

# First Baptist Regina Weekly News

*For the Week of March 14th, 2021*

## A Healthy Relationship With Food

The image I have of gluttony is of someone eating disgusting amounts of food. But actually, it is simply eating more than we need for the day. Given the abundance of food around us, we ought to be on alert. Gluttony is often listed among the “seven deadly sins.” (A better translation might be the “seven deadly attacks.”)

Food is meant to give us energy, but eating more than we need can leave us tired, weighed down, foggy, and slower. Unfortunately, we might turn to food for consolation, fulfillment, or out of boredom. We can begin to reach for second helpings or for snacks compulsively, even as an addiction. Food then becomes both unhealthy and an obstacle between us and God. In this way, sin is bad for our health, body, mind, and soul.



Fasting has long been encouraged to help combat gluttony. Fasting can mean not eating at all. More often, however, what has been prescribed is to stop eating while still hungry, and to avoid meats and rich foods during one’s fast. This kind of fasting was expected of everyone several times a year, and helped develop self-control.

Regardless of *how* you fast, fasting is always meant to be accompanied by prayer and scripture. This helps us experience that our bodies live on more than just food. Those are Jesus’ own words, shared with us while he fasted in the wilderness. But I think we also know this from daily life. I can forget meals in the midst of an activity I’m enjoying. Music, a good book, a warm and sunny spring day, time with friends – these things give me energy. Conversely, grief, failure, or dreary chores can leave me exhausted. Our bodies need more than food. They live on words from God.

Food is meant to be a gift. Certainly it is functional. But God made what was functional to be pleasurable, joyful, and celebratory as well. God is good! Let’s not overlook the reason Jesus gave for feeding the five thousand and the four thousand: He didn’t want people to go away hungry. He loved them and wanted them to eat. All meals fall under the rule of the greatest meal, the Lord’s Supper. Food is for communion, people united in thanksgiving for God’s gifts of life and salvation.

Fasting with prayer, leading to self-control, is the means of ensuring that God’s good gifts do not become harmful for our physical bodies or our relationship with God.

With love,

Pastor Joel

## First Baptist Regina Update

As you have likely heard, changes have recently been made to restrictions across Saskatchewan, and you may be wondering how this will affect our congregation. First, we will continue to offer worship services and other ministries over Zoom, Facebook, and Youtube.

Secondly, for the coming weeks of Lent through to Palm Sunday, there will be no change to our current capacity of 30 people for in-person Sunday morning worship. Our priority continues to be to allow those without internet to participate safely on Sunday morning, in person.

## AGM 2021

Our Annual General Meeting (AGM), will be held on Sunday, March 21st, 2021, following the morning worship service. It will be on Zoom as well as in person, in the church sanctuary. **Please note:** If you wish to attend in person, due to current restrictions, *registration will be required.*



To register, please send an email to [the church](#) or call (306) 359-1450.

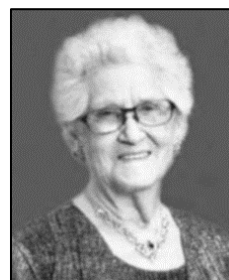
**Be sure to attend:** We have much to celebrate and much to discuss! The 2020 Annual Report and other related information may be found on [our website](#). There are also hard copies available in the church foyer.

## Our Condolences



We extend our condolences to the family and friends of Margaret Ziolkowski, who passed away on Saturday, February 27, 2021. Margaret, along with her late husband Erwin, was a member of First Baptist for many years. Her active participation and support was appreciated in many different areas in the life of the First Baptist community. As they welcomed person after person, she and Erwin were among those who have played a major role over the years in making the church “A Place to Belong.”

We also extend our condolences to the family and friends of Ruth Johnstone, who passed away on February 24, 2021. Along with her husband, Lorne, Ruth shared her musical ability with First Baptist as a faithful member of the choir for a number of years. If you’d like to read her obituary, you will find it on the Regina Leader-Post website: [Ruth’s obituary](#).



## A Virtual Easter Alleluia

Time is passing quickly and Easter Alleluia 2021 is just around the corner! It will be held on March 28th, at 7:00 pm on Zoom.

In this virtual concert, FBC musicians and friends, both past and present, come together in unique ways to present the Easter story...

- Guest Musicians: Karen Martin, Marilyn Phillips, Narrow Gate
- First Baptist Musicians: JuBELLation Ringers, Christa Walsh (piano), Mark Anderson (organ), John Nelson
- Archival music from Exaltation Singers, Sanctuary Choir, His Kids, Y.I.M., Fuller Brass, Rob Nelson, Becky Findlay, and Jeff Sotropa.

Mark your calendars. You can join the concert on Zoom, watch it live on Facebook, or watch it later on YouTube. (Please visit [our website](#) for the links.)

Invite your friends to join this online presentation that is both reflective and inspiring!

## Achievers' Virtual Luncheon

The March Achievers' Luncheon will be Thursday, March 25th, 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 Rev. Rob Ogilvie, Executive Minister of the Canadian Baptists of Western Canada (CBWC).

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

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Thanks to Josiah Gilman

LEPERS ... I HEAL LEPERS

05-02-20

*"Laws" you may already be familiar with...*

Law of Window Cleaning: It's on the other side.

