

March 18, 2020

# the SPIRE



**First Baptist Church**  
columbia



## WEEKLY ONLINE GATHERINGS

**BIBLE STUDY**  
SUNDAYS AT 10:15 AM

**ZOOM AT NOON WITH  
PASTOR CAROL**  
WEDNESDAYS AT NOON

**PAUSE FOR PRAYER**  
TUESDAYS AT 9:30 AM AND  
THURSDAYS AT 7:00 PM

### Weekly Online Gatherings

Beginning next week, we will be launching weekly zoom calls to maintain community during this season of social distancing and self-quarantine. On Sunday mornings at 10:15 am, there will be a corporate Bible Study prior to our 11:15 online service. This Sunday, March 22, Brian Ford will lead this group. On Tuesdays at 9:30 am and Thursdays at 7:00 pm Brittany McDonald Null will lead Pause for Prayer, a fifteen-minute guided prayer using different grounding practices. On Wednesdays at noon, Pastor Carol McEntyre will host a 45 minute-long zoom call for a weekly check-in, scripture reflection, and prayer.

Each of the zoom calls is open to all. Our zoom conferencing allows up to 300 people to join! We will post the link on our Facebook page and send an email with the code to join. Those who wish not to join via webcam can also call a number and join by phone. We look forward to new and creative ways to be church together in this season of change. If you need any assistance setting up the free zoom service, you can contact Pastors Michael and Brittany, or the Telling team members Jason Tratchel and Bryce Null. Additional Zoom calls for youth, children and their families, young adults, and team meetings will be announced in the near future.

1112 East Broadway, Columbia, MO 65201-4999 573-442-1149 [fbc-columbia.org](http://fbc-columbia.org)



## First Baptist COVID-19 Information

Dear First Baptist Family,

As many of you know, on Saturday, March 14, the Church Council and the Church Staff made the difficult decision to suspend all in-person church gatherings for the next few weeks. This includes Sunday worship, Sunday morning small groups, First Kids Music, Chancel Choir, Praise Band, Crafty Critters, and committee meetings. This decision was not made from fear, but from love: love for our neighbors and love for those who are most vulnerable. We want to help slow the spread of COVID-19 so our healthcare system doesn't become overwhelmed. Staying at home and practicing social distancing are two very practical ways that we can love our neighbors as ourselves at this time.

There is a lot of anxiety in the world right now. As your church family, we are here to help you stay grounded in God and in hope, peace, and belonging. Even though we have pressed pause on physically gathering, we have not stopped being a church. Here at First Baptist, we have a long history of proclaiming that the physical building is not the church, the people are. This has never been truer. Our hope in the coming days is that First Baptist will continue to be a refuge and a steady support in your lives as we navigate this time together.

Here is what it looks like for us to remain the church:

- We will continue to hold worship via the webcast every Sunday at 11:15 am. Digital bulletins will be sent to your emails including litanies, hymns, scripture readings, and the opportunity to give your tithes and offerings online, so we can continue to worship together each week. You can access the webcast by clicking "WATCH US LIVE" at our website <http://www.fbc-columbia.org>
- We are going to increase our social media presence. You will see a lot more posts from us on Facebook and Instagram, including scriptures, breath prayers, and Facebook Live. We want to encourage you to interact with these posts. Use them to encourage one another and to grow together spiritually. You can access our Facebook page at <https://www.facebook.com/FirstBaptistChurchCOMO>
- We are going to increase our phone calls and emails. On Thursday, Pastor Carol formed the Care Team for Senior Adults. She divided up our senior adult list and asked the Care Team to call the people on their list every couple of days and check on them. We are planning to have younger adults who are less at risk be on the Care Team and be willing to deliver groceries and prescriptions to those who are unable to get out. Care Team members will announce deliveries by ringing the doorbell and leaving any item at the door. If you anticipate using this service, you may want to consider placing a box or other container at the door for delivered items.





