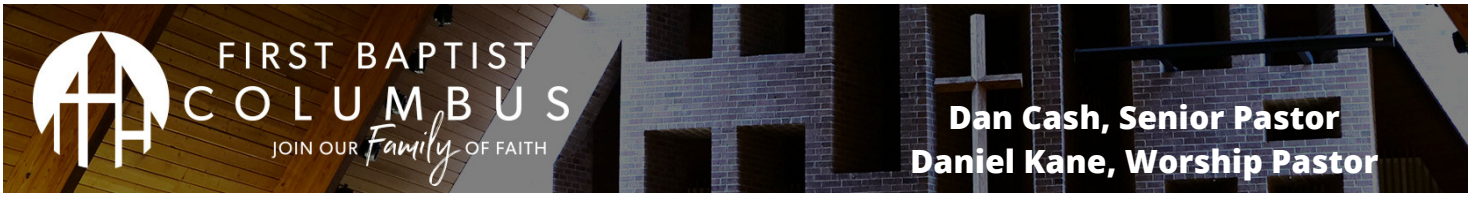


January 2021 Messenger

Dear Friends:

Perhaps more than most years, as we turn the calendar to a new year, we are hoping to put the past year behind us. I know many of you have expressed to me that you are anxious to turn the page to 2021 and its promise and possibility. Indeed, I join you in the hope of a brighter year, and with vaccines now being distributed we will eventually move past the pandemic that so overshadowed 2020.

Until then we press on. We continue to support one another and our community in prayer. We think on "whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable" (Phil 4:8). We love God and one another. We bear each other's burdens and help shoulder the load (whatever it may be). Thank you for continuing to be available to one another.

I want to use this column to share with you some plans I'm putting in place for the first of this new year. First, I will be preaching from the Gospel of Luke between now and Easter, and I invite you to read Luke in your Bible reading and devotional life, as we follow the life of Jesus.

Some have shared that they appreciate knowing the sermon text in advance of Sunday, so I'm printing those below for January.

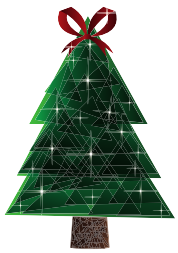
Second, I am planning to offer a book club opportunity for those who may wish to read and discuss a book with me. The book I've chosen is *Love Does* by Bob Goff. It's an easy and fun read of short chapters that invites the reader into the author's life experiences. We will meet on Thursdays at 10 a.m. over Zoom beginning January 14 for about an hour's discussion. I think we can work through the book in six sessions, which will take us to February 19. If you are interested, purchase your own copy of the book (widely available on Amazon.com in paperback or e-reader format) and start reading. Send me an email or text letting me know of your interest and I'll add you to the group.

Thank you for your continued prayers for our church, its staff, lay leaders and ministries.

In partnership,
Pastor Dan

Sermon texts and titles for January:

Jan. 3: Temple Questions (Luke 2:41-52)
Jan. 10: Repent! (Luke 3:1-22)
Jan. 17: Mixed Reactions (Luke 4:14-30)
Jan. 24: A Fearful Calling (Luke 5:1-11)
Jan 31: Mission Sunday Focus (Luke 10:1-12)



We want to thank you for your many expressions of kindness and appreciation over the Christmas season. We are especially grateful for the year-end gift. Your cards and greetings also helped to make our season bright.

Your First Baptist Church Staff:

Dan Cash Dan Kane Laura Friedrich
Dorthea Anderson Carla Williams Donna Tull
Melissa Hernandez Mary Fenol Ashley Lawman

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"Did You Know?"

A favorite Christmas Song among many people is Buddy Greene and Mark Lowry's *Mary Did You Know*. But this Christmas, I'd like to ask you: Did YOU know?...

That Christmas has traditionally been longer than one day?

