to finish, all who see it begin to mock him saying, 'This man began to build and was not able to finish.'" And we all remember the parable about the talents and the servant that did not do anything with his talent was punished.

First we must view money correctly. It is merely a tool we can use for God's Kingdom or for our own selfish wants. We must not put our faith in money thinking that if we just had more money our problems would be solved. We should try to use our money to help others, supporting missions and neighbors in need. The problem is many of us do not have a budget, we don't know how we are spending our money and finally going into debt. Now we feel we cannot be generous because we have too many bills. We are afraid to give to the needy or tithe because we are living paycheck to paycheck.

There are solutions but they are not easy and require some sacrifices. First is to form a spending plan (budget). Take a couple of months and keep track of everywhere you spend money, organize these into categories and see exactly where your money is going. If you have more month than paycheck, then now you have to start cutting back on extraneous stuff. This may mean you may not need 3 cars, or cable tv and 2 or 3 streaming services. Your family may not need a big vacation every year or you may need to cut back on eating out or having the newest clothes.

Once you get your budget in order, now you need to set up an emergency fund. In the beginning it can be \$1,000 dollars but once you get your debt under control it should be 3-6 months of your monthly expenses. It should only be used for real emergencies to replace things you need not want. Once used it should be refunded as quickly as possible.

Now lets get rid of that debt. This can be done with what is called the debt snow ball. First throw any extra money toward your smallest debt. Then when you get that paid off, take that money and add it to what your paying on the next smallest debt until that debt is paid off and then move to the next debt, until all your debt is gone.

Once you are debt free you can increase your emergency fund, fund your retirement and have freedom to be generous and use your money for God's Kingdom. Now this is a very simple overview for handling your money. If you want more information you can find Dave Ramsey or MoneyWise radio show on the internet for more information, which where I got most of this information.





## HEALTH MINISTRY

**Coffee is one of the world's most popular beverages.** Thanks to its high levels of antioxidants and beneficial nutrients, it also seems to be quite healthy. Studies show that coffee drinkers have a much lower risk of several serious diseases. Here are the top 13 health benefits of coffee.



**1. Can Improve Energy Levels and Make You Smarter:** Coffee can help people feel less tired and increase energy levels. That's because it contains a stimulant called caffeine — the most commonly consumed psychoactive substance in the world. **SUMMARY:** Caffeine blocks an inhibitory neurotransmitter in your brain, which causes a stimulant effect.

This improves energy levels, mood and various aspects of brain function.

**2. Can Help You Burn Fat:** Caffeine is found in almost every commercial fat-burning supplement — and for good reason. It's one of the few natural substances proven to aid fat burning. **SUMMARY:** Several studies show that caffeine can increase fat burning and boost your metabolic rate.

**3. Can Drastically Improve Physical Performance:** Caffeine stimulates your nervous system, signaling fat cells to break down body fat. But it also increases epinephrine (adrenaline) levels in your blood. This is the fight-or-flight hormone, which prepares your body for intense physical exertion. Caffeine breaks down body fat, making free fatty acids available as fuel. **SUMMARY:** Caffeine can increase adrenaline levels and release fatty acids from your fat tissues. It also leads to significant improvements in physical performance.

**4. Contains Essential Nutrients:** Many of the nutrients in coffee beans make their way into the finished brewed coffee.

A single cup of coffee contains: **Riboflavin (vitamin B2):** 11% of the Reference Daily Intake (RDI). **Pantothenic acid (vitamin B5):** 6% of the RDI. **Manganese and potassium:** 3% of the RDI. **Magnesium and niacin (vitamin B3):** 2% of the RDI.

**5. May Lower Your Risk of Type 2 Diabetes:** Type 2 diabetes is a major health problem, currently affecting millions of people worldwide. It's characterized by elevated blood sugar levels caused by insulin resistance or a reduced ability to secrete insulin. **SUMMARY:** Several observational studies show that coffee drinkers have a much lower risk of type 2 diabetes, a serious condition that affects millions of people worldwide.

