

Calvary Protestant Evangelical Free Church

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CALVARY CHRONICLE

VOLUME 23, ISSUE 3

MARCH 2021

We live in an age of anxiety, with worry seemingly lurking around every corner. Waves of alarming headlines, social media posts, and stray thoughts threaten to throw us down a tailspin of trepidation. The “what ifs” are endless: cancer, unexplained illness, loss of loved ones, pandemic-related death, financial ruin, violence and riots, raging forest fires, collapsed economies, and a thousand other “worst case scenarios.”

More than ever, we are flooded with information, and much of that information plays on our ungodly fears and anxieties. It can become a playground for Satan’s targeted attacks against us.

So, how can we prepare to face our worst fears? How do we wage war against anxiety?

I believe this excerpt taken from CCEF.org (Christian Counseling and Education Foundation) will be a blessing and insightful in waging war against anxiety. Take and Eat.

Pastor Charlie

Anxious About Nothing

Philippians 4:6-7 tells us, *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”* But how does prayer, supplication, and thanksgiving uproot the weeds of anxiety in our lives? Or to switch the analogy, if fear and anxiety are like the indicator dashboard lights of our soul, how do we identify and address the underlying issues?

“Faith is believing what God says even when the circumstances seem to say otherwise.”

The truth of Philippians 4:6-7 is not a mantra that magically undoes anxiety. That’s not how prayer works (or anxiety). Just asking God to take away the anxiety doesn’t necessarily mean the foreboding fog will lift immediately. In addition to its spiritual roots, anxiety can also stem in part from biological or neurological factors beyond our conscious control. While the battle can be more complex, often our anxieties are revealing of our souls and the breakdown between our stated beliefs and the state of our hearts.

So, before we can become less anxious, we need to first recognize that we need God’s help. We cannot fight the battle on our own and in our own strength. The roots of anxiety run too deep to pull up unassisted. We need our Lord’s help in diagnosing our hearts and identifying the roots of anxiety.

Recognizing Anxiety with Humility

The apostle Peter makes an explicit link between humility and relinquishing anxiety:

“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.” (1 Peter 5:6-7)

To let go of anxious thoughts and fears requires the multistep process of admitting that (1) I am fearful and anxious, (2) I am failing to trust some aspect of God’s character and goodness, and (3) I need his help to cast these anxieties upon him.

In Numbers 13, for instance, twelve spies give a report on the Promised Land that God had given to Israel. It was a land flowing with milk and honey, but they feared the strength of the inhabitants. They began to doubt God’s strength and promise to give them the land. Their fear of the enemies obscured their vision of God’s promise, power, and plan to do what he said he would do.

In that moment, they needed to admit they were afraid of defeat at the hand of stronger armies with fortified cities. They needed to recall afresh God’s promise to give them the land. And they needed to cast their anxieties upon their Lord by believing his word despite the fear that felt more real.

Faith is believing what God says even when the circumstances seem to say otherwise. Faith is seeing God's invisible grace as you're confronted with a real and present danger. The fight to believe that **all things work together for good, for those who are called according to God's purpose** (Romans 8:28) is the daily fight to remember that God is wise, good, sovereign, and at work even in the midst of our fears and anxieties.

Deeply Dependent Battle

When we humble ourselves before God, recognizing our weakness, fears, and anxieties, we can begin casting those anxieties before our Lord in prayer, supplication, and thanksgiving (Philippians 4:6-7). In each step of this process, we recall God's character and promises in our prayers to him. Our prayers switch from "take it away God!" to humble submission and prayerful consideration of God's character.

Father in heaven, help me to trust you with the uncertainty of this situation. You remind me that I have not been forgotten by you, that you number the hairs on my head, and that I do not need to fear (Luke 12:6-7). Help me to trust that you are in control, that you are with me in the days ahead that feel so uncertain, and that you know what I need even before I ask (Matthew 6:8).

