

# FIRST BAPTIST CHURCH COURIER

## MARCH 2021 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

**Truth:** *The only truth that offers eternity*

2 Timothy 3:16-17

Do I study God's Word daily and share the experience?

### IN THIS ISSUE:

Pastor Rod's Message	2
Deacons Corner Devotional	3
Christian Education Board	4
Health Ministry	5 & 6
Dieselberg Thailand Update	7
For Your Information	8
Prayers	9
Calendar	10
B/days, Anniversaries, Ministries	11
This and That	12

**Agape Love:** *Deep love requires great action*

1 Corinthians 13:1-3

Do I willingly invest my life so others are closer to Christ?

**People:** *People are precious and worth sacrifice*

Philippians 2:3-4

Do I love the least of these like Jesus would?

**Integrity:** *Live like Jesus...it makes a difference*

Titus 2:7-8

Do I live out God's unique standards so the world notices?

## 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

### The one time that God doesn't keep His promise!

We're living in an unusual/unique time, there have been other too. But each era/epoch has its own purpose in the annals of God. What we miss often is that God has two words for time *kairos* and *chronos*. Chronos is where we get our word chronological. It's the idea of linear time and measures quantity of time, like how old you are. Kairos deals with the proper time for something. An appropriate "season" or opportune moment. Both words are used together in 1 Thessalonians 5:1 Now as to the **times and the epochs**, brethren, you have no need of anything to be written to you. Of course, the context of the verse is the return of Christ like a thief in the night.

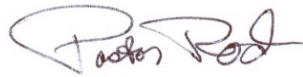
Which takes us to the **time** when God refuses to keep His promises. I had someone ask me a few questions about God's promises. They were questions like: Doesn't God promise: "And I will bless those who bless you, And the one who curses you I will curse. And in you all the families of the earth shall be blessed." Gen 12:3 Didn't Pres Trump do that more than any other President in History? Yes. Then why didn't God keep His promise? Great question! When does God refuse to keep promises? There's only one time. When the Chronos and Kairos are appropriate.

It's comparable to in Jeremiah's time, when the priest's said that God's name will be forever in Jerusalem, so Jerusalem can never be destroyed! (Then he set the carved image of Asherah that he had made, in the house of which the LORD said to David and to his son Solomon, "In this house and in Jerusalem, which I have chosen from all the tribes of Israel, **I will put My name forever**. 2 Kings 21:7) That made sense to those that thought God would always keep His promises, even while they rejected Him. But He's also committed to not blessing sin! It's why they missed they missed the time of their visitation! (... and they will not leave in you one stone upon another, **because you did not recognize the time of your visitation**." Luke 19:44)

They even missed God in the flesh walking in their midst! Their preconceived ideas of what God would do and how He would do it, actually caused them to be blind to the truth in front of their faces. Such is the time epoch in which we live. People even some who have at least a Pharisaical amount of faith are missing the plan of God, because they have their own agenda, They miss God because they don't have an agape for the Truth, but only their own idea of 'truth'. They've accepted the world's idea of truth. They will miss out on the coming of the Lord like the 5 foolish virgins (Mt 25). Talk about "left behind"! I plead with you please be ready.

We're living in the season of the end of chronos, heed Jesus' words "be ready ...." Mt 24:44

Awaiting the blessed Hope,





**DEACONS CORNER**

**For the Deacon's Corner I will be sharing from, "Hearing and Obeying His Word" devotions I read on the Youversion App. By Kezia Lewis.**

We often say (or hear) that we want to know God's will for our lives. But how often do we think about doing God's will? Is knowing the same as doing? We'd be deceiving ourselves if we thought so. There's a bridge that needs to be crossed between the two points and it's called obedience.

God's will is not hidden from us. His perfect law is revealed in the Scriptures that millions of people own today and can access from around the globe. He speaks to us and urges us to heed this law. But how often do we walk away from it, satisfied with the new insights we've gleaned from our study of the Bible, but fail to make any tangible changes to our lives?

