

# FIRST BAPTIST CHURCH OF SPRINGFIELD

## OCTOBER 2019

# NEWSLETTER



*"At heart, hospitality is a helping across a threshold."*

— Ivan Illich

Earlier this year, on June 23, our brothers and sisters of Iglesia Centro Cristiano Familiar joined with FBCS in the Worship Center for our first ever celebration of combined worship and shared lunch. Led by God's Word, *"There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus"* (Galatians 3:28), the praise teams of both congregations led in worship, CCF brought Tacos to the table, and FBCS provided dessert. It was a joyous time! And many who participated immediately proclaimed, **"Let's do this again!"** And we now shall. *Alleluia!*

On Sunday, October 27, 11:00 a.m., we will again join our two congregations together for worship and table fellowship. And this time, we will do the traveling - to the east end of the campus to meet in the Fellowship Center - *the place that CCF calls home* - and FBCS will bring the food to grace the table.

In the quote at the top of the page, we are invited into the heart of hospitality: helping one another across thresholds, actual and figurative, material and spiritual. In so doing, we follow the example of Jesus, our shepherd and host (Psalm 23), who becomes bread blessed, broken, and given, all for the sake of inviting all God's children into the very life of hospitality he models. *"Do this,"* says he, *"in remembrance of me."*

As your pastor, I must tell you that I see these CCF-FBCS gatherings as actual lived-out responses to Jesus' instruction to **"Do this."** For this reason, I invite you to participate wholeheartedly in this next coming together of these two congregations in celebration and communion. Mark your calendar now. And make it a priority on October 27, knowing that God smiles whenever brothers and sisters cross thresholds and sit at table together in the name of Christ. *Alleluia!*

Your Partner in Hospitality,  
Pastor Jeff

***"Let's Do This Again!"***

## Preparing for Scripture . . .

September 30 - October 6

Lamentations 3:19-26; Psalm 37:1-9; 2 Timothy 1:1-14; Luke 17:5-10

October 7-13

Jeremiah 29:1, 4-7; Psalm 111; 2 Timothy 2:8-15 ;Luke 17:11-19

October 14-20

Genesis 32:22-31; Psalm 121; 2 Timothy 3:14-4:5; Luke 18:1-8

October 21-27

Joel 2:23-32; Psalm 84:1-7; 2 Timothy 4:6-8, 16-18; Luke 18:9-14

October 27 - November 3

Daniel 7:1-3, 15-18; Psalm 149; Ephesians 1:11-23; Luke 6:20-31



Thank you for your generosity in donating school supplies for the students at Two Rivers Dos Rios and for the supplies for Ruth Daly and Claire Kronser. When we delivered the supplies to the school, the secretary was so grateful for the much needed items. Partnering with Betsy Clewett and the Deacons team in collecting and delivering the supplies was a blessing this year.



Thank you again for your love and generosity,



**Growing**  
Music

**COMMITMENT  
SUNDAY**

**Deacons**



Save the date: ~ November 3rd ~

Be prayerfully considering the mission and financial health of the church as you decide how to contribute to our ongoing ministry for the coming year.

**Campus  
Stewardship**




**Reaching**




**Training**

**CATS!**





Michael Nau

# Deacon Team

## Who Are We?



Jan Stanley

The Deacons' Team consists of Co-leaders Michael Nau and Jan Stanley, with Betsy Clewett, Judy Davies, Linda Forbes, Martha Green, John Paskey, Dan Patterson, Mike Snider and Mark Werder as team members. As a team, we encourage and support each other in our spiritual growth. In so doing, it reminds us to "*Do this*" in remembrance of what Christ has asked of us ~ love one another, care for the sick, feed the hungry and abide with and in God.

We provide the bread and juice for Communion as we "*Do This*" in remembrance of me." It is also our privilege to serve Communion and through our "Care Circles" we serve as good shepherds. We maintain contact with those assigned to each of us with cards, phone calls and personal visits and discuss our goals, including any special needs, with each other at our monthly meetings.

The Deacons' Fund and Pantry are supported and furnished by each of you. Your participa-

tion helps us reach out to our community to those requesting assistance with rent, utilities, food and other miscellaneous needs. Providing these services to our community and church members is a joy-giving message of Christ to those we touch.

