

# The Messenger

A publication of The First Baptist Church of Westfield, NJ

January 2014

Lord, teach us to pray....

I am often asked two questions about prayer:

Why do we pray?

How do we pray?

We pray to:

Deepen our relationship with God through Jesus

Be mindful of God's presence in daily life

Petition God's intervention in our life and in the life of others

Change and transform our inner being; mature our faith

Learning to pray is as simple as just doing it! In our faith tradition, prayer is a conversation with God that we take deeply seriously. The people in the Old Testament prayed at least 3 times a day. The people of the New Testament were taught to pray by Jesus and they prayed without ceasing. As a church, we've recently been spending time of consecrated prayer after the worship service seeking God's leading and vision for 2014.

You can pray out loud, or in silence, you can use any words that come to you. You can pray standing up, sitting down or kneeling. You can pray with your eyes closed (to focus and in de-

votion), or you can pray with your eyes open as you thank God for all that you see. You can pray while you walk or jog. You can pray while you exercise.

Prayer changes you. In prayer, God transforms you because your intimacy with the holy may be all that was needed. You learn to de-



pend not on your own power, but on the power of God!

\*Try praying this way: (The following is one way to quiet the mind and to center the self)

Find a comfortable position to sit and then breathe—slowly inhale and exhale

With your palms down, place all your burdens, worries, and anxiety before God

[Placing your palms down allows you to release what you

have been carrying and letting go (not into thin air), but before the presence of Loving God.]

Speak to God as you would your dearest and closest and most trusted friend

Release and let go of the heaviness of what you carry with you and what you try to resolve on your own (pause and pray)

Now turn your palms up and open, be ready to receive from God, feel the gentle breeze between your fingers: be still, breathe deeply and listen. Say in the name of Jesus, amen.

Take time to meditate (read three times) on the following passages:

Matthew 6:5-15

Psalms 103

Psalms 51

Psalms 150

Matthew 26:36-46

James 5:13-18

So pray – it's free and it is the greatest stress reducer EVER!

*Pastor Mayra*

(\*Source. In Celebration of Discipline by R. Foster)

Happy New Year Happy New Year Happy New Year

## Choir Notes

What wonderful music we heard in December!

### THANK YOU!

•to our **Chancel Choir**, our **Song Leaders**, our **Ringers**, our **Orchestra**, and our **Children's Choir** for the sometimes triumphant, sometimes peaceful, but always inspiring Christmas music...

•to **Matt, Tim, and Jeff Greenlaw**, and **Scott Lind**, for singing with the Choir during "Carols" weekend...

•to **Matt Greenlaw** and **Carleen Morris** for their solos in *Immanuel* on Dec. 8...

•to the **Chancel Ringers** — all 11! — who braved the ice & snow to play for worship on Dec. 15...

•to the members of the **Chancel Choir** for coming back out on a wintry day to sing for the Blue Christmas service...

•to the members of our **FBC Orchestra** who played in worship on Dec 22: **Katie Engel** and **Carleen Morris**, flute; **Johnny Klikushin**, and **Maggie McGuire**, clarinet; **Owen Martin**, tenor sax; **Jake Brown**, **Doug Haislip**, **Paul Koslowski**, and **Tyler Martin**, trumpet; **Carl, Joe** and **Melanie Della Peruti**, trombone; **Kathy Briedis**, **Glen Brown**, and **Nova Spinner**, violin; **Linda Battle** and **Beth Hanscom**, cello; **Glen Brown**, guitar, and **Steve Lind** conductor...

•to **Carleen Morris**, flute, **Glen Brown**, guitar, and **Elaine Pratt**, soloist, for their musical offerings during the Christmas Eve service...

•to **Paul Koslowski** and **Bill Mathews** for the piano duet, and to Paul for playing accordion during the worship service on Dec. 29...

"And so, as *Tiny Tim* observed... God bless us, every one" was heard for the 15<sup>th</sup> year on Dec. 14<sup>th</sup>. The **Westfield HS Concert Choir and Alumni**, along with **Peter Horn**, WHS Project '79 Coordinator and member of the Chorale bass section, added to our Christmas celebration with carols and the words of Charles Dickens' "A Christmas Carol." FBC summer organist substitute and WHS grad, **Michael Rosin**, played the organ prelude, **Bill Mathews** played the carols, WHS Choral Director, **John Brzozowski**, conducted the 30 singers, and about 65 audience members braved the winter storm to hear the classic story. The free-will offering benefited **Grace's Kitchen in Plainfield**.

