

FIRST BAPTIST CHURCH COURIER

JANUARY 2021 EDITION



OUR STAFF

Rev. Rod Beardsley - Senior Pastor

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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

Goodbye 2020

Certainly has been a tough year in many ways. I appreciated *Delroy* sharing last week that we need to do **evangelism**. People are frightened like sheep without a shepherd. We have a good shepherd, Jesus, to share with them. I appreciated *Tommy* that we need **hope**. I couldn't agree more with them both. I had someone this past week ask me, how do you find strength to keep going? I shared with them:

Lamentations 3

I am the man who has seen affliction Because of the rod of His wrath.

² He has driven me and **made me walk in darkness and not in light.**

⁵ He has besieged and encompassed me with bitterness and hardship.

⁷ He has **walled me in so that I cannot go out;** He has made my chain heavy.

⁸ Even when I cry out and call for help, **He shuts out my prayer.**

¹¹ He has turned aside my ways and torn me to pieces; **He has made me desolate.**

¹⁷ **And my soul has been rejected from peace; I have forgotten happiness.**

¹⁸ So I say, **"My strength has perished, And so has my hope from the LORD."**

¹⁹ Remember my affliction and my wandering, the wormwood and bitterness.

²⁰ Surely my soul remembers And is bowed down within me.

²¹ **This I recall to my mind, Therefore I have hope.**

²² The LORD'S lovingkindnesses indeed never cease, For His compassions never fail.

²³ **They are new every morning;** Great is Thy faithfulness.

²⁴ "The LORD is my portion," says my soul, "Therefore I have **hope in Him.**"

We have a reason for hope in the very worst of circumstances. And a reason to share that hope with a hurting and distressed world, that's languishing in sin! Do you **remember that last time** you reflected that hope? Do you **remember the last time you shared** that hope with someone that felt hopeless?

See this is not a generic hope this is hope in a Person that has never failed. And He won't this time either. This is Immanuel! God Himself! With us! We must remind ourselves about Who God is when destruction is rampant. At that moment God is still God, and we can *Be still and know that He is God*. He is in control no matter what happens.

Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need. Hebrews 4:16 Are you struggling thru Covid craziness? Cancer? Brokenhearted? Frustrated? Emmanuel has experienced it all so that He knows what you're going through and can help. IN fact, He goes beyond the need for hope, yet we still **need endurance**. Listen, God's not going to deliver you from everything. There's stuff we're just going to have to go through, For you *have need of **endurance**, so that when you have done the will of God, you may receive what was promised. Hebrews 10:36*

Don't expect that God is going to remove every thorn in your flesh. He won't. If He did, He'd turn you into a sissy. He wants us to learn to hold on to His grace, specifically when we're going through the valley of the shadows. Whenever you're wavering *fix your eyes on Jesus who **endured** the cross*. The context is that we must also *run the race with **endurance** laying aside every encumbrance & sin that so easily trips us up*. The Greek means lit- *to persevere, to remain under*. It's our nature to want to get out from under any problem. Paul begged God to remove his thorn in the flesh. But he needed to endure it. It refers to "constancy under suffering" actually translated *patience* in some verses. Encompasses *bearing up under hard labor, surviving the shock of battle, and remaining steadfast in the face of death*. It does not describe the grim, stoic, weary acceptance of trials, but rather faith, hope, and joy in anticipation of future glory. The word is best rendered "triumphant patience." It includes a hope which does not allow one to give up under circumstances or succumb under trial. It's a "quality of character that does not allow one to surrender." The essence is- if we don't quit we win! Yes we have need of endurance. Looking to HIM we can endure whatever comes victoriously. What are you struggling through?

