



# First Baptist Church

306 E Divide Avenue  
Bismarck, ND 58501  
701-223-8614

Newsletter for Members & Friends of First Baptist Church

May 2020

## Message from Pastor Bob

### Pastor Bob Weiss

Adult Bible Studies

9:00 am

Worship Service

10:00 am

### Church Office:

Monday thru Thursday

8:30 am – 1:00 pm

701-223-8614

firstbaptistbis@q.com

www.firstbaptist.faith

Keep your head up.  
God gives his  
hardest battles  
to his strongest  
soldiers...

Our Regional Minister, Randy Rasmussen sent this article a few days ago. It was written by Dr. Curt Thompson, M.D., a psychiatrist in private practice, speaker, and author, whose views are deeply informed by his Christian faith. The article is very informative and contains spot-on applications. Be blessed..

### **A Body of Work:**

By now, most of us have noticed. And either we or someone we know is talking about it. Zoom fatigue. Irritability. No fever, cough or body aches necessary. Just the normal, run-of-the-mill symptoms of social distancing. And mostly, people are describing how much more exhausted they are at the end of their days compared to what their lives were like before three weeks ago. All of this highlights one element of what it truly means to be human that our encounter with the coronavirus has drawn our attention to: our bodies.

For many reading this, your days have become a continual stream of Zoom or FaceTime or Skype meetings at work or with family and friends. What used to be a convenient and at times even delightful technological means of connection has become something else entirely. For some of us, Zoom is a new four-letter word. We all know something isn't quite right.

In the language of interpersonal neurobiology, the mind is understood as an *embodied* and *relational* process. As Christians what this is hinting at is the fundamental reality of the Genesis account of creation: that God "formed the man out of the dust of the earth and breathed into his nostrils the breath of life and man became a living being." (Gen. 2:7). We are dirt, and we are breath; we are embodied and we are spirited. Take either one away and we stop being fully human. And what we are experiencing is the act of living disembodied lives.

As I mentioned earlier, after all the online conference video calls, we are far more tired than usual. And as it turns out, there is a good reason for this. Human beings use our bodies, vis-à-vis our actual words, to communicate upwards to 85-90% of everything we "say." These nonverbal cues— eye contact, tone of voice, facial expression, body language, gestures, timing and intensity of responses—are the *body's* portion of what it means to "be" with others and ourselves—to communicate what we are experiencing. We send and we receive vital, live-giving exchanges to each other *and this does not require conscious intention to do so*. Our bodies are working independently of our conscious, thinking brain, enabling us to love and be loved, to be known and to know, even without the use of words. And this is why we are so much more tired at the end of the day.



## May

7<sup>th</sup> Gary Lund  
 15<sup>th</sup> Joshua NGoma  
 17<sup>th</sup> Connie Lund  
 22<sup>nd</sup> Deb Petron  
 22<sup>nd</sup> Steve Petron  
 23<sup>rd</sup> Braelyn McCalister  
 23<sup>rd</sup> Brooklyn McCalister  
 24<sup>th</sup> Jerry Cichos

If your Birthday is  
 missing and  
 you would like it added,  
 please contact Shirley in  
 the church office  
 223-8614 or  
[firstbaptistbis@q.com](mailto:firstbaptistbis@q.com).



Shirley in the office,  
 is always looking for  
 individuals willing to  
 share their photos of  
 FBC Events and  
 Activities.

Please contact her at  
[firstbaptistbis@q.com](mailto:firstbaptistbis@q.com)

Normally, our bodies are able to “say” things when we are in person that we don’t have to “think” about otherwise. I can say, “I’m really comfortable with you.” or “Wow, I can tell that was really hard.” without using words. This enables my “thinking” brain to concentrate on other things. But when I’m on a Zoom call, my “thinking” brain has to make up for what my body is not available to say. Hence, the conscious, cognitive domain of my mind is having to do much, much more work than it is used to doing. And to some degree, like an underdeveloped muscle, it has to work up to speed. But that metaphor only goes so far.

One of several things that COVID-19 has revealed is that our thinking minds are not able to make up for what our bodies—and our bodies alone—were created for. Our bodies, in fact, are looking for the presence of other bodies, as it were—and they’re not there. But that doesn’t mean that the anticipation mechanism that expects someone to be there in an embodied fashion stops working. Rather, like a cell phone that keeps “looking” for cell service that isn’t there will drain the battery that much quicker, so we are much more tired when our bodies can’t find each other in real time and space.

