

First Baptist Church



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The Forty Days of Lent

Fasting used to be a normal Christian practice throughout the year. Jesus expected his followers would fast, taught about fasting, and fasted himself. Lent lasts for forty days because that is how long Jesus fasted in the desert.

When your body wants a thing you are fasting from, you may find yourself asking, "Why am I doing this?" While fasting can in fact be beneficial for our bodies, Christians practice fasting to draw closer to Jesus, to grow in good habits, and to weaken the hold food and possessions can have on us. There are suggestions inside if you are willing to give this a try.

With affection,

Pastor Joel

Achievers

An exciting group for those 55 years and older who enjoy fabulous fellowship, marvelous menus, great guest speakers, devotional thought for the day, and laughter.



Achievers Luncheon

When: Thursday, March 21st

Where: First Baptist Church

Menu: TBA

Cost: \$10

Guest speaker: Rev. Merv Tippe, Associate Pastor
Westhill Park Baptist Church

PLEASE NOTE that the March luncheon is being held on the **third Thursday** of the month, instead of the fourth Thursday, to accommodate our guest speaker.

Achievers Bible Study

The Bible study meets Wednesdays in the church boardroom from 10:00 to 11:00 am.

This month's Bible studies will be on March 6 and March 20.

Prayer Breakfast

Prayer Breakfast takes place Wednesday mornings from 8 a.m. to about 9:15 a.m. We meet in the library for a simple breakfast, Bible reading/discussion and prayer time for our church, the wider Christian church, and the world. Please join us! (Use the Lorne St. door.)

Prayer Times at First Baptist

Morning Prayer 7:15 am, Monday to Thursday
Wednesday, 12:15 noon

Everyone is welcome. Each prayer time will include psalms, scripture reading, and prayer for our world, our church, and the people in our lives. “Where two or three are gathered” Jesus said - so we would love company!

Ash Wednesday

If you have never come to an Ash Wednesday service, consider coming out March 6th at 7 p.m. for a reflective worship service for all ages. Those who wish may receive the imposition of Ashes on their forehead as a reminder of our mortality and a sign of our life hidden in Christ.

Lent

Lent begins on Ash Wednesday and lasts for 40 days plus 6 Sundays. We set aside these weeks to intentionally reflect on Jesus’ suffering and death and to prepare for the resurrection.

Through these Sundays, purple will be the colour in our sanctuary. Purple is a royal colour and is used in worship during Advent and Lent, reminding us that God has made Jesus King of kings and the price he paid to establish his rule on earth - a price we choose to pay in part as well as we take up on our cross.

Lent can be a time of fasting, self-examination, and prayer. Consider committing to one practice for the 6 weeks of Lent such as a weekly volunteer commitment, fasting from certain foods or meals or from a regular activity, or a weekly time of silence, or making financial gifts to charities, to name a few possibilities.

Erica Grimm's "Praise"

We have relocated a painting from our conference room to the balcony - take a look if you haven't seen it! Shirley Wolfe, Julie Rich, Gary Miller, Jim Ellemers and Timothy Long were involved in this process.

Dr Erica Grimm is Chair of the Art and Design Department, School of the Arts, Media and Culture at Trinity Western University. She attended First Baptist while she lived in Regina.

Erica has explored the relationship between medium and meaning in order to "make visible the invisible" (Paul Klee) and in particular to explore issues of mystery, meaning and spirituality. Her drawing practice remains at the core of her work. Using steel, lead, wax, ash and gold, Erica draws on medical imaging techniques, such as PET scans and MRI's to make meaning. Her PhD dissertation at Simon Fraser University was entitled "The Aesthetics of Attentiveness."



Eric Grimm, "Praise" 1980
Acrylic on Canvas



Erica is represented in galleries across Canada, including the Vatican Art Collection, Canada Council Art Bank and the Assiniboia Gallery. We are indeed blessed to have one of her paintings in our church.

