

# The Ambassador

News  
and Views  
From the Hill



October 2010

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



Our Sunday School got off to a good start on Rally Day, September 12, 2010. Everyone was all smiles as those who were there on the first day posed for a photograph in front of the church. The fun continues now each week from through the end of May.

## **More news inside:**

Including photos of many of our activities over the last month.

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)



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

Join Us As We Worship This Fall

**Upcoming Sermons and Scripture Readings in October.**

**A New Sermon Series Begins -  
 "Walking With Jesus, Growing in Faith"  
 Based on the Sermon on the Mount**

October 3, 2010

**Communion Sunday**

Responsive Reading - Psalm 137

Scripture Reading: Matthew 7:1-12

Sermon: "Grabbing God's Gold Ring"

October 10, 2010

Responsive Reading - Psalm 66:1-12

Scripture Reading: Matthew 18:21-35

Sermon: "Mercy is love in action"

October 17, 2010

Responsive Reading - Psalm 119:97-104

Scripture Reading: Romans 12:1-2

Sermon: "Developing Your Sixth Sense"

October 24, 2010

Responsive Reading - Psalm 65

Scripture Reading: Philippians 4:4-8

Sermon: "The Prize is in the Box"

October 31, 2010

Responsive Reading - Psalm 119:137-144

Scripture Reading: I Peter 4: 12-19

Sermon: "He called you by name"

**Aida Barnes is 2010 FBC  
 Scholarship Recipient**

On September 26th we announced that Aida Barnes was our 2010 First Baptist Scholarship Recipient. Aida is the daughter of our special interest missionaries, Rick and Mercy Barnes and a second year student at the University of Virginia. She is a Government studies major and expects to graduate in May 2013.



Aida is the ninth recipient of the annual award. The others were; Adam Barber, Jennifer Kane, Lindsey Mariano, Jon Vanase, Casey Rezendes, Becky Lord, Melissa Ingoglia and Cami Ferguson.

**Adventures in**



**Thanksgiving**

*Our Stewardship Committee kicks off our Annual Campaign on Sunday, October 24 with worship and a brunch from Olde Tymes Restaurant. Join us for good food and good faire as we talk about our future. Sign up at church or by calling 860-889-0369 to make your reservation.*

*\$5.00 for adults,*

*\$3.00 for kids 7- 12, 6 & under free*

**Ministry Helpers in October**

As Ushers & Greeters

Oct. 3 - F. Royce, C. Brockway, N. & G. Schuster

Oct. 10 - H. Calkins, L. McFalls, B. & P. Adams

Oct. 17 - G. Strouse, K. Barber, Z. Earle, M. Kane

Oct. 24 - F. Royce, C. Brockway, N. & G. Schuster

Oct. 31 - H. Calkins, L. McFalls, B. & P. Adams



As Counters

Oct. 3 - June Deptulski & George Strouse

Oct. 10 - Bob Walker & Bob Sullivan

Oct. 17 - Nancy Allen

Oct. 24 - Mary Brockway & Ray Deptulski

Oct. 31 - Dick Strouse & Mark Rogers

As Nursery Volunteers

Oct. 3 - Bonnie Ambruso & Fran Rogers

Oct. 10 - Sandra Lucien & Jesley Souvenance

Oct. 17 - Kristen Deptulski & Chelsey Calkins

Oct. 24 - Kelly Bolin & Ellis VanNiekerk

Oct 31. - Fran Rogers & Jesley Souvenance



As Worship Assistants

Oct. 10 - Lee McFalls

Oct. 17 - Bob Walker

Oct. 24 - Pete Adams

Oct. 31 - George Strouse



[www.fbcnorwich.org](http://www.fbcnorwich.org)

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



## Foundations Class Prepares the Way for Habitat Build

We had 55 people join us at our Foundations Class for Habitat for Humanity on Monday, September 20th. Amanda Duntz welcomed everyone and then led us through the informational and safety sessions that are required to participate in building sessions.

This session was open to the public but we had a good number of people associated with First and Central Baptist Churches. Our hope is that we can plan a few days when we can work on a house as a group as well as encouraging people to get involved on their own.

The following people were certified at the meeting; Marc Vaillancourt, Ray & June Deptulski, Pete & Betsey Adams, Jake Shanks, Randy Sargent, George & Lois Strouse, Amy Rezendes, Rosie Rakowitz, Stephanie Mattos, Gwyn Green, Erica Corbett, Bob Sullivan, Carol Calkins, Sandy Stone, Chelsey



Marc Vaillancourt fills out the paperwork

Calkins, Meagan  
Malone, Kaitlyn  
Beavan, Andy & Melanie Schueurmann,  
Mark Salomon, Kathy Spielman and Pastor Lord.

We are planning our first group build on Saturday, October 30. We are calling it the Norwich Baptist Build. We will be working at 18 Cape Ann Court in New London. The work day is from 8:30

a.m. - 3:30 p.m and they are looking for fifteen volunteers. To sign up you need to go to [www.habitatsect.org/](http://www.habitatsect.org/) and click on the "Volunteer up button on the top left hand corner of the page. Scroll down to the bottom of the page and look for the FBC Norwich link.

