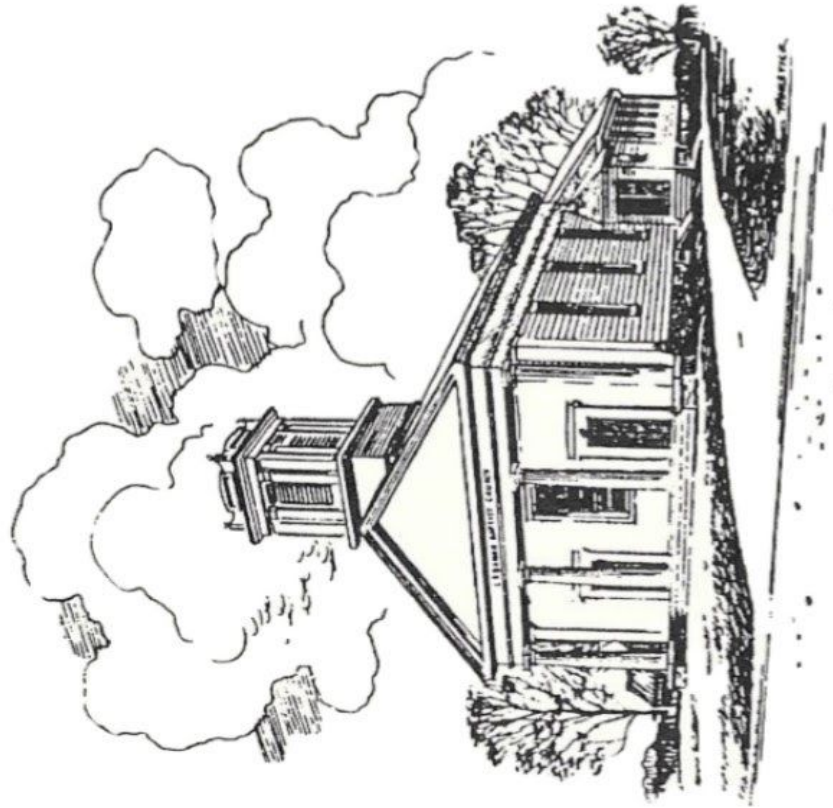


First Baptist Church of Lebanon
Lebanon Green
PO Box 231
Lebanon, CT 06249
860-642-7975

DATED MATERIAL

The Bell Ringer

News from the
First Baptist Church
of Lebanon, Ct



THE BELL RINGER

The First Baptist Church of Lebanon

February, 2020

It is our desire to be a worshipping, life-long learning people of Jesus, caring for each other, the community around us and the world beyond us.



The First Baptist Church of Lebanon

www.firstbaptistchurchoflebanon.org

860.642.7975

Reverend Thomas Cowgar, Pastor - 860.617.3243, tcowger37@gmail.com

Molly Lathrop, Organist and Music Director - 860.887.6281

Amanda Shanks, Administrative Assistant - 1stbaptistlebanon@gmail.com

"God's Gracious Gateway"

"God's Gracious Gateway" is our current worship and preaching series on spiritual disciplines. These are grace based intentional practices, relationships and experiences that help open space in our lives for God's Spirit, to rise within us, surround us, and enliven Christ's life within us.

If you want to learn to play an instrument you have to take lessons and practice.

If you want to cook a new dish, you have to follow directions and give it a try.

If you want to get stronger, you need to exercise your muscles.

If you have anything you want to get done, you have to apply yourself.

If we want to grow in our love for God, we need to apply ourselves.

Throughout history people have linked the desire for more of God to intentional practices, relationships and experiences that give people space in our lives for God's Spirit, to rise within us, surround us, and enliven Christ's life within us.

These practices, known as spiritual disciplines, help open our lives to love God, and live into the person God made us to be. Created in the image and likeness of God, it is in our DNA to want God. To long for more of God in our lives.

"People are creatures with a mystery in our heart that is bigger than ourselves.

We are built like a tabernacle around a most sacred mystery.

"Prayer" Hans Urs von Balthasar

These spiritual disciplines help us live into the sacred mystery of God's desire to dwell in us and live through us.

