

October 14, 2020

the SPIRE

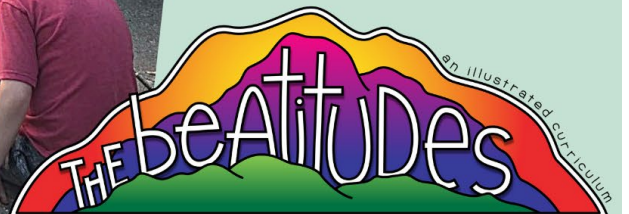


First Baptist Church
columbia



FIRST KIDS SMALL GROUPS

Pre-K-2nd grade gathered on the front lawn to paint pumpkins, learn about Jesus, and grow in God's love together. We look forward to the 3rd-5th grade gathering on October 18!





Word from the Pastor

Wishing Bob Russell Well As He Moves to the Detroit Area

On Saturday, October 24 at 10:00 am, we invite you to join us for a drive-by parade as we wish Bob Russell well. He is moving to the Detroit area to be near his daughter Rebekah. Bob Russell served as an Associate Pastor at First Baptist from July 1991-December 2001 and as Interim Pastor in 2011-2012. Since 2012, Bob has been an active and important member of our community of faith.

The first time I met Bob, Michael and I had traveled to Columbia to meet with the Pastor Search Committee. Bob was serving as the Interim Pastor and agreed to meet with us and give us the inside scoop about First Baptist. We sat down for a cup of coffee and listened as Bob spoke with affection about First Baptist and all her gifts. He also answered our questions with openness and honesty, telling us about your growth areas. When I became the pastor, Bob handed over the baton to me with such grace. In fact, he had a metal baton made and gave it to me during worship as a symbol of handing the pastoral leadership. From that moment on, Bob was a gift to my ministry at First Baptist.

For nearly a year, Bob and his lovely wife, Marilyn, did not attend First Baptist. Bob wanted me to have a chance to stand on my own two feet as your pastor, but he was always willing to take a phone call and talk through any issues happening at church. Bob quickly became a trusted advisor and friend. After a year, when Bob called to ask if he and Marilyn might begin attending worship at First Baptist again, I was thrilled to have them back with us full time. Over the years, Bob and I have also co-taught book studies and Bible studies, and Bob has continued to be an important sounding board for pastoral issues. He has been a gift and I am grateful to God for Bob's presence here at First Baptist. I am certain many of you and people in the broader Columbia community could tell similar stories of how Bob has blessed your lives. Our church and our lives have been better because of Bob Russell.

As Bob moves to Detroit, we will miss him, and we want to wish him well. You are invited to join the farewell parade! We will gather on Saturday, October 24 at 9:45 am at MACC (601 Business Loop 70 W Suite 216, Columbia, MO 65203) and caravan by Bob's home where he will be out front to wave and receive our greetings. You can bring a card to hand out the window or simply roll down your window and wave. As Bob makes this transition to Detroit, he is planning to remain part of our community by worship and connecting with us online. We are so grateful for the technology, allowing him to do so.

Carle McIntyre



Trunk-or-Treat - October 25 at 4:00 pm

Join us on Sunday, October 25 from 4:00-5:00 pm in the First Baptist Parking Lot for Trunk-or-Treat social distanced version. First Families wants to provide a fun and safe way for the young and young at heart to dress up and indulge on the much-anticipated Halloween candy. This year, we added a little friendly competition to the mix. The car that can most creatively deliver their candy from 6 feet away will win the soon-to-be-coveted Golden Pumpkin! To provide as safe of an event as possible, please read to guidelines before attending:

Before the Event:

- Do a temperature and symptom check: If the temperature is over 100.4 or if you or one of your family members is experiencing any other symptoms - cough, chills, muscle pain, shortness of breath or difficulty breathing, sore throat, new loss of taste or smell - please do not attend this event.
- Bring and wear a mask. Participants 2 years old and up are asked to wear a mask to the best of their ability. If you do not have a mask one will be provided.

For the Car Set-up (beginning at 3:45):

- To best space out cars, we will park in every other space throughout the lot.
- Tape will be placed 6 feet from your trunk where participants cannot cross.
- Please do not place candy in a bowl for all kids to grab.
- A few tables will be available upon request.
- Hand sanitizer and gloves will be provided to all trunk-or-treat hosts.
- All candy must be pre-wrapped.

