

FIRST BAPTIST CHURCH COURIER

SUMMER 2021 EDITION



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OUR STAFF

Rev. Rod Beardsley - Senior Pastor

Debbie Dine - Secretary

Email: csfbc@zoominternet.net

Website: www.csfbc.org

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: 8:30 and 11 am; Sunday School for all ages: 9:45 am

CSFBC MISSION STATEMENT

"Infusing TRUTH to produce selfless followers of God."

PASTOR STEVEN'S MESSAGE

"Follow me," he told them, "and I will make you fish for people." ~ Matthew 4:19 (CSB)

Several months ago, I submitted an introduction video to the pastor search committee for candidacy of the senior pastor position at your church. Many of you had the opportunity to watch that video and learn a little about my story, my family, my calling into ministry, but most importantly, you got the chance to hear my heartbeat. In that video, I discussed the one passage that has driven my ministry from the start; Matthew 4:19. It is in this piece of Scripture that Jesus lays the groundwork for discipleship. In this verse there's three main points that help us all understand what it really means to be a follower of Jesus Christ.

First, Jesus says to follow Him. Without turning this into an entire sermon, it simply means that we must become sacrificial in our walks with Him. In this story where Jesus calls His first disciples, we see them give everything to follow Him. They give up their family, their careers, their life for Jesus. Secondly, Jesus says, "I will make you." When we are willing to give it all up for the One that has called our name, we will see true transformation in our lives. We will realize that it is Jesus that is responsible for that transformation. Nothing we did, nothing we said could ever tear down the barriers of our heart and give us the desires of the Spirit. It is Jesus, it has always been Jesus, it will always be Jesus that brings change in our life. And thirdly, when we have become sacrificial and as Jesus begins to give us His desires, as He begins to transform us, we find this new drive to share this news with people in our lives. Our focus, our main mission becomes about advancing the gospel in every aspect of our lives; where we live, where we work, where we go to school, everywhere! We become the fishers of men He called us to be.

Over the past 40 years, you have sat under a shepherd that has discipled you and helped you grow as believers. He has given you the necessary tools you need to go and be that vessel God has called you out to be. You know the command and you know our mission. Pastor Rod could not have done a better job in leading First Baptist Church in advancing God's kingdom. As we prepare to transition, I ask you to continue that legacy. I ask you to continue growing as a disciple. I ask you to continue pushing and encouraging those within our body. I ask you to continue making the Great Commission our priority.

So, how will we do that? Over the next several weeks, we are going to begin a new sermon series called "For the One," where we will be looking at how we can impact God's kingdom one relationship at a time. In that series, we will be examining the power of just one life and how God can use that life to impact nations, to impact the world, and ultimately to impact the kingdom.

So, what do you need to do? Begin praying now for that one person in your life that you can be intentional with, someone that you can come alongside of and build a relationship with. Through that interaction and through your intentionality, God will give you opportunities to share the gospel. The question is will you be obedient to that leading? Will you come alongside of us as we impact Cambridge Springs together with the gospel of Jesus Christ.

Pastor Steven's Message continued

In the coming weeks, we will provide opportunities for you and your family to take part in the initial steps of becoming the gospel in our community during our Pray and Go event. Very soon we will be releasing a date for us to come together with the intentions of going out, to every home in Cambridge Springs, and simply just praying for them. We will not at that point ask you to share or to interact with anyone, just to simply pray and hang a door hanger letting them know they have been prayed for. If we are going to be the gospel in this community, it starts with intentional prayer; intentional prayer asking God to move in these individuals' lives. Remember, behind every salvation, is a person on the other end praying.

Brittany and I could not be more excited about what God has in store for our church family. Just as Pastor Rod preached, God has plans of good in our future. He sees our path long before we ever walk down it, and He knows everything that lies before us. In that path, there are people, desperately and frantically, searching for hope that we can provide. Will you join us as we make it our mission in continuing the legacy Pastor Rod leaves behind? Will you join us as we do whatever it takes to advance the message of salvation?



