

# FIRST BAPTIST CHURCH COURIER

## OCTOBER 2018 EDITION



### OUR STAFF

Rev. Rod Beardsley - Senior Pastor  
Rev. Phil Lowther—Assistant Pastor

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Office Hours:

Monday, Wednesday, & Friday 8-5

Office is closed for lunch from 12:30-1:30 pm

**Live a Life that Matters**

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Sunday services: 8:20 and 11 am

Sunday School for all ages: 9:45 am

### CSFBC MISSION STATEMENT

**“Infusing TRUTH to produce selfless followers of God.”**

## PASTOR ROD'S MESSAGE

### AAADD

They have finally found a diagnosis for my condition.

Hooray!! I have recently been diagnosed with A.A.A.D.D. Age Activated Attention Deficit Disorder.

This is how it goes:

I decide to wash the car; I start toward the garage and notice the mail on the table.

Ok, I'm going to wash the car. But first I'm going to go through the mail.

I lay the car keys down on the desk, discard the junk mail and I notice the trashcan is full. Ok, I'll just put the bills on my desk and take the trashcan out, but since I'm going to be near the mailbox anyway, I'll pay these few bills first.

Now, where is my checkbook? Oops, there's only one check left. My extra checks are in my desk.

Oh, there's the coke I was drinking. I'm going to look for those checks.

But first I need to put my coke further away from the computer, oh maybe I'll pop it into the fridge to keep it cold for a while.

I head towards the kitchen and my flowers catch my eye, they need some water. I set the coke on the counter and uh oh! There are my glasses. I was looking for them all morning! I'd better put them away first. I fill a container with water and head for the flowerpots - - Aaaaaagh!

Someone left the TV remote in the kitchen. We'll never think to look in the kitchen tonight when we want to watch television so I'd better put it back in the family room where it belongs.

I splash some water into the pots and onto the floor, I throw the remote onto a soft cushion on the sofa and I head back down the hall trying to figure out what it was I was going to do.

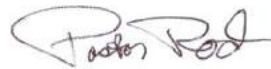
End of Day: The car isn't washed, the bills are unpaid, and the coke is sitting on the kitchen counter, the flowers are half watered, the checkbook still only has one check in it and I can't seem to find my car keys!

When I try to figure out how come nothing got done today, I'm baffled because I KNOW I WAS BUSY ALL DAY LONG!!! I realize this is a serious condition and I'll get help, BUT FIRST I think I'll check my e-mail....

This is what Solomon referred to as the "evil days". It reads like this: Remember also your Creator in the days of your youth, before the evil days come and the years draw near when you will say, "I have no delight in them"; before the sun, the light, the moon, and the stars are darkened, and clouds return after the rain; in the day that the watchmen of the house tremble, and mighty men stoop, the grinding ones stand idle because they are few, and those who look through windows grow dim; and the doors on the street are shut as the sound of the grinding mill is low,... For man goes to his eternal home while mourners go about in the street. *Remember Him* before the silver cord is broken and ...then the dust will return to the earth as it was, and the spirit will return to God who gave it. "Vanity of vanities," says the Preacher, "all is vanity!" Ecclesiastes 12:1-

The bottom is make the most of the few years we are given here on this earth to glorify the Lord and be ready for the inevitable day that we meet Him face-to-face. Are you readying yourself? Active in the things of God and knowing Him better every day? Are you reading God's word daily and sharing the experience? Are you investing your life so that others are closer to Jesus? Do you realize people are eternally precious and worth the sacrifice? Are you living out God's unique standards so that others see Jesus in you?

Because our God is greater than arthritis and even death,




## PASTOR PHIL'S MESSAGE

### Two Kingdoms at War!

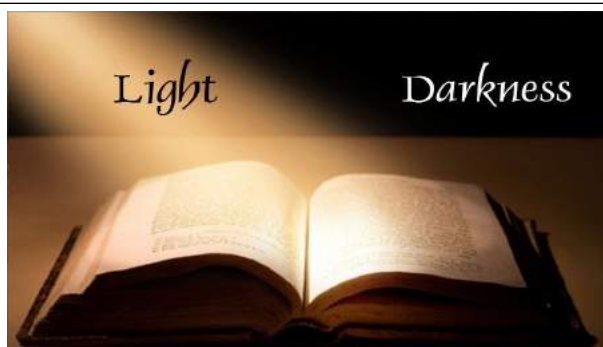
October has one of the top grossing holidays in the nation. Halloween is second only to Christmas when it comes to decorations, preparation, time, and money spent. As kids we were told to use our imaginations and you can be anything that you want to be. Imagination is powerful when it comes to pretend and play. Kids pretend to be princesses, superheroes, villains, and fantasy characters. Those who get good at pretending are given jobs as actors. We pay people extreme amounts of money to help us imagine worlds and play pretend on the screens around us. People get confused between reality and fantasy easily in today's world.

