Central Baptist Church of Westerly, 16 Elm Street, Westerly, RI 02891



THE GOOD WORD

Carrying News of God's Work into the Community and World March 2025 Volume 18 Issue 3

Worship With Us At Central Baptist



Sunday Worship Service 10:30 AM

Our services can be seen on Facebook Live or on YouTube. Access is always available through our church website: www.cbcwesterlyri.org

NEED A RIDE TO CHURCH?



Call 401-596-4929 Call the church before noon on Saturday.

HOW TO CONTACT US

Church Office: e-mail

centralbaptistchurch16@gmail.com

Telephone:[401] 596-4929

Newsletter submissions: Suzanne Vanaman

e-mail: suzyv64@verizon.net

Pastor Cal Lord: e-mail PastorCBCwesterlyRI@gmail.com calstigers@gmail.com

Assoc. Pastor Enrique Newman:

pastorenriquenewman@gmail.com

Website:

http://www.cbcwesterlyri.org

The End of an Era

Central Nursery School Director Lauren Sposato Leaves Behind A Long Legacy of Faithfulness.











Lauren was hired as a teacher back in 2009. In 2012 she was called to be our Director and Lead Teacher.

CHURCH STAFF

Rev. Dr. Cal Lord, Jr., Pastor Assoc. Pastor, Enrique Newman Lynn Johnson, Music Director Dorothy McClure, Administrator Deb Peterson, Custodians Sofia & Gianna Scarano

Church Office Hours Monday - Friday, 9:00 AM - 1:00 PM



NEWSLETTER TEAM

Deborah Gregory
Dorothy McClure
Suzanne Vanaman
and
A host of other contributors

Newsletter Deadline

Articles for *The Good Word*, are due the **15th of the month.**Please submit articles

as a WORD document if possible.

e-mail all articles to: Suzanne Vanaman

suzyv64@verizon.net



CHURCH MEETINGS

March 4 6:30PM Mission Board

March 10 5:30PM Christian Ed. Board

March 17 4:30PM Trustee Board

6:30PM Deacon Board

March 24

5:30PM Church Council



March 1 - 8:00AM Fellowship Hall

All men invited

CURRENT BIBLE STUDIES

A Study of Psalm 119

Sunday mornings, 9:00am in the Chapel. Led by Pastor Dave

The Book of Acts

Join Pastor Cal on Monday mornings at 10:00am for a walk through the Book of Acts. Learn the story of how the church began and expanded its

influence throughout the known world. The coffee pot will be on, and some breakfast treats will be offered.



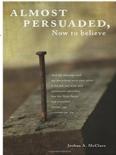
Pastor Enrique is hosting a course titled, *Lead Like Jesus*. This Leadership Course will help you discover the time-tested treasurers of leadership through the life of Jesus. The class will meet in the third-floor classroom on Mondays at 6:00pm to 7:30pm (excluding Mondays when there is a Men's ministry meeting).

The Fruits of the Spirit

A new Women's Bible Study will be starting March 13th through April 24th at 10:00am in the parlor. The study will be on the *Fruits of the Spirit* and how we can cultivate them in our life. We will look at how these fruits are expressed in scripture. Geri Maloney will facilitate having everyone contribute to this open discussion.

<u>Almost Persuaded - A New Small Group Book Study</u>

Come explore the thirteen tenets of the Christian faith by reading and discussing Rev. Dr. Joshua A. McClure's best-selling book, *Almost Persuaded, Now to Believe*. We will meet on Sunday nights at 6:00pm and go through the book, chapter by chapter and dive into the heart of what we believe as Christians. Rev. McClure's presentation is clear, cogent, and moving. Even if you read the book before, you will gain some new insights as we read through it together. Copies of the book are available in the church office. Study begins March 16th.



The New Life: Studies for New Christians, A Refresher for All

Sunday mornings at 9:30 am in the parlor. A great study for newer believers and those who want a refresher on our basic beliefs. Class begins on March 16th.

PASTOR CAL'S CORNER

Dear Friends,

The season of Lent begins with Ash Wednesday on March 5. Lent is a time of reflection and prayer. It is a season to prepare our hearts to embrace the story of the cross. It is a time to focus on God's love and what Jesus did for us on calvary's hill. We will be telling that story for the six weeks of the season.



Invite Your Friends to Church

That's why I want to encourage you to begin inviting your friends and family to join us for our worship services. People are much more receptive to the Gospel during the Easter season. Your friends will join you at church if you invite them.

To help you make the invitation, we have produced some post cards that outline the information on our worship services. You will find them on the desk in the reception area off the church parking lot. Mail them or hand them to a friend and then plan to meet them when they get here. We have welcome bags for all our guests which have information on the church and some goodies to enjoy.

Join A Small Group Bible Study

Reading through the Bible has been our emphasis in 2025. Several people have jumped on the bandwagon since January. Another good way to jump start your Lenten season is to join a small group study. On Thursday, March 13, Geri Maloney kicks off a study for the ladies focused on the *Fruit of the Spirit*. Rev. David Jordan will launch a study on *Psalm 119* on Sunday mornings in March. On the 16th I will begin a study of Rev. Joshua McClure's book, Almost Persuaded. We will be offering a new study especially designed with newer Christians in mind on Sunday mornings at 9:30 am beginning March 16th. These will supplement the two ongoing studies (which you can still join) a survey of the Book of Acts on Monday mornings and Pastor Enrique's *Lead Like Jesus* course on Monday nights.