## O Hear the Angel Voices...

...and we did as the **Westfield Chorale** celebrated their 26<sup>th</sup> year together by leading us through the 30<sup>th</sup> year of "Carols in the Round." With thanks to FBC for their support of "Carols" and "Dickens" these many years, the designated 2013 charity will benefit the ministries of **First Baptist Westfield**. This year's donations pushed the grand total given since 1988 over the \$68,000 mark. Thanks to all involved behind the music...

- Tickets/Door: **Wendy Engel**, **Nancy Lambros**, **Pam Greenlaw**, **Elaine Pratt**
- Ushers: **Alan Greenlaw**, **Ken Wooster**
- Child Care: **Linda Johnson**, **Carleen Morris**, **Owen Martin**, and **Terry Wooster**
- CD Sales: **Mary Dobos**, **Cherie Parker**, and **Wendell & Trish Scott**
- Readers, who were all in some way connected to, or are Chorale members: **Luis Araujo**, **Maurice Blackmon**, **Bobby**, **Megan**, and **Susan Dyckman**, **Robyn Horn**, **Bill**, **Cindy**, **Greg & Stephanie**, **Jillian**, and **Tim Mathews**, **Lauren Mazzaresse**, **Dudley Painter**, **Elaine Pratt**, and **Ken Wooster**
- Nativity set-up/candle replenishing: **Steve & Donna Lind**

## Music in January

*Chancel Choir*  
January 19

*Song Leaders*  
January 5, 12, 19, 26

*Orchestra*  
January 26, with after-church rehearsal Jan. 19

THANK YOU LITTLE STORYTELLERS!



# MISSIONS ON THE MOVE

Thanks to your generosity, enough food was collected to provide ten families with full Thanksgiving dinners and a supply of staples. Several baskets went to members of our church and the rest were given to Emmanuel Cancer Foundation to distribute to families of cancer patients. The children in Sunday School filled their own bag and the Youth Group wrote a greeting card for each family. Once again, we participated in the Salvation Army Angel Tree program. It was a joy to see presents for 30 children under the tree knowing that the gifts would bring a smile to those little ones on Christmas morning.

Seven members of FBC-- Nova Spinner, Len Gabriel, Beth Frantz, Maryann Friscia, Paul Koslowski, and Melissa and Janet Winey treated Homefirst children and their parents to a fantastic Christmas party on December 9th. Forty children ranging from toddlers to pre-teens made crafts, listened to Christmas stories and enjoyed a healthy and festive snack inspired by the Homefirst Community Garden. The spirited group even gathered together for Christmas carols and other favorite songs accompanied by Paul on his accordion.



The highlight of the party was a visit from Santa who presented each child with a special present. The party was such a success that it was featured in the December issue of the Homefirst newsletter.

The Christmas Offering will be donated as follows: 50% to ABCNJ's Philippines Response Fund which will directly help our ABCNJ families, churches and members affected by the storm in the Philippines.

The balance will be divided between two local organizations that focus of serving vulnerable people:

- \* The Cliffs (formerly The Baptist Home of Newark) provides a spiritually based environment of caring and dignity for residents, including those with limited resources.

- \* YWCA of Union County of Eastern Union County offers services for battered women and their families.



Janet Winey



Committee Corner

A Heart for Mission  
 “No problem” – that’s a phase that gets tossed around quite bit in our everyday speech. But some people really mean it...and

it’s a response that, as Missions Chairperson, I love to hear when I’m asking people to help with a specific project. FBC members who truly have a heart for missions step in whenever there is a need. When our regular pie bakers weren’t able to do it this year, Mary Foster volunteered to take care of dessert for all the Thanksgiving baskets. The Family Promise Wednesday dinner team, Terry Wooster, Linda Johnson, Maryann Friscia and Nancy Martin, makes sure their shift is covered. When one member wasn’t available, another member cooked the meat in addition to her assigned dish. When I was recruiting members for the Family Promise Sunday dinner team, Trish Scott’s response was “Just let me know what you need.”

Then there are those people that share their special interest. Len Gabriel, an art teacher shared a unique jewelry making project at the Emergency Residency Program of the Newark YMCA. Many residents made at least 3-4 pairs of earrings, and several were wearing them as we left

the facility. He recruited the Youth Group to help. After the event, Len wrote “This was a great learning opportunity for our youth group and FBC members and left the event feeling grateful for the opportunity to serve.”

Once again at the Home First Christmas Party, Paul Koslowski shared his musical talent by playing the accordion. The children were drawn to him like Pied Piper and I could see their excitement as they watched him play.

Is your heart is urging you to help with missions?

