

## First Baptist Regina Weekly News

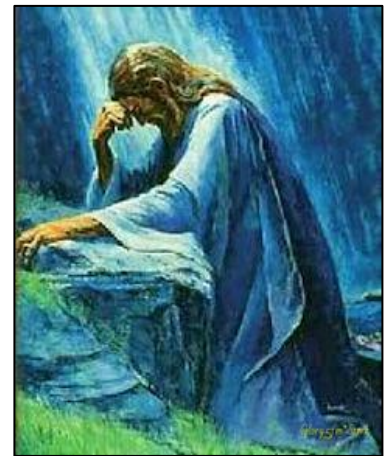
*For the Week of July 25th, 2021*

People reading through the Psalms are sometimes surprised how often “enemies” come up. It is rare for us to describe another person as an enemy, no matter how sharply we’ve disagreed or how much they’ve hurt us. What’s more, Jesus has given us a love for all people, even someone who has wronged us. So what do we do with Psalms like Psalm 18?

“I pursued my enemies and overtook them...I struck them down, so that they were not able to rise; They cried for help, but there was no one to save them.”

Would Jesus have prayed this way? Would he have skipped this part? Jesus certainly had enemies. Would he have prayed for their demise?

It can be meaningful to imagine Jesus praying the Psalms as you read them. How might this Psalm have shaped how he lived? How did Jesus apply the Psalm in his life? If Jesus prayed, “God dressed me with strength...God trains my hands for war,” we can ask ourselves, well, how did Jesus show his strength? What kind of a war did he fight? Which enemies did he defeat?



For one thing, Psalm 18 teaches us not to take matters into our own hands, but to turn our anger and self-protection over to God. “In my distress I called upon the Lord; to my God I cried for help...God delivered me from my strong enemy.” Jesus modelled such a faith to a radical degree, trusting God to deliver him from enemies, even *after* his death.

However, part of what gives the Psalms their universal appeal is how often sin and death are the main threats. Enemies and death frequently coincide in the Psalms, and God is understood to be the only one that can save us. “The cords of Sheol entangled me; the snares of death confronted me. The Lord bowed the heavens, and came down; the Lord drew me out of mighty waters.”

As they grappled in prayer with their immediate problems and suffering, the people who wrote the Psalms somehow perceived that one day, God would save humanity from death. In this way, Psalm 18 and others are prophetic, a promise that God would defeat our true enemy through Jesus.

Yours with love,

Pastor Joel

## First Baptist Church Question & Answer Time

When: Sunday, August 1st, following the morning worship service

Where: In the sanctuary

We would like to hear from you. You may have questions related to Covid, our music ministry, or the ministries coming up in the fall. Or, perhaps something else has concerned you in recent weeks. We've had fewer opportunities to listen to one another over the past year. Pastor Joel and Ron Phillips, our board chair, will remain in the sanctuary following the service to hear your concerns and answer your questions.

## 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.



*Sunday morning service, July 18, 2021*

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 the meantime, we will exercise caution by keeping to the following guidelines in our services:

While progress is being made in our goal of returning to a more normal way of life, the pandemic is not over yet. In the meantime, we will exercise caution by keeping to the following guidelines in our services:

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 warmer, 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.

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

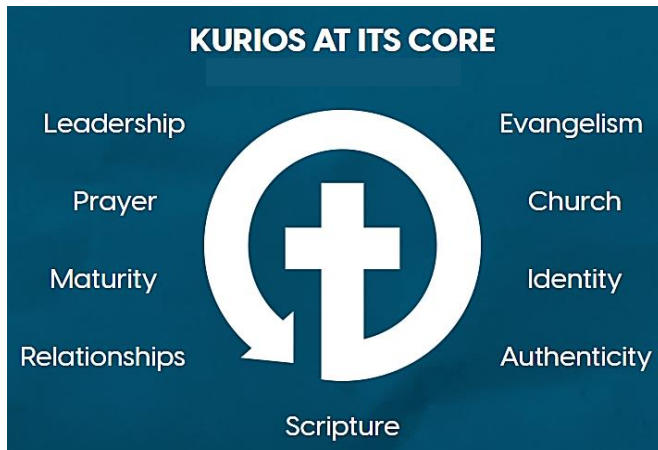
KLC is in urgent need of more kitchen volunteers. Whatever time you can give, whether a full 5-day week or just a few days, would be greatly appreciated. Two camps have already taken place (Junior 1 & 2 and Junior Teen 1), but the camps still to come (or in progress) are as follows:

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

For more information or to volunteer, contact [Rosemary Ward](#), 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](#).