The Bible speaks of the greatest actor, the Devil; he acts as an angel of light (2 Cor 11:14). He wants everyone to see him as a "good guy", just misunderstood. Satan by his very nature does not tell the truth (Jn 8:44) Satan is the master of stealing, killing, and destroying (Jn 10:10). When we see the works of Satan, the World, and the flesh, we see that they are all a kingdom of death and darkness (Col 1:13). Whenever we see a proliferation of death, lies, and pride, these indicate that Satan is at work. When we see people hide their sin and call it self-esteem, we see that Satan is active. When we see people giving up hope and being in bondage to depression and evil thoughts, these are all demonic. Satan wants you to be interrogated and in fear of his power and authority. Satan's strategy is to get you alone (not in church with other Jesus-followers) and to wear you out (tired and drained).

While Satan is the greatest liar Jesus is the greatest Hero. He is the real SuperHero. Jesus shows up to bring light and destroy the deeds of darkness that Satan loves (1 Jn 3:8). His truth is that we cannot hide our sin our make excuses for our sin (1 Jn 1:6,8,10). We admit our sin and run to the Savior to cleanse us in the light by His blood and righteousness (1 Jn 1:5,7,9). Jesus transfers us from the Kingdom of Darkness to the Kingdom of Light (Col 1:13). Our Kingdom reflects our identity and deeds. Who do you belong to; are you a child of God or of Satan? If you are a child of Satan you lie, steal, kill, and destroy; these are marks of the demonic. If you are a child of God you hate the dark deeds and admit where you are sinful. Instead of pride; humility is how you see yourself. The Father sends His Holy Spirit to fill, convict, empower, guide, and comfort. We long to tell others of the freedom we have in Christ and we too destroy the works of the devil by speaking God's Truth and showing God's Light.

Jesus saves us not to sit on the sidelines but to engage in the battle. He sends us empowered by the Holy Spirit and informed by His Word, the Bible. What does God call us to do as children of light? We are like the stories of ordinary people given amazing gifts. We must remember, "With great power (gifts) comes great responsibility!" 1 Thessalonians 5:5 states, "For you are all children of light, children of the day. We are not of the night or of the darkness." When we see ourselves in light of God, we realize not only our sinfulness but also our great Savior. God takes our sin and exchanges it with His righteousness. We are destined to live not as slaves to sin but as heroes of righteousness underneath the Hero, Jesus (Rom 6:18). There are many people this October who will dress up with masks. Jesus wants us to reveal who is by our love and our lives that live out of His presence and power.

As God brings this holiday season in, will you look for ways to reach out in mission? God has created us with His Kingdom as our purpose. This is why we see the brokenness and confusion around us and think, "God, would you show up and use me to reach someone?". Our temptation is to think that the task is too great and sin too deep, but don't let that stop you. God has called and is already working so let's ask for boldness and courage and join our Father to rescue the lost and destroy the works of the Devil as God's Kingdom breaks into our world. Come join the one who overcomes the world and see the gates of Hell crumble under the weight of His Kingdom!



## Deacons Devotional

### Everything You Need

Are you hoping that a change in circumstances will bring a change in your attitude? If so, you are in prison, and you need to learn a secret of traveling light. *What you have in your Shepherd is greater than what you don't have in life.*

May I meddle for a moment? What is the one thing separating you from joy? How do you fill in this blank: "I will be happy when \_\_\_\_\_"? When I am healed. When I am promoted. When I am married. When I am single. When I am rich. How would you finish that statement?

Now, with your answer firmly in mind, answer this. If your ship never comes in, if your dream never comes true, if the situation never changes, could you be happy? If not, then you are sleeping in the cold cell of discontent. You are in prison. And you need to know what you have in your Shepherd.