If you have never volunteered before you will need to register and then sign up. For those who haven't taken the foundation course, you need

to speak to Amanda Duntz. The next class is on October 9th is at the Habitat for Humanity Office from 10 - 11:30 a.m. You can sign up by registering online or by calling 860-442-7890. The address of the office is 377 Broad Street in New London.



## Sunday School Grew Each Week in September



Sunday School opened on September 12 with 35 people in attendance. That number had grown by another 15 the following week. We practice an open enrollment policy and that means that we have been seeing new children and adults each week. If you haven't jumped on the band wagon yet, why not join us next week?



## Fright Night Fun

Eight teens joined Mark & Pam Kane and the Pastor for a night of mayhem at Six Flags New England on October 2.

The group got to the park before dark and managed to survive the ghouls and goblins while riding all the roller coasters and enjoying some theme park food.

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



On September 16th we launched our mid-week worship services with a new name. We are calling them our 45 MPH services. They feature 45 minutes of music, prayer and words of hope.

We were treated to a video message by Pastor Rob Bell at our first service. The message is part of a series of thought provoking videos that will be used in our Sunday night Bible studies beginning on October 10th.

On September 23rd Pastor Lord began a series of messages based upon the Gospel of John. We will be working through the book this Fall.

In our prayer time each week we will be lifting up seven different families in the congregation. We hope to ask God's blessing on every family in the church by the end of the year.

Come join us if you need a lift in the middle of the week.

Think of Nikki Dufour in your prayers. She had surgery this week and is recovering at home. Her mom and grandmother flew down to be with her. (Sandy Stone and Carol Calkins.) We lift up Dot Calkins in our prayers as she recovers from a recent surgery... We also think of Elizabeth Isenberg who visited Backus Hospital for surgery as well... We continue to keep Hillary and Lee McFalls in prayer as they expect the arrival of twins later this month... Roger Lambert will be going in for surgery on October 13th. Think of him... We lift up Christian Fitchett in our continuing prayers as he undergoes further testing... Harts Cofer had surgery last week and is resting comfortably at home. Think of him in prayer... It was nice to see Gloria Outwater's picture in the Norwich Bulletin with her Bozrah license plate. It was even better to see her up and about after her surgery and rehabilitation earlier this summer...



We remember Ken Taylor in prayer as he continues to suffer from chronic illness and has been discouraged... We think of Frank Roderick and Penny Sargent in our continuing prayers...

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 as they watch and wait for them to return home...

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

In our continuing prayers we lift up James and Shirley Murray, Nancy Oat, Barbara Hayes, Robert Ellal, Lois Lopez, Doris Regets, Michelle Lord, Jim Roellig, Robert Ellal, and Jean Roscoe.

## People News...

If you need your hair done or some special spa type treatment you can always ask Karen Barber, Connie Jensen, Lisa Lapointe or Vicki Page about making and appointment. All four of them work in area salons... Kelly Bolin and the family were heading down to North Carolina last I heard. They were getting away for a well deserved vacation... Curt & Mary Brockway, Matt & Amy Meyer and Carole and Brian Harvey spent a week down in Orlando, Florida to celebrate Mary's retirement from teaching... Pastor Cal Lord traveled to



Kentucky for a couple of days to visit his parents, Clayton & Michelle, his youngest brother, Chris, and his grandmother, Barbara Hayes... Oliver Bray

went north to visit his mother up in Maine. She is 96 years old and still going strong... Chris & Kate Canada and the girls will be moving to the Syracuse, New York area by the end of the month. Think of them...

Michelle & Chip Chaffee and the girls have been doing some hiking this fall. The last hike was up Bear Mountain in Salisbury, CT.



Buffy (McFalls) & Rich Lavoie have been enjoying a few week-ends in Vermont this Fall... Kristina (Howe) and Nick Fusari have moved to Germany for the next three years. Nick enlisted in the service and will be heading to Afghanistan for a year from there... Sandra & Joslaire Lucien had family visiting from Haiti last month... We received

the first photos from Florida where Stacia (Green) & Nick Grange welcomed Maximus into their family this summer... Mark & Pam Kane got away and spent a few days up in New Hampshire last month... Lisa Lapointe ran a marathon last week and did very well. Ask her about it... April Rezendes was back in town for a visit. It was so nice

to see her... Larisha Johnson will be married here at church on October 17. She and her fiance, Prince Vidal, are very excited. Congratulations to both of them... Elaine Buchowiecki and Muriel Roderick went on a sight seeing trip recently and had a blast.

