

# First Baptist Regina Weekly News

*For the Week of January 31st, 2021*

I wonder if Jesus gets bored of the sunrise or the sunset? Does Jesus get bored of the same thing, over and over again? Does Jesus get bored of hearing us say the same thing over and over? Do we?



I came across a similar question in Dorothy Day's reflections on prayer.

Some people told her that her regular prayers were empty repetition and dead liturgy. She disagreed. "The very fact of repetition means that the will is directed to God, that there is an attempt to practice the presence of God. The sense of strain that may at first come with it is no reason for giving up." Perhaps there is someone reading this who can say that every day, their hearts always turn toward God. How enviable!



For myself, I've found the need to say things even if it wasn't what was going on in my heart. On occasion, I've kissed my children goodnight and repeated the liturgy - "I love you" – without any awareness of the gift of the moment. Often enough, after speaking it, the right feeling has come along in its own time. In fact, the habitual repetition sometimes wakes me up. I say the

same words every night, and sometimes it dawns on me again: this person is precious, this moment is precious.

But if we have neither the feeling nor the words, where does that leave us?

I'm grateful for the prayer practices I've been given by the church for Sundays, mornings, and evenings. Sometimes, my mind or my heart is elsewhere. Sometimes, I'm reluctant to step forward for shame. I know what the good choice is: to choose to pray. Sometimes, the repeated words become a sunrise.

With love,

A handwritten signature in black ink, appearing to read "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.

## Mitts and Toques Donations Appreciated

A big THANK YOU to those who have contributed mitts and toques for children who need them. Winnie K has recently collected and delivered them to several schools. They are appreciated! (This was our second donation for the 2020-2021 school year.)

## Lebanon Needs Our Prayers

The country of Lebanon faces an uncertain future, as it struggles to deal with a crippling economic and financial crisis, growing poverty, and violent protests over strict pandemic lockdowns.

Our Lebanese mission partner, Emad Botros, was featured on the CBM (Canadian Baptist Ministries) Prayerline on January 26th. In light of the serious issues that his country is facing, he prays for God's blessing on the CBM ministries and other ministries they are affiliated with in the region. Let's join Emad in praying for this beleaguered nation. To view this video, [click here](#). Emad's prayer may also be printed out.



## Sermon Audio by Phone

The COVID-19 pandemic has impacted our church and affected many of us in different ways. Those of us without the devices, computers, and knowledge to connect to the Internet are feeling even more isolated. To help address this, First Baptist Church has implemented a service called "Dial-the-Sermon".

A recent sermon is available to listen to on your phone—any landline or cell phone—by dialing (306) 992-1912 (toll-free within the Regina area). This is an easy way for anyone who is limited to a telephone for communication, to hear the sermon from a recent worship service. This number takes you straight to the sermon recording—there are *no* menu or option choices that you will be required to make. If you know of anyone who might like to know about this service, please pass this information on to them.

**Dial-the-Sermon (306) 992-1912**

## Spiritual Disciplines Series: A Rule of Life

Stephen Macchia writes: “Your personal rule of life is a holistic description of the Spirit-empowered rhythms and relationships that create, redeem, sustain, and transform the life God invites you to humbly fulfill for Christ's glory.” What could you include in your day, week, month, and year that would create a rhythm to your life which would position you to best serve God?

As you are probably aware, plants position themselves to receive as much direct light as possible from the sun. A rule of life reflects on the practices of the spiritual life, and asks the question: “Which of these practices will best position me to receive the most from the Lord?”

Now it needs to be noted that, no matter what we do, it is ultimately up to God how much he chooses to reveal to us. Yet, we ought to do whatever we can to be ready to receive from him, all that he has for us.

Ken Shigematsu states: “A rule of life helps develop a life patterned on proven practices that help cultivate character and contribute to the world.”

What practices could you include in your life to help you cultivate character? Think of disciplines such as Bible reading, prayer, confession, solitude and silence. Which of these might be helpful for you during this season?

What practices may help you contribute to the world? Hospitality, service, simplicity, and submission are a few that come to mind that might help you in this way. Are there two or three of these that you could be intentional about at this time in your life?

