



WESTERN MOUNTAINS BAPTIST CHURCH

Volume 15, Fall 2022

PT Corner

It seems most New Englanders call Autumn their favorite month, and for good reason. The changing leaves are beautiful, the weather is perfect, and there are no bugs to drive you crazy when out of doors. It happens to be my favorite as well, for all these reasons and more.



In the fall of every year, there are two events that help to encourage me as a Pastor. First, just after Labor Day every year, Betsy and I get to attend the Pastors and Wives Encouragement Retreat, hosted by Phil Waldrep Ministries.

Second, on the first Saturday of October every year, the Maine Baptist Association holds its annual meeting (October 1 at Penney Memorial Baptist Church in Augusta this year).

Why do these two events play such a role in making my Autumn so special? Both events show me that I am not in this spiritual battle all by myself! And make no mistake – we are ALL in a spiritual battle! The Apostle Paul reminds us of this in Ephesians 6, verse 12

For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

At the retreat, I am surrounded by over 200 other Pastors and their wives from all over New England. And they are fighting the same kinds of battles I am fighting – both outside the church, and even inside the church. At the Annual Meeting, I am surrounded by Pastors and church members from all over Maine – from Caribou to North Berwick and all points in between. And these men and women are fighting the same kinds of battles that I am fighting.

We learn from one another. We talk about strengths and weaknesses. We talk about what works, and more importantly, what does NOT work. We ENCOURAGE one another in these battles.

Friends, this also happens every single Sunday in the local church, or at least it should. When we gather, may we talk about the spiritual battles. May we encourage one another in the fight. May we talk about what works, and also what does NOT work. May we learn from one another's mistakes, so that we do not have to suffer the loss ourselves.

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Kingfield Days

As part of our community outreach, WMBC participated in the annual Kingfield Festival Days. We featured a prayer booth, free snow cones and popcorn, a misting tent and assistance with the bounce houses.



The prayer booth saw more activity this year with approximately 20 prayer requests submitted. The prayer teams on subsequent Sundays prayed over these requests and we look forward to how the Lord will answer faithfully. Also, free Bibles and tracts were readily available for the taking.



It was a perfect day for snow cones and a misting tent! The snow cone machine was very active with approximately 175 pounds of ice crushed for this cool, refreshing treat. The misting tent had quite a bit of traffic, including happy canine customers.

All in all, the people who stopped by were very thankful for all of WMBC's offerings at Festival Days.



We are grateful to the volunteers who participated in the fun and helped make the day a success.

—Chris Gallup

Baptisms

WMBC had two **Baptism** events over the summer. One was at Clearwater Lake and another at Gilman Pond. Seven believers stirred the waters of Baptism. Here is Karin Love's account:



On July 31, 2022 our whole family was baptized in Clearwater Lake. It was an amazing experience, one that will forever be in our memories and hearts. The water was warmer than usual, and you could feel God's warmth and presence. How blessed we felt that people were there to celebrate and support us. I was humbled by the experience, and grateful for the day. God picked the perfect time for it to happen, everything about it felt right!

Clockwise from top left. Karin, David, Summer, & Skylar Love



Lynne Pieren

Becki Brown

Dominic Falk

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Hebrews 10, verses 24 and 25 instruct us well.

24 and let us consider how to stimulate one another to love and good deeds,

25 not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.

God has a plan and a purpose for the gathering together of the Saints. The writer of Hebrews gives us some important aspects of the gathering. Demonstrating love – encouraging each other to do good – lifting one another up as we see the world sliding down into the pit, as is promised, with the approaching Day of the Lord.

We can all come up with really great excuses to miss the gathering of the Saints. But what we miss when we are absent is this encouraging – this demonstration of love – this strengthening as the Day of the Lord draws near. And maybe it is YOU who needs to encourage others. Maybe it is YOU who needs to demonstrate love to others. Maybe it is YOU who needs to lift up a brother or sister that is struggling. We are all part of the Body of Christ for a reason.

Annual River Rafting Trip

I enjoy taking my church family down the river because it gives us time to visit without distractions. The river has always seemed to me that once you are on it, you are “set aside” from the rest of the world. A place where you can be free but not careless. Some of my best memories with my family were formed on the river and I love to share that with my church family.

— Chris Dunphy



Youth Group

As of September 18th, we once again are offering Youth Group. Marilyn and Jason Robichaud are excited to offer Jesus-focused fellowship with the young people in our surrounding communities. All 8th-12th graders are invited every Sunday evening, 6:30-7:30 at the church.



For even as the body is one and yet has many members, and all the members of the body, though they are many, are one body, so also is Christ.