For the Women

Want to give your spiritual life a boost? Consider attending the American Baptist Women's Spiritual Retreat on March 15 at the North Scituate Baptist Church. The keynote speaker will be author and laywoman Lori Stanley Roeleveld and our own Lynn Johnson will be one of the workshop leaders. Speak to Meredith Eckel with questions.

Looking for Volunteers

One of our goals for the year is to offer hospitality and extend a Christian welcome to all who come into the building. We do a pretty good job on Sunday mornings. Here is where we need help: Currently we have several young people and their families entering the church on Tuesday nights for the Westminster Youth Ensemble rehearsals. It would be great if we could have a few people here on a regular basis to greet them when they arrive. It sounds like a simple thing but it can have a big impact. No experience is needed. You just have to bring your smile. We want the visitors to know that there is a welcome here for their families. Speak to me if you would like to be part of our welcoming committee or want to know more. This could also extend to the Weight Watcher meetings, the Car Show, the Kidpreneurs and other events as well. We used to sing a song in Sunday School that went like this:

"There's a welcome here, a welcome here. There's a Christian welcome here. Halleluia, there's a welcome here! A Christian welcome here!"

Our vision is that everyone who enters the doors, no matter why they are here, receives a Christian welcome and finds a place where they can call home.

God Bless! See you in church.

Cal

Board of Trustees

We received the Grant funds from ABCORI for the purchase of the handicap lift in Fellowship Hall. The board had a lengthy discussion and approved several motions to improve the accounting process and reporting going forward and stream-line banking and cash management procedures. This month the board identified areas of the Church mission, goals, objectives, and strategies that the Trustees can support.

The Trustees meet at 4:30 PM in Fellowship Hall on the third Monday of the month. If you have any ideas or concerns regarding financial or facility/property issues, please attend. The meeting is open to all and we are always looking for new members.

Respectfully.

Bob Burnside

Treasurer's Report

| | January 2025 Actual | January Plan | Year-to-Date Actuals | Year-to-Date Plan | Annual Plan |
|---------------------|------------------------|--------------|-------------------------|----------------------|-------------|
| Total Income | 61,447.15 | 47,276.01 | 61,447.15 | 47,276.01 | 547,520 |
| Total Expenses | 50,532.09 | 52,744.80 | 50,532.09 | 52,744.80 | 556,309 |
| Net Ordinary Income | 10,915.06 | (5,468.79) | 10,915.06 | (5,468.79) | (8,789.00) |

The new financial year is starting strong with January income ahead of expenses. Planned giving for the month of January was \$34,746.85 which was 11% higher than it was in January 2024. Expenses for the month of January were 4% below planned amounts.

As always, the generous donations and faithful support of Central Baptist members and friends allows the church to actively serve our community while also proactively maintaining our church properties. Your continued support is greatly appreciated. Thank you so much!

If you are unable to come to church, we hope that you are watching the live stream services on Facebook. If you miss it, you can search Facebook for the Central Baptist Church of Westerly, RI page and scroll down. It is also available on YouTube.

Here are some options for online giving:

- 1) Add CBC's address (16 Elm St., Westerly RI 02891) to your bank's Bill Payment site and schedule the bank to mail your check to the church. Add a memo if your gift is for a special cause.
- 2) Text Giving is now available. Message the word "GIVE" to 401-414-4940 from your cellphone and easily send a donation.
- 3) Another option is to visit www.cbcwesterlyri.org, then click on Donations link at the top, or scan this code on your phone to access CBC's online giving app. If your phone's camera cannot scan the code, the URL for the app is https://app.easytithe.com/app/Giving/cbcw. You can give either directly from your bank account or... (for a higher fee) use a debit/credit card. The app uses the same security as bank web sites, so your personal information is secure. Also, it allows you to schedule your donations in advance, so "once and it's done!"

Please take a look to see how online giving can make giving easier for you!

Board of Deacons

March: A Time for Revival and New Beginnings



While the Bible does not specifically mention the month of March, it is the third month of the Gregorian calendar, and can be linked to several biblical themes, including the changing of seasons, renewal, and preparation for Passover and Easter.

The changing of the seasons is a reminder of God's faithfulness, and the order He established in creation. It says in Genesis 8:22 "As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night, shall never cease." It reassures us of God's unchanging nature and His provision through the cycles of nature.

Just as plants begin to grow and bloom in March, Christians are encouraged to grow spiritually. In 2 Peter 3:18 believers are urged to "grow in the grace and knowledge of our Lord and Savior Jesus Christ." This growth is similar to the natural growth seen in spring, emphasizing the importance of maturing one's faith and relationship with God.

In many Christian traditions the Annunciation is celebrated on March 25th. This marks Gabriel's announcement to Mary that she would conceive Jesus, the Son of God. This is a pivotal moment in the biblical narrative, highlighting themes of obedience, faith, and the fulfillment of God's promises.

March also often falls within the season of Lent, the period of 40 days of fasting, prayer, and penance, leading up to Easter. Lent is a time for reflection of spiritual discipline, drawing inspiration from Jesus' 40 days in the wilderness.

In conclusion, March, with its themes of renewal, preparation, and growth, offers rich opportunities for reflection on biblical principles. It serves as a reminder of God's faithfulness, the importance of spiritual readiness, and the hope of new beginnings through Christ.

