

The Ambassador

News
and Views
From the Hill



February 2011

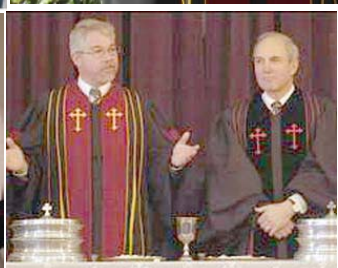
A Newsletter From
The First Baptist Church of Norwich
239 West Main Street, Norwich, CT 06360
Phone: 860-889-0369



Saying Good-Bye to an Icon



Pastor Lord Will Leave to Answer
God's Call to Serve in Westerly



More news inside:

- * Plans for a "fare-well party for Pastor Lord on Feb 26th...
- * Baptism and welcome into membership planned...
- * McFalls twins to be part of Family Dedication service...
- * Plans for an Interim Minister to be discussed by Deacons...

Join us for
worship every
Sunday morning
at 10:30 a.m.



Check out the First Baptist
Church web page at
www.fbcnorwich.org

We are looking for help
with the Monthly Church
Newsletter.
See Sandy Stone.



Worship
10:30 -
11:45 am

Join Us As We Worship This Winter

Upcoming Sermons in February



February 6, 2011

Communion Sunday

Scripture: Matthew 5:13-20

Responsive Reading: Psalm 112:1-10

Sermon: "Let Your Light Shine!"

February 13, 2011

Scripture: Deuteronomy 30:15-20

Responsive Reading: Psalm 119:1-8

Sermon: "Love is a choice"

February 20, 2011

Scripture: Leviticus 19:1-2, 9-18

Responsive Reading: Psalm 119:33-40

Sermon: "It's a Way of Life"

February 27, 2011

Scripture Reading: Matthew 6:24-34

Responsive Reading: Psalm 131

Sermon: "Trust and Obey"

**Installation of Officers
 Planned for February 20**

On Sunday, February 20 we will officially install our new and continuing church officers, board and committee members during worship. Although they will have already begun their service, we will take a few minutes during worship to consecrate them to the ministries to which they have been called.

**Slow Down and Join us at our
 45 MPH Services**

Join us on Wednesday nights at 7:00 p.m. for our mid-week services. They will continue through the first week in March.

Beginning March 9th we will join with our sister churches for the Annual Lenten Journeys. A complete schedule will be available on our web site in the next week or so.



**Baptism Service Set for
 February 27 at Church**

There is no greater moment in congregational life than when a person confesses that Jesus is the Lord of their life and enters the waters of baptism. On Sunday, February 27 we will have a service of baptism as part of our morning worship service.



Joshua LaFlamme, Erica Corbett, Danyel Malboeuf, and potentially a few others, will come forward to be baptized during the service. We will then welcome Kevin Mariano and all of them into church membership. It will be a great day. I hope you will be with us.

If you have been thinking about baptism, speak to the Pastor today and maybe you can join this group at the end of the month.

**McFalls Family Dedication Service
 Planned for Later This Month**

Hillary and Lee McFalls will be bringing Cameron and Logan before us in a service of Family Dedication this month. They are checking family schedules to determine which day would be best. Both boys are growing and doing well. Stay tuned to our web site to find out the exact date.



Ministry Helpers in February



As Ushers & Greeters

Feb. 6 - F. Royce, C. Brockway, N. & G. Schuster

Feb. 13 - H. Calkins, L. McFalls, B. & P. Adams

Feb. 20 - G. Strouse, K. Barber, K. Beavan, M. Kane

Feb. 27 - F. Royce, C. Brockway, N. & G. Schuster

As Worship Assistants

Feb. 13 - Pete Adams

Feb. 20 - Lee McFalls

Feb. 27 - Nancy Allen

As Counters

Feb. 6 - Mary Brockway & Ray Deptulski

Feb. 13 - Dick Strouse & Mark Rogers

Feb. 20 - June Deptulski & George Strouse

Feb. 27 - Bob Walker & Bob Sullivan



As Nursery Attendants

Feb. 6 - Rachele Weimer & Kelly Bolin

Feb. 13 - Kristen Deptulski & Chelsey Calkins

Feb. 20 - Sandra Lucien & Jesly Souvenance

Feb. 27 - Bonnie Ambruso & Fran Rogers

Pastor Cal Lord Announces His Resignation to Accept a New Call

It was a day that many of us never thought would never happen. After all, how many pastors stay for a quarter of a century? Things were good at the church and we were set to begin another year.

Even the Pastor admitted he was surprised. "I wasn't looking to make a move," Pastor Lord said. "Over the years I have spoken to many pulpit committees. It is my way of making sure I don't get too comfortable and start ignoring God. This time I was shocked when I began to feel something I hadn't felt since coming here."

Pastor Lord met the people at the Westerly Church and led the worship service as their official candidate on Sunday, January 9. After church they voted to extend the call to him to become their next pastor. With his family at his side, he accepted the call.

On January 11th Pastor Lord began visiting church leaders with the news that he had accepted the call to the Central Baptist Church of Westerly, Rhode Island. A letter went out that same day. That night he met with the Diaconate and they accepted his resignation, with regrets.