You have a God who hears you, the power of love behind you, the Holy Spirit within you, and all of heaven ahead of you. If you have the Shepherd, you have grace for every sin, direction for every turn, a candle for every corner, and an anchor for every storm. You have everything you need.

(From Max Lucado's Traveling Light)

### The Lighter Side of Observations

Whenever I feel blue, I start breathing again.

In the 60's, people took acid to make the world weird. Now the world IS weird and people take Prozac to make it seem normal.

DORMITORY:

When you rearrange the letters: DIRTY ROOM

ASTRONOMER:

When you rearrange the letters: MOON STARER

THE EYES:

When you rearrange the letters: THEY SEE

SNOOZE ALARMS:

When you rearrange the letters: ALAS! NO MORE Z 'S

A DECIMAL POINT:

When you rearrange the letters: IM A DOT IN PLACE

THE EARTHQUAKES:

When you rearrange the letters: THAT QUEER SHAKE

ELEVEN PLUS TWO:

When you rearrange the letters: TWELVE PLUS ONE

## Health Ministry

### **8 Health Benefits of Fasting, Backed by Science**

Written by [Rachael Link, MS, RD](#) on July 30, 2018

Despite its recent surge in popularity, fasting is a practice that dates back centuries and plays a central role in many cultures and religions. Defined as the abstinence from all or some foods or drinks for a set period of time, there are many different ways of fasting. In general, most types of fasts are performed over 24–72 hours. Intermittent fasting, on the other hand, involves cycling between periods of eating and fasting, ranging from a few hours to a few days at a time. Fasting has been shown to have many health benefits, from increased weight loss to better brain function.

Here are 8 health benefits of fasting — backed by science.

#### **1. Promotes Blood Sugar Control by Reducing Insulin Resistance**

Several studies have found that fasting may improve blood sugar control, which could be especially useful for those at risk of diabetes. In fact, one study in 10 people with type 2 diabetes showed that short-term intermittent fasting significantly decreased blood sugar levels. Meanwhile, another review found that both [intermittent fasting](#) and [alternate-day fasting](#) were as effective as limiting calorie intake at reducing insulin resistance. Decreasing [insulin resistance](#) can increase your body's sensitivity to insulin, allowing it to transport glucose from your bloodstream to your cells more efficiently. Coupled with the potential blood sugar-lowering effects of fasting, this could help keep your blood sugar steady, preventing spikes and crashes in your blood sugar levels. Keep in mind though that some studies have found that fasting may impact blood sugar levels differently for men and women. For instance, one small, three-week study showed that practicing alternate-day fasting impaired blood sugar control in women but had no effect in men (3). **Summary** Intermittent fasting and alternate-day fasting could help decrease blood sugar levels and reduce insulin resistance but may affect men and women differently.

#### **2. Promotes Better Health by Fighting Inflammation**

While acute inflammation is a normal immune process used to help fight off infections, chronic inflammation can have serious consequences for your health. Research shows that inflammation may be involved in the development of chronic conditions, such as heart disease, cancer and rheumatoid arthritis. Some studies have found that fasting can help [decrease levels of inflammation](#) and help promote better health. One study in 50 healthy adults showed that intermittent fasting for one month significantly decreased levels of inflammatory markers. Another small study discovered the same effect when people fasted for 12 hours a day for one month.

What's more, one animal study found that following a very low-calorie diet to mimic the effects of fasting reduced levels of inflammation and was beneficial in the treatment of multiple sclerosis, a chronic inflammatory condition. **Summary** Some studies have found that fasting could decrease several markers of inflammation and may be useful in treating inflammatory conditions, such as multiple sclerosis.

#### **3. May Enhance Heart Health by Improving Blood Pressure, Triglycerides and Cholesterol Levels**

Heart disease is considered the leading cause of death around the world, accounting for an estimated 31.5% of deaths globally. Switching up your diet and lifestyle is one of the most effective ways to reduce your risk of heart disease. Some research has found that incorporating fasting into your routine may be especially beneficial when it comes to heart health. One small study revealed that eight weeks of alternate-day fasting reduced levels of “bad” LDL [cholesterol](#) and blood [triglycerides](#) by 25% and 32% respectively. Another study in 110 obese adults showed that fasting for three weeks under medical supervision significantly decreased blood pressure, as well as levels of blood triglycerides, total cholesterol and “bad” LDL cholesterol. In addition, one study in 4,629 people associated fasting with a lower risk of coronary artery disease, as well as a significantly lower risk of diabetes, which is a major risk factor for heart disease.