**6. May Protect You From Alzheimer's Disease and Dementia:** Alzheimer's disease is the most common neurodegenerative disease and the leading cause of dementia worldwide and there is no known cure. Several studies show that coffee drinkers have up to a 65% lower risk of Alzheimer's disease. **SUMMARY:** Coffee drinkers have a much lower risk of getting Alzheimer's disease, which is a leading cause of dementia worldwide.

**7. May Lower Your Risk of Parkinson's:** Parkinson's disease is the second most common neurodegenerative condition, right behind Alzheimer's. In this case, the caffeine itself appears to be beneficial, as people who drink decaf don't have a lower risk of Parkinson's. **SUMMARY:** Coffee drinkers have up to a 60% lower risk of getting Parkinson's disease, the second most common neurodegenerative disorder.

**8. May Protect Your Liver:** Your liver is an amazing organ that carries out hundreds of important functions. Several common diseases primarily affect the liver many of which can lead to cirrhosis. Interestingly, coffee may protect against cirrhosis — people who drink 4 or more cups per day have up to an 80% lower risk. **SUMMARY:** Coffee drinkers have a much lower risk of cirrhosis, which can be caused by several diseases that affect the liver.

**9. Can Fight Depression and Make You Happier:** Depression is a serious mental disorder that causes a significantly reduced quality of life. **SUMMARY:** Coffee appears to lower your risk of developing depression and may dramatically reduce suicide risk.

Continued on page 5

## Christian Education Board

This year's Sunday School Christmas program is going to look a little different! On each of the Sundays in Advent a Sunday school class will be presenting a song, skit, or something of the like during first service. Second service will be viewing a taped version of each program a week later.

This year's lineup is:

3 year olds through K on November 29th (viewed in 2nd service on December 6th)

1st - 3rd grades on December 6th (viewed in 2nd service on December 13th);

Jr/Sr High on December 13th (viewed in 2nd service on December 20th)

4th-6th grades on December 20th (viewed in 2nd service on December 27th)

We can't wait to see what God has in store for this year's program!

Christian Education Board



## HEALTH MINISTRY CONTINUED

**10. May Lower Risk of Certain Types of Cancer:** Cancer is one of the world's leading causes of death. It is characterized by uncontrolled cell growth in your body. **SUMMARY:** Liver and colorectal cancer are the third and fourth leading causes of cancer death worldwide. Coffee drinkers have a lower risk of both.

**11. Doesn't Cause Heart Disease and May Lower Stroke Risk:** It's often claimed that caffeine can increase your blood pressure. **SUMMARY:** Coffee may cause mild increases in blood pressure, which usually diminish over time. Coffee drinkers do not have an increased risk of heart disease and have a slightly lower risk of stroke.

**12. May Help You Live Longer:** Given that coffee drinkers are less likely to get many diseases, it makes sense that coffee could help you live longer. **SUMMARY:** Several studies show that coffee drinkers live longer and have a lower risk of premature death.

**13. The Biggest Source of Antioxidants in the Western Diet:** For people who eat a standard Western diet, coffee may be one of the healthiest aspects of their diet. That's because coffee is quite high in antioxidants. **SUMMARY:** Coffee is rich in powerful antioxidants, and many people get more antioxidants from coffee than from fruits and veggies combined.

### The Bottom Line

Coffee is a highly popular beverage around the globe that boasts a number of impressive health benefits. Not only can your daily cup of joe help you feel more energized, burn fat and improve physical performance, it may also lower your risk of several conditions, such as type 2 diabetes, cancer and Alzheimer's and Parkinson's disease. In fact, coffee may even boost longevity. If you enjoy its taste and tolerate its caffeine content, don't hesitate to pour yourself a cup or more throughout the day.