Over the last few weeks he has continued to visit with members of the



congregation to say his good-byes. His last official day at church will be Sunday, March 6th. After discussing it with the Deacons, he thought it would be nice to close out our ministry together around the communion table.

The Lord family will still be living in Norwich for a time as Rachel finishes high school. That works well for Lori because she plans to continue as the Pharmacy Manager at Greenville Drug. Pastor Cal Lord will do the commuting as he begins his ministry there.



Members of our FBC Diaconate will be meeting with ABCCONN Executive Minister, Dr. Judy Allbee, on February 3rd to talk about our coming period of transition.

The Deacons will seek out and secure an interim pastor to lead the congregation while a search committee is formed. They will decide what areas of ministry they want the interim minister to focus on and how many hours he/she will be asked to work. They may choose someone from within the state or choose someone from the ABCUSA's Minister-At-Large Program.

The Interim Minister's job is to provide stability and guidance during the search process. He/she will help us get ready to accept a new pastor and the gifts that he/she will bring to the ministry.


At the same time we will be putting together a Pastoral Search Committee. Our moderator, Curt Brockway, will choose a committee of between 5 -9 members that accurately reflect the many different facets of our congregational life and interests.

The Search committee will begin their work by surveying the congregation to discern what we are looking for in our next Pastor. They will ask us to share what aspects of our ministry are important and which new ministries we might want to consider. They will ask questions about pastoral gifts and leadership styles. These surveys will help us find possible matches in a master data base of ABC Pastors.

By next Fall/Winter the committee may be in a position to begin calling potential candidates. We have been told to expect the process to take between a year and a year and a half. If you have any questions at all, please don't hesitate to speak with Curt Brockway. Once a committee is formed, they will be giving you regular reports on their progress.


The most important thing members of the congregation can do during this interim period is pray. The second is to get involved. Look for a need and fill it. We are the church. It will only succeed as long as






There will be a Fare-well Reception in Honor of Dr. Cal Lord

Saturday, February 26 from 2:00 - 4:00 p.m. Drop in any time!



Cancellations



In the event we have to cancel worship services, meetings or Sunday School classes due to inclement weather, there will be a message on the church

answering machine and on the church web site.

There will also be a notice sent to Channel 3 WFSB and WCTY/WICH radio

The Annual Pasta Dinner and Auction

to benefit our mission trip fund.



Saturday, March 5, 2011
4:30 - 6:30 p.m.
Central Baptist Church
Tickets: \$8.00
\$10.00 at the door



We Need You!

Rehearsals every Tuesday night
from 7:00 - 8:30 p.m.

**We are preparing our
music for Lent & Easter!**



Talk to Sandy Stone to see
How You Can Help.
We are looking for
photographers, reporters and
people with new ideas.



Women's Retreat at Camp Wightman

Come away for a weekend of experiencing the Holy One. Through prayer, Bible Study, Music, Art and in laughter and fellowship around the table, we will open that sacred door and enter.

Make time in your busy life to come away and be with us. Women unite-it is time for your annual retreat to Camp Wightman, during the weekend of March 18 - 20, 2011.

Rev. Lisa Gustafson will lead retreaters through the doorway with a weekend of Spiritual Growth and Renewal. The weekend will begin with dinner Friday evening and close following lunch on Sunday.

The cost for the two nights and six meals is just \$140.00. Registration is limited!

ABCCONN's Lay Ministry Institute

The Lay Ministry Institute will be a wonderful journey that is aimed at assisting you to develop a deeper and more meaningful relationship with God.

Our journey begins with five classes that make up the core of Biblical Foundations. Each class lays the foundation for good Christian discipleship. The classes in Cycle 1 provide a solid foundation for future growth and Christian maturity.



Biblical Foundations

Friday, March 25, 5:00pm to
Wednesday, March 30, 2011, 5:00 pm
Holy Family Retreat Center
303 Tunxis Rd.
West Hartford, CT 06107-3119

Cost: \$350.00
Scholarship Help is available!

Worship With
Iglesia de Norwich,
Buenas Nuevas

Sunday, February 13,
2011



4:30 p.m.

featuring
Pastor Cal Lord

Bob Duntz is at Backus battling a massave infection. He has turned the corner and getting better. Think of him in prayer... Roger Lambert had surgery and is back home after a stay at the UCONN Health Center in Farmington... Rosie Rakowitz had wrist surgery and is doing well. She hopes to have her other one done later this month... Karen Barber's daughter, Alisha and her husband will have their baby on February 16th. It is a planned C-section. We pray for a healthy delivery for baby and mom... Pam Kane's dad is battling cancer in Florida. Think of the family... Doris Adams has been battling bronchitis. Think of her in your prayers... Penny Sargent continues her treatments. We know that they will work with God's healing touch to defeat any remaining cancer cells in her body... Ray Deptulski's mom continues with hospice care. Think of the family in your prayers... Charlie Rogoff was back in the hospital recently. Think of him... Melinda Maynard Clark had rotator cuff surgery in her left surgery. Think of her... We think of Frank Roderick as he continues his treatments. He feels pretty good most days... We lift up Kathy Marino in our prayers. She has been facing some health concerns. We pray for her healing...