At Thanksgiving, approximately twenty food boxes are provided to needy families with your help. Deacon's Bags, consisting of snacks and warm socks, are provided to hand out to those on the street, with a message of love and hope. We also partner with and provide assistance to St. Vincent DePaul, Interfaith Shelter, Oasis, and Catholic Community Services. Each of the Deacons participate in small groups. Jesus is calling us to engage in a loving relationship with one another. Please consider the call to become a Deacon; you will find it one of the most rewarding choices you ever made!

Blessings,  
Michael Nau & Jan Stanley, Co-Leaders



***Lord make me an  
Instrument of your  
peace***

***Where there is  
hatred let me sow  
love***

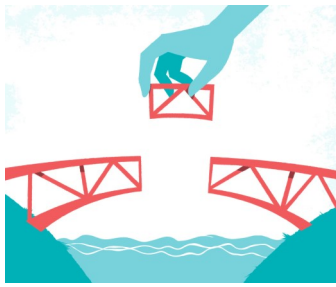
***Where there is  
injury, pardon***

***Where there is doubt, faith  
Where there is despair, hope  
Where there is darkness, light  
And where there is sadness,  
joy.***

***O divine master grant that I  
may not so much seek to be  
consoled as to console  
to be understood as to under-  
stand; to be loved as to love  
For it is in giving that we re-  
ceive; it is in pardoning that we  
are pardoned  
And it's in dying that we are  
born to eternal life. Amen***

***St. Francis of Assisi***





**2019 Annual  
Gathering  
October 18-20,  
2019**

***BUILDING THE BRIDGE:  
CROSS CULTURAL  
EXPERIENCES***

**Grace  
Baptist Church,  
Portland  
American  
Baptist Churches of  
the Central  
Pacific Coast**



FBCS ~

Thank you for the beautiful flowers that were sent to honor my mother. Thank you, also, for your prayers for me and my family at this time. I love and appreciate you, my church family.



Ruth

**Spreading  
Kindness  
Campaign**



***Free Event***

**SUNDAY, NOVEMBER 3 at 2pm, THE SHEDD**



**TOM TAIT**, Anaheim Mayor  
Cities of Kindness Nat'l Leader



**LUCY VINIS**  
Eugene Mayor

***Learn More About Kindness in:***

- Our personal lives — for self and others
- Children — from preschool through high school
- Policies and practices for community well being
- Bringing faith groups together
- Increasing workplace satisfaction and productivity

**Follow the Choose Kindness Celebration on Facebook.**

**[www.JoinSKC.org](http://www.JoinSKC.org)**



# Play-ground is Ready!



Many thanks to all who helped make the new playground a functional and happy site, especially John & Kathy Paskey and Bob & Liza Stucky who poured over the directions to actually set it up for use.

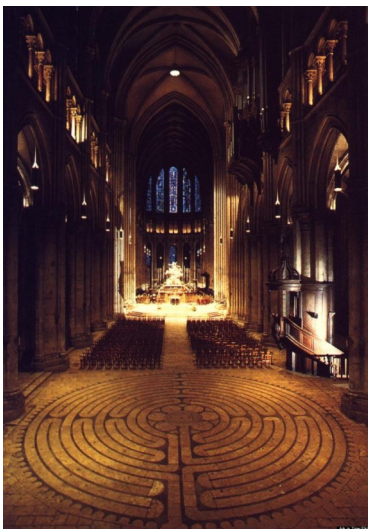
## Labyrinth Walk, Saturday, October 5th at 9 am



Save the date and enjoy a morning Labyrinth walk which will include an introduction to and brief history of the Labyrinth here at FBCS. This will be followed by guidance (if needed) on how to approach your own personal Labyrinth walk. Your Labyrinth walk itself is a quiet prayer. There will be time following your walk for personal reflection. No prior experience is needed.

Guidance will be provided by Dorothy Charbonneau. While serving as a Franciscan Covenant Program volunteer at San Damiano Retreat Center in Danville, CA, Dorothy completed her Labyrinth Facilitator certification with Dr. Lauren

Artress through Veriditas based in Petaluma, CA. Dorothy gave several Labyrinth Retreats at San Damiano during Lent and at other times during the year. Prior to her work with the Labyrinth, Dorothy served 34 years as an educator and 3 years as a retreat co-facilitator through the Franciscan Retreat Center in Milwaukie, Oregon.