Moreover, not only are our bodies made to communicate with others, they are made for *movement*. Given how much more time we are spending sitting in front of our screens, we simply aren’t as frequently mobile. The elementary motion of getting up from your desk to go to another office for a meeting with real humans, as simple and minimally exertional as it may seem, provides important opportunities for us to rhythmically move about, chances we otherwise are unaware of and take for granted.

Furthermore,

Furthermore, over the past three weeks we have begun to undergo a shift from the predominant feeling of *anxiety* to feelings of *irritability* and *anger*. (Not that anxiety has been replaced; merely overshadowed). Two obvious factors for this would be, first, our awareness of the devastation the pandemic is rendering in multiple domains of life; and second, our perception of having limited agency to immediately change its course. But a third and subtler—albeit no less powerful—factor is directly related to the significantly curtailed amount of plain, bodily movement that has drastically limited our physical interaction and contact with one another. What at first was our anxiety and dread about the potential lethality of the virus (anxiety which is no less potent now) is gradually being surpassed by our irritability in response to the limitations placed on our physical activity. This irritability is not just a function of our worry about the future; it is also our very bodies letting us know that they are tired of doing what we are asking them to do. Not only do we *forbid* their movement toward various places in order to be with other bodies; we *constrain* them to remain (virtually [no pun intended]), in the same place. In both ways, our bodies are prevented from engaging in the diverse environment they require in order to flourish.

Anger is a mobilizing affect that comes to our rescue when we perceive that we are powerless to protect against a threat. Powerlessness for the body is ultimately translated as immobility—the inability to move to defend oneself. And in our case, to defend ourselves against...being unable to move and connect with others. We see here how *irritability* grows out of *immobility*. And no wonder.

The fact that our bodies do so much work that we do not consciously regulate reminds us that they are not mere extensions of our “real” selves, as if who we really are is reducible to some private, internal collection of thoughts and emotions. *That* notion is a product of modernity, which would have us believing that our bodies, like the rest of creation, are things that we *own*, and therefore things we can manipulate for our own purposes, rather than gifts that we have been given to steward without our having any say in the matter. Gifts whose mere presence in the world are able to offer light and healing without our even being aware of it—until we no longer have access to that very presence.



## Long Term Prayer Needs:

- Charlotte Martin
- Dale & Annette Eckstrom's grandchildren
- Mary Ann Rauser
- Sue Reuther
- The Congo



## Remembering Our Homebound Members

### Please Remember our Home Bound

Charlotte Martin  
Curtis Funches  
Mary Ann Rause  
Shirley Zacher

If you have recently visited someone homebound, please let Pastor Bob know.

*"The homebound need to have fellowship brought to them. They miss their friends and the fellowship of other Church members."*

We have just passed Easter, when we Christians celebrate the resurrection of Jesus. The embodied Jesus. Not an idea. Not wishful thinking. Rather, the physical presence of God on earth and on the move in the wake of all that evil could throw at him. God made our bodies as part of what it means for us to be human, and much like asking someone to breathe air that is only 15% oxygen instead of the normal 20%, we're asking our bodies to do things they were not made to do. Even so, along with other suggestions I have offered regarding **COVID-19**, here are some additional things you can do to help:

1. ***Make it a practice to take at least three 5-10 minute walks every day.*** Shorter, more frequent movement not only extends your body's movement over the course of the day, it also gives you something to look forward to throughout the day, thereby reducing your anxiety along with your irritation.
2. ***If possible, change your location of work in your home.*** This may be challenging, but different physical locations within your home over time gives your body the awareness of movement by virtue of being in a novel location.
3. ***When possible, stand while doing work, especially when using a screen.*** This practice enables your body to work even while being less mobile.
4. ***As you are able, limit the number of people on video calls to three or less.*** This may sound unreasonable, or impossible. But the fewer people your brain—and body—has to keep track of, the less tired you will be. This may simply sound like common sense. That's because it is.
5. ***Greet as many people as you can whenever you are able.*** There is little cost to acknowledging the presence of another person, and we need to be acknowledged even by strangers. Not only will your thinking mind give and receive it, your body will as well.
6. ***Plan for daily singing/worship while standing.*** Sing along with your most loved YouTube worship video as a means to use your body to tell your mind and soul that you are quite alive—and that you are not alone.
7. ***Talk about your anger.*** There may be nothing more important than having a close friend or counselor validate that your anger is real and isn't crazy. Not to mention that talking to someone about your feelings connects you to another person, which in and of itself will reduce your irritability and give you a greater sense of agency.
8. ***Practice contemplative prayer.*** This form of prayer, especially while standing, strengthens your capacity to live in the present moment which protects against the irritability that emerges in the face of immobility.