**Summary** Fasting has been associated with a lower risk of coronary heart disease and may help lower blood pressure, triglycerides and cholesterol levels.

#### **4. May Boost Brain Function and Prevent Neurodegenerative Disorders**

Though research is mostly limited to animal research, several studies have found that fasting could have a powerful effect on brain health. One study in mice showed that practicing intermittent fasting for 11 months [improved](#) both brain function and brain structure. Other animal studies have reported that fasting could [protect brain health](#) and increase the generation of nerve cells to help enhance cognitive function. Because fasting may also help relieve inflammation, it could also aid in preventing neurodegenerative disorders. In particular, studies in animals suggest that fasting may protect against and improve outcomes for conditions such as Alzheimer's disease and Parkinson's. However, more studies are needed to evaluate the effects of fasting on brain function in humans.

**Summary** Animal studies show that fasting could improve brain function, increase nerve cell synthesis and protect against neurodegenerative conditions, such as Alzheimer's disease and Parkinson's.

**Continued in November.**

# Special Events and Announcements



It's Tract 'n Treat time again! Please bring in your bags of candy to be handed out on October 25th! We usually give out about 500 bags of candy with a tract in them. Last year we ran out! If you wish to help out that night (5:30 till 8:30) please see Ken Dine or call the office.



Saturday October 13th 4-8 pm  
Bonfire Hot Dog cook out at Tony Jardina's woods.  
Bring a dish to share and lawn chair.



Thursday October 25th  
6pm  
Chili Cook-off  
Prizes awarded

### French Creek Association Fall Meeting

Sunday October 21st 3 pm

West Springfield Baptist

Speaker & Author William Richmond "Our Only Hope"

Musician Tom Beam

Dinner: Buffet with Pot Roast/Chicken

Sign up on Welcome Center or call the office 814-398-4243 if attending dinner



Saturday  
October 27th  
9:45 am  
Brunch

Gwyn Horner guest speaker



Saturday November 3rd

Commissioning of Brian and Lynette Smith  
Missionaries to Haiti

More details as they are available



Saturday November 10th  
6 pm

Marriage Simulcast  
"How to have a good fight"

Child care volunteers needed. See Robin Oakes

## OCTOBER BIRTHDAY'S AND ANNIVERSIES

- |                         |                            |
|-------------------------|----------------------------|
| 1st: Danny Held         | 22nd: Ben Maddox           |
| 2nd: Jeb Brace          | 24th: James Mumau          |
| 4th: Justin Held        | 25th: Blake Burchill       |
| Karen Burchill          | 26th: Nathan Walczak       |
| 5th: Alysia Walczak     | 27th: Justin Fuller-Gaines |
| Keithe Bancroft         | 28th: Phil Held            |
| 6th: Rachelle Held      | Tom Crowe                  |
| 9th: Jamie Gardner      |                            |
| Noah Lowther            |                            |
| 10th: Karen Held        |                            |
| Cassidy Boylan          |                            |
| 13th: Lisa Rindfuss     |                            |
| 14th: Kathy Parsons     |                            |
| Nancy Gage              |                            |
| Alex Doubet             |                            |
| 16th: Cindy Billingsley |                            |
| Calvin Burchill         |                            |
| 18th: Emily Mumau       |                            |
| 19th: Juliet Maddox     |                            |
| Ellie Maddox            |                            |
| 21st: Jimmy Humes       |                            |



- 2nd: Vince and Audrey Byrne  
 Rob and Amy Boylan  
 Mick and Cindy Mitchell  
 4th: Randy and Darlene Gorske  
 8th: Reed and Nancy Gage  
 27th: John and Debbie Acker  
 28th: Cliff and Wendy Wise  
 30th: Lee and Mary Manross

# Nursery

### 1st Service:

- 7th: Angie Mumford and Kalle Kula  
 14th: Fawn Pabon and Paula Steudler  
 21st: Dani and Cami Schmidt  
 28th: Debbie Acker and Betsy Mateja

