

News  
and Views  
From the Hill

# The Ambassador

A Newsletter From  
The First Baptist Church of Norwich  
239 West Main Street, Norwich, CT 06360  
Phone: 860-889-0369



## May 2009



*An Easter crowd turned outward to share the great news that Jesus Christ Arose! It was symbolic of what we are doing every week.*

### More news inside:

- \* Plans for our summer Mission trip to Appalachia are unveiled
- \* Baptist Day at the Defenders
- \* Look back at Easter and Lent
  - \* Visits with Mercy Barnes
- \* Softball season begin with a look at the 2009 team
- \* Wit, wisdom and wackiness

## Mark Your Calendars: We will Celebrate Children's Day on May 31

To get an ongoing and fun report of happenings at FBC check out  
First Baptist Life at [www.firstbaptistlife.blogspot.com](http://www.firstbaptistlife.blogspot.com)

# The Church At Worship



**Worship**  
**10:30 -**  
**11:45 am**

**Join Us As We Worship This Spring**

May 3, 2009

**Communion Sunday**

Responsive Reading - Psalm 23

Scripture: I John 3:11-24

Sermon: "Love Like You Mean It"

May 10, 2009

**Mother's Day**

Responsive Reading - Psalm 22:25-31

Scripture: John 15:1-8

Sermon: "Celebrating Our Roots"

May 17, 2009

Responsive Reading - Psalm 98

Scripture: John 15:9-17

Sermon: "Do You Really Love God?"

May 24, 2009

**Memorial Day Sunday**

Responsive Reading - Psalm

Scripture: Acts 1:15-17, 21-26

Sermon: "Living In Expectation"

May 31, 2009

Children's Day Celebration

Picnic to follow at Fort Shantock

## Come Celebrate With Our Children

Join us on May 31 as we host our annual Children's Day Celebration during morning worship. The kids will lead us and we will have the opportunity to learn from them.

After the service we will head to Fort Shantock for an all church picnic. Come join the fun!



## A Packed House Celebrates Christ's Resurrection at FBC

The congregation was abuzz as people streamed in for our Easter Celebration. There were over 200 people present as we came together to celebrate in a music filled service. Our choir opened the service with an introit and Bob Walker greeted us with the news that Christ had risen. Our special Easter band accompanied us as we sang "Christ the Lord is Risen Today." This year Andrew Higgins and Shawn Rucker joined the returning group of Lori Lord. Kevin and Lindsey Mariano Adele DiBiagio and Pastor Lord in the band.

A beautiful display of memorial flowers provided the backdrop for Sarah and Rachel Lord as they performed a liturgical dance to the song, "There is None Like You."

The great music continued as Patricia Ohlund and Shawn Rucker sang a beautiful duet titled, "Pie Jesu." Our choir shared an anthem titled, "Christ is Risen." Magic was in the air. Over twenty children came forward for the Children's Talk. We had some fun playing with balloons.

After a time of prayer we sang the hymn "Morning has Broken" to set the stage for my message. Preaching from John's Gospel, I talked about Mary's faith and how she came to Jesus on the dark night of her soul. It was then that he appeared to her. For Mary it was the dawn of hope. Today we have that same hope because of the resurrection.

We closed the service by singing "He Arose" and had some fun with it as we turned in our pews and shared the good news with the world outside. It was a good day.



*Sarah and Rachel Lord danced for joy.*



*Patricia and Shawn were great.*

# Looking Back at April



(Clockwise from top left) The kids were excited on Easter morning. Shawn Rucker sings on Maundy Thursday. Daryl Alves winds up to swing in softball practice. The crowd gathers to sing the resurrection songs at Howard Brown Park. Pastor Lord carries the cross on Good Friday. Mark and Fran Rogers bring Julia before the Lord in as family dedication service. Mercy Barnes chats with Marie Noyes at our Pot-luck supper. CAROL Calkins, Michelle Madsen Bibeau, Pastor Lord and Ann Kecskes accept "the Big check" at our Day at the ballpark. The First Baptist choir sings the National Anthem at the Connecticut Defenders game. It was a great month.



# People, Places & Possibilities

We lift up Cheryl Dimmock in our prayers. She has been in the hospital over the last few days... We lift up Al Dart in our prayers. He went to Yale New Haven Hospital for an angioplasty last week... We want to think of Pierre Noel as he recovers from foot surgery. He is home and getting about very slowly... We continue to lift up Jane Seder in our prayers as she comes back from her broken leg... We think of Elmer Dennis, Susie Rothholz's dad. He is back home after a stay at a rehabilitation center... We think of Al Damien in our continuing prayers... Kathy Bartkowski was in the hospital for a few days. We think of her and her ministry at St. Luke's Church in Gales Ferry... Will Calderon's son was in the hospital emergency room last week. We think of him as he recovers at home... Judy Dupont had good news from her recent test results. We praise God for that... Noah Lucien had a trip to the emergency room after suffering from a high fever. He is much better now... Sherry Widstrom was in the hospital with a very serious case of cellulitis. Think of her as she regains her strength... We think of Steve Ohlund in our continuing prayers. He had some problems that seem to be under control now... We continue to lift up Lori Lord in our prayers in her battle with Grave's Disease... We think of Shawn Rucker as she considers going on to get her Master's Degree... We think of Jackie Vanase as she moves to Massachusetts... We lift up Carol Wojcik and the family after her son was in a car accident. He is doing well but the family still needs prayer... We lift up Kristen Deptulski as she anticipates the birth of her first child this month... We lift up Lyn & Trina Edwards in our prayers. Lyn lost his job in February and they have moved back home to be close to family... We lift up Ron Watson who retired from U.S. Foods this winter. He has more time to spend with the grandkids now... We lift up Connie Jensen and Nancy Janco's mom in prayer. She had a rough time last month but seems to have turned the corner... We lift up Nancy Miller. She had a short stay in the hospital but is back on her feet... We think of Gabriel Villa and his mom, Joanne Clubine Paulsen. Gabe fell and broke his arm. He is enjoying the cast but we hope he heals quickly... Jeannine Pestey has been battling a nasty ear infection. Think of her in your prayers... Rosie Rakowitz had to have surgery and will be out of work a while. Think of her... We lift up Dorothy Roellig in our prayers as she wrestles with the effects of diabetes...