For more on Dr Grimm and her work, visit
<http://ericagrimm.com/index.php> .

Further additions of artwork around our building:

Julie Rich has kindly shared some of her work with the congregation. Several of her paintings are hanging in the south hallway (what we used to call the office), behind the sanctuary. Come by after worship to have a look. The artwork is for sale with the proceeds going to First Baptist Church. Our thanks to Julie for her generosity.

Tai Chi

Tai Chi: Did you know that a group of people gather in the Lower Hall on Saturday mornings to exercise in a fun, gentle and not terribly serious manner? We have been doing Tai Chi since February from 9:00 - 10:30 a.m. We exercise for an hour then



have devotions and prayer time. Currently we are reading our devotions from "A Year With Aslan" - selections from C.S. Lewis' books on Narnia. Newcomers will get lessons separate from the main group until they are comfortable to join in. Our Tai Chi has a Baptist emphasis with names of some of our moves taken from what Baptists like best, for example "Serve the Pizza", "Hallelujah" and "Serve the Tea." Our dates for this month are March 2, 9, 16, 23. Come in through the elevator door on Lorne St. - if you aren't up to using the stairs, we'll give you a ride up and down on the elevator!

VOICE!

Voice is a group for women who love to read. We meet every other Wednesday at 7:00 p.m. at Martha Pauls'. (There will be no meeting on Ash Wednesday, March 6). If you have questions, please call Martha at 306-586-7015.



Creator's Sacrifice: A Lenten Journey Through Indigenous Christian Art

Our sanctuary will be home to a series of vivid paintings to help us reflect on the journey Jesus took to his throne. The style will be new to many of us and perhaps remind us of the power of Jesus' life. It is also a chance to celebrate God's word thriving among Indigenous people.

Indigenous Christian Fellowship (formerly Indian-Metis Christian Fellowship) has arranged with First Baptist for a loan of the reproductions of a beautiful and moving series of paintings they commissioned. We have made a donation to their ministry in North Central Regina.

Background

(Taken from the Indigenous Christian Fellowship website: <http://www.imcf.ca/art-gallery.html>)



Ovide Bighetty
"Starting the Journey"

Among North American indigenous peoples, there is the story that, before Europeans arrived on Turtle Island, elders had visions about white people coming from the east with a story from the Creator. In 2002, Indian Metis Christian Fellowship (IMCF) commissioned Cree artist Ovide Bighetty to depict the vision that an elder had of Kisemanito Pakitinasuwin - The Creator's Sacrifice; (the Easter story or the passion of Jesus Christ). Ovide accepted the challenge to paint the story in a fashion consistent with both the accounts in the gospels and aboriginal culture.

Ovide painted the elder's vision of the Easter story in his own aboriginal style which he describes as 'Woodland Cree'. The setting for this Christian aboriginal artwork is the pre-European landscape of Ovide's childhood home, Pukatawagan First Nation, Manitoba, Canada.

From the gospels, Ovide selected seventeen vignettes for his portrayal of Christ the Creator's death and resurrection. Ray Aldred (Cree), Deanna Keewatin (Cree), and Shirley Bonk (Metis) assisted in naming the individual seventeen paintings.

KLC

Registrations are slowly coming in for summer camps, which is amazing given the cold weather we have been having

Please give some prayer to sponsoring a youth to summer camp. Last year 97 children were sponsored by various churches and we would like to exceed that number this year. It costs \$300 per child for a full sponsorship, but some requests are for less than the full amount. Please indicate that your gift is for **CAMP MATTERS**.

For young people looking for summer employment there are also some positions for counsellors. Get your application in soon, as positions are filling up quickly.

For more information visit Katepwalakecamp.com.

Collin Carbno, Secretary, KLC Board.



Financial Report

Now that we are beginning a new year with a new budget, we can erase the slate and start with brand new numbers for 2019. Preparations are being made for the audit to be presented at the AGM in March, which will wrap up the 2018 year. As reported in last month's newsletter, the year-end looked pretty good, but the audit will inform us of the final details.