### Sunday School:

- 7th: Debbie and Jenna Shearer  
 14th: Debbie Dine and Chris Zirkle  
 21st: Ken Dine and Paul Sellers  
 28th: Wendy Gardner and Dani Schmidt

### 2nd Service:

- 7th: Stacie and Aubrey Klemm  
 14th: Ken and Debbie Dine  
 21st: Andi and Jillian Risjan  
 28th: Sandy Mumau and Hsiao-Yi Shearer

### Garden Room Schedule

Please be sure to call your partner prior to working to confirm. If you are unable to work, please call to switch with someone and notify your partner. If you cannot work or find anyone to switch please call Laura at 398-2507



**CLOSED UNTIL BASEMENT RENOVATIONS COMPLETED**

**SPECIAL PRAYERS**

" I believe in prayer. It is  
the best way to draw  
strength from heaven."

Josphine Baker

**The Grieving:**

Katie Mitchell Family, Sam Shokry, Karon Runyan, Chris Zirkle, Pam Lowther, Celia Thayer family

**Cancer:**

Dakota Price, Karen Held, Larry Haroon

**Guidance:**

Brian & Lynette Smith **\*they are at 83%!!\*** **Mark the Date: November 3rd** Brian and Lynette Smith's commissioning to become missionaries to Haiti. There will be a dinner. If you would like to help with this please contact Robin Oakes at 814-763-2630 or roakes1231@gmail.com

**Health Issues:**

Emily Williams, **Kim Marzke**, Audrey Byrne, Eulalia Beers, Juanita Robinson

**Nursing Home:**

Paul Kirk, Jean Port, Celia Thayer, Ralph Batchelor, Judy Klemm

**Rehabilitating:**

Janet Wise, Gary Boylan, Tori Colvin, Madison Klemm, Rev. Jeff Johnson

**College Students:**

Austin Jones, Katie Duda, Stephen VanMatre, Cami Schmidt, Neely Colvin, Brenna Rindfuss, Clayton Dingle, Zachary Dingle, Mark VanMatre

**Military:**

Dillon Lang, Keith Bentley, Howard VanMatre, Adam Alm, Jimmy Humes, Gregg Merritt, Wesley Fleischer



## Book of the Month

“Reading gives us some place to go when we have to stay where we are.”

Mason Cooley

©K-1TeacherResource.com Free Quizzes and Worksheets

### Slaying Your Giants

by Kent Crockett

Moses split the Red Sea and the Israelites spent the next 40 years wandering in the wilderness. Their ultimate destination was Canaan, the Promised Land. Moses sent 12 spies to give a report of the land and what they saw. This is what they came back with:

“All the people we saw were huge. We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers” (Num.13:32,33 NLT)

To those who had dreamed of problem-free Promised Land this was frightening. They assumed up until now that they would have no opposition.

It dawned on them that they would have to kill giants before they would inherit what God had promised. The book of Joshua describes some of the battles they fought as they took possession of the land.

We receive God's blessings the same way. Conquer the giants, inherit the land.

God could have made it easy for the Israelites by driving out all the enemies before they got there. But if they didn't have to fight any battles, there would be no need to trust God. They would not have appreciated what they would have received.

Our Promised Land represents the life that God wants for us, joy, peace and fulfillment. The 'giants' we must defeat are spiritual struggles.

This book has many of the prominent giants we face. With God's power and the sword of the Spirit in hand every giant will fall before us.

This is a book that you can pick and choose your chapters. Find the one or more that you feel you need to read need God's guidance. There are many to choose from. Please take advantage of this book.



**Love INC**  
Love In the Name of Christ

Compassionate Christian Needed as Executive Director for Love in the name of Christ of Crawford County.

They will help coordinate the efforts of local churches to transform the lives of people in need.

This person will start in a volunteer position leading to a stipend position. Interested people should call LOVE INC or send a letter of interest.