PRAY & GO

praying FOR OUR
COMMUNITY ONE HOUSE
AT A TIME

SIGN UP TO SERVE >

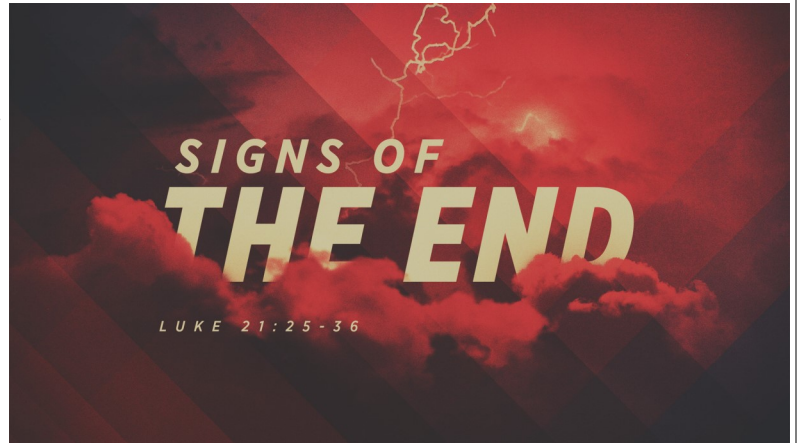
DEACONS CORNER

SUMMER IS UPON US

Hello Everyone,

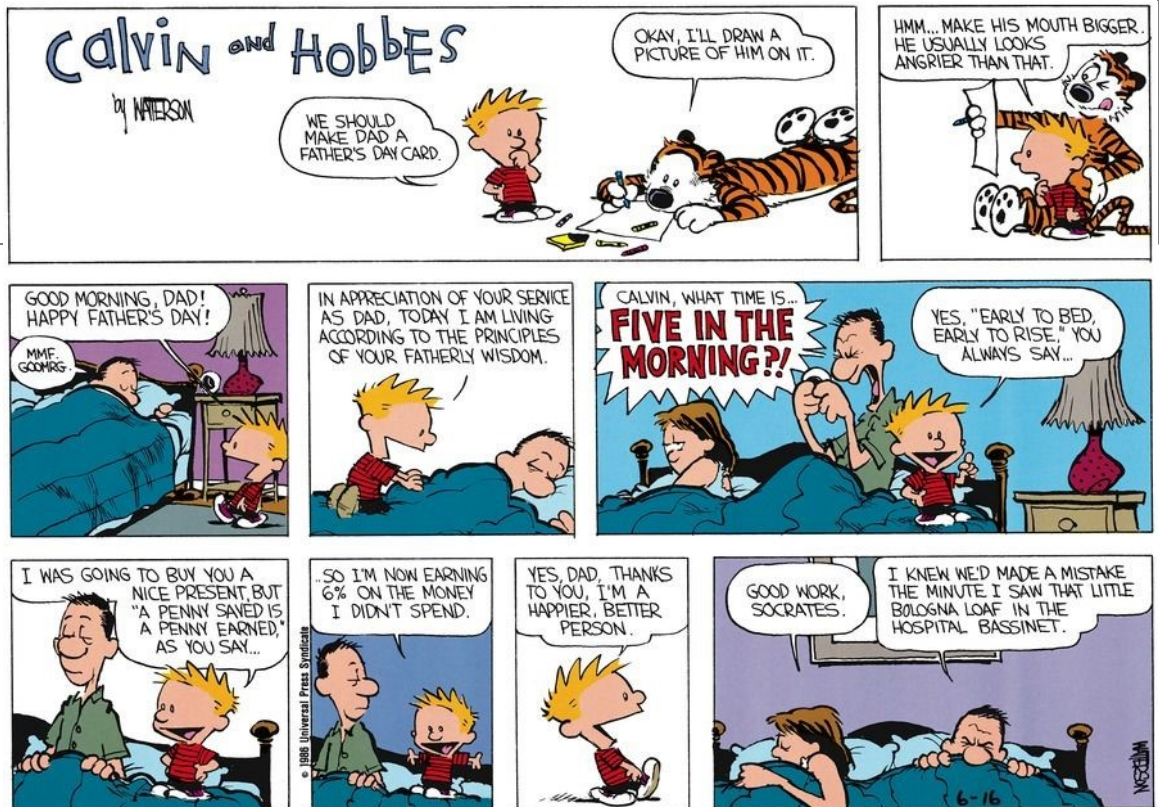
Soon we will all be turning the page on another season and looking toward summer. Summer marks the end of school for many, warm weather for all of us and is typically the season for vacations. Adding to the anticipation of this time of year is the gradual end of the restrictions and fear the past year of the pandemic has brought to many. We are seeing loved ones more often and are becoming more relaxed.

