

First Baptist Regina News

For the Weeks of March 5 & 12, 2023

We've had a number of meaningful times together recently as Epiphany came to a close and Lent began.

The children provided much of the leadership on Transfiguration Sunday. Even the littlest ones helped with prayers and readings. It is so



good to be part of a church that attempts to embrace all generations. We strive to affirm the work of the Spirit through every person.

On Shrove Tuesday (February 21st), we tried something new.

That afternoon, Pastor Cheryl had games set out and planned activity tables for children around the themes of Lent. At other tables, games were set out for adults and there was time to chat. After all of this, we sat down for a pancake supper. Around fifty came out for the meal and activities. The children all went home with materials for daily prayers.

With school out that week, Cheryl saw this as a chance to try another way of providing teaching and fellowship for all generations. She was also interested in an event where we could welcome families in our circles who are uncertain about starting to attend Sunday morning services. We will be planning another of these events later this year.

The next evening, we returned for a meaningful (and quieter!) evening service for Ash Wednesday. Rev Ron Phillips renewed our faith with a clear summary of salvation and some counsel for our Lenten journey. He encouraged us to “travel light.”

We can find ourselves carrying lots of baggage around, things such as sin, failure, or shame, or activities or possessions we think we need to get through the days but increasing influence how we spend our time and dominate our thoughts. Historically, where Pancake or Shrove Tuesdays were observed, what they had in mind was physically using up all the rich and heavy foods in the home before Lent, such as the sugar and butter. Spiritually, it was a day to get rid of any sin you were carrying through confession and forgiveness. (Shrove is past tense of shrive, an old word that means to confess and be forgiven.)

The goal is always to draw nearer to Jesus. He is Lord. Again and again, we need these reminders that he must be the one to direct us and the one to feed us.

May you find that Jesus is with you.

With love,



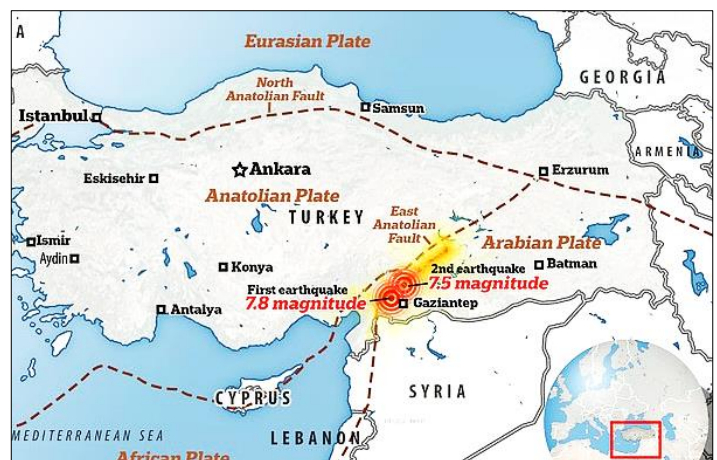
Pastor Joel

Giving to Help Victims of the Earthquake 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 a donation in support of the on-going 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.

AGM 2023



Our Annual General Meeting (AGM), will be held on Sunday, March 19, 2023, following the morning worship service. It will be held in the lower hall. Lunch will be provided. For more information, go to [our website](#), call the church at (306) 359-1450 or send an email to [the church](#). The 2022 Annual Report and other related information may be found on [our website](#). There are also printed copies available in the church foyer.

Photo Directory Update

Do you enjoy being able to go to our photo directory and put a name to a face, or vice versa? Our directory is very out of date—some of our youngest congregants aren't in it because, when we did the last edition, they hadn't been born yet!

