

FIRST  BAPTIST  
CHURCH OF WESTWOOD

808 HIGH STREET · WESTWOOD, MASSACHUSETTS 02090



*The Message*  
*October 2024*

REV. CATHERINE M. MILLER, PASTOR

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## From The Pastor's Desk



***October 2024***

***Greetings...***

***First Baptist Church Westwood  
& Friends***

***“For God has not given us a spirit of fear and timidity,  
but of power, love, and self-discipline.” II Timothy 2:7***

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Dear friend, do you adapt easily when faced with change or does change spark an anxiousness or fear within? Do you wear it well on the outside while fearing or resenting change internally?

For many, even if we can *prepare for change* fears arise. When planning a move, retirement or career change, or even marrying the one we love, fears may seem overwhelming. Indeed, experiences of trauma such as health challenges, loss of employment or income, death of loved ones, domestic or social violence, personal or social rejection, natural catastrophes, war, etc. trigger deep fear and sometimes even a crisis of faith.

Let us remember that fear operating properly is a God-given, protective response to danger. But unhealthy fear is toxic/destructive to you and others.

***“Therefore we will not fear, though the earth should change,  
though the mountains shake in the heart of the sea,  
though its waters roar and foam,  
though the mountains tremble with its tumult. Selah  
There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.  
God is in the midst of the city; it shall not be moved; Psalm 46:2-5***

In Psalm 46 above, we find a sacred declaration by an ancient worshipper of God. The writer was *encouraging himself* by turning his fearful thoughts over to God, the Most High, our *Rock of Ages*. The psalmist penned this to teach others to practice and master resting secure in God's constant presence even while enduring troubling circumstances. By pointing to their geographical landscape and its' frighteningly unpredictable nature, the writer reminded God's people of this: Life is like nature, subject to upheaval and beyond our control, **but Sovereign God is the sole immoveable anchor!**

What changes might you be facing that *feel* threatening? Is the Holy Spirit urging you to grow spiritually? Are you recognizing that you do need to do better in a relationship? Do you lack self-control? Maybe a life-long plan veered far off course? Is there a worry you can't seem to shake?

I pray that we all rest from fearing whatever God has *allowed* to be placed upon our crosses. May we exchange fear for peace. Inhale God's grace every morning. Exhale anger, sadness, doubt, and fear. May we find His grace to be sufficient despite what is not. May we accept that through our vulnerability Christ's strength can be seen in us and we'll suffer well. (see I Corinthians 12:9)

Then 'we will not fear, though the earth should change...'

#### 'Changes' <sup>(1)</sup>

*So many changes  
Leaves, Weather, Aging  
Children walking without help  
Me with glasses  
You looking for a place to settle  
The world searching for normal  
Wanting peace while still fighting*

*So many promises Lord:  
Peace that passes all  
understanding*

*Being with me even when I feel invisible  
Loving, though I feel so unlovable  
Keeping me grounded as I feel uprooted  
Hopeful when doubt surrounds me*

*Remind me of what does not change,  
what cannot be lost—Your grace that is  
more sufficient for me...*

***For all times, in all times... Amen***

Peace to you.  
Pastor Catherine

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<sup>1</sup> Published in Secret Place. Author. Malinda Fillingim—Leland. North Carolina



## “Let’s Talk” group discussion and Holy Communion

Hello everyone!

Pastor Catherine hosts an in-person and Zoom Bible discussion monthly where she will present a topic for us to reflect upon and there will be open discussion for sharing and learning from each other, with the Holy Spirit's guidance.

We'll close with The Lord's Supper, so bring your bread and juice!  
The sessions are held in the Reception room and on Zoom at 7:00 p.m.  
We meet on the first Thursday of each month.

**Hope you can join us!**

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For those attending by Zoom, Rev. Catherine M. Miller is inviting you to the scheduled event.

