

## WORSHIP

Wednesday, March 10

6:15pm

Via FBG Website and Facebook

MidWeek Fellowship

Proclaimer: Camille Loomis Rehnborg

Bible Study: Temptations of Jesus:  
Luke 4:9-15

Sunday, March 14

10:30am

Fourth Sunday of Lent

Family Dedication

Proclaimer: Jim Dant

Sermon: A Quotable God

Scripture: Ephesians 2:1-10

Service Choir: Sanctuary Choir

Access FBG Website here:

<https://firstbaptistgreenville.com/>

Access Facebook here:

<https://www.facebook.com/fbcgreenvillesc/>

Access Radio (Sunday morning only)  
here:

89.3-HD4, 89.7 FM, 91.9 FM

If you are having trouble viewing the stream or have had trouble in the past, please email [live@firstbaptistgreenville.com](mailto:live@firstbaptistgreenville.com). Include your name, email and description of your problem. Thank you for your continued support.

—Will D.



## Rustlings

BY JIM DANT

Spring is just around the corner. We all know what this means. The birds are now attacking my car's rearview mirrors and leaving abstract art on my car doors. I know this is a part of their innate territorial behavior. It is also a result of human's introducing mirrors into their natural habitat, but regardless of the reason, I wish they would stop.

Trees and flowers are beginning to bloom around our town. Pinks and yellows are overtaking the browns and grays of recent months. Of course, this means my eyes and nose are getting itchy. I'm not sure what God put in those blossoms, but they aren't agreeing with my mucous membranes.

The temperature is swinging like a pendulum in a Poe novel. It's 29 degrees at night and 76 degrees in the afternoon. It takes mental calisthenics each morning to choose our clothing and then physical calisthenics during the day getting layers on and off relative to ever-changing temperature.

I'm about to lose an hour of sleep. I've never quite understood daylight savings time. I know it had its origins in early agrarian society but so did

child labor, and we haven't retained that through the decades. We keep changing our clocks twice a year, and I'm not sure why. To make matters worse, while my watch and phone are now smart enough to change time on their own, my stove, microwave and bedside alarm are still dumb. Since I am technologically challenged, I have to re-figure the process on these appliances twice a year!

Have you ever noticed how easy it is to find reasons to complain? I woke up this morning. My heart was beating. I took another breath. I was able to walk to the kitchen and brew a cup of coffee. My eyes still function well enough to read an email from a friend and a chapter of a book. I have hot and cold running water. I stepped out of my condo into a day canopied by a splendid blue sky. I drove to work in a vehicle I own. I was greeted by co-workers that share a passion for the church and her people. I will be challenged and encouraged today by people and circumstances that are woven into the fabric of my life. I will eat food that someone else has produced and prepared for me. If I'm lucky—if I'm blessed—I'll make it back to a warm bed tonight, and if I don't make it back to that bed, I'll be resting in God's arms elsewhere.

So, bring on the birds and the blossoms, the barometric pressure and yes, even the time change. I'm not complaining. It's almost Spring.

—Jim

### AYMC Hours

AYMC Walking Track and Fitness Room are open by appointment only, Monday-Friday, 8am-12noon.

Email [aymc@firstbaptistgreenville.com](mailto:aymc@firstbaptistgreenville.com) for appointment.

### Chapel Visits

Weekdays, February 17-April 1  
Come to sit, meditate, pray or visit the Stations of the Cross.

Sign up for 30-minute slot at <https://www.signupgenius.com/go/10c0b4daaad2da2f58-chapel>

## Senior Moments: We're back! Well, almost...

When the Senior Adult Roadrunners attended the Lettermen concert at the Newberry Opera House in March 2020, no one imagined that trip would be our last outing for 2020, but there have been none of our usual in-person events since then—no First Friday Lunch and More celebrations, no long-distance bus trip, no local trips, no lunches, no plays, no fall foliage trip. We were able to have a drive-through frozen yogurt social, and that was such a special time. It was wonderful just to see and be seen. We have really missed being together.

Now that the COVID-19 vaccines are a reality, the return to in-person gatherings is beginning to seem possible. The Senior Adult Committee met recently and formulated a plan for resuming activities.

Plans are tentative, but we hope to gather for First Friday Lunch and More in May and to resume local Roadrunners trips in June. Sadly, the committee felt that making a long distance bus trip in 2021 was not advisable. We plan to schedule a trip for 2022 to Washington DC. Instead of a long-distance trip, the committee proposed a Senior Adult retreat at First Baptist the weekend of September 10-12.

