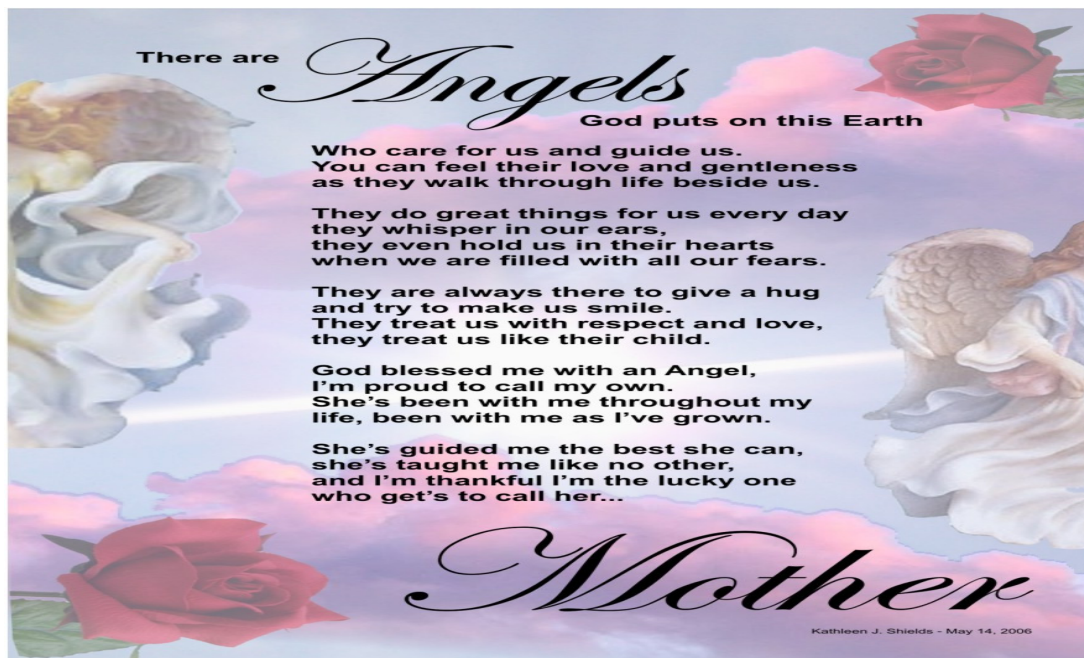




First Baptist Church
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May 2014
Happy Mother's Day!
This is your copy of *The Witness*
We wish God's blessings on



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, Phyllis Smith, Helen Webb, and our missionaries, our nation, and our denominational and local church leaders.

VERSE OF THE MONTH

Jesus said, "My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jews. Now my kingdom is from another place."

John 18:36

PRAYERS FOR MAY

Dear Lord,

Jesus was clear about his purpose. Help us to be clear about our purpose. We ask this in your name.

Amen.

MEETING NIGHTS

Deacon's	May 13 th	6:30
Trustee	May	
Christian Ed	May 13 th	6:00

WITNESS ARTICLES

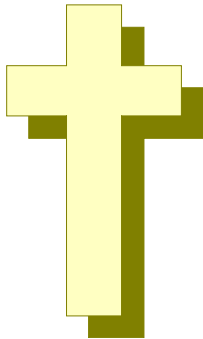
All articles for the June Witness are due in the church office by May 20th. Please write an article and submit it! If you need an idea, just ask.

Rummage Sale



Our Annual Rummage Sale will be held on May 2nd from 1:00pm till 7:00pm and May 3rd from 9:00am till 2:00pm. There will be a bag sale at 1:00. Please contact Linda Heer for more information at 668-1939. So, get going and clean out those closets. Linda will need help setting up and taking things down so let her know if you're able to help. We will be having a chili hut and need donations of chili and crackers and bread and butter and something for drinks. Need help to serve people and take money.

Memorial Service For Ray Clin



We Loss A dear Friend

May 10th at 11:00 here at the church will be a service to say goodbye to a long time friend. He was a good friend who has served in this church for several years. He was a husband, and a father, and a grandfather. Ray will be missed very, very much.

Memorial Day Poem



A time for picnics, time off work -
Vacations and the "Indy" -
A holiday, too often times
We forget what, it should be.
A time to pay respect to those
Who rallied to the battle cry -
Who gave their lives for liberty -
Those freedoms for you and I.
Such a waste of brave young souls -
Some still struggling through their youth
Who faced and fell willingly
Before wartimes' awful truth.
So as we share this holiday
With our friends or family -
Take a moment to give thanks to
Those who died so we'd stay free.
Let us strive for world peace -
For the end of greed and hate -
For next time, after "the war"
It just may be too damned late

Free Cell Phone and Minutes Program



"Safe Link" is a service supported by the Federal Lifeline Program, whose purpose is to offer a cell phone, at no cost, including up to 250 free minutes each month to those who qualify as low income. The application is very simple and eligibility requirements are very easy to understand. If you are interested, please see Rich Mizerski for an application form.