Topic: Let's Talk: Bible Study & Holy Communion w/ Pastor Catherine

Time: Oct 3, 2024 07:00 PM Eastern Time (US and Canada)

Every month on the First Thu, until Jul 3, 2025, 11 occurrence(s)

Oct 3, 2024 07:00 PM

Nov 7, 2024 07:00 PM

Dec 5, 2024 07:00 PM

Jan 2, 2025 07:00 PM

Feb 6, 2025 07:00 PM

Mar 6, 2025 07:00 PM

Apr 3, 2025 07:00 PM

May 1, 2025 07:00 PM

Jun 5, 2025 07:00 PM

Jul 3, 2025 07:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly: [https://us02web.zoom.us/meeting/tZcodu-urTwuHdac3InSTEQ\\_Ezi5BrhXckDa/ics?icsToken=98tyKuGrqzosHNeStB6FRpwqGYj4M-7ztmZbqqdcn0zMDRnRzLJE\\_hLZ5BtGODT](https://us02web.zoom.us/meeting/tZcodu-urTwuHdac3InSTEQ_Ezi5BrhXckDa/ics?icsToken=98tyKuGrqzosHNeStB6FRpwqGYj4M-7ztmZbqqdcn0zMDRnRzLJE_hLZ5BtGODT)

Join Zoom Meeting

<https://us02web.zoom.us/j/83516637472?pwd=EvL6pkHvrpuOfst9PyI3PKEydXfVak.1>

Meeting ID: 835 1663 7472

Passcode: 618284

Find your local number: <https://us02web.zoom.us/u/k1OBxoEcM>

# New Invite Cards



Check out our new invite cards!

They tell about our church, opportunities, and how to join us  
whether in person or online.

They will be mailed out to residences in Westwood and surrounding towns; and  
will be available at our booth on Westwood Day and in our Reception room.

Take a few to share with others.

**COME BE ENCOURAGED!**

In a world where families are increasingly separated from one another and structures are ever changing, First Baptist Church of Westwood offers a place to find a family. No matter who you are or who arrives with you, expect to be welcomed, remembered and included as part of the family. Today people may not look to churches in the same ways, but still need to feel the loving presence of the God who never changes.

**First Baptist Church, Westwood**  
808 High Street • Westwood, MA

*Join us this Sunday!*  
**10:00 am Worship Service**

Casual atmosphere in person. Connect online...  
*for Prayer, Music, Song and The Word*

The Message of the Gospel is one of hope and through  
Jesus Christ that hope is available to everyone.

**Questions? Email:** office@fbcwestwood.org  
**Call:** 781 461-1730

We look forward to seeing you and your family!

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**781 461-1730 • WWW.FBCWESTWOOD.ORG**

Additional photos from  
Jan Randlett's Retirement Coffee Hour  
Sunday, August 25, 2024



Photos taken by Pastor Catherine

# Oceanwood Work Weekend

Oct. 11-13, 2024

Calling for volunteers to work on specific projects.

Youth Groups | Skilled Laborers | Families | Painters | Churches | Cleaners

## FRIDAY, OCTOBER 11<sup>TH</sup>

Arrive 6:00 PM to 8:00 PM for fellowship and refreshments.

## SATURDAY, OCTOBER 12<sup>TH</sup>

7:30 AM Devotions  
8:00 AM Breakfast  
8:30 AM Work  
Noon Lunch  
12:30 PM Work  
3:30 PM Free Time  
5:00 PM Dinner  
6:00 PM Devotions & Fellowship

## SUNDAY, OCTOBER 13<sup>TH</sup>

8:00 AM Breakfast  
8:45 AM Worship  
9:30 AM Clean Room & Depart

## REGISTRATION

Name(s): \_\_\_\_\_

(Use a separate piece of paper if needed.)

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Skills: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

I have enclosed a check in the amount of \$ \_\_\_\_\_

to cover the cost of four meals provided by Oceanwood.

The cost for Oceanwood to prepare four meals per person is \$60.00. Two nights lodging is waived by Oceanwood as a "thank you" for your service.