Masks and social distancing are now our reality, and Senior Adult participants will need to have proof of COVID-19 vaccinations. This seems a small price to pay to safely gather again.

—Eve Burroughs and Brenda League,  
Senior Adult Committee Co-chairs

## COVID Conversations for Lent

4TH SUNDAY IN LENT—MARCH 14, 2021

### Psalm 107:1-3, 17-22

W—I just need some medicine to help him at home. I can't keep doing this by myself.

S—That's why D is at the house now waiting for us and I'm here.

W—*(frustrated)* You don't even help...you aren't around! We've been through this before. He can't go to a facility and continue chemo to treat the tumor.

S—That's why we're taking him home.

W—*(crying)* I can't do this by myself. I need a hospital bed, a bedside potty, and 24/7 home health.....*(pleading)* I just need something to help control him.

M—*(compassionately)* Honey, we both know that medicine stops working and likely can't fix that. It's the result of his condition...He may still need to go to a facility.

W—*(crying)* He can't go to a facility. I don't want him to get COVID. I won't be able to see him...or he will die.

So they cried out to the Lord in their distress, and God saved them from their desperate circumstances. God gave the order and healed them; he rescued them from their pit.—Psalm 107:19-20, CEB

Without intervention, we can become trapped in the pit of despair running endlessly on the wheel of fear. However, the path out requires counterintuitive action...what if instead of trying harder, we softened our approach. "The work of paying compassionate attention is, in a sense, learning to steward for ourselves what God already believes about us—that we are valuable and loved." This advice from Aundi Kolber, LPC, is part of larger work titled *Try Softer: A Fresh Approach to Move Us out of Anxiety, Stress, and Survival Mode—and into a Life of Connection and Joy*.



Photo by Michael Williamson of art by Eli Blasko and the Northside Voyagers

During this Lenten season exercise your own compassionate attention when you feel stuck in the pit of fear. Consider rhythmic breathing exercises to settle your anxiety. Compassionate coloring allows the brain to take a break and self-expression flow. Safer space meditation or walks in nature provide a mental/physical reset for the brain. Learning to recognize the signatures of trauma and latent fear is not an easy process but well worth the work to facilitate our own emotional regulation.—Eric Coleman

Prayer: "Sometimes the bravest and most important thing you can do is just show up."—Brene Brown

# A Gift for the Future

Would you like to supplement your annual giving with a gift for the future? Would you like to invest in a fund that can provide the Church with current income while also growing for that future? You can do that!

First Baptist Greenville has a Foundation to provide additional funds for the Church’s budget and allow church members to supplement their annual giving with permanent gifts directed toward areas of their particular interest. These gifts are invested and can help fund these areas far into the future. The specific areas are supported by five groups of funds:

- 1) Faith Fund—for local, state, national and international missions
- 2) Leadership Development Fund—for the education and training of the laity and clergy
- 3) Property Fund—for major maintenance or capital needs of Church facilities
- 4) General Fund—for Church ministries or special projects
- 5) Tithe Fund—for general operating expenses of the Church

A Board of Trustees, made up of Church members, oversees the Foundation. Its funds are professionally managed by an outside management company and carefully invested in stocks, bonds and other approved investments.

Gifts to any of the funds can be made in any amount. Annual distributions from income are made, and the Foundation has disbursed more than \$2.2 million since its beginnings in 1992.

If you’ve already contributed to the Foundation, thank you for your gift! If you haven’t yet contributed to the Foundation, please consider the different ways of doing so.

To learn more about the Foundation and how make a gift, please visit the church’s website under the “Give” tab.

—Bob Howard, Foundation Chair

# Simply a Wonderful Day

Simply Loved by God, Simply Loving Others, and Simply Loving Myself—these were the lessons taught by the Youth Family during our first Youth Sunday in two years. These lessons were not just spoken during homilies. You could hear them in all the readings and music of the morning. You could see them in the variety of artwork positioned near the front of the Sanctuary. These pieces were each created by youth who wanted to portray what our theme meant to them. This past year has been tough for our youth.

Our 2020 Youth Sunday worship service was the first completely virtual (livestreamed) service, with only three youth able to share their gifts in person. This year’s theme has been “Simplify.” During worship, this year’s project was positioned by the baptistry. If you were to look closer, you would discover that this year’s project is a mosaic filled with hundreds of pictures of what makes our Youth Family simply wonderful.



