

# The Good Newsletter

## First Baptist Church of Littleton

*Journeying to God's Sacred Beat*  
Summer 2011

**All Invited to our Children's Day Program**  
**Sunday, June 12 at 10AM**

Junior Bells, Skits, Gratitude  
for our teachers & volunteers  
followed by a presentation from the

### The Creature Teacher



*Rick and daughter Sara  
with friends, Victor and Carlos*

- The Creature Teacher, Richard Roth from Littleton, will join us in worship with some of his critters. Come and See - Invite a friend!

*"God saw all that was made, and said it was very good."*

Genesis 1: 31



**Cook Out and Pool Party at the home of Pastor Deb & Ed's following the program. All invited! 48 Prescott St. Groton. Bring something to grill and a dish to share. Beverages provided.**

Our summer Schedule begins Sunday, June 19 with worship only at 10:00AM. We add our 9:00AM educational hour back into the schedule on Rally Day, September 18. Please see inside for a full summer worship schedule.



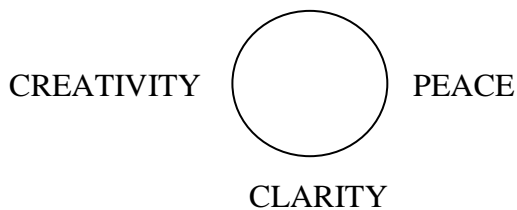
## The Circle of Rest

In the book *Say Yes To Grace*, which many in the church studied during Lent, author Rev. Kirk Jones speaks about the importance of rest. He offers a visual which demonstrates the fruits or the benefits of self-care and rest. It is called The Circle of Rest.

### The Circle of Rest

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REST



When we Rest, we will find Peace. When we have Peace, we will find Clarity, and with Clarity we will find more Creativity. It is a circle of self-care.

Jesus practiced self-care. Throughout his three years of ministry there were many times that Jesus got away from the hustle and bustle of his work. He got up early in the morning and went off by himself for some quiet time with God. He went up mountains, enjoyed moments by the water, and even had a cookout on the beach. He went to a wedding, visited friends, worshipped and had moments of sanctuary. By taking time away to rest – the energy and creativity within Jesus was renewed.

This summer I will be taking a sabbatical – a time away and one that is intended for Rest, Peace, Clarity and Creativity. I know that being able to take a sabbatical is a beautiful gift and I am continually grateful for the healthy way that First Baptist Littleton has taken care of its clergy. I am humbled by this

opportunity and begin it with gratitude AND the intent to return in September recharged and renewed for healthy ministry!

My emphasis during this sabbatical time is not as intense as my previous one, which I took in 2006. My themes will be finding the Blueprints of God through Rest, Renewal, Writing, and Music. I will spend time at the Weston Priory in Weston, Vermont, a Benedictine monastery. I plan on spending some time in Ocean Park and Eddie and I are planning to visit the Webster homestead in PEI. We have never been there! I am working on a book about the church and have a reading list that includes books on church renewal. I will try to visit churches experiencing healthy renewal and I will be listening to God with an ear and a heart for ministry that would be fruitful for our church. And the most exciting of our summer plans is that our youngest daughter Sarah, will be marrying Mr. Eric Mersereau on August 27!

And then there will be music. Most of you know that I have been helping our own Ronnie Horvath, professionally known as Ronnie Earl, and his band with his website and much of his music business. I am blessed to be working part time with him now as his manager and the experience is both musically enriching, as well as spiritually renewing. I hope to listen to all types of music, and have time to play my guitar as well as my flute.

But mainly I want to...go...slow. I believe the Circle of Rest is true and is modeled by Jesus Christ whom I follow as my guide and my teacher.

I am very excited about the years ahead at First Baptist Church! I have been SO inspired by your work and energy in the GPS process. You are amazing and God is good and is with us!

As your pastor I would like to ask you to take sabbatical time as well this summer.

I pray that you might slow down as well.

I urge you to find rest, peace, clarity and creativity by taking time, when you are able, to get away and to slow down. The rhythm of the seasons, and the break in our programming, clear the way for all of

us to move slower, sleep longer, eat well, laugh, smile, sing, dance, listen and love.

I leave you with this beautiful poem and pray that it may guide your summer – as it will guide mine.

### **SLOW ME DOWN LORD**

**Slow me down, Lord.**

**Ease the pounding of my heart  
By the quieting of my mind.  
Steady my hurried pace with a vision  
Of Eternal reach of time.**

**Give me, amidst the confusion of my day,  
The calmness of the everlasting hills.  
Break the tensions of my nerves  
With the soothing music of the  
singing streams that live in my memory.**

**Help me to know the magical  
restoring power of sleep.  
Teach me the art of taking minute vacations,  
of slowing down to look at a flower,  
to chat with an old friend or make a new one,  
to pat a stray dog,  
to watch a spider build a web,  
to smile at a child,  
or to read a few lines from a good book.**

**Remind me each day  
That the race is not always to the swift,  
That there is more to life  
than increasing its speed.**

**Let me look upward into the branches of the  
towering oak  
and know that it grew great and strong  
Because it grew slowly and well.**

**Slow me down Lord,  
And inspire me to send my roots  
deep into the soil of life's enduring values  
That I may grow towards the stars  
Of my greater destiny.**

**~Wilfred Arlan Peterson**

It will be a blessing to have **Rev. Becky Tornblom** here with us as the Sabbatical Interim. Becky served as Pastor at the First Baptist Church in Fitchburg for over ten years and now works 35 hours a week at Montachusett Home Care in Leominster as an Elder Protective Services Investigator. Becky is a sought after preacher for pulpit supply, and she preached here for us earlier this year.