Complete the registration form and mail it to John Mulloy, 27 Ox Rd., Billerica, MA 01821 with a check made payable to **Oceanwood** for the four meals.



**THE AMERICAN BAPTIST CHURCHES OF MA**  
presents  
**MissionWorks**

**Crossing Boundaries:  
Intercultural Ministries in the Mission of God**  
*...I have made myself a servant to all... I have become all things to all people... I do all this for the sake of the gospel so that I may share in its blessings.*

KEYNOTE  
  
Rev. Dr. Mia Chang

Rev. Kathryn Choy-Wong    Rev. Dr. Willard Ashley, Sr.    Rev. Dr. Grace Jisun Kim    Dr. Gina Zurlo    Debbie Fukuda    Brian & Lynette Smith

**OCTOBER 26, 2024**    Calvary Baptist Church, 60 Hastings St., Lowell, MA 01851

For information regarding the speakers, go to [tabcom.org](http://tabcom.org), click on “News”, “Half Notes”, then “September 2024”.

## TABCOM ANNUAL GATHERING 2025

### SAVE THE DATE

**May 2-3, 2025**

**Grotonwood Camps and Conference Center**  
189 Prescott Street, Groton, MA





## Worship Service photos - September



Chancel Choir



Westwood Ringers' Quartet



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808 High Street | Westwood, MA 02090 | 781-461-1730 | [office@fbcwestwood.org](mailto:office@fbcwestwood.org) | [www.fbcwestwood.org](http://www.fbcwestwood.org)  
Rev. Catherine M. Miller, Pastor

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### **WARRANT FOR THE QUARTERLY BUSINESS MEETING OF THE FIRST BAPTIST CHURCH OF WESTWOOD**

*The Fall Quarterly Church Business Meeting of the First Baptist Church of Westwood will be held on Sunday, October 27, 2024, held right after the morning worship service.*

*The meeting will be held in the Reception room at 808 High Street, Westwood, MA.*

*There will be either a zoom or live streaming option, please call the office for the link.*

- 1. To hear reports from the various council members regarding the upcoming budgets.*
- 2. Trustees update*
- 3. To hear and act on any other business that may legally come before the meeting.*

**Victoria M. DeVoy**  
**Clerk**

# 200th Anniversary

First Baptist Church  
808 High Street  
Westwood, Mass.



Saturday  
November 2, 2024  
10:00 am - 2:00 pm

# Open House

Tours of our historic meeting house and campus.

Program displays

Kids' crafts

Face Painting

Pony rides

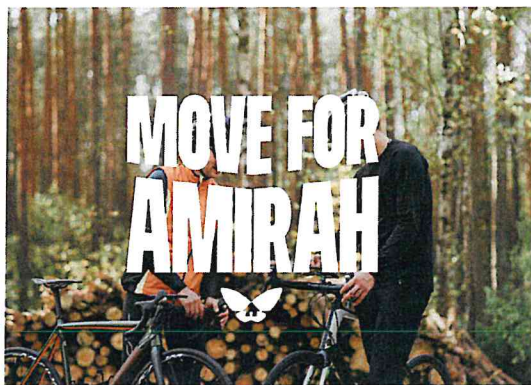
Refreshments

For more information contact the church office.

[office@fbcwestwood.org](mailto:office@fbcwestwood.org)

781-461-1730

# UPDATE



## FBC WESTWOOD'S *MOVE FOR AMIRAH* JUNE FUNDRAISER!

June 2024 was our first year joining the challenge and we wanted to raise \$500 for this great organization, Amirah Inc. to continue to help exploited women regain their lives by building more "exit ramps" (opportunities for the exploited to get away from trafficking and traffickers) via rapid rehousing and to provide mental health resources for their journey of healing.

**Our MOVE FOR AMIRAH goal at First Baptist Church of Westwood was to walk, hike or bike no less than 50 combined miles in June.** We were inspired by courageous members and friends of our church, including some with physical disabilities, seniors, and those who hiked and biked!

