

First Baptist Regina Weekly News

For the week of July 11th, 2021

Dorothy Day is widely quoted as saying, “My strength returns to me with my cup of coffee and the reading of the psalms.” Maybe coffee is not your cup of tea, but I hope the Psalms are.

The more I learn from the lives of remarkable Christians, the more I find they kept pretty firm habits of daily prayer several times of day, which included the Psalms. They were people, like Day, who, in different ways, had a close connection to God and a loving commitment to live with and for other people. Some confessed that the Psalms didn’t always feel good or make sense, but they persisted.

Maybe someone could argue that they are doing just fine without the Psalms. I’m not sure it is so simple. First, it is a lifelong experiment. Tell me at the end of life that the Psalms were not valuable. Even then, we would really need two identical versions of the same life to compare: one with the Psalms and one without! Which was the better life? What we do have is the testimony from the Christians who came before us. Daily Psalms were frequently (if not always) part of regular daily prayer.

This points to another reason to keep up the old habits. It is not just for ourselves that we live. We work at the habits we were taught in order to pass on a way of life to the next generation.

Some Psalms are hard to understand. Some are disturbing. But more of them are accessible and meaningful. Start your day with a Psalm.

“Let me hear of your steadfast love in the morning, for in you I put my trust.

Teach me the way I should go, for to you I lift up my soul.” *Psalm 143:8*

With my prayers



Pastor Joel



Increased Capacity at Sunday Worship Services

Provincial restrictions have been dropped as of Sunday July 11th.

We have increased our capacity level for Sunday worship services but we will continue with a few habits for at least a few weeks.



First, as you are probably aware, we are all at different places regarding our comfort level in joining a public gathering. Some are already very comfortable being out in public. On the other hand, some have hardly ventured out of their homes for quite some time. In light of this, we can care for each other by being patient and gentle with those whose comfort level is different than ours.

Second, while progress is being made in our goal of returning to a more normal way of life, the pandemic is not over yet. Regina only recently dropped below 100 cases and re-opening may affect these numbers.

For all these reasons, for the remainder of July we will continue to follow a few guidelines:

1. Wear a mask that covers mouth and nose while indoors.
2. Wash hands with sanitizer when entering the building.
3. Use the arrows on the floor when entering and exiting. Our ushers are also there to help.
4. Recognize that some will still want to keep 2 metres of distance for a time. Usher will seat people with this in mind.

As it is summer, we can head straight outside to visit, rather than using the foyer or aisles for that purpose.

Zoom participants will continue to be fully included as part of Sunday morning worship at 10 am.

Celebrating our Youth Graduates

Adoniram, or Adi Holtslander has graduated from Grade 8 and will be attending Leboldus High School in the fall. We are so grateful for what he brings to our youth group and this faith community. His willingness to share his gifts with others, his sense of humour, and his gentle spirit are evident and appreciated.

Nathan Metebkwane has graduated from grade 8 and will be attending Luther College High School in the fall. Nathan displays a keen sense of both responsibility and maturity. He is very competitive, but fair, in sports, works hard, and is always willing to serve others when asked to do so.

Isaiah Gangon, who graduated from grade 12, has been attending our youth program for the last 5 years, and brings a lot of joy, humour, and positivity to our group. He is an incredibly thoughtful, kind, and creative person who ensures that others feel welcome and engaged in whatever activity we are doing. Isaiah plans to attend the University of Regina next year and is enrolled in Psychology. His mother says “Isaiah is tremendously courageous and kind. He has adapted to living in two countries and five houses, and has attended five schools. I’m proud of the way Isaiah befriends the marginalized and tries to include everyone. He is incredibly likeable with a contagious, dry sense of humour and kind smile”.

Adam Johnston, who also graduated from grade 12. He has been attending our youth program for 5 years. He is enrolled at Saskatchewan Polytech in Prince Albert in the Resource and Environmental Law program. This will allow him to become a Conservation officer, which is a dream job that compliments who he is so well. His parents say. “We are so proud of Adam. He has grown to be a conscientious, thoughtful, and hardworking young man”.