Law of Universal Fit: Interchangeable parts don't.

Law of the Consumer: As soon as you find a product that you really like, they will stop making it.

Law of the Result: When you try to show someone that a machine won't work, it will.

## 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



At the beginning of Lent, the kids were invited to draw or write what they wanted to do throughout Lent to draw closer to God. They have also received nine pages to colour, each page depicting a Psalm that relates to the Lenten season. The children have been invited to colour these pictures throughout Lent as they reflect on their Lenten journey. See the photos for some samples of their art work. For more information, please contact [Pastor Kayely](#).



### Youth

Pastor Chris: "On Friday, February 26th, Rev. Dell Bornowsky joined us to talk about prayer and its importance in the spiritual life of our faith. We really appreciated what he had to say, and how he challenged us to think about prayer differently. Dell has a unique way of getting people to unpack ideas through asking questions. We also played some games and spent some time sharing about how each of us was doing." For more information about our youth program, contact [Pastor Chris](#).

### Adults

**Learning for Life:** Pastor Richard is facilitating an online 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 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. There are two groups meeting, via Zoom. The first group meets on the 2nd and 4th Sunday of each month at 7 pm, and the second, on the 2nd and 4th Friday of each month at 10 am. For more information, please visit [our website](#) or contact [Pastor Richard](#).



## The Way of God

Pastor Richard's sermon from Sunday, March 7th, 2021 (A summary—to hear the complete sermon, dial (306) 992-1912.)

Scripture: Mark 9:30-50

Jesus spoke to his disciples about their being salt in this world. Then as it does now, salt provided a necessary function in the preservation of food. Yet then, as may be the case in some places now, salt was often adulterated so that it lost some of its preserving quality – lost its purpose. Jesus' concern with his disciples as he spoke to them of being salt in this world, was that they were in danger of losing their purpose as a result of their focus being adulterated. How? By not being at peace with each other.

In Mark 9:30-32, Jesus again shares with his disciples that he is going to be betrayed into human hands and be killed. But three days later (after being killed), he will rise. This is not the first time Jesus spoke with his disciples about what was going to happen to him, but they still did not quite grasp what this meant. They did not recognize the servant character of Jesus, described so beautifully by Paul in his letter to the church at Philippi. Paul wrote of Jesus: “Though he was in the form of God, (he) did not regard equality with God as something to be exploited, but emptied himself, taking on the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death – even death on a cross” (Philippians 2:6-8 NRSV). This was, and is, the heart of Jesus.

After telling his disciples once again what was going to happen to him, he travelled with his disciples to Capernaum. Most likely, as would have been normal for students travelling with their Rabbi, Jesus would have been out in front and the disciples following along behind Jesus. They were talking amongst themselves as they travelled. When they arrived at Capernaum and sat down in a home together, Jesus asked them what it was that they were discussing as they travelled. They were silent, for they had been discussing (arguing perhaps) about which of them was the greatest; a far cry from the humility and servanthood of Jesus.

Jesus takes this opportunity to instruct them on what is expected of them in the Kingdom of God. He brings a little child into their midst and teaches on the importance of welcoming one such as this – one without a voice, without position or status, without power. They are to find themselves not jostling for position, but rather becoming, as their Rabbi, a servant of all, and especially of the least of these. Their ministry is to be one of meekness and humility, servanthood and sacrifice. This is the way of God.

We live in a culture which is based on succeeding, moving up the ladder, and gaining ground in the arena of popularity and prestige. Those of us who are serious about our call in Christ, must recognize that this element of our culture does not lead to peace, but rather to competition. If we give in to this aspect of our own culture, we become adulterated and less effective in our witness to the Kingdom of God. May we hear the call to once again lay our lives down for each other – for the least of these – as we take up our cross and follow Jesus.

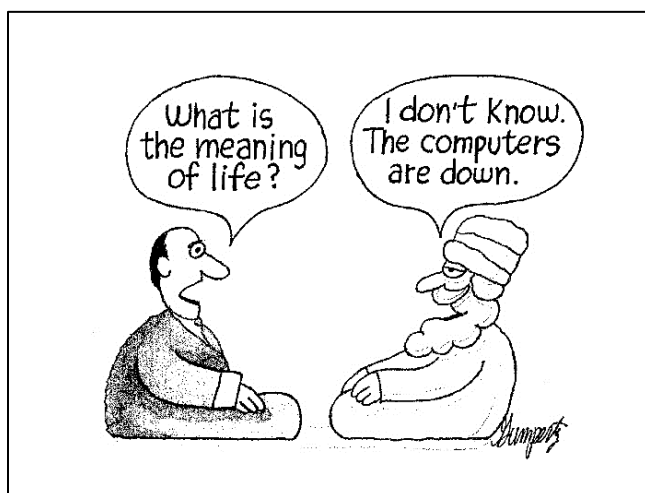
## Tithing during the pandemic

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](mailto: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.



### *Slogan Slants...*

Ad for a clock-repair shop: "If it doesn't tick, tock to us."

Muffler repair shop slogan: "Our customers leave quietly."

Name of a call-in talk show in Texas: "The Call of the Riled."

Slogan for Hamlet's Opticians: "To See or Not to See."