We think of our men and women in the military. In particular we think of Nicholas Muyres, Brian Grillo, Tim and Aaron Rogers and Danny Moriarty. We pray that God will keep them safe and bless their families...

We lift up members of our extended family who are in need of prayer. They include, Mark Roger's mom, Doris Adams, sister, brother and niece, and June Deptulski's mom ...

In our continuing prayers we lift up James and Shirley Murray, June Coleman, Nancy Oat, Charlie Rogoff, Barbara Hayes, Michelle Lord, Ken Taylor, Lois Lopez, Doris Regets and Jean Roscoe.

CHURCH OF THE COVERED DISH by Thom Tapp



"Dear Brother Eli, Your sermon on sin was very moving. It covered my situation so well that my lawyer will be in contact with you next week."

Church News...



Annual Meeting

At the 2011th Annual Meeting of the First Baptist Church we went over reports, elected officers and passed the 2011 Current expense and mission budgets.

We also voted to suspend the rule on term limits for the Moderator for one year and re-elected Curt Brockway to lead us through this period of transition. It passed unanimously.

We also voted to have the Moderator appoint a committee of three as a Scholarship committee to look at the application process and administer the funds accordingly.

The bulk of the meeting was spent talking about the interim process and what might be expected in the future as we search for the next pastor.

Marguerite Loomis (1909 - 2010)

Marguerite Loomis passed away during the last week of January at the age of 101 years. She celebrated her birthday on Christmas day. A few of you will remember Marguerite from her days in the Stetson Street parsonage. She and her husband, Rev. Walter Loomis, served our church from 1944 - 1951. They had two daughters, Marcia and Barbara. They both started school in Norwich and have fond memories of their childhood. Marguerite always used to say that their time in Norwich was special. While Walter served the church and was the voice of Protestant radio on WICH, Marguerite tended to the home front and was active with the Ladies group. She was a very special woman.

She has two grandchildren and five great-grandchildren and they all inherited Marguerite's love of chocolate.

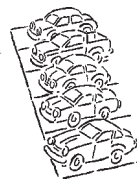
Roger & Marsha Noel
HC 1 Box 564
Blakeslee, PA 18601

Barbara Loomis
3023 Ivy Hill Circle, Unit A
Cortland, Ohio 44410

Parking at Church

The parking spots along the rear of our building are reserved for visitors and/or those with special needs.

There are plenty of parking spaces behind Firestone and at Midas Muffler for those who are able to walk. You can also park up at the Oak Tree Plaza if the other spots are full.



www.fbcnorwich.org

See this newsletter in full color and get all the latest news from your church family.



The church is not a refrigerator for preserving perishable piety. It is a dynamo for changing human wills with power.

The church is not a store to furnish hammocks for the lazy. It is an equipping house that offers well fitted yokes for drawing life's load.

The church is not a place to dodge life's difficulties. It is a place that furnishes strength and courage to meet them.



Kristy Engel tries to live by her saying, "Do what you can, with what you've got, in the moment you're given" through her medical work in La Romana, Dominican Republic and the surrounding sugarcane villages.



Spending time as a mission volunteer in Haiti helped Kristy to realize that God was calling her into medical mission. After completing nursing school, she returned to Haiti and worked in pediatrics at Good Samaritan Hospital in Limbé for eighteen months. Now she works with the Good Samaritan Hospital in La Romana, ministering to Haitians who are among the poorest in the country. She travels daily to batey (work camp) villages and barrios providing medical attention where so many have been unwilling or unable to offer these services.

"I find incredible joy and fulfillment in working with children," says Kristy Engel, who uses her skills in nursing and education in medical ministry in the Dominican Republic where she has worked since 2000.

Her two dogs, Kobe and Sasha, are also part of her ministry by being her "patients" as she demonstrates appropriate oral hygiene by brushing their teeth and talking about caring for our bodies. "When I work with my dog, Kobe, to teach children proper hygiene by brushing his teeth, bathing him and brushing his coat," she says, "most of the kids know his name better than my own!"

We Are Looking for Mission Mississippi Team Members



The trip is still on, although registration has been pushed back a bit by the announcement that Pastor Cal is leaving.

The team will be heading to Slidell, Louisiana between August 9th -16th to work on the Epworth Project.

Projects include carpentry, cabinetry, framing, insulation, drywall hanging, flooring, plumbing and roofing.

The group will fly down to New Orleans and drive 30 minutes to Slidell for the week. More information on the Mission work and the project can be found at www.epworthministries.com.

We have limited the group to 12 participants between the ages of 14 years and up. We estimate the total cost per person will be about \$750 per person. All spots are on a first come, first served basis so get your \$100 deposit in early to insure your participation.

Please pass the word to other potential team members. This should be another great experience for those whom God has called to go with us.

