

January

First Baptist Church
Greenville, SC
Engaged Aging Ministry
NEWSLETTER

A Message from Michael

Happy New Year! 2026 is here, yet after the excitement of the ball dropping wears off, we are often left with the reality that January can be a tough month. Shorter days, colder temperatures, and increased chances of inclement weather can all contribute to an “after-holiday” blues, leaving us all to feel as is we have seasonal affective disorder. I recently read an article outlining several ways to combat the winter blues, including: maintaining social connections, spending more time in the sunshine, eating foods that are rich in folic acid and high in fiber, enjoying the scent of cinnamon, adding a bit more B-12 to your regimen, and enjoying more warm foods and beverages. With this in mind, our Engaged Aging (EA) team has decided to add a few more events to our January and February calendar to provide just the boost you need to make it to Spring.

If you could use a few more dates on your 2026 calendar to meet up with people you enjoy, to chat and laugh with others, to share a warm meal (and hopefully a beautiful sunny afternoon), and to spice up the winter doldrums, I encourage you to spend some time **engaging** with us in the New Year. We look forward to seeing you soon.

Grace and Peace,
Michael McEntyre
Michael McEntyre

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NEWSLETTER
SENT TO YOU
EACH MONTH
BY EMAIL**

January 4- Epiphany Breakfast

The first Sunday back at church after Christmas is always a good opportunity to catch up with one another and hear the stories of what was memorable about this holiday season. It also marks the official end of the Christmas season and commemorates the arrival of the magi in Bethlehem. To help start the New Year right, you are invited to celebrate Epiphany as a church family with a hot breakfast in the Fellowship Hall during the Sunday School hour (9:15-10:15am). We are putting out quite a spread, including Scrambled Eggs, Hash Brown Casserole, Buttermilk and Blueberry/ Buttermilk Pancakes, Sausage, Bacon, Fruit, and more. This will be the only event during the Sunday School hour on January 4 (no regular Sunday School). Children are welcome to join their families at the breakfast, as there will be no Worship Care during the Sunday School hour.

The cost for meals is \$10 for adults and \$5 for children (ages 10 and under). If you plan to eat, please register by December 31 so we can make sure to plan for enough food. You can register and pre-pay for breakfast on Realm via the Realm website or Realm app, or at this link: <https://tinyurl.com/fbgepiphany>. If you have family in town for the holidays, you may register them on Realm as well. We'd love to have you all join us!



First Hike of 2026- January 8, Tallulah Gorge, \$5 and pack lunch

For the first hike of the New Year, our Engaged Aging group is sponsoring a return hike to Tallulah Gorge. Last May our group hiked the gorge rim and decided to return in the winter months, once the leaves had fallen in order to enjoy the true beauty of the vistas. This hike, weather permitting, offers a variety of hiking levels, beginning with a mulched trail from the Interpretive Center to some of the overlooks, hikers can choose to extend their hike to the opposite side of the gorge, and, for the truly adventurous, a long staircase down to a suspension bridge across the river and back up (for a total of 1,099 stairs)! Pack your lunch and we will eat along the trail. Hikers can choose to hike some or all the path and/or spend some time in the Interpretive Center before we return to FBG. ALL those planning to hike, RSVP by clicking [here](#) so that we know who is coming and no one is left behind.

- Meet at 9:00 am at FBG for those who want to ride the church bus (\$5). The park is approximately one and a half hours from FBG **OR** Meet at 10:30 am at the Interpretive Center at the park if you are planning on driving separately (\$5 entrance fee for the park).
- Pack your own lunch, water, and snacks for this adventure.
- We plan to be back by 3:00 pm.

Special EA Games & More Gathering to learn/play Bridge and Mahjong- Wednesday January 14 11:30 -3:00 p.m.

Several folks from our Engaged Aging community have mentioned wanting to play or learning how to play Bridge and/or Mahjong. If you know anything about either of these games, you know this can be a daunting task to organize, but that's never stopped us before. That said, if you enjoy spending time playing Bridge or Mahjong, want to learn how to play Mahjong or Bridge, or have the patience to help others learn by practicing, I encourage you to join us on Wednesday, January 14 in the Fellowship Hall for a light lunch, warm beverages, and some fun.