—1 Corinthians 12:12

Directory

The Directory is here! The Directory is here!!! Please be sure to pick up your copy from the back table in the foyer. A big thank you to Marilyn and Jay Robichaud for this labor of love. Now we can learn that person's name that sits on the other side of the church. Enjoy!



When God Calls Us to Minister to Loved Ones

Contributed by Jean and Carter Sawtell



Perhaps you've had this experience, you come home from the doctor's office with a parent or spouse who has just been diagnosed with dementia or Alzheimer's disease. You had noticed some memory lapses and some unusual behaviors, but you expected these were natural changes accompanying aging. Feelings of panic run through you as you envision your future plans dashed. Or perhaps in the same situation your loved one has had a stroke, or has been given a diagnosis of COPD, Parkinson's disease, MS, or a heart condition. All of these are progressively debilitating diseases which causes changes in lifestyle. There may be doctor's restrictions, guidelines to follow, medications to manage, therapies such as OT, PT, and/or speech to keep up.



If you are called upon to care for a loved one here are a few things to consider; educate yourself about the diagnosis then, as best you can, help your loved one accept the limitations and restrictions. Try to stress the positive things that your spouse or parent can still do. Focus on their capabilities rather than the disabilities. Next, carry on daily routines and normal life experiences as much as possible. Keep up exercise routines, go for walks, walk the dog, or use an exercise machine within the doctors limitations.

Continue normal activities at home and in the community with modifications or assistance as needed. You may need to schedule home health and therapy visits. As completing household tasks becomes more challenging, you may need to arrange for help with finances, housekeeping, transportation, meal preparation or hygiene. Maintain regular quality of life as much as possible including interactions with other people in social situations as long as they do not cause confusion or added stress.

As an occupational therapist, I was trained years ago to take care of the physical, social, and emotional needs of patients. I was taught many techniques to help the elderly improve the quality of their lives. In those days I saw one person at a time for an hour each. At the end of the day I went home. When you are living with a parent or spouse who can no longer care for themselves, you don't have the luxury of going home. You are already there. You may find it hard to get away and you might feel all alone in this new responsibility. Now, as a believer, I realize I have more resources than my training and experience. I have access to God's abundance through Jesus Christ, our Lord and Savior. **Philippians 4:19.**

Unfortunately, there are quite a few progressively debilitating conditions; some like MS and Parkinson's disease cause decline in muscle strength and control. Others like dementia and Alzheimer's disease involve thinking skills and memory. Once changes have started in the brain that cause memory loss over time, changes are noticed such as confusion, poor judgment, loss of reasoning power, and personality changes. A kind, gentle person may become violent, verbally abusive and see you as their enemy. The person you knew and loved is not the one who stands before you. You will not be thanked or appreciated for all you do. Nothing can really prepare you for these changes. Although each person is different, there are some similar patterns. If you have a parent or a spouse in the early stages of dementia/Alzheimer's you may gradually experience a role reversal. You may be forced to assume the role of parent as your own parent becomes dependent and childlike. The husband you have depended upon may now be helpless in some areas. You may need to assume the responsibilities that once were his.

This role reversal doesn't come easy. There is a strong drive in all of us to be independent.

Unfortunately, that drive to maintain control when memory is slipping away often leads to uncooperative behavior. You may have already noticed poor recall of recent events. Perhaps what you discussed yesterday has been forgotten. You advised your parent or spouse to do something yesterday and today he or she denies it saying you never said such a thing. There is a lot of frustration and emotions that build when you are both adamant about being right. It's very easy to get into a power struggle over just about everything. The bottom line is you need to help your loved one stay safe and cared for. Let the little things go, but hold the line on safety issues. If you both get emotional, the memory of your argument becomes stronger and the behavior more intractable.



Reasoning no longer works. If you can use humor or some other distraction perhaps you can circle back to get cooperation on an important issue at a later time. One of the hardest things about the dementia diagnosis is that there is no cure right now. Your loved one's condition will not improve and you are there to witness every detail. The best you can do is try to manage the situation day by day. If your loved one is a believer, these changes seem less drastic. There is generally less fear, greater trust, and thankfulness toward caregivers.

As a person's memory and thinking ability decline, that person's world shrinks. Recent acquaintances, activities and skills are forgotten, long-standing routines and habits remain. Old memories and skills and interests are more intact and are last to go. Building on these good habits, old hobbies and routines provide a structure and stability. Try to create a schedule around them. Try to build in daily routines and stick to them. Use a calendar of appointments and events, visual cues, notes, and reminders as long as possible.

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Expect emotional changes. When people realize they are forgetting things they become scared. They may become suspicious and controlling. Not passing a drivers test or having a car accident may be a glaring sign of impending loss of independence. If a parent or spouse is no longer able to drive, other people in the family will be affected too. What change does that mean for others who have to take over responsibilities that used to be handled by their loved one?