The Community Luncheon in January

Cynthia Strouse, Nancy Allen, Lilian Atkins and Michelle Chaffee cooked up a great meal this month while Amanda Duntz and two of her compadres from Habitat for Humanity, Amanda Trothier and Lindsey Beth joined Elsie Chaffee and her friend serving up the lunch to our guests.



Life at the Monastery



A young monk arrived at the monastery. He was assigned to helping the other monks hand copy the old canons and laws of the church.

He noticed, however, that all of the monks were copying from copies, not from the original manuscript. So, the new monk went to the head abbot to question this practice, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.

The head monk, said, "We have been copying from the copies for centuries, but you make a good point, my son."



He went down into the dark caves underneath the monastery where the original manuscripts

were held as archives in a locked vault that hadn't been opened for hundreds of years. Hours went by and nobody saw the old abbot.

So, the young monk got worried and went down to look for him. He saw him banging his head against the wall and wailing.

"We missed the R!
We missed the R!
We missed the R!"

His forehead was bloody and bruised and he was crying uncontrollably.

The young monk asked the old abbot, "What's wrong, father?" With a choking voice, the old abbot replied, "The word was. . .

CELEBRATE!!!!

Computer and Texting Shortcuts

Since more and more Seniors are texting and tweeting there appears to be a need for a STC (Senior Texting Code). If you qualify for Senior Discounts then this is the code for you.



- ATD: At The Doctor's
- BTW: Bring The Wheelchair
- BYOT: Bring Your Own Teeth
- CBM: Covered By Medicare
- CUATSC: See You At The Senior Center
- DWI: Driving While Incontinent
- FWB: Friend With Beta Blockers
- FWIW: Forgot Where I Was
- FYI: Found Your Insulin
- GGPBL: Gotta Go, Pacemaker Battery Low!
- GHA: Got Heartburn Again
- LMDO: Laughing My Dentures Out
- LOL: Living On Lipitor
- OMMR: On My Massage Recliner
- ROFL... CGU: Rolling On The Floor Laughing... And Can't Get Up
- SGGP: Sorry, Gotta Go Poop
- TTYL: Talk To You Louder
- WAITT: Who Am I Talking To?
- WTP: Where's The Prunes?
- WWNO: Walker Wheels Need Oil
- GGLKI (Gotta Go, Laxative Kicking In)



I believe in the Church

I believe in the church in spite of its imperfections. The church will never be perfect in this world. It is made up of people struggling to do God's will - but people who are still human with their weaknesses and sin.

I believe in the church in spite of its limitations and handicaps. Sometimes the church is hindered by lack of vision and commitment. But in spite of all this, the church is the only agency in the world that provides a place where people can gather to worship God.

I believe in the church because it is an agency of God's Spirit - an instrument of the Eternal. It has changed through the years, and it will continue to change. It will make mistakes. But the church is still God's chosen vessel for carrying on His work of redemption in the world.



Something to Think About...

"We have too little Christianity," is not a sound bite from the Bible belt South. It is the bold declaration of Germany's Chancellor Angela Merkel, who in October 2010 urged her fellow citizens to consider the potential threat of rising numbers of Muslim immigrants to Europe. Merkel told the supportive crowd, "We don't have too much Islam, we have too little Christianity." She continued, "We have too few discussions about the Christian view of mankind." Merkel argued that placing a greater emphasis upon the Judeo-Christian tradition would "bring about cohesion in our society." Another well-known German has offered a surprisingly similar commentary:

"Christianity and nothing else is the ultimate foundation of liberty, conscience, human rights, and democracy, the benchmarks of western civilization. To this day, we have no other options. We continue to nourish ourselves from this source. Everything else is postmodern chatter."
 -Jürgen Habermas, *Atheist German Sociologist and Philosopher*

Both the Christian Merkel and the Atheist Habermas recognize the power of Christianity for sustaining a society. The gospel establishes a basis for human flourishing both individually and corporately. That's why wherever Christianity spreads, it leads to the development of orphanages, schools, hospitals, and universities. However, to seek only the benefit of the gospel without understanding its message would be shortsighted.

In 1939, another articulate female leader offered a strikingly similar challenge. She spoke, not against the spread of Islam, but the conquests of Germany's military. On the cusp of Hitler's vast bombing of Great Britain in 1940, Sayers gave a provocative speech

insisting that a loss of a Christian view of mankind had paved the way for the Führer:

"The rulers of Germany have seen quite clearly that dogma and ethics are inextricably bound together. Having renounced the dogma, they have renounced the ethics as well – and from their point of view, they are perfectly right. They have adopted an entirely different dogma, whose ethical scheme has no value for peace or truth, mercy or justice, faith or freedom; and they see no reason why they should practice a set of virtues incompatible with their dogma."
 -Dorothy Sayers, *Author*

Thus, a nominal understanding of Christianity would only paint over deeper problems. Germany's leaders have led the country away from Christian commitments in the past. As Sayers argued, without an understanding of the gospel on a deeper level, a new set of ethics could easily replace current convictions. And at this point in history, whose values would be adopted? In light of Islam's exponential growth, it seems rather obvious.

