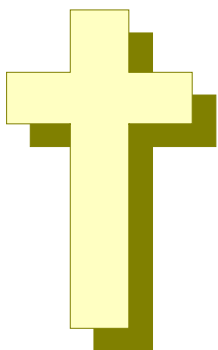




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April 2014

This is your copy of *The Witness*
We wish God's blessings on



THE WITNESS

The Monthly Newsletter of the first Baptist Church of Central Square

Church Office hours: Mondays & Tuesdays from 9:00-12:00

Phone Number 315-668-2138

www.fbc-cs.com

"Our mission as a church is to share and respond to God's love for each person by welcoming all. Together, we can return God's love by becoming witnesses and followers of the teachings of Jesus Christ throughout our daily lives. We allow these things to help us become new people in Christ."

Lynn Bort, Moderator

Linda Heer, Church Clerk

Victor Vrooman, Organist

Cindy Cuny, Church Secretary

Cindy Cuny, Witness Editor

News and Upcoming Events about our Community of Faith
Notices Concerning Our Affiliated Denomination – The American Baptist Churches in the USA
Information to Help Live a More Fulfilled Life

PRAYER CONCERNS



Please keep these members and friends in your prayer; Pastor Bud Adams, Mavis Cooter, Ken House, Stewart Smith, Jessica Ouimet, Phyllis Smith, Helen Webb, and our missionaries, our nation, and our denominational and local church leaders.

PRAYERS FOR APRIL

Dear Lord,

Help us not to store up our treasures, but to share all that we have with each other. Teach us to live with less and learn to treasure the moments we have together not material items that we have. After all you give us everything why shouldn't we be willing to share it with others. We ask this in your name.

Amen.

MEETING NIGHTS

Deacon's	April 8 th	6:30
Trustee	April 16 th	6:00
Council Meeting	April 16 th	7:00

Verse of the Month

Do not store up for yourself treasures on Earth, where moth and rust destroy, and where thieves break in and steal. But store up yourself treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal.

Matthew 6:19 & 20

WITNESS ARTICLES

All articles for the May Witness are due in the church office by April 20th. Please write an article and submit it! If you need an idea, just ask.

Birthdays for April



Nancy Flower	3
Kathleen Defeudis	9
Rich Mizerski	20
Art Brooks	20
Stewart Smith	24

Anniversaries



Don & Nancy Flower – 2

Easter Cantata

“Where Love and Mercy Meet”



Sunday April 20th at 10:00am here at the church

Easter Egg Hunt for the Children



April 13th the AB women are going to have an Easter egg hunt for the children after church on Palm Sunday. Please invite children you know in our community or neighborhoods.

AB Women's Meeting



On April 8th at the church at 11:00 am we will be making plans for the Easter Egg Hunt please come and help with the plans.

Hallway Painting Need Help!



Please consider helping if anyone is interested in helping paint our hallways please let the office know as soon as possible. Once we have help we will set a date. Thank you.

10 Weird things Kids do at Communion I Wish More Adults Would Do

1. Run down the aisle. It is okay to run down the aisle for communion. In fact shouldn't we all be running to feast with Christ? Next time, don't walk to communion - run.
2. Take communion with a stuffed animal. This should be acceptable, as long as the stuffed animal is served communion as well. Kids understand that everyone is welcomed to the table. Human and teddy bear alike.
3. Drink every drop. It is critical that every drop of grape juice and morsel of bread is consumed at communion. Who cares if people are waiting behind you to move back to their pews, you do not leave that table until you have been able to take every last moment you can with Christ..
4. Ask for a "big piece". Why settle for just a little bit of Christ? Don't we all want a "big piece" of Christ?
5. Dunk the whole piece into the cup. If you get to dip the bread into the juice, soak that bread and be sure to not worry about drips or stains (see points 3 and 4 for justification).
6. Seek out the leftovers. The bread of Life is too good to discard in the trash or fed to the birds. That is why we eat all the bread after worship.
7. Being shy is okay. Kids understand that it is an honor to be at the table of God and they do not demand a place but know that it is a treat to be there. Being shy to kids is like being humble to adults. Humility at the table of God? Great idea.
8. Laugh. Partaking in the banquet of God is a joyful event! Smile, laugh and if you need to, put a rubber crocodile on your head and make the pastor laugh with you.
9. Express thanks. One thumbs up at the meal is something, but two thumbs up is great.
10. Save some for later. Putting bread into your pocket seems like a reasonable way to take Christ into the world.

Spring Clean Up



Let's get cleaned up! Join us on April 26th here at the church from 9:00am till 12:00. We need everyone's help so please mark your calendar. Please bring rakes for outside work and remember there is inside cleaning too! See everyone there!

Just A Reminder



Our rummage sale is coming up in May on the 2nd & 3rd. If you have any items that you wish to donate please call Linda Heer at 668-1939. She will be glad to tell you where to put your items for the rummage sale. Linda will also be looking for help setting up for this and people to be there during the sale to help with it. So, mark your calendars.

Easter Offering



This year our Easter Offering will go to our sound system. It is in desperate need of updating. Nothing has been done to it in many years. This is a very costly project to update please give generously.