I hope as you see our youth participants, you will share with them what this year’s service meant to you. I have already heard such wonderful comments, and they should hear those, too! Please enjoy this picture of the theme piece and artwork from this year’s Youth Sunday service.

—Will Raybon



847 Cleveland Street,  
Greenville, South Carolina 29601-4495  
(864) 233-2527 www.firstbaptistgreenville.com

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## Upcoming Events

(service links on church website)

- 3/10 4:00pm** Preschool Choir and Missions (Zoom)  
**5:00pm** Elementary Choir and Missions (Zoom)  
**5:00pm** Wednesdays for Youth – Middle School  
**6:15pm** (Virtual) MidWeek Fellowship—Temptations of Jesus: Luke 4:9-15  
**3/12-13** All Youth Spring Retreat  
**3/14 10:30am** (Virtual) Fourth Sunday in Lent  
 Jim Dant, Proclaimer  
**2:00-3:00pm** Children’s Ministry Event: Bring Your Bike to Church Day  
**4:15pm** Vocare Rehearsal (Sanctuary)  
**3/17 4:00pm** Preschool Choir and Missions (Zoom)  
**5:00pm** Elementary Choir and Missions (Zoom)  
**5:00pm** Wednesdays for Youth – High School  
**6:15pm** (Virtual) MidWeek Fellowship: Camille Loomis Rehnberg—Temptations of Jesus: Luke 22:39-46

- 3/21 10:30am** (Virtual) Fifth Sunday in Lent  
**4:15pm** Vocare Rehearsal (Sanctuary)  
**5:00pm** Sunday Night Live for Youth—Middle School  
**3/21-28** Host IHN Guests  
**3/24 4:00pm** Preschool Choir and Missions (Zoom)  
**5:00pm** Elementary Choir and Missions (Zoom)  
**5:00pm** Wednesdays for Youth—High School  
**6:15pm** (Virtual) MidWeek Fellowship: Camille Loomis Rehnberg—Temptations of Jesus: Luke Luke 22-23  
**3/28 10:30am** (Virtual) Palm/Passion Sunday



## Meals to Go

Uptown Catering continues to provide meals to go as well as Wednesday Night Specials at FBG pricing! Visit <https://theuptowncompany.square.site/s/shop> for menu options. Available for drive-thru pick up at the kitchen door!

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### LIVING GENEROUSLY

Financial Needs as of 3/6  
\$484,614

Receipts as of 3/5  
\$428,748

## Pastoral Care

### On Call Nights and Weekends

March 8-14  
Matt Rollins  
346-0971 (m)

March 15-21  
Jim Dant  
478-737-7298 (m)

If you are unable to reach this minister at the above number, please call the Church Office, 864-233-2527, and leave a message by pressing the number “199” for “Pastoral Care Emergencies.”

## Care List

### Care List as of Morning, 3/8

#### Hospitals

As of the morning of 3/8, there are no hospitalized members of whom the Pastoral Care Ministry is aware.

#### Rehab

Patewood-Congaree: Brenda Ballard

Cascades: Claudia Caldwell

#### Sympathy

...to the family of Fran Jones.

#### Congratulations

...to Carolyn and Tripp Bradley on the birth of a son, Herbert Wienges Bradley, on February 14, 2021 in Lexington, SC. Winn’s grandparents in our church are Carol and Monty Laffitte.

...to Courtney and Sean Hartness on the birth of a daughter, Margaretta Patterson Tollison Hartness, on February 24, 2021. Margot’s older siblings are Eugenia, Gladden and Catherine Louise. Her grandparents in our church are Mary Lou and Pat Hartness and Dave and Linda Tollison.

## March Focus on Missions

We are partnering with UM to provide IHN participants cleaning supplies. For the time being, those seeking emergency shelter are in separate apartments. Our congregation is invited to donate any of the following items to help them maintain those spaces:

- Paper towels
- Toilet bowl cleaner
- Multi-surface cleaners for kitchens and/or bathrooms
- Duster kits (like Swiffer®)

Deliver to FBG Reception Area Monday–Friday, 9am–5pm OR order online and ship to:

First Baptist Greenville  
c/o Amy Joye  
847 Cleveland Street  
Greenville, SC 29601

Questions? [laura.stout@firstbaptistgreenville.com](mailto:laura.stout@firstbaptistgreenville.com)