

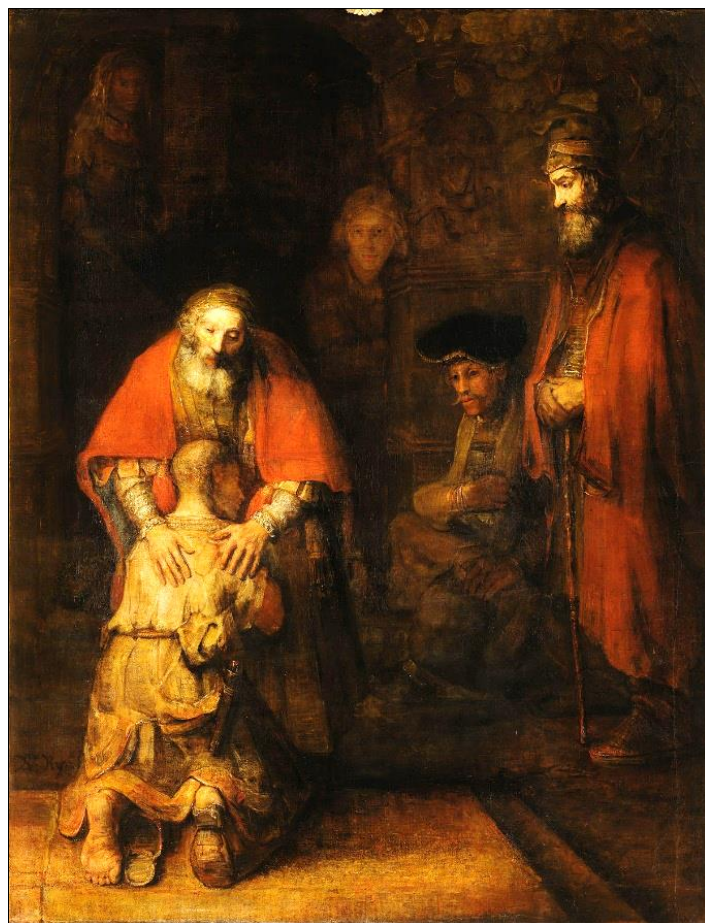
First Baptist Regina News

For the Weeks of February 19 & 26, 2023

Lent 2023

Many of you will remember Jeane and Jack Buyze, a couple who immigrated from the Netherlands after the second World War. I know many of you can still hear Jack and Harry Vedlhuis' vocal duets. I still imagine I see Jeane cycling around Regina, as she did into her 90s. They impacted many people with their sincere love for Jesus. They are both home with him now and are missed here.

Perhaps some of you visited their home or Jeane's apartment, filled with flowers, Dutch art, and memorabilia. Prominent among all this was a large poster of Rembrandt's "The Return of the Prodigal Son." It is a beautiful and moving painting, capturing profound theology and so many emotions: tenderness and desperation, peace and longing.



The Dutch priest Henri Nouwen wrote a book of reflections on this painting, toward the end of his life. We have copies for everyone of a Lenten devotional based on Nouwen's book, called "From Fear to Love." We would encourage everyone to make use of this tool for daily reflection and prayer throughout Lent.

These reflections will tie into our Lenten Sunday scripture lessons and sermons. February 22nd is Ash Wednesday, and we begin with the Father's plea for all to come home: "Yet even now, says the Lord, return to me with all your heart." *Joel 2:12*

Returning home is one of the themes of scripture. The lectionary passages in Lent begin with Adam and Eve expelled from Eden, follow Israel's journeys in search of a home of their own and their exile, end with the prophetic vision of a resurrected people alive again, together and home with God.

In the Gospel lessons, we read how Jesus succeeding where Israel failed and gathered the lost on his own journey toward the cross. Through his death and resurrection, he made a way for all to return home.

In one sense, those of us in Christ are home. Jesus went to the Father and prepared a room for us within the Trinity. We are invited now, to live with him and in him. In another sense though, every day is part of our journey home.

In Lent we commemorate returning. It is a re-enactment that changes us. In this season, we intentionally practice and acknowledge that confession and repentance, and our suffering and death, are all part of drawing nearer to God.

Some of us might be returning for the first time. All of us, young and old, are invited to return, to come home.

May every day be a new opportunity for you to draw closer to God.