Islam, as Christian Apologist Ravi Zacharias has rightly commented, is not the fastest growing religion, but the fastest growing enforced religion. I'm not sure a merely Christian veneer will stand up to this mounting influence. And I'm absolutely confident that some form of state mandated religion isn't the answer either. What Germany needs, what we need, are more Christians who speak the truth in love and serve their neighbors in humility. This is the way the gospel has always worked in the past, and it is the only way it will work today.

Our problem is not that we have too much religion, but that we have too little Christianity.
 - Dan DeWitt



The Best Part of Changing the World

I'm thankful that God rarely answers our constant requests of wanting to know the future. Why?

Because if we knew, we'd never move forward. We'd be tempted to do what Jonah did: He ran the other way.

I can tell you right now that if I knew what the past year or the past 10 years would have been like, I'd be in complete paralysis. I have no idea what the next decade holds for me but I no longer want or need to know. It's in good hands. I'll just do my best. Live by grace. And trust.

I'm a dreamer and an idealist. I believe I can change the world. But over the years, I have learned an amazing lesson: The best part of wanting to change the world... is that you get changed in the process.



It might not be what you envisioned or even wanted but this is often the case. And more often than not, there are difficult things that take place that humble you, test you, push you, frustrate you, will ultimately change you for the better.

That has certainly been the case for me. Nine years ago, Minhee and I sought out to plant a church in the city of Seattle. I had no idea how difficult it would be to get things started. The stock market crashed in 2000 and interested investors disappeared. We were late on our mortgage payments. Minhee was pregnant. I couldn't get a job for the life of me and after several months of looking, the job I finally landed was... a custodian.

Yep, I was a then—31-year-old—custodian for a Barnes & Nobles store. Man, I kept that store so clean.

Honestly, I was so angry and bitter but through that experience, God humbled and changed me.

And last year, I made (thus far) the most difficult decision as a father and husband. But over the course of this past year, God has used the trials to change me.

This is why I know God loves me: He keeps working, molding, transforming, and changing me... all while loving me as I am. Go ahead. Go for it.

Go ahead and try to change the world—however small, smaller, or big. Because in the process, God will change you.

by Eugene Cho, co-founder (with his wife) and executive director of One Day's Wages—"a movement of People, Stories, and Actions to



Listen to your heart
 For within there is an "ear"
 Attuned to God's voice.
 —Peggy Ferrell



Taming the Tattletale

Remind your children that their relationships with one another will last longer than with anyone else in the world.

by Ginger Plowman

"Christopher's not letting me play with the ball!" "Sarah's calling me names!" "Tommy won't let me in the bathroom!" Sound familiar?

Tattling reigns as one of the most common behavior problems among siblings. Sadly, it is overlooked rather than dealt with properly in many homes.

Parents often pardon rather than correct the tattler simply because they do not know how to deal with the issue. While some parents are frustrated with their inability to control the problem, others try to rationalize their decision to avoid correction.

"After all," reasons one parent, "if my child is doing something he ought not do, why does it matter how I find out?"

Another parent says, "If one of my children has been wronged by his sibling, I would rather he come tell me than to fight back."

While these are reasonable arguments for not correcting the tattler, they overlook the damaging effects that tattling has on sibling relationships.

Tattling is typically motivated by one sibling taking pleasure in the other sibling's suffering, which ultimately creates an atmosphere of opposition and conflict. Siblings who are committed to getting one another in trouble will wedge a thorn of distrust in their relationship, disrupting the harmony of the whole family.

Parents can tame the tattletale and cultivate peace and unity among siblings by following these four steps:

1. Help the tattler understand his motivation. Parents can teach the tattler how to discern matters of his own heart by asking thought-provoking questions. Use questions that will cause the tattler to take his attention off what someone else has done wrong and instead think about his own wrong motives.

Sample Questions: "Sweetheart, could it

be that you are taking pleasure in getting your brother in trouble?" "What are you hoping will happen to your brother as a result of your tattling?"

Benefit: By teaching the tattler to determine his own motives, you are teaching him how to "think through" his actions, which will enhance his ability to make good decisions.

Every so often, a child might have a good motive for tattling. A child should come directly to the parent to tell about a sibling's wrongdoing if the offender is: not heeding encouragement, endangering himself or someone else or destroying property



2. Help the tattler understand the damaging effects of tale-bearing. Remind your children that their relationships with one another will last longer than with anyone else in the world. More than likely, they will be friends long before they meet their marriage partners and long after their parents are gone.

Therefore, it is important that they nurture their friendship. Encourage them to be best friends and to seek every opportunity to develop a bond of closeness. Explain how tale-bearing divides friends.

Sample Questions: "Honey, how do you think your brother/sister feels when you tattle?" "Will tattling bring you closer to your brother/sister or tear you apart?"

Benefit: Directing attention to the importance of their friendship helps them to see past one another's wrong doings and develops an attitude of unity.

3. Help the tattler replace tattling with encouragement. It is not enough to reprimand your child for tattling. You must teach the tattler how to replace wrong behavior with right behavior.

Sample Questions: "Rather than tattling, what could you have said to encourage your brother?" "When you encourage your brother/sister rather than tattling, how do you think that makes him/her feel?"