On some of those weeks that I will be away, she will be working 15 hours a week which includes preaching and preparation time. There were a number of times that she was already booked to preach, and so during those times she will cover for pastoral care and emergencies. I have filled in the other Sundays with some wonderful friends who have agreed to serve God in this way.

God is good!

Becky will be working with the Diaconate Board and if you have any questions please contact one of the Diaconate co-chairs: Lynda Fisher at [lyndaf73@verizon.net](mailto:lyndaf73@verizon.net) or Ellie Stetson at [elliestets@live.com](mailto:elliestets@live.com). You may also contact any of the Diaconate members.

Lynda Fisher 978-486-4932  
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Marge Payne 978-486-8712  
Dawn Gravlin 978-952-2680  
Cheryl Lichtenberg – 867-486-8120



**Donations of gently used highchairs are greatly appreciated. Please drop them off at the church.**

**Thank you!**

## Summer Preaching & Worship Schedule

<b>June 19</b> Pastor Deb Father's Day & Graduate Recognition	
<b>*Monday June 20</b>	Becky covering
<b>June 26</b> Rev. Becky Tornblom preaching	Becky covering
<b>July 3</b> Len Hayward preaching	Becky covering
<b>July 10</b> John Court preaching	Becky covering
<b>July 17</b> <i>UCC Worships here</i> ~ Rev. Gail Wright preaching	Diaconate covering
<b>July 24</b> <i>UCC Worships here</i> ~ Rev. Diana Kirk preaching	Diaconate covering
<b>July 31</b> <i>AT UCC</i> Rev. Becky Tornblom preaching	Becky covering
<b>August 7</b> <i>At UCC</i> Rev Gail preaching	Becky covering
<b>August 14</b> <i>At FBC</i> Rev. Becky Tornblom preaching	Becky Covering
<b>August 21</b> Rev. Becky Tornblom	Becky covering
<b>August 28</b> Rev. Becky Tornblom	Becky covering
<b>Sept 3</b> Carol Hayward preaching	Diaconate covering
<b>Sept 11</b> Rev. Becky Tornblom	Becky covering
<b>*Sept 12</b> Pastor Deb back	
<b>Sept 18</b> Pastor Deb "Life is Good!"	Rally Day

## Congratulations and best wishes to our graduates and their families!



"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

- **Matthew Reilly** graduating from Littleton High School and attending Tufts University where he will major in Psychology, studying Cognitive Neuroscience
- **Amber DiLuzio** is graduating from Westford Academy and will be attending University of California, Santa Cruz in the fall and plans to study Marine Biology.
- **Selah Smart** is graduating from Acton-Boxborough and will be attending UMass Dartmouth in the fall.
- **Kayla Vesey** graduated Cum Lade from Assumption College with a Bachelor's of Arts in Chemistry. In addition Kayla received an honor for completing the Foundations Honor Program
- **Andrew Baranauskas** is graduating, summa cum laude, on May 28, 2011 from UMASS Lowell, with a Bachelor's Degree in Criminal Justice.
- **Joy Huebner** graduating from Northeastern University with a Doctor of Physical Therapy
- **Alex Huebner** graduating from UMASS Amherst with a Bachelor of Business Administration in Accounting and Economics
- **Len Hayward** graduating from Andover Newton with a Master of Divinity degree.

## Boy to the World!

By Caroline Poser

### Car talk

*Train a child in the way he should go, and when he is old he will not turn from it.*

~ *Proverbs 22:6 NIV (Or at the very least, if he does turn from it, he'll be able to find his way again.)*

I've started letting the Bigs take turns sitting in the front passenger seat of my car. I'd held off as long as possible, because that's my territory and I liked being able to put my stuff all over that seat. But having a kid in the front does have its upsides.

First of all, they don't sit all in a row in the middle back, so they're not touching each other (it's rare that anyone likes to sit in the wayback anymore, with its rear-facing seats), unless someone wants to sit in the



middle of the middle back so he can a) see out the front or b) watch whoever's on either side play video games on his iTouch. I had to explain just this morning that you

can't sit in the middle unless there is just one person in the middle back or three people; that if you were using any mode of public transportation, you wouldn't choose the seat right next to someone else if there was another one open; personal boundaries, blah blah blah.

“What's ‘mode,’ mom?”

“ ‘Type,’ honey. Type of public transportation, like a bus or a train where you don't already have assigned seats.”

