

FIRST THINGS FIRST

MONTHLY NEWSLETTER

FIRST PRESBYTERIAN CHURCH, REGINA

SEPTEMBER 2015

MINISTER'S MESSAGE

We are living in a technological age geared to speed. Speed records are being set in travel enabling us to circle the globe at an unbelievably quick pace. There is in fact a new plan for a Hyperloop Train that runs from LA to New York in two hour. The test program is already setting up to take people from San Francisco to LA in 30 minutes. This accelerated tempo is experienced in every area of our living today. The 24 hour day is insufficient time to complete all we have scheduled on our calendars, even if we are so called retired. We are always in a hurry, rushing from one thing to another. It is no wonder that tensions build up almost to the breaking point. We keep stereo, radio, and television on because we cannot stand the stillness, our computers and our phones are constantly with us. It is as if we are on a carousel revolving so rapidly we cannot get off.

As we are now crossing the threshold of a new school year and a new church school year. People are back from summer holidays and cabins, and things are all starting up again. Now is an opportune time to re-evaluate our lives. How are we going to use this year? Where will our time go? What has our focus? Will we live for our own interests or for God's glory? Do we have our priorities in the right perspective? What has our top priority? Are the things we are doing the most important in light of eternity?

Our scripture verse from Psalm 46:10 says "Be still and know that I am God". But we should all ask ourselves, "How well do I know God right now?" How real is God to me at this moment? Is God only a casual acquaintance, or a dear intimate friend? Perhaps our greatest need this year is to deepen our friendship with God. This will mean spending time with God of course. The more time we spend with a person, the better we know that person. We need a quiet time, maybe a still time, each day, alone with our Lord, to become better acquainted again.

It is not easy to be perfectly still in God's presence. The harder we try, the more difficult it becomes. We remember something we had forgotten to do. The phone rings. The noise of the world about us becomes louder and louder when we try. Yet times of quiet are necessary for our spiritual well-being and for our own health. When Dr. Gilbert Little, a Christian psychiatrist, was asked for a simple rule for mental health he answered, "Be still and know that God is God".

Rest is not only important for our physical life, but for our spiritual life as well. The world says "be active, be busy, be industrious". But God says "be still". Be quiet. Don't rush. This is not just a cessation of activities, but a quietness of heart and a quietness of spirit, in which we are aware of God's presence. In the center of our soul is a place where God dwells and where, if we enter a close relationship, and close out every other sound, he will speak to us.

Someone once said, it is not in the college or the academy, but in the silence of the soul, that we learn the greater lessons of life, and quiet hearts are rare. Many times we do all the talking instead of being quiet enough to listen.

As we continue to wait before the Lord, the sounds about us fade away, and we are aware of being in the quietness of His holy presence.

In 1st kings 19:11-12 we read that it is not in the wind, nor the earthquake, nor the fire that God spoke to Elijah, but in the "still small voice". It is in the stillness of the soul that God speaks to us.

I am reminded of this story: An explorer went on a trek into the jungle with some locals as guides. The first two days the group hurried so fast that they were able to cover many miles. On the third day the Explorer planned to start at daybreak. When it was time to leave, he discovered the guides were not ready. He asked them what was wrong. They replied "We must wait". "Wait?" said the explorer, "Wait for what?" But the guide replied, "We have been going too fast. Now we

must wait for our souls to catch up with our bodies." Have we been hurrying so fast that we too, need to wait for our souls to catch up with our bodies?

That is how it feels some times. Perhaps what we need is simple. Perhaps what we need is simply to be still and to know that God is God and listen for Him to speak to us in the "still small voice" of our quite time.

Bradley Childs

Rev. Brad Childs

BOARD OF MANAGERS

Roof Update: The re-shingling of the sanctuary roof is complete, so we are halfway through our two-year roofing project. Thank you to everyone for your generosity in contributing to the Roof Fund. At this point, we have received donations of \$20,000 since the beginning of May - that is incredible! We also have pledges of \$15,000 for the rest of this year and 2016. In our budget proposal, we were asking for \$20,000 for 2015 and \$25,000 for 2016, so we have some work to do, but the response has been wonderful! We received \$22,500 from the Chisholm Fund toward this year's project, and we have an application in to the Synod (October) for \$30,000 from the Jack Wells towards next year's project. Thanks again for your continuing support!

Board of Managers

CHRISTIAN EDUCATION

Sunday School resumes September 13. Teachers are needed for all classes. There is a sign-up sheet on the bulletin board outside the gym. There are three age groups: Preschool – Kindergarten (3 to 5 years), Grades 1 to 3, and Grades 4 to 6. This year we will continue to use the Seasons of the Spirit Curriculum. We are also excited to begin supplementing the curriculum with video resources from RightNow Media. Please consider adding your name to our volunteer teachers list.

