

OBC Newsletter

JULY 2021



Pastor's Corner

Hello Everyone:

Luke says, "Jesus increased in wisdom and in stature ..." The word stature refers to physical growth in height or tallness. Jesus grew physically into manhood. The Bible says our body is the temple of the Holy Spirit. It's important for us to discipline our body and develop our body and nourish our body and build up our body so our body can be used to glorify God. Summer in New York is the perfect time for us to get up, to get out, and to exercise.

Dr. Paul Tournier, a celebrated Swiss physician and psychiatrist, noted once, "Most illnesses do not, as is generally thought, come like a bolt out of the blue. The ground is prepared for years, through faulty diet, intemperance, overwork, and moral conflicts, slowly eroding the subject's vitality. People do not die, they kill themselves." When your body breaks down, when illness comes, when physical exhaustion sets in, it is not because of what you did yesterday or today. It is because of what you have been doing for the last few weeks and the last few months and the last few years.

In Galatians, Paul writes: "Do not be deceived; God is not mocked, for you reap whatever you sow" (Gal 6:7). There is a law of consequences written into the framework of our universe. Our bad habits will eventually wreak havoc on our bodies.

Of course, sometimes when we try to develop our body physically, and sometimes when we have the right attitudes in life, and sometimes when we do practice good health habits, physical problems still come. When it happens, try not to despair. Just remember there is more to life than health. The ultimate goal in life is to serve God, whether we are physically strong, or physically weak, whether we are well or sick.

God uses people who are strong and physically sound to do his work. But God also uses broken things. It takes broken soil to produce a crop, broken clouds to give rain, broken grain to give bread, broken bread to give strength, and sometimes God uses broken bodies to serve effectively. You do need to care for your body, and summer is a great time to strive for good health. But when your body is weak and your health poor, the larger challenge is to do what you can with what you have.

Brian Harbor once closed a sermon about body building with this plea: "Developing physically is important, and having positive attitudes and good habits will help you to do it. But even if your body is broken by disease or limited by disability, you can still honor God with your body if you are willing to do what you can. Will you make that commitment today? Will you say to the God who made you, 'I will commit myself to you today, where I am, with what I have. That commitment can be the beginning of a new walk with God for you.'"

See you at church soon!

Cliff

PS: It is a real joy to be serving Christ alongside you at OBC! God bless each and every one of you!



Friday, August 20, 2pm-6pm
Saturday, August 21, 8am-1pm
Please consider donating your time
the week of the sale to help organize the items
and the days of the sale.

Acceptable donated items would be:

- Household goods in clean, good working order
- Furniture in good condition or antiques
- Clothing (new or in excellent condition)
- Accessories: Jewelry, purses, scarves, belts, ties, gloves, money clips, etc.

Any lotion, powder or perfume/cologne must be new and not used.

Books: Hard cover must be less than 5 years old, soft cover of any age are acceptable if in good condition

Children's Toys/Games (clean and in good condition w/all necessary pieces)

Linens: Items (such as drapery) should be clean, no staining, no tears & visibly marked with item dimensions. Bedding, sheets, towels, blankets, etc. should be in very good condition.

Exercise equipment

Yard tools/items

Holiday/seasonal items

Items NOT acceptable for the rummage sale are the following:

- No Teflon whatsoever due to toxins
- No paint, pesticides or other chemicals
- No electronics unless they are working radios, phones, cd/dvd players or flatscreen TV's less than three years old. No VCR's, vcr tapes, computers, printers or cassette tapes.
- No knives or other weapons
- No burnt candles



When the school supplies go on sale in the summer months keep this list in mind. We have the bags for school kits here are items that we need:



- 3 @ 70 page spiral notebooks
- 6 @ #2 pencils NOT sharpened
- Handheld pencil sharpener
- BLUNT children's scissors
- Box of 24 crayons
- Ruler @ 30cm/12 inches
- 1 large Eraser

Vacation Bible School

VBS is a go!

Rocky Railway will run from July 12th-16th from 9am - 12noon.

We will be following Covid-19 protocols with group sizes, hand-washing etc. However cooking camp details are TBD as we will not be doing our usual camp (although I am working on a scaled down version for August).

Any inquires and those interested in learning more please email Dale at OBCKidsmin@gmail.com or reply with PDF of registration form which can be scanned or snail-mailed back.

Any further information will be in the Sunday bulletins.

Spencerport Ecumenical Food Shelf Wish List: nonperishable food items:

Remember the Food Pantry during the summer months...

canned: vegetables, fruit juice, fruit, baked beans, tuna, meat (stew, chicken, ham)

boxed potatoes, rice, pasta, spaghetti sauce

pudding, Jell-O, peanut butter, jelly

hamburger helper

tea, coffee, cocoa

cake, brownie, muffin mix

cookies, crackers

money donations to buy gift cards for perishables

personal care items: toothpaste, toothbrushes, shampoo, deodorant

toilet paper, Kleenex, soap, small bottles of dish detergent



We are still collecting cans/bottles for the Auxiliary budget.

One Great HOUR OF SHARING

Thank you for your support of the "One Great Hour of Sharing"

Let the love flow.



Monday Yoga

Chair Yoga: There are two chair yoga classes in the morning at 9:00 and 10:15. The 10:15 class may also be taken on Zoom. Classes are held in the fellowship hall and the chairs are at least 6 feet apart.

Gentle Yoga: In the evening there are two gentle yoga classes, 5:30 and 7:00 and the 7:00 class may be taken on Zoom. Classes are held in the yoga room with limited class size.

If you are interested in attending a yoga class contact Linda Benjamin 7734465.

A NOTE OF



Thanks to all who came to the Father's Day picnic and made it a success!!

American Baptist Churches of the Rochester/Genesee Region

Delegates Conference and Business Meetings

There have been two gatherings so far in 2021, February 6 and May 23, both on ZOOM. A final gathering is planned for October 2nd. Meetings include opening worship, roll call of churches in attendance, vote on previous minutes, and financial reports. Region president, The Rev. Sarah Culp, and Executive minister, The Rev. Dr. Sandra Hasenauer, each share remarks addressing region activities and direction.

In February two region pastors had drafted a possible ABCRGR statement on police violence. The question being, should the region put out a statement concerning recurring violence. The statement was read and discussed with delegates broken into chat rooms to facilitate discussion. The larger group then decided to send the draft document to the RGR Executive Board to work out changes with respect to suggestions made and then return to the discussion at the May meeting. It was also noted that RGR is represented on the Rochester Police Accountability board though another member is needed.

In May, the reworked Statement on Police violence was shared and chat rooms were again formed for discussion. Each individual church has a different take on these issues and delegates will return to these issues in October. Also at the May meeting we were introduced to and then welcomed a new member church to our region family. This church is the Watts Street Baptist Church in Durham, North Carolina. It is always exciting to welcome new voices. Sandy closed with prayer and also giving us scriptures to study and heed as we continue to look at issues of violence and where churches stand in regard to what happens out in the world.

**Rochester Genesee Region
American Baptist Churches USA**



OGDEN BAPTIST CHURCH

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Church Phone: 585-352-1077

Find us on the web: www.obcny.org

Sunday Service 10:30am

**AUGUST DEADLINE: All newsletter items need to be in
the church office by 8am July 18th.**