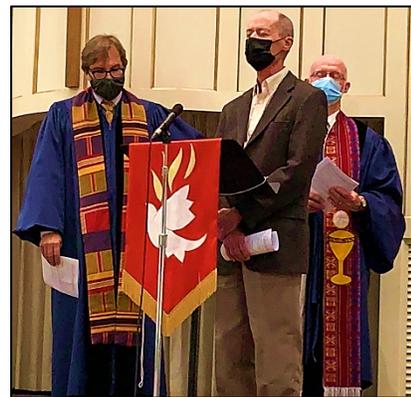
We are thankful for these young people—for their presence in our community, for their light that shines, and for the ways in which they reflect the image of Christ. Please pray for each of them that they would continue to walk in a way that honours God.

Pastor Chris

We Reflect, and Give Thanks to God...

Sunday, June 27th, was the Rev. John Nelson's last service as part of the pastoral staff of First Baptist Church Regina. It was a joyous remembrance of his 35 years of ministry with us, and a service of gratitude to God for what *God* has done through John and in our midst. It was very special to have his three children present, and to have Becky play the piano so beautifully. And of course Debby, his faithful partner in a life of ministry, was there as always. We gave John a love gift from his beloved congregation, and commissioned him with word and prayer to go forward to the next fruitful season of his life, with gratitude and praise to God. It was a deeply moving and glorious service of worship to our God.

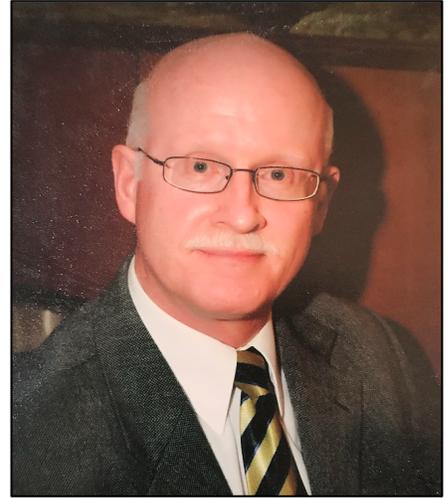
And while it marks the end of a season, it is not the end of ministry, for John or for us! For our God reigns!



Notes of Thanks

Dear Church Family,

There are not enough words in the English language to adequately express my heartfelt thanks and appreciation for the outpouring of love that was conveyed in notes, letters, emails, texts, love gifts, May 30th's Farewell, and the Decommissioning Worship Service of June 27th. Your encouragement, love, and support over these past 35 years for myself, Debby, Rob, Becky, and David, have left indelible impressions upon our lives. It has been a privilege and honour to have been able to serve you through ministry over these past many years. Dr. George Baxter once said to me, "John, you are rich beyond measure if you have an overflowing storehouse of memories." Thank you all for enriching our lives and filling our storehouses with an abundance of treasured memories! May God bless each of you, and God bless First Baptist Church which is truly a wonderful, loving, place to belong!



In Christian Love,

John Nelson, Jr.

I want to extend my sincere gratitude to everyone at First Baptist Church. It has been a real blessing to be part of the music ministry, and part of the FBC family. Thank you for your many kind words, and for the amazing parting gifts – your generosity is overwhelming!



A special thank you to John, Mark, and the Sanctuary Choir for your constant support and encouragement over the years, for your prayers, and for your friendship. It has been a privilege to be part of so many wonderful musical collaborations with you, and more than just music, meaningful worship has always been the focus. Thank you for all that we have shared.

First Baptist Church certainly is a "place to belong." I pray that God will continue to bless you all in the years to come.

Sincerely,

Christa Walsh

Summer Schedules

Preaching

July	4	Joel
	11	Richard
	18	Joel
	25	Kayely
August	1	Joel
	8	Joel
	15	Joel
	22	Richard
	29	Jennifer H
September	5	Chris

Music

Date		Pianist	Song Leader(s)
July	4	Melissa Morgan	Bryan & Carmen Orthner
	11	Melissa Morgan	Bryan & Carmen Orthner
	18	Brianna Levesque	Rosemary Ward & Derrick Bellows
	25	Brianna Levesque	Marilyn Phillips
August	1	Karen Martin	Karen Martin
	8	Rob Nelson	Amy Warren
	15	Karen Martin	Karen Martin
	22	Rob Nelson	Rob Nelson
	29	Lorna Gorman	
September	5	Karen Martin	Karen Martin

Reaching Staff this Summer

These are the best days to reach staff at the church by phone or by stopping by:

Monday: Joel, Kayely, Richard, Esther

Tuesday: Joel, Esther

Wednesday: Joel, Richard, Esther

Thursday: Joel, Esther

At times, staff will be out or with someone. Sometimes, we do need extend time to focus on work. We also want to be ministering outside the church. People rarely walk into our building. Therefore, sometimes that means sitting in coffee shops or in our yard and in contact with our neighbours.