## Join us for. Wednesday Night Prayer & Praise at 7:00 p.m.



Joined in Prayer



**Can a father look any happier?**  
**Mark Kane & Cassie Frechette**  
on her wedding day...

## A blanket to warm the heart...

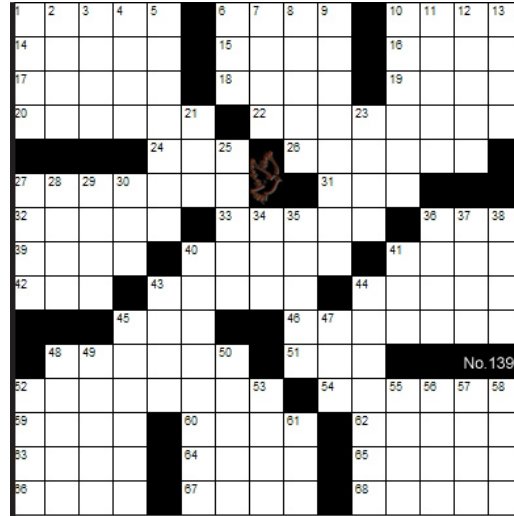
We have been giving out "No sew blankets" to our church family and friends who have had hospital and convalescent stays this year. Please let us know if you are going into the hospital or if you have to spend time in a rehabilitation facility. We would like to pass along a gift made from the heart to warm the heart...



New address directories will be available by the end of October. Please look for one at church or call if you would like to receive one in the mail.

ACROSS

1. Jacob said unto \_\_\_\_, Give me my wife (Gen 29:21)
6. the poison of \_\_\_\_ is under their lips (Rom 3:13) KJV
10. Fifth book of the New Testament
14. left me, because three days \_\_\_\_ I fell sick (1 Sam 30:13) KJV
15. Labans' oldest daughter (Gen 29:16-17)
16. men of violence who plan to \_\_\_\_ my feet (Ps 140:4)
17. whatever is hidden is \_\_\_\_ to be disclosed (Mark 4:22)
18. they tied unto it a \_\_\_\_ of blue (Ex 39:31) KJV
19. the tongue can no man \_\_\_\_; it is an unruly evil (James 3:8)
20. an \_\_\_\_ nearby that belonged to Publius, the chief official (Acts 28:7)
22. Burn \_\_\_\_ bread as a thank offering (Amos 4:5)
24. gathered thereof wild gourds his \_\_\_\_ full (2 King 4:39)
26. out of these \_\_\_\_ God can raise up children for Abraham (Matt 3:9)
27. Then the \_\_\_\_ shot arrows at your servants (2 Sam 11:24)
31. By faith Moses' parents \_\_\_\_ him for three months (Heb 11:23)
32. You earn wages, only to put them in a purse with \_\_\_\_ in it (Hag 1:6)
33. the LORD is robed in majesty and is \_\_\_\_ with strength (Ps 93:1)
36. A fool's talk brings a \_\_\_\_ to his back (Prov 14:3)
39. gardener of Eden
40. entered the ark to escape the waters of the \_\_\_\_ (Gen 7:7)
41. each with \_\_\_\_ in hand because of his age (Zech 8:4)
42. Arise, and take up thy \_\_\_\_, and walk (Mark 2:9)
43. Two \_\_\_\_ will be grinding grain together (Luke 17:35)
44. a time to mourn and a time to \_\_\_\_ (Eccl 3:4)
45. "No one, \_\_\_\_, " she said. "Then neither do I condemn you," (John 8:11)
46. He threw himself at Jesus' feet and \_\_\_\_ him (Luke 17:16)
48. weighed anchor and \_\_\_\_ along the shore of Crete (Acts 27:13)
51. mixed with a quarter of a \_\_\_\_ of oil (Exod 29:40)
52. An investigation of the component parts



54. offerings and sacrifices, your \_\_\_\_ and special gifts (Deut 12:11)
59. he tore the lion apart with his \_\_\_\_ hands (Judg 14:12)
60. lest he \_\_\_\_ thee to the judge, and the judge deliver thee (Luke 12:58) KJV
62. their sailors came alongside to \_\_\_\_ for your wares (Ezek 27:9)
63. It had large \_\_\_\_ teeth; it crushed and devoured (Dan 7:7)
64. Go \_\_\_\_ all the world and preach the good news (Mark 16:15)
65. figs, which are so bad they cannot be \_\_\_\_, ' says the LORD (Jer 24:8)
66. As she wept, she \_\_\_\_ over to look into the tomb (John 20:11-12)
67. which for ages \_\_\_\_ was kept hidden in God (Eph 3:9-10)
68. why \_\_\_\_ money on what is not bread (Isa 55:2)

DOWN

1. Like a bad tooth or a \_\_\_\_ foot (Prov 25:19)
2. But now he has appeared once for all at the end of the \_\_\_\_ (Heb 9:26)
3. used in Peter's occupation (Matt 14:29)
4. a prophetess, \_\_\_\_, the daughter of Phanuel (Luke 2:36)
5. Thorns will overrun her citadels, \_\_\_\_ and brambles her strongholds (Isa 34:13)
6. \_\_\_\_ things were made by him (John 1:3)
7. Daniel, close up and \_\_\_\_ the words of the scroll (Dan 12:4)
8. they that bare the ark of the LORD had gone six \_\_\_\_ (2 Sam 6:13) (KJV)
9. the wings of my dove are \_\_\_\_ with silver (Ps 68:13)
10. Hathach, one of the king's eunuchs assigned to \_\_\_\_ her (Est 4:5)