Approved Operating Budget for 2019:	\$ 408,700
Approved Operating Budget to end of January 2019: (prorated monthly)	\$ 34,058
Operating Revenue to end of January 2019:	\$ 26,053
Operating Expenses to end of January 2019:	\$ 25,433
Restricted Reserve Balance:	\$179,436
CBWC Loan Balance:	\$266,295

Reminders...

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

1. Place your gifts in an offering basket during any worship service or mail to the Church Office.
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 or PayPal via the **PayPal Giving Fund** (*no fee or cost to the church*)
 - Use a credit card or PayPal via **CanadaHelps** (*a fee of 3.5% is deducted from the donation*)

PLEASE refer to more specific information on these contribution methods that is available on the church website. You may email the church or contact the Treasurer for further details.

Our church management system (ChurchTrac) has a Congregation Access feature which allows members of our church to access their own profiles and view their contribution statements. If you have provided an email address to us for the system, you will be able to use this feature. In order to view your personal profile, please use the following link:

<http://firstbaptistregina.ca/get-connected/churchtrac/>

If you have not provided an email yet or are having problems accessing the system, please send a note to the Church Office (main_fbcregina@sasktel.net).

Church Library Corner

Look on the book table for "The Lost World of Scripture" by John H. Walton and D. Brent Sandy. This book explores what scripture meant in the ancient world. I found it interesting that many of our concepts of scripture are relatively recent and would have been considered strange in the ancient world. For example, discussing the authority of the Bible, the authors argue that biblical authority in the ancient world was more to do with what we do with it, (it should have authority over lives), than claiming that the Bible is inerrant or infallible.

Collin Carbno, Church Librarian



Diaconate Report

At our March Diaconate meeting, the Diaconate looked at a fairly long list of things we would like to explore and strategies we like to articulate more clearly - but for which we don't have resources to tackle all at once. We nailed down a few things we felt we absolutely need to be working on now, and next things to do when we get new staff.

The board had a get-to-know-session with one of the candidates to the Expressions of Interest, and we are hopeful that we will soon have something more to report on the search for additional pastoral staff. During the month, the youth center office furnace died, and the Diaconate approved the purchase of a new furnace and much needed central air conditioning for the Youth center office area. With a generous contribution from Youth for Christ (YFC) towards our costs, a new furnace and much needed central air conditioning have been installed!

Collin Carbno, Chair of FBC Diaconate

Annual General Meeting: March 24th

Don't forget: our spring AGM is scheduled for **Sunday, March 24th**. It will be held in the lower hall following the morning service. Lunch will be provided. Be sure to attend: we have much to celebrate and much to discuss!

Give and Take

Is there something you'd like to give away or something that you need? Feel free to post it, along with your name and contact info, on a card on the "Give & Take" bulletin board (downstairs near the washrooms), and/or contact Marilyn Phillips if you'd like to see it in next month's newsletter (phillimarilyn@gmail.com or 306-515-1113).

SENT to Lebanon, June 14-27



(Back row Roger Bellows, Anne Bellows, Heather Russell-MacLean, Xavier Russell-MacLean, Ben Sentis (Front row) Laureen Snook, Barbara Ziolkowski, Deirdre Sentis

TNT

Tuesday Nights Together starts at 5:00 pm. Bring your own meal and something to share. In addition, there is an adult group that meets and discusses things from the Bible or from a DVD.

Men's Breakfast

Our breakfast this month will be on Saturday, March 16, 8:30 - 10 a.m. at First Baptist. Let Pastor Joel if you plan on attending. Mark your calendars and invite someone to join you. All ages welcome.

Children

Children from 3 to 11 are invited to go downstairs most Sundays.

Nursery

Contact Lynette Wollbaum via email at lynjrussell@hotmail.com or at 306-520-4474 if you're interested in being part of this ministry.