Please feel free to call any pastor on our own phones as well no matter what day it is. (Our numbers are in the church directory.) This is not an intrusion. We will manage our time and we believe it is important that the church be part of your life. If you leave a message at the church on Friday, there is a good chance it will not be answered until Monday.

If you need a directory, call the church at (306) 359-1450 or send us [an email](#), and we will get you a copy.

Psalms for the Summer

A beach bag-ful of miscellaneous info about The Psalms as we begin a sermon series on them.

Did you know that...

1. Psalms have been an expected part of a Christian's daily prayer throughout Christian and Jewish history. This was news to me (Joel) and I'm not there yet.
2. The 'p' in psalm is silent. :)
3. The Psalms take all of God's laws and all of God's promises, and then compare these with real life: "God, you walked off and left us and never looked back. If you are faithful, how could you do that?"
4. The Psalms help us to name our emotions, a key step for children and a skill that many adults could practice! Instead of bottling up or denying our anger,

depression, pain, guilt or any number of other feelings, the Psalms honestly and bluntly dump them before God, “I’m feeling THIS!” And the Psalms expect God to respond to us.

5. The Psalms were all likely set to music. There appears to be music directions among the Psalms.
6. King David (of Goliath fame) wrote many of the psalms but much later another person arranged all the psalms of David’s and others’ into 5 separate “books” within the big book of The Psalms.
7. Many of the individual psalms follow a cycle moving from faith, to nothing making sense, and then back again to faith. The writers 1st, describe God; 2nd, look at something in their life; 3rd, wonder what this means about God; 4th, affirm their faith in God; 5th, experience God’s goodness again.
8. The whole book follows a cycle as well. Psalm 1 sets the tone by describing two ways of life. Psalm 2 presents the Messiah, God’s chosen king.
9. The Psalms are especially grim in “book 3”. Psalm 88 ends with the bleak phrase, “darkness is my closest friend (NIV)”, without any positive word to balance this.
10. From there, the psalms get more hopeful, recalling God’s goodness and faithfulness.
11. Each of the 5 “books” ends with “praise the Lord” and praise keeps building through to the last five psalms which all begin and end with “praise the Lord”, up to the last psalm in which every verse calls us to praise God.
12. Psalm 119 is the longest psalm, and the longest chapter of the bible, at 176 verses. It is an acrostic poem in Hebrew (as are a number of psalms). Each letter of the Hebrew alphabet gets eight verses, each verse beginning with that letter of the alphabet.
13. Reading through The Psalms every month or so takes or prays a person through the ups and downs of life that most of us experience. God is there through it all.
14. Praying through The Psalms changes how we pray and how we look at life. It is a great, life-changing habit for anyone to establish at any age.

An idea for the road trip, the tent, the cabin, the lazy summer mornings: read and pray through all The Psalms this summer.

No need to be a perfectionist – do the best you can and don't give up if you miss a few days! Here are a few suggestions for how you could do this:

- Read 5 psalms each day
- Use the Book of Common Prayer
- Search online: "The Psalms in one month"
- Ask Pastor Joel for a monthly reading plan

Two Gentlemen Waiting for a Train

I bought a newspaper, to do the crossword, and went to the buffet to get a cup of coffee and some cookies. Laden with all these new possessions, I went to sit at a table. There was a guy sitting at the table already. Perfectly ordinary. Briefcase. Business suit. He didn't look as if he was about to do anything weird. I placed my things on the table and sat down. I open the crossword.