- We also need to care for each other during this time. We encourage you to make good use of our new church directory and call each other to check in and offer blessings.
- We are going to host small groups throughout the week via Zoom. Zoom is an online conferencing service. The Discussion Class has been utilizing Zoom for months for a family who does not live in Columbia and participates in their class. Our account allows for up to 300 people to join at once! Through this platform, we can continue to have face-to-face conversations, offer spiritual care, host team meetings, and most importantly be the church. There is also an option to call in using your landline or cell phone if you are uncomfortable or unable to use a webcam. If you are unfamiliar with this conferencing platform, Pastors Michael and Brittany and members of the Telling team can call you to help set up a free account.
- Starting next week, Susan, our Administrative Assistant will be in the office, but the church building will be closed. The pastors will rotate who is in the office and who is working from home. If you have questions, prayer requests or need pastoral care, you can still call the church office 573-442-1149 or email the church office at churchinfo@fbc-columbia.org. If you need to drop something off at the church or pick something up, you can call ahead and we will let you in.

The pastors and Church Council will continue to evaluate the situation weekly. We know this time physically apart will be difficult, but the pain in the moment is an indication of our deep care and commitment to one another. We are confident that if we walk these next steps with prayerful intention and the joy and peace of Christ, we will be a healthier church community. In our time apart, we will dig deep and tighten bonds because we still belong to one another as we belong to Christ. We invite you to draw back to our grounded blessing, but this time may we utter it as a communal reminder:

We are God's Beloved.  
We find our home in God.  
Blessing resides in us.  
We are enough.

These are troubled times, but our faith has prepared us for such a time as this. Don't be afraid! This is the time to believe our message. This is our occasion to enact it. You are known and loved in this faith community, and we are ready to do this work together. Though our community may look different for a season, we know that with Christ, we are enough.

May God bless you and keep you,

*Pastors Carol, Michael, and Brittany*



## Breath Prayer for Anxious Times

We are a people of prayer, and given the heightened levels of anxiety we are all feeling, breath prayer is a simple practice which can help us during this difficult time. This ancient form of meditation and prayer is a great way for us to quiet our minds and re-center ourselves on Christ.

Breath Prayer is an ancient form of prayer and it is easily adaptable. Simply choose one or two lines from scripture (options on the next page) to meditate on, and inhale and then exhale through them.

The most common form of breath prayer is known as The Jesus Prayer. Using it as the example, you would do this:

Inhale. Fill your whole self with breath.  
Feel air in your lungs. And then say in your mind:

*Lord Jesus Christ, son of God,*

Exhale slowly and fully. Saying in your mind:

*Have mercy on me, a sinner.*

And simply repeat this practice.

Start with ten good breaths in and out, with the words.  
(Consider switching the word "sinner" for "your beloved child"  
and notice how your body and soul responds to the change.)

Try to breathe through this prayer for five quiet minutes. Now let's begin.

## A Centering Practice to Begin

Become aware of your body. Sit in a way that is comfortable for you, a position that will allow you to take a deep breath in and out. Close your eyes. Imagine you are in room or a place where you feel safe, your own sanctuary: it can be a real place or one that exists in your imagination. Imagine yourself in that sanctuary. Imagine the way the air smells and the way the light feels. Breathe slowly and deeply while holding that place in your mind for a few moments, until you have all the details of it around your soul. Within that sanctuary, begin to breathe through a prayer you've chosen as we discussed above.

## Breath Prayers for Anxious Times<sup>1</sup>

On the next page there are a few breath prayers to choose from. When you are finished, imagine yourself slowly leaving that sanctuary. Transition slowly from prayer to rising.