With thanks to our church family and friends, we were able to accomplish the following:

- **Miles:** We had 13 people report-in on activities - which included walking lots of miles, some on church grounds; hiking in Maine; and running a June marathon in Boston. It totaled approximately 72.30 miles which was 22.30 miles over our combined church goal of 50 miles.
- **Money:**
  - Individual donations (check and via FBC Westwood Amirah link) TOTAL: \$1100 (the original goal was to raise \$500)
  - FBC Missions matched the original goal which added an additional \$500
    - Total raised by FBC for Amirah's rapid rehousing and mental healthcare for exploited girls and women was **\$1600!!**
    - Amirah's Aug 28, thank you letter indicating \$1325 does not reflect the \$275 in donations that was made directly at FBC/Amirah page link.

*Thank you to all who participated in our fundraiser and  
for supporting the survivors of sex trafficking!!*



# Amirah

HOPE LIVES HERE

August 28, 2024

First Baptist Church of Westwood  
808 High Street  
Westwood, MA 02090

Dear Rev. Catherine,

Thank you so much for your recent gift of \$1,325.00 on August 15, 2024! We are so grateful for your generosity and that you chose to give hope by giving to Amirah.

So far in 2024 we have piloted a paid job training program for those in our housing program, added support groups, and expanded our housing navigation services to help women exiting exploitation find an affordable home of their own and move them home for good. We have already graduated 2 women from our Rapid Re-Housing program and we are excited to have two more graduations coming up at the end of this summer! Our graduates have secured stable and affordable independent housing, they have jobs in which they feel secure and valued, and they are plugged into the community they have built during their time with us. It is truly amazing to see how far their journeys have taken them, from basic financial education to life coaching and therapeutic support to building their self-esteem so that they can be secure in knowing that they are in fact worthy of this new life they are living every day. It is an incredible honor to walk alongside them as they journey out of their history of exploitation and into a life of hope and freedom.

Your gift is contributing to this work, giving hope to the women we serve as they rebuild their lives after exploitation. We cannot do this work without the support of our community, and we are so grateful that you are part of that community.

Thank you for giving to Amirah!

Full of Hope,



Mary Speta

Executive Director

## Gift Receipt

Date	Gift Amount
08/15/2024	\$1,325.00

Amirah, Inc. is a registered 501(c)3 organization with EIN number 27-1214049. No goods or services were received in consideration of this gift.



## Donation requests from The Westwood Food Pantry

1. Please do not travel to the stores just to pick up donated items- instead we suggest that you purchase a few donation items during your regular shopping trip, especially if they are on sale.
2. You can bring your items to worship on Sunday.

### Suggested items:

- Canned Soups -especially Progresso (Vegetable types, Clam Chowder, etc)
- Canned Vegetables (Peas, Corn, etc.)
- Canned Baked Beans
- Canned Fruit (Pineapple, Fruit Cocktail, Peaches, Pears, Mandarin Oranges, etc.)
- Canned Beef Stew, Hash, Chili with Meat)
- Spaghetti Sauce (small 24 -25-ounce jars)

### Other "Always Needed" Popular Items

- Health & Beauty Aids (shampoo, conditioner, deodorant, toothpaste etc.)
- Diapers
- L or XL Depends
- Cleaning Products (dish detergent, laundry detergent, etc.)
- Cake mixes and frosting
- Canned **White** Albacore Tuna in water
- Canned Chicken (5-ounce cans or small pouches)

### Volunteers:

At this time they have all the volunteers they can use, but their needs may change at any time. If you or your high school or college-aged student is interested in volunteering at the Food Pantry, please email [westwoodfoodpantry@gmail.com](mailto:westwoodfoodpantry@gmail.com).

(Sorry, but they are unable to accept volunteers younger than 9th grade.)