After a minute, the man in the suit did this: he leaned across the table, picked up the packet of cookies, tore it open, took one out, and ate it. I did what any red-blooded Englishman would do. I was compelled to ignore it. I searched my soul, and discovered that there was nothing anywhere in my upbringing, experience or even primal instincts to tell me how to react to someone who has quite simply, calmly, sitting right there in front of me, stolen one of my biscuits.

I stared furiously at my crossword. Took a sip of coffee. I braced myself. Then I took a biscuit, trying very hard not to notice that the packet was already mysteriously open. Then man in the suit took another one and he ate it.

The problem was that having not said anything the first time, it was somehow even more difficult to broach the subject a second time around. So, I ignored it with, if anything, even more vigor than previously.

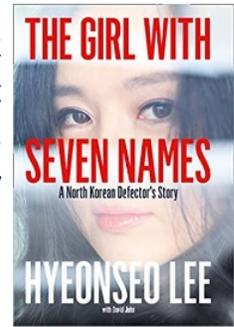
Staring at the crossword, again, I took another biscuit. And for an instant our eyes met. Just for an instant. And we both looked away. But there was a little electricity in the air.

We went through the whole packet like this. There were only about eight cookies, but it felt like a lifetime. He took one, I took one, he took one, I took one. Finally, when we got to the end, he stood up, without a word, and walked away.

A moment or two later the train was coming in, so I tossed back the rest of my coffee, stood up, picked up the newspaper. There, underneath the newspaper, was my packet of cookies. *Douglas Adams*

Voice Novel Study...The Votes Are In!

The novel chosen for the August 21st study is “The Girl with Seven Names: A North Korean Defector’s Story,” by Hyeonseo Lee. This book is an extraordinary insight into life under one of the world’s most ruthless and secretive dictatorships – and the story of one woman’s terrifying struggle to avoid capture/repatriation and guide her family to freedom. For more information, visit our website, call Laureen Snook at (306) 529-2963, send her [an email](#), or call the church at (306) 359-1450. The discussion will take place at 10 am over Zoom.



Music Ministry Positions

The “Music Futures” Committee has been hard at work and looking toward our fall music ministry. The two positions that we are looking to fill are listed below, along with a brief summary of what each one entails. Please visit [our website](#) for a detailed description of each position.

1. Church Pianist

- To support our Sunday morning worship services and other services if possible (e.g. weddings)
- The possibility of accompaniment for church choir, should it resume

2. Worship and Music Coordinator

- Participation in planning Sunday morning worship services
- Music leadership on Sunday mornings and special services
- Coordination of the audio-visual team
- Church choir, should it resume
- Seasonal concerts (optional)
- Visual worship arrangements (optional)

Both of these are one-year, term positions with the possibility of extensions, depending on mutual agreement. We are now looking for “Expressions of Interest.” The committee will then pursue suitable candidates. *Please pray for this process.* For more information please talk with Pastor Joel, or with one of the other committee members: Laureen Snook, Amy Warren, and Brenda Ziolkowski.

What's happening at First?

Morning Prayer

Join us each morning, Monday to Thursday at 7:15 am to begin your day with scripture and prayer, via Zoom. Visit our [website](#) for the link.

Children

See page 8 to read about some of the interesting things that the children of First Baptist Church have doing in the past year or so.

Online children's programming is taking a break for the summer. We invite families to...

- Enjoy the activity packs provided for those attending in person on Sundays. It's so nice to have families in the worship service as we work towards rebuilding our volunteer base.
- Sign up for Katepwa Lake Camp (day camps, overnight camps, family camps)
- Send a note to [Pastor Kayely](#) sharing what your kids have done this past year so we can celebrate their accomplishments and events throughout the year. What have your kids done to survive and thrive throughout this odd year?

For more information, please contact [Pastor Kayely](#).

Youth

Pastor Chris: "On Saturday, June 25th, the youth were able to go and enjoy a beautiful morning of golfing at the Lakeview Par 3 Golf Course. We had amazing weather, and an even more amazing time of enjoying one another's company out in the fresh air. After the year we've had with all the restrictions, you can tell that the group really enjoys being able to be together again, face to face.

"At the end of 18 holes, we were invited over to the Holtslander household for some socially distanced snacks and ice cream in their back yard. A huge thank you to them.