I was once in a serious, long term relationship with a guy whose faith stood at odds with mine. There was a chasm between our views of God, which I dismissed as inconsequential. Over the years, however, God sent numerous people to confront me about it. I also personally received His Word from 2 Corinthians 6:14 on several occasions; it says, "Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?" Though it was clear from His Word that this relationship was putting my relationship with Jesus at risk, I didn't want to listen. I questioned God's wisdom and refused to obey.

My response then was like that of the man James described in verse 23: he looked at himself in the mirror and saw all his imperfections, but walked away without making a single effort to change anything about himself. In the end, I suffered the consequences of insisting on doing what I wanted. I couldn't pray, read the bible, go to church, or even talk about God to him. There was also a constant tug-of-war when it came to deciding where to go for spiritual needs. We ended up fighting often about God and even my call to the mission field. While I eventually ended that relationship, I carry the scars that resulted out of it.

The Word of God acts like a mirror to our true selves. It reflects what we look like from the insides. It reveals to us the true condition of our hearts, and tells us what we need to do to realign it to God's heart. It doesn't matter how much we've heard or understood; what matters is that we obey what we've heard.

The second person James describes in verse 25 not only listens to and understands God's word, but also lives it out. This person sees his spiritual imperfections in the light of God's word, and as a result, takes actual practical steps to obey God's word. He keeps listening and doing continuously. And in doing so, he is blessed. James says that we are to be doers of the word and not hearers only.





## A vibrant illustration featuring a group of diverse children of various ethnicities and ages. They are all smiling and holding up large, colorful letters that spell out 'SUNDAY SCHOOL' in a playful, sans-serif font. The children are dressed in bright, casual clothing. The background is a soft, light blue sky with a few white clouds. The overall mood is cheerful and educational.

Thank you!

The CE Board is excited to announce that Sunday School and Youth Group are back in session this year! The first classes and Youth meeting happened on February 7<sup>th</sup> and went very well. Of course masks and social distancing were a must, but regardless everyone was happy



## The Board at the Pregnancy Center



A cartoon illustration of a man and a woman. The man, wearing a yellow shirt, is holding a white envelope and looking surprised or shocked. The woman, wearing a purple shirt, is standing behind him with her hand on his shoulder, looking concerned.

"Its from our church... we've been called up for active duty."

## Health Ministry

### 6 Simple Ways to Lose Belly Fat, Based on Science

Losing abdominal fat, (belly fat), is a common weight loss goal. Abdominal fat is a particularly harmful type. Research suggest strong links with diseases like type 2 diabetes and heart disease. For this reason, losing this fat can have significant benefits for your health and well-being. You can measure your abdominal fat by measuring the circumference around your waist with a tape measure. Measures above 40 inches for men and 35 inches for women are known as abdominal obesity. Certain weight loss strategies can target the fat in the belly area more than other areas of the body.

**Here are 6 evidence-based ways to lose belly fat.**

#### 1. AVOID SUGAR AND SUGAR SWEETENED DRINKS

Foods with added sugars are bad for your health. Eating a lot of these types of food can cause weight gain. Studies show that added sugar has uniquely harmful effects on metabolic health. Numerous studies have indicated that excess sugar, mostly due to the large amounts of fructose, can lead to fat building up around your abdomen and liver. Sugar is half glucose and half fructose. When you eat a lot of added sugar, the liver gets overloaded with fructose and is forced to turn it into fat. Some believe that this is the main process behind sugar's harmful effects on health. It increases abdominal fat and liver fat, which leads to insulin resistance and various metabolic problems. Liquid sugar is worse in this regard. The brain doesn't seem to register liquid calories in the same way as solid calories, so when you drink sugar-sweetened beverages, you end up eating more total calories. A study observed that children were 60% more likely to develop obesity with each additional daily serving of sugar-sweetened beverages. Try minimizing the amount of sugar in your diet and consider completely eliminating sugary drinks. This includes sugar-sweetened beverages, sugary sodas, fruit juices, and various high sugar sports drinks. Read the labels to make sure products do not contain refined sugars. Even foods marketed as health foods can contain significant amounts of sugar. Keep in mind that none of this applies to whole fruit, which are extremely healthy and have plenty of fiber that mitigates the negative effects of fructose.

