

# First Baptist Regina Weekly News

*For the Weeks of August 22nd & 29th, 2021*

## God, the Lord, is my Strength

Decades ago, when I was living in Quito, Ecuador, I went through a dry patch spiritually. God seemed far away. I was unhappy with a few situations in the school where I taught; the mission seemed stuck in the '30s. The fact that the next missionary in age was 12 years older than me, didn't help.

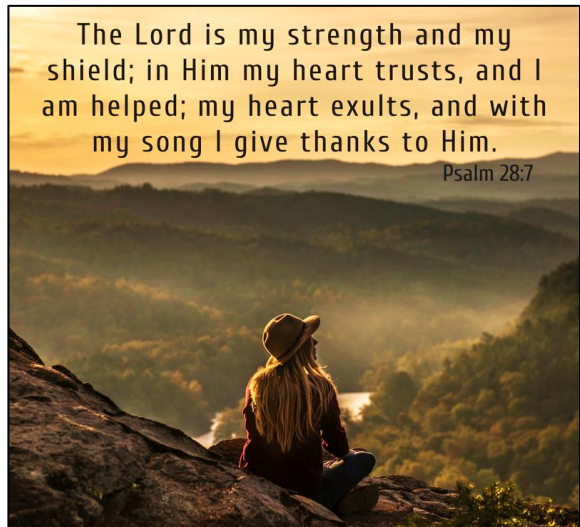
I wrote out all my complaints and frustrations to my parents. A few weeks later I got a letter from my dad. He acknowledged my complaints, shared a few from his own ministry in the early years and then at the bottom of the letter he

wrote; "Don't allow yourself the luxury of depression. Praise Him!" That hit me in my brain and my heart. I knew he wasn't talking about clinical depression. He was talking about me feeling sorry for myself, and not looking at the good things that were happening. He was talking about me wallowing in self-pity. He followed that sentence with Habakkuk 3:17-19. Habakkuk is rejoicing here in the midst of famine and while people were starving.

That letter changed my outlook, and that change has lasted throughout my whole life, right until today. When things go wrong, I can praise the Lord, not just when things are going the way I want. And when I praise Him, he becomes my strength.

Another couple of decades passed. I was teaching at Canadian Bible College and Seminary. The worship team in chapel taught us a song one day, based on those verses in Habakkuk. It was tuneless but powerful for me. I know some of you know it.

Though the fig tree does not blossom  
And there is no fruit on the vine.  
Though the produce of the olive fail  
And the fields produce no food.  
Though the flock be cut off from the fold  
And there be no herd in the stalls;  
Yet will I rejoice in the Lord,  
Yet will I rejoice in the Lord.  
I will joy in the God of my salvation.  
God the Lord is my strength. (*Habakkuk 3:17-19*)



The Lord is my strength and my shield; in Him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to Him.

Psalm 28:7

That song, that scripture, those words are still a call to me to thank God in all situations in my life. When I praise him, it pierces the negativity and the darkness.

And now, four decades later, in what I hope is a partial end to COVID-19, God, through Habakkuk, speaks to me again. The pandemic has not been easy for any of us and terrible for some. But I can still rejoice in the Lord. When I do, it opens so many doors.

Though people are sick all around me,  
And friends have lost family members,  
Though the numbers are still not flattening,  
And people all ages, around the world are dying.  
Though my pensions are dwindling,  
And gas and groceries are going through the roof.  
And people still won't get vaccinated  
Even when the young are dying.  
Yet will I rejoice in the Lord  
Yet will I rejoice in the Lord.  
I will joy in the God of my salvation.  
God the Lord is my strength.

He is God on the mountain and God in the valley. He has never deserted me yet.

The last part of Habakkuk 3:19 says "He makes me as surefooted as a deer, able to tread upon the heights. YES!!