"We will be taking a break for the next several weeks, as I will be on holidays, but I already look forward to the next time we can be together. Please continue to keep us in your prayers. In Christ, Chris." For more information, contact [Pastor Chris](#).

Adults

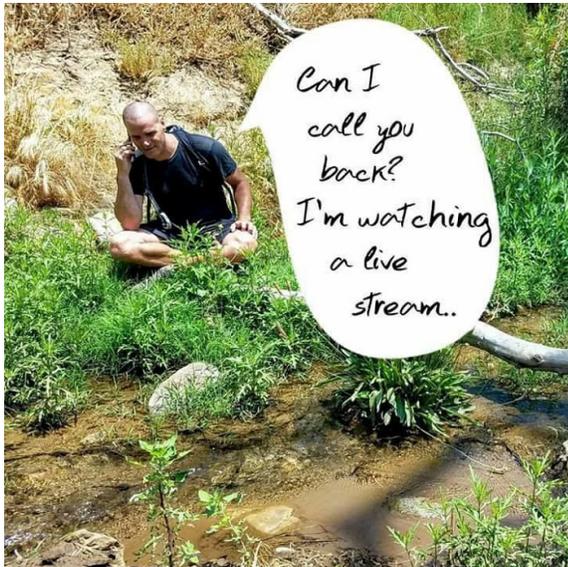
Learning for Life and the other small groups will be taking a break for July and August. For more information, see [our website](#) or contact [Pastor Richard](#).

Apartment for Rent

Furnished basement apartment for rent in a quiet neighbourhood near Regina Avenue and Pasqua Street. One bedroom and rec room, private bathroom and shower, washer and dryer, fridge, outside car plug-in, and private entrance. Share kitchen with owner. No pets, no smoking inside. \$700 a month, available August 1, 2021. If you are interested or know of anyone who might be, please call (306) 584-8143.

Give & Take

Item to give away: Power recliner in very good condition. If you or someone you know can put this chair to good use, please call the church at (306) 359-1450 or send an email to [the church](#).



An exhausted hiker stumbled out of the woods and into a camp.

Hiker #1: Am I glad to see you. I've been lost for three days.

Hiker #2: Don't get too excited. I've been lost for three weeks.

Hiker #1: You look pretty good after being lost for that long. It's a nice jacket you're wearing.

Hiker #2: Thank you. It's a trail blazer.

Hiker #1: I can't believe we're lost. I guess it is all these hills.

Hiker #2: I don't get it either. The trail looked so flat on the map.

Hiker #1: This is embarrassing.

Hiker #2: I was more embarrassed a few days ago when a bear started following me.

Hiker #1: Why was that embarrassing?

Hiker #2: I was running for a while with a bear behind.

Be sure to get outside for a walk each day and enjoy the summer in our parks and gardens!

Tithing during the pandemic

With the COVID-19 crisis limiting contact with others and restricting meetings of groups, please do not neglect the financial needs of our church.

We have several ways to provide your regular tithes and donations to the church:

1. Mail your gifts to the church or call and leave a message at (306) 359-1450 to arrange for an in-person pick-up. Please place your cheque in your regular offering envelope (or any envelope marked "Offering"), and seal that inside another envelope addressed to: First Baptist Church, 2241 Victoria Ave, Regina, SK S4P 0S4.
2. Establish a **Pre-authorized Remittance (PAR) Plan**. This will automatically transfer funds from your account into the FBC Regina account on a regular basis. Please email the church or contact the Treasurer if you would like to set up PAR, or change your commitment.
3. Make an online donation:
 - Use **Interac e-Transfer** to donate from your phone or computer to FBCRegina@gmail.com *(no fee or cost to the church)*
 - Use a credit card with a PayPal account via the **PayPal Giving Fund** *(no fee or cost to the church... 100% of your donation reaches us and contributes to our mission)*
 - Use a credit card or PayPal via **CanadaHelps** *(a fee of 4% is deducted from the donation)*
 - Use a credit or debit card via **FBC ChurchTrac** *(the church is charged a fee of approximately 3% for each donation)*

PLEASE refer to our website at firstbaptistregina.ca for more specific information on these contribution methods. You may also contact the treasurer at (306) 775-1497 or email the church at main_fbcregina@sasktel.net for further details.