One of the 10 Commandments of God is to honor our parents. If you have taken the marriage vows you realize your commitment to honor your spouse as well. How do we do that? We listen to them. We listen intently with eye contact. We value what they value. Doing this gives them worth. If they want the furniture placed a certain way or items placed on the kitchen counter in a specific spot, do it. Instead of saying that's foolish or doesn't matter. It matters to them. If it's not a safety issue, let them have their way. They need to feel that they have some control in their lives. Listen to what's important to them and try to comply. You take care of the health and safety issues, but respect them enough to let them have their way in the little things. Honor their preferences. This takes patience. Sacrificing your will for the will of another is what Jesus did in Gethsemane when He said "...Not my will, Father, but thine..." [Luke 22:42](#).

God uses this time of learning to care for the needs of another to change us. When I was caring for my mother at the end of her life, I was forced to see how inadequate I was. I didn't have the patience I needed. I kept pushing my agenda instead of seeing and honoring what was important to her. We were in constant conflict. She wanted to be in control, but was no longer capable. I wasn't wise enough at the time to let the little things go her way and just take care of the health and safety issues my way. I needed more patience, more wisdom, more understanding. I needed to trust God for those things and not think I was doing the job alone. [Joshua 1:9](#).

I have been trained to help elderly people and others with disabilities. I helped care for my aging parents and was primary caregiver for my mother for five years. Since I retired I have continued part-time end-of-life care. In each case I was part of a team of at least two other people. When a person needs daily help, you can't do it alone. If you are a primary caregiver and you have siblings who aren't helping physically, see if they will help pay for additional caregivers. If your spouse is the one in need, see if your children can help pay for additional help. If there isn't money available to pay for more help, perhaps you can schedule some friends to come visit, share a meal on a regular basis, and spend some time with your loved one doing what he or she enjoys such as playing a board game or assembling a puzzle so that you get a few hours off. Find a support group or start one at your local church or community center. You are not alone. There are many of us who will be, have been or are now going through the experience of caring for a family member who is no longer able to live independently. I'd like to recommend a book that is helpful when dealing with dementia. "A Healthy Brain for Life: How to Prevent Alzheimer's, Dementia, and Memory Loss" by Richard Furman MD, FACS.

Each day as a caregiver is a challenge. To be a primary caregiver takes supernatural help. All the qualities we need to continue as caregivers God provides in a neat package like a bunch of grapes in the form of the Holy Spirit. [Galatians 5:22-23](#).

Jesus came to serve and to save. He is our example of loving others even when it's hard. To carry on when we are not appreciated, takes strength beyond our own, but it is nothing compared to the agony Christ suffered knowing the cross was before Him. We are to count it a privilege to suffer for Christ's sake. [1 Peter 5:10](#) & [1 Peter 2:19-21](#).

If we can show the love of Jesus Christ to those we care for, we must realize, we cannot do that in our own strength, but He is able. It's the power of God working in us that make us able and we give Him the glory. We can't take the credit. If we honor our parents as it is commanded and fulfill our marriage vows "in sickness and in health" we are rewarded with joy, and **the joy of the Lord is our strength. Nehemiah 8:10.** That's supernatural!



Let all that you do be done in love.
1 Corinthians 16:14

"And my God will meet all your needs according to the riches of his glory in Christ Jesus." - Phil 4:19

"Have I not commanded you? Be strong and courageous. Do not be afraid: do not be discouraged, for the Lord your God will be with you wherever you go." - Joshua 1:9



Bear one another's burdens, and so fulfill the law of Christ.
Galatians 6:2

Share the Gift

A source of joy is knowing that you will see your loved one again in Heaven. If you are not sure of their beliefs, perhaps you could ask questions like, "Do you know where you are going when you die?" or "if you were to go to Heaven, why should God let you in?" If you get the idea that your parent or spouse has depended on being a good person, church attendance or good works, there is still time for prayer. Ask God to draw your loved one to Himself and open their understanding about salvation through Jesus Christ alone. If your loved one is a believer or on the fence, **Colossians 3** has much to say to guide us: **verse 1** reads "...set your affection on things above, not on things on the earth..." **Verse 16** gives us ideas of how to spend the time that is left "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in Psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord..." Your loved one may enjoy listening to hymns and praise music, listening to Christian radio, sermons on CD or YouTube. Having scriptures about salvation, forgiveness, and Heaven read out loud may strengthen hope for the future or stir up a commitment. Praying with your parent or spouse and encouraging them to trust in Jesus as Savior is one of the most important things you can do.