We are so blessed.

Thank you Lord.

Submitted by Karen Boeniger

Mission Board



As it is written in Romans 10:15: "And how can anyone preach unless they are news!" This verse reminds us of the importance of supporting and sending forth those who dedicate their lives to sharing the Gospel. As members of Central Baptist Church, we support through proves and C news!" This verse reminds us of the importance of supporting and sending Central Baptist Church, we support, through prayer and financial contributions, many organizations and mission work both locally and worldwide. While inviting missionaries to speak and share their mission and stories is not new,

the Mission Board has discussed making these events less sporadic event, and instead, is working to host a program every guarter. These guarterly meetings will be held as potluck dinners, and we will invite our mission friends to join us in person or by Zoom.

Inviting missionaries to speak at a potluck dinner fosters a sense of community and shared purpose. These gatherings not only provide an opportunity to hear inspiring stories but also embody the essence of sharing God's love. By breaking bread together, we strengthen our bonds and reaffirm our commitment to support missions that spread faith and compassion around the world.

Our first gathering will be held in April. More information will follow in the next newsletter and in the weekly church bulletin. We hope you will join us as we discover all the wonderful ways that these missionaries are serving and following the Lord.

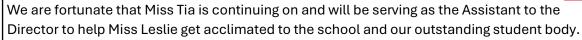
Central Baptist Church of Westerly

Central Nursery School News

Welcome To Central Nursery School, Leslie!

We are pleased to announce that we have hired Leslie A'Vant to fill the position of Director/Lead Teacher at Central Nursery School for the rest of the school year.

Leslie has a long history of working with children in private and public school systems. She most recently served as the Lead Head Start Teacher in New London, CT. Prior to that she had the same position with Head Start in Central Falls, RI.





As we look ahead, the Central Nursery School Board is looking to expand our hours and become an extended day program which seems to be an attractive option for more and more of our parents. We may be looking for a long-term director and additional staff as we head toward the fall and the 2025 - 2026 school year.



IRON SHARPENS IRON MEN'S CONFERENCE

Saturday, March 22 · 8:30 am - 2:55 pm

Attention all brothers in Christ: Sign up to attend the 2025 Men's Conference in Hartford, Connecticut. The cost is \$59 per person and features several

inspirational speakers and workshop leaders. We will leave church at 7:00am and travel together in the church bus. Please let Pastor Cal know if you want to go. Scholarship help is available if the price is too much for your budget. Speak to one of the pastors for a 50% scholarship. Friends are welcome!



Christian Education Board

Mark your calendars! This year's **Kids Faith Camp** is taking place June 23 - 27, it is completely FREE. Bring your children, grandchildren, tell your friends and neighbors. The theme this year is **True North**, which will guide kids on the ultimate Alaskan adventure. Kids will be pointed to Jesus, a faithful friend we can always trust. Along the way they will experience majestic mountains, northern lights, and glistering glaciers.



We are looking for volunteers to assist with Kids Faith Camp if you can give us a day or the whole week, please contact either Pastor Enrique or Marie Bertsch. We would love to have you join the team.

Can you volunteer to either help or teach Kids Church? If so, there is a sign-up sheet on the bulletin board outside of Fellowship Hall. If you have questions, please contact Pastor Enrique.

Submitted by Mabel N. Payne

"Faith is the first factor in a life devoted to service. Without it, nothing is possible.

With it, nothing is impossible."

— Mary McLeod Bethune

Library Corner & Library Room



The Library Corner bookcase is located in the back of Fellowship Hall.

New additions and suggested readings are available.

Please visit the complete Library Room down the Nursery
School Hallway near Fellowship Hall.

There are many more titles and topics to catch your interest.

A sign-out sheet is available at both locations.

Don't miss the following books.



Inspirational

The Richest Man Who Ever Lived - by Steven K. Scott

This author studied the book of Proverbs in great depth and reveals Solomon's key for winning conflicts and turn enemies into allies. Many people feel it is one of the best books they have ever read. The timeless truths by Solomon written in the book of Proverbs are detailed for successful living today. Steven Scott puts in our hands the keys to success, wealth, and happiness.

Family Life

Life in the Blender - by Sandi Patty

This is a delightful book which can be of use to families who have gone through the turmoil of a divorce and a remarriage situation. Sandi Patty intertwines some of what works and what doesn't adding humor along the way. The author doubled her own family size through remarriage and then one more by adoption. The goal for parents is to create a loving environment where each child can find structure and love.

Spirituality

Victorious - by David Jeremiah

David Jeremiah helps us prepare for spiritual warfare and also win the battle. The book is a timely guide to help you assess your blind spots, adjust, and move forward in faith. You can finish strong and be able to share with others how to identify Satan's strategies, conquer fear, and strengthen with the power of prayer. God holds everything you need to win the battle and move forward in victory.

Mission North Carolina



We began putting together a team for the short-term mission trip to Asheville, North Carolina next Fall. The Asheville area was devasted by Hurricane Helene in late September 2024. The whole area was hit with heavy rain and flooding which destroyed many homes and businesses. The trip is tentatively scheduled for October 18-25. The cost per person is estimated to be between \$800- \$1000. A \$200 deposit reserves your spot. We hope to make up the difference through our fundraising efforts. If you would like to go with us, please speak to Pastor Cal or Noreen Gerrish. Our first fundraiser was held

last month. We hosted a very successful Valentine's Weekend Soup Sale!