**Summary:** Excess sugar consumption may be the primary driver of excess fat in the abdomen and liver. This is particularly true of sugary beverages like soft drinks.

#### 2. EAT MORE PROTEIN

Protein may be the most important macronutrient for weight loss. Research shows it can reduce craving by 60%, boost metabolism by 80-100 calories per day. If weight loss is your goal, adding protein may be the single most effective change you can make to your diet. Not only can protein help you to lose weight, but it may also help you to avoid regaining weight. Protein may be particularly effective in reducing abdominal fat. Another study indicated that protein was linked to significantly reduced chance of abdominal fat gain over 5 years in women. This study also linked refined carbs and oils to more abdominal fat and linked fruit and vegetables to reduced fat. Many of the studies observing that protein helps with weight loss had people getting 25-30% of their calories from protein. Therefore, this may be a good range to try. Try increasing your intake of high protein foods such as whole eggs, fish, legumes, nuts, meats, and dairy products. These are the best protein sources for your diet. If you struggle with getting enough protein in your diet, a quality protein supplement—like whey protein— is a healthy and convenient way to boost your total intake.

**Summary:** Eating plenty of protein can boost your metabolism and reduce hunger levels, making it a very effective way to lose weight. Several studies suggest that protein is particularly effective against abdominal fat.

#### 3. EAT FEWER CARBOHYDRATES

Eating fewer carbs is a very effective way to lose fat. This is supported by numerous studies. When people cut carbs, their appetite goes down and they lose weight. More than 20 randomized controlled studies have now shown that low carb diets sometimes lead to 2-3 time more weight loss than low fat diets. This is true even when those in the low carb groups are allowed to eat as much as they want, while those in the low fat groups are calorie restricted. Low carb diets also lead to quick reductions in water weight, which gives people fast results. People often see a difference on the scale within 1-2 days. Studies comparing low carb and low fat diets indicate that low carb eating specifically reduces fat in the abdomen and around the organs and liver. This means that some of the fat lost on a low carb diet is harmful abdominal fat. Just avoiding the refined carbs-like sugar, candy, and white bread— should be sufficient, especially if you keep your protein intake high. If the goal is to lose weight fast, some people reduce their carb intake to 50 grams per day. This puts your body into ketosis, a state in which your body starts burning fats as its main fuel and appetite is reduced. Low carb diets have many other health benefits besides just weight loss. For example, they can significantly improve health in people with type 2 diabetes.

**Summary:** Studies have shown that cutting carbs is particularly effective at getting rid of the fat in the belly area, around the organs, and in the liver.

## Health Ministry Continued

### 4. EAT FIBER-RICH FOODS

Dietary fiber is mostly indigestible plant matter. Eating plenty of fiber can help with weight loss. However, the type of fiber is important. It appears that mostly the soluble and viscous fibers have an effect on your weight. These are fibers that bind water and form a thick gel that “sits” in your gut. This gel can dramatically slow the movement of food through your digestive system. It can also slow down the digestion and absorption of nutrients. The end result is a prolonged feeling of fullness and reduced appetite. One review study found that an additional 14 grams of fiber per day were linked to a 10% decrease in calorie intake and weight loss of around 4.5 pounds over 4 months. One 5-year study reported that eating 10 grams of soluble fiber per day was linked to a 3.7% reduction in the amount of fat in the abdominal cavity. This implies that soluble fiber may be particularly effective at reducing harmful belly fat. The best way to get more fiber is to eat a lot of plant foods, including vegetables and fruit. Legumes are also a good source, as well as some cereals, such as whole oats. You can also try taking a fiber supplement like glucomannan. This is one of the most viscous dietary fibers, and studies suggest it can help with weight loss. It’s important to talk to your healthcare provider before introducing this or any supplement to your dietary regimen.

