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Soul Care for Ministry Renewal

By Rev. Dr. Kent Berghuis

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“Come Apart and Rest Awhile.” These words from Jesus to his disciples in Mark 6:31 were used as a theme for the Christian youth camp I attended with church groups when I was growing up. However, the reality of youth camp was hardly restful! Instead we came to an alternate reality of games, activities, socializing with new friends from different places, and a full schedule of services and Bible studies. As young people it was certainly invigorating, and I loved it. For the adults and counselors, a lot of work! It was only when I realized they also offered laid back schedules of family camps for much of the summer that their motto made sense.

When Jesus gave that invitation to his disciples they had just returned as a group from having been sent out in pairs to share and preach in the surrounding villages. The text says they were so busy with people coming and going that they needed some time away to debrief. So they withdrew by boat to a deserted place—only to have the crowds follow them anyway. That’s when the miracle of the feeding of the 5,000 took place.

I’ve come to appreciate the need to get away for awhile. I enjoy traveling and new experiences anyway so that’s not a hard concept. But I will admit to sometimes having felt guilty about taking time off or doing special things for myself. I recognize that not everyone gets the same opportunities. And I was raised to value discipline and regular work schedules. But my hardworking farm father always made sure to gather the family each summer for a camping vacation to the mountains, as well as trips to visit distant family. So I learned to value both.

Recently I spent a little over a week in California with my annual pastors colloquium group. I've been meeting with this group for over 20 years, with some members coming and going with retirement or job changes and what not. It's always been an opportunity to unwind, treat ourselves well, and open up about life and ministry with people we can trust and who understand. How valuable is that!

This year the group went on a special trip to a hot springs for a spa day. We soaked in hot springs, took cold plunges, walked on heated rocks, and exfoliated with mud baths. For a bit my aches and pains lessened, and my skin still feels smoother. As one who does not normally pamper my body in those ways, I experienced how that kind of self-care can help a person feel their value and worth and increase positivity.

How do you approach self-care? With hobbies, activities, rest? Do you include spiritual components to it as well? A healthy, wholistic approach to life will include self and soul care. After all, if we burn out, we won't be much good to ourselves or others.

Just as Jesus and his disciples soon returned to meeting the needs of those around them, so too we will often need to leave our self-care to return to work and helping others. In fact, we may be much better equipped to serve if we have felt the renewing work of God for ourselves. So let's match our discipline with delight, and find personal renewal for the sake of ministry renewal, too.

--Pastor Kent Berghuis



A visit with the Ed & Laura Rhodes at Huntington Gardens before the colloquium began.



HOLY WEEK 2026



Palm Sunday – March 29th

10am – Worship @ First Baptist Church of Dayton
Palm Sunday Luncheon after service

Maundy Thursday – April 2nd

6:30pm - Agape Meal @ Christ Episcopal Church

On Maundy Thursday we are invited to join with our folks at Christ Episcopal for an intergenerational, family-friendly service built around an Agape meal. An Agape Meal, or “Love Feast”, is an ancient tradition of table fellowship used by the earliest Christians. It is a meal, shared together to strengthen harmony, goodwill, and congeniality. Ours will include readings from scripture, a reflection, and prayer and will be held around tables, in the Parish Hall. *Folks are invited to bring enough for 4-6 people to share of either: Bread, Grapes, Cheese & Olives, Nuts & Hummus.*

Good Friday – April 3rd

Noon – Good Friday Walk for Justice & Peace
2pm – Soup Luncheon @ First Baptist Church of Dayton

On April 3rd there will be a Good Friday Walk for Justice & Peace through Downtown Dayton from 12-2pm. This is an ecumenical witness for justice and peace issues based on the Stations of the Cross. The walk begins at Courthouse Square (Third & Main) and ends at First Baptist Church. Rain or shine, come for all or part. **Following the walk at approximately 2pm, First Baptist will invite participants to enter the church and into Fellowship Hall where there will be soup, crackers, and water prepared for them. A sign-up sheet is located on the bulletin board in the main hallway asking for donations of soup (vegetarian options preferred) and/or help in other ways.**