We think of Marge Booth in our prayers after Bob's passing last month. They were married over 51 years. There will be a memorial service for Bob on May 9th here at church. We also think of Stan Boyes in our prayers. His father passed away rather suddenly on April 3rd... We think of Denis Hale in our prayers after his wife, Margaret's passing this past week... We think of Lisa Valentine after the passing of her dad, Rev. Donald Valentine in March. It came as a shock to the whole family...

Please keep Jean Roscoe, Lois Lopez, Michelle Lord, Jimmy Marino and our older members in your continuing prayers...

## People News

Chris Vaillancourt will receive his Eagle Scout Award on June 7th. Congratulations... Matt and Elizabeth Isenburg enjoyed a wonderful trip to Egypt. They came back with lots of photos... Our congrats to Jacob Kreger as he moves up the ranks in Cub Scouts. The Pastor was one of the speakers at his Blue and Gold Banquet... Oliver and Barbara Bray are planning to renew their vows on their 50th Wedding anniversary this summer... Becky Lord has accepted a position with Teach for America this summer in Los Angeles. She will be training the incoming teachers... Rosie Main will be heading to Oklahoma to see her grandson, Matthew, graduate from high school next month... Fred and Sandy Stone continue to serve with the Norwich Little League. Fred is the President and Sandy is a Board member and one of the coaches...



Dick and Cynthia Strouse spent a week in North Carolina with the family and had a great time... Our Buenas Nuevas congregation celebrated their third anniversary in April. The day before they were officially recognized as an ABCCONN congregation... We had a great time at the "Movies. Steve and Patricia Ohlund opened their home to us for a screening of the movie "Fireproof." It was a good time." Among those planning summer and fall weddings, we have the following couples... Allison Walberg & Jason Beit, Carl Soderberg and Melody Johnson, Nick Grange and Stacia Green and Ashley West & Daniel Moriarty.



*Priscilla and Maddy enjoy the Defenders game...*

## CROP Walk 2009

Join us this Sunday, May 3 as we walk for the Hungry. Support one of our walkers or make a donation and walk yourself.



Check us out on the web at [www.fbcnorwich.org](http://www.fbcnorwich.org). You will find our monthly newsletter and lots more. You can keep up with what is at happening at church at [www.firstbaptistlife.blogspot.com](http://www.firstbaptistlife.blogspot.com). Go to [www.pastorcal.blogspot.com](http://www.pastorcal.blogspot.com) and you will find Pastor Lord's musings and suggested links to devotional sites.

# The Ministry of Helps at FBC

## Ministry Helpers in May

In the Church Nursery:

- May 3 - Kristen Deptulski & Fran Rogers
- May 10 - Mother's Day - Men Volunteers
- May 17 - Racehille Weimer & Wendy Henry
- May 24 - Kelly Bolin & Chelsey Calkins
- May 31 - Children's Day



As Ushers & Greeters

- May 3 - H Calkins, L McFalls, B & P Adams
- May 10 - G Strouse, K Barber, R Sargent, M Kane
- May 17 - F Royce, C Brockway, N & G Schuster
- May 24 - H Calkins, L McFalls, B & P Adams
- May 31 - G Strouse, K Barber, R Sargent, M Kane



As Worship Assistants

- May 10 - George Strouse
- May 17 - Lori Lord
- May 24 - Nancy Allen
- May 31 - Bob Walker



As Counters

- May 3 - Frank Royce & Bob Walker
- May 10 - Nancy Allen & Gwyn Green
- May 17 - Ray Deptulski & Mary Brockway
- May 24 - Dick Strouse & Oliver Bray
- May 31 - June Deptulski & George Strouse



## Luncheon Servers Needed



On the third Sunday of every month we cook a meal for between forty and eighty people at St. Mark's Lutheran Church. It is a great ministry and the people are so appreciative.

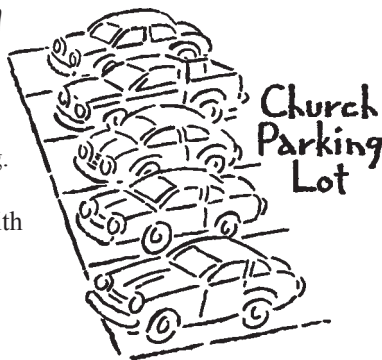
Several folks have been helping out since we began in February of 2006. There is always room for others to help. The kitchen crew is responsible for purchasing the food (We have an account) and cooking it on the day of the meal. Talk to [Cynthia Strouse](#) for more details on that. The host and servers need to set up the room, serve the meal and clean up afterwards. Talk to [Amanda Duntz](#) get more info on that.