—Norma

## **We want to hear from you!**

It has been almost a year and a half since the COVID-19 pandemic made it necessary to shut down all our in-person services and activities. When that happened, those in leadership here at First Baptist were concerned. How would we be able to stay connected to each other and to the church? One of the ways in which we have sought to meet that need, was to send out a weekly newsletter. We've heard from quite a number of you that the letters have helped you feel more connected to the others in our church community.

Now that things have started returning to normal, we are considering going back to a monthly letter. But before making that decision, we would like some feedback from you. Has the newsletter been a blessing to you? If so, in what way(s)? What parts have been particularly helpful to you? If we went back to a monthly letter, what would you miss about receiving a letter weekly? Please respond by sending an email to [the church](#), or by calling us at (306) 359-1450.

## **Fall...is just around the corner!**

Planning is underway for activities for all age groups. At present, there are no restrictions on in-person gatherings, and we look forward to being able to meet in person for various activities again. Keep reading for a sneak preview of what's ahead...

### **Fall Kick-Off – September 12th**

As has been our tradition for the past number of years, we will meet to celebrate the “official” start to our fall programs. Details for this event are still coming together, but please pencil in from 4 to 6 pm on your calendars for that day. Watch for an unexpected location and more exciting details to be announced!”

### **Fall Programs in the Works...**

#### **Morning Prayer**

Morning prayer is taking a short break and will resume in September. 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’s Ministry**

Beginning September 12th, there will be in-person classes for children up to Grade 6. For more information, please contact [Pastor Kayely](#).

#### **Youth Ministry**

The youth will continue to meet on Friday evenings. The meetings are coordinated by Pastor Chris. For more information, contact [Pastor Chris](#).

#### **Adult Ministries**

##### **Learning for Life (L4L)**

L4L will resume on September 12 at 9:30 am. Dr. Kelvin Friebel will be teaching on the Psalms of Lament as a way of learning to approach God in prayer during difficulty. This class will be in person, but with a Zoom option. A schedule and more details will be announced soon. Watch here or on our website.

##### **Small Groups**

The small groups which were running before summer (“Reading through the Old Testament” and “Gospel of John small group study”) will resume by mid-September. Watch here or on our website for more details.

If you are interested in joining a small group, please contact [Pastor Richard](#).

## Music Ministry

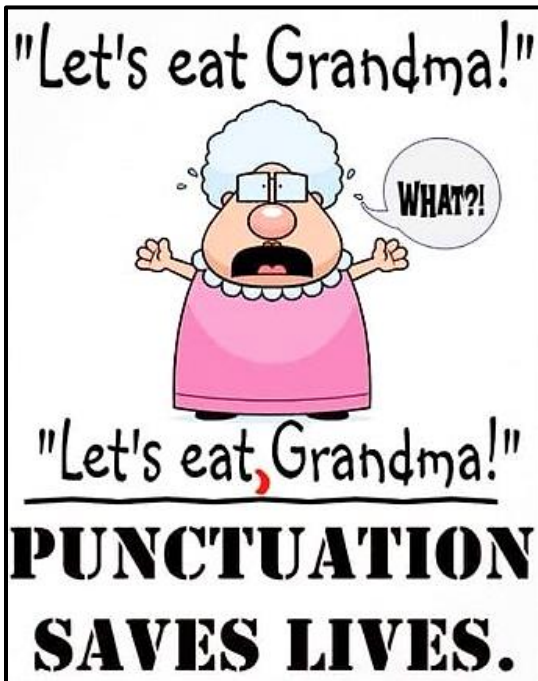
Last week, we heard the exciting news that Dr. Melissa Morgan was joining us as Interim Director of Music. If you missed the announcement, all the information may be found on [our website](#). If you haven't watched her [short video](#) of introduction, be sure to do so soon!

As Melissa has shared with us, one of her goals is to establish a choir to sing once a month. To that end, she has set the date of the first rehearsal as Thursday, September 16th. All previous members and new ones will be warmly welcomed!