Benefit: Teaching your child how to replace wrong behavior with right behavior helps him to grow in wisdom for daily life.

4. Teach the tattler to practice what he has learned. Training is more effective when your child is required to put his knowledge into practice immediately. The training will stick better when the child uses it in a hands-on situation. Have the tattler act out the right alternative to his wrong behavior.

Role-Play: Lead both children back to the scene of the crime. Allow them to re-enact what happened. Require the tattler to encourage his or her sibling to do what is right. Require the sibling to heed the encouragement and thank his or her brother/sister.

Benefit: Role-playing causes your child to put the verbal training into practice, equipping him to respond better to similar situations in the future.

Children learn by repetition. Be willing to work with your children over and over. On those tiresome days, when you become weary from taking the time to teach them, remember Galatians 6:9:

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."



"This article first appeared on Focus On The Family.com Used by permission."

When the fat girl got mad at God

By Lysa TerKeurst . *Lysa TerKeurst is president of Proverbs 31 Ministries. She blogs daily at www.lysaterkeurst.com.*

Three years ago I was stuck in a rut of wishful thinking and excuses with my weight loss. At the beginning of each day I would say I wanted things to be different. I would vow in my heart to make things different. I would even make a plan to stop the snacks, increase the veggies, and say no to the desserts.

But then life would happen. And the excuses were so very plentiful. So, my resolve would melt away like butter on a hot yeast roll.

Of course the next morning I would always get up and weigh myself hoping that somehow magic would have happened over night. Despite my indulgences from the day before, maybe just maybe the numbers would have gone down.

But the scale was not impressed with my wishful thinking. So you know who I'd get mad at? God.

I'd beg God to help me one minute while scarfing down an order of fries the next. And then I'd be doubly mad He didn't steer my car away from the drive-thru.

I deemed myself a victim of tragic genetics, overactive taste buds and a stomach that demanded large portions. What I failed to realize for years is there was a much more significant issue going on with me.

More important than the ever increasing size of my jeans was the deception going on inside my heart. My weight was outside indication of an internal situation. There was a crucial spiritual situation that needed to be addressed.

I was relying on food to be my comfort, my ever present help, my guide, the thing that got me through the valleys and the first thing I wanted to celebrate with in the good times. Honestly, I might as well have taken Psalm 23 and replaced the Lord's name with various food choices.

My proper little Christian self would have never expressed that out loud. But

my body wouldn't keep secrets. I had an issue. And the ever increasing size of my body demanded the REAL issue be addressed.

I don't write to point out anyone else's issue. There are certainly medical situations that can cause weight gain. But my issue was truly a spiritual one. And no diet would have ever been permanently successful until I got to the real root of my

The root of my issue was craving food more than God.

problem.

The root of my issue was craving food more than God. I desired and depended on the instant high of physical gratification because I hadn't learned how to let God satisfy my deepest needs.

God wasn't causing my weight issues as some sort of cruel consequence for my poor choices. God was actually the very thing I needed to help overcome my issues.

Dr. Floyd Chilton who teaches at Wake Forest University of medicine wrote an article that said, "Your willpower is in constant battle with your genes and your calorie-excessive environment. Often your best efforts are no match for your genes and environment which is why so many diets fail so miserably... Will power alone is not enough to bring about this change; start by realizing that can not do this alone. If you are a person of faith, use that connection to help you change."

So, I set out to understand what the Bible says about how to consume food without food consuming me. I started in Genesis and read through the Bible with an



appetite for truth rather than chocolate, chips and cheeseburgers. This was a spiritual journey that yielded great physical benefits. I lost 25 pounds in 4 months but more importantly, I have kept it off for nearly two years. That's a first for me!

Now, I sense my weight issue was actually a gift in disguise. I never thought I'd say that. And yes, three years ago I would have rolled my eyes at someone saying that too.

But I don't say it as a Pollyanna lollipop girl with too much air between her ears and no cellulite on her hiney.

I know this is a tough issue. I've walked through the tears and the feelings of failure. Remember, I was the fat girl mad at God about this whole deal. So, hear me out.

Learning to turn to God to fill my soul instead of food to overstuff my emptiness, has changed more than just my jeans size. It has changed my outlook on life. I did

lose the extra weight I needed to shed and kept it off. But the real reward was what I gained with Jesus in the process. He became the best part of my journey. And I wouldn't have missed this new found closeness I now have with Him for anything in world.

"For the Kingdom of God is not a matter of eating and drinking but of

righteousness, peace and joy in the Holy Spirit, because anyone who serves Christ in this way is pleasing to God and approved by men. Let us therefore make every effort to do what leads to peace and to mutual edification. Do not destroy the work of God for the sake of food," Romans 14:17-20.

Learning to turn to God to fill my soul instead of food... has changed my outlook on life.

"This article first appeared on religion.blogs.cnn.com. Used with permission.