What we cannot relax in is our constant preparation for the day of the Lord's return. Summer is the center of a parable Jesus told of His return. The Lord has put in my mind and heart the following from Luke 21:29-36



Verse 29 He told them this parable: "Look at the fig tree and any other tree. 30 When the leaves come out, you know without being told that summer is near. 31 In the same way, when you see all these things taking place, you can know the Kingdom of God is near. 32 I tell you the truth, this generation will not pass from the scene until all these things have taken place. 33 Heaven and earth will disappear, but my words will never disappear. 34 Watch out! Don't let your hearts be dulled by carousing and drunkenness, and by the worries of life. Don't let that day catch you unaware, 35 like a trap. For that day will come upon everyone living on the earth. 36 Keep alert at all times. And pray that you can escape all that is to happen, and that you may be able to stand before the Son of Man."

I know that is some pretty heavy scripture to put down in front of everyone before summer vacation, but there it is. Jesus was telling us that rather than being terrified by what is happening in this world, we should confidently await His return. 2,000 years have passed since He spoke those words, but their truth remains. We need to spiritually fit, work for the betterment of His kingdom, and be ready to move at God's command.



Health Ministry

Here is all you need to know about CoQ10. Written by Arlene Semeco.

What Is CoQ10? CoQ10 is a compound made by your body and stored in the mitochondria of your cells. The mitochondria are in charge of producing energy. They also protect cells from oxidative damage and disease-causing bacteria or viruses. CoQ10 production decreases as you age. Thus, older people seem to be deficient in this compound. **Some other causes of CoQ10 deficiency include:** Nutritional deficiencies, such as vitamin B6 deficiency; Genetic defects in CoQ10 synthesis or utilization; Increased demands by tissues as a consequence of disease; Mitochondrial diseases; Oxidative stress due to aging; Side effects of statin treatments

The following is a list of the 9 main benefits of CoQ10:

1. It May Help Treat Heart Failure. 2. It Could Help With Fertility. 3. **It Might Help Keep Your Skin Young.** 4. **It Could Reduce Headaches.** 5. **It Could Help With Exercise Performance.** 6. **It Could Help With Diabetes.** 7. **It Might Play a Role in Cancer Prevention.** 8. **It Is Good for the Brain.** 9. **CoQ10 Could Protect the Lungs**

Dosage and Side Effects: CoQ10 comes in two different forms — ubiquinol and ubiquinone. Ubiquinol accounts for 90% of the CoQ10 in the blood and is the most absorbable form. Thus, it's recommended to choose from supplements containing the ubiquinol form. If you want to buy a CoQ10 supplement containing the ubiquinol form, then there is an excellent selection on Amazon. The standard dose of CoQ10 ranges from 90 mg to 200 mg per day. Doses up to 500 mg seem well tolerated, and several studies have used even higher doses without any serious side effects. Because CoQ10 is a fat-soluble compound, its absorption is slow and limited. However, taking CoQ10 supplements with food can help your body absorb it up to three times faster than taking it without food. Additionally, some products offer a solubilized form of CoQ10, or a combination of CoQ10 and oils, to improve its absorption. Your body does not store CoQ10. Therefore, its continued use is recommended to see its benefits. Supplementing with CoQ10 appears to be well tolerated by humans and have low toxicity. In fact, participants in some studies showed no major side effects taking daily doses of 1,200 mg for 16 months. However, if side effects appear, it is recommended to divide the daily dose into two to three smaller doses.

Food Sources of CoQ10

While you can easily consume CoQ10 as a supplement, it can also be found in some foods. It appears that CoQ10 is similarly absorbed in capsule form or through foods.

The following foods contain CoQ10: **Organ meats:** Heart, liver and kidney; **Some muscle meats:** Pork, beef and chicken; **Fatty fish:** Trout, herring, mackerel and sardine; **Vegetables:** Spinach, cauliflower and broccoli; **Fruit:** Oranges and strawberries; **Legumes:** Soybeans, lentils and peanuts; **Nuts and seeds:** Sesame seeds and pistachios; **Oils:** Soybean and canola oil.

