

First Baptist Church
17 South Street Cuba, New York 14727
585-968-1531



Good News Letter

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Ecclesiastes 3:1 (NRSV) "For everything there is a season, and a time for every matter under heaven . . ."

For me, the season that October heralds means change. The beautiful multi-shaded greens of Cuba's surrounding foothills burst into fiery reds, oranges and yellows then quickly change to brown and bare. Like the trees we will do some shedding, trading our summer garb for fall & winter, put away the outdoor furniture and get out the winter gear. Life at the parsonage will change too. While the heat is on, I will have to keep my front and back doors closed, and my cats who love to sit or nap in front of them will not be pleased. They will surely give me attitude by pouting, whining and fighting with each other (not to mention tearing wildly through the house and refusing to cover the "you know what" in the litter box). Thankfully their hissy fits won't last too long. They will get over themselves and settle into their cold-months routine. Yep, change is inevitable.

Our church is changing too. In a short period of time Cuba First Baptist has transitioned from having a very long tenured and beloved pastoral leader to two short-termed interims and a newly called pastor who has just recently completed a year of ministry with you. This past year has been a time of getting to know one another and seeking what God is wanting to do in and through our new relationship. I imagine, that for the most part, we are learning to accept the changes we are experiencing, but anxiety about the future of our church is high. We worry about the declining numbers of folks in the pews on Sunday and the dollars needed to sustain our building and programs. My guess is that it doesn't really help to know that mainline churches in North America are experiencing this same decline and high anxiety that this seems to be the new normal of the church today.

So, what do we do? We can't allow our anxiety or deep-rooted longing for the church-that-was to drive us to cat-like hissy fits and despair. We must seek God's guidance and perceive God's will for us, trusting that God has got this; he will help us live into our future. Easier said than done, I know.

But we are doing it! Your trustees have welcomed a partnership with Alfred Counseling Associates, to share our space with one or more of their counselors so that counseling needs in our community can be met. You will hear much more about this in the near future. The room between the lounge and sanctuary will soon transform to counseling space, and we will welcome Tina Wilson who will set up a part-time practice there this month. Please join me in welcoming her!

Also, your Diaconate is moving forward with a re-visioning process to help us discern how to move into the future God has for us. Please pray for God's guidance as the vision team is established and for their work that will begin after our annual meeting in January.

Yes, for every time there is a season! May this season be a time of seeking the Lord together and welcoming the changes that life together in Christ brings.

In Christ's love,

Pastor Lynn

Grief Support Group



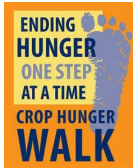
A little bit about the Grief Support Group at CFB - The group meets on the first Wednesday of the month at 1 p.m. in the church lounge. Meetings generally last a little over an hour. This is not a counseling group, but rather a Christian based support group that is comprised of people who have lost a loved one, or experienced any life changing event (such as divorce, unemployment, life changing illness etc.). Anyone in the community is welcome to attend and may do so regularly or may find that sometimes are harder than others, and come when they need a lift.

Although the group draws from several books and website content; most often the conversation is determined by the group's needs. Members include some who have had a recent loss or event to some who have been dealing with issues for years. They all share common feelings; and the ability to talk (or just listen) about them, offers a respite from the weight they feel.

Grief does not have a shelf life. It does not progress through a series of feelings and go away. More often than not, it lurks in our minds and presents itself unexpectedly and seemingly for no specific reason. It can also exhibit itself in physical symptoms and can stretch the holder's faith. Grief cannot be "cured", but it can be lived with and held in a state that allows the person to continue to grow and live this new life that they have been handed. The goal is not to forget, but to learn to create an existence that allows a level of happiness and comfort that makes life better. The interaction between people who are living this new existence proves valuable and offers some comfort in the knowledge that they are not alone in their thinking and in their outlook on life.

If you are experiencing grief for any life changing event, consider joining the group and spending some time with some great people who care, listen, laugh, cry and learn together. Perhaps you know of someone who is in need of some support. Please pass along this information.

CROP Walk



The annual CROP Walk will be held on Sunday, October 7 from 1:30 - 2:30 p.m. at a new location. Walkers will meet at the Chamberlain Park shelter and the route will follow the streets around the park. Please call Ann Gross at 585-968-2773 or email ann_lee_gross@verizon.net to register as a walker, to sponsor, or to obtain more information.

