

Lake Avenue Baptist Church, 72 Ambrose Street, Rochester, NY 14608  
[www.lakeavebaptist.org](http://www.lakeavebaptist.org) [lakeavebaptist@rochester.rr.com](mailto:lakeavebaptist@rochester.rr.com), 585-458-5765

## Lake Avenue Baptist Church

E-MAIL:  
[lakeavebaptistchurchoffice@gmail.com](mailto:lakeavebaptistchurchoffice@gmail.com)

### OFFICE HOURS

Monday – Friday  
10:00 AM to 4:00 PM

### SUNDAY SCHEDULE:

10:00 am: Worship for all, Sunday School Children & Youth (Communion every first Sunday of the month)  
11:15 am: Fellowship  
11:45 am: Adult Education  
12:00 pm: Karen Worship  
Burmese Worship

### CHURCH MODERATOR

Tom Argust

### CHURCH STAFF

Sr. Pastor  
Michael Ford

Associate Pastor  
Debbie Bennett Reynolds

Music Educator, Chancel Choir  
Director and Organist  
Lee Foster

Gospel Spirits Director and Pianist  
Isobel Davies

Refugee Coordinator  
Hkadin Lee

Karen Lay Pastor  
Day Chit

Burmese Lay Pastor  
Simon Kui

Office Manager  
Ken Setera

Custodial Services  
Lloyd Cuyler

**CHURCH CALENDAR:** To see the most up-to-date calendar of church events please visit the Lake Avenue Baptist Church website at [www.lakeavebaptist.org](http://www.lakeavebaptist.org). Please check the calendar for upcoming events, dates and times. Also, if you need to reserve a time and date for an event at the church, it is imperative to check the date on the calendar and to call the church office to reserve that date and time if it is free.

## Our Pastor's Article

This past weekend I had the joy of watching my 11 year old son play four lacrosse games in a provincial qualifying tournament. They needed to win three of the four games to move on to the provincial championship tournament. Ultimately, they won two of the four games ... their season is over. However, I'm not writing about their record. I want to focus on something much more important.

Over the course of two days and four games I was able to see something absolutely wonderful. I saw a group of about 12 boys who are part of a team and recognize the value of playing together as a team. This is a group of boys of various backgrounds who come together for something they love (lacrosse) and who work together to bring out the best in each other and the team. Sure, there are some who like to get the glory of a beautiful goal or a good (and fair) hit, but overall they are committed to working together for the larger purpose of their team ... to play well and to achieve their collective goals (in this case, winning individual games and ultimately the tournaments they have played in).

As I watched (within a very hot and very very stinky arena – the result of hundreds of sweaty boys over a weekend), I thought about the church, particularly our church. No, I don't mean the heat or the smell, though yesterday was particularly hot in the sanctuary. I mean the way LABC has diverse people learning to work together to achieve the goals that are laid out for us or we have discerned are our calling as Christians and as people of faith at LABC.

LABC has a lot of very gifted people. This means that in some cases our division of labor falls along very specific lines. We have preachers and teachers and leaders and builders and helpers and prayers and ... you get the idea. There is a place for everyone on the team at LABC. We are willing to work together and support one another in good times and in struggles. There are times that we together succeed, and there are times that we fail.

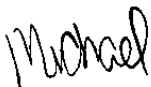
That being said, when we are down, we are willing to refocus on the goals at hand and work together to get back up and try again; to reevaluate what may have gone wrong and to look for a new approach that may have greater success in the future.

Obviously there are differences between a lacrosse team and a church. I'm not trying to say they are exactly the same. What I am suggesting is that many of the values of a successful team may also be seen in a faithful and obedient church, full of people working together for the good of the whole, the good of the community, and the glory of God.

I encourage you all to take a look at two things. First, look at yourself and ask what role you can and do play on the team we call the church. Second, look around and ask yourselves, what can I do to help my teammates called the congregation to be the best they can be? Perhaps it's a word of encouragement, a helpful hand, or a simple smile.