Because we are more than conquerors,

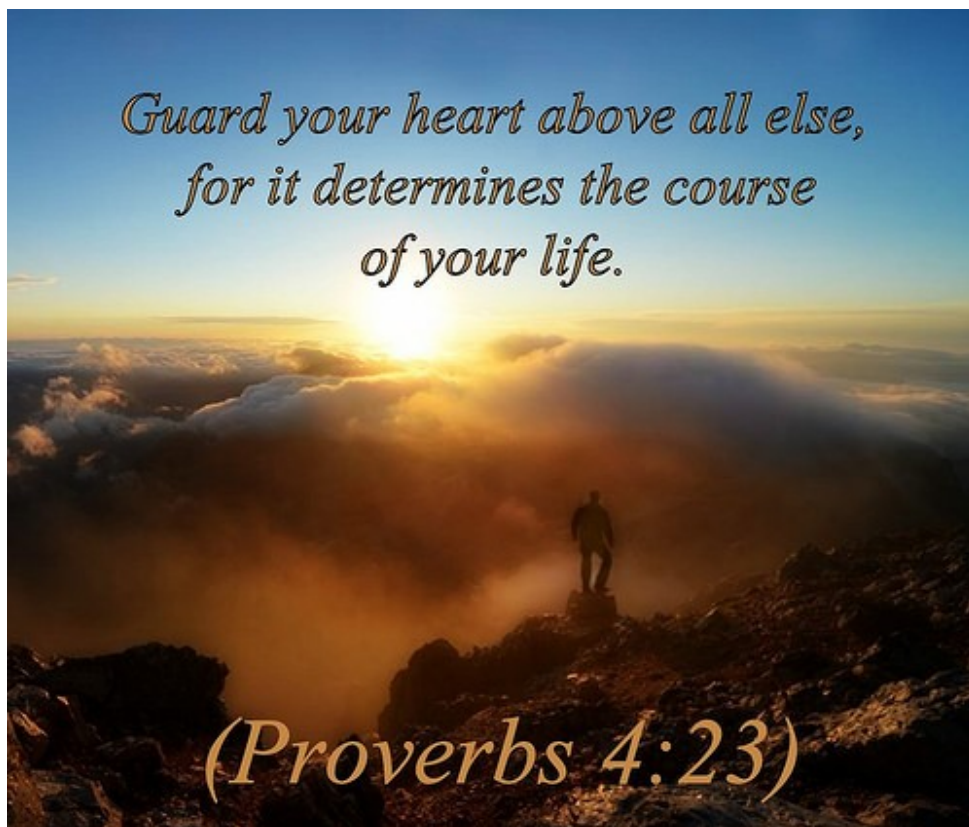


Pastor Rod



DEACONS CORNER

How do we begin this New Year of 2021? Do we dare to look back and if we do how should we respond? We as Christians have a great advantage over this pressing question; we have God's word to search and look for a response to what has taken place in 2020. Don't get me wrong I think looking back has some merit, however you can stay there and dwell.... Genesis 19:26 "But Lot's wife looked back, and she became a pillar of salt". She did look back in the physical and literal sense. Do I need to say more! What wisdom can all of us take away from this past year and help our children, grandchildren and this coming generation deal with any of this. Past generations have had World Wars, the Great Depression, pandemics of their own to look back on so what makes this any different? The difference is that for some of us this is our first 2020 in our lives. So I found some wisdom from God's word Proverbs 4:25-27. "Let your eyes look straight ahead, fix your gaze directly before you. Make level paths for your feet and take only ways that are firm. Do not swerve to the right or the left; keep your foot from evil. May God's word bring forth a wisdom that others will see as we enter the New Year of 2021.



HEALTH MINISTRY



What foods should I eat to maintain a healthy immune system?

A balanced diet in general is important for your immune system. A few specific foods can help ensure you're getting the right amount of vitamins, minerals, antioxidants, proteins, and healthy fats to keep inflammation low and support your immune system.

This includes:

colorful fruits and vegetables, which are high in antioxidants, vitamins, and minerals; healthy fats, like those found in olive oil, avocado, and salmon; fermented foods, such as yogurt, sauerkraut, kimchi, and kefir; foods high in fiber, including whole grains and legumes; herbs and spices, such as turmeric, black pepper, garlic, and ginger; nuts and seeds, especially walnuts and flax seed; dark chocolate; green tea

What foods should I avoid?

Certain foods may increase inflammation in your body. Try to avoid the following foods, which can increase inflammation:

foods with added sugars, junk food, and fast food; artificial trans fats, which are often added to processed and fried foods; refined carbohydrates, which are found in white bread, pasta, pastries, cookies, and cakes; processed meat

Should I take a supplement?