Our theme for the 9th will be Joyful Simplicity; in this day of responsibilities, schedules, and constant movement, let us come together and enjoy the simplicity of a walking prayer.





CALLING ALL FEMALES  
TI-GENERATIONAL  
GATHERING!

FOR A MUL-

When: October

19,



11a-1p

Where:

FBCS Gathering Area

Cost: \$5

per person

Tickets:

On sale in Gathering Room  
September 29th and the first two  
Sundays in October!



**TO BE RESCHEDULED**

We will have finger type sandwiches,  
fruit, tea cookies, music, a craft,  
devotional time, and just a wonderful  
opportunity for fellowship for women, teens,

**NEXT SPRING**



# Ignite in October

OCT 6 - Fall Baking Challenge

OCT 13 - Movie and lunch

OCT 20 - Pumpkin Carving

Join us in the youth room after church  
on Sunday for food, fun, and fellowship.

For youth grades 6-12  
Bring a friend. Lets DO THIS!

[www.fbcspringfieldor.com](http://www.fbcspringfieldor.com)

Made with PosterMyWall.com



## Let's Stir Things Up!

**CATS 2019**  
Grades K-5

**Tuesday & Thursday**  
**3-5 p.m.**

**Kids' pickup from Dos Rios**



And let us consider  
how to

*Stir Up*  
one another to  
*love*  
and good works.

Hebrews 10:24



Camp Arrah Wanna Presents  
The Generations of Promise

# BANQUET & AUCTION

SATURDAY, OCTOBER 12, 2019

5:00 - 8:30 pm

Historic Lodge at Camp Arrah Wanna  
24075 E Arrah Wanna Blvd.  
Welches, OR 97067



**A fun evening for a GREAT cause!**

**TICKETS: \$60 per person**

Includes Dinner + 2 Drink Tickets

**DOORS OPEN: 4:30 PM**

**BAR OPENS: 5:00 PM**

**DINNER SERVED: 6:00 PM**

**ENTERTAINMENT &  
AUCTION THROUGHOUT!**

**DINNER, BAR, LIVE & SILENT  
AUCTIONS, RAFFLES, GAMES,  
LIVE MUSIC - FUN FOR ALL!**

**Tickets sold online @  
[www.camparrahwanna.org](http://www.camparrahwanna.org)**

Camp Arrah Wanna Inc. is a 501c3 non-profit corporation committed to providing a safe and impactful camp experience for our community and broader world. All contributions are tax-deductible.

[www.camparrahwanna.org](http://www.camparrahwanna.org) | [info@camparrahwanna.org](mailto:info@camparrahwanna.org) | (503) 622-3189

**FBCS has a table. If interested in attending, please  
see Debbie Herr by October 1st and Pastor Jeff if  
you're interested in carpooling.**



## Easing Arthritic Symptoms

by Gail Engle



Living with one of the types of arthritis is wearing on the energy of any body. There are many prescription medications that your physician can prescribe but they have some serious side effects. For many people the side effects (and the cost) are reasons to look for other alternatives. You may be aware of many of these natural remedies that help a person live with and in spite of arthritis.

You may recall that several months ago I wrote a piece on the gifts of the magi. One of those gifts was frankincense. Boswellia Serrata is Indian frankincense.

These are powerful anti inflammatories that block an enzyme called 5 lipoxy-genase. Boswellia may help to reduce cartilage damage in arthritis. In one study a 3 month course of 10 mg a day of Boswellia reduced arthritis pain by nearly 20 points. WARNING: Boswellia may increase side effects of other drugs.

Another supplement you can use is Calcium with or without Vitamin D. It is recommended that a dosage of 1,200 mg. per day, and up to 1,500 mg for men and post menopausal women.

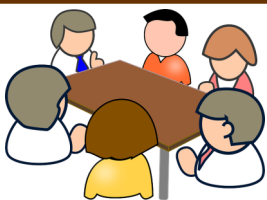
Curcumin, the main ingredient of turmeric, is a root plant related to ginger. Curcumin blocks inflammatory cytokines and enzymes. The drug Celecoxib and Curcumin are very similar in action. And both help relieve arthritic pain. If you purchase turmeric choose the extract 500 mg. per day. Whole turmeric is often contaminated with lead.