My son lost the tournament with his team, but they won at having a successful year together. Their success had nothing to do with their record and everything to do with their success as a team, a group of people together doing something bigger than themselves. We too at LABC are a team, working together for the glory of God and the love of the world.

"Go Team!"



## LABC WORSHIP SCHEDULE FOR AUGUST

**Sunday, August 7, 2016**, Guest preacher: Rev. Rheanolte LeBarbour: 10:00 am: Worship & Communion for all; Summer Sunday School for children and youth; 11:15 am: Fellowship; 11:45 am: Adult Education; 12:30 pm: Karen Fellowship Worship, Myanmar Christian Fellowship Worship. We collect our Fellowship Offering.

**Sunday, August 14, 2016**, Michael Ford preaching: 10:00 am: Worship for all; 11:15 am: Fellowship; 11:45 am: Adult Education; 12:30 pm: Karen Fellowship Worship and Myanmar Christian Fellowship Worship.

**Sunday, August 21, 2016: 10:00 am: Worship for all and presentation of "Joseph and the Amazing Technicolor Dreamcoat" by LABC Youth!** 11:15 am: Fellowship, Social Hall; 12:30 pm: Karen Fellowship Worship and Myanmar Christian Fellowship Worship.

**Sunday, August 28, 2016:** 10:00 am: Combined Worship Service for All, Summer Sunday School for Children and Youth; 11:15 am: Fellowship; **12:30 pm: Annual Church Picnic at the Wegman's Shelter at Seneca Park (off St. Paul St.)**



## Baptist History and Heroes

We had a great week of VBS learning about Baptist History and Heroes. We had 50 children and youth participate as we learned about Roger Williams, John Leland, Ann & Adoniram Judson, Lott Carey, Helen Barrett

Montgomery and Dr. Martin Luther King, Jr. We talked about the four freedoms emphasized in our Baptist heritage: Bible Freedom, Soul Freedom, Church Freedom, and Religious Freedom. Thanks to our puppeteers and song leaders - Eh Gay Doh, Moo Ler, Po Si Si, Thaw, Mehri, Thaw Thaw, and Jet. (If I missed anyone, sorry!) A special thanks to our guest from LABC history, Helen Barrett Montgomery, played very realistically by Deborah Hughes. When she was asked how old she was and she told them she was born in 1868, we saw the confusion in their eyes and finally

explained that this wasn't actually the REAL Mrs. Montgomery. The older 2 classes had a great field trip to the Divinity School where Garth Brokaw served as their tour guide. Also thanks to Chuck Theis for a very special rendition of his favorite Boy Scout camp song!

We are grateful for everyone who helped make VBS work so well. Adult volunteers included teachers, parent helpers, drivers, snack preparers, and more, plus parents or grandparents who made sure their children were here. I hope I didn't miss anyone in this list, because I want to thank all of you - Bill & Marie Gibbs, Jackie Sullivan, Doris Perrett, Carol Gardner, Eh Moo Paw, Htee Shee, Laurie Harrington, Simon Kui & Jewly Mana, Line Mana, MaMon, Lweezar, Carolyn Argust, Jane Grant, Dumazile Ushe, Bill Reynolds, Michael Ford, Lee Foster, and even Helen Reynolds (Bill's mom who was here the week before and gave lots of help with planning). It "takes a village to raise a child" and it takes loving, committed church family to make VBS happen for our kids.