Our requests are not too great for our gracious and generous Father. In fact, often when fears and anxieties light up our dashboard, it's a needed reminder to meditate on his word, to admit our fears, to share with trusted friends and counselors, to ransack the Scriptures for God's promises, and to draw near in prayer.

We are not designed to be self-sufficient people. We are needy people who are dependent upon God, his word, and his people to wage war against anxiety.

God Never Frets

As much as it depends on you, wage war on anxiety by targeting the root. Experienced gardeners will tell you that the best defense against weeds is a good offense. Strong flourishing perennials, a well-fertilized vegetable garden, or even thick green grass soak up the nutrients and crowd out the weeds. Similarly, as we uproot anxiety and fear, we must replace it with dependence, trust, faith, and intimacy with Jesus.

Foundational in the fight against anxiety is discovering a deeper joy and satisfaction in God. Not only is he trustworthy, sovereign, in control, and good, but he is the source of our life. Jesus's death and resurrection are not just a Band-Aid applied over a broken bone, but a splint and cast that holds us firm in the midst of the fear or pain. And in the process of prayer, supplication, and thanksgiving, we do not mindlessly rehearse mantras, but we draw near to a person. We do not get quick fixes for anxiety, but we draw deeper into relationship with the Lord of heaven and earth, who upholds all things in his sovereign hands.

We wage war on anxiety by remembering that we have been brought into union with the triune God - Father, Son, and Holy Spirit. And amazingly, God never frets. He fears nothing, is never anxious, and is never overwhelmed. In his perfect peace, he promises us - his children - perfect peace as well. (Isaiah 26:3) says, *"You keep him in perfect peace whose mind is stayed on you, because he trusts in you."* We wage war against anxiety by tethering our hearts and minds to Christ.

Church Updates

It is coming up to a year since the original shut down due to the pandemic, where large gatherings are discouraged and people are asked to practice social distancing. Hopefully, with the availability of the vaccine, as positive cases decrease, and with warmer weather ahead, we will be able to return to some normalcy in the near future.

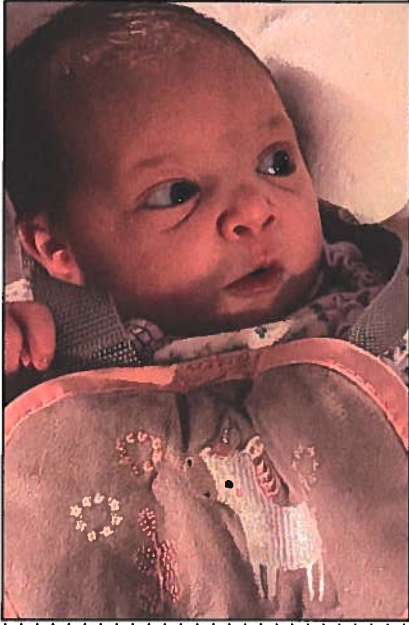
In the meantime Calvary Church will continue to have two worship services on Sunday: **9:30 a.m. service is held downstairs; 11:00 a.m. service is held upstairs in the sanctuary.** Face masks must be worn during the service, and to physically distance from one another seating is separated.

The sermon is still being recorded and posted on the church website (www.epcbaldwin.com - click on "YouTube") and streamed on YouTube at www.youtube.com (search for Calvary Church, Baldwin, NY).

Children's Church meets via Zoom Sunday mornings at 10:30 a.m. The kids are learning about the life of Jesus, and the events leading up to His crucifixion and resurrection.

The **Wednesday Night Bible Study** meets at the church at 7:00 p.m. The men and women are studying from the book of John I, and also have a time of prayer.

The **Ladies Bible Study** meets the 1st and 3rd Thursdays of the month via Zoom at 7:30 p.m. The ladies are studying the book of Acts.



IT'S A GIRL!!!

