

October 28, 2020

the SPIRE

First Baptist Church
columbia



Cultivating a Life of
Intentionality, Openness, and Faith

THE MINDFUL
CHRISTIAN



Christian Mindfulness

**Sundays in November at 5 pm via Zoom
with Dr. Irene Kraegel**

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*.

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. Zoom link will be sent on Thursdays.

SESSION ONE - November 1

Title: Renewal of the Mind

Topic: Christian mindfulness defined

Practice: body scan practice

SESSION TWO - November 8

Title: God in the Present

Topic: what's in a moment?

Practice: sitting practice

SESSION THREE - November 15

Title: Learning Contentment

Topic: judgment & acceptance

Practice: movement practice

SESSION FOUR - November 22

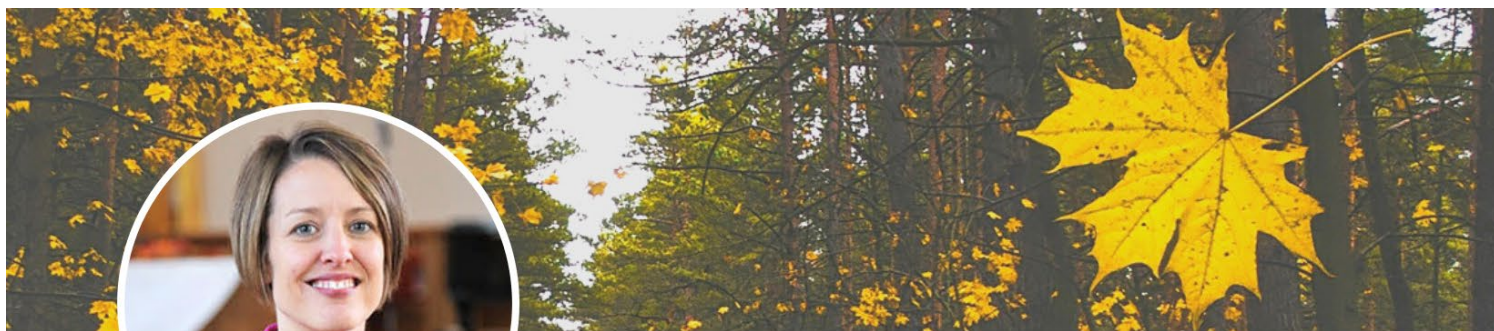
Title: Clothed in Compassion

Topic: compassion for self & others

Practice: lovingkindness/blessing practice



Word from the Pastor



Word from the Pastor

Important Worship Update

With the changing of the seasons, this past Sunday, October 25, was our last planned worship service on the front lawn. For the last three months, we have been blessed to have outdoor in-person worship together. We are grateful to have this beautiful space, which has been a wonderful venue offering our best option for gathering safely.

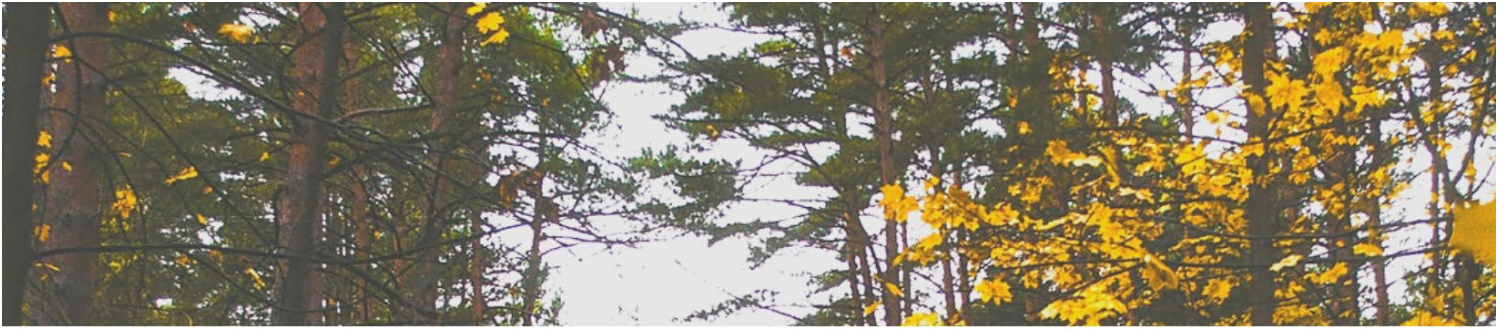
In preparation for this day, the Church Council has continued to meet regularly to discuss worship plans for the colder weather. *After much prayer and reflection, the council decided to offer a modified, in-person/online worship opportunity in the Sanctuary beginning Sunday, November 22. Throughout the winter, we will have one Combined Worship service at 11:15, which will be held in the Sanctuary and broadcasted live via webcast.* Please understand that this service, like our outdoor service, will look quite a bit different from normal to provide as much safety as possible. Please read the Important Notes below for more details.