*Janet Winey*

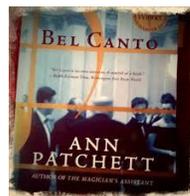


**Marilyn Gulotta**  
 260 Prospect St., Apt 31  
 Westfield, NJ 07090

**Janet Winey**  
 1 Deerchase Lane  
 Lakewood, NJ 08701

**Women's Book Club**

Saturday, Jan 18  
 10am—We will discuss “Bel Canto” by Ann Patchett”. Lee Romano to provide refreshments. Contact Bette Savage if you have any questions: elzsvg@netscape.net



**Social Media 2014!**  
**Like us or Follow us as we Follow Jesus!**

Social Media is a great way to communicate, to connect with others and to get the word out about upcoming events. This is why the church is on Facebook and on Twitter. (We’ll inch our ways to others soon.)

SOOOO, if you use Facebook or you tweet, help others connect to your church by liking, commenting and/or linking to the church’s FB page. You can also follow us on twitter by commenting, favoring a tweet, or retweeting!

LET US ALL take part in sharing the message of God’s love through Jesus and inviting someone to faith – they may even decide to visit and check us out. After all, aren’t we a church with a big heart!!!



- Jan 4 Judy Klein
- Jan 5 Brianna Virzi
- Jan 6 Lois Alpaugh
- Jan 9 Marlee Araujo  
Jillian Mathews
- Jan 10 Ike Alvarado
- Jan 12 Becca Hanscom
- Jan 14 Brittany Lambros
- Jan 20 Marcia Malcolm
- Jan 21 Johnny Klikushin  
Phyllis Shaunesey
- Jan 23 Megan Winey
- Jan 26 Dwight Engel  
Maggie McGuire



- Jan 3 Bryan & Carleen Morris
- Jan 29 Jim & Lynda Lloyd

### New Year's Resolutions: Back to the Basics continued

It's January and the time for the annual ritual of New Year's Resolutions. Many articles list the most popular resolutions, which of course include losing weight and getting in shape, the legacy of a country obsessed with youth and personal appearance. I'm not knocking the concept of taking care of yourself physically, but how about making a new year's resolution to get in shape *spiritually*? What might this resolution look like? Here are some suggestions:



**Commit** to reading a daily devotion; there are countless books out there with a page a day, including a Bible verse and short meditation. It's a wonderfully peaceful way to begin the day.

**Read** through the Bible. I recommend "The Daily Walk Bible" that a number of us bought a few years ago. Reading the whole Bible (a little bit at a time, with helpful explanations) helps us to see the whole picture of the way God has worked in the world, and where we fit in today.

**Attend** a Bible study or small group. I know, you don't have time, but seriously, once you've tried it, you will wonder how you ever did without it. See me if you're interested.

**Pray** every day. The Bible actually recommends praying "without ceasing". Pick a regular time – driving to work, washing the dishes, before bed – it doesn't matter when, it matters that you just do it! And then, maybe add just one more new year's resolution – resolve to tell someone about your faith and what it means to you. If you've made one of the other resolutions listed above, you'll have plenty to talk about – your Bible passage for the day, an insight from your small group or Bible study, or even "I prayed for you while I was driving to work/washing the dishes/etc." When you are in shape spiritually, then living your faith becomes an integral part of who you are. Will you make that resolution today? I pray you will!

*Elaine Pratt - - Chair, Evangelism Committee*

### Cool Prizes!!!

Come  
B1  
in the  
fun!

Jan  
18th

6:30 -  
7:30  
p.m.

It's  
church-  
wide  
game  
night!

B A N G O  
B i N G O

**Saturday, January 18  
6:30—7:30pm  
Harvey Hall**

**For everyone- - - families, singles, couples,  
groups!!!**

**Sign up by e-mailing Carleen Morris or  
Katie McGuire  
Carleen.morris@verizon.net  
katiem218@aol.com  
or contact the church office.**



www.fbcwestfield.org

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Help spread good news  
and help promote your  
church!



