

First Baptist Regina Weekly News

For the Week of January 24th, 2021

“Come, Follow Me”

Jesus’ invitation is simple. It is also demanding and all encompassing.

Perhaps someone says to me, “Come to the park for a walk.” Once I get to the park, I can say, “Done.” Once I complete the walk, I can say, “Done.”



When it comes to following a person, things are not so simple. When can I say I have completed following Jesus? And what part of

my life isn’t affected by trying to imitate Jesus? Am I likely to ever reach that goal? Is there ever a time during the day when I don’t need to listen to Jesus?



These familiar and simple words remind me that my life began through love and grace, with God calling me into existence and Jesus calling me into salvation. I’m reminded that being saved means imitating Jesus each day, in everything. And each day, I know I’m invited to walk beside him – I’m not alone.

With love,

A handwritten signature in black ink, appearing to read "J. M. M. L." with a stylized flourish at the end.

Pastor Joel

First Baptist Church Regina Update

First Baptist Church Regina continues to offer in-person worship services. According to provincial health guidelines, attendance is limited to 30 people. If you have access to the internet, a good alternative to attending in person is to join us on Zoom. Go to [our website](#) for the link.

Achievers' Virtual Luncheon.

The first Achievers' Luncheon of 2021 will take place this Thursday, January 28th, at 12:00 noon, over Zoom. If you are 55 years or older, you are warmly invited to join us. Our guest speaker will be Dr. Melissa Morgan. Her topic will be: *The Strength to Carry On: Stories of my family and background*.

Dr. Morgan is a choral conductor, educator and performer. Currently, she directs the choral program at the University of Regina where she also teaches courses in choral conducting and vocal diction. She is frequently asked to appear as a clinician, adjudicator and guest conductor throughout Canada.

For further details about the luncheon, visit the [church website](#). Please RSVP as soon as possible by emailing [the church](#) or calling (306) 359-1450, ext. 223 or ext. 221. For more information, please contact [Pastor John](#). To join the luncheon, click here: [Join Achievers' Luncheon](#).

Mitts and Toques Donations Appreciated

This past November, Winnie K collected mitts and toques from a number of individuals in our congregation who generously give of their time to knit or collect them for children who need them. We don't hear back from every school we take them to, but we know they are appreciated. Albert Community School writes: "Thank you so much for the donation of homemade mittens." We have been making donations twice during the winter. *If you have mitts and/or toques to donate, please contact Winnie, send an email to [the church](#), or call (306) 359-1450.* Winnie will deliver them to the schools.

Website

Just a quick reminder that, as the Covid-19 pandemic stretches on and, with it, provincial health restrictions, the [church website](#) is a valuable source of information that can help keep you connected and up to date with the various programs that are available.

One easy way to keep on top of upcoming events is to click on the calendar icon at the bottom of each page on the website. Each entry on the calendar provides a link to information about various events, such as Learning for Life, small group studies, and prayer times.

Also on our website are links to our Facebook page and YouTube channel, where you will find video reflections, devotions, and studies by a number of our members and pastors.

Spiritual Disciplines Series: Incarnational Living

We perhaps have a negative view of the created world, at times, seeing it as something which deters us, distracts us, even separates us from God. The reality is that God created everything, and in Genesis, it states that when he looked upon all he had made, he saw that it was good. The material world is not evil but rather part of the way we connect to the presence of God.

Richard Foster writes: “Now, the spiritual and the material are not in opposition to one another, but are complementary. Far from being evil, the physical is meant to be inhabited by the spiritual. We are created so as to receive life from God, who is Spirit, and to express that life through our bodies and in the physical world in which we live. The material world is created, in part, so as to make visible and manifest the realm of the invisible spirit” (*Streams of Living Water*).

Similarly to practicing the presence of God, incarnational living simply recognizes that God is present and can be experienced in the world around us. Nathan Foster, in an article, notes: “Nothing is outside the realm of God’s purview and loving care. God is *with* us—in everything. The incarnational tradition helps us rip through the divide of sacred and secular. God in work and play. God in the ordinary and mundane. God in our sacraments and songs. God in nature and suffering. God in our thoughts and interactions with others.”

Yes, incarnational living or practice seeks to rip through the divide between what we deem sacred and secular. Wendell Berry beautifully notes: “There are no unsacred places, only sacred places and desecrated places.” What Berry is saying is that everything is sacred in its pure form (having been created by God).

As you go about your day today, seek to recognize that all you encounter is made by God, and empowered to be, by his mighty hand. Each person you meet is one whom God has created and knows intimately. The nature you encounter is established and nurtured by God himself. Your work and play are means to encounter and express the image of God.