Not sure? Come help out this month and see for yourselves.

## A Word About Parking

The spots along the rear of our building have been designated as visitor and/or special needs parking. We want to insure that visitors feel welcome and can find a spot on a Sunday morning. We also want to insure that those who have difficulty walking, our older members and those with infants can secure a place close to the rear entry.

There are plenty of additional parking spaces behind Firestone and across the street at Midas Muffler for those who are able to walk.



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Thanks to Patricia

YEAR GOD, PLEASE GIVE ME PATIENCE ... AND I NEED IT RIGHT NOW!!!

## Nursery Volunteers Needed

We are looking for volunteers to help in the church nursery. This is a great ministry that serves our parents and families. Laura Kreger puts together a list of volunteers. Ideally, we would call on two people each week to go down with the children after the Children's Moment. You do not need to be a parent with children using the nursery. Grandparents, folks who love children and teens are also welcome to volunteer. If you are interested contact Laura Kreger or the church office.



Every week we make an audio tape of the worship service. If you would like a copy, speak to Fred Green or Steve Contois.



If you would like to help with our sound system, talk to them as well. WE are looking for volunteers.

# Engaged in Mission



Lauran Bethell has been working for more than two decades on behalf of and caring for women and children who have been exploited and abused.

As the first Director of the New Life Center in Chiang Mai in the north of Thailand (1987), Lauran pioneered projects in Southeast Asia that specifically addressed the issue of child prostitution and trafficking of women and children, offering care for them in Christ's name. The Center was started with 18 young women in an effort to offer young tribal women an opportunity to receive an education and vocational training. This provided alternatives to prostitution and other forms of exploitation. Rev. Bethell directed the Center for 14 years; at various times, there have been as many as 200 girls and young women in the Center's houses in Chiang Mai and Chiang Rai. The Center also sponsors at-risk girls who are attending schools in their villages or living in hostels and also began an adult school in Chiang Rai. Though the New Life Center primarily focuses on preventing girls with high-risk factors from being exploited, the ministry also offers life alternatives to those who have come out of prostitution and other exploitative situations.

The New Life Center has received international recognition and awards for its work, and has been the subject of many television documentaries as well as newspaper and magazine articles. In 1995, Lauran received an award on behalf of the New Life Center from the Prime Minister of Thailand. The Center also hosted former U.S. First Lady Hillary Rodham Clinton (1996) and former U.S. Secretary of State Madeleine Albright (1998).

In January 2001, Lauran began working full-time as a Global Consultant with International Ministries of the American Baptist Churches/USA. She travels extensively throughout Europe, Asia, Africa and the Americas, teaching, preaching and consulting. Her main goal is to initiate and encourage new grass-roots projects and ministries addressing the exploitation and abuse of women and children, many of whom are victims of trafficking.

In August 2004, Lauran founded the first "International Christian Conference on Prostitution" (ICCP) bringing together the leaders of faith-based organizations which are involved in this work. Second and third similar conferences were held in 2006 and 2008 with representatives from more than 40 countries.

Lauran was honored in 2005 with the Human Rights Award of the Baptist World Alliance, which was presented to her by President Jimmy Carter. Lauran has collaborated with governmental agencies, non-government organizations, and a broad spectrum of Christian ministries.

The Rev. Dr. Lauran Bethell is originally from California, USA. She has a B.A. in psychology, religion and education from the University of Redlands, (California) a Masters of Divinity (M.Div.) and a Doctor of Divinity (D.D) from the American Baptist Seminary of the West (Berkeley, California).

## Do You Want To Go On A Mission Trip To Appalachia?

We are accepting deposits through May 10th. The cost will be between \$100 - \$300 depending on our fund-raising efforts. If you want more information go to <http://www.mustardseeds.org/>

We will be participating in the "Mission as Life" program. We are opening this trip up to our high school and middle school students. The kids can use scholarship money to help with costs so that means the maximum they will have to pay is \$200.

The dates are July 26 - August 1st. (Sun through Sat)



The Rev. Dr. Lauran Bethell spoke on Sunday, April 26 at the Old Mystic Baptist Church. Lauran works as a Global Consultant with International Ministries to encourage and facilitate Christ-based ministries that address the exploitation and abuse of women and children. Her focus is on helping women trapped in prostitution and human trafficking obtain other means of support for their families. Former President Jimmy Carter praised Lauran as a "living example of what Jesus has asked us to do." Lauran dedicated the award to "all those women who taught me about the resilience of the human spirit and their hope in Jesus Christ."

Lauran spoke of her experiences during the fourteen years she spent in Thailand, where births are seldom documented. She said that without proof of citizenship, a person has no legal rights, and it becomes very difficult for such a person to break out of the cycle of exploitation and abuse.



Rev. Horatio & Liliana Da Valle with Dr. Bethell

She spoke of families selling their girls at a young age to help the family survive, often thinking they were going to work as cooks or housekeepers. As the first Director of the New Life Center in Chiang Mai in the north of Thailand, Lauran pioneered projects in Southeast Asia that specifically addressed the issue of child prostitution. She helped the women develop skills needed to earn a living, such as by learning knitting and embroidery, knitting scarves and making quilts with squares of their beautiful embroidered work. The teams she works with also travel to the mountain villages to work on clean water projects.