Godly Play (ages 3-6)

Godly Play is a method of Christian education and spiritual direction offered by First Baptist Church. The goal of Godly Play is to teach children the art of using religious language, parable, sacred story, silence, and liturgical action to help them become more fully aware of the mystery of God's presence around them and in their lives. If you are interested in volunteering, please contact Esther Maeers at emaegers@yahoo.ca.

Oasis (ages 7-11)

Our students spend 3 to 4 weeks reading through one Bible story. Every Sunday is different: after reading from their bibles, the children explore the passage through painting, drama, quizzing games, cooking, science experiments, and any other way we dream up.

This month the young people are studying the seven times Jesus said "I am the..." in the Gospel of John.

Youth

March 1: Swimming and DQ at Schmirler Community Center. We will meet for swimming at the Schmirler at 7:00 and then head over to DQ at around 8:30. Pick-up will be at 9:00 at the DQ on Prince of Wales.



March 8: Bible study at FBC.

March 16: Skating and winter (maybe spring???) fun out at the Johnson Homestead! We will aim to be out at their place by 1:00 and stay there will around 4:30. Let's hope the weather cooperates!

March 22: Inter-generational games night #2! This time the youth will take the lead to teach some games and share about their faith. We will meet at FBC from 7:00 to 9:00. Hope to see you there!

March 29th: Bible study at FBC.

Interview: Wayne Wyatt (interviewed by Annabel Robinson)

Wayne and Marlene have a remarkable story to tell. Visiting them reminded me of how God can give us meaning and purpose at any stage of our lives. It also impressed on me how precious it is to get to know one another . . .



Wayne, were you born in Saskatchewan?

I was born at Rocanville, near Moosomin.

But after seven successive bad harvests my father left Rocanville and came to Regina, with nothing, almost a refugee. I was two years old.

He got a job as a machinist at a place called Regina Industries. In the course of time he became shop steward, and then the Saskatchewan representative of the Trades and Labour Congress of Canada (now the Canadian Labour Congress). He became a good friend of C.C. Williams, (a member of the Legislature and later mayor of Regina), who later introduced him to the Queen.

I attended Luther High School for grades 11 and 12, and remember Tommy Douglas speaking at our graduation: "Don't be afraid to accept change, but don't throw out the good things of the past."

Did you attend university here? And what did you do after you had graduated?

I went to the University of Saskatchewan and did a BA in psychology. While I was there, I was very active in IVCF. After graduating from U of S, I went to Teachers' College in Regina where I assisted in starting an IVCF group.

The following year I was employed by the Regina Board of Education. My first year of teaching was at McVeety School and the next year taught at Grant Road School. After teaching at Grant Road, I was offered a position of administrating Intelligence tests and a few years later became Educational Psychologist for the school board.

While working at the school board, I decided to become more professionally qualified enrolling in Graduate School at the University of Oregon. A large school with 25,000 students. There were 500 students in my graduating class. Seven out of 500 graduated with Great Distinction and two of my good friends and I were among those seven. *(Wayne dropped this piece of information with a lot of humility).*

How did you meet Marlene?

We met in the tower of the Legislative Building, which was open to visitors at the time. Some time later I was visiting Faith Baptist Church, where Marlene attended, and with the encouragement of her sister, Marge, I was able to accompany Marlene to "Singspiration" being held at the Canadian Bible College after evening Church services.

. . . and after you were married, you had three children?

Yes, Marnelle, Lisa and Landis. Marnelle and Lisa are nurses. Landis married someone who is now involved in charitable work in Liberia, rebuilding infrastructure after their civil war. They helped start a honey business in Liberia to provide Liberian farmers with additional income. (*Ask Wayne or Marlene about this. The story is fascinating, but too long to tell here.*)

Do you have any hobbies?