Certain supplements may help support your immune system. However, as their name suggests, they should supplement — not replace — your healthy lifestyle. Some people, particularly older adults, may be deficient in nutrients, such as **vitamin C, vitamin D, and zinc**, and may benefit from supplements. For instance, **your body doesn't produce or store vitamin C**, so if you don't get the recommended daily amount from your diet (**75 milligrams for women and 90 milligrams for men, daily**), you may want to take a supplement. However, it's important to ask your doctor before taking any new supplements.

How much sleep do I need?

Adults need roughly **7 to 9 hours of sleep per night**. This varies from person to person. However, getting less than 7 hours of sleep per night on a regular basis may weaken your immune system. Sleep deprivation keeps the immune system from building up protective, substances like antibodies and cytokines.

Should I get a flu shot?

Yes. The Centers for Disease Control and Prevention (CDC) getting the annual flu vaccine as a safe and effective way to prevent the flu for anyone 6 months of age or older. When you get vaccinated, your body produces antibodies against several strains of the influenza virus. The flu vaccine needs to be updated every year to keep up with different strains of the flu virus. So, it's important to get the new vaccine each year.

You should consider making the flu shot a priority if you're in any of the following categories: age 65 and older; live in a nursing home or assisted care facility; have a chronic health condition, such as diabetes, kidney or heart disease, cancer, or asthma; have a weakened immune system; work in healthcare; are pregnant (check with your doctor first)



Health Ministry Continued



Should I lose weight?

In those with obesity, losing weight could make a big difference in the overall immune system. Obesity has been linked to an impaired immune response. While the cause of this isn't fully understood, scientists do know that one characteristic of obesity is a state of chronic inflammation. Lowering your overall calorie intake, getting some exercise, and increasing the amounts of fruits and vegetables in your diet are the first steps if you believe you need to lose weight. Talk to your doctor if you're unsure where to begin.

Can exercise help my immune system?

Yes, moderate exercise is an excellent way to support your immune system. Try to aim for 30 minutes per day for 5 days of the week, or 150 minutes per week total. Include a mix of cardio and strength training exercises.

Does smoking hurt my immune system?

Yes. Smoking can negatively impact your immune system. Research also shows that smoking may upset the balance of your immune system so much that it can increase the risk of some immune and autoimmune disorders. An autoimmune disorder occurs when the immune system mistakenly attacks your body's healthy cells.

What else can I do to strengthen my immune system?

Reducing stress can make a big difference in your immune system functioning. A few ways to reduce stress include: prayer; nature hikes; listening to music; massage; aromatherapy

Other things you can do to stay healthy:

Wash your hands with soap and water for at least 20 seconds frequently throughout the day, but especially before eating and after using the bathroom.; Avoid touching your face.; Avoid large crowds.

The takeaway

There are many ways to keep your immune system healthy, including eating well, exercising, and getting enough sleep. But there's no quick fix.



"It's good that you're eating more fresh fruit and vegetables, but be careful to chew more thoroughly."

100%

What equals 100%? What does it mean to give MORE than 100%? Ever wonder about those people who say they are giving more than 100%? We have all been in situations where someone wants you to give over 100%. How about achieving 101%? What equals 100% in life?

Here's a little mathematical formula that might help you answer these questions:

IF:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

THEN:

H-A-R-D-W-O-R-K

$8+1+18+4+23+15+18+11= 98\%$

AND

K-N-O-W-L-E-D-G-E

$11+14+15+23+12+5+4+7+5= 96\%$

BUT,

A-T-T-I-T-U-D-E

$1+20+20+9+20+21+4+5= 100\%$

AND, look how far the love of God will take you

L-O-V-E-O-F-G-O-D

$12+15+22+5+15+6+7+15+4= 101\%$

Therefore, one can conclude with mathematical certainty that:

While Hardwork and Knowledge will get you close, and Attitude will get you there, it's the Love of God that will put you over the top!

Have a wonderfully blessed day.