## In Case You Need To Know

As of November 1st there will be only 25 days until Thanksgiving, 54 days to Christmas and 60 days to 2021. With the busyness of the quickly approaching season I thought you might enjoy to read how to get everything (and more) done with ease.

### **Martha Stewart's Holiday** To-Do List:

- December 1** Blanch carcass from Thanksgiving turkey. Spray paint gold, turn upside down and use as a sleigh to hold Christmas cards.
- December 2** Have Mormon Tabernacle Choir record outgoing Christmas message for answering machine.
- December 3** Using candlewick and hand-gilded miniature pine cones, fashion a cat-o-nine-tails. Flog gardener.
- December 4** Repaint Sistine Chapel ceiling in ecru, with mocha trim.
- December 5** Get new eyeglasses. Grind lenses myself.
- December 6** Fax family Christmas newsletter to Pulitzer committee for consideration.
- December 7** Debug Windows '95
- December 10** Align carpets to adjust for curvature of Earth.
- December 11** Lay Faberge egg.
- December 12** Take dog apart. Disinfect. Reassemble.
- December 13** Collect dentures. They make excellent pastry cutters, particularly for decorative pie crusts.
- December 14** Install plumbing in gingerbread house.
- December 15** Replace air in mini-van tires with Glade "Holiday Scents" in case tires are shot out at mall.
- December 17** Child proof the Christmas tree with garland of razor wire.
- December 19** Adjust legs of chairs so each Christmas dinner guest will be the same height when sitting at his or her assigned seat.
- December 20** Dip sheep and cows in egg whites and roll in confectioner's sugar to add a festive sparkle to the pasture.
- December 21** Drain city reservoir; refill with mulled cider, orange slices and cinnamon sticks.
- December 22** Float votive candles in toilet tank.
- December 23** Seed clouds for white Christmas.
- December 24** Do my annual good deed. Go to several stores. Be seen engaged in last minute Christmas shopping, thus making many people feel less inadequate than they really are.
- December 25** Bear son. Swaddle. Lay in color-coordinated manger scented with homemade potpourri.
- December 26** Organize spice racks by genus and phylum.
- December 27** Build snowman in exact likeness of God.
- December 31** New Year's Eve! Give staff their resolutions. Call a friend in each time zone of the world as the clock strikes midnight in that country.



## Hymns Endure the Test of Time

This information was taken from the November "Today's Christian Living Magazine". The title of the article is "Why Hymns Endure the Test of Time". By Laura Smith

When the Bible instructs us both in Colossians 3:16 and Ephesians 5:19 to sing hymns there must be a reason, right? And like most things God instructs us to do

He wants to bless us. How does this work?

We live in this world, where the sound of His voice gets muted and muffled by the noise of our jobs, relationships and culture. So God has intentionally created ways to help us drown out the din of the world and redirect our thoughts to Him, to His compassion, goodness and grace. Singing hymns can actually shift our gaze away from the distractions in this life and back to love, hope, strength, peace, forgiveness, and joy that Christ offers.

The hymn "Be Thou My Vision" has a verse asking God to "Be thou my battle shield, my sword for the fight," referencing the armor of God described in Ephesians 6. We're all facing battles of some kind or another. What a relief to know God will provide our armor in these fights. The title to the hymn "Turn your eyes Upon Jesus", comes straight from Hebrews 12:2. When life seems to swirl and whirl around us, if we choose Jesus as our focal point, we can stop spinning, avoid getting dizzy, and regain our balance in Him.

"Amazing Grace" speaks of the grace that revives and restores us. The grace that God so freely showers upon us. The grace that changes everything.

And "My Hope is Built on Nothing Less" restates Jesus parable in Matthew 7:24-25 about the wise man who built his life on the rock and the foolish man who did not ("all other ground is sinking sand"), showing us how to stand strong and steady in the storms of life.

Many of us grew up singing these hymns. When I was little, I couldn't comprehend all the words, but liked the way they sounded, and so I sang. The lyrics based on biblical truths stuck. They soaked into my soul. Today I'll hear a hymn from my youth and something deep inside comes to life". Because the theology of hymns is true----based on and infused with Scripture, it is timeless.