**Please note:** Melissa will be at church on Sunday, August 29th, and she asks that everyone who would like to participate in *any form* of music ministry, please meet with her after the service, in the sanctuary. Anyone interested in joining the choir is *strongly encouraged* to attend the meeting.

Melissa has also asked us to fill out an [Information Form](#) so that she can start getting to know us. *If you haven't filled that out, please do so before Sunday, August 29th.*



Did you hear about the high-tech ventriloquist? He can throw his voice-mail.

Overheard: "My accountant is worth every penny he charges because of the time he saves me. This year, for example, he probably saved me five to ten years in prison."

Some PhD candidates at a university in California were eager for the title, "doctor"—until one newly degreed professor shared his story. A friend had called his home and asked, "Is the doctor in?"

The professor's 10-year-old son replied, "Yes, but he's not the kind who can do you any good."

## Volunteers Needed!

With many exciting activities starting—or re-starting—soon, we are going to need a lot of help! (Funny thing about programs—it seems they just don't run themselves! 😊) What area(s) are you able to get involved in? The following are some of the areas in which volunteers are needed:

- Ushers
- Children's ministry workers
- Youth ministry workers
- Nursery workers
- Communion set-up



Please send an email to [the church](#) or call us at (306) 359-1450 to let us know what area(s)—either in this list or not—you are able to get involved in. When everyone does their part, then no one is overworked!

## Family Fun at the Park – Sunday, August 29th

Families with children are invited to meet at the playground and spray pad by the Core Ritchie Neighbourhood Centre (2230 Lindsay St) this Sunday, August 29th, for some family fun time.

Time: 2 – 5 pm

What to bring: Bug spray, sunscreen, water bottles, snacks for your family, and gear for spray pad (swim suits, towels).

Questions? Please contact [Pastor Kayely](#), send an email to [the church](#), or call the church at (306) 359-1450.

## Give & Take

Items needed for refugee family: 2 bedroom dressers. Please contact Marilyn P, send an email to [the church](#), or call (306) 359-1450.

## 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.

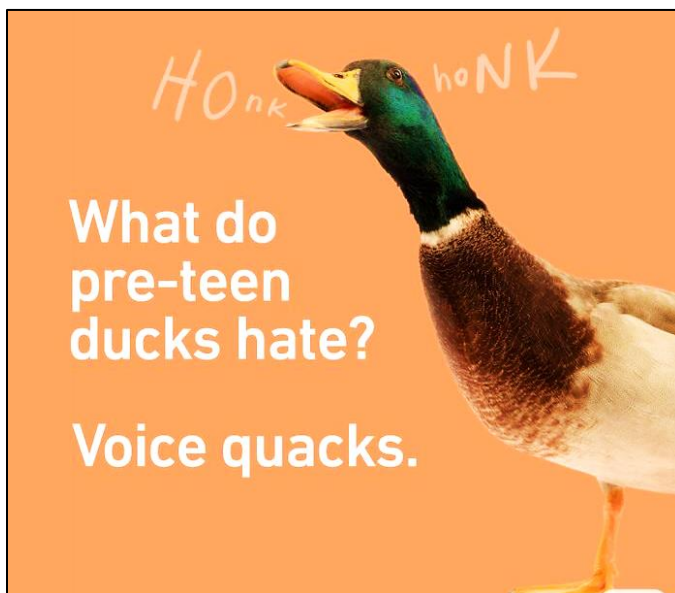


## Tithes and Offerings

While many of you are coming to worship services in person now, there are also quite a number joining the service on Zoom or Facebook. Whether you are attending in person or online, there are several methods that you can use to give your 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.



Why are skeletons so calm?

Because nothing gets under their skin.

Why is England the wettest country?

Because so many kings and queens have been reigning there.

Where does the sheep get his hair cut?

The baa baa shop!

Why are ghosts such bad liars?

Because they are easy to see through.

Why doesn't the sun go to college?

Because it has a million degrees!