It is the loving action of the trinity, Father, Son, Holy Spirit that fans the flame of desire motivating us a deep and loving yes to God and life.

Created by the Father in love, the Son, as the Word of God in the flesh dwells with us by grace, inviting us to see, and touch, God in our human likeness. Christ reaches our lives with grace and truth. Calling us and making the way to find our way to a God given, grace filled, truth abiding way of living. The indwelling Holy Spirit, sparks the divine longing in us, and makes known in the depths of our being the presence and longing for GOD.

God's Spirit within us helps us clear the clutter, and work through applying ourselves to intentional practices, relationships and experiences to grow in loving God, and live into the person God has made us to be.

In addition to the worship and preaching focus, we are using the "Workbook on Living Prayer" by Maxie Dunnam, in our 9:30am Adult Sunday School, and our Tuesday 1:30-3:00pm Bible Conversations. Check the calendar and bulletin for reminders.

Other suggested reading on Spiritual Disciplines:

"Celebration of Discipline" by Richard Foster; "Spirit of the Disciplines" by Dallas Willard; "The Life You've Always Wanted" by John Ortberg; "Spiritual Disciplines Handbook" by Adele Ahlberg Calhoun

Grace and Peace, Pastor Tom

Feb 2 - Communion,
Feb 9 Practicing the Presence of God,
Feb 16 Slowing Down,
Feb 23 Gratitude,
March 1 Confession and self-examination,

March 8 Contemplative Prayer,
March 15 Praying God's Word,
March 22 Intercessory Prayer,
March 29 Healing Prayer,
April 5 Palm Sunday Jesus Prayer of Lament

February 2020 Church Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Annual Meeting 9:30 am Adult Bible Study 11:00 am Worship - Communion	3 12 - 4 pm Stitchers	4	5 6:00 pm Bells 7:00 pm Choir	6 6:30 pm Lady's First Women's Fellowship	7	8
9 9:30 am Adult Bible Study 11:00 am Worship - Practicing the Presence of God with the Sunday School Singers	10 12 - 4 pm Stitchers	11 Living Prayer Study 1:30 - 3	12	13	14	15 8:00 am Men's Ministry Breakfast
16 9:30 am Adult Bible Study 11:00 am Worship - Slowing Down Deacons Meeting	17 12 - 4 pm Stitchers	18 Living Prayer Study 1-2	19 7:00 pm Choir	20 4:00 pm Ladies Community Meal at FBC Willimantic	21	22
23 9:30 am Adult Bible Study 11:00 am Worship - Gratitude	24 12 - 4 pm Stitchers	25 Living Prayer Study 1:30 - 3	26	27 4:00 pm Men's Ministries Community Meal at FBC Willimantic	28	29

Suggested Foods for the Month -

SOUP & CRACKERS

This is our way of sharing God's gifts.

Any non-perishable foods or other household items are always welcome.

Rummage Sale / Tag Sale

The sale will be March 13-14, 2020. Items can be dropped off at the Church on Sunday, March 8th following the Worship service through Wednesday, March 11th. (9 -5) If these times are not convenient please contact June.

Camp Wightman

The summer schedule for Camps has been posted! Camp Wightman is an American Baptist camp on Billings Lake in southeastern Connecticut. They hold camps throughout the year for youth ages 6 up to adults. They also offer some family camps. Many from our congregation have spent time away at Camp Wightman and loved the retreat. For more information on the summer camps please visit www.campwightman.org or pick up a brochure at church (located on the bulletin board in the foyer, outside the Fellowship Hall.)



The church also offers Camper Scholarships. If you would like to apply for a scholarship please contact 1stbaptistlebanon@gmail.com

Do You Know:

That on the land where our Fellowship Hall stands there once were "horse sheds". They provided a place to protect your horse and carriage from the weather during your stay at worship. If you enjoy poetry, I recommend Oliver Wendell Holmes' "The Deacon's Masterpiece" or "The Wonderful One - Hoss Shay".



The Hall of Fame Award from the Wolcott Circle of Sports was awarded to our Linda Finelli at the Annual Awards Dinner in Prospect CT on January 13, with a group of family and friends in attendance. Linda received the award for her "lifetime of excellence in women's softball".