Phone: 814-724-1417

Address: P.O. Box 424; Meadville, PA 16335

**Don't forget to Vote on November 6th!**

### September 18, 2018

On September 9, 2016, Donald Trump became the first GOP presidential nominee to [address](#) the Values Voter Summit since its inception in 2006. Candidate Trump's well-received speech grabbed headlines across the country for making his case to social conservatives. Hours later, Hillary Clinton [grabbed her own headlines](#), but her message and the reaction it drew couldn't have been more different. Speaking at an LGBT fundraiser, Hillary lobbed her infamous "basket of deplorables" and "irredeemable" insult: "You could put half of Trump's supporters into what I call the basket of deplorables. Right?" Clinton said. "The racist, sexist, homophobic, xenophobic, Islamophobic -- you name it. And unfortunately, there are people like that. And he has lifted them up."

Two years later, not much has changed. Although Hillary didn't give the keynote address at last weekend's LGBT fundraiser -- the hostile message is the same. Former Vice President Joe Biden [declared to the crowd](#) that "these forces of intolerance remain determined to undermine and roll back the progress you all have made...They are a small percentage of the American people -- virulent people -- some of them the dregs of society."

Losing an election apparently didn't change their view about those who stand "irredeemable" -- a view that is in stark contrast to what Christians believe about the redemptive work of Jesus Christ. But the Clinton/Biden view of their fellow Americans shouldn't be a surprise. You may also recall [internal Clinton campaign emails](#) mocking evangelicals and Catholics as "backwards." Even more disturbing, were the Obama/Clinton policies that marginalized millions of Americans like the Little Sisters of the Poor who simply wanted to live their lives according to their faith. The full court press against faith in the public square included the subtle but substantive redefinition of religious freedom to the ["freedom of worship."](#) But nowhere in Scripture does it say faith is to be contained within the four walls of a house of worship. Doing so would reduce church to nothing more than a glorified social club. The Constitution's First Amendment certainly doesn't adopt this narrow view. It protects something much broader: the freedom to hold the religious beliefs of one's choice and to live out those beliefs, which is also known as religious freedom.

Biden's insults are revealing about the hostility that conservative, Christian citizens and others who oppose their radical agenda will be subjected to if the Left succeeds in their goal to reclaim power here in Washington and in state capitols around the nation. Biden's Hillary moment is a reminder of the importance of the Values Voter and the need for every conservative voter to be informed and involved!

★PRAY★

ENGAGE

★VOTE★

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 7 pm Trustees Meeting  Pray for Pastor Phil	<b>2</b> 7 pm Prayer Meeting Home school day at Judson	<b>3</b> 10 am Women's Bible Study <b>3 pm Kids Club begins</b>	<b>4</b> <b>Bring your Bible to School Day</b> 9 am Ministerium <b>6:30 pm Prison Ministry</b> 6:45 pm Ladies Bible Study 7 pm Praise Group	<b>5</b> CSHS Homecoming	<b>6</b> 9 am Woodcutting at Dave Wise's  Pray for Pastor Rod
<b>7</b> <b>COMMUNION</b> 6 pm Youth 3:16	<b>8</b> 7 pm C.E. Board Meeting  Pray for Pastor Phil	<b>9</b>	<b>10</b> 10 am Women's Bible Study 3 pm Kids Club	<b>11</b> 6:45 pm Ladies Bible Study 7 pm Praise Group	<b>12</b>	<b>13</b> 4-8 pm Fall Cook-out at the Jardina Forest  Pray for Pastor Rod
<b>14</b> 6 pm Youth 3:16	<b>15</b> 6:30 pm Deacons Meeting  Pray for Pastor Phil	<b>16</b>	<b>17</b> 10 am Women's Bible Study 3 pm Kids Club	<b>18</b> 6:45 pm Ladies Bible Study 7 pm Praise Group	<b>19</b>	<b>20</b>  Pray for Pastor Rod
<b>21</b> 3 pm French Creek Association Fall Meeting 6 pm Youth 3:16	<b>22</b> 6:30 pm Board Chairmen 7 pm Advisory Board  Pray for Pastor Phil	<b>23</b>	<b>24</b> 10 am Women's Bible Study 3 pm Kids Club	<b>25</b> 6 pm Tract and Treat <b>6 pm Chili Cook-off</b> 7 pm Praise Group	<b>26</b>	<b>27</b> 9:45 am Ladies Brunch  Pray for Pastor Rod
<b>28</b> 6 pm Youth 3:16	<b>29</b>	<b>30</b>	<b>31</b> 10 am Women's Bible Study 3 pm Kids Club			
						