With love,



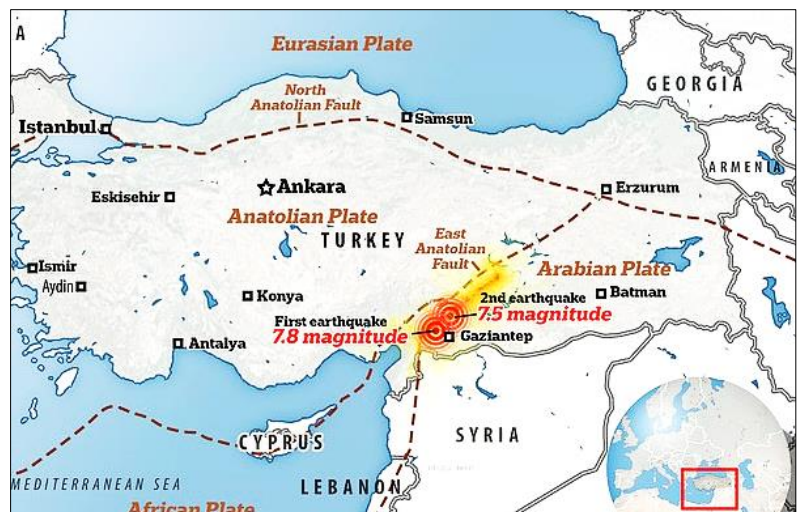
Pastor Joel

Giving to Earthquake Victims in Turkey

As we continue to pray for the people of Turkey and Northern Syria, we encourage you to visit [our website](#) for links to make donations in support of the ongoing relief and development.

Canadian Baptist Ministries (the missions arm of our denomination), is currently responding to needs through the Canadian Foodgrains Bank, the Humanitarian Coalition, and the Baptists churches of Turkey and Syria.

The Red Cross is also linked on our website, although the Federal government is no longer matching donations.



Lent



Lent begins on Ash Wednesday and lasts for 40 days plus 6 Sundays. We set aside these weeks to intentionally reflect on Jesus' suffering and death and resurrection. This leads us to prepare for our own death, remembering it will come, but that through Jesus, it is made part of our transformative journey home.

Through these Sundays, purple will be the colour in our sanctuary. Purple is a royal colour and is used in worship during Advent and Lent, reminding us that God revealed Jesus to be the head of all government in heaven and on earth. We also associate purple with his suffering, remembering the price Jesus paid to establish his rule on earth.

Lent can be an intentional time of fasting, charity, self-examination, and prayer with hopes that these practices increase in us year-round.

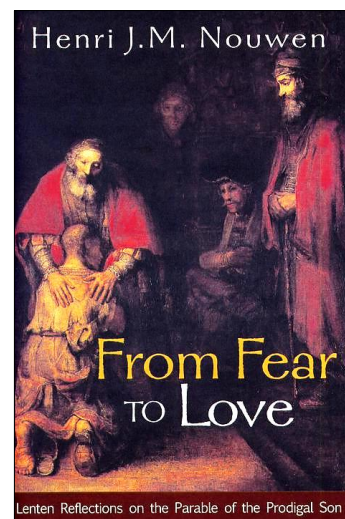
Fasting used to be a normal Christian practice throughout the year. Jesus expected his followers would fast, taught about fasting, and fasted himself. Lent lasts for forty days because that is how long Jesus fasted in the desert.

While fasting can in fact be beneficial for our bodies, Christians practice fasting to draw closer to Jesus, to grow in good habits, and to weaken the hold food and possessions can have on us. Through fasting we learn that our life depends on God's word as much as it does upon food.

Daily Reflection and Prayer for Lent

"From Fear to Love" is a devotional from the writings of Henri Nouwen. Copies of this booklet are available in the foyer. We have received enough to share with everyone, so we encourage you to take one home and make it part of your daily prayer throughout Lent.

If you are not able to get to the church to pick up a copy, please call the church at (306) 359-1450 or send us [an email](#) and we will make arrangements to get one to you.



Shrove Tuesday Celebration – February 21st

You are invited to celebrate Shrove Tuesday as a community on Tuesday, February 21, from 3:30 to 7:00 pm. We will have a time of games followed by activities around the theme of Lent. At 5:30 we will enjoy a pancake supper together.



There will be something for everyone—all ages included. You can come to all or part of the celebration, depending on what works best for you. Feel free to invite your friends!

Please sign up online as soon as possible so that we can plan accordingly: [Shrove Tuesday Sign-up Form](#). Or you can call the church office at (306) 359-1450. Come join in the celebration as we enter the Lenten season together.

Ash Wednesday Service

Our Lenten journey begins February 22nd at 7:00 pm. If you have never come to an Ash Wednesday service, consider coming to this reflective worship service of repentance for all ages. Ron Phillips will be preaching. Those who wish, may receive the imposition of Ashes on their forehead as a reminder of their mortality and a sign that their life is hidden in Christ. The service will be in the sanctuary.