Another plus is that I get to have “special” time with the boy who's in the front. Sometimes he's reading or playing his iTouch, but often times we chat about things, like how to drive, how I know where to get where I'm going, what all those buttons on the dash are for (we discovered we had fog lamps recently, and I had to employ my son's help to figure out how to turn them off – he enjoyed reading the owner's manual).

“Why is it called a glove box, mom?”

“That's a good question, honey. I think it's because it's where people used to stash their gloves, you know – like driving gloves. It was the style when cars were first invented.”

“That was before you were born, right?”

“Yes, a long, long time before!”

Lastly, a bonus in disguise is that I get to listen to songs they pick out on the radio. I cringe when they scan past songs by Led Zeppelin, Aerosmith, The Rolling Stones, and Lynyrd Skynyrd, consistently choosing to “ay-oh, baby let's go na na na na everyday with their iPods stuck on replay, replay, replay...” (*Dynamite, Replay*) – catchy little earworms that revisit me when I least expect it. I am sure my own mother couldn't stand the stuff I listened to either, just as her mother no doubt didn't like Elvis or The Beatles. I tolerate their music because it offers me an opportunity to see into their world, and to find a way to relate with them on important subjects like why brushing your teeth with a bottle of Jack (*Tick Tock*) is not really something desirable and certainly something you should be belting out in public and how taking a bullet straight through your brain (*Grenade*) doesn't prove how much you love someone, it just proves you're stupid and dead.

“But Mah-ahm! It's just a song...”

“I know it is, honey, but I just want you to know that waking up in the morning and drinking hard liquor is not a good way to start the day, and if your girlfriend really cares about you, she's not going to expect you to sacrifice your well being, and certainly not your life, for her.”

Whereas last summer, the mere mention of a girlfriend would induce dramatic, fake gagging noises, now the reply is either thoughtful silence or an embarrassed “Mah-ahm! I don't want to talk about that!”

“Alright,” I don't press them. “I'm just sayin'...” and I hope that when the time comes they can remember the lesson.



## Beans, Beans, Beans!



A New England Saturday night tradition – is having baked beans with the family. Here is a traditional bean recipe that originally came from church member Thelma Erickson and is used by both Pastor Debbie and Carol Huebner.

Try it, change it up a bit and enjoy!

1 lb. dried small white beans or navy beans.  
6 cups of water  
1 tsp. salt  
1/2 cup molasses  
2 tsp. dry mustard  
1/4 cup brown sugar  
1 medium onion chopped  
1/4 pound salt pork or 3/4 pound chopped bacon cut in small pieces.

First soak the beans in the water overnight (or for at least six hours). Boil the beans until they are tender and open up. Then add all the other ingredients. Put in a bean pot or roaster pan, covered. You may need to add additional water as the beans should be covered. Bake for 6-8 hours at 325.

**Deb's variation on the recipe.** First I don't add the dry mustard since I never have any in the house! I usually double the recipe for the Ham & Bean supper. I soak the beans overnight in a large slow cooker. Early on Saturday morning I turn on the slow cooker to "LOW", add the salt, molasses, brown sugar, onion and salt pork, stir and then let it slow cook until the afternoon. I stir the mixture about once an hour and usually have to turn it down to WARM around 3:00 - until the Ham and Bean supper starts. It is a delicious and easy New England tradition.

From June 5 – June 26 2011 Littleton First Baptist Church will be receiving the "One Great Hour of Sharing" Mission Offering which is distributed through the American Baptist Churches World Relief Office. Our Goal for 2011 is \$500. Sharing brings Joy to Us, To Others, To God. For the next three years "Sharing Brings Joy" will remain the theme and each year will explore to whom our sharing brings joy. During 2011, Congregations will explore how sharing blesses, transforms, and brings joy to the giver.

OGHS is about sharing our bounty with the neediest of God's people around the world: victims of warfare, famine, earthquake, tsunami, and other natural disasters, or poverty. The needs are very real and we can all help! One hundred percent of our gifts are distributed according to the specific and often emergency needs of God's people. Our gifts are used to provide food, shelter, agricultural assistance, health and medical attention, economic development, and self-help. Never has there been a greater need. Our individual gifts from Littleton, Massachusetts can be combined with contributions from other churches around the country for direct use in helping restore hope to those who live in poverty and hopelessness.

What a joy it is to give! The sparkle in the recipient's eye, the delight in their voice, the warmth of their hug tells you, "This gift is wonderful! God Loves a cheerful giver and God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. (2 Corinthians 9:7-8). It is easy to give, and to give again, when joy floods your soul because of the giving.

Please make a generous gift to OGHS using the envelopes provided in the sanctuary during June.

Thank you from the Board of Missions



**Youth Rally held on May 14**



**Vicky Axtman serves up a lovely smile.**



**Gail Shuttle offers some punch and joy.**

# FBC Scenes



**The food line up at the Loaves and Fishes Tea**



**Created in the image of God!**

**First Baptist Church of Littleton**

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