Our bodies are hard at work. And although we are in a season in which we are asking them to work differently and harder than usual, know that you are not alone, and your work is not in vain.





Don't Throw  
Away That Empty  
Cartridge!

## Bring it to Church

Empty inkjet cartridges can be recycled and remanufactured. Our church will receive up to \$4.00 for each cartridge turned in. This will directly benefit Frist Baptist Church, not to mention it is great for the environment.

**Empties 4 Cash** box is located in the Church Foyer

## In Memory of Mary E Hayes

July 28, 1928 - April 9, 2020



## Moderator Report

As Moderator, I would like to express my sincere thanks to Pastor Bob and Beth Weiss and Marty and Lori Lundblad for their hard work in bringing the service to us every week. While there is no replacement to worshiping in person, it is comforting to see some familiar faces every week. Thank you also to those who have been calling church members just to check in. I know Connie Lund and Gary Almendinger are two that have been faithful in doing this. Your calls have been very much appreciated!

I would also like to thank those who continue to tithe faithfully. Just a reminder that offering can be given online, by mail or dropped off at the church.

During this time there are all kinds of scams out there so please beware. I had a scam email that was supposedly from Pastor Bob wanting me to contact him urgently by email. I am not sure what they were after but it did not come from pastor Bob's email and had I replied to it they would have had access to my computer. Please look closely at any email communications to ensure they are from a reliable source. I also received a text from an unknown phone number asking me to text back right away and it was signed "Pastor Bob Weiss." This was a scam also and was not from Pastor Bob.

CLT is in search of a few church members to serve on the nominating committee. We would like to have this committee in place now in case a board member would need to be replaced for some reason. Hopefully, the committee will not be needed until the end of the year when we are in search of new board members. Please prayerfully give thought to being on this committee. Contact Kathy Martin if you are interested.

## America for CHRIST OFFERING 2020

"You shall  
**LOVE** your  
**NEIGHBOR**  
as **YOURSELF.**"  
MATTHEW 22:39

**Final Total: \$1755.00**  
**2020 Goal: \$2358.00**





**Safe, Secure and  
Hassle Free**

**Support FBC weekly,  
monthly or yearly!**

**Offerings to our  
Missions are also  
available all long year.**

**Did you know you are  
able to support First  
Baptist Church safely  
and securely using  
electronic funds  
transfer?**

**It is a secure, hassle  
free, simple solution  
for today's busy  
families.**

**Click below for  
additional information.**



## **Christian Education Update for Newsletter**

I hope this article finds you all doing well at home. I want you all to know that my family and I are praying for you, and we can't wait to see you again.

In children's church we just wrapped up our series on the 23<sup>rd</sup> Psalm. The series was taught by Kathy Martin, Linda Gingery, and Martin Lundblad. I thank the teachers for their service and all of the youth who volunteered to help with children's church.

On Wednesday evenings, many children and youth attend either AWANA or youth group along with the kids at Bismarck Baptist Church. The AWANA program has had a very strong year in terms of overall numbers. This has brought about some challenges as the large numbers has stretched our adult volunteers, but through everything God's message is being planted in the hearts and minds of kids. Lori and Martin Lundblad and Katrina Fine all volunteer with AWANA. In youth group the middle and high school kids have also had a very good time. They are growing their beliefs and in their relationship with God. Kathy Martin assists Nathan Seibel with youth group. I also want thank Rhonda Cullinan and all of the volunteers who provide meals to the families on Wednesday nights.

On Easter Sunday, we were unable to hold our annual Easter Egg hunt. Instead a group of volunteers dropped off Easter baskets to 10 of our families with children. The baskets contained a card, a chocolate cross and assorted Easter candy. The volunteers reported that it was wonderful to see the faces of the kids.

Each week Lori Lundblad has been delivering a children's message as a part of our weekly service video that is posted to Youtube. Her message series over the past 5 weeks is entitled "Beautifully Broken". If you haven't seen the videos yet, I encourage you to go see them on Youtube or on the church Facebook page.