She told the story of how she was asked to go to Prague in 2000 to help with their dilemma with human trafficking. She said that when she went there and asked the women what they needed most, she was surprised to hear them say, "Prayer".

- Submitted by June Deptulski

# Mission Opportunities



## Missionary Partnership Team Introduces Mercy Barnes to Connecticut Churches

Rev. Mercy Gonzalez Barnes is no stranger to Connecticut. She grew up in Brooklyn, New York, spent time in Puerto Rico, Kansas and Iowa before coming here in 1995 as the ethnic ministries co-ordinator for ABCCONN. Her husband, Rick, also a pastor, was serving the First Baptist Church of Agawam, Ma. In 2000 they accepted the call to serve as International Ministries. After a year in Costa Rica they began their ministry in Baja, Mexico.

Mercy and Rick work with the Baptist Convention in Mexico to strengthen existing churches and aid in planting new churches. They equip, encourage and help the local churches lift up a vision for the future. They teach classes at the seminary. They host short term mission trips, including a zany group from Norwich which keeps coming back.

Rick and Mercy have three children; Aida, Rick, and Joshua. This past month Mercy has been visiting churches in Connecticut talking about ministry. She was the key note speaker for ABCCONN's Annual Meeting where she spoke about the way God works in life.



International Ministries has told the missionaries that because of the current economic crisis, they need to find donors to support their ministry or else they may be recalled. The good news is that from now until June 30th, every new gift given to them, of at least \$200, will be matched dollar for dollar. Of course any gift, any time will help.

To give, go to [www.abc-usa.org](http://www.abc-usa.org) and then scroll through *Who We Are, Ministry & Mission, International Ministries* and then go to [Give](#). Find Rick and Mercy under Ibero-america and put in the amount of your gift. Or talk to the Pastor about giving through our church.

## Coffee Hour Hosts Needed

We are looking for folks to host a weekly coffee hour. All you have to do is come in a little early to set up, serve the coffee and punch and clean up afterwards.

There is a sign up sheet in the upstairs kitchenette.



## Camp Wightman Schedule 2009

Date	PROGRAM	Completed Grades	FEE
June 28 - July 4	Primary 1 (Spicer Village)	1-2	\$161
	New Friends (Spicer Village)	N/A	\$30 adults \$20 children
	Junior 1 (Clark Village)	5-6	\$375
	CIT (Peck Village)	9-10	\$309
	ASC 1 (Retreat Centers)		\$448
July 5 - July 11	Junior Aquatics (Spicer Village)	5-6	\$419
	Junior High Aquatics (Clark Village)	7-8	\$419
	Senior High Aquatics (Retreat Cntrs)	9-12	\$426
July 12 - July 18	Middler/Junior Music (Spicer Village)	3-6	\$387
	Junior High 1 (Clark Village)	7-8	\$375
	Senior High Event	9-12	\$426
July 19 - July 25	Primary 2 (Spicer Village)	K-2	\$205
	Primary 3 (Spicer Village)	1-2	\$205
	Middler 1 (Clark Village)	3-4	\$216
	Pioneer (Peck Village)	6-8	\$414
	Wild Women in the Woods	Women 25+	\$293
July 26 - August 1	ASC 2		\$448
	Junior 2 (Clark Village)	5-6	\$375
	Junior High/Senior High Music	7-12	\$375
	Lifeguarding		\$436
August 2-August 8	Drama (Spicer Village)	7-12	\$382
	Jubileo (Clark Village)	3-8	\$353
	Middler 2 (Peck Village)	3-4	\$365
	Canoe (Off-Site)	9-12 & Adults	\$480
August 9 - Aug. 15	Middler 3 (Spicer Village)	3-4	\$365
	Junior High 2 (Clark Village)	7-8	\$375
	Junior Exporers (Peck Village)	5-6	\$387
Aug 16 - Aug 19	Grandparents with Grandchildren (Spicer Village)		\$105 adults \$74 children
	Family (Clark Village)		\$105 adults \$74 children
	Grandparents with Grandchildren (Retreat Centers)		\$105 adults \$74 children

# Wit, Wisdom & Wackiness

## 57 Cent Church

A little girl stood near a small church from which she had been turned away because it was 'too crowded.'

' I can't go to Sunday School,' she sobbed to the pastor as he walked by.

Seeing her shabby, unkempt appearance, the pastor guessed the reason and, taking her by the hand, took her inside and found a place for her in the Sunday school class. The child was so happy that they found room for her, and she went to bed that night thinking of the children who have no place to worship Jesus.

Some two years later, this child lay dead in one of the poor tenement buildings. Her parents called for the kindhearted pastor who had befriended their daughter to handle the final arrangements.

As her poor little body was being moved, a worn and crumpled red purse was found which seemed to have been rummaged from some trash dump.

Inside was found 57 cents and a note, scribbled in childish handwriting, which read: 'This is to help build the little church bigger so more children can go to Sunday School.'

For two years she had saved for this offering of love.

When the pastor tearfully read that note, he knew instantly what he would do. Carrying this note and the cracked, red pocketbook to the pulpit, he told the story of her unselfish love and devotion.

He challenged his deacons to get busy and raise enough money for the larger building.

But the story does not end there...

A newspaper learned of the story and published it. It was read by a wealthy realtor who offered them a parcel of land worth many thousands.

