

# FIRST BAPTIST CHURCH COURIER

## MAY 2021 EDITION



### IN THIS ISSUE:

Pastor Rod's Message	2
Deacons Corner Devotional	3
Camp Opportunities & In The News	4
Health Ministry	5 & 6
Changes	7
For Your Information	8
Prayers	9
Calendar	10
B/days, Anniversaries, Ministries	11
This and That	12

### 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?

**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

### My final pastor's newsletter

How do you say "Goodbye" to people that you've worked with, served with, raised kids together, watched out for each other in sickness and in health, shared life together, ministered to each other, listened, cried with, hurt with, celebrated delight and joy together and glorified and honored the Lord with all of strength? I don't know, I've never experienced this before.

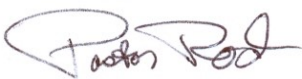
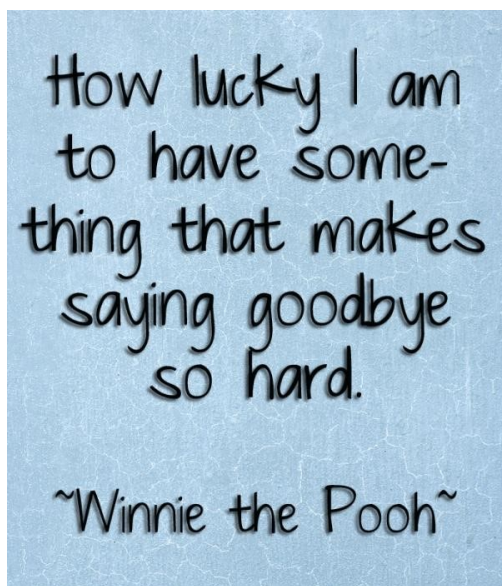
Some pastors have had a myriad of opportunities to become proficient at this, but this was more like a marriage, than simply being a pastor. In seminary they always joked about the church becoming the pastor's mistress and to be sure your wife didn't feel like she was fighting with the church for attention or affection. I guess only Barb could answer that, but it is a powerful commitment. Ephesians 5:32 even refers to that: ...AND SHALL CLEAVE TO HIS WIFE; AND THE TWO SHALL BECOME ONE FLESH. This mystery is great; but I am speaking with reference to Christ and the church. Ephesians 5:31-32. It's kind of a mystical proposition and it was fascinating doing life together. I cannot imagine living it out with anyone else, but all of you.

Actual Paul expresses it well: I thank my God in all my remembrance of you,  
 4 always offering prayer with joy in my every prayer for you all,  
 5 in view of your participation in the gospel from the first day until now.  
 6 For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.  
 7 For it is only right for me to feel this way about you all, because I have you in my heart, since both in my imprisonment and in the defense and confirmation of the gospel, you all are partakers of grace with me.  
 8 For God is my witness, how I long for you all with the affection of Christ Jesus.  
 9 And this I pray, that your love may abound still more and more in real knowledge and all discernment,  
 10 so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ;... Philippians 1:3-10

Part way into my 41<sup>st</sup> year here with all of you, I can with honesty and integrity say, "I Love you!" I will always pray for your well-being and God's grace to be upon you all.

Love in Jesus,

Pastor Rod

**DEACONS CORNER**

## Fears or Faith?

Hi all! I have been struggling what to share with you this month as it is my turn for the Deacon's Corner. I have been s-l-o-w-l-y reading through Mark for my daily devotions but not because I can't read fast or struggle to sound out the big words. No. The problem is my daily devotion doesn't always end up being daily. Then when I do read, I realize I've read a parable and wasn't even paying attention so I read it again, and again, and again. How many times can one mentally distract themselves in a span of ten minutes. Well, sometimes it seems like I'm flirting with the world record on this.

After prayer and some anxious contemplating, the Lord has put it on my heart to share Mark 4:35-41 with you: Jesus Calms the Storm.