During the Event:

- We will have bathrooms at church available only in an emergency.
- Each family will be checked in with a volunteer.
- Kids will line up with families along Waugh street with distanced markers.
- Trunk-or-treaters will travel with their family unit to maintain social distancing recommendations.
- Only one family will be at each vehicle at a time.
- Hand sanitizer will be available at the entrance and exit of the trunk or treat trail.
- Kids will receive a bag of candy and treats that were pre-packed a week before the event.
- We recommend giving this candy to your kids first and allowing the rest to sit for 48 hours.

After the Event:

- We suggest all participants wash their hands upon returning home.
- Please let the church know if you or your child becomes ill after attending the event.



*Pastor Brittany McDonald Null
with the Golden Pumpkin!*

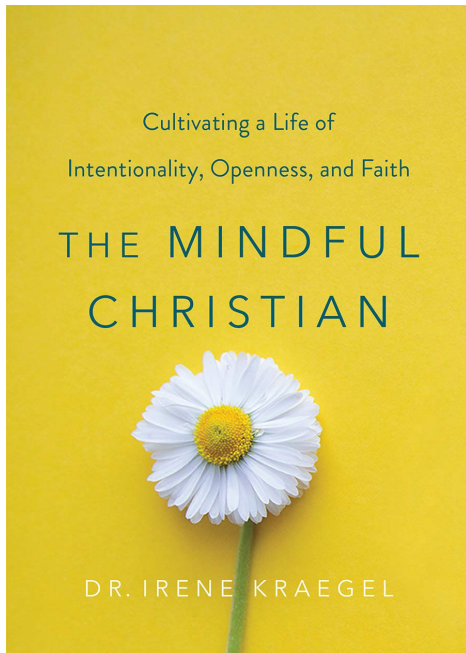


Christian Mindfulness

Sunday Evenings at 5pm, beginning November 1

2020 is a bit different, but thanks to technology, we are still planning our annual Sheppard Lecture. Beginning Sunday, November 1 at 5:00 pm, Dr. Irene Kraegel is going to be with us via Zoom for 4 workshops called *Present to God: Christian Mindfulness Worship*.

Dr. Irene Kraegel's book, *The Mindful Christian*, defines mindfulness in several different ways. One definition she gives is "Mindfulness is the act of showing up, of being present for the life that God has given us." Grounded in Biblical theology, mindfulness theory, and clinical psychology, this series of four workshops, which Irene Kraegel will present, provides practical mindfulness experience that will equip participants to manage unpleasant emotions effectively and to fully engage with the life God has provided. The workshop is created to be down-to-earth in tone, engaging both the hearts and minds of participants - a great gift to people looking for mental health tools that can be applied within their journey of Christian discipleship.



Sessions include information-sharing, guided practice, and group discussion as appropriate. *The Mindful Christian* book is recommended (but not required) for participants as a workshop accompaniment. Each session will include time for connecting as a group at the beginning as well as debriefing at the end. Options will be given throughout for different types of engagement with the practices (including different physical positions).

SESSION ONE

Title: Renewal of the Mind
Topic: Christian mindfulness defined
Practice: body scan practice

SESSION TWO

Title: God in the Present
Topic: what's in a moment?
Practice: sitting practice

SESSION THREE

Title: Learning Contentment
Topic: judgment & acceptance
Practice: movement practice

SESSION FOUR

Title: Clothed in Compassion
Topic: compassion for self & others
Practice: lovingkindness/blessing practice

No need to register!
The Zoom link will be sent on Thursdays before each session.

*Irene Kraegel, PsyD, is a clinical psychologist and director of the Center for Counseling and Wellness at Calvin University. She writes at TheMindfulChristian.com and is the author of the book *The Mindful Christian: Cultivating a Life of Intentionality, Openness, and Faith*. Irene lives in Grand Rapids, MI, with her husband and son.*





together

2021 Pledges

In a year, when so many things feel uncertain and out of control, we understand now more than ever we are better together. Through it all, some things remain: God's abiding love for us, the relationships within our community of faith, our commitment to worshipping God together, and serving our community. During the last few months, we learned new ways to be church. We offered virtual worship services through YouTube and Facebook and started an outdoor worship service. Together, we worship.

We created multiple ways to connect through Zoom. Our Children's Ministry team put on an incredible virtual kid's camp experience. Our missions' team sponsored a ForColumbia workday at Benton Elementary. Just this week, the missions team released \$5,000 in COVID relief funds to help people in Columbia who are facing overwhelming utility bills and the on-going threat of shut of notices. Together, we serve.