When told that the church could not pay so much, he offered to sell it to the

little church for 57 cents.

Church members made large donations. Checks came from far and wide.

Within five years the little girl's gift had increased to \$250,000.00--a huge sum for that time (near the turn of the century). Her unselfish love had paid large dividends.

When you are in the city of Philadelphia, look up Temple Baptist Church, with a seating capacity of 3,300. And be sure to visit Temple University, where thousands of students are educated.

Have a look, too, at the Good Samaritan Hospital and at a Sunday School building which houses hundreds of beautiful children, built so that no child in the area will ever need to be left outside during Sunday school time.



In one of the rooms of this building may be seen the picture of the sweet face of the little girl whose 57 cents, so sacrificially saved, made such remarkable history. Alongside of it is a portrait of her kind pastor, Dr. Russell H. Conwell, author of the book, 'Acres of Diamonds'.

So do you think your dreams are too big. Look what God can do with just 57 cents.

- Submitted by June Pendleton



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Thanks to Stacy Jackson

03-27-2009

OUR GOD, IS A GNAWSOME GOD ...

## GOOD SAMARITAN

A Sunday school teacher was telling her class the story of the Good Samaritan.

She asked the class, 'If you saw a person lying on the roadside, wounded and bleeding, what would you do?'

A thoughtful little girl broke the hushed silence, 'I think I'd throw up..'

## UNANSWERED PRAYER

The preacher's 5 year-old daughter noticed that her father always paused and bowed his head for a moment before starting his sermon. One day, she asked him why.

' Well, Honey,' he began, proud that his daughter was so observant of his messages, 'I'm asking the Lord to help me preach a good sermon.'

'So, how come He doesn't?' she asked.

## SAYA PRAYER

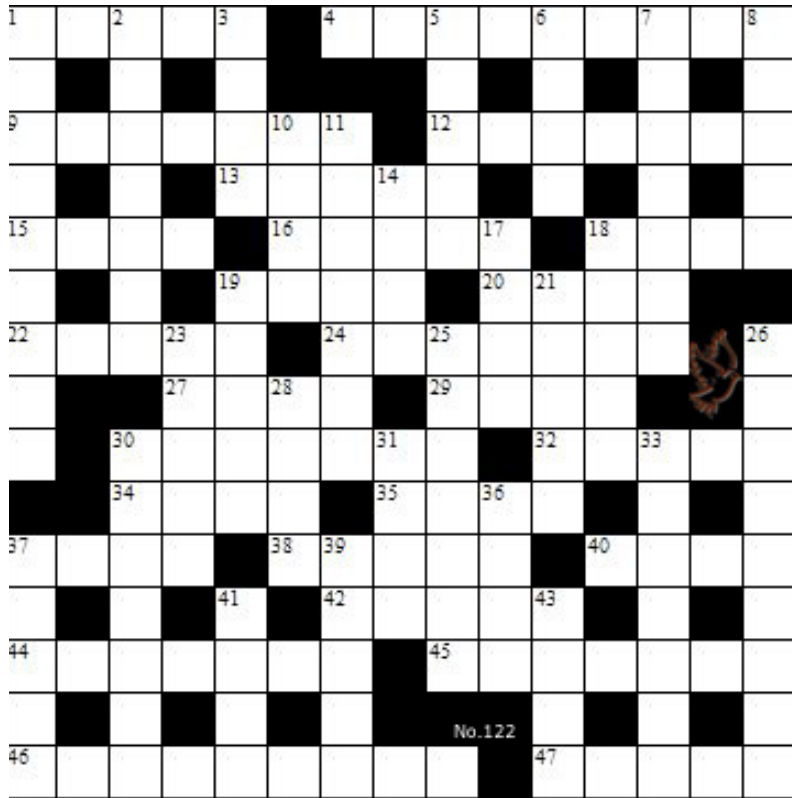
Little Johnny and his family were having Sunday dinner at his grandmother's house. Everyone was seated around the table as the food was being served. When Little Johnny received his plate, he started eating right away. 'Johnny! Please wait until we say our prayer.' said his mother. 'I don't need to,' the boy replied. 'Of course, you do.' his mother insisted.

"We always say a prayer before eating at our house." 'That's at our house.' Johnny explained.

'But this is Grandma's house and she knows how to cook!'

"Thank someone for something. Go out of your way today to acknowledge the generosity of a person you know."  
—Alan Epstein

# Wit, Wisdom & Wackiness...



## ACROSS

- 1 Haughty eyes and a \_\_\_ heart, the lamp of the wicked, are sin! (Prov 21:4)  
 4 They sowed fields and planted \_\_\_ that yielded a fruitful harvest (Ps 107:37)  
 9 in the name of the LORD and to decide all cases of dispute and \_\_\_ (Deut 21:5)  
 12 all that make \_\_\_ and ponds for fish (Isa 19:10) KJV  
 13 he saw a man named Matthew sitting at the tax collector's \_\_\_ (Matt 9:9)  
 15 \_\_\_ the heavens and the earth were completed in all their vast array (Gen 2:1)  
 16 son of Jacob (Gen 30:12-13)  
 18 the woman saw that the fruit of the \_\_\_ was good for food (Gen 3:6)  
 19 that at the name of Jesus every \_\_\_ should bow (Phil 2:10)  
 20 Rise in the presence of the \_\_\_, show respect for the elderly (Lev 19:32)  
 22 Take with you seven of every kind of \_\_\_ animal, a male and its mate (Gen 7:2)  
 24 Thorns will overrun her citadels, \_\_\_ and brambles her strongholds (Isa 34:13)  
 27 merchants who \_\_\_ these things and gained their wealth from her (Rev 18:15)  
 29 nor will the desert \_\_\_ or the sun beat upon them (Isa 49:10)