Glucosamine and Chondroitin are still helpful even though they aren't so popular as they once were.

Fish oil from cold water fish (herring, salmon) block many sources of inflammation. Supplementation with fish oil capsules is the best way to get the Omega 3s and Omega 6s. You would have to eat a LOT of fish to get enough fish oil to be effective. Check with your doctor if you are on blood thinners because fish oil could augment the blood thinners.

I hope this will help many of you be more comfortable as we head into autumn.



## ~ FBCS Annual Meeting ~

Following Morning Worship, Sunday,  
November 24th

We will:

- ✓ Review the proposed budget for 2019
- ✓ Elect Officers & Ministry Team Leaders

Please note date on your calendar and plan to Participate!

Save the Date!



# INTERNATIONAL MINISTRIES



Mylinda Baits

*But I am like an olive tree flourishing in the house of God;  
I trust in God's unfailing love for ever and ever.  
For what you have done I will always praise you  
in the presence of your faithful people.  
And I will hope in your name, for your name is good.  
Psalm 52:8-9, NIV.*

Many of my IM colleagues, their families and faithful American Baptist Churches in Puerto Rico were directly impacted by the devastation that Hurricane Maria caused. Since the Baptist churches in Puerto Rico have historically been the most generous contributors to International Ministries and global mission, I felt moved to give back to those who have given so much and were now struggling. The Restoring, Rebuilding, Renewing Puerto Rico campaign organized by American Baptist Home Mission Society offered an opportunity to serve. I was joined by Emily Blair, Betty Utter and Wendy Wilson. Our small but mighty team of women set out with few details of what we'd be doing, but with lots of desire to listen, learn and love. We were welcomed at Iglesia Bautista Unida Vegas y Farallón by Abigail Medina-Betancourt, volunteer coordinator and Ramón, chef, church president and hospitality guru. The one year anniversary of the biggest hurricane to hit the island was bringing up emotional triggers, anxiety and the need to express, to be heard and to be honored. With another hurricane threatening to hit the island again at the end of the week, we were encouraged to be ready to leave at the first sign of danger since our safety was their priority. Thankfully, the storm moved and we were able to stay the whole week as planned.

We spent our days at the Corporación Milagros del Amor (Miracles of Love Corporation). They serve individuals or families who are homeless and those who, as a result of Hurricane Maria, are in great need. Every day they reach more

than 200 people; supplying water, ready-to-eat food, groceries and basic necessities. We were inspired with stories of hope and healing in the midst of deep distress. They have been dreaming of creating an eSPacio de Mujer, a special, spa-like space for women to come together, relax, build relationships and grow and thrive. We creativity coalesced into a mural idea with the group that would be the centerpiece of this special space. Once the idea of three rooted, connected, and praising trees shaped by different women's bodies was presented and approved, we got to work organizing, cleaning and painting. We transformed a dusty, cluttered, unattended room into a beautiful and welcoming space of rest and renewal for women.



Though sometimes we hear dishonest descriptions of the long-term impact of Hurricane Maria on Puerto Rico by those who want to boost their own ego, what we saw with our own eyes, heard with our own ears, and what our hands have touched tell a different story. A story of flourishing, in spite of lack of access to resources. A story of trusting in God's unfailing love through the dark nights without electricity or communication. A story of praise for all of the ways God worked through people and communities to care for and provide for all of their needs. A story of hope and healing, not superficial sappiness that denies the damage, but of robust resiliency that rebuilds and repairs lives that grow stronger through the struggle. I give thanks to God and to all of you for the privilege of walking alongside of my faithful family in Puerto Rico and throughout the world. May we stay rooted in grace, connected in Christ, growing in faith while praising the One who calls us beloved.