ACROSS

- 1. Whoever ___ the blood of man, by man shall his (Gen 9:6)
- 6. Their calls will ___ through the windows (Zeph 2:14)
- 10. the horns of a wild ox. With them he will ___ the nations (Deut 33:17)
- 14. men will be stricken by the LORD with great ___ (Zech 14:13)
- 15. In the last days , God says, I will ___ out my Spirit (Acts 2:17)
- 16. In ___ it shall be made with oil; and when it is baked (1,3) (Lev 6:21)
- 17. but a man of understanding and knowledge maintains ___ (Prov 28:2) free
- 18. "They hit me," you will say, "but I'm not ___! (Prov 23:35)
- 19. I will ___ them in a good pasture (Ezek 34:14)
- 20. there must also of necessity be the death of the ___ (Heb 9:16) KJV
- 22. "It is mine to ___ ; I will repay," says the Lord (Rom 12:19)



- 24. a quarter of a cab of seed ___ for five shekels (2 Kings 6:25)
- 25. Judas said, "Greetings, Rabbi!" and ___ him (Matt 26:49)
- 26. the tendon attached to the ___ of the hip (Gen 32:31-32)
- 30. female sheep (Gen 33:13)
- 32. in heaven above ___ the earth (2,2) (Ex 20:4)
- 33. How did you find ___ quickly, my son? (2,2) (Gen 27:20)
- 35. like as of fire, and ___ upon each of them (2,3) (Acts 2:3) KJV
- 40. they invent ways of doing evil; they ___ their parents (Rom 1:30)
- 42. not to speak ___ at all in the name of Jesus (2,5) (Acts 4:18)
- 44. then wrote them ___ stone tablets (2,3) (Deut 4:13)
- 45. In your majesty ___ forth victoriously in behalf of truth (Ps 45:4)
- 47. See if you can ___ him into showing you the secret (Judg 16:5)
- 48. there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
- 50. band of Philistines was encamped in the ___ (2 Sam 23:13)
- 52. or put ___ marks on yourselves (Lev 19:28)
- 56. ___ right to pay taxes to Caesar or not? (2,2) (Matt 22:17)
- 58. But ___ asked, "How can a sinner do such miraculous signs?" (John 9:16)
- 59. I know that you cannot ___ wicked men (Rev 2:2)
- 64. Then Paul stood in the midst of ___ hill (Acts 17:22)

- 65. How he ___ unto the LORD, and vowed (Ps 132:2) KJV
- 67. thou knowest not what ___ may bring forth (1,3) (Prov 27:1) KJV
- 68. according to your great compassion ___ out my transgressions (Ps 51:1)
- 69. be shaken, they shall even fall into the mouth of the ___ (Nahum 3:12)
- 70. How the oppressor has ___ to an end! (Isa 14:4)
- 71. No one ___ a patch of unshrunk cloth on an old garment (Matt 9:16)
- 72. I also want women to ___ modestly, with decency (1 Tim 2:9)
- 73. But now he has appeared once for all at the end of the ___ (Heb 9:26)

DOWN

- 1. a rising, a scab, or bright ___ (Lev 13:2)(KJV)
- 2. rabbit (Deut 14:7) (KJV)
- 3. From the ___ of the earth I call to you (Ps 61:2)
- 4. there was a continual ___ given him of the king (Jer 52:34) KJV
- 5. I will ___ away her rubble and make her a bare rock (Ezek 26:4-5)
- 6. just above the waistband of the ___ (Ex 28:27)
- 7. surrounded by a wall of three ___ of dressed stone (1 Kings 7:12)
- 8. Moses, Aaron and ___ went to the top of the hill (Ex 17:10)
- 9. I command you; do not add to it ___ away from it (2,4) (Deut 12:32)

- 10. Open for me the ___ of righteousness; I will enter (Ps 118:19)
- 11. key to the house of David; what he ___ no one can shut (Isa 22:22)
- 12. letting your cattle and donkeys ___ free (Isa 32:20)
- 13. So he ___ their days in futility (Ps 78:33)
- 21. he is ___ the linen sash around him (2,3) (Lev 16:4)
- 23. I hope to ___ you and talk with you (2 John 12)
- 26. Jambres withstood Moses, ___ these also resist (2,2) (2 Tim 3:8) KJV
- 27. reddish in the garment, ___ the skin (2,2)(Lev 13:49) KJV
- 28. I will give to drink without ___ from the spring (Rev 21:6)
- 29. now I ___ in part; then I shall know fully (1 Cor 13:12)
- 31. The boar out of the ___ doth waste it (Ps 80:13) KJV
- 34. Hiram king of ___ sent messengers to David (2 Sam 5:11)