You might be wondering what is going to happen with Camp Bentley this year. Lloyd Gingery and I are members of the Camp Bentley board. The camp board recently met on Sunday, April 19. At this time, we have NOT made a decision to cancel camps this Summer. The board feels we do not have enough information yet from the Governor's office to make an informed decision. We have scheduled a meeting on May 3 which will be after the Governor's office will have announced its "reopening" plan. We have been in contact with other Christian camps in ND, and they are following a similar path. Please pray for the board of Camp Bentley so they can discern the proper decisions. I will send everyone an update when I have more definitive information.

I encourage you all to spend this time at home growing your relationship with God and deepening your faith in Him. Use resources such as your Bible, devotionals and Christian videos (from RightNow ministries). If you need help with RightNow ministries, please call the church office.

Remember to pray. Pray when you are happy. Pray when you are anxious. Pray for our elected leaders. Pray for our church. Pray for Christ's Church. Do not forget to reach out to those whom you love. Find time to call them and let them know you are missing them.

Martin Lundblad-CLT Member (Christian Ed)

## Updates from Jeni Pedzinski



“Social distancing-  
Thai style”



## Happy Mothers Day

to ALL the MOTHERS out  
there whether you are a  
Past, Present or  
Soon To be Moms.  
May your day be filled  
with love,  
joy and laughter..



**Sunday May 10, 2020**

## Scholarship Opportunity

Each year American Baptist Women Ministries offers a \$400. scholarship to a student who is a member of a ND ABC Church and will be attending a Christian Institution of higher learning.

The Student need not be pursuing a degree leading to a full-time Christian Ministry.

The student should send a letter of application stating the college they plan to attend, their goal and a brief statement of their Christian Experience to the scholarship committee by May 31, 2020

A letter of recommendation from their pastor or chairperson of the Diaconate is also requiring.

Please send applications to:

Susan Larsen

Box 82

Berthold, ND 58718

<mailto:susanlarsen@srt.com>



**Kyle O'Brien**

**Address**

PVT O'Brien, Kyle G

A Co. 787th MP BN, 3 Plt

7644 Loyalty Loop, BLDG 936

Ft. Leonard Wood, MO 5473

On back of envelope  
top flap, has to have:

PLT #3

**SUNDAY  
WORSHIP  
SERVICE**

**Please join  
us every  
Sunday  
Morning for  
our Virtual  
Worship  
Service:**

**First Baptist  
YouTube Channel**



**Pray for Ann and Bill Clemmer confronting reoccurrence  
of Ebola along with Covid 19 in the Democratic  
Republic of the Congo.**

Ann and Dr. Bill Clemmer reside in the Democratic Republic of the Congo (DRC) on the Congo-Rwanda border. They work with IM partners HEAL Africa and IMA World Health. Since October 2018, Bill has been based 200 miles north of Goma; he leads a team of over 80 Congolese doctors, nurses, and engineers in the fight against a raging Ebola outbreak – the longest and deadliest in Congo's history.

Ann coordinates children's programs for HEAL Africa in the struggling town of Goma. These programs provide Christian education, counseling, food and clothing to over 1,000 children each week. Many of these children also attend worship and Sunday school activities.

Ann writes on Facebook on Good Friday - Just received terribly sad news. For the end of the Ebola epidemic to be declared, 42 days have to pass from the release of the last patient. Only 48 hours from the declared end (on Easter Sunday), a patient in Beni (where Bill has been working since October 2018) tested positive after succumbing to the disease this afternoon.