As a kid in Waterbury CT, with a stick and a ball made out of tinfoil, she longed to play major league ball. With her Dad's encouragement and mentoring from renowned softball pitcher Joan Joyce, Linda played for the Raybestos Brakettes, traveled to Europe to win a gold medal in international competition and was an assistant coach of Women's softball at Uconn. In 1980, when Lebanon only offered Little League for boys, she was instrumental in forming a Rec. Girls softball league and was their first volunteer

coach.

Annual Meeting Recap

The Lebanon First Baptist Church completed its Annual Meeting on Super Bowl Sunday. Many soups and breads were prepared for parishioners, friends and their families which everyone enjoyed.

After a wonderful soup and bread lunch, along with many homemade desserts, members entered the Sanctuary for the Annual Meeting. The meeting began with Pastor Tom praying for all in attendance, most of all for the long service as Moderator for our beloved Gary Littlefield, who served as moderator for many years. Also, Linda Finelli was introduced as the new moderator.

Linda started the meeting off by stating that it was the 214th Annual Meeting of the church. Reports and budgets were given to the congregation and passed unanimously. Special recognition was given to Al Allard for his service on the Board of Deacons.

A review committee was formed to review our church bylaws. Committee volunteer members are Jerry Cross, Barbara King, Molly Lathrop, Martin Clark and Kate Starkey. Any suggestions for changes to the bylaws should be given to any committee member by June 1, 2020.

Until next year, blessings to all.



NOMINATING COMMITTEE REPORT

Annual Meeting, February 2, 2020, Votes cast are for the nominee names preceded by an asterisk

OFFICERS:

Moderator:

*Linda Finelli

Clerk:

*Shirley DeFlavis

Assistant Clerk

*Bonnie LeBlanc

Treasurer

*Amanda Shanks (per trustees)

Assistant Treasurer
Financial Secretary

*Donna Lafontaine
*Linda Finelli

Constitution – Article VII – Section 1B: “All Officers shall be elected for a term of one year and may succeed themselves without restrictions”.

SUNDAY SCHOOL CO-SUPERINTENDENTS:

Constitution – Article VII – Section 8: “The Superintendent’s term will run from July 1 to June 30.”

*Deb Cowger and *Suzanne Yeo

BOARDS:

Constitution – Article VIII – Section 1A: “Unless noted elsewhere, board and committee members shall be elected for terms of three (3) years.” “A maximum of four (4) consecutive terms as board or committee member may be held by any individual, after which time he or she shall step down from the position for at least one (1) year.”

Deacons:	June Harvey	(2021) (4th term)	Gerald Cross	(2021) (3rd term)
	Holly Kohn	(2021) (3rd term)	Robert Starkey	(2022) (2nd term)
	Elaine Hinsch	(2022) (1st term)	*David Yeo	(2023) (3rd term)
	*James Nardine	(2023) (1st term)	*Starr Sward	(2023) (1st term)

Deacon Emeritus: Bev Duntz

Trustees:	Doug Blakeslee	(2021) (1st term)	Gary Rockefeller	(2021) (2nd term)
	Jeryl Bates	(2022) (1st term)	*Darwin Gebbie	(2023) (2nd term)
	*John Hahn	(2023) (2nd term)	*Bev Duntz	(2023) (1st term)

Christian Education:	Phyllis Rogers	(2021) (3rd term)	Deb Cowger	(2021) (1st term)
	Barbara Comstock-King	(2022) (2nd term)	*Shirley DeFlavis	(2023) (2nd term)
	*Suzanne Yeo	(2023) (1st term)		

COMMITTEES:

Pastoral Relations:	Tracey Megson	(2021) (2nd term)	Molly Lathrop	(2022) (1st term)
	Jan Rudolph	(2022) (1st term)	*Mike Manning	(2023) (1st term)

Constitution – Article VIII – Section 8: “A maximum of (two) consecutive three (3) year terms as a nominating committee member may be held by any individual, after which time he or she shall step down from the position for at least one (1) year.”