- 30 die (2 Peter 1:15) KJV  
 32 When the queen of \_\_\_ heard of Solomon's fame, she came to Jerusalem (2 Chron 9:1)  
 34 Lazarus has fallen asleep; but I am going there to \_\_\_ him up (John 11:11)  
 35 They will be called \_\_\_ of righteousness, a planting of the LORD (Isa 61:3)  
 37 Do not associate with him, in order that he may \_\_\_ ashamed (2 Thess 3:14)  
 38 Can anyone teach knowledge to God, \_\_\_ he judges even the highest? (Job 21:22)  
 40 clean the inside of the cup and \_\_\_, and then the outside also will be (Matt 23:26)  
 42 I will shew thee that which is \_\_\_ in the scripture of truth (Dan 10:21) KJV  
 44 the \_\_\_ of the brook compass him about (Job 40:22) KJV  
 45 he spat on the ground, and made clay of the \_\_\_, and he anointed (John 9:6) KJV  
 46 the tradition of men, after the \_\_\_ of the world, and not after Christ (Col 2:8) KJV  
 47 The fear and \_\_\_ of you will fall upon all the beasts of the earth (Gen 9:2)

## DOWN

- 1 the idolaters and everyone who loves and \_\_\_ falsehood (Rev 22:15)  
 2 You are not being sent to a people of \_\_\_ speech and difficult language (Ezek 3:5)  
 3 Say unto them which \_\_\_ it with untempered mortar, that it shall fall (Ezek 13:11) KJV  
 5 " \_\_\_!" \_\_\_ said to him. "Sending me away would be a greater (2,3) (2 Sam 13:16)  
 6 For it is written: 'Worship the Lord \_\_\_ God, and serve him only (Matt 4:10)  
 7 These searched for their family \_\_\_, but they could not find them (Ezra 2:62)  
 8 Then Sarai mistreated Hagar; \_\_\_ fled from her (2,3) (Gen 16:6)  
 10 Every creditor shall cancel the \_\_\_ he has made to his fellow Israelite (Deut 15:2)  
 11 They decided \_\_\_ proclamation throughout Israel (2,4,1) (2 Chron 30:5)  
 14 O my God, I trust in \_\_\_ : let me not be ashamed (Ps 25:2) KJV  
 17 The price for his release is to be based on the \_\_\_ paid to a hired man (Lev 25:50)  
 18 The wicked plot against the righteous and gnash their \_\_\_ at them (Ps 37:12)  
 19 seek and you will find; \_\_\_ and the door will be opened to you (Matt 7:7)  
 21 before the throne there was what looked like a sea of \_\_\_, clear as crystal (Rev 4:6)  
 23 until we put \_\_\_ on the foreheads of the servants of our God (1,4) (Rev 7:3)  
 25 \_\_\_ of the sinful nature are obvious (3,4) (Gal 5:19)  
 26 God is flawless; he \_\_\_ to those who take refuge (2,1,6) (Prov 30:5)  
 28 of fat things full of marrow, of wines on the \_\_\_ well refined (Isa 25:6) KJV  
 30 in the land of Canaan, and Lot \_\_\_ in the cities of the plain (Gen 13:12) KJV  
 31 I will lay waste the towns of Judah \_\_\_ one can live there (2,2) (Jer 9:11)  
 33 I charge you by the Lord that this \_\_\_ be read unto all (1 Thess 5:27) KJV  
 36 \_\_\_ my commands and follow them. I am the LORD (Lev 22:31)  
 37 and to the \_\_\_ ye shall give the less inheritance (Num 33:54) KJV  
 39 You were steeped \_\_\_ at birth; how dare you lecture us! (2,3) (John 9:34)  
 41 though its waters roar and \_\_\_ and the mountains quake (Ps 46:3)  
 43 Indeed he was ill, and almost \_\_\_. But God had mercy on him (Phil 2:27)

# Our Ministry To The Family

## Talking to Yourself: It's not a sign you're losing your mind, but a means to a better marriage.

by Les and Leslie Parrott

One of the world's longest marriages was celebrated recently. Lee Hoon-yo and Kim Bong-geum from South Korea celebrated their 82nd wedding anniversary. On their anniversary, the couple was given special gifts, including 182 roses ... and hearing aids.

After more than eight decades of marriage they were getting hearing aids! Guess they still wanted to be sure they wouldn't miss a word. Can you imagine the number of conversations this couple has had? In all that time, they must have touched on every conceivable topic a husband and wife could discuss.

But this amazing marriage got us thinking. Were Lee and Kim aware of the private dialogue they engaged in daily? Few couples are. Yet it's the most important discussion you ever have. Its words linger longer, are felt more deeply, and determine the closeness you feel.

As much as 77 percent of the average person's self-talk is negative. Imagine the impact this has on marriage.

We're talking about the conversation you have with yourself—your relational self-talk.

### The surprising things you say to yourself

Each of us holds an unending internal dialogue, which colors every experience in marriage. Self-talk occurs without prior reflection or reasoning. Our brain instantly sees it as plausible and valid, even when it's not. While these thoughts are rarely noticed, they continually shape our attitudes, actions, and outlook.