11. the turtle and the \_\_\_\_ and the swallow (Jer 8:7) KJV
12. if he trespass against thee seven \_\_\_\_ in a day (Luke 17:4)
13. The creatures \_\_\_\_ back and forth like flashes of lightning (Ezek 1:14)
21. he touched the man's \_\_\_\_ and healed him (Luke 22:51)
23. he that followeth vain persons is \_\_\_\_ of understanding (Prov 12:11)
25. As it is written in the second \_\_\_\_ (Acts 13:33)
27. husband of Jezebel (1 King 19:1)
28. sons and thirty grandsons, who \_\_\_\_ on seventy donkeys (Judg 12:14)
29. the warriors are \_\_\_\_ in scarlet (Nah 2:3)
30. and a pomegranate, upon the \_\_\_\_ of the robe (Exodus 28:34)
34. the gazelle, the \_\_\_\_ deer, the wild goat (Deut 14:5)
35. Observe the \_\_\_\_ of Abib and celebrate the Passover (Deut 16:1)
36. Mordecai the Jew was second in \_\_\_\_ to King Xerxes (Est 10:3)
37. The death he died, he died to sin \_\_\_\_ for all (Rom 6:10)
38. a prophet, powerful in word and \_\_\_\_ before God (Luke 24:19)
40. they would have cast anchors out of the \_\_\_\_ (Acts 27:30) KJV
41. But how \_\_\_\_ a mortal be righteous before God? (Job 9:2)
43. cunning (Job 5:13)
44. The \_\_\_\_ answered, "Don't argue with us (Judg 18:25)
45. a time to be \_\_\_\_ and a time to speak (Eccl 3:7)
47. "They \_\_\_\_ me," you will say, "but I'm not hurt! (Prov 23:35)
48. or birds are taken in a \_\_\_\_ (Eccl 9:12)
49. brother of Moses (Ex 4:14)
50. a silversmith, which made silver shrines for \_\_\_\_ (Acts 19:24) KJV
52. first month of Hebrew calender (Ex.23:15)
53. the One who \_\_\_\_ enthroned on high (Ps 113:5)
55. You hypocrites, why are you trying to \_\_\_\_ me? (Matt 22:18)
56. I \_\_\_\_ those who cling to worthless idols (Ps 31:6)
57. Adams first home (Gen 2:8)
58. The Lord needs it and will \_\_\_\_ it back here shortly (Mark 11:3)
61. grandson of Terah (Gen 11:31)

### How To Stay Alert In Church

**1) Get adequate sleep.**

Late Saturday nights are Sunday morning's worst enemy. Resolve to turn in earlier. A good night's sleep on Friday night is equally important to waking rested on Sunday, as sleep debt builds up over time.



**2) Drink plenty of water, though not too much.**

It is easier to remain alert when you are well hydrated. Consider keeping a small bottle of water with you during worship. One quick bathroom break is considered permissible. Two or more are bad form.



**3) Eat a high-protein breakfast.**

Foods high in carbohydrates force your body to metabolize them into sugars, which can make you drowsy. If your diet allows, eat foods high in protein instead, such as scrambled eggs with bacon.



**4) Arrive early and find the coffee pot.**

If you don't drink coffee, consider a caffeinated soda.

**5) Focus on your posture.**

Sit up straight with your feet planted firmly on the floor. Avoid slouching, as this encourages sleepiness. Good posture will promote an alert bearing and assist in paying attention, so you'll get more out of worship.

**6) If you have difficulty focusing on the service, divert your attention. Occupy your mind not your hands.**

Look around the worship space for visual stimuli. Keep your mind active in this way while continuing to listen.



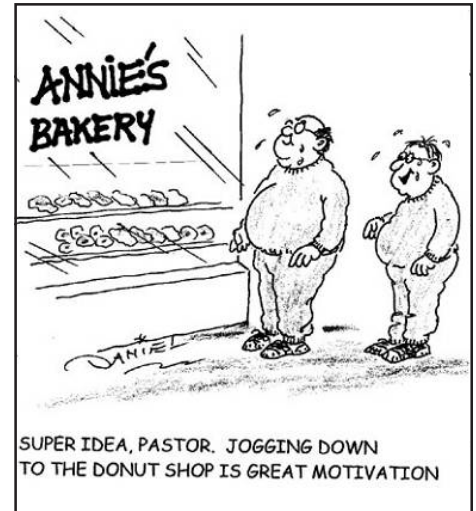
**7) Stay alert by flexing muscle groups in a pattern.**

Clench your toes and feet; flex calf muscles, thighs, glutei, abdomen, hands, arms, chest, and shoulders. Repeat. Avoid shaking, rocking, or other movements that attract undue attention.