### How to Apply:

The Westwood Food Pantry is available to all residents of Westwood who are experiencing temporary or long-term food insecurity.

To request assistance from the Westwood Food Pantry or to set up a client visit, please email them at [westwoodfoodpantry@gmail.com](mailto:westwoodfoodpantry@gmail.com) or call them at 781-269-2008.



 Pastor Catherine's   
Office Hours  
(for in-person, calls, or Zoom)

Tuesdays:  
1:00 pm - 5:00 pm

Wednesdays & Thursdays:  
1:00 pm - 4:00 pm

*For an appointment call:*  
781-461-0297 or 781-461-1730  
*ext. 12*

*or email:*  
[pastor@fbcwestwood.org](mailto:pastor@fbcwestwood.org)

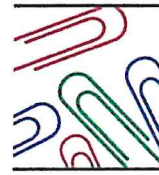
(if you call when she isn't there,  
you can leave a message)



### The Pastor Will Be Off

Pastor Catherine will be off the following days during October:

Tues. 10/1 & Wed. 10/2,  
Tues. 10/8 (1/2 day), Wed. 10/9  
& Thurs. 10/10  
Mon. 10/21- Thurs. 10/24



## CHURCH OFFICE

Monday - Friday  
8:00 am - 1:30 pm

Besides visiting Donna in the church office, she can be reached by phone at 781-461-1730 or by emailing her at

[office@fbcwestwood.org](mailto:office@fbcwestwood.org)

Face masks are required in the church office.



Donna will be out of the office on the following dates:

Mon. 9/30 - Wed. 10/2,  
Thurs. 10/10, and Wed. 10/30



### Sunday Worship Services

Please check out our website, [www.fbcwestwood.org](http://www.fbcwestwood.org). We post Livestream links and videos of our worship services there, plus other news and devotional materials.



**Boy Scout Troop #3  
Ever So Humble Pie Company  
Fundraiser**

The Boy Scouts are holding their pie fundraiser again this fall. They are accepting orders now through October 7<sup>th</sup>.

Pies will be delivered to the church's front parking lot the afternoon of November 6<sup>th</sup>.

An order form is included within this newsletter and other copies are available in the Reception room and on the bulletin board outside of the church office.



**Choir  
Rehearsal**

You are invited to join the Chancel Choir rehearsals on Sunday mornings at 9:20 a.m.



You are invited to join our Prayer Chain. This is a small group of FBC folk who email one another with prayer concerns of the larger church community and then include those concerns in their prayers. This is beyond the all-church prayers shared by the Pastor. If you would like to join The Prayer Chain, please contact Sunny O'Malley.



**Crafters' Group**

Join us on the 2<sup>nd</sup> Wednesday of each month as we work on items for December's Holly Fair.

Meeting dates are:  
October 9th  
November 13<sup>th</sup>

We meet in room 7 from 10:00 a.m. to 12 noon.

If you have any questions, please contact the church office at [office@fbcwestwood.org](mailto:office@fbcwestwood.org).



**Coffee  
Hour**

Coffee Hour is a great time to enjoy catching up with others and having some goodies, too, following morning worship.

Join us for Coffee Hour each Sunday following worship in the Reception Room.

We are looking for additional helpers to host a Sunday. Wouldn't you like to host one? Sign-up sheets for October and November are posted on the bulletin board in the Reception room.

If you have any questions, please contact Karen Thompson at [kleethompson65@gmail.com](mailto:kleethompson65@gmail.com) or the Church office at [office@fbcwestwood.org](mailto:office@fbcwestwood.org) or call 781-461-1730.



## Digital version of the Sunday Bulletin

We produce a digital version of the weekly Sunday bulletin that is

formatted so that it can be easily read on a cell phone, tablet, or computer. This is being emailed to people a day or two ahead of the service. It can be helpful when watching the worship service online or simply to find out what's happening at FBC that week. If you wish to be added to the email list to receive the digital bulletin, please contact Donna Metcalf via email at [office@fbcwestwood.org](mailto:office@fbcwestwood.org).