Easter Sunday – April 5th

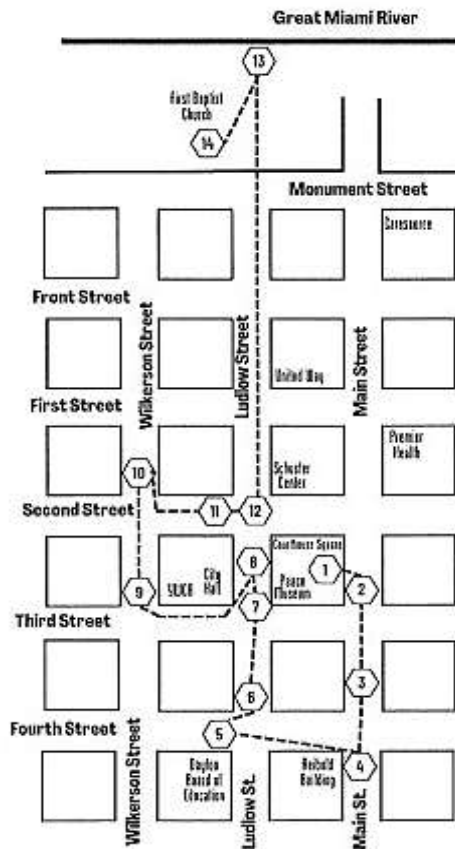
10am – Worship @ First Baptist Church of Dayton
Flowering of the Cross | Special Music
(Bring some fresh cut flowers for the cross!)



A Walk for Justice and Peace *Good Friday* *April 3, 2026*

starting at Noon at Courthouse Square

Join us for a free soup lunch at
First Baptist Church on
Monument Street after the walk,
courtesy of its members.



*Do not weep for me...
Weep rather for
yourselves.*

- Luke 23:28

On Radio - Handel's *Messiah* **April 4-5, 2026**

Live & Local on Dayton Public Radio the weekend of April 4-5 will broadcast the DPO *Messiah* recorded in 2003 for which William Henry Caldwell served as bass soloist. Tune in on April 4 @ 10AM and on April 5 @ 8PM. Listen on 88.1 FM or download the free Discover Classical app.

From Your Mission Board

This month the Mission Board would like to draw your attention to two events that touch on the ministries of First Baptist.

First, Dan and Sarah Chetti, American Baptist International Ministries (IM) missionaries who served in the Middle East, and who we as a church have supported, retired at the end of March. In 2014, in partnership with IM, Dan founded Enduring Love. This ministry identifies, trains, and supports Arab Christians and equips them to share Christ in their own communities. By 2025 the program had expanded to ***twenty-seven local church leaders in seven countries!***

We thank Dan and Sarah for 28 years of service with IM and wish them well in their retirement. In the coming months, the Mission Board will be looking at how to be involved with the ongoing work of Enduring Love, and at possible missionaries to partner with going forward.

Second, Matthew 25 Ministries (a Cincinnati ministry that we support and that in turn supports hunger relief around the world and through more than one hundred local food pantries) is hosting a ***Hunger 5K*** on Saturday, April 18th at 8:30 AM in Summit Park, Blue Ash, Ohio. The event is for runners and walkers of all paces and accessibility. There will be food trucks, lawn games, and family friendly activities. The event is free, but they will be accepting donations of food items (and I suppose dollars). For more information or to register go to: ***hunger5k.org***.

Get Involved in Missions,
Tom Howard
For the Mission Board



Sunday School/Second Hour Spring Break
No Classes or Activities on Sunday, April 5.

April Church Meetings

Board Meetings

Wednesday, April 8 @ 6:30pm

Executive Council Meeting

Wednesday, April 15 @ 6:30pm

BAPTIST YOUTH FELLOWSHIP (BYF)

Thursday Evening BYF Gatherings @ 6-8pm

Our Baptist Youth Fellowship continues to gather on Thursday evenings. Each week gatherings will include a fun theme/activity (sundaes, art, service, karaoke, improv, etc.), fellowship, food, and a spirituality/spiritual practice component. We will still have other occasional activities/outings at other times, including Sundays, but this would be our most regular gathering time. Special thanks to Camilla Albritton and Michelle Smith for helping to make this new endeavor possible.