**8) If all else fails, consider pinching yourself.**

Dig your nails into the fleshy part of your arm or leg, pinch yourself, bite down on your tongue with moderate pressure. Try not to cry out.

*Actually Taken from the Lutheran Handbook*



A group of children were once asked, "What does 'love' mean?" Here are some sample answers:

\* Rebekah, 8, said, "When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time—even when his hands got arthritis, too. That's love."

\* Billy, 4, said, "When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth."

\* Bobby, 7, says, "Love is what's in the room at Christmas, if you stop opening presents and listen."

\* Tommy, 6, says, "Love is like an old woman and an old man who are still friends even after they know each other so well."

\* Cindy, 8, says, "During my piano recital, I was on a stage, and I was scared. I saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore."

\* Jessica, 8, says, "You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot."

## Camp Wightman Workday

November 13, 2010  
8:00 a.m. - 4:00 p.m.  
Lunch will be provided.



It's that time of year to work on the maintenance and beautification of your dear summer home, Camp Wightman. Come bring your skills to Camp! Our trails need upkeep as do our buildings! Any questions or concerns call Karen at 860-376-2179 ext. 10

## Discipleship Fair, 2010

Saturday, October 23  
8:30 am—2:30 pm  
Central Baptist Church, Hartford

### Witnessing in the Way of Jesus

Something for everyone! Many workshops morning and afternoon

- \* Children, age 4 through 5th grade: Games! Drama! Music! Computer!
- \* Youth, grades 6 and up: Teen Track: Leadership and Teen Life
- \* Adults:

- o Bible Study
- o Witnessing
- o —Faith & Art
- o Faith & Humor
- o Spiritual Disciplines
- o Workshops for Deacons, Trustees, Teachers

Talk to Pastor Lord Cal if you want to go with him. The church will pay for you.



## The Annual Festival of Choirs

Sunday, November 14  
7:00 p.m.  
at St. Marks' Lutheran Church  
Washington Street



We will begin practicing for the Festival on Tuesday, October 19th. The choir would like to extend an invitation to anyone who would like to sing with us for this event only to join us on Tuesday nights from 6:30 - 7:00 p.m. starting on October 19th. Speak to Adele DiBiagio if you would like more information. It is always a great night of music and fellowship.

## Sunday, October 31

immediately following worship

we will hear reports and vote on a proposal from the trustees concerning the furnace for the chapel area and fellowship hall.

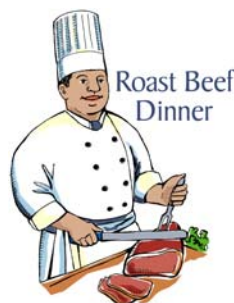


## Youth Group Trip to Galaxy Roller Rink



Friday, November 5  
7:00 - 11:00 p.m.

Invite your friends



ROAST BEEF DINNER  
NOVEMBER 20  
4:00 - 6:30 P.M.



AT CENTRAL BAPTIST CHURCH

ADVANCE SALE & RESERVATIONS  
\$10.00

AT THE DOOR  
\$12.00

## ABCCONN Mission Trip to Haiti 2011

“Witnessing in the Way of Jesus”

Where: Deux Croix, Haiti

When: February 19-26, 2011

Cost: \$1250.00 (approximate)

Leaders: ABCCONN President, Jim Meek  
and retired pastor, Bill Huegel

Preparation Meetings: Tuesday evenings, 7:00 p.m.  
Oct. 5, Nov. 2, Dec. 7, Jan. 4, Feb. 1

The group will be working with The Rev. Joseph Voltaire, Pastor of the 14th Street Baptist Church in Cap Haitian, Haiti. The work will involve helping to restore the Baptist Camp at Deux Croix, and may involve putting a metal roof on the two wings of the Chapel, repairing damaged walls, building/restoring the latrines and some general cleanup of the site. No particular skill is required. You just need a willing heart and servant attitude.



If interested you may contact: Billie Lanz or Mary Williams at (860) 521-5421 or email Bill Huegel (billhuegel66@gmail.com) or Jim Meek (james.meek@yale.edu)

## Care Net Pregnancy Resource Center

*We support the Resource Center with our mission giving. Here is a story, one of many that can be told about the good work they do.*

Just imagine you answer the phone and hear a crying girl on the line. She is sobbing so much she is hard to understand. What do you say to her? Tiffany called the center and in between her sobs I tried to understand what she was saying.

Tiffany is in an abusive relationship, she doesn't have custody of her 4 year old daughter and she just found out she is pregnant. She is convinced that abortion is her only way out of this situation. She cannot bring another child into this world knowing that as long as she is with her boyfriend she cannot go home with her child.