Olean First Baptist - Installation Service for Rev. Jason Hladik

As you may know, our sister church, Olean First Baptist Church, has called their new Senior Pastor, Rev. Jason Hladik. We are invited to attend his installation service on Sunday, October 14 at 4 p.m. to be immediately followed by a buffet-style dinner in their Fellowship Hall where you will also have an opportunity to meet his wife Tiffany and their daughters, Abigail (4) and Abianna (2). We feel this is a wonderful opportunity to share in this exciting new chapter in their church, show support for Pastor Jason, and welcome his family to the area (they moved here from the Chicago area). We must RSVP by Monday, October 8. Please contact Maghen Beck or Pastor Lynn. Thank you!

For Our Youth

Remember, there is still time to register for the American Baptist Youth (ABY) state convention in Syracuse, NY from November 2 - 4. Youth from all over the state will gather for a weekend of worship, fellowship, music, and fun. The weekend will feature music from the band Signs on Earth and speaker Jillene Narraway. Please see Bill Beck ASAP for registration material or get your packet on the court table. This promises to be another great weekend with not only an opportunity to make new friends but even more importantly, to grow in your relationship with Jesus.

Kids in the Kitchen



Just an update on “what’s cooking”! For several months now we have been supporting “Kids in the Kitchen”. This group is comprised of kids in grades 3 -12. We’ve been averaging about 12 - 15 each meeting with 4 - 7 adults supervising. It has turned out to be a really fun and exciting time for all. Not only do the kids get to “cook”, learn some cooking skills, and eat – they also spend time with loving adults. Many of these kids have never even met these women, but by the time is up; everyone is laughing and talking about the things they like (and don’t like). NOTE – men are welcome to come too – the boys who participate would REALLY love that!

The session in August yielded several recipes for the Table Ministry, plus those applesauce muffins that we’ve been enjoying during the Fellowship time, and of course there was lots of eating and taking home to treat the family.

The ABWM have been sponsoring this project, but anyone is welcome to help out with expenses, or supervising the projects. Normally there are 3-4 recipes that are prepared by small groups (with an adult or 2).

The next date is Friday, October 19, from 3 p.m. - 5 p.m. Adults are asked to come a little early to get organized. Please contact Claudia Little if you are interested in helping, or if you would like to offer financial support - cash, or checks (made payable to Cuba First Baptist, memo – Kids in the Kitchen) and given to Claudia, or LaVerna Stohr. This project has proved to be not only a lot of fun, but the kids learn about helping others, helping at home and moving forward in their faith journey through acts of kindness and working together.

Any youth in the community are invited to join us. Sign-ups are appreciated and interested youth or parents can sign up in the court, or leave a message at the church office (585-968-1531).

Be The Church

This year, we will hold our annual Be The Church on Sunday, October 21 from 10 a.m. to 12 noon.

We will gather together at the CFB Fellowship Hall for a word of prayer before we embark on our chosen projects then meet back at the Fellowship Hall for lunch and a time of sharing.



There will be something for everyone to participate in from inside activities that help serve people in the community to outside activities like raking leaves and collecting for the Cuba Food Pantry. A sign-up will be available soon (in the Court) for you to select an activity for you and/or your kiddos and teens.

Even though will not have a typical church service, your attendance is vital and Diaconate asks that you prayerfully consider participating in this year’s outreach. You can help make a difference!

Remember, you ARE the church, and wherever you go, Jesus goes with you!

Fall Fest and Trunk - Or - Treat



Don’t let the falling leaves get you down! The Christian Board of Ed and Diaconate invite you to join us for the annual Fall Fest on Sunday, October 28 from 1 p.m. to 5 p.m.

This year, wear your favorite family-friendly costume to participate in fun Fall activities and crafts, take photos in the photo booth, watch a short movie, and go Trunk-or-Treating in the parking lot! Donuts, cider, and hot cocoa will also be available.

If you have a creative side and a car, get into the spirit and enter your car in our Trunk-or-Treating event and contest! Contact Maghen Beck or Melissa Grover for more information.

Small Group Updates and Opportunities:

It's not too late to join a small group and we hope that you will find something for you and your family's spiritual development and grow in relationship with those you worship beside each Sunday.