Thank You!



I apologize for the delay. I wanted to express my happiness for how well the AB Women's Fashion Show went in March!! The ladies put on a lovely breakfast! All of the models were beautiful, and I think they enjoyed themselves as well!! We were excited to have a total of 30 guests! We also raised just over \$150 as well as some non-perishable food items for our local food bank! Great job ladies!! I hope this is something we can do again!

AB Women President
Misty DeFalco

Something New



We now have scribble pads that have been made out of old scrap paper. We want to make sure the children have something to write on during the service instead of the envelopes in the pews. So, Kids have fun with them!

Fellowship Hour



When it's your month

Please help out with the snacks. Thank you!

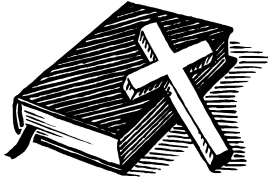
May –Deacon's
June – Executive
July – Trustee's
August – Christian Ed

There is a list of camping supplies needed for each camp!



This list is very long so everyone who receives the physical witness will see this list. I will place on the bulletin board near the office a list for everyone to see that does not receive the witness. This way everyone has a chance to see the list. The list is for both Pathfinder and Camp Vick. There are many items that they need. I'm sure you could find something to purchase for them. Thank You

Young Adult Bible Study



We will be holding a Young Adult Bible Study on Mondays from 6:00-7:00 beginning Monday, June 30th!! I invite the young adults to join me as we learn more about God, and ourselves as we strengthen our relationship with the Lord. The first study we will follow is titled BELONG. If you're interested or have any questions please feel free to contact Misty DeFalco @ 935-6267.

Thank you!!



A big thank you for all of those who donated eggs and candy for the Easter Egg Hunt! And thank you to those who were kind enough to hide the eggs following service! It was a great success as we had 10 children participate! The children really enjoyed it, and look forward to it next year!

Misty DeFalco
President, AB Women

Health News: Allergies and Asthma

Allergies are the 6th leading cause of chronic illness in the United States. More than 50 million Americans suffer from allergies every year.

Allergies are an overreaction of the immune system to substances that generally do not affect other individuals. These "allergens" cause sneezing, coughing, and itching. Some allergies are seasonal, like trees, grasses, molds. Many people are allergic to bees, hornets, wasps, yellow jackets, fire ants. And some people are allergic to certain medications, including antibiotics. Anyone can have, or develop an allergy. Also, some allergies can be life threatening.

Once you know you are allergic to a certain substance, try to reduce or avoid these in your life. Strategies to help eliminate the symptoms include medication, or even being immunized with allergy injection therapy.

The most severe allergic reaction is anaphylaxis. Symptoms can include flushing, tingling of hands, feet, or lips, hives. Light-headedness, chest pain, or shortness of breath can occur and must be treated immediately with injectable epinephrine.

Asthma is a disease that affects your lungs. It is one of the most common long-term diseases of children. It causes wheezing, shortness of breath, chest tightness, and coughing (more-so at night and early morning). It can be hard to tell if someone has asthma, especially children under age 5. Your physician will check for allergies, and will also do breathing tests to measure airflow of your lungs.

An asthma attack can happen when you are exposed to "asthma triggers". Know your triggers and learn how to avoid them.

Some of the common triggers are tobacco smoke, and this now includes secondhand, and third hand smoke. Other triggers include dust, air pollution, pets, molds, chemicals, foods, high humidity, cold air, fragrances.

People with asthma do not take the same medications. Some medicine is taken by mouth, some are breathed in by inhalers and/or nebulizers. There are 2 types: quick relief and long-term control. Your health care provider will help you with this. Learn the correct way to use your medication. When you control your asthma: you won't have symptoms like coughing or wheezing; you will sleep better; you won't miss school or work; you can take part in most physical activities; and most importantly, you won't have to go to the hospital!

Some unique, some not so unique holidays, May 2014.

May 1, 2014. May Day, the first of May is celebrated around the world. It has a number of meanings. In many other countries it is a celebration of spring and the coming of summer. To communist and socialist countries, it is a celebration for the workers.

It is not a national holiday in the US, except in Hawaii where it is known as “Lei Day”.

May 2, 2014. International Space Day. This is always the first Friday in May. Space Day gives us an opportunity to participate in the excitement and fascination of space. It’s a topic as broad as the universe! It was created by Lockheed Martin Corp in 1997. Visit a science center, get out your telescope and view the heavens!