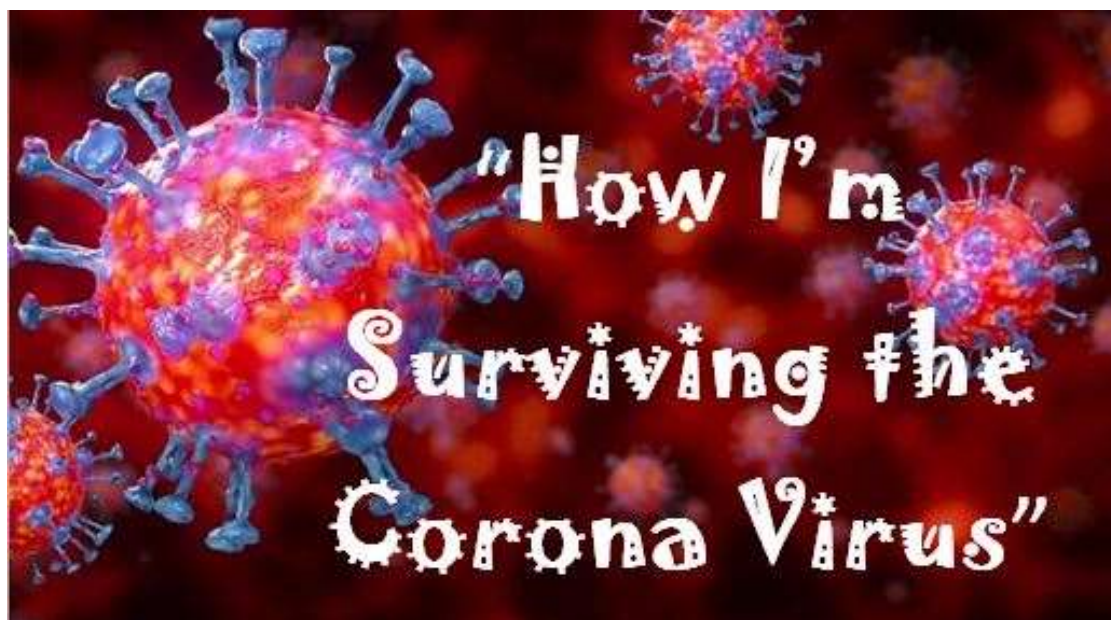
We were so looking forward to the end of this, Congo's longest and deadliest outbreak. With the expansion of Covid-19 into eastern Congo, we had already made the decision to stay and pivot from Ebola to Covid, but now it looks we will be facing two fronts of seeming uncertainty.

But we, as do our colleagues here, know that

God is in control.



- \*Anita Baillie-Health Issues
- \*Armin Saylor at Miller Pointe nursing home in Mandan.
- \*Bruce Rauser
- \*Caryl Kaseman
- \*Charlotte Martin
- \*Church of Hope women's prison church in Pierre, SD still needs hygiene supplies. Check in with church for the address to send directly from Amazon.
- \*Deanna Hedegaard
- \*Donella's daughter Bonnie Bechtold-her son Trevor Died on April 23rd
- \*Erica Helm (Deb Smith's daughter) and family as she is at risk for COVID-19 working in daycare for medical personnel.
- \*Gloria Weiss - recovering from surgery



Greetings from Larry and Kathy Martin. We hope all of you are well and maintaining your sanity during this time. We are both healthy and working. Larry is working from home and I have been going in to work at the Baptist Home daily. The only other places we go are to get groceries and Larry checks on his mom. Brandon and Caitlin are both healthy and working during this time. We pray for their safety daily. I really miss seeing my youth every week and worshipping every week with my church family. I am going to share a devotional that I shared with CLT at our meeting last week. I found the message helpful during this challenging time. Hope to see all of you soon! Kathy

Endure to the End- from "The Pocket Bible Devotional For Women  
*All of us show endurance, until the demands of life test us. Then not all of us pass the test. You can say to the world today: This is not easy, but even the worst thing would not get the better of me. I will continue, no matter how difficult it may be. Because in Christ, I am more than a conqueror! Through His strength, not mine, I will overcome!*

*We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. Romans 5:3-5*



\*Jeff French – He is getting a little stronger each day.

\*Kari Kolstoe – resuming cancer treatments

\*Kyle O'Brien- undergoing advanced training at Fort Leonardwood, MO

\*Leo Heinz

\*Family and friends of Mary Hayes following her passing April 9

\*Pastor Boots and Jackie Marsh (Boots/Cancer)

\*Pete and Angie Adkins, also serving in Cannon Ball.

\*Scott Simpson

 Our Daily Bread.

We pray these free resources from Our Daily Bread will help you during the days ahead.

[Click Here](#)

We are doing fine and staying close to home. We are deeply grateful for the calls we have received from our church family and for the Sunday morning messages. We feel blessed as there are many verses in the Bible that has helped to carry us through this troubled time. Our faith has grown stronger each day as we stand on the promises of God. "God is our refuge and strength, an ever-present help in trouble." Psalm 46:1. Karen, Jerry and Sheri Cichos

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I hope you're all doing well, during this stressful time! I am back in the office after an unexpected month-long break. On March 20<sup>th</sup>, I flew to Michigan to help my oldest daughter and her husband move into a new house. I cannot say I never had second thoughts on cancelling my plans, but strangely, I was never really afraid of getting sick!