As you plan, decide which ones will be daily activities, which ones weekly, and which ones monthly. Again, the goal is to experience God more in our day-to-day lives. Shigematsu goes on to write: “A rule of life is simply a rhythm of practices that empowers us to live well and grow more like Jesus by helping us experience God in everything.”

An article for the C. S. Lewis Institute explains all of this well. It notes that a Rule of Life is an intentional pattern of spiritual disciplines that provides structure and direction for growth in holiness. A Rule of Life establishes a rhythm for life which is helpful for being formed by the Spirit, a rhythm that reflects a love for God, and respect for how he has made us. The disciplines which we build into our rhythm of life help us to shed the “old self” and allow our “new self” in Christ to be formed. Spiritual disciplines are means of grace by which God can nourish us.

—Pastor Richard

## 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.” This class is focusing 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. For the next meeting date, check the [Calendar of Events](#) on our website.

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

**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](#).

## 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.

## Give & Take

Items to give away:

New:

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

Items needed:

1. Piano Light - bright and wide  
(Contact person: Marilyn P)
2. 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, send an email to [the church](#), or call (306) 359-1450. If you have items either to “Give” or “Take” (something you need), please contact us and we will list your items here.



Q. How do porcupines stay warm in the winter?

A. They cover up with a quill-t!

Q. What did the icy road say to the truck?

A. Want to go for a spin?

Q. Why did the girl keep her trumpet out in the snow?

A. She liked playing cool jazz.

## A New Life

Pastor Richard's sermon from Sunday, January 24, 2021 (A summary—to hear the complete sermon, dial (306) 992-1912.)

Scripture: Jonah 3:1-4:2; Mark 1:14-20; Matthew 11:7-10

Jonah was hesitant to go to Nineveh because he understood something of the grace or mercy of God. God called Jonah to go to Nineveh with a word of warning, due to the evil way in which the people there were living. While initially disobedient, Jonah finally went to Nineveh and proclaimed the word of God – to which the Ninevites repented, turned from their evil ways and listened to God. In light of this, in his mercy, God decided not to destroy these people, which is what Jonah knew would happen. Although God is gracious, and extends his grace to any and all, the grace of God is also a call to repentance.

John the Baptist came preaching a message of “Repent, for the kingdom of God is at hand.” John's message was one calling people into the Kingdom of God. In reflecting on who John was, in Matthew 11, Jesus states a couple of things that John was not and one thing that John was. John was *not* a reed shaken by the wind; John was *not* a man who changed his opinion based upon the opinions of others. No, John's message was consistent: Repent, for the Kingdom of God is at hand.

Secondly, John was not a prince dressed in fine clothes. Princes are to be found in the King's house, living well – John was living out in the desert, eating locusts and wearing clothing that was less than fine fabrics. John was not interested in position or prestige, but rather the true proclamation of the Word of God. John was a prophet.

Jesus, following John's arrest (at which time John *did* find himself in a king's palace, but, due to his unshaken resolve to preach the Word of God and call people to repentance, as a prisoner rather than a prince), proclaimed the same message: Repent, for the Kingdom of God is at hand. This call to repent is a call to change one's ways, much like the people of Nineveh did. It is to choose the ways of God over the evil ways of this world. Jonah, John, and Jesus were all presenting a choice, grounded in the grace of God, to the people they spoke to: Repent.

In Mark 1, where we find Jesus continuing to proclaim this same message (repent, for the Kingdom of God is at hand), immediately following this we also find that Jesus calls fisherman to come and follow him (to be his disciples). These fishermen leave their nets and follow Jesus; Jesus tells them that what they are to become is fishers of people. As we repent, giving our lives to the Kingdom of God, the message of repentance then becomes *our* message, as we continue the work of Christ.



## 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](http://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](mailto:main_fbcregina@sasktel.net) for further details.



After explaining the commandment to honor your father and mother, a Sunday School teacher asked her class if there was a commandment that teaches us how to treat our brothers and sisters.

One boy, the oldest in his family, immediately answered, "Thou shalt not kill."

A father was reading Bible stories to his young son. He read, "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned into a pillar of salt." His son asked, "What happened to the flea?"