35 That day when evening came, he said to his disciples, "Let us go over to the other side." 36 Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. 37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

39 He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

40 He said to his disciples, "Why are you so afraid? Do you still have no faith?"

41 They were terrified and asked each other, "Who is this? Even the wind and waves obey him!"

Focusing on verse 40, do we have fear because our faith is weak? As my commentary points out, "Jesus didn't promise that we would never face fearful circumstances. Instead, he taught that God is in control and is greater than whatever we are facing. Faith means trusting that we never face dangers alone. Knowing God is present keeps fear from paralyzing us." Are we leaning on God in our fears and trusting him in faith? This encourages me to push through my daily (I know, not always) grind of doing my devotions and building my faith in hopes that when I come into fearful circumstances, I'll be able to lean on God and trust in Him.





## Camping opportunities and Church Officers

**Have you checked out all the summer camp options available?**

There is a table in the narthex with information on

Mystic Mountain Camp,

Miracle Mountain Camp,

Slippery Rock Baptist Camp,

Edinboro Camp,

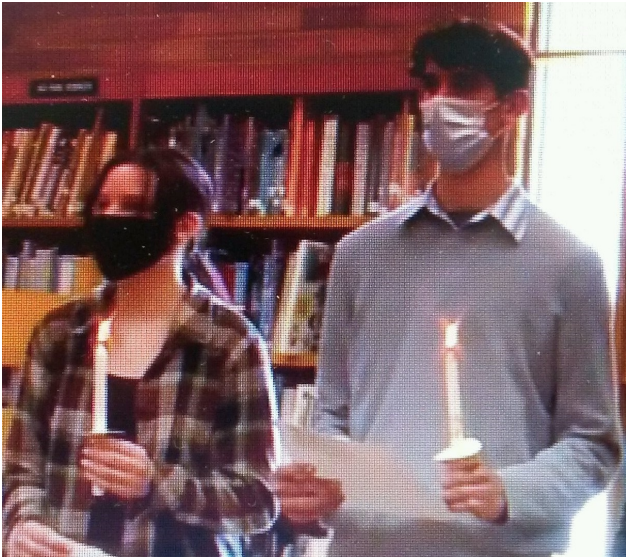
WLD Ranch

Camp Venango for Jesus.

If you have questions you can see Kristin Held.



## National Honor Society



Congratulations to Nathan Held and Aubrey Klemm on being inducted into the National Honor Society of CSHS.

**100% A+**



Congratulations to Ken Burchill, son of Lynn Smith, being named Product Manager at Channellock, Inc.. "Burchill's new role ensures there is an on-site expert in product knowledge. He is a subject matter expert on Channellock tools and will serve as a direct resource for the company's sales team."

## Health Ministry



### Foods That May Help Prevent Clogged Arteries

**4. Tomatoes and tomato products** Tomatoes and tomato products contain plant compounds that may be particularly helpful for reducing the development of atherosclerosis. For