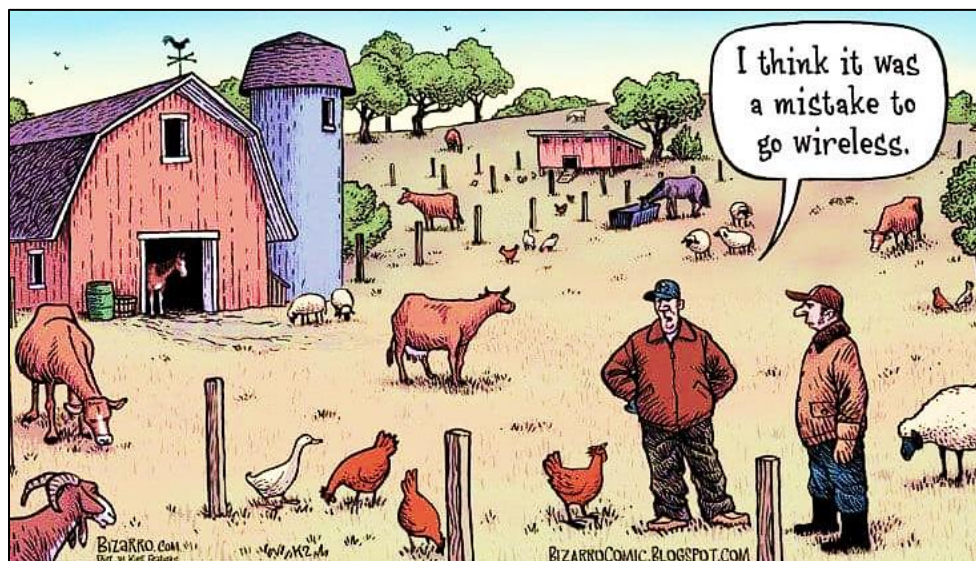
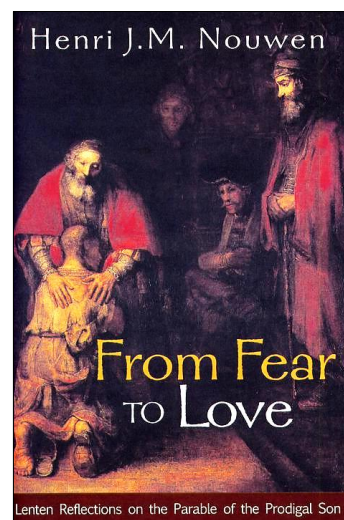
On Sunday, February 26th, we began taking photos in the library, following the morning worship service. Thank you to all who came and had their picture taken last Sunday! We will continue these photo sessions for the next few Sundays. If stairs are an issue for you, we will be happy to take you down in the elevator. Lynette Wollbaum has kindly agreed to be our photographer again.

The more complete our directory is, the more useful—and enjoyable—it will be. Questions? Please contact Esther Gurnsey [by email](#) or at (306) 359-1450, Ext. 225.

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.



- Q. How do mountains stay warm?
- A. They put on their snowcaps.
- Q. What is the best thing to have for breakfast in the winter?
- A. Frosted Flakes!

“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 Handbell Choir are busy preparing for our Easter Concert. Through these choirs, 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 when he chose to die on the cross. Come – and invite your friends as well.

—Louise Krueger



Links

Just a quick reminder that any blue text that you see contains a link. Clicking on the link will either take you to a website page or allow you to send an email to the person or organization in question.

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. If you know someone who might like to use this service, please pass this information on to them.

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.

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

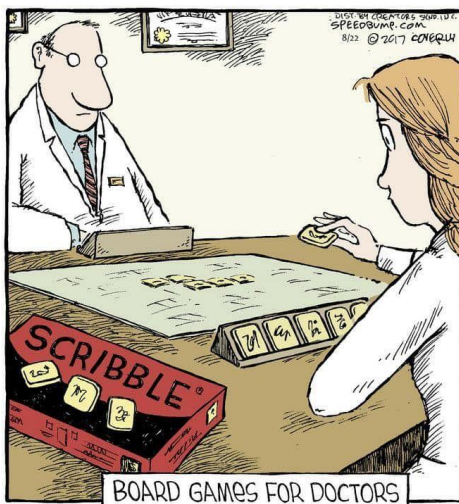
Learning for Life: This group meets Sunday Mornings, 9:30-10:30 am. Annabel Robinson is leading a class on the Gospel of Luke. This class is in person and on Zoom. For more information, contact Annabel, email [Pastor Kayely](#), go to [our website](#), or call the church at (306) 359-1450. [Join "Gospel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



Glossary of Engineering Terms

1. PERCUSSIVE MAINTENANCE: Whack it with your fist.
2. HIGH IMPEDANCE AIR GAP: It's not plugged in.
3. CYCLE POWER TO THE PANEL: Turn it off, then on again.
4. THERMALLY RECONFIGURED: It melted.
5. KINETIC DISASSEMBLY: It blew up.