Hymns typically revolve around three themes: God is perfect, holy, and in charge. God loves us. God is faithful. When we focus on these three things----we can get through almost anything. We can examine the obstacles in our way and take heart in the fact that the perfect, holy, all powerful King of Kings loves us. He will never forsake or leave us. We remember we're not alone in our troubles of triumphs. And we find strength in the fact that our biggest supporter and number one fan is not only mighty but loves us mightily. That indeed gives us something to sing about.

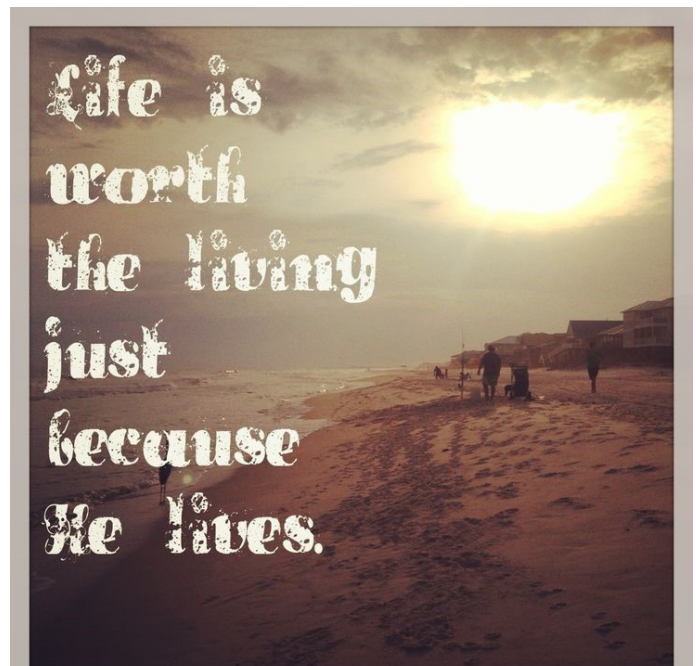
My favorite hymn is "He Lives"

I serve a risen Savior, He's in the world today,  
I know that He is living, whatever men may say,  
I see His hand of mercy, I hear His voice of cheer  
And just the time I need Him, He's always near.

He lives, He lives...Christ Jesus lives today!  
He walks with me and talks with me along life's narrow way  
He lives, He lives salvation to impart!  
You ask me how I know He lives?  
He lives within my heart today

What is your favorite hymn that keeps you singing?

Submitted by Janet Beanland





## For Your Information



Tuesday November 10th

Prayer Meeting 7 pm

Note this is 2nd Tuesday  
due to election day on the  
3rd.



You can sign up on the Welcome Center to order your  
Christmas Poinsettia in honor or memory of loved ones.

**Orders must be placed by SUNDAY NOV. 23, 2020**

**Money is due Sunday Dec. 6th 2020.**

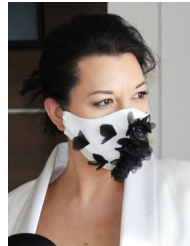
The choices are 6" (\$5.75) or 8" (\$12.95) in red, white or pink.

**Call the office with who you are remembering/honoring.**



**Sunday November 8th ~ Ugly Sweater & Ugly Mask Day!**

**Wear your ugly stuff. Take pictures and send them into the office!**



**ANNUAL  
BUSINESS  
MEETING**

Due to COVID-19 the **Annual Church Thanksgiving Dinner is suspended.**

We will still have to **vote on the 2021 Church Officers and Budget.**

Please plan to stay for **Sunday School hour on Sunday November 29th** to go over the slate of officers and budget. **EVERYONE is encouraged to attend.**



## PRAYERS

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

**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, Keith Bancroft, Heidi Mumau

**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, Joe Boyer

**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



Congratulations to Everett and Levi Gardner for winning the 4th-6th grade Sword Drill Competition. Their teacher, Jen Shaffer, said that they were very competitive against each other.

