

# First Baptist Regina Weekly News

*For the Week of July 18th, 2021*

“Listen to the sound of my cry, my King and my God, for to you I pray.” *Psalm 5:2*

The Psalms show us that from ancient times, people have felt that God was a being who listened to people and expected people to listen to him. They often begin with the request, “Listen to me!” sometimes from God, sometimes from a person or from the assembly of God’s people.



In other words, the Psalms depict life as a conversation between God and people. This conversation in the Psalms is made up from the stuff of daily life: aches and pains, the goodness of food and friends, anger at injustice in the world, the search for direction.

No matter what task you find yourself doing, from when you rise to when you lie down, there is a conversation waiting for you, for God is always near.

“O Lord, you have searched me and known me.  
You know when I sit down and when I rise up;  
you discern my thoughts from far away.  
You search out my path and my lying down,  
and are acquainted with all my ways.” *Psalm 139*

Each day, may you hear God and know that God hears you.

Yours with love,

A handwritten signature in black ink, appearing to read 'J. M. M. L.' with a long, sweeping underline.

Pastor Joel

## Increased Capacity at Sunday Worship Services

Provincial health 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.



As you are probably aware, we are all at different places with regards to 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.

While progress is being made in our goal of returning to a more normal way of life, the pandemic is not over yet. In order to keep each other safe, we will continue to follow all health guidelines for public gatherings. As a reminder, here are the main ones:

1. Everyone is required to wear a mask that covers their mouth and nose for the entire time they are at the church.
2. Everyone is required to wash their hands with sanitizer when they enter the building.
3. Everyone is required to follow the arrows on the floor. The ushers are there to help you. Please look to them for guidance.
4. A distance of 6 feet/2 metres is required between households.

For a complete list of the Worship Service Guidelines, please visit [our website](#).

*Please note that, now that the weather is milder, you are asked to **head straight outside to visit**, rather than using the foyer or aisles for that purpose.*

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

For information about children and youth programming, please see page 6.

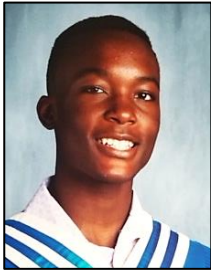
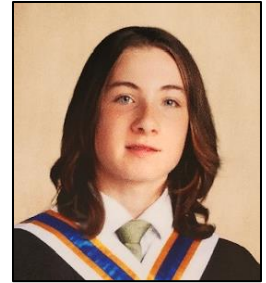
### Dial-the-Sermon – (306) 992-1912



Just a reminder to those of you who do not have access to a computer and/or the internet and are unable to attend the worship service in person, there is an easy way to listen to the previous Sunday's sermon. Simply dial (306) 992-1912 (toll-free within the Regina area) on your landline phone or cell phone. This number takes you straight to the sermon recording. If you know someone who might like to use this service, please pass this information on to them.

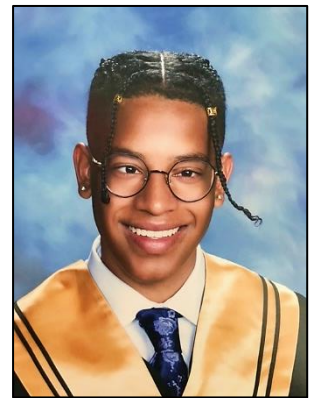
## Celebrating Our Youth Graduates

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”.



Our last graduate is Adam Johnston, who also graduated from grade 12. He has been attending our youth program for 5 years as well. 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

## Katepwa Lake Camp (KLC) – Kitchen Volunteers Needed

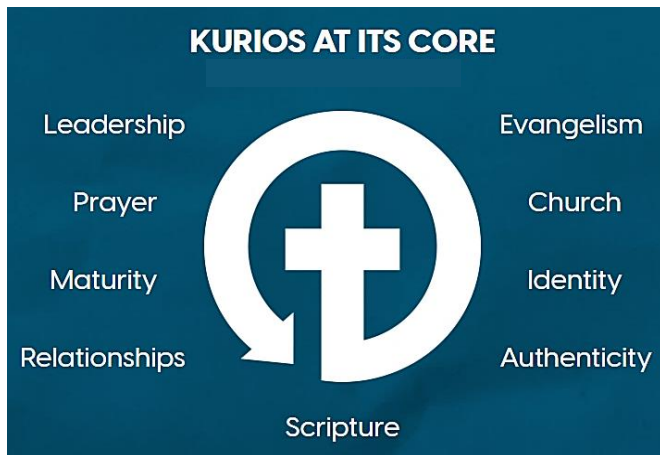
KLC is in urgent need of more kitchen volunteers. Whatever time you can give, whether a full 5-day week or just a few days, would be greatly appreciated. Two camps have already taken place (Junior 1 and Junior Teen 1), but the camps still to come are as follows:

Junior 2 (Ages 9-12)                      July 18 – 23  
Scamper (Ages 6-8)                      July 26 – 28  
Junior Teen 2 (Ages 12-15)              August 1 – 4

For more information or to volunteer, contact [Rosemary W](#), or email Ethan at [assistantdirector@katepwalakecamp.com](mailto:assistantdirector@katepwalakecamp.com) or Payton at [admin@katepwalakecamp.com](mailto:admin@katepwalakecamp.com).

