



FBC FIRST Word

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FROM THE PASTOR, TERRY JOHNSTON

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*⁶ Won't you revive us again,
so your people can rejoice in you?
⁷ Show us your unfailing love, O Lord,
and grant us your salvation."
Psalm 85:6-7 NLT*

Does anyone feel like they're coming out of a long hibernation? Or maybe it's like you've been driving along on a long highway in a dense fog, unable to see anything except what's right in front of you? Or maybe it's like you've been dropped into a foreign country, unable to speak the language, without a clue where to go or how to get there?

You're not alone! There has been an overwhelming sense of hibernation, fog, and uncertainty that has dominated the collective spirit over the past year. Things we have always done—we stopped doing them. Things we have never done before—we have started doing them! It has been a challenging and difficult time for many, but we might be seeing a light at the end of the tunnel.

As we move into a new rhythm in both our personal and congregational lives, are we allowing room for the Holy Spirit to breathe fresh breath into our lungs? Are we positioning ourselves for whatever it is God has in store for us? Are we ready to be recharged, repurposed, and revived for Kingdom work? As we look ahead, we will take a look at some of the things we used to do and see that their season might be over. In the same way, we might see a glaring need that previously didn't exist, and we must seek a way to allow God to use us to meet that need.

But it all starts with being the kind of fertile soil that is ready for regeneration. Are you ready?

Blessings,

Bro. Terry



*"I came
that they may
have life
and have it
abundantly."*

John 10:10, NRSV

Connecting...Building...Transforming

www.fbcmcgregor.org

Join us online

May 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Midweek activities	6	7	8
9 Mother's Day	10	11 Fellowship Breakfast	12 Midweek Activities	13	14	15
16 Noisy Sunday	17	18	19 Midweek Activities	20	21	22
23	24	25	26 Midweek Activities	27	28	29
30 Lord's Supper	31 Memorial Day					



PLEASE PRAY FOR OUR NURSING HOME RESIDENTS

Westview Manor

Heartis House

Verna Arp

PRAYERS NEEDED:

Please continue to pray for all those on our church's prayer list.



Mother's Day is Sunday, May 9.



Tuesday, May 11
8:30 am
Coffee Shop Cafe



- Dorothy Drew-----5/2
Joe Kirkpatrick-----5/2
Lauren Ramsey-----5/8
Johnny Brisby-----5/9
Thomas Mullens-----5/12
Caleb Hobday-----5/15
Kayla Tucker-----5/17
Billy Etheredge-----5/20
Mary Jean Snider-----5/24
Judy West-----5/24
Mickey Owens-----5/25
Kim Johnston-----5/26

A kind, positive or encouraging word at the right time can truly be life-changing. Your words hold the power to breathe an attitude of death or life into others – which will you choose?

Let us strive to remember the power of our words and their impact on those who hear them. Think twice before making a negative statement, and instead find a way to pass along an encouraging word today.

crosswalk.com

"Let's Cook!"

American Macaroni Salad

foodnetwork.com

2 cups dry elbow macaroni, cooked, rinsed, and drained
1/3 cup diced celery
1/4 cup minced red onion, soaked in cold water for 5 minutes, drained
1 tablespoon minced flat-leaf parsley
1/2 cup diced vine-ripened tomato (optional)
1/2 cup prepared mayonnaise
3/4 teaspoon dry mustard
1 1/2 teaspoons sugar
1 1/2 tablespoons cider vinegar
3 tablespoons sour cream
1/2 teaspoon kosher salt, plus more to taste
Freshly ground black pepper

In a large bowl, combine the macaroni, celery, onion, parsley and tomato, if using. In a small bowl, whisk together the mayonnaise, mustard, sugar, vinegar, sour cream and salt. Pour the dressing over the salad and stir to combine. Season with salt and pepper to taste. Serve. Store covered in the refrigerator, for up to 3 days.

Strawberry Orange Banana Smoothie

ambitiouskitchen.com

1 cup frozen strawberries
1 ripe banana (fresh or frozen)
1 medium orange, peeled
3/4-1 cup unsweetened almond milk, plus more to thin if necessary.

Add all ingredients to a blender and blend on high until smooth. Serves 2. Feel free to cut the recipe in half to serve 1.

Jacob's Lentil Stew

toriavey.com

1/2 cup fresh chopped cilantro (coriander), divided
3 carrots
3 celery stalks, including leaves
2 tbsp extra virgin olive oil
1 large onion, diced
1 clove garlic, crushed
2 cups dry red lentils
1/4 cup pearl barley (omit for GF)
2 quarts vegetable or chicken stock
1 1/2 tsp cumin
1 tsp hyssop or parsley
1/2 tsp sumac (optional)
1 bay leaf
Salt and pepper to taste

Roughly chop the cilantro. Scrub the carrots, then cut them into chunks (do not peel). Cut celery into chunks, including leaves. Reserve.

In a medium sized soup pot, heat olive oil over medium heat. Add diced onion and saute till translucent. Add garlic, carrot chunks, and celery. Continue to saute till onion turns golden and ingredients begin to caramelize. Add red lentils and barley to the pot, stir. Cover mixture with 2 qts. of broth and bring to a boil. Reduce heat to a simmer. Add 1/4 cup of the fresh cilantro to the pot along with the cumin, hyssop or parsley, sumac (optional) and bay leaf; stir.

Cover the pot and let the stew simmer slowly for 1 1/2 to 2 hours, stirring every 30 minutes, until barley is tender and the stew is thickened. Garnish soup with remaining cilantro.

Gluten Free Modification: Omit the barley for a more soup-like texture, or substitute 1/4 cup brown rice for the barley. Rice is not a Biblical-era grain, but it makes a delicious substitute for those struggling with Celiac or gluten intolerance.

