

First Baptist Regina Weekly News

For the Week of February 6, 2022

Circling Back to Anger

Most people in an adult hockey league are just looking to enjoy playing together and get a bit of exercise. Once in a while, there's a guy who plays with anger and it is always the same. They start with aggressive intensity, pushing the limits of the rules. They take offence at bumps and knocks, and strike back. Success is treated as an opportunity to taunt while failure is reason to yell at others. When you see all these things happening as the game continues, you can guess a fight is coming. Such a person will drag others into anger with them. Often, their teammates can be seen afterwards, apologizing and distancing themselves from that person. Unless the whole team is the same way, that person will not be welcome for long.

I find it interesting then, that for years, I heard that you need to play with some anger to play well. Or that a team needs to develop a bit of hate for their opponents to play well. Now that I'm older, I've heard professional coaches and players say something different, some-



thing that I know is true from personal experience: Joy is also a source of intensity and strength – use *it* instead. Joy is also infectious. Hate and anger pull apart, consume, and self-destruct; joy builds up and seems to have no bounds.

Fans of professional teams will sometimes argue that hiring an unpleasant player is fine, if they help the team win. It seems that the players in the dressing room don't always agree with this. Winning at hockey may be their passion, but it is also a workplace for them. Who wants to put up with drama, walking on eggshells, wondering what will happen every day at work?

There's also evidence that clubs which overlook wrongs in one area, are at risk of overlooking it in other areas, with devastating consequences. Lives have been devastated or destroyed. Some teams have been under scrutiny in the news regarding their toxic culture.

Now, my impression is that hockey is, at best, only mildly interesting to most of you. Why then, you might ask, do I bring this up?

At the risk of returning to a well-worn path, I'm concerned about anger guiding our behaviour. Mind you, it is no surprise, given how difficult these past two years have been.



Children generally bring joy to any sport!

In our first-past-the-post, winner-take-all political system, there's little incentive for the elected party to listen or to compromise. This is only exacerbated by the way so many of our governments seem to enjoy dynasties – multiple elections without any real challengers.

If there's something you want to see changed, a dramatic protest which generates pressure could be your only option. The protest needs to hold the government's attention and get the wider public to demand action, either out of sympathy or exasperation. Protests can be intense and uncompromising when the protesters are convinced that lives are at stake, or that the government's policies have resulted in great harm and even deaths, as the protesters in Ottawa have stated about their concerns, or as the tent city organizers argued this past fall in Regina.

As groups begin to form a protest, anger is sometimes treated as a necessary ingredient and even evidence of moral health. Facts and stories are presented in such a way as to generate anger and rage, rather than as a way to understand the nature of the problem and seek solutions. But this takes us back to the point above – what can people do when the government shows little interest in dialogue, especially when it is a party that has won several elections in the past and looks set to win the next one? Perhaps their only option is dramatic protest. Arousing anger is not only effective to this end, it is also can be seen as righteous.

Some Canadians believe that Covid is a real threat and that the government had to do something. For this group, the debate has been whether the measures have been too much or too little, too early or too late. Other Canadians (granted, a smaller proportion) believe the government should have done little to nothing, because, in their way of thinking, either Covid is not as great a threat as claimed, or perhaps not even real. For this latter group, the restrictions have been the sole cause of suffering and harm for two years, all at the behest of the government.

In my experience, the leaders of any protest are not really looking for help understanding the issues or finding other solutions. What they feel they need is a larger group to join them so their voices will be heard.

As the parade of vehicles rolled passed Saskatchewan and on to Ottawa, I was reminded of the Regina Riots, back on July 1st, 1935. There are a few plaques memorializing this tragedy around town. As many of you will know, during the great depression, over a thousand men joined a convoy to go Ottawa to demand change. The convoy was stopped in Regina. After two weeks, the police stepped in to make arrests, and there was bloodshed. There are a few similarities between the situations then and now: a few leaders who are ideologically-driven activists, a large, disaffected group, a seemingly unsympathetic government, and years of hardship. (Although remembering the decade-long depression does make our two years of varying restrictions seem less significant.)