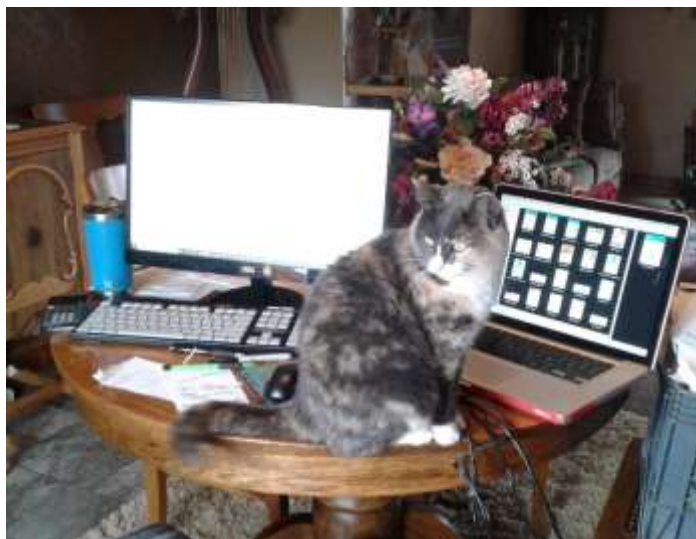
With long-hard days of work, filled with LOTS of laughter and fun, we got them moved into their new home. I never get enough time to spend with her, so I enjoyed every single minute!

My original plan was to fly home on March 31<sup>st</sup>, but due to many flight cancellations, I had to rebook for April 2<sup>nd</sup>.

After returning to Bismarck, I had to "self-quarantine" at home for 2 weeks, per executive order. Thankfully, I was able to work-from-home for the church and catch-up on much needed rest!

Now, I am happy to be back at the Church Office; but unfortunately my "Personal Assistant" is not as happy!

So Thankful for you all, Shirley



## Parking Lot Prayer Warriors

is a new Facebook Group formed in response to the pandemic. It started in Bismarck and has branched out across the state and now into Montana. Every **Thursday night at 8 pm**, people drive to any of the hospitals, nursing homes or assisted living centers in town and park for a time of prayer. Anyone is welcome to join. They ask that you stay in your car and tune to 550 AM for community prayer time. Turn your flashers on and stay in your vehicle.

## Church Closure Update

we continue to follow CDC guidelines regarding large gatherings. We will be postponing our Quarterly Business meeting until we are able to meet in person. We are in process of getting quarterly reports together and will send more information out once those are ready to go. We will notify church members as soon as we find out when we are able to open our doors again so please watch your email. We will also be sure to call those who do not have email when that time comes.

We are “sheltering” in place—most of the time. Bill is tired of being in the house and sick of the winter so these nice days he is working on the yard and doing some new things. I’ve been making masks for us and others and going through “stuff” hoping to have a rummage sale this summer. We’ve talked to several of you from church. We miss seeing you all. Stay safe and well, Bill & Deanna Hedegaard

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Thank you for the prayers you offered for my nephew and his family who are currently serving as missionaries in Scotland. At this point the family members have all recovered from COVID-19--PRAISE GOD!! Chuck, Katrina and I miss seeing our Church family!! We are fortunate to have space to go outside and enjoy time with our pets, Daisy and Lucy. We are appreciative of those who have sent notes or have called. It is good to hear from you. My Mom, Margret Malmgren, is being well cared for in her assisted living apartment at Prairie Pointe. She, too, misses seeing you all on Sundays and going to circle. The isolation is difficult at times but generally she is in good spirits. Our prayers are that you all stay safe and healthy—we look forward to seeing you in Church. Know that you are loved. Karlene Fine

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Hello FBC family.....I am missing you all as well....I am doing ok with my ear and neck pain.....some good .....some bad days.....I have plenty to do at home but am lacking motivation.....maybe the nicer weather will help.....it seems to make everything better.....hope everyone is doing well .....looking forward to when we can congregate again.....my friend sent me this today showing 2 baskets of lavender and these words of Jesus ...”I have told you these things ,so that in me you may have peace. In this world you will have trouble but take heart! I have overcome the world” Keep your faith strong.....God bless you.....Anita Baillie