<u>Jesus has gone there first</u>



Whether we gaze with longing into the garden or with fear and trembling into the desert, of this we can be sure - God walked there first! And when we who have sinned and despoiled the garden are challenged now to face the desert, we do not face it alone; Jesus has gone there before us to struggle with every demon that has ever plagued a human heart. Face the desert we must if we would reach the garden, but Jesus has gone there before us.

—James Healy

Central Baptist Church of Westerly



One of the most important ministries that our church can offer is one that provides our children with a foundation of faith. They are the future of the church. Here at Central, we have always offered a "Sunday School" program of one sort or another. This past fall we launched "Kids Church." Even though we have a small number of children, it has been a very good experience.

Thank you to all who have stepped up and offered to teach and assist in class. This means so much to our young people. You never know how a life will be changed by a simple act of caring in our ministry to children.

Parents! You can't give your children a better gift than a good foundation in faith. Please consider bringing your children to church on a regular basis. There is no better investment of your time than seeing that they know that God has a purpose for their lives.

SALT, a New Ministry at Central

"You are the salt of the earth." Matthew 5:13

At the end of January we introduced a new ministry at Central which is known as **SALT.** This acronym stands for *Senior Adults Living Triumphantly.* We will be meeting once a month for either a luncheon speaker or a short trip to a nearby site. This ministry is especially suited for those individuals and their spouses or guests who are 55 years and older.

The first S.A.L.T. Luncheon was well received



The menu offered a delicious homemade tomato soup and grilled cheese sandwich. The program featured local Watch Hill historian, Bob Elmer sharing stories of the historic village and its many popular attractions including the world renowned Ocean House Resort. There were 45 people in attendance at our first S.A.L.T. Luncheon in January.

Our second luncheon featured Roberta Mudge Humble, the President of the Westerly Armory. She

delighted the group with her program titled, "I AM Rhode Island." Special thanks to Skip Terwilliger, Brian Gerbutavich and their helpers for cooking and serving the delicious meals. If you have ideas for future guest speakers please speak to Mabel Payne, Martha Geehan or Meredith Eckel.



A freewill offering will be taken to cover the expenses of the luncheon.

Our 2025 Church Emphasis: "The Year of the Bible"



We offered a new opportunity for our members and friends, it began January 2025. We are laying the groundwork for everyone to be able to read through the whole Bible in a Year. We have some specially designed Bibles that breakout the daily readings so that you can read a little Old Testament, a little New Testament and a Psalm or Proverb each day. We also have the readings listed separately if you'd like to use your own Bible.

On the last Sunday of the month, we will have a time for those who'd like to gather to talk and ask questions about what they are reading. We will focus on five questions:

- 1) Were there selections that you truly enjoyed?
- 2) Did you learn anything that you didn't know before?
- 3) What surprised you about what you read?
- 4) Do you have questions about something you read?
- 5) Is there something you would like to study further, maybe in a small group setting?

You can pick up your One Year Bible or reading list for March in the church narthex.



Come Join Us!

Mission Honduras Benefit Concert Friday, March 7th, 7:00pm in Fellowship Hall



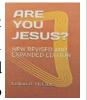
Enjoy an evening of Worship, Great Music and support for our church's mission in Honduras. There will be a Freewill Offering.

The Lenten Season will begin March 5th to April 17th, ending the day before Good Friday. Easter will be celebrated on April 20th.



Exciting News!

Rev. Joshua A. McClure's latest book "Are You Jesus, New Revised and expanded edition was released February 12th. See Scott Gail to order a book and have it autographed.



Memorial Flower Chart

The Memorial Flower Chart is available in Fellowship Hall. The chart will list all of the Sundays from March through December 2025. You can sign up in memory, honor or special occasion of someone. The cost is \$25.00per arrangement. Broadview Florist will deliver the flowers to the church and bill you,

payments do not through the Select a week, write your !! name and the name of those you want to be remembered or celebrated. After service you may take the flowers home or leave them for the Flower or Parish



Committee to deliver. If you have any questions please contact Deb Peterson or Sally Gray.

BE LIKE JESUS

Sermons: A Three-Week Series to launch the Lenten Season

Be Radical Like Jesus

March 9th - Radical in Prayer

March 16th - Radical in Care

March 23rd - Radical to Share

Order Your Easter Flowers



Easter flower order forms will be available in your bulletins on Sunday, March 16th. The options will be lilies, tulips and daffodils. The cost is \$13 per plant. If you would like to remember or honor someone with a plant,

you can fill out a form and place it and your check in the offering plate or mail it to the church. We will also have information on the church website when it is available. If you have any questions please contact Deb Peterson or Sally Gray.

Wednesday Night Services 7:00PM

Join us for a short midweek worship service.

It offers a little singing, a time of prayer and a short message. The midweek services provide a spiritual

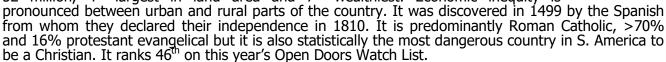


boost in the middle of your week.