**Summary:** There’s some evidence that soluble dietary fiber can lead to reduced amounts of belly fat. This should cause major improvements in metabolic health and reduce the risk of certain diseases.

### 5. EXERCISE REGULARLY

Exercise is among the best things you can do to increase your chances of living a long, healthy life and avoiding disease. Helping to reduce abdominal fat is among the amazing health benefits of exercise. This doesn’t mean doing abdominal exercises, as spot reduction—losing fat in one spot—is not possible. In one study, 6 weeks of training just the abdominal muscles had no measurable effect on waist circumference or the amount of fat in the abdominal cavity. Weight training and cardiovascular exercise will reduce fat across the body. Aerobic exercise—like walking, running, and swimming—can allow major reductions in abdominal fat. Another study found that exercise completely prevented people from regaining abdominal fat after weight loss, implying that exercise is particularly important during weight maintenance. Exercise also leads to reduced inflammation, lower blood sugar levels, and improvements in other metabolic problems associated with abdominal fat.

**Summary:** Exercise can be very effective for reducing abdominal fat and providing many other health benefits.

### 6. TRACK YOUR FOOD INTAKE

Most people know that what you eat is important, but many don’t know specifically what they’re eating. A person might think they’re eating a high protein or low carb diet, but without keeping track, it’s easy to overestimate or underestimate food intake. Tracking food doesn’t mean you need to weigh and measure everything you eat. Tracking intake every now and then for a few days in a row can help you realize the most important areas for change. Planning ahead can help you achieve specific goals, such as boosting your protein intake to 25-30% of calories or cutting down on unhealthy carbs.

#### THE BOTTOM LINE:

Abdominal fat, or belly fat, is linked to an increased risk of certain diseases. Most people can reduce their abdominal fat through taking on key lifestyle changes, such as eating a healthy diet packed with lean protein, vegetables and fruit, and legumes and exercising regularly.

**I hate it when  
I gain 10 pounds  
for a role  
and then realize  
that I am not  
an actress**

womenafter50.com

WHEN YOU'RE TRYING TO EAT RIGHT



BUT YOU GO TO A BAPTIST CHURCH

Accidentally went  
grocery shopping on an  
empty stomach and now  
I'm the proud owner of  
aisle 4.