example, tomatoes contain the carotenoid pigment lycopene, which may have impressive health benefits. Studies show that consuming lycopene-rich tomato products may help reduce inflammation, boost HDL (good) cholesterol, and reduce the risk of heart disease. Interestingly, combining cooked tomato with olive oil may offer the greatest protection against clogged arteries. One study in 40 people found that eating tomato sauce with olive oil had the greatest effect on reducing adhesion molecules and inflammatory proteins, compared with raw tomatoes and plain tomato sauce. However, all the tomato preparations boosted HDL (good) cholesterol and reduced total cholesterol. **5. Onions** Onions are part of the *Allium* genus and linked to a number of health benefits. Research has shown that a diet rich in these popular veggies may protect the arteries. A 15-year study that followed 1,226 women ages 70 and older found that a higher intake of *Allium* vegetables like onions was associated with a lower risk of death related to disease caused by atherosclerosis. Onions contain sulfur compounds that scientists think may help prevent blood vessel inflammation, inhibit the clumping together of platelets in the blood, and increase the availability of nitric oxide. All of these effects may help protect against atherosclerosis and improve artery health. **6. Citrus fruits** Citrus fruits are delicious and provide a variety of vitamins, minerals, and antioxidants, including flavonoids. Citrus flavonoids can decrease inflammation and help prevent free radicals in the body from oxidizing LDL (bad) cholesterol. Oxidized LDL is associated with atherosclerosis development and progression. This may be why citrus consumption is associated with a reduced risk of heart disease and stroke — two conditions linked to atherosclerosis. **7. Spices** Spices, including ginger, pepper, chili, and cinnamon may help protect against clogged arteries. These and other spices have anti-inflammatory properties and may help scavenge free radicals, improve blood lipid levels, and reduce the clumping together of platelets in the blood. You can increase your spice consumption easily by adding these versatile flavorings to oatmeal, soups, stews, and just about any other dish you can think of. **8. Flax seeds** Flax seeds are tiny powerhouses of nutrition. They are high in fiber, healthy fats, vitamins, and minerals, including calcium and magnesium. In addition to being highly nutritious, flax seeds may help prevent atherosclerosis. One study found that rabbits that ate flax seed after a high cholesterol diet experienced a 40% reduction in plaque formation compared with animals that did not eat flax seeds. **9. Cruciferous vegetables** Adding cruciferous vegetables like broccoli, cabbage, and cauliflower to your diet may help reduce your chances of developing clogged arteries. Studies show that eating cruciferous vegetables is associated with a decreased risk of atherosclerosis. A study in 1,500 women found that eating cruciferous vegetables was associated with lower carotid intima-media thickness (CIMT). Healthcare providers use this measurement to assess a person's risk of atherosclerosis-related disease. Research has also linked cruciferous vegetable intake to reduced arterial calcification and risk of death caused by atherosclerosis-related disease. Arterial calcification leads to the hardening of the arteries in atherosclerosis.

### **10. Beets**

Beets are a rich source of nitrates, which your body converts to nitric oxide, a signaling molecule that plays many essential roles in your body. Inflammation in the blood vessels leads to decreased nitric oxide production. Eating foods like beets that are rich in dietary nitrates may help improve blood vessel function and decrease inflammation, which may help prevent atherosclerosis. (NEXT PAGE)

## Health Ministry Continued

Research has also found an association between dietary nitrate intake and a reduced risk of atherosclerosis-related death.

### **11. Oats**

Oats are an excellent choice for those who have atherosclerosis or are trying to prevent clogged arteries. Eating oats can help significantly reduce atherosclerosis risk factors, including high levels of total and LDL (bad) cholesterol. Oats also contain antioxidants called avenanthramides, which may help inhibit inflammatory proteins called cytokines, as well as adhesion molecules. This may help prevent atherosclerosis. Consuming oat bran, which is packed with fiber, may be helpful as well. A study that included 716 people with coronary artery disease found that those who consumed oat fiber regularly had lower levels of LDL (bad) cholesterol and inflammatory markers than those who did not eat oat fiber. The study also found that oat fiber intake was associated with a lower risk of needing revascularization — a procedure to increase oxygen delivery to the heart and other parts of the body. A person may need this if atherosclerosis has impeded their blood flow.

### **12. Nuts and seeds**

Nuts and seeds are excellent sources of protein, fiber, healthy fats, vitamins, and minerals. What's more, these tiny and versatile foods may help prevent clogged arteries. Research has consistently shown that nut and seed intake can significantly improve atherosclerosis risk factors. For example, eating nuts and seeds can reduce LDL (bad) cholesterol and blood pressure and may help boost HDL (good) cholesterol. Research has also shown that eating nuts and seeds reduces blood sugar levels and may help protect against diabetes, a known risk factor for atherosclerosis. Additionally, eating nuts and seeds may help improve blood vessel function and protect against heart disease.

### **13. Leafy greens**

Leafy greens, including lettuces, kale, arugula, Swiss chard, and spinach, offer an abundance of nutrients that may help protect against atherosclerosis. Green leafy vegetables are a good source of dietary nitrates, which can help improve blood vessel function and reduce inflammation. They're also packed with potassium. This mineral helps prevent vascular calcification, a process that contributes to atherosclerosis. Plus, numerous studies have shown that eating green leafy vegetables is an excellent way to reduce your risk of heart disease. A review of eight studies found that consuming green leafy vegetables was associated with a significantly reduced risk of heart disease by up to 15.8%.