- 36. ___ them everything I command you (Jer 26:2)
- 37. first King of Israel
- 38. killed some twenty men in an area of about half an ___ (1 Sam 14:14)
- 39. when ___ were created, he called them "man." (Gen 5:2)
- 41. the way of Balaam the son of ___ (2 Peter 2:15)KJV
- 43. nor covetous, nor drunkards, nor ___, nor extortioners (1 Cor 6:10) KJV
- 46. do not ___ what is evil but what is good (3 John 11)
- 49. Moses ___ it into the air, and festering boils broke out (Ex 9:10)
- 51. I ___ no pleasant bread (Daniel 10:3)
- 52. This man lived in the ___, and no one could bind him (Mark 5:3)
- 53. we spend our years as ___ that is told (1,4) (Ps 90:9)KJV
- 54. tie him hand and foot, and ___ him (Matt 22:13)
- 55. For the ear ___ words as the tongue tastes food (Job 34:3)
- 57. with tumors, festering ___ and the itch (Deut 28:27)
- 60. anyone who says to his brother, ___, ' is answerable to the (Matt 5:22)
- 61. Am I ___, that you come at me (1,3) (1 Sam 17:43)
- 62. the tongue can no man ___; it is an unruly evil (James 3:8)
- 63. Noah found favor in the ___ of the LORD (Gen 6:8)
- 66. by the sword, and thy mighty in the ___ (Isaiah 3:25)

Church Officers, Board Members and Committees in 2011

Church Officers

Moderator
Clerk
Treasurer
Asst Treasurer
Financial Secretary
Ass't. Financial Secretary
S.S. Superintendent
Ass't. Superintendent
S.S. Secretary/Treasurer
Pastor

Curtis J. Brockway
June L. Deptulski
Mark D. Kane
Curtis J. Brockway
Frank D. Royce
Robert T. Sullivan
Pamela M. Kane
Sandra J. Stone
Oliver R. Bray Sr.
Clayton A. Lord Jr.

Board of Trustees

Dick Strouse (Budget)
Frank Royce (Fin Sec)
Robert Sullivan (Asst FS)
Mark Kane (Treas)
Curt Brockway (Asst Treas)
Mary Brockway (Stew)
Raymond Deptulski (Prop)
#George Strouse '12 (at lg)
Robert Walker '13 (at lg)
Mark Rogers '14 (at lg)

Board of Deacons

Pete Adams '12
Sharon Fishkin '12
Nancy Schuster '12
#Mark Rogers '12
Harry Calkins '13
Amanda Duntz '13
Cynthia Costa '13
Gary Schuster '13
Mark Kane '14
Sue Ferguson '14
June Deptulski '14
Robert Walker '14

Church Committees

Property Committee

*Ray Deptulski '13
Carol Calkins '12
David Poore '12
Steve Cointois '12
Nancy Allen '12
Mark Rogers '13
Randy Sargent '13
Jamie Todd '13

Budget Committee

*Dick Strouse '14
Curt Brockway '13
Mark Kane '13
Mark Rogers '13
Robert Sullivan '12
Sue Ferguson '12
June Deptulski '12

Stewardship Committee

*Mary Brockway '12
Frank Royce '13
Robert Sullivan '13
Helen Walker '12
Kristen Deptulski '12
Nancy Allen '12
Karen Barber '13
Sue Ferguson '13

Reception

*Robert Walker
Curt Brockway
Harry Calkins
Peter Adams
Betsey Adams
Frank Royce
George Strouse
Lee McFalls
Mark Kane
Karen Barber
Gary Schuster
Nancy Schuster
Jamie Todd
Kaitlin Beavan

Nominating

*June Deptulski '12
Mary Brockway '12
Robert Walker '13
Zelda Earle '13
Judy Dupont '14
Amanda Duntz '14

Flower

*Karen Barber
Marjorie Booth
Carol Calkins
Nancy Allen
Ingrid Todd
Mary Brockway

Pastoral Relations

Fran Rogers '12
Mary Brockway '13
Mark Kane '14

Music

*Cynthia Strouse
Shawn Rucker

Mission

*Mary Brockway
Judy Dupont
Sharon Fishkin
Robert Sullivan
Mark Kane
June Deptulski
Amanda Duntz

Auditors

George Strouse
Robert Sullivan

Sunday School Committee

*Pamela Kane Kelly Bolin
Sandra Stone Rachele Weimer
Janet LaFlamme Zelda Earle
Oliver Bray Sr. Fran Rogers
Curt Brockway Sandra Lucien
Mary Brockway Cynthia Strouse

*Denotes Chairpersons

#Denotes filling unexpired Term

Strategies to meet
New Challenges!

New Life!

Church Growth!

New Possibilities!

Transformation!

Spirit filled!

Outreach!

ABCCONN's Annual Spring Fling 2011

"Witnessing in the Way of Jesus"

The Missional/Transformational Church
Saturday, March 5, 2011
8:30am to 2:30pm

First Baptist Church, Essex

* \$25 per person

* \$100 for each team of 5 from one church

* \$10 for youth 12 to 18 years

* Workshop 1: Cultural Shifts in the 21st Century

* Workshop 2: Defining the Missional Church

* Workshop 3: Putting the Missional outreach plan into action



Outreach!

Church Growth!

Transformation!

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Sunday Morning Worship 10:30 a.m.
Sunday School at 9:15 a.m.
Mid week worship -
Wednesday at 7:00 p.m.

Rev. Dr. Clayton A. Lord, Jr., Pastor
Adele DiBiagio,
Organist & Choir Director
Sandy Stone, Administrative Assistant
Harry & Doris Calkins, Carol Calkins, Sharon
Fishkin and Bob Walker are the Production Assis-
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