Take note when you are perhaps separating your life into categories of sacred and secular, and remind yourself that everything is sacred. C. S. Lewis, in *Miracles*, envisions a day when it will be recognized that the spirit and the material were intended to be united, a day “when nature and Spirit are fully harmonised – when Spirit rides nature so perfectly that the two together make rather a Centaur than a mounted knight.”

—Pastor Richard

New Renovaré Online Course

Renovaré Canada is offering a new, online course, taught by Pastor Richard Hovey, from February 9th to March 23rd: ["Loneliness: The Enduring Pandemic."](#)

Since March 2020, our lives have been affected in many different ways by the COVID-19 pandemic, and has received much attention in the media. A much quieter pandemic that has affected lives around the world for generations, and of which, our generation has not been spared, is that of loneliness – made even greater, perhaps, during this COVID pandemic.

In this course, we will explore the reality of loneliness in our times, looking at causes and potential cures, as well as lessons to be learned in seasons of loneliness.

The course runs on Tuesdays at two time options: 10 am or 8 pm. Cost is \$120. For more information or to register, contact [Pastor Richard](#) or go to [Renovaré Canada](#).

Renovaré also offers an [Online Renewal Group](#). This small group focuses on spiritual formation into Christlikeness. The core components include daily devotional readings, supplemental readings on the spiritual life, online conversation via written posts, and live video chats. The group meets on Zoom. For more information, or for a schedule of meetings/readings, please contact [Pastor Richard](#), or leave a message at (306) 359-1450.

Renovaré Canada is an organization that exists to teach, model, and inspire genuine Christian experience in Canada by way of the disciplines of the spiritual life. These disciplines are a means of responding to the grace of God and partnering with the work of the Holy Spirit to bring about much needed renewal in each of our lives, both individually and collectively. For more information, visit the [Renovaré](#) website.

Pastor Richard's part time position with us allows him to continue to lead [Renovaré Canada](#).

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Thanks to Ondrej Jasko (See Matthew 11:28-30)
PETER FINDS HIS FAITH TO BE MUCH
STRONGER IN THE WINTER

A wife sends her husband a text on a cold winter evening: "Windows frozen". The husband sends an answer back: "Pour some warm water over them." Some time later the husband receives another text from his wife: "Now the computer is not working at all!"

Grandma's been staring through the window ever since it started to snow. If it gets any worse, I'll have to let her in.

What's happening at First?

Morning Prayer

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

Children

Here is what our children are learning about from now until the beginning of Lent:

Godly Play (ages 4-6) – The Life of Jesus

Oasis (ages 7-11) – Shalom Around the World

For more information or for the Zoom link, please contact [Pastor Kayely](#).

Youth

The youth are meeting alternate Fridays, on Zoom. Please keep them and Pastor Chris in your prayers. For more information, contact [Pastor Chris](#).

Adults

Learning for Life: On January 24th, Pastor Richard began leading a new series: "Jesus' Earthly Ministry: Revealing the Heart of God." The class will focus on the four Gospels, allowing them to shape the account of Jesus' life and teachings, and discovering how Jesus revealed not only God's heart toward humanity, but also how our hearts ought to be toward one another. For more information, visit [our website](#) or contact [Pastor Richard](#).

Voice: A small group for women who like to read and enjoy lively conversation. The group meets every second Wednesday from 7 to 9 pm, using Zoom. Bi-weekly meetings will resume on January 27th.

At present, Voice is reading *Run With the Horses: The Quest for Life at Its Best*, by Eugene Peterson. For more information, contact Lauren S or Bonnie AW, send an email to [the church](#), or visit [our website](#).

Reading through the Old Testament: In this online reading group, participants are reading through the Old Testament chronologically. The group meets every Thursday at 10:30 am, via Zoom. For more information, please visit [our website](#) or contact [Pastor Richard](#).

Gospel of John small group study: Pastor Richard is leading a small group online that is looking at the Gospel of John. This group is meeting, via Zoom, on the 2nd and 4th Wednesday of each month at 7 pm, and the 2nd and 4th Friday of each month at 10 am. For more information, please visit [our website](#) or contact [Pastor Richard](#).

Attempting Faith

Pastor Richard's sermon from Sunday, January 17, 2021 (A summary—to hear the complete sermon, dial (306) 992-1912.)