### **14. Cocoa and dark chocolate**

Cocoa and dark chocolate products are not only delicious but also may help ward off atherosclerosis. A study that included 2,217 participants found that eating chocolate was associated with less atherosclerotic plaque in the coronary arteries. These arteries transport oxygen-rich blood to the heart. Studies have also found that eating chocolate is associated with a reduced risk of stroke, heart disease, and diabetes. What's more, cocoa and dark chocolate products are rich in polyphenol plant compounds. These help increase nitric oxide production and decrease inflammation in the arteries, which may help improve physical function in people with atherosclerosis. One study compared the effects of eating dark and milk chocolate in 20 people with peripheral artery disease, a condition caused by atherosclerosis. The study defined dark chocolate as having more than 85% cocoa content. The researchers found that consuming 40 grams of dark chocolate significantly improved walking time and blood levels of nitric oxide compared with consuming milk chocolate.

### **15. Olive oil**

The Mediterranean diet is rich in high fiber vegetables, beans, and olive oil. It has long been associated with improved heart health. Olive oil may help reduce the risk of atherosclerosis. A 4-month study in 82 people with early atherosclerosis found that daily intake of 1 ounce (30 mL) of olive oil significantly improved participants' blood vessel function and reduced inflammatory markers. A 2018 review also concluded that olive oil consumption is associated with reduced atherosclerosis-related inflammatory markers and a decreased risk of heart disease and complications. Scientists attribute olive oil's ability to increase heart and blood vessel health to its high content of polyphenol compounds. Keep in mind that less refined extra virgin olive oil has significantly greater amounts of polyphenols than more refined olive oils.

### **The bottom line**

A healthy diet rich in nutrient-dense foods may help reduce your risk of developing clogged arteries. Research has shown that adding foods like cruciferous vegetables, fish, berries, olive oil, oats, onions, greens, and beans to your diet may be an effective way to prevent atherosclerosis. All of the foods listed above offer many other benefits as well. Adding them to your daily routine may significantly decrease your risk of disease and boost your overall health.

## May Changes

Dear Friends,

Just letting you know about the changes coming in May.

Masks will not be required (but you can still wear one if you wish) in the sanctuary.

The All Purpose room will be open (mask required) for live streaming of the sermon.

The ushers will once again hand out bulletins but the offering plates will remain in the back of the sanctuary and on the table in the All Purpose Room for you to put your tithes and offerings in.

Communion will continue to be in baskets in the back of the sanctuary and All Purpose room until we run out of the purchased pre-packaged elements.

I will still be sending out the bulletin via email prior to Sunday's service.

**CHURCH SERVICES** will be at **8:30 and 11.**

**SUNDAY SCHOOL** will begin at **9:45.** Masks **optional** in all classes. The adult class that is now in the All Purpose Room will be changed to the sanctuary to keep the all-purpose room masks required on Sundays.



"Apparently, my spiritual gift is being silly with the toddlers."

### Nursery Workers are needed.

Please consider volunteering for this vital ministry.

With our 2 services you can volunteer in one service and attend the other.

Or you can volunteer for Sunday School nursery.

Not only will you be able to minister to our young families but you get to cuddle infants and be silly with the young ones.

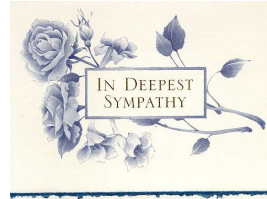
**Pastor Steven's first sermon is scheduled for June 6th! If you have anyone that you would like to receive a special invitation to his first sermon please contact the office by May 10th.**



## For Your Information



**Tuesday May 4th**  
Prayer Meeting  
7 pm



Our sympathies to Nancy Gage and family on Reed's passing. We rejoice in knowing he is in the presence of the Lord.



