

Hart Beat

(An E-update for CNYBA Pastors and Key Leaders)

25 November 2018

Hart to Heart

- I hope you all had a great Thanksgiving and got some rest as we gear up for Christmas. In your plans for the Christmas season, don't forget the Week of Prayer for International Missions (December 2-9) and the accompanying Lottie Moon Christmas Offering. At www.imb.org/lmco, you will find [links to resources](#) such as videos, logos, a social media kit, stunning images, and even [info about Lottie's legacy](#) that you can use to inspire others to give.
- The annual first Saturday in December Pastors' and Wives' Christmas Luncheon will be held this coming Saturday at **Lakeshore, Cicero**.
- **Summit, Cazenovia** recently heard guest speaker Tommy Echols, from BCNY, share on the subject of evangelism. Pastor Dan Schallmo's son, Matthew, and his family were visiting from Florida over the Thanksgiving holiday and they were excited to have him as a guest worship leader on the 18th. They also enjoyed a Thanksgiving meal after church on the 18th. This year they pack and sent 35 Operation Christmas Child shoeboxes.
- **Praxis, Syracuse** baptized two yesterday. Dan Studt is Pastor.
- **Inlet CC** partnered with some businesses in the community and held a complementary Community Thanksgiving dinner at the church facility on Wednesday evening past. About 50 people attended. Phil Huber is Pastor
- **Living Water, Owego** had a special Thanksgiving service on Wednesday evening past. Wayne Sibrava is Pastor.
- **Bellewood, North Syracuse** participated in the Samaritan's Purse Operation Christmas Child shoebox initiative this year for the first time in a while. They packed 17 boxes. They had a special Thanksgiving service on Tuesday night past. On Sunday past they enjoyed Christmas treats and music after worship service while decorating the sanctuary for Christmas. Matt Hallenbeck is Pastor.
- **Canastota BC** participated in the Samaritan's Purse Operation Christmas Child shoebox initiative this year. They packed 28 boxes. Phil Wright is Pastor.

- **Christ Is King, Syracuse** partnered with a couple of organizations in their community and delivered 12 Thanksgiving baskets to families in Nedrow and Syracuse. Jon Speed is Pastor.
- **Nepali, Syracuse** hosted six Syracuse Nepali/Bhutanese churches in a joint Thanksgiving Day service. Approximately 300 attended. Bhim Biswa is Pastor.
- **North Fenton BC** packed 24 boxes for the Samaritan's Purse Operation Christmas Child shoebox initiative this year. They are looking for help with two major projects next summer – roofing and painting. Rodney Kochmanski is Pastor.
- **Cornerstone, Endicott** baptized one on Sunday past. Dr. Greg Johnson is Pastor.
- On Thursday past Lyn and I was honored to get a call from one of our **Open Bible Fellowship** families inviting us to have Thanksgiving dinner with them and some of their family. We had a great time of fellowship and ate way too much.
- On Friday morning past we woke up with frozen water pipes. PTL for a good plumber ! With a little thawing and some more wrapping, things are back to normal.
- In the midst of the ice and snow and freezing weather of this past week, we eventually got the snow tire on both cars. Boy does that make a difference.
- On Saturday past I picked up the CNYBA Block Party Trailer from **Living Water, Owego** and delivered it back to the CNYBA pole barn on the grounds of **North Fenton BC**.
- On Sunday past Lyn and I worshiped with the good folks at **Bhutanese, Syracuse**, where Stephen Mangar has been pastor since the church began in Oct 2014. Having been caught before, I was ready this time when Pastor Mangar announced that I was preaching. I'm always honored and privileged to preach God's Word. After church Lyn and I enjoyed an extended time of fellowship with Pastor Mangar, his wife Sita, and their three children over lunch.
- After lunch on Sunday past Lyn and I drove on over to Norwich and spent some time visiting with Pastor Harold Lefler (**Fellowship, Norwich**) in Norwich Rehab Cent, where he is recuperating from a broken ankle. He surprised everyone last Sunday a week ago when he showed up at the church's Harvest Dinner, thanks to a grandson who has a minivan he is able to slide into from his wheel chair. He hopes to be home before Christmas.

- Rodney Kochmanski, pastor @ **North Fenton BC**, has been filling the pulpit for Pastor Harold Lefler while he recuperates, since Fellowship's Sunday service is on Sunday evening.

General Facts About the Southern Baptist Convention

(from the 2017 Annual Church Profile Report)

- Cooperating Churches 47,544
- Total Membership in the SBC network of Churches 15,005,638
- Weekly Worship Attendance in the SBC Network 5,320,488
- Total Reported Baptisms 254,122
- Cooperating State Conventions 41
- Cooperating Local Associations 1,131
- International Missionaries (as of October 2018) 3,667
- North American Missionaries (as of June 2018) 5,262

This Week in Preview

- Tues (27th) Podiatrist appointment
- Wed (28th) Laser procedure on my right eye
- Thurs (29th) Open Bible Fellowship Leadership Team
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- Fri (30th) Preaching at Clyde BC Friday evening service

Missionary of the Week

- Today we're going to Tucson (say TOO-Asahn), a desert city in southern Arizona, where more than half a million people live. This is a big mission field because only about four percent of those people are evangelical believers. That means about 96 percent of the population has no relationship with Jesus Christ. Also, there are just a handful of Bible-believing churches to share the gospel, so many, many churches are needed. That's why we are happy that Jeff and Jessica Vanderford moved to Tucson in 2014 and started Authentic Life Church. They are our missionaries because we support them through our church's Cooperative Program giving, and we want to pray for them today. Jeff and Jessica have set up home groups to help their church reach people in several neighborhoods. For Sunday worship they are still meeting in a local high school not far off Interstate 10, just south of downtown. Today let us pray for Jeff and Jessica and their two sons as they serve in this dry - and spiritually dry-place. Let's pray that their first church will grow and that many other new churches will follow!

Have You Heard This One?

Advice from a Health “Expert”

Q: I’ve heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that’s it. Everything wears out eventually. Speeding up your heart will not make you live longer. That’s like saying you can extend the life of your car by driving it fast. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So, a steak is nothing more than an efficient mechanism for delivering vegetables to your system. Need grain? Eat chicken.

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have body fat, your ratio is one to one.

Q: What are some of the advantages of participating in a regular exercise program?

A: Sorry, can’t think of a single one. My philosophy is: No Pain-No Pain.

Q: Aren’t fried foods bad for you?

A: You’re not listening. Foods these days are fried in vegetable oil. In fact they are permeated in it. How could getting more vegetables be bad for you?

Q: What’s the secret of healthy eating?

A: Thicker gravy.

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only do sit-ups if you want a bigger stomach.

I hope this cleared up any misconceptions you may have had about trying to live a healthier and longer life...