●VACATION BIBLE SCHOOL VISITS CRCDS

LABC has a very long history with Colgate Rochester Crozer Divinity School (CRCDS). As part of our VBS, Jane Grant organized a visit to CRCDS and Garth Brokaw led our young people on a remarkable tour. Starting outside the building, Garth gave the history of the building, making connections to the LABC community. Once inside, he showed the young people how CRCDS developed into a collection of schools that came together to offer theological education to men and women throughout the years. It was fascinating and informative. It was especially fun to find the former LABC members pictures in the reading room who went on to be Presidents of the school! The last stop on our tour was in the chapel where we met up with our organist, Lee Foster, who gave the young people a great introduction to the organ in the chapel (as someone who has played over 2500 weddings on the instrument, if anyone is a good teacher it's Mr. Lee). The tour ended with Lee playing the bells for all the kids to hear. It was a great way to signal the end of an excellent evening of learning and fun. Thanks to Jane for organizing the tour, Garth for his research and work leading us on the tour, and Lee for his teaching and playing ... the kids loved it! LABC has a long history with CRCDS and we look forward to

working together in the future



**TRANSITIONS IN THE BOOKKEEPER OFFICE**



Over the last six months we have undergone a transition in the bookkeeper office. Frank Maston, who has served on the staff of LABC for a number of years, has moved to North Carolina. Although he was able to complete his tasks remotely, we have transitioned to having this work done "in house." We are incredibly grateful to Frank for his many years of service and wish he and his wife Glenda the very best in North Carolina.

Hkadin Lee is now serving in the role of bookkeeper. She is responsible for accounts receivable (deposits) and accounts payable (pays the bills). We are blessed

to have Hkadin take on this responsibility. It is a very steep learning curve but Hkadin has worked very hard to learn the ins and outs of the job and we will continue to offer her whatever support she needs to complete these assigned tasks.

Further, we are pleased to have Chris Hasenauer continue his role as Treasurer. Few churches have a treasurer who is so good at accounting practices and we are blessed by his willingness to serve.

There are bound to be some bumps along the way as we complete this transition and we appreciate your patience. Please let us know any way our communications would be more helpful to you.

## IN TECHNICOLOR & IN PERSON

By Lee Foster

The youth of LABC will present Joseph and the Amazing Technicolor Dreamcoat on Sunday, August 21. We will hold a two-week drama camp beginning August 8 through August 19, Monday through Friday. For those youth who are not singing, you may want to be a part of the set making during week number 2.



## SUNDAY AUGUST 28TH

We will hold our annual church picnic in Seneca Park at the Wegmans Building on August 28<sup>th</sup>. Following a combined worship service in Karen, Burmese, and English, we will all go together to the park for this great time of fellowship. We plan to start eating by 12:45 p.m. Nurture & Care Committee is organizing food and games. Let us know if you are willing to be on the advance team for early set up, cook hotdogs on the grill, help with serving and/or clean up, or help with activities and games. We need leaders for intergenerational activities, and we need organizers for volleyball, kickball, and soccer. We are asking American-born members to bring dishes to pass - pasta salads, potato salad, green salads, fruits, etc. Karen Fellowship is bringing several large trays of egg fried rice. Myanmar Fellowship contribution is still being

determined. Please talk with Khatom Sorrells, Jackie Sullivan, Carol Gardner, Eh Daw, Aye May Paw, Seng Ja or Pastor Debbie if you want to help!

## OUR CHURCH FAMILY

●Our healing prayers are with **Tom Raisner** following a recent illness.

●We continue to keep in our prayers **Judy Eysvogel** who resides at the Edna Tina Wilson Living Center, 700 Island Cottage Road, Rochester, NY, 14612.

●**REMINDER: Marc Bigsby** will be riding over 400 miles from August 17-21 in the AIDS Red Ribbon Ride. The ride starts in Rochester and continues through the Finger Lakes region before ending back in Rochester (Genesee Valley Park) on Sunday, August 21. The money Marc raises through donations will go to help people battling HIV/AIDS in Monroe County. Trillium Health provides medical, emotional and spiritual support to people battling this disease. Donations can be made to Marc in cash or check (made out to Trillium Health) or online at this address:

["http://trilliumhealth.donorpages.com/ARRR2016/mbigsby1/"](http://trilliumhealth.donorpages.com/ARRR2016/mbigsby1/)



**SEPTEMBER  
2016**

● A WOMEN'S TEA for all the women of LABC – Saturday, September 17, 2 – 4 p.m.