Peace and grace, Mylinda







# October 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PASTOR APPRECIATION MONTH</b>		<b>1</b> 10:30 Yoga 5 Nominating Team 7 CS, Growing & Training Teams	<b>2</b> 6-7:15 Bells	<b>3</b> 10 Reaching 7 Deacons 7 CCF Practice	<b>4</b> 7:30 CCF Service	<b>5</b>  9 Labyrinth
		<b>6</b> Worship Leader: Jan Stanley 12:30 Ignite 3 CCF Service	<b>7</b>	<b>8</b> 10:30 Yoga 2:45 CATS 4 SSRA Meeting	<b>9</b>	<b>10</b> 2:45 CATS 7:00 CCF Practice
<b>11</b>	<b>12</b>	<b>13</b> Worship Leader: Carol Snider 12:30 Ignite 3 CCF Service	<b>14</b> <i>Columbus Day</i> 	<b>15</b> 10:30 Yoga 2:45 CATS 4 Budget Mtg 6 Exec Committee 7 Church Council Newsletter Deadline	<b>16</b> 11 Food Box Delivery 6-7:15 Bells	<b>17</b> 2:45 CATS 7:00 CCF Practice
<b>18</b>	<b>19</b> 11 Tea Party 	<b>20</b> Worship Leader: Mike Snider 12:30 Ignite 3 CCF Service	<b>21</b>	<b>22</b> 10:30 Yoga 2:45 CATS	<b>23</b> 6-7:15 Bells	<b>24</b> 2:45 CATS 7:00 CCF Practice
<b>25</b> 7:30 CCF Service	<b>26</b>	ABC-CPC Gathering		Pastor Jeff, Retreat 3 ~ 24-5		
<b>27</b> Worship Leader: Gail Engle 11 Combined Service with CCF 12:30 Ignite	<b>28</b>	<b>29</b> 10:30 Yoga 2:45 CATS	<b>30</b> 6-7:15 Bells	<b>31</b>  2:45 CATS 7:00 CCF Practice	<b>Sunday Lockup</b>  <b>Ruth Daly</b>	

## October Birthdays

Don Stanley .....	1	Christopher Savage .....	20
Paul Wold .....	1	Heather Lodwig .....	22
Paula Dombrosky .....	2	Jeff Savage .....	24
Nolan Deam .....	2	Debbie Garrett .....	25
Mavis Gillette .....	7	Patricia Chamberlain .....	27
Leslie Kidd .....	11	Cindy Corkum .....	28
Logan Cave .....	13	Peter Davalos Garber ....	30
Cady Smith .....	18		

## October Anniversaries

John & Judy Davies .....	2
Jerry & Gladys Roush .....	12



First Baptist Church of Springfield  
1175 G Street  
Springfield, OR 97477-4109

RETURN SERVICE REQUESTED



<p><b>Jeff Savage, Pastor</b> jlsav1957@gmail.com</p> <p><b>Mandy Sloan, Youth Ministries Coordinator</b> mandysloan@me.com</p> <p><b>Ronnie Egger Office Administrator</b> fbcspringfield@gmail.com fbcspringfieldor.com</p>	<p><b><u>Office Hours</u></b></p> <p>9:00 am - 12:30 pm Tuesday - Friday</p> <p><b>Phone:</b> (541) 746-6031</p> <p><b>Fax:</b> (541) 746-5096</p> <p><b>Church Email Address:</b> fbcspringfield@gmail.com</p>	<p><b><u>Sunday Worship</u></b></p> <p>9:30 am Christian Education 10:30 am Fellowship 11:00 am Worship Service</p> <p><b><u>Sunday Youth Group</u> <i>Ignite</i></b> 12:30 pm</p>
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<p><b>AS FRIENDS AND FOLLOWERS OF CHRIST, WE ARE COMMITTED TO:</b></p> <table><tr><td><b>Growing</b></td><td>our friendship with Christ and one another through worship, prayer, study, partnership and service.</td></tr><tr><td><b>Reaching</b></td><td>out to others in our community with the living and joy-giving message of Christ.</td></tr><tr><td><b>Training</b></td><td>those in this congregation for ministry and leadership in the church and the world.</td></tr></table>		<b>Growing</b>	our friendship with Christ and one another through worship, prayer, study, partnership and service.	<b>Reaching</b>	out to others in our community with the living and joy-giving message of Christ.	<b>Training</b>	those in this congregation for ministry and leadership in the church and the world.
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