The plan is to set up different areas of the Fellowship Hall for different purposes. We will have two main areas of instruction (one for Mahjong, one for Bridge) for those totally new to these games and volunteers who will offer beginning instruction. We will also have card tables set up for those who just want to play (it can be helpful to observe the process, so we do ask that you welcome those who might want to "see how it's done"). In between these areas will be tables set up to help people learn as they go. Hopefully, this setup will work well. We will gather at 11:30 a.m. to find our places, with instructions for beginners to start soon after. The Fellowship Hall is reserved until 3:30pm, however players are welcome to come and go as needed.

To help offset the cost of the event, we are asking those who are able to donate \$5 when they arrive. If you have a Mahjong board and/or any of the items needed for this game, please bring them with you and allow us to borrow them for the afternoon (do put your name on any item that you will lend.) To have a better idea for food and tables needed, we are asking that those wishing to attend sign up and provide a few details that will help us better plan. You can register on Realm, on the Engaged Aging website by clicking [here](#), or by emailing Jalyn Rutledge (jalyn.rutledge@firstbaptistgreenville.com) or calling the church office (864-233-2527).

Midweek Returns with a side of tech-support (Jan 14, 21, 28).

Whether you think technology is a blessing or a curse, it is undeniable that it is unavoidable! To help you stay connected and engaged, our Engaged Aging ministry will be sponsoring a basic, non-professional, Tech-Support time as part of our Midweek offerings in January (14, 21, and 28). This pilot program hopes to teach participants to solve simple issues they might have with their phones, tablets, or laptops, while hearing/participating in broader questions/conundrums that may need a bit more time or research to answer. There will also be someone on site to help with Realm related questions and provide help with that app.



I realize it is ironic to ask those who may be experiencing tech issues to register online for an event, but to best help plan our efforts, it would be helpful to know whom to expect and what issues might arise so we might be prepared. You can use your Realm app to do this, or register on the Engaged Aging website [here](#), or email or call Jalyn Rutledge (jalyn.rutledge@firstbaptistgreenville.com) at the church office (864-233-2527). We will need your name, a brief description of your tech problem or what you are hoping to accomplish, as well as an email address for follow-up. We hope to be able to help, but acknowledge that not all issues may be resolved :)

January 27- Anyone up for a Tea Party?

First Baptist family, are you looking for a great way to brighten your day, have fun with a new experience, and ...perhaps sample a variety of fine teas? Well, if so, you are invited to join our Engaged Aging Tea Party on Tuesday, January 27 at 2:00 p.m.! This sophisticated affair will take place in the Parlor (but of course) and will include dainty finger foods, vintage china, elegant décor, charming conversation, and delightful activities. Guests are asked to register by Sunday, January 25 to allow time for party planning, seating charts, monogramming, and other official sundries. We are asking those who are able, to make a donation to help cover the expenses. You can register on Realm, on the EA website [here](#), or by emailing or calling Jalyn Rutledge (jalyn.rutledge@firstbaptistgreenville.com) at the church office (864-233-2527).

February 2- Groundhog's Day Souper Celebration (bottom floor of the AYMC) 11:30- 1:30 p.m.

That's right, this beloved holiday is finally getting the attention it deserves! Some might accuse us of looking for any excuse to laugh, carry on, share our favorite soups, and enjoy one another's company (and *they might be right*), BUT we also recognize the importance of rallying together to cheer on our favorite member of the marmot family as Phil single-handedly decides if Winter's wrath will continue, or if the warm winds of Spring will make a gracious early entrance into our world. This will be a festive affair, and you, of course, are invited to attend.

We recognize that the festivities in Punxsutawney, PA begin at 3:00 a.m., but sadly, our event will have to wait until 11:30 a.m. to celebrate (or commiserate) Phil's prediction (diehard fans can live stream at home). We will meet on the bottom floor

of the AYMC (Youth Area) and are asking folks to sign up to

bring a hot soup to share (there is no stove available, so

Crockpots are recommended). Of course, we will take part in a few of the traditional Groundhog's Day activities after we eat and enjoy our Groundhog's Day dessert before wrapping up around 1:00 p.m. Aside

from sharing soup, there is no charge to join. You can

register on Realm, the Engaged Aging website [here](#), or by

emailing or calling Jalyn Rutledge at the church office

jalyn.rutledge@firstbaptistgreenville.com or 864-233-2527).