Through the ups and downs of 2020, we discovered that we can still be the church. Thank you for continuing to be the church together! The strength and vibrance of our church comes from God's gracious Spirit and your time, talents, and financial gifts, which sustain the mission and ministry of First Baptist. Thank you for giving. Thank you for continuing to believe in the missions and ministries of First Baptist. Thank you for your grace, your flexibility, and your adaptation as we learned together how to adapt, pray, grieve, and hope in the middle of a pandemic. Together, we gave.

In November, we begin to plan our budget and Ministry and Mission Plan for the coming year. We invite the First Baptist community to pray about and consider what ways you can give in the next year to support this work and to let us know by filling out a pledge card. Pledge cards will be coming to you through the mail and hopefully in a digital format in November. Together, we can fund the ministries to which God is calling us. Together, we give.



Practicing Presence

October 11, we began a worship series entitled *Practicing the Presence: An Invitation to Prayer*. Throughout the series Pastor Carol is preaching about prayer and we will be practicing different forms of prayer during online and outdoor worship. Prayer takes many forms, but at its core, prayer is being in the presence of God. Prayer isn't withdrawing from the problems of the world; instead, prayer equips us to face the challenges with power from on high.



Prayer Guides and Boxes

As part of the *Practicing Presence* series, we put together a prayer box for each First Baptist family. The prayer box includes a booklet of prayers for personal use, a simple kit for making your own prayer beads, a finger labyrinth, and a candle. If you can still pick up your box, either by coming by the church office this week from 9-5 pm or after outdoor door worship on Sunday, October 18.

Sanctuary Open for Prayer

Beginning October 12, the Sanctuary will be open for prayer and personal reflection on Mondays from 9 am-5 pm. One person or family at a time may sign up for a 30-minute time slot by contacting the church office at churchinfo@fbc-columbia.org or phone 573-442-1149.



Worship Time Changes

Outdoor worship has been a gift giving us a safe way to meet in-person. We want to continue gathering on the front lawn as long as possible but recognize that the weather is already beginning to cool off. To account for this, the Church Council has made the decision to move the Outdoor Worship Service to 11:15 am beginning Sunday, October 11. Hopefully, this will allow us to continue meeting for several more weeks. The Online Worship Service will be recorded and broadcasted at 9:15 am, but you can still watch at 11:15 am as usual.



FIRST BAPTIST YOUTH



It has been wonderful to welcome our new 6th graders each Wednesday evening on the front yard with ice-breaker activities, get-to-know-you games, some quasi-messy fun, and even trying to play some socially-distanced 9 Square! It has been good to spend some time each week to focus on where we see God moving in our lives during the midst of the pandemic and how we can learn to connect with our Creator in difficult times.

All students grade 6-12 are invited to join us for Carnival Night from 6-7:15 pm Wednesday, October 21 in front of the church.



Special Youth Wednesday Night Festivity

Since we won't be able to gather at the McEntyre's house for our annual Halloween hauntings this year, we're happy to announce a fun alternative. On Wednesday, October 28, all of our students are invited to a bonfire from 6-7:30pm at Jack and Thad Stubbs' house in Ashland, MO (parents are welcome to bring a lawn chair and enjoy the evening as well). Individual snacks will be provided for each student (including S'mores) and there will be plenty of outdoor activities to keep us busy. It's sure to be a treat. Watch your emails for directions.



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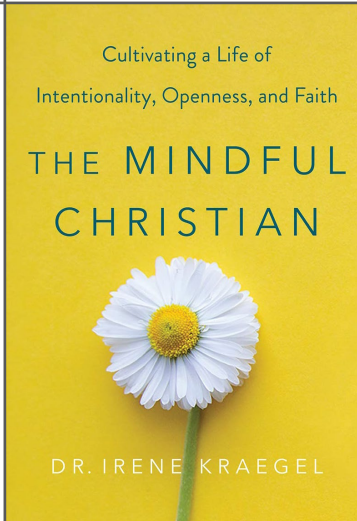


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Trunk or Treat
October 25
4:00 pm
 More info on
 page 3!

Christian Mindfulness
November 1
Sundays at 5:00 pm
 Important Info on
 page 4!



the **SPIRE**

In This Issue:

- **First Kids Small Groups**
- **Bob Russell Move**
- **Trunk or Treat**
- **Christian Mindfulness**
- **2021 Pledges**
- **Practicing Presence**
- **Autumn Worship Time Changes**
- **Youth Update**