She believes that if she tries to leave her boyfriend, he will come after her. What do you say to her? We don't always know what to say but thankfully we serve a God who knows what message each girl needs to hear. After a few minutes of listening to Tiffany I ask her, "Tiffany do you believe in God?" She pauses and quietly responds "yes". She then goes on to say that she is such a bad person that she is sure God doesn't love her any more.

Have you ever felt that way? That God doesn't love you. I then say a quick prayer for just the right words to touch Tiffany's heart. Praise God He answers prayer. I don't remember all of what I said to Tiffany but I do know that the very next day she was in my office and then returned for an ultrasound.

Each visit gave us the opportunity to introduce her to a Heavenly Father who loves her. In the hours I spent with Tiffany God was in that room softening her heart. Tiffany's story is still playing out. Tiffany could still choose abortion but I know that each time she calls or comes in I can share more about the God who loves her.

- Lisa Maloney, Executive Director of Care Net Pregnancy Resource Center of SE Connecticut

### Update from Doris & Ricardo Mayol in Mexico

We went to Ceiba to celebrate a memorial service with the family of a young girl named Rebeca. She participated in the first youth camp and wanted to study and to serve the Lord. Yet, poverty pushed her to migrate and work in Cancun as a maid. There she was hit by a motorcycle and died. Being with her family while remembering Rebeca's dreams and sharing the night at Pastor Pedro's house was a deep and fulfilling experience.

This is the rainy season and it has been raining a lot! In the mountain villages we have mudslides, rivers flooding over bridges and disappearing roads! We got stuck in our



way up and on our way down! And we were rescued by brothers and unknown people that just gave us a hand when we needed it. When almost reaching the paved road, we waited for 4 and a half hours for the dirt road to be more or less passable. The road just disappeared with the rains!

This made me think that sometimes we have to get stuck to appreciate the road and the experiences that come with it. When you get stuck, keep the hope and the faith. God will send someone who will give a hand to get you out. But remember though that when times come, it will be your turn to give a hand. "Share, give yourself, and serve." Matthew 10:7-8

*We support the Mayols with part of our regular mission giving.*

## We Provide Service With a Smile at the Monthly Community Luncheon



Ginger shows Elsie how to scoop out the dessert



Chelsey and Taylor are ready to serve.



Jennifer helps mom serve the meals.

On September 19th we fed 55 people at the Community Luncheon at St. Mark's Evangelical Luther Church on Washington Street. Erica Corbett, Keely Backus, Michelle Chaffee and Ginger Sullivan cooked up a wonderful Quiche and added ham, au gratin potatoes and mixed summer vegetables to make it a very satisfying meal.

Janet LaFlamme, Judy Vickers, Jennifer LaFlamme, Amanda Duntz, Chelsey Calkins, Elsie and Taylor Chaffee also helped out.

We are always looking for volunteers to help cook or set up and serve. Money is available to pay for the cost of the food so the cooks simply need to shop for the ingredients and cook the meal that morning. Volunteers who set up and serve need to come at 12:45 p.m. and set up the tables and then be prepared to serve with a smile.

The cooking crews for the next few months are all set but we are trying to line up our volunteers for 2011.

- Oct 17- Kathy Spielman & Tom Manicella
- Nov 21 - Erica Corbett & Ginger Sullivan
- Dec 19 - Amy Rezendes & Rosie Rakowitz
- Jan 16 - Open
- Feb 20 - Sue Ferguson & Cindy Carchidi
- March 20 - - Open
- April 17 - Erica Corbett & Ginger Sullivan
- May 15 - Lee & Hillary McFalls
- June 19 - Open
- July 17 - Cynthia Strouse

Contact Cynthia Strouse if you would like to volunteer to cook for the crowd on one of the open months. Her number is 860-886-0025 and email is [cynthiast@aol.com](mailto:cynthiast@aol.com)

Contact Amanda Duntz if you want to help in the dining room with set up and serving. Her email is [amanda.duntz@yahoo.com](mailto:amanda.duntz@yahoo.com)



### Norwich Baptist Build

**Saturday, October 30, 2010**  
**8:30 a.m - 3:30 p.m.**

18 Cape Ann Court,  
New London, CT



Go to [www.habitatsect.org/](http://www.habitatsect.org/) and sign up to volunteer.

## The Annual Coat Giveaway



**November 13**  
**in Columbus**  
**Park**

**November 20**  
**at Oakwood**  
**Knoll**

Drop your clean, gently used coats off at church. **10 a.m. - Noon**

For more information or to help, contact Erica at 860-705-9957 or [edouble00@comcast.net](mailto:edouble00@comcast.net)

## Mission Meeting



Sunday, October 17  
at 12:00 noon  
at First Baptist Church

We will discuss our options for the 2011 Norwich Baptist Mission Team

Would you like to become a mission partner with Rick and Mercy Barnes in Mexico? We are looking for 12 families who will give a gift of \$50 to directly support the ministry in Northern Mexico. Your gift will help Mercy and Rick continue the great work they are doing. Speak to the Pastor if you want to accept the challenge and take a month in the coming year.