Persecuted Church

Colombia

Colombia is the northernmost country in South America, 2nd largest by population at 52 million, 4th largest in land area and 7th wealthiest. Economic inequity is pronounced between urban and rural parts of the country. It was discovered in 1499 by the Spanish



Rodrigo is a Christian fisherman who lives with his wife in a jungle region near the border with Panama. Due to its remoteness, residents travel by boat on the large local rivers. The presence of Colombian authorities is scarce. Rodrigo supports his family by selling gas. Despite the seeming necessity of his business, Rodrigo and his family are isolated. The Indigenous community has rejected them because of their faith and have excluded them from the communal activities due to their refusal to participate in the animistic religious rituals commonly practiced. This has made Rodrigo vulnerable to the local guerrilla and paramilitary groups, who make him pay extortion fees to conduct his business. Without the support and protection on the Indigenous population of which he is a part, Rodrigo lives a precarious existence and depends solely on God for his protection.

The top two types of persecution Colombians face is from an antagonistic community and targeted violence from the armed groups that plague the remoter parts of the country.

Iván García, a 28-year-old church leader, was fatally shot after leading a service in northern Colombia on January 8th this year. García and six others were ambushed by gunmen on a motorcycle who stopped and opened fire. He was a former member of an illegal armed group before returning to his Christian faith. His wife said, "A few days ago, he told me that he was not afraid to teach the Bible, that he had a new life and that, as the Apostle Paul said, 'For me to live is Christ, and to die is gain."

García's murder marks the second targeted assassination of a Protestant Christian leader in northern Colombia within two weeks. On Dec. 29, 2024, Pastor Marlon Lora, along with his wife and adult daughter, were killed when gunmen opened fire on them while they dined at a restaurant following a Sunday morning church service in Aguachica, near the Venezuelan border.

The pastor's son, Santiago, was hospitalized in critical condition and succumbed to his injuries a few days later.

When we pray for our persecuted brethren let us not forget those on our own continent. Phil Bryan

Plans Presented at our Quarterly Meeting for a Beautiful Pavillion for Future Outdoor Gatherings

At our quarterly meeting last month Pastor Cal shared an artist's rendering of what we might expect in building a pavilion on church grounds. A few members began talking about the idea a couple of years ago after bringing out a number of tables and chairs for our Vacation Bible School Picnic. They wondered if it would ever be a possibility. The more they discussed it, the more excited they became. We host at least three or four outdoor events a year. The picnic area and pavilion would be a perfect place to set up for our barbecues and outdoor events. It could also be the site of weddings, family gatherings and even community events.



The idea was presented to the Board of Trustees. Trustee Richard DeBernardo took on the project and began gathering information. He presented his findings to the Board, and they approved the concept. Over the next few years we will inquire about the zoning requirements, outline the costs, and develop a plan to move forward. The Board has said that no money will be spent from our current and future spending plans. The money will be raised through donations to a special building fund and through bequests and memorial gifts. It may take a number of years, but it will be constructed in stages as money becomes available.

Stewardship Moment

There once was a college teacher who invented a game called the "sharing game" for his students. At the beginning of one of his classes he brought in a bowl of 12 jelly beans and then explained the rules. He said he would pass the bowl of jelly beans around the room, and when the students get the bowl they can take as many or as few of the jelly beans out of the bowl as they want.



However, there are two important things to remember while playing the game. First, for every jelly bean the student has in

his or her possession at the end of the game, one point will be added to their final grade. Secondly, after every pass around the classroom, the number of jelly beans left in the bowl will be doubled. The game will be played until the bowl is empty.

Now, theoretically, every student in the professor's classes should get an "A" in the course. But what do you think happened? In every class where the teacher played the game, the bowl never made it beyond the first round. In fact, in one class the bowl never made it past the first student, as he grabbed all 12 jellybeans for himself.

Then he asked a friend, who was an elementary school teacher, to try the game in her class of fifth and sixth grade students. She went to her classes, explained the rules, and then watched in pure delight as almost every student passed the bowl to the next student, without taking any, until eventually the bowl was overfilled with jelly beans. And when they ran out of jelly beans, the students divided them equally among themselves and gave what was left over to some of the smaller children in the other classes.

Care and Share

The characteristics of caring and sharing came from an innocent kind of love for each other that the children displayed in the parable of the jellybeans. So too, we must give of ourselves in loving concern for one another. We give of those gifts which are typified by our time, our talents, and our treasure so that the world might know that we are Christians by our love and that the work of faith may prosper.

I would urge you to teach your children stewardship. Few will be good stewards and care and share in twenty-five years unless they are taught now, while they are young.

Stewardship is what I do after I have said I believe.
Stewardship is our attitude toward everything that God has placed at our disposal during our stay on this earth. It is our humble acknowledgement that all good things come from God.

We all know that giving helps others. You can make a big difference in this world of ours by offering time and support to friends and family, volunteering for organizations or donating to charities. But did you know that the warm and fuzzy feeling you get from helping others is actually good for you, too? That's not just some "good vibe" theory, either. There's science behind it. As you help someone or give a gift, your brain secretes "feel good" chemicals such as:

Serotonin (which regulates your mood).

<u>Dopamine</u> (which gives you a sense of pleasure).

Oxytocin (which creates a sense of connection with others).

"When we do things for other people, it makes us feel much more engaged and joyful," says Dr. Albers. "That's good for our health and our happiness."