I love canoeing and kayaking and have done some hunting. I've spent time canoeing in Northern Saskatchewan, the Nahanni River in Yukon, as well as Haida Gwaii and Mexico. It was in the quiet of the wilderness that I felt the presence of God. I became President of the Historic Trails Canoe Club.

You mention Faith Baptist Church, and you said something about the Alliance Church. How did you come to FBC?

I was involved in the Alliance Church for some years, where we made many friends that we still have to this day. but their constant exhortation to become a better Christian discouraged me and political differences were stressful. For several years, we did not attend any church.

But Marlene's brother, Walter Frolic, encouraged us to come to FBC. Our girls were teenagers at the time, and they enjoyed the Youth Group and Katepwa Baptist Camp. We found George Baxter's preaching very refreshing.

You and Marlene have been very involved with the Karen people. How did that happen?

For some years we were what I called "Balcony Christians." We sat in the balcony on Sunday mornings and didn't get involved in a lot of church activities. Then in 2006 the Karen came to Regina and at the request of Open Door, the people of FBC became involved in hosting

Karen families. The Karen people came from jungle Thailand refugee camps where living conditions were primitive with no electricity and thus no refrigeration or stoves. Almost overnight they were transported into an urban city. The differences between the two were extreme, and many Karen did not speak English. Open Door and FBC hosts had a lot of work to do.

I asked Wayne about how he first got involved with the Karen.

Walter Frolic was very involved in helping them, and my wife, Marlene, got involved. One day Walter asked me if I would do something for the Karen, and I said "No." It sounded like too much work. And as time went on, I found out I was correct. It was a lot of work, but God had given us a mission, and even though we were in our late 60s we had our orders from on High.

I quickly learned that while it was a lot of work, there were many rewards, and Marlene and I ended up in getting involved in adventures that we never dreamed would happen. As time would go by, we were reminded of Scripture verses such as Proverbs 3:6: *"In all your ways acknowledge him, and he will direct your paths."* And in Matthew 25:40: *"And the King will reply, whatever you did for one the least of these brothers of Mine, you did for Me."*

And then you went to Thailand and Burma!

In November 2007, we decided to go to the two refugee camps in Thailand where most of the Karen in Regina had come from. Say K'Paw (Pusay Ly) was able to communicate with the camps and get things set up. We were housed in the Karen Baptist Bible School in the Mae La Oon camp. We were very well treated and sleeping on a bamboo floor was a new experience. The visit was of great value in many ways, but primarily it helped us to better understand the Karen people that we were trying to help in Regina. It was also here that the idea of a national organization of Karen churches in Canada was first discussed with a refugee camp pastor, Pwei Sei, whose son

resided in Regina. This trip was followed up by two more trips. This time we would be going not just to Thailand, but also into Burma itself. We were not able to visit the Karen State in Burma as this was off limits to all foreigners because of the civil war between the Burmese army and the Karen National Liberation Army. But we did visit many churches in the rest of Burma and discovered that the Karen Baptist Union is doing very well and is growing through missionary work. Visiting the large Judson Church in Yangon (formerly Rangoon) was a highlight. We also found out that Karen people are discriminated against and must be careful about what they say about the Burmese government.

You talked about unconditional love for the Karen . . .

In Regina, the Karen Baptist were thankful to FBC for providing a place to hold their church services, and to people such as Krista who looked after their financial affairs. They were also thankful that FBC through the Development Fund of CBWC was able to get grants of \$30,000 to help establish the Karen Church in their early years. The goal of the Regina Karen Baptists was to get their own church. This was not encouraged by some FBC leaders, but the Karen Baptists were determined. With the help of Wyn Noe, Karen Board Chairman, I was able to get the First Karen Baptist Church (FKBC) incorporated and registered with the Canada Revenue Agency. This put them in a position to obtain a mortgage if needed.