- ❖ Bible Basics with Pastor Alexandra Freer
- ❖ The Wired Word with Henry Mayo and Ann Scott
- ❖ Effective Parenting by Chip Ingram with M. Beck
- ❖ K - 4 with Joanne Guild
- ❖ 5 - 12 with Bill Beck

Children's Worship



As a reminder, we offer two types of children's church; Club 320 for 4 - 7 graders led by Bill Beck and Jr. Church for ages K - 3, during the worship service.

And as always, supervised care by a qualified adult for infants and young preschoolers is available upstairs in the Church Nursery.

First Baptist Church Thinks SNOW - Bundle Up Babies



First Baptist Church is preparing for "Bundle Up Babies" when we provide winter clothing to the WIC Clinic children who visit during October, November, and December. Handmade knitted/crocheted sweaters, mittens, booties, hats, and blankets donated by the community will warm youngsters from newborn through 5 years of age. Donations can be dropped off at the church on Monday, Tuesday, and Thursday mornings through November or Sunday before service.

Save the Date!



The FALL MARKET is again offering a wide selection of crafters and vendors from 9 a.m. – 3 p.m. A Soup and Side luncheon will be offered 11 a.m. - 2 p.m., and the famous, "Not Your Everyday Bake Sale", will be offering a wide assortment of treats, pastries, soups, entrees, candies, rolls, breads, and much more.

Any and all are invited to bring items to the church kitchen on Friday, November 2, from 5 p.m. - 7 p.m. or before 9 a.m. Saturday, on Nov 3. Questions? – See Claudia Little.

First Baptist Church will partner with the Palmer Opera House to welcome the Brothers McClurg and a special guest back to Cuba for a concert this fall. On Friday, November 9 at 7:00 p.m. join us for an evening of worship and praise music, Obi Community Church Praise Band will open the evening with worship music and Brothers McClurg will share their original music along with a few holiday classics. Tickets available soon \$15 presale and \$18 at the door.

Volunteers are still needed to help work the event and provide some refreshments. Please contact Lois Lounsberry or Bill Beck if you would like to serve in either way.

Not familiar with this local (they hail from Buffalo), Kingdom Bound Alum and national recording talent? Then check them out here, <http://brothersmcclurg.com/>. Don't miss out!

Get your tickets online here: <https://www.brownpapertickets.com/event/3604121>



ABWM News

American Baptist
Women's
MINISTRIES

The women of the church continue to keep busy, one way or another.

Many thanks for everyone's help and support for the Rummage Rooms. If you haven't been down lately, you should stop in. The ladies have added some new tables, racks, and lots of organization. Although the "Baptist Boutique" is only open on Friday and Saturday from 9 a.m.-12 noon, many women spend hours and hours sorting and displaying items. As seasons change, so does the inventory and this takes work! If anyone (men, women or youth) would like to help – please see Melody Hayward or Claudia Little. Your offer of time does not have to be a life sentence. Maybe an hour or two here and there or whatever works for you! Cold weather will be upon us before we know it and the need for warm clothing, coats, boots, etc. grows. Men's, women's, children's and infant's items are in big demand.

Looking for other ways to serve the church? In the coming months, there will be many opportunities to help. The ABWM will be in need of soups and cookies for **Be the Church Sunday** (Sunday, October 21). Sign-up sheets will be in the church court.

Early in November (11/3), one of the main fundraisers of the ABWM will be held. The FALL MARKET is again offering a wide selection of crafters and vendors from 9 a.m. – 3 p.m. A Soup and Side luncheon will be offered 11 a.m. - 2 p.m., and the famous, "Not Your Everyday Bake Sale", will be offering a wide assortment of treats, pastries, soups, entrees, candies, rolls, breads, and much more.

Any and all are invited to bring items to the church kitchen on Friday, November 2, from 5 p.m. - 7 p.m. or before 9 a.m. Saturday, on Nov 3. Questions? – See Claudia Little.

An exciting addition, **MRS CLAUS, will be at the Market** from 9:30 a.m. - 10:30 a.m.! She'll have cookies for the kids and who knows what else! This should provide a great opportunity for moms to shop, and kids to start out the holiday season on a happy note.

The Table Ministry offers several opportunities to help others too. We are always looking for soups, casseroles, muffins, or any other "freezable" items. Need containers? Stop in the church kitchen and take some home. Tired of leftovers? Why not give your leftovers to someone who's going through a rough patch, experiencing an illness, or has lost a loved one. We also welcome people willing to deliver packages to our friends. Not able to do those things? Financial donations are welcome and can be given to LaVerna Stohr or Claudia Little. Checks should be made payable to Cuba First Baptist Church and note Table Ministry/ABWM in the memo. Thank you.