The Garden Room will be open the 1st and 3rd Saturdays of the month beginning May 1st.

If you are willing to help with this ministry please call Laura Stone 814-398-2507 or call the

church office 814-398-4243



**Sunday, May 16 Praise Night - 6:30pm** - Please come and join us for a night of praise! The praise team will open with a few selected songs and then open it up for requests from you from the hymnal and/or our current praise songs. We will also open it up for all to share a few verses from their favorite Psalms in between songs.



Teacher appreciation/promotion/graduation will be held June 6th during SS hour.

Baccalaureate will be in the evening on June 6th.

Summer Sunday school will run June 13 - August 29.

*Don't miss this one!*

**Pastor Rod's Retirement Party**

**Saturday June 12, 2021 at Cambridge Springs Carnival Grounds beginning at noon with dinner.**



**Please sign up on the Welcome Center if you will be attending.**



## PRAYERS

**The Grieving:** Bonnie Boylan, Betty Held, Cathy Williams, Larry Klemm, Bill Hodge, Cindy Boylan, Tony Jardina, Jamie Rodgers, Justin Gaines, Kay Gage, **Nancy Gage**

**Cancer:** Chris Peterman

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

**Rehabilitating:** Janet Wise, Patty Yenny, Kim Marzke, Dale Snow, Jan Snow, John Dine, Gene Shearer, **John Belfiore**

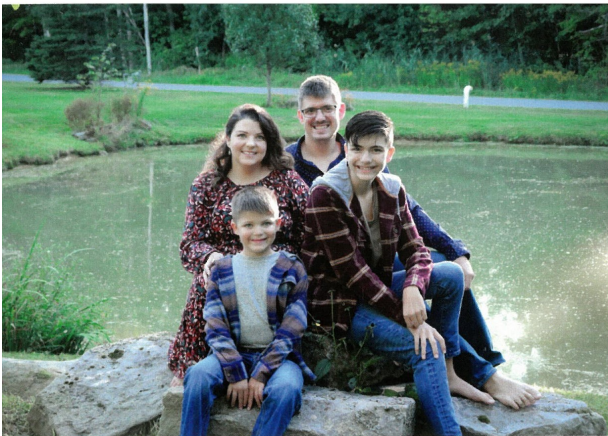
**Nursing Home:** Bill Hodge, **Vince Byrne**

**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, **Faye Sellers**

**Guidance:** Brian and Lynette Smith, Justin Fuller-Gaines, **Parsonage Committee**

**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

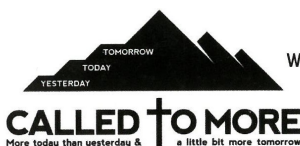
**Praises:** safe arrival and establishment of our home.

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 in the bulletin board by the restrooms.



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
			2 0 2 1			1 9—Noon Garden Room
<b>2 COMMUNION</b> 6 pm Youth Group	<b>3</b> Office Open 8-5  Pray for Pastor Steven	<b>4</b> 7 pm Prayer Meeting	<b>5</b> Office Open 8-5	<b>6</b> 7 pm Praise Group	<b>7</b> Office Open 8:30-5	<b>8</b>   Pray for Pastor Rod
<b>9</b> 6 pm Youth Group	<b>10</b> Office Open 8-5 6 pm CE Board 7 pm Trustees  Pray for Pastor Steven	<b>11</b>	<b>12</b> Office Open 8-5 10 am Women's Bible Study	<b>13</b> 7 pm Praise Group	<b>14</b> Office Open 8:30-5	<b>15</b> 9—Noon Garden Room 8 am Men's Fellowship Breakfast  2 pm Sanctuary in Use Pray for Pastor Rod
<b>16</b> 6 pm Youth Group 6:30 pm Praise and Worship Night	<b>17</b> Office Open 8-5 6:30 pm Deacons  Pray for Pastor Steven	<b>18</b> Primary Election Day 7 am till 8 pm  	<b>19</b> Office Open 8-5	<b>20</b> 7 pm Praise Group	<b>21</b> Office Open 8:30-5	<b>22</b> 8-3 CS Boro Clean Up Day  Pray for Pastor Rod
<b>23</b> 6 pm Youth Group	<b>24</b> Office Open 8-5 6:30 pm Board Chair Meeting 7 pm Advisory Board  Pray for Pastor Steven	<b>25</b>	<b>26</b> Office Open 8-5 10 am Women's Bible Study	<b>27</b> 7 pm Praise Group	<b>28</b> Office Open 8:30-5	<b>29</b>   Pray for Pastor Rod
<b>30</b> PASTOR ROD'S RETIREMENT SERMON Last day of regular Sunday School Summer classes start June 13th.	<b>31</b> MEMORIAL DAY  Pray for Pastor Steven					