When: February 2, 11:30- 1:30pm

Where: Bottom Floor of the AYMC (Youth Area)

What to Bring: A pot of soup to share and a sense of humor :)

Feb 17- EA Shrove Tuesday Pancake Party



On February 17, our Engaged Aging Ministry has the opportunity to take part in a special ministry event to help our kids and grandkids understand and connect with their faith and grasp the Easter story- one of the most important messages we can teach future generations. Each year we join with millions of Christians worldwide in the Lenten journey to help us prepare our hearts for Eastertide. This season often begins with the Ash Wednesday service and our reflection on a Lenten fast. This concept can be difficult for kids to grasp, so we wanted to create

a space that helps them make room to think about the reasons for Lent and the origin of the idea of giving something up to make more room for Christ.

Many of you may be familiar with the celebration of Shrove Tuesday, sometimes known as "Pancake Day." Shrove Tuesday came about as a way to use up ingredients like eggs, milk, and butter that traditionally couldn't be eaten during Lent. Since these are essential ingredients in batters, pancakes, they became a popular meal with which to celebrate the day.

This year, Shrove Tuesday falls on February 17. To celebrate, our Engaged Aging team has been working with the Children's Ministry to plan a Pancake Party in the Fellowship Hall. The idea is that volunteers from the EA ministry will host the event, take orders, cook pancakes, and serve the kids. Pastor Bridget and I will share a bit with the kids about why we are doing this, and the meaning of the season of Lent we about to begin. Volunteering for this event is a fantastic way to help lay the foundations of faith for our kids. I hope you will consider joining us. Volunteers will need to show up between 4:30-5:00 p.m. and dinner will be from 5:30- 6:30 p.m. You can sign up to volunteer now on Realm, the Engaged Aging website [here](#), or by emailing Jalyn Rutledge (jalyn.rutledge@firstbaptistgreenville.com) or calling the church office (864-233-2527).



Needs and Seeds- Thank You!!!

Thank you to all who have responded to our needs. Let me tell you a bit about what you have “planted” so far. With the donated iPads, we will be able to control the new sound system upgrades in the Chapel and Parlor that we have planned for the new year. This will be especially helpful in the Chapel for events such as a funeral, when we need to be able to control microphone volume from within the room. We are also making some progress on gathering health assistance items for the home to offer when the need arises. We hope to collect more of these along the way to build up a variety of items that will help meet the needs not only of those in our congregation but also beyond. Lastly, we’ve had one TV already donated to help with media needs for Sunday School classes, meetings, and signage. We hope to add one or two more, so if you upgraded your set this Christmas season and are looking to repurpose your old flat screen (40 inches or larger), keep us in mind.



-Carpentry/ Wood Worker Project

We are still looking for someone who might be able to help create the “Engaging Little Library.” The goal is to offer our church family the opportunity to share books and puzzles within our community. The Engaged Aging Ministry can supply the plans and materials if someone has the knowledge, skills, and time to build a little library, similar to the one pictured. If this is something you are able to help with, please email michael.mcentyre@firstbaptistgreenville.com. Currently, the plan would be to place this inside the church.

-Handy Assistance Items for the House

Our Engaged Aging community covers a wide range of life. Our ministry would like to be able to offer helpful resources that can make life at home safer and easier for those who are caring for parents who wish to stay in their home a while longer to those recovering from a procedure that has limited their mobility, to those who find it is not as easy to get around as it once was and can appreciate a well-placed handle or rail, our ministry would like to be able to offer helpful resources that can make life at home safer and easier. Specifically, we are hoping to store bed and couch assist rails, rails/grab bars for steps or showers, stand/assist items for the bathroom, ramp assist for stairs, etc. If you have any items of this type that you no longer need and are looking for a good place to donate, let us know. If our response goes well, we hope to be able to offer these items soon.





Happy New Year 2026

Looking Ahead in 2026:

December 31 & January 7- *Breathe Week* – No Wednesdays @ First Activities

February 6	Lunch & More
February 10	Holy Roller Trip
February 12	Hike sponsored by Engaged Aging ministry
February 19	Roadrunners Trip
February 23	Late Lunch Bunch Gathering
April 19	Engaged Aging Sunday in Worship



How to Contact our Engaged Aging Team



Thinking about engaging, have questions, or need help signing up for an event?

Here are a few ways you can find out more:

- Contact our Minister of Engaged Aging, Michael McEntyre, at michael.mcentyre@firstbaptistgreenville.com
- Call the church office (864-233-2527) and speak with Jayln Rutledge, the Administrative Assistant for Engaged Aging.
- Check out the Engaged Aging website for the current calendar of events and information at <https://firstbaptistgreenville.com/engaged-aging/>
- Connect with the Realm app for up-to-date news, signups, giving, and more.