Nominating:	Marty Clark	(2021) (2nd term)	Lynn Littlefield	(2021) (2nd term)
	*Kate Starkey	(2023) (1st term)		

Constitution – Article VIII – Section 11 & 12 state that the term of the Fellowship and Mission Committees “shall be that of Officers set forth in Article VIII, Section 1B”. “All Officers shall be elected for a term of one year and may succeed themselves without restriction.”

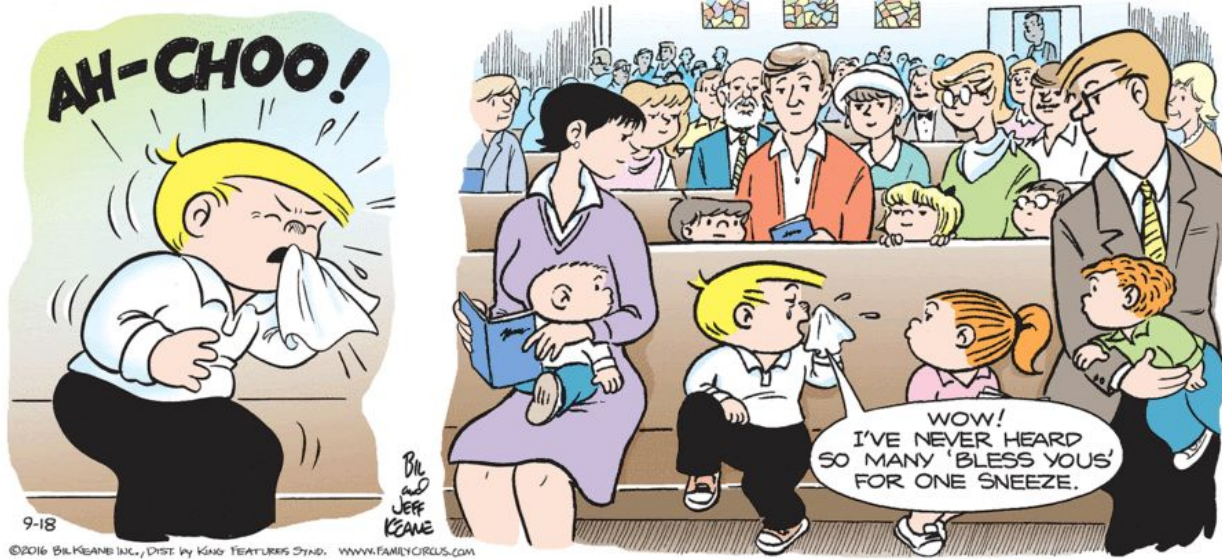
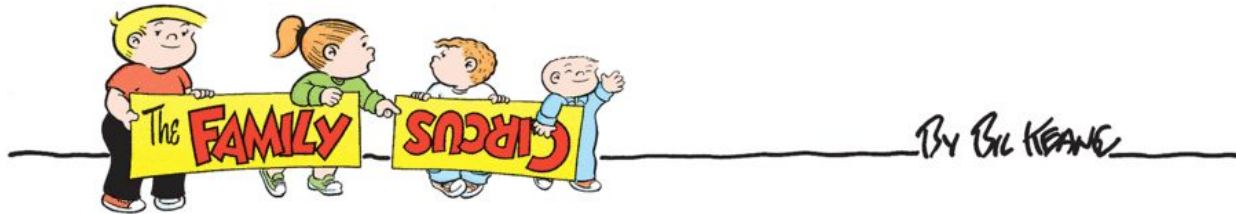
Fellowship:	*June Harvey	*Pauline Magnuson	*Barbara Hinline	*Lori Berger-Brothers
	*Carole Daley	*Patricia Porter	*Gail Rockefeller	*Linda Finelli
	*Starr Sward			

Missions:	*Priscilla Barton	*Mary Wells	*Suzanne Yeo	*Jean Reichard
	*Elizabeth Koopman	*Ron Roberts		

CHURCH COUNCIL

Member-at-large: *Marty Clark

Constitution – Article VIII – Section 4: “The Church Council shall consist of the Moderator, the Clerk, the Treasurer and one representative each from the Board of Deacons, the Board of Trustees, the Christian Education Committee, the Missions Committee, The fellowship Committee and one (1) member-at-large, for a total of nine (9) members.”