## 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.

## Our Condolences...

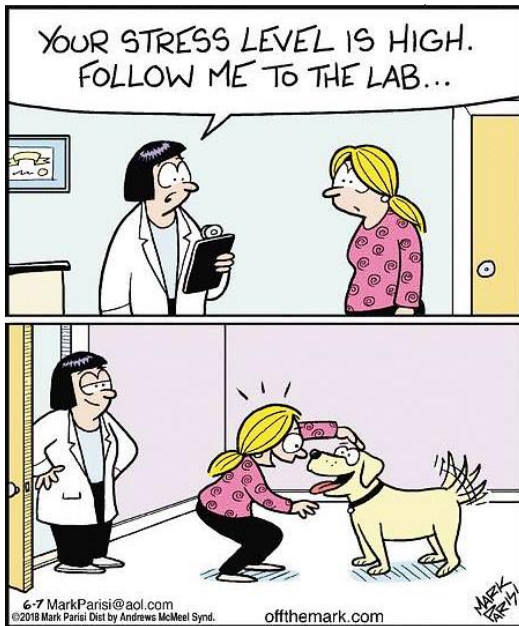
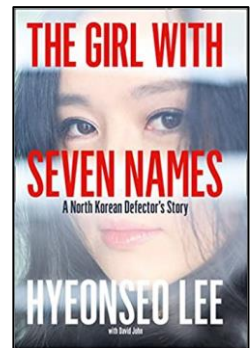
We extend our condolences and prayers to the family and friends of Ruth Dell, who passed away on July 5th, 2021 in Edmonton, AB. Ruth is the sister of Dell (Susan) Bornowsky.



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 Laureen Snook [by email](#) or at (306) 529-2963, or call the church at (306) 359-1450. The discussion will take place at 10 am over Zoom.



Two artists had an art contest. It ended in a draw!

I tried to sue the airport for misplacing my luggage. I lost my case.

I have a fear of speed bumps. But I am slowly getting over it.

Why did it get so hot in the baseball stadium after the game? All the fans left.

What did one traffic light say to the other? Stop looking! I'm changing!

Why did the gym close down? It just didn't work out!

The numbers 19 and 20 got into a fight. 21.

## 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

On Sunday, July 25th, our families with children met at the playground and spray pad by the Core Ritchie Neighbourhood Centre for some family fun time. Five families were in attendance. The children put the spray pad to good use, as it was a very warm day!

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)

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](#).



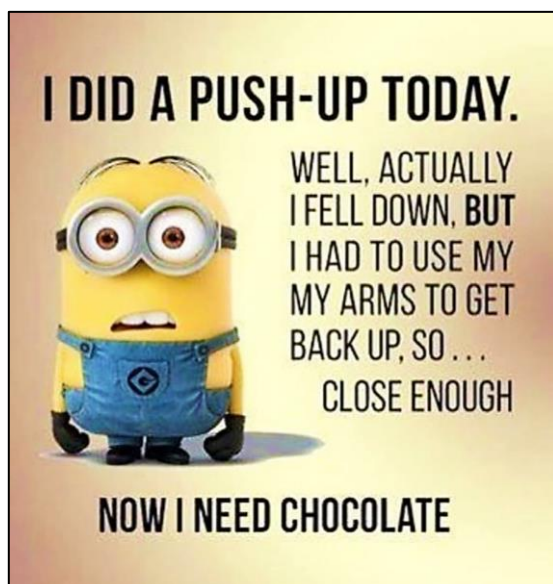
## Tithing during the pandemic

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.



My friends and I have named our band "Duvet". It's a cover band.

When I told my contractors I didn't want carpeted steps, they gave me a blank stare.

Why is it unwise to share your secrets with a clock? Well, time will tell.

Just so everyone's clear, I'm going to put my glasses on.

What do you say to comfort a friend who's struggling with grammar? There, their, they're.

If you're bad at haggling, you'll end up paying the price.