We understand that there are risks involved with any indoor gathering during this season. As such, we are asking that you use your best judgement as to whether in-person worship is a good decision for you and your family. During this time of pandemic, we understand that what is best for many faithful First Baptist folks is to continue worshipping online and we bless and support that decision. For those who choose join in-person, we hope you will help make the in-person opportunity safe and meaningful.

Until November 22, when in-person worship begins, we will offer online worship only, which will go live at 11:15 am. The next few weeks will be spent preparing for combined in-person/online worship in the Sanctuary. We have purchased sanitizing equipment to help meet our needs. Pastor Michael McEntyre has ordered custom filters for the air handlers in the Sanctuary, which will help capture airborne particles down to 0.3 microns. We are also working to create improved airflow throughout the sanctuary, which may result in a draft, so congregants will want to plan on dressing accordingly.

Because of the evolving nature of the pandemic, these plans are subject to change and we will communicate as soon as alternate decisions are made. I am grateful to the Church Council and the church staff for their diligence and thoughtfulness throughout the pandemic. We have great leadership here at First Baptist! We know that these changes will feel different and are less than ideal, but thankfully, God's presence is with us exactly where we are, and for that we are grateful.

Carl McEntyre



Important Notes About In-Person Worship

- The Sanctuary has been roped off in sections, which are 6 feet or more apart and distant from those leading. Seating for in-person worship will be by household.
- Everyone over the age of two must wear a mask that covers nose and mouth.
- Everyone must keep six feet of physical distance between households.
- There will be no congregational singing. The congregation is invited to hum along.
- Offering plates will not be passed during service. Offerings may be left in the box at the front of the sanctuary upon arrival, mailed to the church office, or given online.
- Restrooms are for emergencies only.
- The pastor will dismiss row by row following the benediction.
- Nursery and childcare will not be provided.



Special Post-Election Zoom at Noon

Next Wednesday, no matter who wins the election or if we are still waiting for the results, regardless of your political affiliation or how you voted, you may find yourself needing a chance to seek peace and some refuge in the presence of God. On November 4 at Noon, I am hosting a special post-election Zoom at Noon.

We will spend time in meditation, recenter ourselves in God's loving care, listen to music led by Julie Walker, and seek comfort in our community of faith. The link for Zoom at Noon can be found on the church website under "get involved."



Chancel Bells



Socially-Distant Handbells are Ringing!

The Chancel Bells have been rehearsing for a couple months now and are adapting how we make music to be able to be present in worship again soon. We're spaced out, masked-up, and recording performances for inclusion in the webcasts (not to mention sanitizing everything!).

If you are looking for a great group to make music with, we have a place for you in the handbell choir. Even if you have never rung a bell in your life, we can get you up to speed and ringing in no time. Great for beginning and experienced musicians alike, ringing handbells is a fun way to join with others in lifting our songs of praise!

The Chancel Bells rehearse on Wednesday evenings from 6:30p to 7:30p in the sanctuary (unfortunately, due to Covid-19 we do not have nursery care at this time). If you are interested in joining us, please contact Handbell Director Noah Hartsfield at nhartsfield2010@gmail.com for more information.

And, if you're simply missing the sweet sound of the handbells on your ears, tune into the Sunday morning webcasts in November!