What a Souper Bowl Sunday!

The Fellowship Committee sends many thanks to all of you for your generous donations of **14** different varieties of soups, numerous breads and awesome desserts for Sunday, February 2nd. THANK YOU!

Thank You -

Linda Finelli took the flags in the sanctuary to be cleaned which was paid for by the Women’s Group. Thank you very much for your attention to our Church building!

Birthdays -

We have had the pleasure of sharing in the celebration of several birthdays lately and it has made us consider making it a common practice. SO---If it's your special day, or one of a family member, consider notifying the kitchen crew of your intention to bring a cake to share and we will make Fellowship Hour a time of celebration in your honor.

Severe Weather Cancellations -

In the event of severe weather, please check for cancellations notifications on the church website at www.firstbaptistchurchlebanonct.org, or on WFBS.

Pictures and Videos -

If you have any pictures or videos of Church activities that you would like to have shared on the church Facebook page, the Bell Ringer or other outlets within the church please email them to 1stbaptistlebanon@gmail.com.
(Please note that some may not be used due to publicity limitations for some individuals.)

Social Media -

The church has a new Facebook page! Follow the page to stay in touch with what is going on within the church. Find the page at www.facebook.com/1stBaptistLebanon.

Prayer Chain

Our prayer chain members welcome your appeals for those in need of prayer. If you would like to share a prayer need or concern, please call one of the following:

Suzanne Yeo: 860.456.8090
Priscilla Barton: 860.537.1788
Lynn Littlefield: 860.642.4767
Louise Thompson: 860.886.7436
Marge Peene: 860.537.8007

Phyllis Rodgers: 860.867.7083
Jean Reichard: 860.642.7389
Maggie Hahn: 860.208.7463
Gail Rockefeller: 860.465.9797

Prayer requests can also be made on the church website at www.firstbaptistchurchlebanonct.org/contact

Missions -

Willimantic No Freeze Shelter

The Willimantic No Freeze Shelter continues in their primary mission to provide emergency shelter for those with no place to go over the cold winter months. Each winter at least 160 embrace the warmth and safety of this place where compassion & assistance is offered.

We can do our part to keep this mission going by our prayers and our gifts.



The Prayer of the Kairos Ministry

Shared with us from Jerry Cross who is serving the ministry at a correctional facility

I've been through a lot and it's all my fault.
I looked to the sky and had a long talk.
I could always feel him. I knew he was there.
I guess the demons in me made me not care.
I beg to my Lord to help me make it through.
He said. "I've got you son, but you've got work to do."
I started to pray more and more.
It felt like my knees were stuck to the floor.
I could feel a change, just a little at first.
The more I read the word, the more I would thirst.
Out with the dark and in with the light.
With God on my side, I can win this fight.



The poem from a resident of a Correction Center speaks to us as Robert Frost offered "Poetry is when an emotion has found its thought, and the thought has found its words."

Why do the CT wardens want Kairos volunteers in their correction centers? Scott Semple the immediate past commissioner of corrections in CT in a speech delivered to the CT Kairos volunteers on January 11, 2020 in Middletown said "Without hope there is chaos. Kairos brings hope."

The 4 day Kairos weekends bring hope to the residents. We as Kairos volunteers are paid in the wages of witnessing the rebirth of hope. Witnessing the rebirth of hope transforms us volunteers in a rebirth of our own hope.

Take
Control



It's Your Life...Live it Well

Free 6 Week Workshop

"It's Your Life...Live it Well"

Feel
Better

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Live Well workshops put me back in charge.



Now I have the energy to do the things that matter. I've put life back in my life.

Energize

Join a FREE 6-week Live Well Workshop today!

For people with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain and anxiety or those caring for someone with an ongoing health condition.

Live

DATES: Thursdays: March 5th, 12th, 19th, 26th & April 2nd, 9th

TIME: 9:00 a.m. to 11:30 a.m.

WHERE: Lebanon Senior Center
37 R West Town Street
Lebanon, CT 06249

RSVP: Darcy Battye at 860-642-3040

Enjoy



*Sponsored by Senior Resources Agency on Aging & Department of Aging and Disability Services

www.cthealthyliving.org