In fact, the Christmas season for the Church was designed to be TWELVE days long! Sound familiar? (It ends on January 6th - when the Church celebrates Christ's baptism.) Here are some other Christmas fun facts:

SYMBOLS

- Light
- Manger
- Christmas Tree

THEMES

- Joy
- Arrival
- Fulfillment

COLORS

- White (Purity)
- Gold (Royalty)

SONGS

- *Sing We Now of Christmas*
- *God Rest Ye Merry Gentlemen*
- *Lo! How A Rose E'er Blooming*
- *Once in Royal David's City*

CHARACTERS

- Jesus
- Mary
- Joseph
- Shepherds
- Angels
- Zechariah
- Elizabeth

DEC. 25 ---- JAN. 5

CHRISTMAS

"BORN IS THE KING"

I love Advent and Christmas, and so does the world (or at least a form of it). But there's a big difference between listening to Christmas music sentimentally on July 25th and devotionally on December 26th.

Now, I'll openly admit that, in my free time, I started listening to Christmas music before Thanksgiving, and I have no shame in that. But, in my devotional life, I have been listening to advent songs. Is that weird? Maybe. But it's been a beautiful exercise in expressing the 2020 spirituality that's been forced upon us. And now, with Christmas so close, I'm eager to listen to Christmas music devotionally. "But Pastor Daniel," you may ask, "Why haven't you been listening to Christmas music devotionally already?" Let me tell you.

Like most little kids, I struggled to sleep on Christmas Eve because I didn't want to have to wait for my presents. I don't like waiting, but it's good for me, and, while Advent isn't what's popular on the radio, it forces me to wait, and therefore puts Christmas in the right light. The church historically has done the same thing: while the world is dressed in red and green, the church wears purple and blue and black, often forcing us to ask: "Why do we do this?" Traditionally, Advent was seen as a type of Lent, which means that Christmas must be a type of Easter! Visually then, the birthday of our King is dressed with the colors of His life, the colors we also see at His resurrection, and gives us visual continuity for the whole year. Advent and Christmas music do the same thing, especially because we're in a peculiar era of God's story right now. Seasons aside, it is perpetually Advent. We are always waiting for Christ to come again. So for me, after receiving so many lessons on waiting well this year, I'm choosing to celebrate the real end of that waiting in the fullness of its time - because one day, while the world revels in its presents, the Church will celebrate the presence of her King. I know it's not popular to listen to Christmas music after December 25th, and maybe you typically take down your Christmas decorations on December 26th. But, let me ask you, if we've learned to wait well, might we do Christmas well, too? Surely the birthday of a King deserves more than one day to celebrate. Peace.

- Pastor Daniel

Worship Continues Online Only Until Further Notice

FBC has been sharing worship online only since November 22, 2020. The Covid Task Force and Church Council will continue to monitor local community spread of Covid-19 and adjust our plans accordingly. The church office continues to be open through the week, but all other activities at present are virtual or waiting resumption as conditions improve.

New Wednesday Night Class Coming January 6th, 2021!
7:00 pm via Zoom

Starting Wednesday, January 6, you can join Pastor Daniel for a 7-week discussion about singing in the church. We will be reading “Sing! How Worship Transforms Your Life, Family, and Church” by Keith and Kristyn Getty and asking not just why the church sings, but why WE sing at church. Contact Pastor Daniel at dkane@fbccolumbus.org if you have questions, and sign up on our website to receive this wonderful little book on Christian singing. If you'd like to give to support the cost of the curriculum, each book is $5. Your help is appreciated! See you January 6th!

Church Family News:

David & Susan Brown are moving to Kalamazoo, MI in January, as they look forward to being near their son and daughter-in-law, who are expecting David and Susan’s first grandchild in early June. We wish them well in this next chapter.

Welcome to Larry Calfee who was presented for church membership with First Baptist on Sunday, December 13. We are glad to have Larry as part of our congregation.

We extend sympathy to Donald Thickstun whose wife Shirley passed away on December 14. A private family graveside service was held in Bloomington, IN. We also share condolences with Kyle & Stephanie Olson, upon the passing of Kyle's brother, Brian.