Ministry Among Older Adults and Seniors

What: Discussion and Fellowship

When: Thursday March 2nd, 1:15 pm - 2:30

Where: First Baptist Church Lower Hall

A few folks in the congregation have been reflecting on the needs and opportunities among older adults and seniors in our congregation, the downtown, and our lives.

We would like to broaden this discussion to include all of us living “north of 60” and to consider some possible ideas together.

All are welcome. There will time for visiting, reconnecting, and making new friendships. Refreshments and snacks will be provided.

A number of church parking spots will be available. The elevator door will be cleared and accessible.

All are also welcome to come a bit earlier at 12:30 for midday scripture and prayer. No one is pressured to pray aloud. It is rich and meaningful time.

“For God So Loved the World” – an Easter Celebration

Date: April 2, 2023

Time: 7:00 pm

Place: First Baptist Church –
In person and on Zoom

I am so excited! The Sanctuary Choir and juBELLation are busy preparing our Easter Concert. Through the Sanctuary Choir, juBELLation (handbell choir), soloists, instrumentalists, and dramatic readings, the Passion of Christ will be told.



You are invited to join us. This is an opportunity to take time to reflect on the sacrifice our Saviour made for us. Come – and invite your friends as well.

—Louise Krueger

AGM 2023



Our Annual General Meeting (AGM), will be held on Sunday, March 19, 2022, following the morning worship service. It will be held in the lower hall. Lunch will be provided. For more information, call the church at (306) 359-1450 or send an email to [the church](#). The annual report will be available in the coming weeks.

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 a recent Sunday's sermon. Simply dial (306) 992-1912 (toll-free within the Regina area) on a landline phone or cell phone. This number takes you straight to the sermon recording.

What's happening at First?

Children's Ministry

We have two classes that take place during the Sunday morning worship service, for children aged 3 to grade 6—Godly Play for the younger ones and Oasis for the older group. We also provide nursery supervision for babies and toddlers. For more information, please contact Pastor Cheryl [by email](#) or by calling (306) 359-1450.

Youth Ministry

The youth meet weekly for various activities. For more information about our youth program, please contact [Pastor Chris](#).

Adult Ministries

Morning Prayer: Join us Monday to Thursday at 7:15 am to begin your day with scripture and prayer, via Zoom. For more information, visit [our website](#). [Join morning prayer](#).

Spiritual Formation Small Group: This group meets, in person, Monday evenings at 7:30 pm at the church. Led by Pastor Kayely and Pastor Cheryl, the class is based on the book, *Sensible Shoes*, by Sharon G. Brown. For more information, please contact [Kayely](#) or [Cheryl](#), or call the church office at (306) 359-1450. *Please note: There will be no meeting on Monday, February 20th because of the holiday.*

Reading through the Bible: This group, facilitated by Norma Holtslander, is presently reading through the Gospels. The group meets every Wednesday, on Zoom, at 10:00 am. For more information, contact Norma, call the church at (306) 359-1450, or [email the church](#). [Join Reading Through the Bible](#).

Noon Prayer: Join others every Wednesday at 12:30 pm for a short time of scripture and prayer. In person, in the main office, or over Zoom. If coming in person, please use the Lorne Street entryway. For more information, visit [our website](#), or contact [Pastor Joel](#). [Join Wednesday noon prayer](#).

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, contact Bonnie Austring-Winter or Laureen Snook, visit [our website](#), [email the church](#), or call the church at (306) 359-1450.

Learning for Life: This group meets Sunday Mornings, 9:30-10:30 am. Annabel Robinson is leading a class on the Gospel of Luke. This class is in person and on Zoom. For more information, contact Annabel, email [Pastor Kayely](#), go to [our website](#), or call the church at (306) 359-1450. [Join "Gospel of Luke"](#).

Tithes and Offerings

Whether you are attending Sunday services 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 (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 a credit or debit card to make a donation from our website. (*The church is charged a small processing fee for each 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*)
 - Use a credit card or PayPal via **CanadaHelps** (*a 3.5% fee 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. For further details, you may also email the church at main_fbcregina@sasktel.net or contact the treasurer at (306) 775-1497.



"Both my parents have given up cake for Lent, so if there's any cake to be eaten, I guess it's up to me."

- Q. Why is Lent the best time of the year to run a marathon?
- A. Because that's when you fast.
- Q. Why couldn't the priest find his rosary?
- A. Because it was Lent.
- Q. Why was the young woman not able to give up lunch meat for Lent?
- A. She just couldn't quit cold turkey.