The One Year Bible March



March I ~ Leviticus 24:1-25:46, Mark 10:13-31, Psalm 44:9-26, Proverbs 10:20-21

March 2 ~ Leviticus 25:47-27:13, Mark 10:32-52, Psalm 45:1-17, Proverbs 10:22

March 3 ~ Leviticus 27:14-Numbers 1:54, Mark 11:1-26, Psalm 46:1-11, Proverbs 10:23

March 4 ~ Numbers 2:1-3:51, Mark 11:27-12:17, Psalm 47:1-9, Proverbs 10:24-25

March 5 ~ Numbers 4:1-5:31, Mark 12:18-37, Psalm 48:1-14, Proverbs 10:26

March 6 ~ Numbers 6:1-7:89, Mark 12:38-13:13, Psalm 49:1-20, Proverbs 10:27-28

March 7 ~ Numbers 8:1-9:23, Mark 13:14-37, Psalm 50:1-23, Proverbs 10:29-30

March 8 ~ Numbers 10:1-11:23, Mark 14:1-21, Psalm 51:1-19, Proverbs 10:31-32

March 9 ~ Numbers 11:24-13:33, Mark 14:22-52, Psalm 52:1-9, Proverbs 11:1-3

March 10 ~ Numbers 14:1-15:16, Mark 14:53-72, Psalm 53:1-6, Proverbs 11:4

March II ~ Numbers 15:17-16:40, Mark 15:1-47, Psalm 54:1-7, Proverbs 11:5-6

March 12 ~ Numbers 16:41-18:32, Mark 16:1-20, Psalm 55:1-23, Proverbs 11:7

March 13 ~ Numbers 19:1-20:29, Luke 1:1-25, Psalm 56:1-13, Proverbs 11:8

March 14 ~ Numbers 21:1-22:20, Luke 1:26-56, Psalm 57:1-11, Proverbs 11:9-11

March 15 ~ Numbers 22:21-23:30, Luke 1:57-80, Psalm 58:1-11, Proverbs 11:12-13

March 16 ~ Numbers 24:1-25:18, Luke 2:1-35, Psalm 59:1-17, Proverbs 11:14

March 17 ~ Numbers 26:1-51, Luke 2:36-52, Psalm 60:1-12, Proverbs 11:15

March 18 ~ Numbers 26:52-28:15, Luke 3:1-22, Psalm 61:1-8, Proverbs 11:16-17

March 19 ~ Numbers 28:16-29:40, Luke 3:23-38, Psalm 62:1-12, Proverbs 11:18-19

March 20 ~ Numbers 30:1-31:54, Luke 4:1-30, Psalm 63:1-11, Proverbs 11:20-21

March 21 ~ Numbers 32:1-33:39, Luke 4:31-5:11, Psalm 64:1-10, Proverbs 11:22

March 22 ~ Numbers 33:40-35:34, Luke 5:12-28, Psalm 65:1-13, Proverbs 11:23

March 23 ~ Numbers 36:1-Deuteronomy 1:46, Luke 5:29-6:11, Psalm 66:1-20, Proverbs 11:24-26

March 24 ~ Deuteronomy 2:1-3:29, Luke 6:12-38, Psalm 67:1-7, Proverbs 11:27

March 25 ~ Deuteronomy 4:1-49, Luke 6:39-7:10, Psalm 68:1-18, Proverbs 11:28

March 26 ~ Deuteronomy 5:1-6:25, Luke 7:11-35, Psalm 68:19-35, Proverbs 11:29-31

March 27 ~ Deuteronomy 7:1-8:20, Luke 7:36-8:3, Psalm 69:1-18, Proverbs 12:1

March 28 ~ Deuteronomy 9:1-10:22, Luke 8:4-21, Psalm 69:19-36, Proverbs 12:2-3

March 29 ~ Deuteronomy 11:1-12:32, Luke 8:22-39, Psalm 70:1-5, Proverbs 12:4

March 30 ~ Deuteronomy 13:1-15:23, Luke 8:40-9:6, Psalm 7:1-1-24, Proverbs 12:5-7

March 31 ~ Deuteronomy 16:1-17:20, Luke 9:7-27, Psalm 72:1-20, Proverbs 12:8-9

Just For Kids By Marcia Erskine



When Patrick was a teenager, pirates kidnapped him from his home in Britain and brought him to Ireland to work as a slave. Six years later he escaped. But Patrick didn't stay away long. He chose to return to Ireland as a free person to preach the gospel to the people who'd captured him. Patrick wanted to bring the light of Christ to them, so they could be saved and have eternal life. St. Patrick shows us what it means to be merciful. Do you know someone who is merciful and kind like this? On St. Patrick's day thank someone who has been kind to you, and tell them God loves them, too. May God help us see beauty and goodness in everyone.

ALWAYS BELIEVE THAT SOMETHING WONDERFUL IS ABOUT TO HAPPEN. GOD IS SO GOOD. HAPPY ST. PATRICK'S DAY.



FIND THE POT OF GOLD. FIND THE SHAMROCK. FIND THE RAINBOW. FIND THE CLOUD. FIND THE DOG.