**Dieselberg Thailand Update**

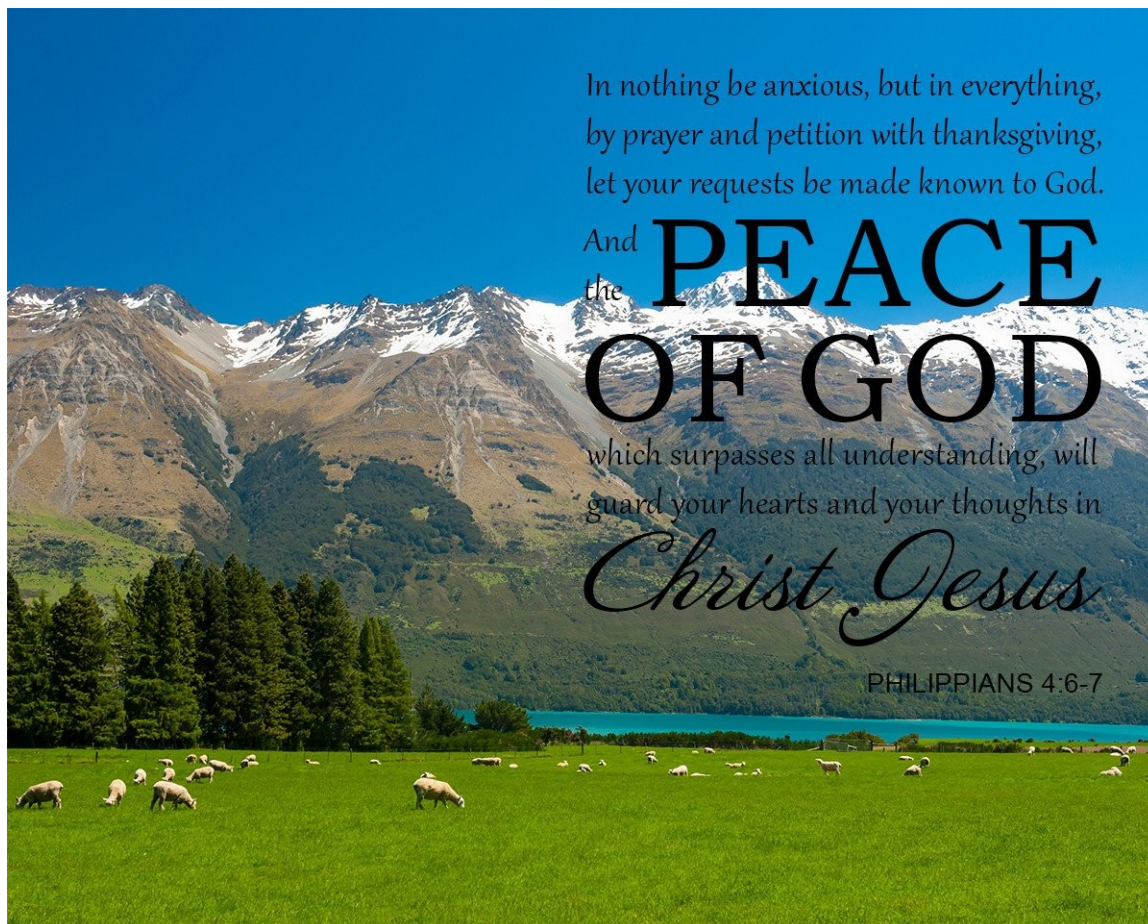
Dear Faithful Friends at First Baptist Cambridge Springs,

Below are some prayer requests regarding NightLight coming straight from Annie. I know you get “stories” from me, but when she sends something like this it is top level priority!

1. Please be praying for discernment and direction for ministering to the women in the red light area since COVID has so impacted everything.
2. We will be starting renovations on our buildings in March and will need to find an alternative location for the women to work.
3. The director of our outreach center is leaving in May and we need a mature, Spirit-filled, loving, persevering, hard-working, person with a high capacity and willingness to go the extra mile.
4. Our coffee shop is really struggling and our manager is not working out so we need wisdom for how to find the right person.
5. Spiritually it has been a very intense season. There is a lot of spirit-activity and many of the women are harassed by evil spirits. They are not ready to let go of their sins that partner with these demons so it is hard. Pray that they will feel conviction through Jesus' love and desire to walk in righteousness and freedom.

Thank you for joining us in prayer about these matters and for your amazing, faithful support!

Blessings,  
Jeff



## For Your Information



Tuesday March 2nd  
Prayer Meeting  
7 pm

Please be sure to keep the Search Committee in prayer as they continue with the process of calling a new Senior Pastor.



**Daylight Savings Time** begins 2 am Sunday **March 14th**. **Set your clocks ahead** at bedtime or you will be late for church and Sunday school.