The Bottom Line

CoQ10 is a fat-soluble, vitamin-like compound that seems to have many health benefits. It is involved in the production of cellular energy and serves as an antioxidant. These properties make it helpful in the preservation of cells and the prevention and treatment of some chronic diseases. CoQ10 has been shown to help improve heart health and blood sugar regulation, assist in the prevention and treatment of cancer and reduce the frequency of migraines. It could also reduce the oxidative damage that leads to muscle fatigue, skin damage and brain and lung diseases. CoQ10 can be found as a supplement that seems to be well tolerated. Additionally, it's found in some foods like animal organs, vegetables and legumes. Since CoQ10 production decreases with age, adults of every age could benefit from more of it. Whether you consume more foods with a high CoQ10 content or take supplements, CoQ10 could benefit your health.

The Power of....

The Power of One



Pastor Steven's Sermon Series beginning June 6th.

Will you come and learn about the Power of....?

The Power of Prayer



The Power of Relationship



The Power of the Gospel



CHRISTIAN EDUCATION BOARD

Please join us during the Sunday School hour on June 6th as we appreciate all our teachers and helpers as well as celebrate our graduates. Light refreshments will be served in the All-purpose room.

6th graders promoted to 7th grade:

Blake Burchill, Levi Gardner, Anna Held, Stephen LeVan, Lacey Prinz

High School graduates:

Zakery Baer, Cassidy Boylan, Jacob Jones, Trent Wheeler

College graduates:

Jordan Anderson, Brenna Rindfuss, Stephen VanMatre, Mark VanMatre

Congratulations to all students graduating to the next stage of their life! We wish you all the best!

As always, if we have missed anyone please contact the office and we will honor them too!

We will also have a Baccalaureate ceremony the evening of June 6th in the sanctuary for our High School Seniors.

We are looking forward to a fun summer in Sunday School. The 3 year olds to 6th grade will once again be using the Kidmo curriculum. There will also be a class offering for Jr./Sr. High in their regular Sunday School classroom in the basement as well as classes for the adults. The Youth Group is also looking forward to many fun events being planned for the coming summer months. Keep an eye out for more information to come.



Congratulations to Anna Held. She was the Sword Drill winner from the 4th—6th grade Sunday School Class. Way to go!

“Your word I have treasured in my heart, That I may not sin against You.”

Psalms 119:11

For Your Information



Tuesday June 1st
Prayer Meeting
7 pm



The Garden Room open 1st and 3rd Saturday
If you are willing to help with this ministry
please call Laura Stone 814-398-2507 or call
the church office 814-398-4243



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.**



Planning meeting Monday June 7th @ 6 pm at the
Church of God.

VBS will be held at the Carnival Grounds July 13,
14 and 15 this year.

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, Lee Manross, Marilyn Dine, Mary Manross, Michelle Wilmoth**

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

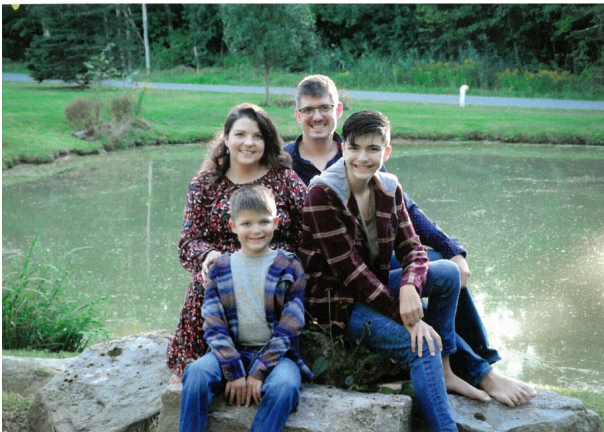
Nursing Home: Bill Hodge, **Vince Byrne**

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

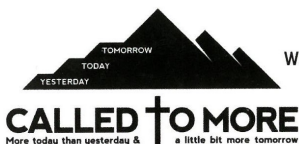
Newborns: Jonathan Held, Lydia Baer, Carter Longnecker, Audrey Bentley, **Faye Sellers**