March Photos from BYF

(attempting to learn “Bim Bum” clapping game song & hanging out at Socialite Café making prayer journals)



Time to Update BYF Medical-Transportation Forms

Youth are always welcome to invite friends, but (as always) we'll want everyone to have a completed & signed BYF medical-transportation form on file (available on the table outside the church office). **Also, if any medical or contact info has change within the last year, please fill out a new form for your youth(s).** If anyone has questions or would like to help out in some way, please connect with Pastor Jason (jalspaugh@fbcd Dayton.org).

YOUTH SUMMER CAMPS SAVE THE DATES

**BYC (Be Loved Youth Camp) in Laurel Springs, NC
June 28-July 3, 2026**

**Quest Camp in Green Lake, WI
July 19-24, 2026**

Connect with Pastor Jason to RSVP your youth(s),
and/or if you have questions/need more info at this time.

And if you would like to help offset the cost of summer camp for our youth,
you can simply give to the church and note that it is for the "BYF Fund."



VACATION BIBLE SCHOOL 2026 SAVE THE DATES - July 13-17

Speak with Pastor Jason or a member of the Board of Christian Education if you are interested in helping with VBS this summer. There are opportunities to help with curriculum, registrations, storytelling, crafts, games, music, snacks, and decorating. Right now we are pondering a theme of **"Rivers' Edge Peace Camp."**



BE A PART OF FBC DAYTON'S PRIDE TEAM

This year the *Greater Dayton LGBT Center* celebrates 50-years of unwavering support and advocacy, and we are once again planning to participate in the Dayton Pride Parade and Festival on **Saturday, June 6**. If you would like to help with our preparations, join us in the parade, and/or greet folks at our booth, please connect with Pastor Jason (jalspaugh@fbcd Dayton.org). Given last year's new format, it would also be really helpful to have a team leader for setting up our booth and getting things started, while another team leader gets our parade marching group together.

ADULT Sunday School

Spring 2026

“Christian Friendship”

Led by Dr. Mark Ryan
Sundays @ 11:30am-12:15pm
April 12, 19 & 26
1st Floor – Chapel



Coffee & Cookie Social Time at One Lincoln Park



Monthly - 1st Wednesday
from 2:00-3:30pm
590 Isaac Prugh Way, Kettering 45429



Mary Herbert has planned a monthly coffee/cookie social time for our members who reside at One Lincoln Park. Currently we have 4 members living there--Linda Ginter Brown, Gerald Busch, Bill Harrell, and Ken Taylor. You are invited and encouraged to drop in for these monthly socials! Upcoming dates: April 1, May 6, June 3, July 1, Aug 5, Sept 2, Oct 7, Nov 4, Dec 2. If you have any questions, please contact Mary at 937-298-2866.

BUILDING BRIDGES BIBLE STUDY

Thursdays @ 7:30-8:30am
Wholly Grounds Coffee Shop
825 Wayne Ave, Dayton 45410

Each week Pastor Jason convenes a group for spirited discussion and reflection on one of the Scripture passages from the Lectionary for the upcoming Sunday, making connections and applications to current events. Many of us have been doing this for years, but it's an open gathering and anyone can join us anytime. If you have questions, please connect with Pastor Jason (jalspaugh@fbcd Dayton.org).

El Salvador Mission Partnership – Spring 2026 Trip

Presentation & Conversation – Sunday, May 3 @ 11:30am - Chapel

Diane Ashman traveled to Ahuachapán, El Salvador and the surrounding area on March 1-7 to connect with our folks there, visit scholarship students, and observe the status of ongoing and new ministry projects. **If you would like to help offset some of the cost of her trip, there's still time. You can simply give to the church and note that it is for "El Salvador Trip 2026."** Below are some photos from her trip.