### Mask schedule

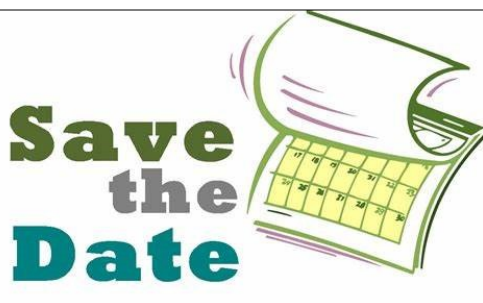
March 7th: Mask Optional in Sanctuary  
March 14th: Mask Required in Sanctuary  
March 21st: Mask Optional in Sanctuary  
March 28th: Mask Required in Sanctuary



The family of **Janet Beanland** had planned on having a **memorial service** to Celebrate Janet's Life on March 27, 2020 (which would have been her birthday) but has decided to postpone that celebration until **April 24, 2020**. The memorial will be held at the **First Baptist Church in Cambridge Springs** at 1:00pm.

Because of the continued situation with COVID-19 and the possibility of bad winter weather still possible at the end of March, the family felt it was in everyone's best interest to delay this tribute. There will be no other delays; the memorial will take place on April 24<sup>th</sup>.

**Saturday June 12, 2021**



Cambridge Springs Carnival  
Grounds

**Pastor Rod's Retirement Party**

More information as the date approaches.





## PRAYERS

**The Grieving:** Bonnie Boylan, Betty Held, Cathy Williams, Larry Klemm, Bill Hodge, Cindy Boylan, Tony Jardina, Jamie Rodgers, Justin Gaines, **Kay Gage (Sister Kay Davis' passing)**

**Cancer:** Chris Peterman

**Health Issues:** Rose Cummings, Randy Gorske, Reed Gage, Matthew Tenney, Red Smith, Joyce Cory, Keith Bancroft, **Kay Gage, Penny Hale**



**Rehabilitating:** Janet Wise, Patty Yenny, Kim Marzke, Sandy Mumau, Dale Snow, **Jan Snow, John Dine**

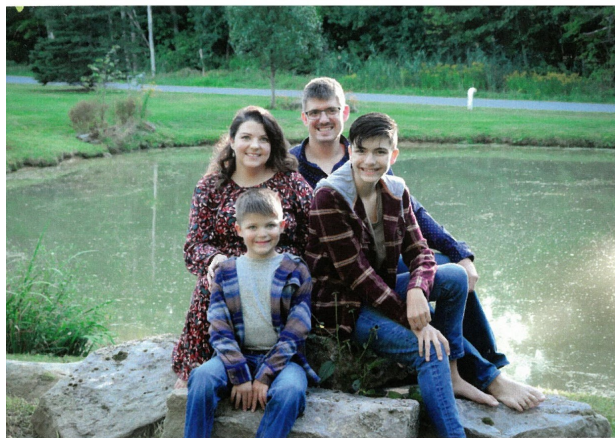
**Nursing Home:** Bill Hodge, **Vince Byrne**

**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, Brayden 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



**Prayers:** We continue to transition and learn culture and language.

To find the areas God has planned for which to concentrate our ministries and for new relationships to be strengthened in working and living life together.

For moved hearts to give toward the remaining reestablishment expenses and the beginning of ministry projects (SPECIFICS fund).

New C2M partners to reach and sustain 100% funding

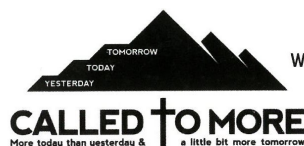
**Praises:** safe arrival and establishment of our home.

Continued health of our family and partners.

God's provision of resources for a reliable ministry vehicle and everyday needs.

Please continue to pray for The Smith Family

You can see the Winter 2020 newsletter from the Smiths on the Welcome Center.