# Martin Sheen: It Isn't An Act. He Takes the Gospel Seriously

One could say that the star of television's Emmy-winning, *West Wing* does not actually exist outside of Hollywood. The movie star that we think we know as Martin Sheen, carries a driver's license in the name of Ramon Estevez. The stage name is but a single facet of a very real and complex man of God.

Is it the celebrity, Martin Sheen who attends parish council meetings, delivers food to poor families during Thanksgiving, visits the Venice Clinic and washes dishes at the Catholic Worker or is it a committed Catholic Christian named Estevez?

"A man should do good deeds, but you shouldn't hear about it 'til later," Martin says. "Nobody should really know what you've done. Or, as Jesus says, 'Your right hand shouldn't know what the left hand is doing.'"

The seventh child of devout Catholic parents, actor Martin Sheen privately lives the faith that he publicly professes. He believes in putting his Christianity to work and says, "Don't wait for God on a cloud while your neighbor is starving to death."



Martin Sheen has very clearly defined beliefs, some of which are politically correct and some of which are not. Mr. Sheen has been arrested

more than 60 times taking a public stand for something he believes in or standing against some social injustice.

"Non-violent demonstration is one of the only tools that is available to us where you can express a deeply personal, deeply moral opinion and be held accountable. You have to be prepared for the consequences. I honestly do not know if civil disobedience has any effect on the government. I can promise you it has a great effect on the person who chooses to do it."

"We (are) the most confused, warped, addicted society in the history of the world. We are addicted to power, we're addicted to our own image of ourselves, to violence, divorce, abortion, and sex."

"As a father and a grandfather, I have had experience with children who don't always come when they are planned, and I have experienced the great joy of God's presence in my children, so I'm inclined to be against abortion of any life. But I am equally against the death penalty or war--anywhere people are sacrificed for some end justifying a means."

"I take the Gospel seriously. We have to find God's presence, first of all, in our own brokenness. We have to find it in service. We grow by serving."



Martin Sheen calls himself a radical Catholic. "You know, the essence of the Gospel of Jesus was extremely radical, and that's why they killed Him."

"I don't limit the sacramentalness of life to church. It is in community and brokenness. Sacramentalness of life, sacredness of life, you have to stand against darkness. The church is not always there."

"I have not always practiced my Catholicism. I left it as a

youth and I lived for many years without faith." Martin says that during filming of *Apocalypse Now*, "... I fell gravely ill and was at death's door. I had a crisis of conscience at the same time. I was divided inside: I had no spirituality, I had no idea how to combine the will of the spirit with the work of the flesh."

Martin Sheen began his journey back to God out of fear and it has matured into joy.

"When I returned to the Church, I had been away for 15 years, perhaps more. I was a man without needs; I had no love, no respect. So, for me, the moment I was born to the faith ... I knew it, I knew it ... I thought: "I am home, I am home. I am free."

"As the Mass begins and the crucifix in the central nave comes close, I think: "I know this man, He is also my Redeemer, He also belongs to me."

"The greatest miracle is that we too are made sons and daughters of God."

## Dinner Time: The Perfect Time to Rebuild Family Togetherness

Competing pressures and priorities may be making dinners together a thing of the past for many families. If this is happening to you, perhaps you need to think about what you're really missing!

by Scott Hoefker



Dinner Time: The Perfect Time to Build Family Togetherness As a professional counselor, I've learned that food plays an integral part in drawing human beings together. It also plays a big role when it comes to family stability.

Yet we see an ever-increasing trend within society to diminish the amount of time families spend together in enjoying an evening meal or dinner. This trend has been growing at an alarming speed.

The evening meal may in fact be the only time families sit down together (if they even do). Nowadays with the availability of every type of modern media easily accessible, family time faces an even greater challenge when competing with TV and other enticing forms of entertainment. When parents and children don't set aside time to really converse with each other, a key ingredient to keeping the family stable is lost.

One of the most important ways to find out how everyone in the family has been feeling, and what they've been doing all day, is to search for and institute creative ways to make the dinnertime experience fun! Parents can make dinnertime a unique, special and enjoyable time to build values they wish their children to live by.

### Why family dining is disappearing

Good food, good conversations and good laughter—that's what family

dinners are supposed to be made of. But our busy schedules are making it hard for our families to pencil in mealtime together. Does it really matter?

The most common reason teenagers give as to why family dinners are not more frequent is that "parents work late."

The most common reason parents give is "conflicting schedules."

Other common reasons include "families choosing to not eat together," "interference of teen activities" and "television watching that simply cannot be missed."

More than one in five parents with children and teens say they are simply "too busy" to have family dinners together. Given the importance of frequent family dinners and the impact parental engagement has in preventing teen substance abuse, families should work to overcome the barriers to frequent family dining!

### Opening the lines of communication.

I find in counseling that many of the challenging issues facing families today can be redirected and healed by simply making time for dinner and making time for healthy, positive discussion and conversation—and not caving in to the rush-rush of our 24/7 world.