100% A+

Mission Percentages Breakdown for 2021

Camp ~ to be identified by Deacon Board	15%
Mercy Giving ~	20%
Brian and Lynette Smith ~	15%
Nate and Lynn Carlson ~	4%
Jeff and Annie Dieselberg ~	4%
Dan and Sarah Chetti ~	4%
Pregnancy Aid Center ~	6%
Deacon's Fund ~	6%
Release Time ~	4%
Crawford Christian Academy ~	6%
Media Ads ~	1%
Mission Outreach ~	1%
Samaritan's Purse ~	6%
Camp Venango ~	3%
Christian Training/ACTS ~	<u>5%</u>
Total	100%

This budget percentage breakdown was approved at the All Church meeting the end of November.

Thank you to the Mission Board for your time in compiling this.

Randy Gorske ~ Chair

Teresa Findlay

Andi Lundin

Jan Cory

Jen Shaffer



For Your Information

Sunday January 3rd Mask Optional in Sanctuary ~ Communion ~ Commissioning of 2021 Officers



Tuesday January 5th

Prayer Meeting

7 pm

Please be sure to keep the Search Committee in prayer as they go through resumes of potential Senior Pastor candidates.



Dear God.... Sometimes kids have such big questions that not just anyone can answer them. Here are a few such queries from third graders.

Dear God: How come you didn't invent any new animals lately? We still have just all the old ones.

Dear God: Is Reverend Coe a friend of yours, or do you just know him through business?

Dear God: Who draws the lines around the countries?

Dear God: How did you know you were God?

Dear God: I be it is very hard for you to love all of everybody in the whole world. There are only four people in my our family, and I can never do it.

Dear God: I think the stapler is one of your greatest inventions.

PRAYERS

The Grieving: The Held Family, Leona (Red) Smith, Lorraine Acklin, Bonnie Boylan, Brian Crowl, Betty Held, Tom Crowe, Lucas Crowe, **Janet Beanland Family, Cathy Williams, Larry Klemm, Bill Hodge, Cindy Boylan, Tony Jardina, Jamie Rodgers**

Cancer: Chris Peterman, Richard Belfiore

Health Issues: Rose Cummings, Randy Gorske, Lee Manross, Judy Santey, Reed Gage, Matthew Tenney, Red Smith, Sue Davis, Joyce Cory, Keith Bancroft, **Kay Gage, Pat Yenny, Penny Hale**



Rehabilitating: Janet Wise, Patty Yenny, **Kim Marzke, Heidi Mumau, Sandy Mumau, Dale Snow**

Nursing Home: 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, Brandon Barnett

Newborns: Jonathan Held, Lydia Baer, Carter Longnecker, Audrey Bentley

Guidance: Brian and Lynette Smith, Justin Fuller-Gaines

College Students: 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



Mask schedule

January 3rd: Mask Optional in Sanctuary
 January 10th: Mask Required in Sanctuary
 January 17th: Mask Optional in Sanctuary
 January 24th: Mask Required in Sanctuary
 January 31st: Mask Optional in Sanctuary

Sunday School is still on hold until further notice.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
20	21				1 Happy New Year No School	2 Pray for Pastor Rod
3 Mask Optional in Sanctuary Communion Commissioning of Officers	4	5 7pm Prayer Mtg.	6 6 pm Search Com- mittee Meeting Pray for Search Committee	7 7 pm Praise Group Practice	8	9 Pray for Pastor Rod
10 Mask Required in Sanctuary	11 6 pm CE Board 7 pm Trustees	12	13 6 pm Search Com- mittee Meeting Pray for Search Committee	14 7 pm Praise Group Practice	15	16 8 am Men's Break- fast Pray for Pastor Rod
17 Mask Optional in Sanctuary	18 No School 6:30 pm Deacons	19	20 6 pm Search Com- mittee Meeting Pray for Search Committee	21 7 pm Praise Group Practice	22 1/2 day CCA	23 Pray for Pastor Rod
24 Mask Required in Sanctuary	25 No School Penn- crest 6:30 pm Board Chairmen 7 pm Advisory Board	26	27 6 pm Search Com- mittee Meeting Pray for Search Committee	28 7 pm Praise Group Practice	29	30 Pray for Pastor Rod
31 Mask Optional in Sanctuary						