May 3, 2014. World Press Freedom Day. This recognizes the value of freedom of expression, and the sacrifices journalists have made to attain this freedom. It was created by the United Nations, and we must always support freedom of the press.

May 6, 2014. National Nurses Day. This provides recognition to nurses for their contributions and commitment to quality health care. Thank you to all the nurses at First Baptist Church!

May 6, 2014. National Teacher’s Day. Celebrated Tuesday of the first full week in May. This day honors the hard working, patient, and understanding people whom we entrust our children to. Teachers affect who are kids are and who they become. Thank you to all the teachers and assistants here at First Baptist Church!

May 8, 2014. V-E Day. (Victory in Europe Day) This commemorates and celebrates the end of the fighting in Europe during WW II. The German Army ceased fighting on May 2, and formally surrendered on May 7th.

May 8, 2014. World Red Cross Day. This day recognizes worldwide efforts to advocate the relief of human suffering, whether from disease, famine, disaster, or war. There are millions of volunteers, and more are always needed!

May 11, 2014. Mother’s Day. Second Sunday in May. Spend time with your mother. If this is not possible, call her, send a card or flowers. Most importantly, do recognize your mom. Did you know the first mother’s day was May 10, 1908, in Philadelphia?

May 17, 2014. Armed Forces Day (third Saturday in May) President Harry Truman announced this holiday in a presidential proclamation on February 20, 1950; and the first Armed Forces Day was held May 20, 1950. Let us salute all our men and women in all branches of the service who protect you, and our country.

May 26, 2014. Memorial Day (the last Monday in May). This holiday is dedicated to service men and women who gave their lives for our freedom and our country. The roots go back to 1865 and the end of the Civil War. Please remember to honor our servicemen.

May 31, 2014. World No Tobacco Day. This was created in 1987 by the WHO to draw attention to the tobacco epidemic and the preventable death and disease it causes. If you smoke....KICK the habit today!

Holiday Insights 2014

Some Excellent and thoughtful sayings:

Some Excellent and thoughtful sayings:

“What day is it?” Asked Pooh

“It’s today.” Squeaked Piglet

“My favorite day.” Said Pooh

A pretty face is nothing if you have an ugly.....heart

You know why it’s HARD to be happy? It’s because we refuse to LET GO of the things that make us sad.

We are not human beings having a spiritual experience. We are spiritual beings having a human experience.

Always remember that your present situation is not your final destination. The best is yet to come.

When nothing goes right.....go left.

Be thankful for the bad things in life. For they opened your eyes to the good things you weren’t paying attention to before!

“If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?”

---Albert Einstein

The mind replays what the heart can’t delete.

If you are depressed, you are living in the past.

If you are anxious, you are living in the future.

If you are at peace, you are living in the present.

----Lao Tzu

One of the hardest decisions you’ll ever face in life is choosing whether to walk away or try harder.

You cannot hang out with negative people and expect to live a positive life.

Never lose hope. You never know what tomorrow may bring.

It’s better to walk alone, than with a crowd going in the wrong direction.

-----Diane Grant

Burma Shave Signs

For those of you who never saw any of the Burma Shave signs, Here is a quick lesson in our history to the 1930's and 40's. Before there were interstates, when everyone drove the old 2 lane roads, Burma Shave signs would be posted all over the countryside in farmers' fields. They were small red signs with white letters. Five signs, about 100 feet apart, each contain 1 line of a 4 line couplet.... And the obligatory 5th sign advertising Burma Shave, a popular shaving cream. Here are some examples:

**DON'T STICK YOUR ELBOW
OUT SO FAR
IT MAY GO HOME
IN ANOTHER CAR.**
Burma Shave

**DON'T LOSE YOUR HEAD
TO GAIN A MINUTE
YOU NEED YOUR HEAD
YOUR BRAINS ARE IN IT**
Burma Shave

**TRAINS DON'T WANDER
ALL OVER THE MAP
'CAUSE NOBODY SITS
IN THE ENGINEER'S LAP**
Burma Shave

**DROVE TOO LONG
DRIVER SNOOZING
WHAT HAPPENED NEXT
IS NOT AMUSING**
Burma Shave

**SHE KISSED THE HAIRBRUSH
BY MISTAKE
SHE THOUGHT IT WAS
HER HUSBAND JAKE**
Burma Shave

**BROTHER SPEEDER
LET'S REHEARSE
ALL TOGETHER
GOOD, MORNING, NURSE**
Burma Shave

More to Come Next Month! Keep Your Eyes Open for Them!