Scripture: John 1:43-51

In John 1:43-51, we find the account of Philip and Nathanael coming to faith in Christ. Depending on the translation of verse 43, it may very well be Andrew who finds Philip (who earlier in the chapter first found his brother Simon). We have, in the gospels, this storyline of others finding friends, family, neighbours, and bringing them to Jesus.

Then we have Jesus' call to Philip: "Follow me." This is a choice each one of us must make in our lives, in one sense ultimately, but then each day is a choice to follow Jesus. We follow something in our lives, whether it be our own wisdom, the ways of the world, or the way of God made known to us through Christ. We find in this chapter that Jesus is understood to be the Messiah, the Son of God, King of Israel, by Philip and Nathanael. Two questions which arise for us, and are perhaps connected, are: Will we follow Jesus? Who do we believe Jesus to be?

Philip describes Jesus, in one way, as the son of Joseph; this is not meant, by John in his Gospel, to deny the divinity of Jesus. In the prologue (John 1:1-18), John outlines beautifully who he believes Jesus to be – the Word of God, who is ultimately, God. Philip, however, in describing Jesus as the son of Joseph, is providing context for Nathanael in understanding who Philip is talking about. Both Philip and Nathanael (and Jesus, for that matter) are all from small towns, and identifying one's father helped to identify who was being spoken of. Interestingly, the Jewish religious leaders also spoke of Jesus as the son of Joseph, but did so in such a way that it denied Jesus' divinity. The question for us, again, is "Who do we believe Jesus is?" And if we believe he is not simply the son of Joseph, but rather the Messiah, the Word of God, then will we follow?

Philip notes that "They have found the one of whom Moses and the Prophets" had written. Interestingly, in Deuteronomy, we not only get word of a Prophet which is to come, but also, in the prophets, it mentions his suffering. There is an indication in the gospels that those who would choose to follow Jesus will find it is a way of suffering, surrender, and sacrifice. Will we follow? Will we lay our lives down for the Messiah? Have we heard him calling? How will we respond?

In these verses of John 1, we also have the beautiful account of a conversation between Jesus and Nathanael, in which Jesus refers to the account of Jacob's ladder and seeing heaven open. The picture of heaven opening and God's angels ascending and descending is drawn from Jacob's vision of a ladder in Genesis 28, with a ladder "resting on the earth, with its top reaching to heaven, and the angels of God were ascending and descending upon it." Above the ladder stood the Lord, who made specific promises to Jacob: Promises about the land, about his descendants, the blessing that would come to the world through them, and finally, about Jacob's return to the land from which he

was fleeing (fleeing from his brother Esau whose birthright he had taken by deceit). In Genesis 28:16-17 we read: “Then Jacob woke from his sleep and said, ‘Surely the Lord is in this place—and I did not know it!’ And he was afraid, and said, ‘How awesome is this place! This is none other than the house of God, and this is the gate of heaven.’”

For Jacob, Bethel was the place where he encountered God and where God revealed his plans for him. When Jesus says to his disciples, “You shall see heaven open and the angels of God ascending and descending on the Son of Man,” he was implying that the place where people encounter God was now in the person of his Son, Jesus, and that it was, and is, through Jesus that God is now revealing his truth.

The questions remain: Do you believe? Will you follow? And perhaps, in similar fashion to the gospel accounts, another question ought to be added: Will you find others and tell them of the Messiah?

Give & Take

Items to give away – new:

1. 54-inch bed frame and mattress in perfect condition. Pick-up only.
(Contact person: Diane Z)

Previous items (last listing for these items):

1. Hide-a-bed (Contact person: Pearl B)
2. Printer – Samsung ML-1710, Black & white, needs cartridge
Coffee maker & filters – Sunbeam, 6 cups
Ironing Board
(Contact person: Enosh L)
3. Winter coat – full length with hood, fur trim; wool/cashmere, dark plum, size 6
(Contact person: Diane)
4. Two Metronomes – 1 wooden, 1 plastic cover
Picture frames – many sizes, colors, materials
(Contact person: Marilyn P)

Items needed:

1. Desk – only if in very good condition please, approximately 54 in, preferably metal.
(Contact person: Esther G)

If you can use or supply any of these items, please contact the person listed, call the church at (306) 359-1450, or send an email to [the church](#) and we will notify the contact person. Or, if you have items either to “Give” or “Take” (something you need), please contact us and we will list your items here.

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.



- Q. How did the hippie burn his mouth?
A. He drank the coffee before it was cool.
- Q. Why do bees have sticky hair?
A. Because they use honeycombs.
- Q. Why is it annoying to eat next to basketball players?
A. They dribble all the time.
- Q. How do you prevent a summer cold?
A. Catch it in the winter!