January Birthdays and Anniversaries

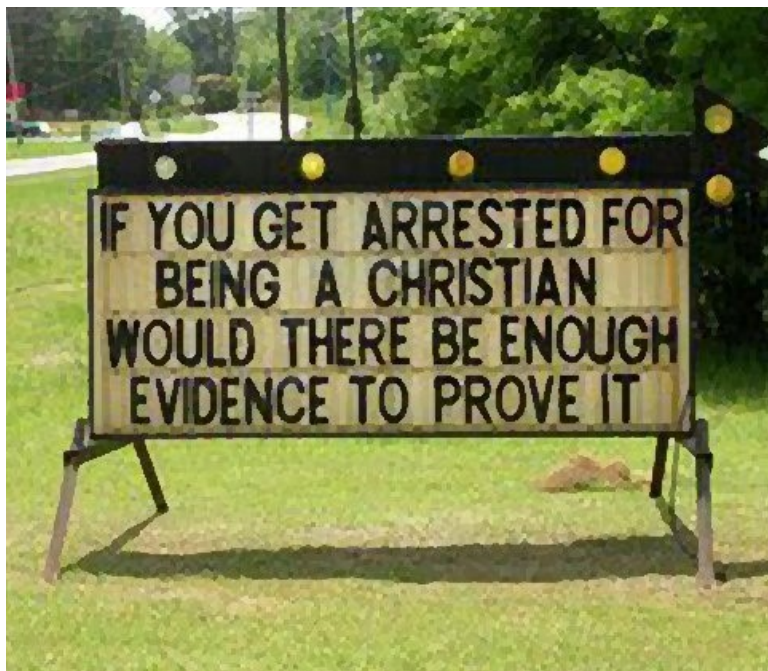


24th: Adalee Baer
 25th: Molly Billingsley
 27th: Grayson Frazier
 30th: Charity Peterson
 Jenn Howell
 Zachariah Hovis

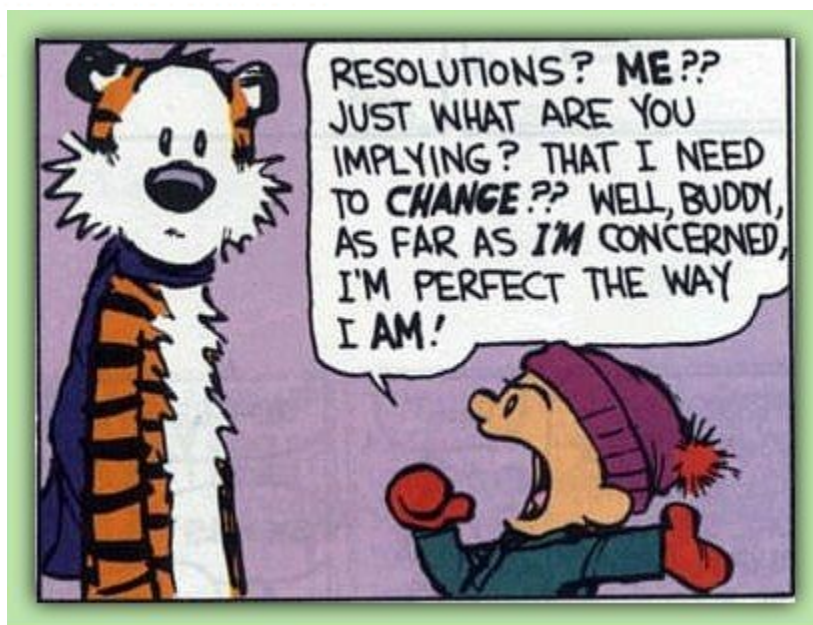
1st: Liam Hale
 5th: Abigail Maddox
 7th: David Shearer
 8th: Katlynn Baer
 9th: Tim Wheeler
 10th: Gina Brace
 Juanita Robinson
 13th: Don Closky
 15th: Cindy Mitchell
 16th: Avia Miller
 Daniel Hovis
 19th: Justin Howell
 Isabel Gorske
 20th: Randy Gorske
 Meadow Gorske
 21st: Doug Shearer
 Bob Wilmoth
 23rd: Nicole Oakes



4th: Bill and Ginger VanMatre
 17th: Jordan and Karen Joslin
 18th: Phil and Rachelle Held



May God bless 2021 with good health, good friends and plenty of opportunities to glorify His name to others by our love for them.



QuotesIdeas.com



February Newsletter articles due into the office by January 25th. Thank you, Deb