Noah Hartsfield
Director of Chancel Bells





Give to One Great Hour of Sharing for Disaster Relief

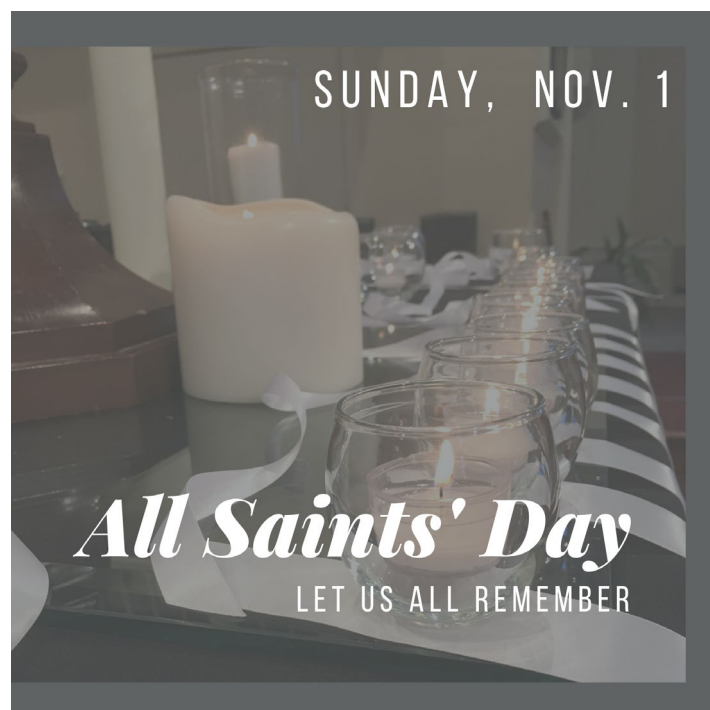
This November, Give to American Baptist Churches -One Great Hour of Sharing to help with ongoing disaster relief.

The pandemic has changed countless dynamics of our everyday life, but unfortunately for many in our country right now, the damage and displacement caused by wildfires and hurricanes has exponentially compounded this reality. This November, we are proud to support the mission efforts of our American Baptist partners through the One Great Hour of Sharing offering as they work to respond to the needs created by these natural disasters. Through this offering, we are joining with those who are currently working to overcome tragedy and destruction, as well as those who will remain after the relief efforts are finished to continue the good work of the Gospel.

To ensure your donations are correctly recorded, please mail your contributions to the church. Checks should be made out to First Baptist Church with ABC Offering in the memo line. If you wish to give electronically, you may do so by going to the American Baptist Churches USA's website at <http://abc-oghs.org/donate/>.

Thank you for your generosity and kindness during these difficult days.

One Great HOUR OF SHARING





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 have learned new ways to be church. We have 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 have 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 missions and ministry that God is calling us to. Together, we give.

Ministerial Staff:

Carol McEntyre, Senior Pastor

mcentyre@fbc-columbia.org

Michael McEntyre, Pastor of Youth, Missions
& Administration

mmcentyre@fbc-columbia.org

Brittany McDonald Null, Pastor of Families &
Spiritual Formation

bnull@fbc-columbia.org

Music Staff:

Colleen Ostercamp, Organist

gostercamp@gmail.com

Shelby Myers, Awakening Praise Band Director

smyers@fbc-columbia.org

Amy Johns, Music Director-Traditional

ajohns@fbc-columbia.org

Support Staff:

Susan Goudie, Administrative Assistant

churchinfo@fbc-columbia.org

Brenda Rice, Project Coordinator

brice@fbc-columbia.org

Bethany James, Nursery Director

Mike Ide, Custodian

Non-Profit Org.

U. S. Postage

PAID

Columbia, MO

Permit No. 19

"Return Service Requested"

October 28, 2020

BEGINNING THIS SUNDAY, NOVEMBER 1

ONE SERVICE

Online **AT 11:15 AM**

Christian Mindfulness

Sundays in November

5 pm via Zoom

with Dr. Irene Kraegel

the **SPIRE**

In This Issue:

- **Christian Mindfulness**
- **Important Worship Update**
- **In-Person Worship**
- **Post-Election Zoom at Noon**
- **Trunk or Treat Pictures**
- **Chancel Bells Update**
- **One Great Hour of Sharing**
- **Daylight Savings Ends**
- **Youth Update**
- **2021 Pledges**