SMILES AND SO FORTH

Humor, Wisdom, Poetry, Quizzes, and So Forth

By Dorothy Marra

SPECIAL TEXTS FOR

When in sorrow, read John 14 When men fail you, read Psalm 27 **EVERYDAY USE** Before church service, read Psalm 84 When you have sinned, read Psalm 51 If you want to be fruitful, read John 15 When you are in danger, read Psalm 91 When you have the blues, read Psalm 34 When you worry, read Matthew 6:19-34 When you are discouraged, read Isaiah 40 When God seems far away, read Psalm 139 When doubts come upon you, try John 7:17 For Jesus' idea of a Christian, read Matthew 5 When you are lonely or fearful, read Psalm 23 For James' idea of religion, read James 1:19-27 When you forget your blessings, read Psalm 103 When your faith needs stirring, read Hebrews 11 When you feel down and out, read Romans 8:31-39 When you want courage for your task, read Joshua 1 When you leave home for labor or travel, Psalm 121 When your prayers grow narrow or selfish, Psalm 67 For Paul's secret of happiness, read Colossians 3:12-17 When you grow bitter or critical, read 1 Corinthians 13 When the world seems bigger than God, read Psalm 90 When you want rest and peace, read Matthew 11:25-30 For a great invitation and a great opportunity, Isaiah 55 For Jesus' idea of prayer, Luke 11:1-13, Matthew 6:5-15 For the prophet's picture of true worship, Isaiah 58:1-2 When you want Christian assurance, read Romans 8:1-30 For Paul's idea of Christianity, read 2 Corinthians 5:15-19 For Paul's rules on how to get along with men, Romans 12 When you think of investments and returns, Mark 10:17-31 Why not follow Psalm 119:11 and hide some of these in your memory?

LBLMCUDCOURAGEGRACER AL INGVKFWTPEACE J E S U S F N K P C H U R C H M X L F O XOPFOLUHOLYNFAITHI WRCOMPASSIONZDHAAKDE AXTWJP IHSDNE SKUAEGNITGODSLBEL JOYITMABNYLQFGUZ VAIEZZGNIV OVMSRT MBOWPLHRKPSRECNEITAP HWOOAILFOWODEIOXJLQA FOXSBVRFUUQGLANRETEF AEU IZLDBLESS AWRJKUDCTYNJWVUF MKTLOVEINSSENEV GUIDANCEETHPSTSIRHCX MUYKWOSYUNNNBSOLVHPO LYYCREMSKJCHOPEQFUFI ONEVAEHDAJGEJMXULKSQ TRUTHJBEFDDKBUVMNDVF

> Word list: BELIEF BLESSINGS CHRIST CHURCH COMPASSION COURAGE ETERNAL FAITH FAITHFULNESS FORGIVENESS

FRIENDSHIP GIVING GRACE GUIDANCE HEALING HEAVEN HOLY HOPE JESUS

LOVE MERCY OBEDIENCE PATIENCE PEACE SALVATION SPIRIT TRUTH WISDOM



THE CROSS IN MY POCKET

I carry a cross in my pocket-A simple reminder to me Of the fact that I am a Christian, No matter where I may be.

This little cross is not magic Nor is it a good luck charm; It isn't meant to protect me From every physical harm.

It's not for identification For all the world to see: It's simply an understanding Between my Savior and me.

When I put my hand in my pocket To bring out a coin or key, The cross is there to remind me Of the price He paid for me.

It reminds me, too, to be thankful For my blessings day by day, In all that I do and say.

It's also a daily reminder Of the peace and comfort I share With all who know my Master And give themselves to His care.

So I carry the cross in my pocket, Reminding no one but me That Jesus Christ is Lord of my life-If only I'll let Him be.

Author Unknown

Dear Friends at Central Baptist Church,



Happy New Year! We're excited to share with you the impact your clothing shed made over the last year...

St. Pauly Textile Inc. - 41,622 pounds of clothing were donated to your shed in 2024
- This was enough to clothe an estimated 7,667 people all over the world

- Based on this volume of clothing, your organization received \$1,665

Thank you so much for everything you, your volunteers, and your communities do to support the clothing shed program!

Sincerely,

The Team at St. Pauly Textile, Inc.

CBC Travelers May Day Pasta Dinner







May 3rd at 5:00pm ~ \$12.00

Includes Pasta, Meatballs, Salad, Dessert and Drink

See Agnes Trebisacci, Dorothy McClure or call the church office for tickets.

Jonnycake Center

Food Pantry needs for this month are:

Breakfast items like cereal, breakfast or granola bars, and pop tarts.

Thank you for your support

There is a box on the stage in Fellowship Hall for your donations.



2025 Directory Changes

- 1) Sally Gray, no po box
- 2) **Don Plante**, change to home phone number
- 3) Sarah Rofrano, added 29 Renee Drive, Pawcatuck, RI 06379 sarshrofrano@comcast.net ~ (401) 474-8722
- 4) Dan & Valerie LaPointe, added 122 Cross Street-C113, Westerly, RI 02891 (401) 596-0837
- 5) **Kathy Egan**, phone exchange is (401) not (860)

A New Baby

Congratulations to Rachel and Dillon Meyer on the birth of their son, Theodore (Teddy) James on February 4th. He weighed in at 7.5 oz and 21 inches long. The happy grandparents are Cal & Lori Lord.



Are You Interested in **Baptism/Church Membership?**



Join Pastor Cal after worship on March 2nd to find out what is entailed in either being baptized or becoming a member of Central Baptist Church. He will outline the requirements and answer questions you may have about the subject. Contact Pastor Cal if you are interested but can't make the meeting.

Central Baptist Church 16 Elm Street Westerly, RI 02891 Phone [401] 596-4929

centralbaptist@cbcwesterly.org

Return Service Requested

We join together to nurture Christ-centered faith, foster Christ-like maturity, and share Christ's ministry within our family, community and world.