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



Please continue to pray for The Smith Family



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 7 pm Prayer Meeting	2	3 7 pm Praise Group	4	5 9 am Garden Room Pray for Pastor Steven
6 Welcome Pastor Steven! COMMUNION 9:45 am Special SS Program 6 pm Youth Group 7 pm Baccalaureate	7 6 pm VBS Planning Meeting @ Church of God	8	9 10 am Women's Bible Study	10 7 pm Praise Group	11 LAST DAY OF SCHOOL	12 Noon Pastor Rod Retirement Party at Carnival Grounds Pray for Pastor Steven
13 6 pm Youth Group	14 6:30 pm C.E. Board 7 pm Trustees	15	16	17 7 pm Praise Group	18	19 9 am Garden Room Pray for Pastor Steven
20 FATHER'S DAY 6 pm Youth Group	21 6:30 pm Deacons	22	23 10 am Women's Bible Study	24 7 pm Praise Group	25	26 8 am Men's Bible Study 8-4 CS Yard Sale Day Pray for Pastor Steven
27 6 pm Youth Group	28 6:30 pm Board Chairmen 7 pm Advisory Board	29	30			
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June Birthdays and Anniversaries



27th: Janet Morton
 29th: Marilyn Dine
 Lynn Smith
 Paul Smith
 Andrea Maddox
 30th: Paul Sellers

1st: Mark VanMatre
 3rd: Michael Baer
 5th: Patty Porter
 7th: Jillian Risjan
 8th: Lacey Prinz
 10th: Natalie Held
 12th: Aubrey Klemm
 Anna Held
 13th: Debbie Acker
 14th: Adam Jardina
 16th: Elaine Christie
 Brylee Kula
 20th: Jordan Joslin
 21st: Audrey Byrne
 22nd: Jay Acklin
 24th: Jan Cory
 Joyce Cory
 Anthony Baer
 25th: Rebekah Baer
 26th: Rod Beardsley
 Judy Jardina



9th: Ken and Chris Zirkle
 12th: Matt and Misty Hovis
 16th: Justin and Kristin Held
 Jamie and Wendy Gardner
 18th: Josh and Emily Mumau
 28th: Larry and Stacie Klemm
 29th: Paul and Lynn Smith

"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
June 6th	Emily Mumau & Sandy Mumau	No Sunday School Special Program	Robyn Kovschak & Brenda Morrow
June 13th	Elizabeth Andrejczak & Cassandra Baer	Wendy Gardner Sue Stoudt	Andi and Jillian Risjan
June 20th	Stacie and Aubrey Klemm	Gina Brace Stacie Klemm	Andi Lundin and Natalie Held
June 27th	Terry Findlay and Cassandra Baer	Ken Dine Justin Held	Kristin and Anna Held
If you wish to	Help with this	Ministry call	The office

June 13th: Debbie Dine
 June 20th: Debbie Baer
 June 27th: Ken Hale



The Garden Room is OPEN! It will be open the 1st and 3rd Saturdays from 9 till Noon.

June 5th Workers: Bonnie Boylan & Debbie Shearer

June 19th Workers: Laura Stone and Karon Runyan

When Pastor Rod was cleaning out the office he found a lot of fun things. I want to share some of the interesting old newsletter articles that I have perused.

From October 1994

“Where there is no vision the people perish”

Factors that attract the unsaved:

1. The joy of the people at their church, home, work, and every area of their life.
2. The love of the people for each other.
3. The strength they show in the face of trials and tragedies.
4. The assurance of their personal relationship with Christ.
5. Their dedication to Christian service.

Factors that repel lost people:

1. Extravagance ~ spending too much money on non-essential things.
2. Exclusiveness and egoism ~ the feeling of “we are better than you are.” This is the opposite of our belief the church is a ‘hospital for sinners, not a museum for saints.’
3. Hypocrisy ~ When people in the church aren't real.
4. Lack of love ~ when people neither love God nor others.
5. Poor reputation of the church in the community ~ if their track record is a bad witness.

Some verses on Christian Affection

1. “Be kindly affectioned to one another.” Romans 12:10
 2. “Love one another” Romans 13:8
 3. “Be likeminded one toward another.” Romans 15:5
 4. “Receive ye one another.” Romans 15:7
 5. “Same care for one another.” 1 Corinthians 12:25
 6. “Forbearing one another in love.” Ephesians 4:2
 7. “Forgiving one another.” Colossians 4:2
 8. “Comfort one another.” 1 Thessalonians 4:18
 9. “Edify one another.” 1 Thessalonians 5:11
 10. “Consider one another.” Hebrews 10:24
 11. “Pray for one another.” James 5:16
 12. “Use hospitality one to another.” 1 Peter 4:9
- From Benjamin R. DeJong *Uncle Ben's Quotebook*.



**Thank
you!**

See you in September! I will be sending out calendars and Birthdays/Anniversaries for July and August but no extras until September. Articles due August 23rd for the September newsletter.