Do you enjoy the flowers, etc. in the front of the church? You can be a part of that process by signing up in the church court. Flowers do not have to be purchased. Use your creativity and items you may have around the house...that's a challenge!

As always, the ABWM thank all who help support their endeavors as they strive to serve Cuba First Baptist.

ABMen News

While the immediate storm is over, there will be much need in the aftermath of Florence. If you find yourself willing/able to join the effort you may contact area representative Bill Beck for details or you may contact Mr. Cobb directly (see message from Mr. Cobb below). Either way please keep the people of all affected areas in your prayers as they face the clean-up efforts.

From Jacob Cobb ABMen USA Disaster Relief Coordinator:

I am issuing a general call for muck-out teams in eastern North Carolina. The work location will be in the general area between Greenville and the coast. Exact location to be determined. Facilities for sleeping, eating and showering are available. As of now only sleeping space is available. Bring your own cot or TWIN-SIZED air mattress and bed roll. I can use a team of no more than 10 next week The full response will begin the week of October 1. Teams may arrive the afternoon of September 30 to ready for work Monday Morning, October 1. Jack Cobb, American Baptist Men-USA Disaster Relief Coordinator, cobbjack@suddenlink.net, (304) 206-8462.

Since You Asked:

What is a Pastoral Relations Committee?

The Pastoral Relations Committee (PRC) is a standing committee, composed of three to five people in the local church, who meet with the pastor(s) periodically. The committee serves in two primary ways:

- as an advisory group to the pastor, bringing concerns of the congregation to the pastor and
- as an advocacy group for the pastor's leadership in the congregation.

Membership qualities include:

- Christian character that commands the respect and admiration of the congregation
- Ability to keep confidences
- Patience and flexibility
- Vital interest in the life of the church
- Sensitivity to the feelings of others
- Ability to appreciate different points of view
- Openness to learn how to be effective in this responsibility
- Ability to negotiate and reconcile differences

Functions of the PRC:

- Understanding the expectations and roles of pastor and laity
- Providing a communication link between pastor and congregation
- Helping the church and pastor deal with conflict
- Counseling the pastor regarding continuing education
- Monitoring the evaluation process for fairness
- Reviewing the compensation for the pastor annually
- Some if not all members of the PRC forms a nucleus for Pastoral Search Committee and assists in start-up procedures for smooth transition
- Assists with pastoral termination procedures
- Identifies members of the congregation who have gifts for vocational ministry and enlists the congregation in helping to develop those gifts

Source: "The Pastoral Relations Committee"
Adopted by The Ministerial Leadership Commission
American Baptist Churches USA

Our PRC members;

(2019) Ken Miller

(2020) Liz Burrows; Karen Strahan

(2021) Gary Shaffer; Faith Stewart, Chairperson

Musings of a Church Mouse



I understand that some of my family is busy trying to find a nice warm place to live during the upcoming colder months. This confuses me a little, because I'm always nice and cozy. So I am thankful that I don't have to "move". If you have any of my relatives paying you visits – I apologize.

Since I wrote to you last, I've seen and heard lots of things. The Kids were back in the Kitchen. They have such a great time. There were 12 kids this time and 7 adults. They made some very delicious smelling things. I thought it was very nice that some of the items were packaged and frozen for the Table Ministry and they even talked about how they were helping and how they could help. Of course, they also got to eat, take some things home, and the muffins were served on a couple of Sunday morning coffee times. They also learned some cooking skills like peeling potatoes, chopping things, browning things on the stove (that was a little scary – but they did great), mixing, reading recipes and measuring. It was a pretty full couple of hours. I hear they'll be back in October, too – can't wait! I understand they'll be making clam chowder! YUMMMM!

I've noticed that about once a month, Pastor Sullivan hurries out the door to go "someplace". Well, I've discovered that once a month, she goes to Cuba Skilled Nursing facility and to Underwood Manor and has a little service with the people who live there. How nice is that! I bet they love hearing her message and singing some hymns.

Some kids, along with Bill Beck and Melissa Grover, went over to the Wellsville Food Kitchen again. I know because they met here first and again... I was eavesdropping (it's a bad habit, but I sure learn a lot). It's pretty cool that some people from my church find

time to go help others in another town and that the kids are learning the importance of that.