*Carol McEntyre*

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<sup>1</sup>This format was adapted from a blog post by Sarah Bessey <https://sarahbessey.substack.com/p/breath-prayers-for-anxious-times>



# Breath Prayers

for anxious times

from  
Matthew 11:28-30

*inhale:*

Humble and  
gentle One,

*exhale:*

you are rest  
for my  
soul.

from  
Romans 8:38-39

*inhale:*

Nothing can  
separate me,

*exhale:*

from the  
love of  
God.

from  
2 Cor. 12:9

*inhale:*

Your grace

*exhale:*

is enough  
for me.

from  
Psalm 46:10

*inhale:*

Be still

*exhale:*

and know you  
are God.

from  
1 John

*inhale:*

There is  
no fear,

*exhale:*

in your Love.

from  
Psalm 23

*inhale:*

I will not  
be afraid

*exhale:*

for You are  
with me

from  
Psalm 46:1

*inhale:*

You are  
our refuge

*exhale:*

and our  
strength.

from  
Philippians 4:7

*inhale:*

Peace of  
Christ,

*exhale:*

guard my  
heart and  
mind.

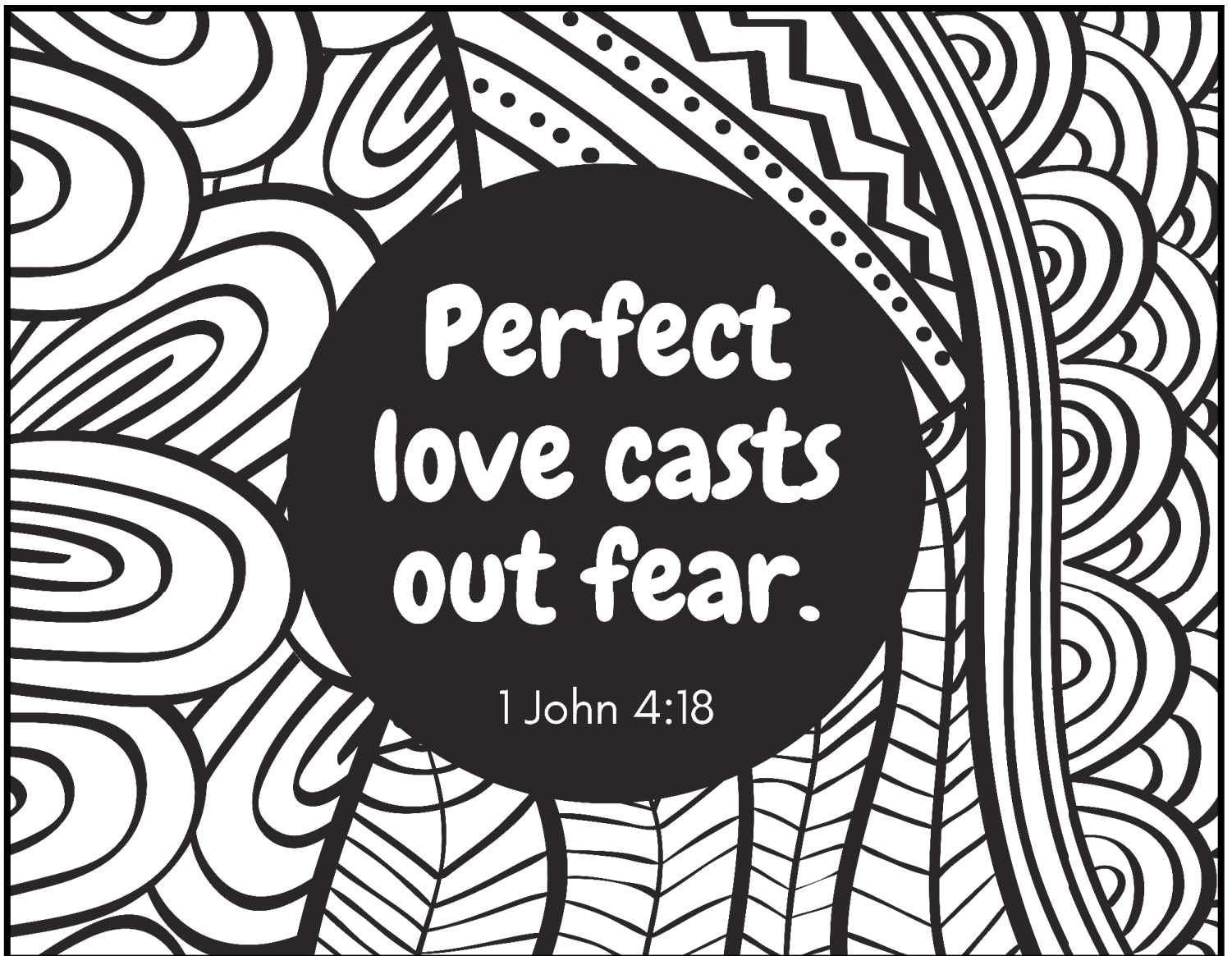


## Mindful Coloring

Mindfulness practices help bring us back into the present moment and ground us in our bodies. Mindfulness is particularly helpful when we feel overwhelmed by either the past or the future. There are a lot of different mindfulness techniques, but the important aspect is to focus entirely in the moment.

Mindful Coloring draws on the same ideas. It asks us to focus on how we apply color, to notice each stroke of the marker or colored pencil, and to allow the fears and worries to temporarily slip away. I invite you to use this coloring page to practice mindfulness, remembering that God is with us now and always. If you would like a printable pdf of this coloring page you can email me at [bnull@fbc-columbia.org](mailto:bnull@fbc-columbia.org)

*Brittany McDonald-Null*





## ForColumbia Update

Many of you have asked about the ForColumbia day of service scheduled for April 25. The Executive Team is in discussion about how our gathered communities of faith can best serve our city in the days ahead. It is encouraging to know that such a great network of churches and volunteers is in place to help. We will keep you updated as to how we can and will respond. For now, if

you wish to show support, you can sign up online to serve. Please indicate that you are with First Baptist and in the comments section you can identify one of our sites to be a part of, or indicate that you are willing to serve wherever is needed when the time arrives.