Congratulations to Joe and Louise (Brewster) Fazzino on the birth of their daughter, Athena Diane. She was born Tuesday, February 23rd, at 11:08 a.m., weighing 9 lbs. 5 oz., and 21-1/2" long. Mom and baby are doing well, and brother David is excited to have a baby sister.

Joe and Louise picked the name Athena as soon as they found out they were having a girl. Athena's middle name was chosen in memory of Louise's mom, Diane.

May God bless, protect, and watch over precious little Athena.

SENIORS MEALS ON WHEELS

It's just about spring time and since the April Seniors Luncheon cannot be held at the church, we are offering to bring a delicious cooked meal to our seniors in time to celebrate the Easter season.

Chef Ralph will be busy cooking the morning of Tuesday, March 30th. By early afternoon the meals will be packed up and ready to be either picked up at the church, or arrangements can be made to have it delivered to your door.

This dinner is also being offered to shut-ins or those in need from the church family. Please call the church (516-223-4070) by Thursday, March 25th, to get your name on the list.

Time to change the clocks



Spring is almost here! Daylight hours are getting longer, cold weather is fleeting, birds are singing, and new life can be seen in flower beds and on trees. With spring comes the time to change the clocks.

Daylight Saving Time begins Sunday, March 14th, at 2:00 a.m. At this time of year the clocks spring forward one hour. Many clocks and electronics change automatically, so be careful to check for the correct time in the morning.

If you happen to forget to change the clocks, or even lose track of time, you won't miss the worship service as you can catch the sermon on-line.

The Easter season will soon be upon us as we celebrate the resurrection of our Lord.

Palm Sunday - March 28

Good Friday - April 2

Easter/Resurrection Sunday - April 4

Calvary will have two services on Palm Sunday and on Easter - at 9:30 and 11:00 a.m. A decision has not been made as of yet about a Good Friday Service. Up-to-date information will be sent out via the weekly e-mail. If you are not currently receiving the weekly updates and announcements, contact the church (223-4070) and you will be added to the e-mail list.

As Easter approaches, let us prayerfully forget what is behind and say goodbye to what is called the "new normal," and let us begin to press on towards our goal of living a new life in Jesus Christ.

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2801 Park Avenue
Baldwin, NY 11510

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BIRTHDAYS

MARCH

4th Susan Deedy Mahoney
7th Natalie Heneghan
8th Gisele Sandoval
14th Danny Forbes Breen
15th Christina Mandato
16th Patti Senita
17th David Fazzino
18th Lucas Nehring
18th Laura Nicolich
18th Emilyn Porter
19th Evelyn Sangster Barnes
21st Lois Smith
22nd Melinda Jones
22nd Karen Senita
23rd Elijah Toussaint
23rd Brant Waldvogel
24th Bill Chalavoutis
24th Michael Nicolich (Jr.)
25th Larry Kulla
29th Tom Corcoran
30th Carmine Dapice
30th Bonnie Rose

APRIL

3rd Abbie Wong
5th Samantha Seymour
7th Debbie Porter
13th Howard Brockway
14th Leah Nicolich
15th Barbara Johnson
16th Barbara Grant
17th Ree Kelting
20th Rose Nembhard
21st Mary Jo Dapice
21st Joe Fazzino
22nd Maryann Brockway
22nd Sotar Lloyd
24th Carter Miller
24th Rosemary Rotolo
27th Karen Linhart

**Happy
Birthday!**

ANNIVERSARIES

MARCH

17th Joe & Thalia Waldvogel
27th Cecil & Debbie Porter
30th Paul & Rose Nembhard

APRIL

12th Greg & Susan (Deedy) Mahoney
26th Charles & Evelyn Barnes

Holy Hunger?

After church one Sunday, the children of a family were trying to persuade their father to buy them a hamburger, soda, and ice cream. But the father protested saying, "Where does it say that you kids should always get something to eat and drink right after church?"

"In the Bible," his son responded. "It says, 'Blessed are they which do hunger and thirst after righteousness.'"