Thank you is extended to Jerald Hatton, Adam Zimmerman, Heidi Jones and Paula Pickup, who have completed their term on the Church Council at the close of 2020. We are grateful for their leadership and service.

2021 Church Officers

Chair:	Jeff Caldwell
Vice Chair:	Ben Slaton
Treasurer:	Joe Hamon
Vice Treasurer:	Stephanie Olson
Financial Secretary:	Stephanie Adams
Asst. Financial Secretary:	Gretchen Seeley
Clerk:	Breanne Vogelpohl
Membership Clerk:	Stephanie Adams
Christian Ed.:	Carolyn Pool
Evangelism:	Adam Brown
Family Life:	Keith & Teresa Arbuckle
Missions:	Cliff Putterill
Stewardship:	Jim Reid
Worship:	Elyse Snider

2021 First Baptist Foundation Board of Directors

Sharon Tobias
Kerry Richmond
Larry Mayfield
Ro Whittington
Mallory Slaton

FBC Family,

To our beloved friends that have so diligently worked and tirelessly given of your time to keep our dear church continuing the ministry of our precious church. To our Pastor and Staff who have tirelessly refused to let this virus destroy our FBC Family, and last but not least to those of you who have prayed for Dick and me and our family especially during these past several months.

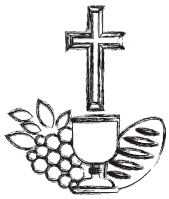
God Bless All of You!
Beth & Dick Miller

This Month's Leadership

Pastoral Care Team

Jan. 3 - Susan Carter & Charlotte Oestreicher
Jan. 10 - Tim & Paula Pickup
Jan. 17 - Dortha Anderson & Mandy Reed
Jan. 24 - Carolyn Baker & Sue Hoffman
Jan. 31 - Ron & Peggy Lane

Communion



Worship Services are Live Stream only.

We invite those of you who join us for worship at home to have something available the morning of Jan. 3 to use for communion as we come to the Lord's Table together.

FOOD FOR OUR LOVE CHAPEL

January is the month that First Baptist Church collects funds to purchase food for our Love Chapel. We are currently serving 1300 - 1500 families each month through the pantry, and the need continues to increase.

Love Chapel is a Christ-centered, faith based outreach ministry of the Ecumenical Assembly of Bartholomew County Churches that offers emergency food, emergency shelter, client follow-up and outreach, medication assistance through the Medication Assistance Program, job search and referrals, financial assistance for rent, utilities, and GED testing, holiday food baskets, and prayer and chaplaincy ministry.

January is our turn to help fill the food pantry. We raise funds and shop for needed items as specified by the Pantry Coordinators, and then deliver them to the pantry in early February. Please send all donations towards this effort to the church office before the end of January.

COVID-19:
Lifestyle Tips to Stay Healthy during the Pandemic

Some things we can do to maintain a healthy and active lifestyle and routine while the world around us has adapted to limiting exposure to COVID-19.

· **Stay active:** The gyms may not be open, however, there are lots of safe alternatives to getting physical activity without going against the preventive best practices recommended by the CDC like social distancing and avoiding large crowds. Aerobics can be done successfully at home. Another important point to consider is that avoiding crowds does not mean avoiding nature. Going for a brisk walk or jog outside in uncrowded areas outdoors is still considered relatively safe. Push-ups, sit-ups, jumping-jacks and more exercises are great ways to stay fit away from the gym.

· **Adequate sleep:** Good sleep is essential to our overall health. According to The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services and the nation's leading medical research agency: "Immune system activation alters sleep, and sleep in turn affects the innate and adaptive arm of our body's defense system." While the amount of sleep needed for good health and optimum performance mostly depends on the individual, the CDC recommends adults age 18-60 years get seven or more hours of sleep per night.