It was not until very close to the end that God gave me the courage to confront my own parents. I told them that they could not expect to go to Heaven if they left Jesus out of their lives. They believed Jesus was real, but never consulted Him or asked for forgiveness or guidance. They believed in the "Golden Rule" and they were depending on their own goodness to earn them a spot in Heaven. Why did Christ have to suffer and die if it were not absolutely necessary? He defeated death and rose again! He shows us that we must acknowledge our sins and our self righteousness. When we believe that He took the punishment for us as payment for our sins, we are accepting what He has done for us as a gift. We cannot earn it. **Ephesians 2:9**. But by believing in what He did, we know that we too will be raised up when we die. With this confidence, we can look to Jesus for our salvation and no longer stress about losses in this life. We can rejoice with our saved loved ones and look forward to spending eternity in Heaven with them, with God and with other believers. **John 14:1-3**. Yes, this too is supernatural and we praise God for it!

—Jean Sawtelle

October is Pastor Appreciation Month

Then I will give you shepherds after My own heart, who will feed you knowledge and understanding. **Jeremiah 3:15**



Thank you Pastor Tom for your commitment to Christ and your flock!

What's Happening @ WMBC

October

- 1st—Men's Breakfast @ 8am
- 1st—MEBA Annual Meeting, Augusta
- 2nd—Lord's Supper
- 4th—Church Leadership Team @ 6:30pm
- 7th—Drive-in Movie Night @ 6:45pm
- 11th—Women's Fellowship @ 1pm
- 11th—Pastor, Elders, Deacons Meeting @ 6:30
- 14th—Family Game Night @ 6:30
- 23rd—Pot Luck After Church
- 25th—Women's Fellowship Meeting @ 1pm
- 25th—Pastor, Elders, Deacons Meeting @ 6:30pm
- 29th—Bridging the Gap

November

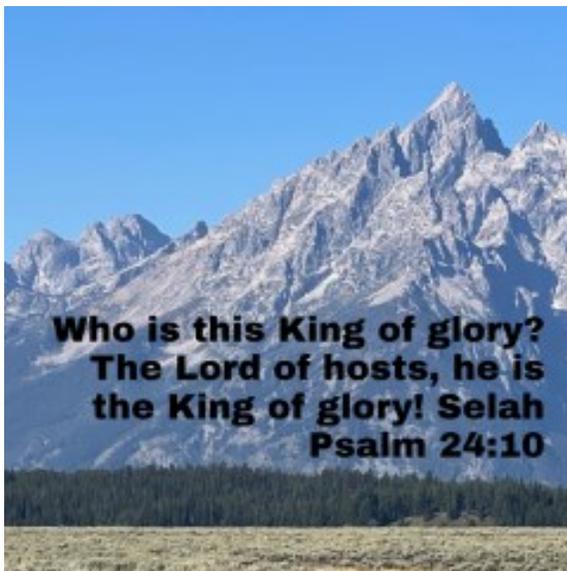
- 2nd—Church Leadership Team @ 6:30pm
- 5th—Men's Breakfast @ 8am
- 6th—Lord's Supper
- 8th—Women's Fellowship Meeting @ 1pm
- 11th Family Game Night
- 19th Bridging the Gap
- 22nd—Women's Fellowship Meeting @ 1pm
- 22nd—Pastor, Elders, Deacons Meeting @ 6:30pm

December

- 3rd—Men's Breakfast @ 8am
- 4th—Lord's Supper
- 6th—Church Leadership Team @ 6:30pm
- 9th— Family Game Night
- 13th—Women's Fellowship Meeting @ 1pm
- 13th—Pastor, Elders, Deacons Meeting @ 6:30pm
- 27th—Women's Fellowship Meeting @ 1pm
- 27th—Pastor, Elders, Deacons Meeting @ 6:30
- 31st—Bridging the Gap

Weekly Meetings @ WMBC

- Sundays @ 6:30pm—Youth Group
- Mondays @ 9am—Strong Bones Exercise for Seniors
- @ 6:30pm—Men's Bible Study
- Tuesday @ 9:00am—Ladies Sewing Class
- Wednesdays @ 9:00am—Ladies Bible Study
- @ 3:00pm—Adult Bible Study (Freeman Twp)
- Thursdays @ 9am—Strong Bones Exercise for Seniors
- Saturday @ 6:00pm—Prayer Meeting



Practice Prayer

There is no way of learning to pray but by praying. No reasoned philosophy of prayer ever taught a soul to pray. We know not what we should pray for as we ought, and if prayer waits for understanding it will never begin. We discover by using. We learn by practice. Though a man should have all knowledge about prayer, and though he should understand all mysteries about prayer, unless he prays he will never learn to pray. —Samuel Chadwick

We are looking for contributions & ideas for future newsletters. If you have ideas to share, please contact the Newsletter production team of Crystal Fitch, Pat Pray, Chris Gallup or Carol Thomas or email:

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