Imagine you slip a microchip into a computer and it tabulates everything



you've thought about your spouse and your marriage. Now imagine you and your partner sitting down to study it. What would you find?

First, you'd almost certainly be surprised by what you heard. You might find, for example, that you're giving your partner internal compliments he or she never hears. I love it when she wears that dress. He's brilliant with the kids. But you may also be shocked by how much negative commentary you quietly grumble. He cares more about his car than me. She's so careless with our money. This kind of self-talk sets up impossible standards and then tears down your spouse for not meeting them. One negative thought can kill dozens of positive ones if it's expressed at the wrong moment. Imagine the impact this has on a marriage, when 77% of the internal talk is negative and how it ultimately hinders your connection with each other. That's why it's particularly

valuable to monitor your inner voice in situations that elicit a negative tone.

Our friend Donna confessed this story to us. It was Friday night and Donna wanted her husband, Tim, to suggest a fun restaurant for dinner. After all, she thought, we've both had a tough week at work. He'll realize I shouldn't make dinner tonight. We can take it easy and relax together. "But I didn't say anything to him," Donna admitted, "because I thought, He should initiate it. He should know." Tim obviously didn't know because he didn't suggest going out to eat. So Donna angrily heated some leftovers, while she thought, He only thinks about himself. He doesn't care about me.

During the meal Donna sulked, and it only got worse when Tim didn't ask about her day. She said to herself, If he really loved me, he'd want to find out how I'm doing. She threw a pity party, and he didn't even notice. "I sat there feeling rejected and depressed. And I thought, He's so selfish." The rest of the evening Donna sulked.

### Improving your inner voice

If Donna had monitored her self-talk, she would have realized she was being her marriage's own worst enemy. While her goal was to connect with her mate, instead she punished him for not meeting her unspoken expectations. Think how her mood—and the evening—would have changed if she'd countered her negative self-talk with positive, rational thoughts: I can't expect him to read my mind—he doesn't know I'd like to eat out. Or Just because he doesn't initiate a conversation doesn't mean he's not interested in me. Sure, it may take some mental muscle to conjure these thoughts, but aren't they more accurate?

Here are eight ways to improve your inner voice.

### Pray.

Negative relational self-talk steals our joy and destroys our relationships. We try to start every morning by praying the Bible back to God, using this simple prayer from 2 Corinthians 10:5: "Lord, help me take captive my every thought to make it

# Our Ministry To The Family

obedient to Christ and pleasing to you." It's amazing how God answers that prayer by filling our minds with positive thoughts about each other.

## Take note of your self-talk.

Recognizing a problem is the first step toward solving it. So start listening to your thoughts. If you were to sum up all your self-talk statements, putting the negative ones on one side of the scale and the positive ones on the other, which would win out?

For five days, early in our marriage, I (Les) literally kept track of my internal dialogue. I carried a pad and pen to jot down what I was saying to myself. I was astounded by how negative my self-talk could be—how often I had critical thoughts about Leslie, myself, and our relationship.

## Identify the situation.

Cindy grew up watching her father always open doors for her mother. In fact, her mom would stay in the car until her dad opened the door for her. That's how a man shows his wife he loves her, Cindy thought. But when Cindy got married, her husband never considered such an "old fashioned notion." "That's why we have power locks," he'd joke. But a quiet voice inside Cindy's head would say, If he really cherished me, he'd open my car door. Small thoughts—that began to eat large holes in her actions toward him. Once she identified situations most likely to provoke an irrational internal conversation, she could proactively work on changing it.



## Ask yourself some questions.

As you become more aware of what you're saying and when you're saying it, ask yourself: Is this a rational thought? Is what I'm thinking really accurate? Is it negative? Is it spouse-condemning? Once Cindy recognized the negativity in her self-talk each time her husband didn't open her

car door, she realized it was contaminating their relationship. She could then say, He didn't grow up in a home like mine, and it's unfair, even silly, for me to read motives into whether or not he opens my car door.

## Counter your thoughts.

Say aloud: My thoughts determine my feelings. Once you own the fact that it's not what happens to you, but how you talk to yourself about what happens to you, then you set your mind on a positive track. You begin to live out what the apostle Paul wrote to the Philippians (4:8-9): "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things ... and the God of peace will be with you." Countering your thoughts may take some time, so don't beat yourself up when you fail. Just stick with it.

## Speak the positive

The best part of understanding your self-talk is realizing you control it. So make it positive. The best way to do this is to select an aspect of your partner's character you admire. For

example, Les is one of the most organized people I (Leslie) know. Sometimes his desire to have everything in its place can get under my skin. Ever felt that way? The very thing I appreciate about him can become the thing that bugs me. But I can train my brain to say, "While this may irritate me right now, his self-discipline is something I value deeply." This kind of positive self-talk changes my perspective and makes life easier. By the way, I've found this is much easier to do when I'm not tired or hungry. So train your brain on a full stomach!

## Verbalize your thoughts.

If your self-talk is an irrational guessing game or a litmus test to determine if your

spouse really loves you, give it up. There are no merit badges for mind reading. In Donna's case, when she worried Tim didn't care about her because he didn't suggest eating out, she could have verbalized her thoughts: "Tim, I've had a tough week. How about we go out to eat tonight?" That straightforward question could have changed their entire evening.