CONNECT & Stay UPDATED  
w. The Smiths + Called To More

Facebook: @Called2More

Journals: InternationalMinistries.org

Email: blsmith@InternationalMinistries.org



THANK YOU for your support!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Open 8-5	2 7pm Prayer Meeting	3 Office Open 8-5 Noon Lenten Lunch Church of God 6 pm Search Committee Meeting	4 7 pm Praise Group Practice	5 Office Open 8:30-5	6   Pray for Pastor Rod
7 Mask Optional in Sanctuary  Communion 6 pm Youth Group	8 Office Open 8-5 6 pm CE Board 7 pm Trustees	9	10 Office Open 8-5 Noon Lenten Lunch Presbyterian Church 6 pm Search Committee Meeting	11 7 pm Praise Group Practice	12 Office Open 8:30-5 No School Penncrest	13   Pray for Pastor Rod
14 Daylight Savings Begins Mask Required in Sanctuary 6 pm Youth Group 	15 Office Open 8-5 6:30 pm Deacons No School CCA & Penncrest	16	17 Office Open 8-5 Noon Lenten Devotion Methodist 6 pm Search Committee Meeting	18 7 pm Praise Group Practice	19 Office Open 8:30-5	20 1st day of Spring 8 am Men's Breakfast  Pray for Pastor Rod
21 Mask Optional in Sanctuary 6 pm Youth Group	22 Office Open 8-5 6:30 pm Board Chairmen Mtg. 7 pm Advisory Board	23	24 Office Open 8-5 Noon Lenten Devotion CMA 6 pm Search Committee Meeting	25 7 pm Praise Group Practice	26 Office Open 8:30-5 1/2 day school CCA	27   Pray for Pastor Rod
28 Palm Sunday Mask Required in Sanctuary 6 pm Youth Group	29	30	31 Office Open 8-5 1/2 day school CCA 7 pm Praise Group Practice	April 1st: Maundy Thursday Communion Service at 7 pm.		
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## March Birthdays and Anniversaries



26th: Brayden Barnett  
Judy Santey  
29th: Dani Schmidt  
31st: Cliff Wise  
Madison Klemm

1st: Ellie Shearer  
5th: Ron Colvin  
Zakery Baer  
7th: Sue Stoudt  
Ashley Dine  
8th: Quinton Burchill  
9th: Bob Boylan  
13th: Sandy Mumau  
Jackson Brace  
Cailian Maddox  
14th: Levi Gardner  
16th: Darlene Gorske  
Dylann Dupont  
18th: Lorraine Acklin  
20th: Mike Stone  
23rd: Kay Gage  
Camryn Schmidt  
Colton Steudler



10th: Doug and Debbie Shearer  
12th: Craig and Cindy Billingsley  
13th: Don and Esther Closky  
19th: Bob and Michelle Wilmoth  
27th: John and Ginny Kibbe



Did you know that Sunday School and Youth Group have started back-up? Sunday School begins at 10 am.

Youth Group begins at 6 pm and meets in the Mezzanine.

Teachers and Rooms listed below.

### SUNDAY SCHOOL CLASSES:

3 year olds ~ Kindergarten Bettina Baer and TBA ~ Emmanuel Room

1st - 3rd ~ Cindy Billingsley and Brenda Beers ~ Adonai Room

4th - 6th ~ Jen Shaffer and Karen Burchill ~ Jehovah Room

Jr./Sr. High ~ Justin and Kristin Held ~ Elohim Room

**Adult class ~ Book of Mark ~ Lee Manross ~ All Purpose Room  
~ Masks Required**

*Adult class ~ Book of Ezra ~ Robyn Kovschak ~ Bereans Room ~  
Masks Optional*

### YOUTH GROUP:

7th-12th grades ~ Dennis Baer and Justin Howell

## Children's Church Schedule

March 7th: Debbie Dine  
March 14th: Debbie Baer  
March 21st: Ken Hale  
March 28th: Jenn Howell





Can you find thirty (30) books of the Bible in the following paragraph?

There are 30 books of the Bible in this paragraph. Can you find them? This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much, he passed it on to some friends. One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving, she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or a scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new record. The local paper, *The Chronicle*, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "The books are all right here in plain view hidden from sight." Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind, that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus. There really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found. God Bless.

**Why didn't  
anyone tell me  
about this?**

**It was in the  
bulletin.**



**Thank  
you!**

April Newsletter articles due into the office by March 22nd. Thank you, Deb