· **Diet and nutrition:** Practicing self-discipline and avoiding "emotional eating" due to stress that may be related to the drastic changes surrounding the COVID-19 pandemic and how it affects our lives is imperative. According to the CDC, whole foods like dark, leafy greens, oranges and tomatoes—even fresh herbs—are loaded with vitamins, fiber and minerals. Make it a habit to try to eat more whole nutritious foods instead of processed snacks or fast food.

· **Self-care:** Take time to take care of yourself. Be supportive and suggest the same for those close to you. Meditation, relaxation, quality time with family, personal care of yourself promotes overall wellness.

· **Healthcare maintenance:** If you have medications prescribed for any condition, be sure to take them as directed by your provider. Chronic conditions such as hypertension, diabetes, asthma and many others should be kept in check with taking your medications as prescribed. Be sure to reach out to your healthcare team with any concerns as well. In the age of COVID-19, telehealth solutions are available if you want to speak with a provider about a health concern unrelated to COVID-19.

· **Cope with stress and anxiety:** Positively cope with stress and anxiety induced by new precautions we must all now take to combat the spread of COVID-19 in our communities. Positive coping mechanisms would include exercise, meditation, reading, further developing certain skills or hobbies etc. Use this era to increase your daily repetition of these positive activities and develop new or even better routines than you may have adhered to prior to the emergence of the current COVID-19 pandemic.

· **Stay connected:** Talking with loved ones while in isolation can help reduce the anxiety and instances of feeling down. Take time to utilize the multitudes of technologies and apps (many free) that can help you stay in touch with those you love. Our busy lives before the COVID-19 may have limited how often we connected with distant loved ones, now's the time to fully exploit these modern capabilities for fellowship, companionship, and camaraderie.

The guidance above is to improve overall health and wellness. Please be aware that although eating nutritious foods, physical activity, adequate rest and taking care of our mental health makes us more resilient, it's not a cure nor does it guarantee immunity from contracting COVID-19. In addition to these suggestions, first and foremost be sure to practice CDC guidance on social distancing, self-care, self-quarantine, wearing of cloth masks when social distancing is not possible and talking with your provider about any concerns you may have regarding your health.

January Birthdays

3. ~ Kathryn Young
6. ~ Marcia Cheek
7. ~ Jesse Langdon
8. ~ David Akers
9. ~ Linda Rea
12. ~ Jerald Hatton, Stillman Whittington
13. ~ Connie Baldwin
15. ~ Frank Eldridge

16. ~ Elliott Adams
17. ~ Wayne Lovelace, Missy Zimmerman
22. ~ Emily Nelson
23. ~ Betty Euler, Grant Slaton
24. ~ Scott Crowder, Cara Chitwood
26. ~ Ken Greenlee, Ryan Jones
28. ~ Daniel Greene
30. ~ Marian Miller

The Body of Christ Prays For...

- Betty Euler, Cecil Workman, Anna DeHaven, Carl & Nancy Williams, Marcia Battle, Marilyn Estell, Heidi Putterill, Nancy Hughes, Randy Wheeler, Joe Scgalski, Dick Miller, Rick McClintock, Anita Burton and Mike Compton.

Looking Ahead

Jan. 6, 13, 20, 27 - Sing Study via Zoom with Pastor Daniel (7:00 pm)
Jan. 14, 21, 28 - Book Club via Zoom (10:00 am)
Jan. 13 - Worship Planning committee via Zoom (5:30 pm)
Jan. 19 - Church Council (7:00 pm)

Service: Sunday Morning - Worship 9:30 am
(Live Stream only - no in-person worship at this time)
2nd Hour Learning - suspended at this time

Live streaming available for Sunday Services

In addition to watching our streaming service on our website, the service is also streamed to Facebook, Ruko and AppleTV. It is also sent internationally.

Just Press Play
Live Video Every Sunday at 9:30
firstbaptistcolumbus.org
FIRST BAPTIST COLUMBUS
JOIN OUR Family OF FAITH