Sunday school is back in session! Yeah!! I love having my people stay longer on Sundays. There's a new class upstairs on parenting, too. I haven't been to it yet. I thought I'd see how they felt about my appearance first. I noticed that there aren't as many kids yet this year. I sure hope they'll come back. Maybe some of my adult friends can encourage them. There is a separate class for the younger kids now too. We're pretty lucky to have these options, and willing adults to lead them.

Pastor Lynn is meeting with a couple of groups now during the week. They're reading a book and discussing it. It sounds pretty interesting. There are about 11 people between the 2 groups. I think they have a good time, at least they sound pretty happy.

It's hard to believe how fast winter is approaching. Winter means lots of things to me. It's cold outside, but warm here in my home. Some people go away while it's cold...and I miss them. Winter means a special time in the church, I love celebrating Christmas with my church family. Cold weather means some of my people won't make it on Sunday, I will miss them, but I also know that their friends who can will make sure they're safe, warm and full, and I know they'll be back when the roads clear.

A new season can bring new things, too, and I love the thought that my people will embrace new things when they need to, but they'll also remember and revere the old. That is because my home is full of Christians who love and care for each other, and know that we all worship and listen to the same God...even the tiniest of us.

As Always, Your Church Mouse

Prayer Requests:

Health Concerns: Ruth Davis, Rick Kelly, Bill Rose (Joanne Guild's brother), Alberta Seaver (Larry Lathrop's sister), John Orcutt, Luke Fries, **Continuing Prayers:** Sharon Perkins, Mary Searle, Bert & Mickie Tidlund's son, Brian, Duke & Sheila Burnett, Betsy Hubbard, Fred and Linda Goldthwait, Martha Miller, David Halstead, Candy Parish (Nettie's sister-in-law), Sandy Lathrop, Sandy Beard, Keith and Vyrna Brown (Kim Gleason's parents), Michael Hayes (nephew of Alice Resch and Katy Harbeck), Susan Stoddard (Sallie Miller's sister) **Other:** All those effected by Hurricane Florence

Remember in Care Facilities

Cuba Memorial Hospital - Gene Case, Doc Gilroy
Batavia VA - Dennis Chamberlain
Eden Heights - Helen Swift, Betty Parker
Highland Healthcare (Wellsville) - John Hoagland
Livingston Cty. Center for Nursing & Rehab. - Katie Hamilton
Manor Hills (Wellsville) - Elva Gross
Pines (Olean) - Connie Battistoni
Wellsville Manor - Flora Prentice
Brompton Heights (Williamsville) - David Halstead

Special Interest Missionaries

David and Joyce Reed, IberoAmerica and Caribbean
Dan and Sarah Chetti, Lebanon

***All those serving in the military, police, and firemen.**

***All those in and outside of our congregation who may not be listed but need the healing power of the Spirit.**

October Birthday's

4th – Stephanie Pierce, Karen Strahan
7th – Joseph Frederick
8th – Linda Goldthwait, Andy White
12th - Chris Jeffers
16th - Nyla Sloat

17th - Sallie Miller, Clif Jeffers
18th - Emmy Wise
19th – Mariah Wild, Anya Jeffers
26th – Rod Jeffers

October Anniversaries

11th - Brownie & Marie Lewandowski
15th - Matt & Jenn Williamson

16th - Lee & Faith Stewart
28th - Tom & Sue Ball



The Rummage Rooms is in need of fall and winter items for men, women, children, and infants. Infants and children's items of any type are always in short supply and welcome. We ARE the Hands and Feet of Jesus. The Rummage Rooms are open every Friday and Saturday from 9 a.m. - 12 noon.

Please keep the Food Pantry in mind as you shop. Don't know what to get? There is a shopping list on the table in the Court for your convenience. **As we move into the holiday seasons, The Council of Churches is requesting some specific donations for the food pantry. They are asking for boxed mashed potatoes, boxed stuffing, jars / cans of gravy, pie crust mixes, and fillings. Items may be left in the box in the court. Thank you in advance.**



If you would like to give a monetary donation, please make checks payable to "Cuba Food Pantry" and mail to North Park Wesleyan Church Attn: Pastor Megan Cusumano 32 Spring St. Cuba, NY 14727. Thank you!