### Church Council and Staff meeting hybrid (Zoom & Reception Room)

October 15<sup>th</sup>  
7:00pm



## November "Message"

Material for next month's newsletter is due to Donna in the church office by:

Wednesday, October 16<sup>th</sup>  
([office@fbcwestwood.org](mailto:office@fbcwestwood.org))

# 200th



## CHURCH ANNIVERSARY

Save the dates!!

On Sunday, November 3, 2024, First Baptist Church of Westwood will be 200 years old.

Come celebrate with us during morning worship on November 3<sup>rd</sup> and at the luncheon that will follow.

Join us the day before (Saturday, November 2<sup>nd</sup>) for our Open House - see flyer included in this newsletter.

Watch your email or mail for additional information about the luncheon.

## Salem Radio Boston



### Christian Radio Station

Tune in to AM 590 WEZE - "The Word" channel on Saturdays @ 5:15pm and enjoy our Pastor's prayer/inspiration program, **Be Still**, a family-oriented radio outreach sponsored by FBC Westwood!

Livestream & podcasts at

<http://wezeradio.com/radioshow/be-still>.



# Holly Fair

**December 7, 2024**  
**9AM – 2PM**  
**Fellowship Hall**

We are excited about our upcoming Holly Fair! If you are interested in helping at any of our tables please contact Vickie DeVoy at [rwdvmd@gmail.com](mailto:rwdvmd@gmail.com).

Can you bake? We will be looking for people to bake items for the Baked Goods Table.

Do you have items that you've come across during your summer and fall cleaning that you'd like to donate to our Attic Treasurers? We are accepting items from Oct 1<sup>st</sup> – Nov 17<sup>th</sup>.

We can use just about anything that is in good, clean condition at this table. (However, please note: we cannot accept T.V.'s, computer equipment, dehumidifiers, typewriters or air conditioners.)



## Friends of Regional Ministries

TABCOM and camp staff want us to know how much they appreciate our church's support of their ministries.

They have invited us to attend a regional event or visit the camp to see how that support is being used. They also encourage us to visit:

[www.TABCOM.org](http://www.TABCOM.org),  
[www.Grotonwood.org](http://www.Grotonwood.org), or  
[www.Oceanwood.org](http://www.Oceanwood.org)

to see how our support is making a difference – a big difference – in the regional and camp ministries.



If it's easier for you, we accept PayPal payments on our website for offering or other donations. Just click on the "donate" button on [www.fbcwestwood.org](http://www.fbcwestwood.org).

Another option we offer is through using Venmo. Here is our QR code that you can scan.



The Church Council at its September 17th meeting voted unanimously to express our appreciation to John Lewis for his time, effort and expertise in the installation of the two mini split units in the Reception room.

We are so blessed to have John. Thank you, John, for all you do for your Church and for your fellow neighbors and friends.



Liam La Croix (Boy Scout Troop #3) has been chosen as the *Hale Volunteer of the Year for 2024*, in recognition of the fine efforts on his Eagle Project at Hale Reservation, constructing Trail Stairs. Congratulations to Liam!



Dear Friends,

I want to Thank my entire church family for such a memorable day on August 25, 2024 – for your most generous gift, the delicious “Thanks for the Melodies” cake, the beautiful flowers and mum plant, and the cards and well wishes from so many.

Everyone here at FBC is indeed a part of our music program. You may sing with the Chancel Choir or enjoy handbell ringing with the Westwood Ringers. You may play a musical instrument, join in congregational singing, quietly think or say the words as the hymns are sung, or gently tap your foot to the music as it is played. All of you are a part in some special way.

I have been extremely blessed to have served as your Music Director, and I want to express my sincere thanks to the entire church family for your love, support, and for all the many memorable music moments we have shared together.

May the Lord continue to keep us in His grace.

With love in Christ,  
Jan Randlett