Something New



We are using prayer request cards which are located in the pews. We are asking everyone to fill one out if they have a prayer request. Then during the announcements the usher's will come forward and collect them. This should cut down on some of our time at the beginning of the service. Thank you!

Here is to your health



Health News: Healthy Sleep Tips

Feeling crabby lately? Just plain worn out? Maybe the solution is better sleep! What can interfere with a good night's sleep? Pressure at work, family responsibilities, unexpected challenges, relationship issues, illnesses, to name a few.

Here are a few simple sleep tips you might try:

Stick to a sleep schedule, even on weekends and days off. Being consistent helps to reinforce your body's sleep-wake schedule. If you don't fall asleep within 15 minutes, get up and do something relaxing. This doesn't mean watch TV or do something on the computer. These will stimulate your brain too much and our brain needs to unwind for a good night's sleep. Try a warm bath or shower, read a book, listen to soothing music. These will help promote drowsiness.

Avoid large, spicy, heavy meals in the evening. It is good to finish eating at least 2-3 hours before bedtime. You also need to avoid nicotine, caffeine and alcohol before bed. These can take hours to wear off.

Create a room that is ideal for sleeping. You may want cool, dark, and quiet. Consider using darker shades, earplugs, or even "white noise" may suit your needs. Are your mattress and pillow comfortable?

Exercise daily. This will help combat depression and anxiety, which can also lead to insomnia.

Still having problems? Speak with your doctor. He/She may want you to keep a sleep diary to evaluate common patterns or issues; or possibly a schedule a sleep study to evaluate sleep apnea. Just remember-untreated sleep apnea has been linked to several health conditions.

We want you around for many more years!

Excerpts from Mayo Clinic and National Sleep Foundation.

TV Commercials



A 5th grade teacher in a Christian school asked her class to look at TV commercials and see if they could use them in 20 ways to communicate ideas about God.

God is like...

Bayer Aspirin. He works miracles

God is like...

A Ford. He's got a better idea

God is like...

Coke. He's the real thing.

God is like...

Hallmark Cards. He care enough to send His very best

God is like...

Tide. He gets the stain out others leave behind

God is like...

General Electric. He brings good things to life

God is like...

Walmart. He has everything

God is like...

Alka-Seltzer. Try Him, you'll like Him

God is like...

Scotch tape. You can't see Him, but you know He's there

God is like...

Delta. He's ready when you are

God is like...

Allstate. You're in good hands with Him

God is like...

VO-5 hairspray. He holds through all kinds of weather

God is like...

Dial soap. Aren't you glad you have Him? Don't you wish everybody did?

God is like...

The Energizer Bunny. He keeps going, going, and going

God is like...

The US Post Office. Neither rain, nor snow, nor sleet, nor ice will keep Him from His appointed destination.

Traditional and Non-Traditional Holidays

April 2014 Traditional and non-traditional Holidays:

April 1, 2014 April Fools' Day: This is an opportunity for playing jokes or tricks on one another. The stranger and more absurd the better! But these jokes must be harmless and fun. Don't hurt anyone's feelings! Unknown origin of this day, but may date back to the days of the Roman Empire.

April 2, 2014 International Children's book day. This encourages reading, promotes a lifetime of learning and enjoyment for kids. This day marks the birthday of Danish storyteller Hans Christian Anderson (1805).

April 4, 2014. National Walk to Work Day (always celebrated the 1st Friday in April). US Secretary of Health and Human Services Tommy Thompson declared the 1st national walk to work day on 4/2/04. Sedentary lifestyles and obesity drew attention for the need to get out and walk. If you can't walk to work, walk 30 min, then make it a part of your daily life!

April 7, 2014. World Health Day. Sponsored by the United Nations World Health Organization (WHO), it focuses upon a different health theme each year. Annually, a different country hosts World Health day events.

April 13-April 20, 2014. Holy or Easter Week. From Palm Sunday to Maundy Thursday to Good Friday to Easter, this week commemorates the most important events in the death and resurrection of Jesus Christ. This offers hope of everlasting life to everyone.

April 15, 2014. Taxes due by this date!

April 15, 2014. Titanic Remembrance Day. Dedicated to the memory of 1500 people who died in 1912 when the "safest ship afloat" hit an iceberg and sank in the north Atlantic ocean.

April 20, 2014. Volunteer Recognition Day. This honors all volunteers who dedicate themselves to causes and helping others. There are so many needs that everyone can find someplace to volunteer and make a difference. What would we ever do without our volunteers?

April 21, 2014. Patriots Day (the 3rd Monday in April). If you live in New England, you will know about this. This commemorates the Battle of Lexington and Concord on 4/19/1775. This battle began the Revolutionary War. It also honors the "Midnight Ride of Paul Revere", when he rode through town warning colonists "the Redcoats are Coming"!

April 22, 2014. Earth Day. In 1970 environmental concerns led to the creation of the US Environmental Protection agency and the passage of the Clean Air, Clean Water, and Endangered Species Act. The world wanted decisive action on clean energy.

April 25, 2014. Arbor Day (Latin meaning tree) Individuals and groups are encouraged to plant and care for trees. Originated in Nebraska in 1872 when an estimated one million trees were planted.

Holiday Insights 2014.