We have received some applications for the Youth leader position and will be organizing interviews. The CE committee will have its fall meeting September 13 after church, to begin planning for the upcoming year.

Bette Kelly
Christian Education

MUSIC NOTES

THANK YOU to Will Ireton, Gabe Omolida and Alison Purdy for playing for Sunday services during the month of August while Bill Sgrazzutti was on vacation.

CHOIR REHEARSALS will begin on Thursday, September 10, 2015. The choir meets every Thursday evening at 7:30 p.m.

Anyone interested in joining the choir or participating in the music program is encouraged to contact either Bill Sgrazzutti, Music Director, at 306-216-0170 or Rodolfo Omolida, Contemporary Worship Arts Coordinator, at 306-540-8872.

Bill Sgrazzutti
Music Director

FUNDSCRIP

Welcome back to another year! We will continue placing orders on the first and third Sundays of each month, so orders will be placed after Sept. 6 and Sept. 20. There are new retailers involved with FundScrip - KFC, Pizza Hut and Taco Bell (part of Yum! Brands) will earn 3%, Groupon gift cards will earn 3% and Claire's gift cards will earn 4%. Specials for September are M&M (4% instead of 3%), Gap 7% instead of 5%) and Pizza Pizza (12% instead of 10%).

We need more regular supporters - please consider buying grocery and gas cards to make your regular purchases. It costs you nothing extra and the church gets a percentage rebate. The more people we can involve, the more money comes back to the church. Just stop by the table during coffee time and place an order or buy one of the cards we have on hand.

WELCOME BACK POTLUCK SUPPER

Hope everyone has had a wonderful summer-relaxing, traveling, getting together with friends and family, reading a good book or just enjoying the great weather we have had this year.

Now it's time to catch up on our church family's activities and adventures over the summer, so the Fellowship Committee is hosting a Potluck Supper on **September 20th at 5:30pm.**

Signup sheets are available in the Narthex and in the gym to let us know how many in your family will be coming and it is great to invite your friends to join us!

Don't miss out on this opportunity for a great feast, great friends and great fellowship.

Sheila Wilson
Fellowship Convenor

ANNUAL SYNOD MEETING

Advance Notice – Hear Ye! Hear Ye! Hear Ye!

This year First Church is hosting the Synod of Saskatchewan for their Annual Synod Meeting and Conference. They will be with us October 23rd and 24th.

We will be providing two lunches, one supper and four coffee breaks. The Fellowship Committee is coordinating this project however we will be asking for others from the congregation to help with such things as providing some muffins or cookies and also for people who can help serve at a coffee break or a meal.

We will be putting up signup sheets in the next few weeks and we look forward to your help as we show what great hosts we are at First. Thank you everyone for all you do at First!

Sheila Wilson
Fellowship Convenor

PRAISE IN THE PARK!

Here's what's happening at Victoria Park downtown on Saturday, September 12, all afternoon and evening.

There's a Children's Fair, from noon until about five pm, with a bouncer and a Fire Truck and Crafts & Games.

There's a Ministry Fair, where many Christian ministries will be sharing what they do in our fair city, with a Prayer Tent to serve people who would desire it prayer.

And then there's the main event, our big Christian concert! We have seven excellent bands from area churches throughout the afternoon from 1 pm to 8 pm.

Our evening headliner is **Phil Wickham**, a well-known Christian singer/song writer, who will complete the day's event, leading us powerfully into the presence of God. Come with your blanket and comfy chair, take your whole family and enjoy all or part of the day. This entire event is free including the hotdogs and water! Check it out at www.loveweekregina.ca.



REGINA YOUTH FOR CHRIST

Regina Youth For Christ currently operates five group homes and eight different outreach programs in Regina, Moose Jaw and North Battleford. RYFC partners with churches towards a common goal of reaching youth in the city.

The vision of YFC, in partnership with the body of Christ, is to see every young person have the opportunity to make an informed decision to become a follower of Jesus Christ and to become part of a local church.

Many youth today are in need of a close relationship with an adult person they can trust. The RYFC mentoring program - **Hear Me Out** is designed to meet this need by matching youth to a caring Christian adult in a way that is

professional, safe and life giving, to both the youth and the mentor.

RYFC is currently seeking mentors for this important program. If this is a ministry you could be involved in please contact:

Autry Hansell
Hear Me Out Mentoring Coordinator
autry.hansell@yfcregina.ca
306 501-8340

SEPTEMBER EVENTS

6	10:30 AM	Worship Service
7	Labour Day - office closed	
10	7:30 PM	Choir
13	10:30 AM	Worship Service & Sunday School
	11:30 AM	Christian Education
15	Noon	Freedom 55ers
17	7:30	Choir
20	10:30 AM	Worship Service & Sunday School
22	Noon	Freedom 55ers
24	7:30	Choir
26	10:00 AM	Worship Committee
27	10:30 AM	Worship Service & Sunday School
29	Noon	Freedom 55ers