What I am trying to say is this. I understand why people believe that protest is the right thing to do. I wish we could find others means of entering political dialogue. A cursory survey of history reveals that resolving such differences has never been easy for humanity. We fight about politics because it touches upon what we believe is true and right. However, I wonder if we can take part or respond to what others are doing without giving anger a foothold.

When anger is legitimized in a group, people are capable of doing things they would never do on their own. There can be unintended consequences. Also, people who are easily angered might feel attracted to the group and find their anger affirmed and even rewarded. As with the hockey teams, we can be tempted to welcome a few people into the group who allow rage to take over. There can be a sense that anger is necessary to win.

Let's keep a few more things in mind. It has been a cold January, we are approaching two years of Covid restrictions, expenses are rising, and there's plenty more concerning news out there to boot. It's no surprise that nerves are frayed and tempers short on all sides. For what it is worth, I think what we are seeing and hearing about is still very complicated, with many different issues bound together.

I think our role can continue to be two-fold, regardless of where we stand on the issues at hand. Don't add to the anger, and maybe introduce something else instead.

All of us can pray. These are not easy days. Are we making a point of reminding ourselves of our reasons for hope and joy? Are there ways we can encourage others? Anything can help, from smiles and grace in checkout lines or in conversations, to patiently listening to someone who needs to talk. Finally, I wonder if there's a way for joy to be our source of strength, instead of anger.

Yours in prayer,

A handwritten signature in black ink, appearing to read 'J. M. M. L.', written in a cursive style.

Pastor Joel

JuBELLation To Ring Again

Following a short break, JuBELLation will resume rehearsals this Tuesday, February 8th.

Would you like to ring? Can you read music? Give JuBELLation some thought! Practices are held Tuesday evenings from 6:00 to 7:00 pm. Masks and physical distancing are being observed. For more information, please contact [John Nelson](#).



Student Looking for Help with Research Project

One of the Inter-Varsity Christian Fellowship (IVCF) student leaders at the University of Regina has contacted us looking for help with completing her master's thesis. She is having a difficult time finding volunteers for her study. Volunteers must be from 65 to 80 in age. The study is simply walking for 10 minutes, without stopping, on the university track, while wearing a small sensor. Participants need to be either double vaccinated or provide a negative test, as is it onsite at the university. If you think you might be able and willing to assist her, please call the church at (306) 359-1450 or send an email to [the church](#).

Funeral for Connie Oxelgren

There will be a funeral for Connie Oxelgren on February 14, 2022 at 1:00 pm. It will be in person at the church, and on Zoom. [Join Connie Oxelgren Funeral](#).



Connie was born on February 14, 1964 to Stan (now deceased) and Carol Oxelgren. Growing up in Regina, she attended and was baptized at First Baptist Church. She passed away on November 15, 2021 at the age of 57.

Connie was diagnosed at an early age with Spinal Muscular Atrophy – a rare, progressive condition that becomes increasingly debilitating. In spite of this, Connie lived a full life that was, in many ways, amazing. No matter the obstacles, when she wanted to do something, she found a way to do it.

Connie also had a deep desire to help other disabled people, and, to that end, earned a Bachelor of Social Work and Diploma of Administration from the University of Regina, and later moved to Ottawa to continue her studies in a Master of Social Work program. While in Ottawa, she was involved in many activities, including designing assistive devices for the disabled. Upon her death, Connie donated her body for research in Spinal Muscular Atrophy so that other families might benefit from the research. To see the full obituary, click here: [Connie Oxelgren Obituary](#).