If your relational self-talk is positive, all the more reason to tell your spouse. If you're thinking, She looks great in that dress or I like the way he laughs at my jokes—say it! You can never give too many compliments.

## Take action.

Want to really make a positive change in this area? On paper identify the most common self-statements you use throughout the day. Next, write an alternative to each, countering it by turning the negative into a positive. This simple exercise can trigger a positive response the next time it's needed.

By the way, if you have a negative self-statement (my spouse is a slob) that's difficult to counter, it may be because it's true (your spouse really is sloppy). That's when it's time to turn your self-talk into couple's talk and actually discuss the issue. With a more reasonable internal dialogue, you won't hold your spouse to unvoiced expectations. You'll feel a new sense of empowerment in your marriage, almost immediately.

# A Powerful Witness

## Mariano Rivera - A Man with a Message by Michael Aubrecht

Mariano Rivera, the New York Yankees' top relief pitcher, is arguably the most effective closer in postseason baseball history, recording final outs in three Yankee world title seasons (1998, 1999 and 2000). He also owns the Major League record for most postseason saves with twenty-five, as well as most World Series saves with eight. Rivera also established the longest scoreless innings streak in postseason play with thirty-three innings pitched and was named as the World Series MVP in 1999 and the Most Valuable Player of the American League Championship Series in 2003. He currently leads the Yankees as the club's all-time saves leader with two hundred eighty-three and boasts an incredible Earned Run Average (runs given up by a pitcher per nine innings pitched) below 1.00 in postseason play.

With such a tremendous gift it is no wonder that Mariano is a deeply religious man who can often be seen reading the Bible in the Yankees' clubhouse before and after games. Active in the Christian community, Rivera often lends his time, talent and testimonies to numerous religious organizations that are both sports and non-sports related. Not long ago, he financed the construction of a church in his native Panama City and announced his intention to become an evangelical minister at the conclusion of his baseball career. If he retires after the 2008 season, Mariano will be eligible for induction into the Baseball Hall of Fame in 2013. Although Cooperstown has been historically hesitant to embrace relievers, the consensus of most experts is that Rivera will have little trouble being elected, most likely on his first attempt.

During an interview with Sports Spectrum Magazine, a leading Christian-based sports



publication, Rivera spoke about adversity and how it led him to faith. "Every time I was going through a hard time, somebody was there to help. It's not too often when you play in the minor leagues that a coach will tell you he will take care of your son while you stay with your wife at the hospital. My pitching coach did that, and one lady from Panama-I never knew her (before)-offered to

stay with my wife while I was playing. Even though I had nobody here, I was never alone. That made me accept Jesus as my Savior. I knew it wasn't a coincidence. It was the Lord putting someone there for me."

In a sports world that is now dominated by media-hype and big endorsement contracts, players like Rivera and their traditional values provide a glimmer of hope that there are still role models worthy of our children's attention. Mariano is well aware of the responsibilities that go with being a professional athlete and is constantly working to promote Christian ministries that focus on kids. Last season, he appeared courtesy of Athletes in Action at two Staten Island churches sharing his faith and his desire to be a worthy "hero". A few weeks later over one hundred and

seventy five fans participating in the Operation Blessing Back to School Challenge watched him beat the Toronto Blue Jays in extra innings. All attendees from the group were being rewarded for pledging to say in school and off drugs while committing to excel for the Glory of God with integrity.

Unfortunately today, many athletes do not recognize the source of their blessings or use their time in the spotlight for the betterment of others. Someone once said in regards to the selfishness of the modern athlete, "The players of yesterday played for the name on the front of the uniform. The players of today play for the name on the back." Some players, like Rivera, not only exhibit loyalty to their team, but a loyalty to their religious convictions as well. Perhaps that is why he dominates like no other on the mound and will go down in history as one of the greatest clutch pitchers in all of baseball.

**Every time I was going through a hard time, somebody was there to help. I was never alone. That made me accept Jesus as my Savior. I knew it wasn't a coincidence. "**

### FUN FACTS

The New York Yankees General Manager Brian Cashman once commented, "Without question we're talking about the best reliever, in my opinion, in the history of baseball. This guy has become branded with the Yankee logo. People are going to remember this man for so long for what he's done."

Did you know that Mariano Rivera donated

his 2001 Roloids Relief Man of the Year Award to the New York Fire Department? Did you know that "Enter Sandman" by Metallica is played each time he enters a game in Yankee Stadium?

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# Plans Are Underway for a Multi-family Tag Sale

We are going to host a multi family yard sale here at the Church on Saturday, May 30 from 9:00 am - 2:00 pm.

You can purchase a table space with a donation of \$25 to the church. You can bring down all those "treasures" you've been hiding in the attic or basement and sell them at a venue that has proved successful in the past. You price the stuff, set it up and sell it on that day. Then clean up and bring home what is left over. For more information please call Mary Brockway at 822-9772.



We will be selling baked good and offering lunch to the customers. donations of cookies, cupcakes and other goodie will be accepted with gratitude.

Set up will begin on Sunday, May 24 and continue all week. The church will be open every evening and by appointment during the day.

Please contact Mary by May 17th if you want to take a space or two.

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Summer Sunday Morning Worship 9:30 a.m.  
Fall Schedule includes: Sunday School at 9:15 a.m.  
Worship at 10:30 a.m.

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Organist & Choir Director  
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