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Prayer List

Bob, Rev. Jordan's in-law Sally Cuda Joan Cushman Linda Engler Marcia Erskine Mary Evans Mark Faiola Katie Feinstein Fred Arline Fitzhugh Judy Grady Winnie Hamilton Morgan Humphrey Dan LaPointe Mary Lee Ann Mason Rich Mayo Rev. Joshua McClure John Millett Kay Perrone Dennis Plante **Delores Sais** Bobby Schilke Nancy Schilke Jean Smith Conor Spencer Karen Stellmaker Ruth Ann & Jim Stewart Francine Sullivan Sean Tetlow Bruce Titterington Elizabeth Webster Geanette Wright * World Peace *

Sometimes God closes doors because it's time to MOVE forward. He knows you won't move unless your circumstances force you. Trust the transition. God's got you!!



"He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it." –Martin Luther King, Jr.

Nobody can stop what God is about to do in your life.



- 2 Donna Antonino
- 3 Jennifer Bryan
- 3 Kay Perrone
- 4 Kurahn Payne
- 7 Linda Hume
- 11 Linda Bruno
- 11 Marcia Erskine
- 14 Steve Fish
- 15 Sandra Lawing
- 17 Gia Newman
- 17 Roy Springer
- 20 Susan Capalbo
- 20 Kathy Caval
- 22 Dolores Sais
- 23 Nancy Balentine
- 23 Sofia Scarano
- 24 Jon Humphrey
- 24 Catherine Knight
- 25 Rachel Meyer
- 26 Tony Brewer 27 Dale Rahl
- 31 Vanessa Bertsch
- 31 Don Plante



- 2 Katy Burnside
- 2 Olivia Flanagan
- 3 Paul Georgetti Jr.
- 8 Janet Gerbutavich
- 12 Mark Gildea
- 13 Al Samuel J.
- 15 Susan Cozzolino
- 15 Casey Payne Jr.

Our Shut in Members at Home

Judy Grady & Rev. Joshua McClure

Royal Nursing Home

Ann Mason & Kay Perrone 79 Beach St, Westerly 02891

The Elms

Joan Cushman 22 Elm Street, L09 Westerly, RI 02891

Benchmark Plymouth Crossing

Winnie Hamilton, 157 South Street - Apt 218, Plymouth, MA 02360

Pendleton Rehabilitation and Nursing Center

Elizabeth Webster, 44 Maritime Drive Mystic, CT 06355





The church extends sympathy to the families of:

Geri Maloney's sister Barbara Judy Waters, Deb Peterson's Aunt

Those in the Military:

Sargent Jordan Payne, Camp Lejeune, NC Cpt. Evan Caval, Ft. Campbell, KY Lieutenant Colonel Brian Gavitt Lance Corporal Christian Smith FOR OUR MILITARY Sargent David Aiello, US Marines

All of those who serve in our armed forces.

Nobody can stop what God is about to do in your life.



MARCH 2025



| Sun | Mon | Tue | Wed | Thu | Fr. | Sat |
|--|---|--|--|---|--|------------------------|
| | | | | | | _ |
| | | | | | | 8:00AM Men's Breakfast |
| 3 | در | 4 | n | 57 | 7 | 20 |
| 7 | ć | 4 | c | c | | c |
| Communion Sunday 9:00AM Adult Sun School 10:30AM Worship 11:45AM Mtg w/potential new members | 10:00AM Book of Acts 6:00PM CNS Board Mtg 6:30PM Brothers in Christ 7:00PM Friendship Circle | 6:00PM String Ensemble 6:30PM Mission Board | 7:00PM Mid4Week Worship Weight Watchers | 7:00PM Choir Rehearsal | 7:00PM Honduras Concert 7:30PM Worship Band | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 9:00AM Adult Sun School 10:30AM Worship Daylight Savings Time | 10:004M Book of Acts 5:30PM Christian Ed Board 6:00PM Lead Like Jesus | 6:00PM String Ensemble 7:00PM Sisters in Christ | 7:00PM Mid4Veek Worship Weight Watchers | 10:00AM Fruits of the Spirit 7:00PM Choir Rehearsal | | Newsletter Deadline |
| 16 | 17 10:00MI Book of Acts | 18 | 19 | 20 | 21 | 22 |
| 9:00AM Adult Sun School 10:30AM Worship 6:00PM Almost Persuaded Book Study | 4:30PM Trustee Board 6:30PM Lead Like Jesus 6:30PM Deacon Board St. Patrick's Day | 6:00PM String Ensemble | 7:00PM Mid4Week Worship Weight Watchers | 10:004M Fruits of the Spirit 7:00PM Choir Rehearsal | 7:30PM Worship Band | Iron Sharpers Iron |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 9:00AM Adult Sun School 10:30AM Worship 6:00PM Almost Persuaded Book Study | 10:00AM Book of Acts 5:30PM Church Council 6:00PM Lead Like Jesus | 6:00PM String Ensemble | 12:00PM SALT Ministry 7:00PM Mid4Veek Worship Weight Watchers WARM Meal Missions | 10:00AM Fruits of the Spirit 6:00PM NC Mission Team Mtg 7:00PM Choir Rehearsal | | |
| 30 | 31 | | | | | |
| 9:00AM Adult Sun School 10:30AM Worship 6:00PM Thru the Bible Q&A | | | | | | |