## KURIOS: CBWC's Gap Year Experience

A program run by the Canadian Baptists of Western Canada (CBWC), Kurios is a 28 week (7½ month) gap year experience for young adults (typically aged 17-22) including a 6-week, immersive cross-cultural experience in Central America.



Kurios is about growing young Christian disciples who love Jesus with all their heart and all their soul and all their mind and all their strength, and love others as themselves, ultimately leading to a lifetime of enjoying Jesus as Lord over every area of life.

From the Director: *"We invite you to pray with us, for young adults in our communities: for peace and hope and*

*purpose as we emerge from the pandemic for discernment as they choose paths for their future for Kurios as we seek to disciple young adults in their walk with Jesus as LORD over all areas of life."*

Applications are still being accepted for the 2021-22 year. For more information, visit the [KURIOS website](#).

## Our Condolences...

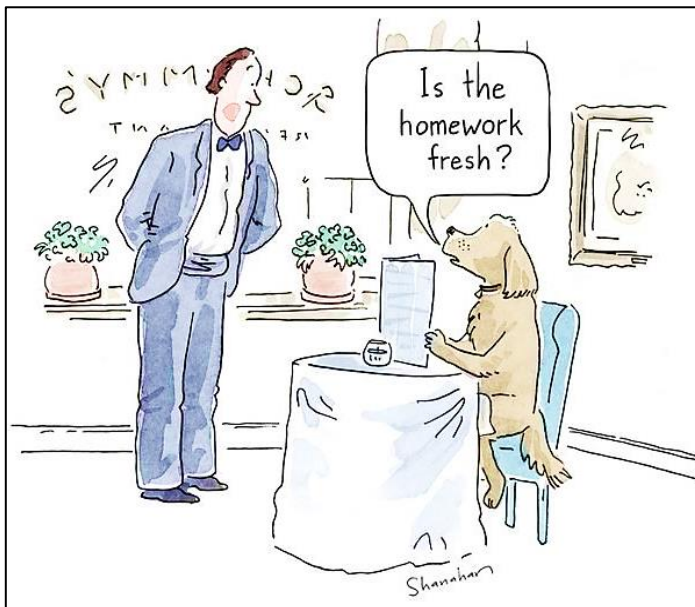
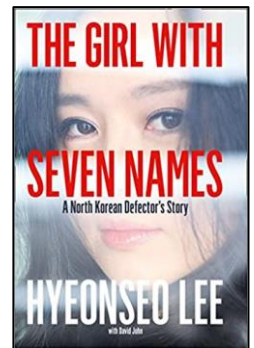
We extend our condolences and prayers to the family and friends of Ruth Dell, who passed away on July 5th, 2021 in Edmonton, AB. Ruth is the sister of Dell (Susan) Bornowsky.



We were also saddened to hear of the passing of Gladys Ogilvie, who passed away on July 13th, 2021. Gladys is the mother of Rob (Bonnie) Ogilvie (Executive Minister of the CBWC) and David (Kim) Ogilvie (Pastor of First Baptist Regina from 2000 to 2003). Our condolences and prayers go out to Gladys' family and friends at this time.

## 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](#), contact Lauren S or call the church at (306) 359-1450. The discussion will take place at 10 am over Zoom.



A Canadian park ranger is giving some hikers a warning about bears, "Brown bears are usually harmless. They avoid contact with humans so we suggest you attach small bells to your rucksacks and give the bears time to get out of your way. However, grizzly bears are extremely dangerous. If you see any grizzly-bear droppings leave the area immediately."

"So how do we know if they're grizzly bear droppings?" asks one of the hikers. "It's easy," replies the ranger. "They're full of small bells."

## 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

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

The youth are taking a short break at this time. Please continue to keep them, and Pastor Chris, in your prayers. 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](#).



## 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.



Q. What should you do when it rains cats and dogs?

A. Be careful not to step in a poodle.

Q. How do you stop a bull from charging?

A. Cancel its credit card.

Q. What lights up a soccer stadium?

A. A soccer match.

Q. Why do cows wear bells?

A. Because their horns don't work.

Q. What do you call a lazy kangaroo?

A. A pouch potato.