Many years ago a well-known line from the movie *Cool Hand Luke* stated, "What we have here is a failure to communicate." The common complaint within families today is similar: "We just don't talk anymore."

Some families complain of fragmentation and loss of continuity, yet openly discuss how important it is to not cancel soccer practice, band, gymnastics, parents' travel schedules or any one of dozens of activities that rob us of family togetherness.

Setting priorities comes easily for most people at work, but these same people face seemingly unmovable barriers when it comes to the family at home. Most parents openly admit that successfully performing their jobs requires effective planning. But do we consider that eating meals together also needs to be part of our planning for effective families?

Rose Fitzgerald Kennedy of the famous Kennedy political clan was said to have on several occasions given her children an article from the newspaper to read at breakfast. She then gave an assignment for the evening meal: Each child was to discuss their article and explain their observations and viewpoints in discussion with other family members in a roundtable discussion.

Regardless of whether we agree with the political viewpoints of many

of her children, that does not negate the importance of what they learned and the benefits it gave them later in life.

### Rediscovering the lost art of dining together

Keeping in mind that family dinners are ever so much more about building family stability than just sharing food, let's consider how to make a family mealtime work.

- Plan to have family dinners and stick to it until it becomes a family tradition, scheduling other important daily and weekly tasks around that time. It will take work, but it's doable and the results will be noticeable. Start out realistically—maybe every Sunday evening—then work for more evenings.

Set aside a specific amount of time for the meal. An unhurried timetable creates a better environment for digestion. Medical authorities have long proven this produces many positive effects on the overall well-being of each person. Rushing our meals or gulping down our food has been proven to eventually lead to other health challenges.

- Have dinner around the table, not the TV. Share the meal where the family can enjoy real conversation. Eating dinner on trays while watching the TV does not promote conversation. It's sad but not surprising that sales of dining room tables have continually declined over the last decade. Many homes do not even contain a dining room table, much less a dining room.

- Take turns saying something meaningful before eating—allowing everyone to give input, not just a parent. Simple things like thanking the person who did the cooking, talking about the reason for daylight saving time and the onset of the seasons can give perspective and remind us of the cycle of nature.

Reading a poem to start the meal



can be beneficial. The Collected Verse of Edgar A. Guest gives several good examples of mealtime reflection. One of his most famous rings true regarding the importance of family dinnertime:

*A tablecloth that's slightly soiled  
Where greasy little hands have toiled;  
The napkins kept in silver rings,  
And only ordinary things  
From which to eat, a simple fare,  
And just the wife and kiddies there,  
And while I serve, the clatter glad  
Of little girl and little lad  
Who have so very much to say  
About the happenings of the day.*

- In conversation, emphasize the positive. Christianity is about focusing on the positive.

Philippians 4:8 tells us to think and meditate on positive things. Use open-ended questions like, "What did you do that made you feel good this week?" or "What happened this week that made you feel grateful?" or "What was the happiest thing you did today?"

- Use the dictionary during your meal to learn new words. Parents do not always have to be the one to present a word. Take turns letting family members present a new word and discuss its meaning. Then use the word in a sentence. This can be fun, as the usage of the word becomes perfected.

- Try new foods. It's amazing how many people simply eat the same things day after day. Providing a different food taste at dinner tends to liven up any discussion as well as expand the family horizons. Maybe once a week your family could try a

meal of foods from a different part of the world.

- Where did the food come from? Talk about this. I remember a story, conveyed during a family discussion at dinner, where one member thought milk came from the supermarket and had no idea what a cow was. Funny? Perhaps, but surprisingly such lack of knowledge is more and more common today. Was it an animal? Was it kept frozen in transportation to the market? Did it come from a cardboard box, is it fresh, or was it canned? From what country did this food originate? Such questions provide thought-provoking and beneficial conversation at family dinner.

- Take time to laugh! Proverbs 15:15 tells us that "he who is of a merry heart has a continual feast." Sharing a joke at dinner time can set a tone of enjoyment and help the experience to be a positive one. Libraries and bookstores have humor collections that will appeal to those with younger children. Studies have shown that laughter even aids proper digestion within adults and children.

I can't help but notice that talking together is an integral part in all the above suggestions. No wonder family mealtimes are so good at improving family communication!

Although trends that do not reflect what God desires for mankind are increasing in society, we can reverse the tendencies in our families. As Jesus Christ assures us in Luke 11:9, God promises help to those who ask, sincerely seeking His help.

We at The Good News try to deal with very real issues facing very real people in a very real world. The art of family dining need not become a thing of the past! GN

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# Conversations about Faith and God's Hope For Our Lives

The series begins  
October 10 at 6:30 p.m.

Join us on Sunday evenings for the next eight weeks as we explore Rob Bell's Nooma Series of short videos. They will prompt us to discuss everything from our devotional lives to why God allows bad things to happen to us. Invite a friend and let's talk about our faith and that which makes it real.



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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.

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