## May Birthdays and Anniversaries



23rd: Karis Lowther  
 24th: Aaron Morrow  
 25th: Adam Morrow  
       Cullen Burchill  
 27th: Eulalia Beers  
 28th: Ken Hale  
       Lynette Smith  
 29th: Alexandra Pabon  
 31st: Parker Schmidt  
       Tori Colvin

1st: Bob Burchill  
       Brad Burchill  
 2nd: Amy Jones  
 4th: Bill VanMatre II  
 5th: Eugene Pabon  
 7th: Austin Jones  
       Connie Stearns  
       Phil Lowther  
 10th: Brian Kightlinger  
 12th: Laura Stone  
 13th: Lucas Crowe  
 14th: Dennis Baer  
       Lydia Baer  
 17th: Conrad Shearer  
 18th: LuAnn Wheeler  
 19th: Betsy Robbins  
 20th: Tony Jardina  
       McKenna Joslin  
 22nd: Rob Boylan  
       Jamie Rodgers  
 23rd: Stephen VanMatre

May 2nd: Jenn Howell  
 May 9th: Debbie Baer  
 May 16th: Ken Hale  
 May 23rd: Dennis Baer  
 May 30th: Stacie Klemm



1st: Ken and Debbie Dine  
 9th: Jeff and Lisa Rindfuss  
 22nd: Paul and Lydia Sellers  
 26th: Ken and Penny Hale  
 27th: Jack and Kathy Parsons  
 28th: Bill and Brenda VanMatre  
       Tim and LuAnn Wheeler

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

### Nursery Ministry



Date	1st Service	Sunday School	2nd Service
May 2nd	Stacie and Aubrey Klemm	Wendy Gardner and Sue Tenney	Robyn Kovschak and Brenda Morrow
May 9th	Terry Findlay and Cassandra Baer	Gina Brace and Stacie Klemm	Andi Risjan and Jillian Risjan
May 16th	Marilyn Dine and Debbie Dine	TBA	Andi Lundin and Natalie Held
May 23rd	Cindy Billingsley and Brenda Beers	TBA	Kristin Held and Anna Held
May 30th	Gina Brace and Cindy Boylan	TBA	Ken and Debbie Dine
If you wish to	Help with this	Ministry call	The office



The Garden Room is re-opening May 1st.

It will be open the 1st and 3rd Saturdays from 9 till Noon.

**May 1st Workers:** Laura Stone and Karon Runyan

**May 15th Workers:** Elaine Christie and Barb Ellis



# People from the New Testament

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

Andrew  
 Aquila  
 Barnabas  
 Barsabas  
 Bartholomew  
 Cornelius  
 Elizabeth  
 James  
 Jesus

John  
 John the Baptist  
 Joseph  
 Judas  
 Lazarus  
 Luke  
 Lydia  
 Mark  
 Martha

Mary  
 Matthew  
 Matthias  
 Paul  
 Peter  
 Philip  
 Priscilla  
 Silas

Simon  
 Stephen  
 Tabitha  
 Thaddaeus  
 Thomas  
 Timothy  
 Zacchaeus  
 Zebedee

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June/July/August Newsletter articles due into the office by May21st. Thank you, Deb