#Dia 3
This day we visited the bakery project which under a lot of perseverance and sacrifices is now a stable business that has allowed a better change of life where a family has secure daily livelihood.
Translated from Spanish
8





Katherine Amaya
 Está tarde fue muy creativa .
 Nuestras mujeres trabajan durante todo el día en
 sus hogares y hoy nos escapamos a ... See more
 This afternoon was very creative.
 Our women work all day in their homes and
 today we escaped to a little learning space...
 Translated from Spanish

Nuestro desayuno ❤️ con los jóvenes becados.
 Our breakfast ❤️ with the young scholars.
 Translated from Spanish





Clark
Whittaker

Clark was born in Parkersburg, West Virginia. As a child he moved to Columbus, and from Columbus moved to Dayton in 2022 where he chose First Baptist Church as his church. Clark works in the field of telecommunications and enjoys gardening and collecting maps. Bet you didn't know... In Columbus he worked with his mom at a bottle factory.

Kettering Fairmont High School Presents: "Into the Woods"

Kettering Fairmont High School's annual musical, **Into the Woods**, will be held April 16 - April 18. **Jadon See** has one of the leads in the production playing Rapunzel's Prince, and **Ava Powell** has a primary role with the Crew as the assistant to the director of the musical. If you would like to support some of FBC's youth and attend the musical, please scan the QR code or go to ketteringmusic.org and click Tickets.

From the FBC Photo Album

SINGergy & Miami University Choraliers Concert on Sunday, March 8, 2026



Happy Retirement to Jonathon Wolfe!!

March 18, 2026



Thank
You

From Nancy Kerr

Thank you for all of the prayers, cards, kind wishes and words during the time of my cardiac decisions and surgery. They have meant a lot to me! I received good news at my last doctor's appointment that the surgery was successful!



For Our Cards and Prayers



April Celebrants

- 1 Kyle Brown, Joshua Smith, Ginger Tiffner
- 3 Ken Taylor
- 5 Shannon Brown, Benjamin Ryan
- 6 DeAnn Owens, Austin Williamson
- 7 Hannah Craig
- 8 Casey Gruszecki
- 10 Angie (Holmen) Jones
- 12 Clo Ryan
- 13 Rachel Powell
- 14 Brad Kallenberg
- 15 Bill Gruszecki
- 16 Leon Charron
- 19 Robert Miles Curry
- 23 Debbie Smith, Mark Sutton
- 24 Meredith Ryan
- 28 Bob Kerr, Gene Lee



Clara Black
Linda Ginter-Brown
Gerald Busch
Merriann Craig
Brett Domescik
Neil Earnest
Lavanda Ferguson
Bill Harrell
Debbie Harshman
Nancy Kerr
Gene Lee
Patty Loxley

Shirley Nash
Mary Ann Paloncy
Susan Parent
Petry Family
Judy Smith
Nancy Soloski
Joanne Stephens
Anne Veghte
Roy Vice
Harold West
Sharon Wingham

Military Duty:

Sebastian Ewald, Sunny Ewald,
Brittany Kalbfleisch, Kyle Kline,
Will Radachi

*(Is your birthday not listed? Please notify the
church office to update our records.)*



FEBRUARY 2026 Financial Report

	Budget	Received	YTD Budget	YTD Received
Loose Offerings	108.33	48.00	216.66	128.00
Pledges	17667.67	33090.76	35335.34	53035.76
Non-pledged Contributions	5000.00	5463.00	10000.00	6843.00

Tea Dunker's Grace



Lord, thank you for my morning cup of tea!

Thank you for it's rich taste and earthy aroma.

Thank you for the leaves in my teabag.

For the sun and the rain that grow the leaves.

For the people who planted the tea, tended the plants and harvested the tea.

Thank you for the bright wedge of lemon in my tea.

Thank you for its tart taste that blends so well with the flavor of my tea.

Thank you for lemon trees, for sun and rain that nourishes the trees.

Thank you for the people who picked the lemons and the people who got them to my grocery store shelf.

Thank you, Lord, for the cup that holds my tea and for the matching saucer.

Thank you for the clay that forms them.

Thank you for the kiln that fired them, for the artists who shaped and painted them.

Thank you for my sister who gave me my cup and saucer and who introduced me to my favorite blend of tea.

Thank you, Lord, for the time I'm given to enjoy a simple cup of tea.

Thank you for the many, many blessings in my little cup of tea!

~~Debby Menzel