Currently, First Baptist is scheduled to lead the following projects: Benton Elementary School (working on creating an outdoor learning classroom), preparing a Shared Kitchen space on the Loop (a place to help train individuals with valuable job skills for the future), and a knitting/crocheting/sewing opportunity here at the church to make blankets and caps for NICU babies and scarves for children. Lastly, we will be helping with yardwork and maintenance at some local homes. More details will be made available as soon as possible. Please continue to be in prayer for our city and for the work that will need to be done in the days ahead.

Online  
Giving  
—  
the [virtual]  
practice of giving  
tithes and offerings

To give online, go to the church website  
[www.fbc-columbia.org](http://www.fbc-columbia.org)

On the top of the page, click on the link that says Online Payments/Giving. There you can create your secure account, make a single payment or set up a recurring payment. Please contact the church office if you have any questions or need assistance with the process.



## Prayers & Concerns

### - Celebrations -

-We congratulate Nick & Caitlin Bucy, and big siblings Jack and Erin, on the birth of Grant Alexander Bucy, born March 11, weighing 6 lbs, 10 oz.

### - Prayer Requests -

-The family of Brittany McDonald Null, whose Aunt, Katrena Heckford, passed away Tuesday, March 17.

-Barry Kausler, who is receiving treatment for cancer.

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**Ministerial Staff:**

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**Michael McEntyre**, Pastor of Youth, Missions  
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**Brittany McDonald Null**, Pastor of Families &  
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**Music Staff:**

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**Support Staff:**

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**Brenda Rice**, Project Coordinator  
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**Bethany James**, Nursery Director  
**Mike Ide**, Custodian

**Child Development Center:**

**Misty Phillips**, Director  
*cdcdirector@fbc-columbia.org*

"Return Service Requested"



March 18, 2020



## Worship With Us Online

As your church family, we want to continue to help you stay grounded in God and in hope, peace, and belonging. While we will not be physically gathering together for a season, we will continue to hold worship via the webcast every Sunday at 11:15 am. Worship bulletins will be emailed each week in a printer-friendly format so you can continue to worship in song, word, and spirit. We will have a combination of traditional and contemporary music, litanies, scripture readings, and the opportunity to give your tithes and offerings online. You can access the webcast by clicking "WATCH US LIVE" on our website [fbc-columbia.org](http://fbc-columbia.org)

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