They were recognized during 1st Service on Oct. 25th.

Congratulations again.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>COMMUNION</b>  MASK OPTIONAL SANCTUARY	<b>2</b>  Pray for Denomi- nation Committee	<b>3</b> 7am-8pm Election  Pray for Nominat- ing Committee	<b>4</b> 6 pm Search Com- mittee  Pray for Search Committee	<b>5</b> 7 pm Praise Group  Pray for Constitu- tion Committee	<b>6</b>  Pray for Pastor Rod	<b>7</b>  Pray for Pastor Rod
<b>8</b> MASK REQUIRED SANCTUARY Ugly Sweater/Mask Sunday	<b>9</b> 6 pm CE Board 7 pm Trustees  Pray for Denomi- nation Committee	<b>10</b> 7 pm Prayer Mtg.  Pray for Nominat- ing Committee	<b>11</b> 10 am Women's Bible Study 6 pm Search Com- mittee  Pray for Search Committee	<b>12</b> 7 pm Praise Group  Pray for Constitu- tion Committee	<b>13</b>  Pray for Pastor Rod	<b>14</b>  Pray for Pastor Rod
<b>15</b> MASK OPTIONAL SANCTUARY	<b>16</b> 6:30 pm Deacons  Pray for Denomi- nation Committee	<b>17</b>  Pray for Nominat- ing Committee	<b>18</b> 6 pm Search Com- mittee  Pray for Search Committee	<b>19</b> 7 pm Praise Group  Pray for Constitu- tion Committee	<b>20</b>  Pray for Pastor Rod	<b>21</b> 8 am Men's Break- fast/Bible Study  Pray for Pastor Rod
<b>22</b> MASK REQUIRED SANCTUARY  <b>CHRISTMAS            POINSETTIA            ORDERS DUE</b>	<b>23</b> 6:30 pm Board Chairman 7 pm Advisory Board  Pray for Denomi- nation Committee	<b>24</b>  Pray for Nominat- ing Committee	<b>25</b> NO School Penncrest 1/2 day CCA  Pray for Search Committee	<b>26</b> NO SCHOOL   Pray for Constitu- tion Committee	<b>27</b> NO SCHOOL  Pray for Pastor Rod	<b>28</b> NO SCHOOL 12-4 All Purpose Rm. In use  Pray for Pastor Rod
<b>29</b> 1st Sunday of Ad- vent! MASK OPTIONAL SANCTUARY 10 am Annual Busi- ness Meeting to vote on 2021 offic- ers and budget	<b>30</b> NO SCHOOL  Prayer for Denomi- nation Committee					
						

Crabby Road

11-20-07



## November Birthdays and Anniversaries



22nd: Jim Steudler  
 23rd: Bill Hodge  
 24th: Sam Stoudt  
 26th: Dan Williams  
 Louise Gamble\*\*\*  
 27th: Ryan Shaffer  
 28th: Stacie Klemm

1st: Heidi Mumau  
 2nd: Cori Schmidt  
 5th: Kevin Held  
 7th: Gene Shearer  
 Alexis LaVan  
 Paige Billingsley  
 9th: Blake Boylan  
 10th: David Oakes  
 11th: Esther Closky  
 12th: Jen Shaffer  
 14th: Brenda Morrow  
 Estela Crowe  
 15th: Tom Gage, Jr.  
 16th: Andi Marie Risjan  
 18th: Alex Wheeler  
 19th: Stephen LaVan  
 22nd: Debbie Brickett  
 Debbie Shearer

\*\*\***Louise will be 100 years**  
 young this year! Please be  
 sure to send her your good  
 wishes.

Louise Gamble  
 21900 Sutterview Road  
 Cambridge Springs, PA 16403



1st: Dennis and Debbie Baer  
 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

# 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**