In 2009, after a lot of travelling across Canada and conferring with Karen Canadian church leaders, it was decided to form the Karen Baptist Fellowship of Canada, now called the Karen Baptist Churches of Canada. The foundational meeting was held in Regina at FBC in May 2009 and they now have a strong national group of Karen churches across Canada. It of interest to note that local businesses, such as Loraas Disposal, Crown Shred and North Forty Furniture were able to provide funding for the national Karen conference. Canadian Baptist Ministries also provided considerable help.

Marlene and I continue to keep in close touch with FKBC and Karen Baptist communities across Canada. Our workload has diminished over the years as the Karen people have become more independent, and that is a good thing for us as well as the Karen. We are now both in our 80's and not as healthy as we were 12 years ago. I do have concerns about my health.

Helping Karen people has been and continues to be wonderful experience for my wife and me. We have learned that following the call of God has many rewards. Christian service makes Christianity come alive.

Praise be to God from whom all blessings flow.

I asked Marlene about all the time they spent with the Karen people, when they didn't understand a word of their language. Marlene's answer was simple: "We love them to bits." I think Jesus would like that.

Music@First

EASTER ALLELUIA 2019 takes place on Sunday, April 14 at 7:00 p.m. Invite your friends and family to attend this uplifting re-telling of The Easter Story. Come and witness the SHOUTS of HOSANNA, the CRIES of CRUCIFY HIM, and the exhilarating EXPRESSIONS of HE IS RISEN!

Seasonal Singers (short term commitment-long term gain) are invited to join the Sanctuary Choir & Exaltation Singers in this presentation. Come to rehearsals any Thursday rehearsal commencing in March (7, 14, 21, 28, April 4, 11). The Easter Story is told through the use of bells, choirs, congregational singing, guest musicians, instrumental and vocal gifts of music, and special readings. Guest musicians are Paul Anderson (cello), Eleanor Hector (violin), and Karen Martin (voice). (For more information, contact Pastor John.)

First Baptist Church Staff

Joel Russell-MacLean, Lead Pastor
John Nelson, Associate Pastor
Norma Holtslander, First Baptist Place Chaplain
Chris Senger, Youth

First Baptist Church Office hours: Monday-Thursday, 9 a.m. to 4 p.m.
The church office is closed on Fridays, because it is a day off for staff.

Website: firstbaptistregina.ca
Email: main_fbcregina@sasktel.net
Phone: 306-359-1450

First Baptist Church Deacons

Collin Carbno	Kevin Rich
Esther Gurnsey	Eleanor Russell
Tiffany Lai	Laureen Snook
Barry Lyons	Rosemary Ward
Ron Phillips	Brenda Ziolkowski
Adijah Pusi	

Month at a Glance

Mar 6	Achievers Bible Study (p.2) Ash Wednesday Service (p.3)
Mar 7	Seasonal Singers: rehearsals begin (p.18)
Mar 16	Men's Breakfast (p.10)
Mar 20	Voice (p.5) Achievers Bible Study (p.2)
Mar 21	Achievers Luncheon (p.2)
Mar 24	AGM (p.10)
April 14	Easter Alleluia (p.18)

Life Together

Sunday	9:30 am	Learning for Life
	11:00 am	Worship Service
Monday	7:15 am	Morning Prayers
Tuesday	7:15 am	Morning Prayers
	5:15 pm	Tuesday Nights Together
	6:00 pm	JuBELLation Practice
Wednesday	7:15 am	Morning Prayers
	8:00 am	Prayer Breakfast
	10:00 am	Achievers' Bible Study
	12:15 pm	Noon Prayers
Thursday	7:15 am	Morning Prayers
	7:00 pm	Choir Practice
Friday	7:15 am	Morning Prayers
	7:00 pm	Youth Event
Saturday	9:30am	Tai Chi



“Honey, are you ready for church yet? For now is the time, to awake out of sleep, for your salvation is nearer than when you first believed.” (Romans 13:11)

“Oh, give me a couple more minutes, dear. I haven’t had my coffee yet.”