A chance to share in worship, get to know each other better, and learn about each other's cultural traditions of food, drink, and women's ways of being together. We hope all LABC women and older girls will participate.

●SUNDAY SCHOOL START BACK - September 11<sup>th</sup>

Please talk with Pastor Debbie if you are interested in getting involved as a teacher or teaching assistant or have ideas for adult classes for the fall.

**INTERNET SAFETY TIPS FOR  
SENIORS (AND ALL OF US!)**

Thanks to today's technological advances and the relative ease of getting online, we are able to learn new things instantly, check for random weather changes, reconnect with old friends, and check our bank account statements all in the comfort of our own homes.

For many seniors, avoiding the computer isn't an option and they don't seem bothered with the technical details of a computer. They dive right in to master tasks such as saving and printing a document, receiving an email and browsing the World Wide Web. Seniors have discovered that this "new" technology is able to enhance and simplify their lives.

#### BE SAVVY ABOUT ONLINE FRAUD AND SCAMS

Not only do seniors these days manage their money on the net, play games and order their groceries, some have become bolder and have searched for a soulmate online. There are plenty of dating clubs on the internet geared specifically towards senior citizens.

But what about internet safety tips for seniors who are newbies to the online experience? After all, seniors didn't grow up with computers and aren't aware of scams, online fraud, identity theft and spam that they'll soon encounter. Seniors many times aren't aware of the fact that you can't be handing out your home phone number and street address to all those who enter your orbit on the internet. For seniors it may seem as harmless as leaving a business card with someone interested in your products and services, but on the internet it can come with unpleasant dimensions.

**BE WARY OF EMAILS THAT OFFER FREE GIFTS, FREE GETAWAYS AND WHO ALSO OFFER DISCOUNT PRESCRIPTION MEDICATIONS.**

#### PROTECTING YOURSELF AND YOUR LOVED ONE FROM THE PERILS OF THE WEB.

If you are computer savvy, don't allow your mom and dad's unfamiliarity with the web to be a barrier to them enjoying a safe experience while surfing the net. There are some simple but effective internet safety tips for seniors that will protect them against online threats.

In fact, these basic precautionary measures will benefit anyone who uses the computer.

- Make sure the computer has security software on it and also check that the auto-update feature is enabled to ensure your computer has the latest security.
- Passwords need to be unique and strong - these passwords need to be made up of upper and lower case letters as well as numbers. Never reveal your password to anyone online. Passwords are an excellent guarantee of safety and security online.
- Post with caution on social networking sites. It is a good idea to also understand how privacy settings work on social networks.
- Don't automatically install a software because it is free - these types of software are generally riddled with spyware which can slow or crash your computer.
- Attachments can contain a virus and the virus can be transmitted to your computer just as soon as you open the attachment. Be wary of suspect attachments, even from people you may know. If an email or attachment seems suspicious, don't open it. Online criminals often use email to get personal information from you in order to steal your identity. Sometimes these emails will invite you to click a link which downloads malware to your computer.
- Although online banking is very convenient for seniors, be sure to only enter information into security-enabled sites. Sites for instance which begin with **https://** means that the data is encrypted in transit. Look out for this and don't enter any bank details or credit card information into websites that start only with **http://**. (which doesn't have an "s")
- Emotional abuse is as rife online as it is elsewhere. It is best not to satisfy the abuser with any kind of response.

#### DON'T VENTURE ONTO THE INTERNET WITHOUT PRECAUTIONARY MEASURES

The internet holds enormous benefits for seniors, but even though the internet is a useful tool, there are dangers which come with its use. If you are a seasoned internet surfer, do inform your loved one of the nasty side of the internet. They need to use it wisely to ensure it remains an exciting medium of communication for them.