Tax Receipts

The tax receipts for 2021 have been printed. (A big thank you to Tracy Sailor.) Thank you to all who have picked theirs up already. If you've been attending regularly, and have not picked yours up, it is in your mail slot. In order to keep postage costs down, I will keep the rest of the receipts in the office for a couple of weeks. If convenient, please drop by the church to pick yours up. I am in the office in the afternoon, Monday to Friday, but please let me know you are coming, by calling (306) 359-1450 or by sending an email to [the church](#). On February 14th, we will mail the ones that have not been picked up. Thank you!

—Esther Gurnsey

What Would I Have Done?

In a cross-country race in 2012, Kenyan runner Abel Mutai was only a few meters from the finish line, but got confused with the signs and stopped, thinking he had finished the race. Iván Fernández of Spain was right behind him and, realizing what was going on, started shouting to the Kenyan to keep running. Mutai did not know Spanish and did not understand. Realizing what was going on, Fernandez pushed Mutai to victory.

A reporter asked Ivan, "Why did you do this?" Ivan replied, "My dream is that one day we can have some sort of community life where we push ourselves and also others to win."

The reporter insisted "But why did you let the Kenyan win?" Ivan replied, "I didn't let him win, he was going to win. The race was his."

The reporter insisted and asked again, "But you could have won!" Ivan looked at him and replied: "But what would be the merit of my victory? What would be the honor of this medal? What would my Mother think of it?" The values are transmitted from generation to generation. What values do we teach our children and how much do you inspire others to earn? Most of us take advantage of people's weaknesses instead of helping to strengthen them. To read more, click here: [Top sportsmanlike moments in running history](#).



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's Ministry

There is an in-person class for children up to Grade 6. The children are currently learning about the stories of Jesus' ministry. For more information, please contact [Pastor Kayely](#).

Youth Ministry

For more information about our youth program, please contact [Pastor Chris](#).

Adult Ministries

Learning for Life (L4L): Annabel Robinson is leading the series: "the Gospel of John." This whole Gospel is centred on Jesus and who he is. The class will encourage each person to ask themselves, "Who, in my experience, is Jesus?" This class is in person, and also on Zoom. For more information, please contact Annabel, email [the church](#), or go to [our website](#). [Join Learning for Life](#).

Learning for Life between Sundays: In this class, facilitated by Joel Russell-MacLean, we will read and reflect on the powerful stories and personal presentation of Jesus in the Gospel according to John. Whether Sunday mornings at 9:30 don't work for you, or there's something you want to follow up on after Sunday's sermon or L4L class, all are welcome. The class is both in person and on Zoom. For more information, visit [our website](#) or contact [Pastor Joel](#). [Join Weekday L4L](#).

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. The book chosen for study at this time is "Soul Survivor: How My Faith Survived the Church," by Philip Yancey. In this book, the author charts his spiritual pilgrimage through the influence of 13 key individuals. For more information, contact Bonnie A-W or Lauren S, call (306) 359-1450, email [the church](#), or visit [our website](#).

Reading through the Pauline Epistles: This group, facilitated by Norma Holtslander, meets every Wednesday, on Zoom, at 10:30 am. For more information, contact Norma or call the church at (306) 359-1450. [Join Reading the Pauline Epistles](#).

Dial-the-Sermon – (306) 992-1912



Know of someone with no computer and/or internet access and cannot come to church in person? Please let them know that there is an easy way to listen to the sermon from a recent Sunday service. On a landline phone or cell phone, simply dial this number: (306) 992-1912 (toll-free within the Regina area). It will take you straight to the sermon recording.

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 (*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 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 for further details.



A doctor, an engineer, and a lawyer were arguing over whose profession was the oldest.

"On the sixth day, God took out one of Adam's ribs and created Eve," said the doctor. "So that makes him a surgeon first."

"Please," said the engineer. "Before that, God created the world from chaos and confusion, so he was first an engineer."

"Interesting," said the lawyer, smugly, "but who do you think created the chaos and confusion?"

I knew I was going bald, because it was taking longer and longer to wash my face.