**ONGOING SCHEDULE** (Weekly, unless otherwise noted.)

**Sundays:**

- 9:15 a.m. Adult Bible Study, led by Pastor Mayra  
Singles Gathering  
Childcare available until 9-11:30
- 10:30 a.m. Worship Service** (Lord's Supper, Jan 5)
- 10:30 a.m. Children's Sunday School (pre-school-5th grades)
- 11:30 a.m. Children's Choir rehearsal (pre-school to 5th gr)
- 11:30a.m. Jr. High Bible Bite
- 11:30a.m. Prayer Team meets (monthly, Jan 5)
- 5:00 p.m. Youth Ministry/Supper (6th-12th gr)

**Tuesdays:**

- 7 a.m. GRUB w/ the Guys (monthly, Jan 7)

**Wednesdays:**

- 12Noon Conversations w/God Prayer Time (sanctuary)

**Thursdays:**

- 10:30 a.m. The Hearing Society: Speech Reading Class
- 7:15/8 p.m. Chancel Choir & Ringers

**Saturdays:**

- 10 :00 a.m. Women's Book Club (monthly, Jan 18)

**CHURCH STAFF**

- Rev. Mayra Castañeda, *Senior Pastor*
- William R. Mathews, *Minister of Music*
- Katie McGuire, *Director of Children's Ministries*
- Nancy Lambros, *Church Administrator*

**OUR PURPOSE**

Coming together in joyful worship,  
we're here...

- To share the reality of God's love,
- To connect our lifestyles to Christian truth,
- And to put our faith into action through responding to needs in our community, nation, and world.

...**All** who purchased gifts in response to the Dove and Angel Tag requests  
 ...**Katie McGuire** for preparing and organizing the Children's Christmas Pageant, as well as to all the children/families that helped make it happen; and to **Erin Klein**, directing Children's Choir; and **Linda Johnson**, who dressed our little ones as angels.  
 ...**Lee Romano and Dot Waugh** for helping with the December Messenger.  
 ...**Donna & Steve Lind**, along with **Wendy Engel, Natasha, Johnny, and Michael Klochkova, Melissa Winey, Ricardo Ribeiro, Allison Johnson, Bill Hopkins Bryan, Carleen, Julie, Jeff, Olivia and Trevor Morris, Olivia Rosario, Katie McGuire, Chris Varsanyi, Allen Chin, Paul Clark, Luis Araujo, Marcelo Roman, and Len Gabriel**, for helping to decorate the church for Christmas.  
 ...**Mike Winey** for delivering food pantry items to Cranford-Elizabeth  
 ...**Patrick Martin** for making sure the beautiful red candles were lit during our December worship services.  
 ...**Elaine Pratt** for preaching an inspirational sermon on December 22<sup>nd</sup> as Pastor Mayra was away.  
 ...**All** those who took active part and led the Christmas Eve Service! Readers: **Leonard Gabriel, Dean Pratt, Jessy Brown, Ricardo Ribeiro, Ike Alvarado, Carleen Morris, Cherie Parker and Cal Martin.**  
 Advent Wreath Candle lighters –  
 Candle of Hope: **Janet and Melissa Winey**  
 Candle of Peace: **Dario Diaz and Suleima Rosario-Diaz**  
 Candle of Joy: **Johnny Klikushin, Owen Martin and Melissa Winey** (members of YG!)  
 Candle of Love: **The Morris Family**  
 Christ Candle: **The Scott Family**  
 ...**Hilary Araujo** for coordinating the Cookie Exchange evening.  
 ...To the members of the **Christian Education Committee** for hosting a wonderful Christmas Festival.  
 ...To the members of the **Missions Committee** for all their efforts with the Angel Tree Program and for Hosting the Home First Christmas Party.  
 ...To the members of the **Facilities and Finance Committee** for making sure the building is well kept, especially during winter time.  
 ...**Allen Chin, Ricardo Ribeiro, Paul Clark and Luis Araujo** for all their help in securing the Christmas trees and wreaths that have beautified the church building during December.  
 ...**Atossa Cicchino, Maryann Friscia, Lil Wheeler and Barron Cashdollar** for their ongoing leadership with the Singles Ministry.  
 ...**Cherie Parker** for making coffee on Sunday mornings and **Linda Johnson** as faithful substitute when Cherie is not here.  
 ...**Glen and Jessy Brown** for coordinating the New Year's Eve Party and to **Katie McGuire and Ricardo Ribeiro** for their assistance. The church is the people and it is about God, Jesus and people. Without the many hands, feet, eyes, ears and big hearts who give of time, talent and monetary treasure we would not exist. So, thank you one and all! God does bless a cheerful giver.



## January 2014 Calendar

(Ongoing Calendar on back page.)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFFICE CLOSED	2	3	4
5	6 Deacons, 7:30p	7 CE Teacher Training, 7p; F&F, 7:30p	8	9	10	11
12	13	14 Evangelism 7p	15 CE, 7p	16	17	18 BINGO BANGO, 6:30p
19	20 Martin Luther King Day—Office closed; Council, 7:30pm	21	22 Agape Potluck, 6:30p	23	24	25 Leadership Retreat, 8:30am-2pm
26 Congregational Mtg., 12Noon	27	28	29	30	31	