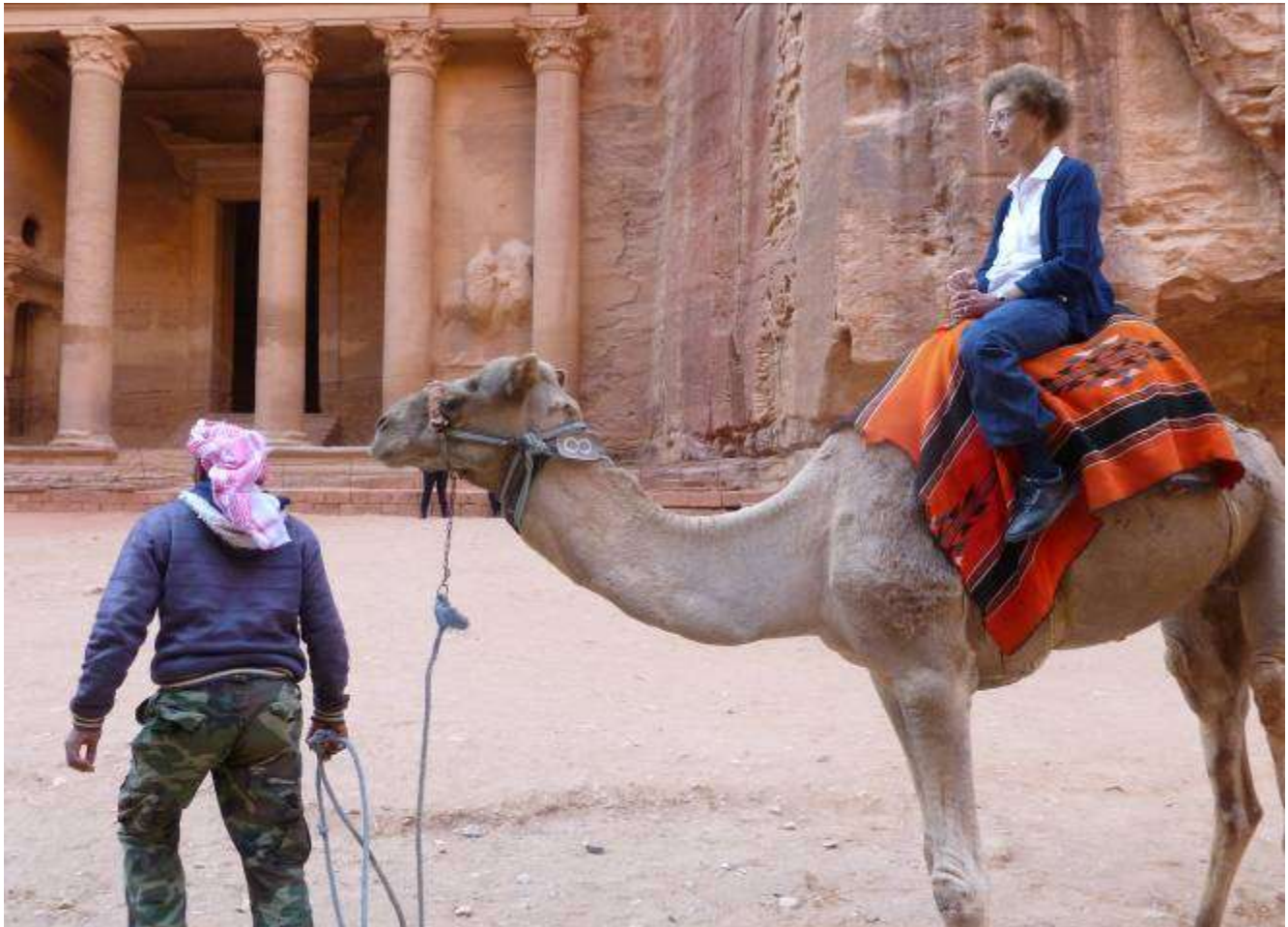


Upwards

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Lee Fast rides a camel at Petra

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In The Workplace Series

Meet Randy Jesse



You don't often meet a hometown person who has invested his whole career in his home city. Sgt. Randy Jesse attended Central Collegiate, graduated early going on to the UofR to enter pre-

med studies. Gradually his interest was attracted by the service industry and he submitted his application to the fire department. He says, "I inadvertently ended up in the police department!"

After Police College, Randy came home to Moose Jaw. His first day of work was January 2nd, 1988. Since then he has moved from the rank of Constable in Patrol to Traffic Enforcement, to plain-clothes detective work, crime analysis, Corporal (supervisor of the street patrol) and nowadays, Sergeant in charge of the Criminal Investigations Unit.

In his current post, Randy deals with the most serious crimes and this requires a high level of specialties. He acknowledges that there is constant training involved and that he is actually away from home quite a bit to places such as Ottawa, Colorado, and, in fact, all over Canada. He is presently studying with the Harvard Law School in a labor relations course.

His demanding work means that Randy is on call day or night. It's part of the job, he says. As part of the Crisis Negotiation Team or working in drug investigation and gang control he faces danger and the ultimate challenges to skill and wisdom.

The crimes that plague any city in Canada are present in Moose Jaw, although there is a perception that, "Nothing ever happens in Moose Jaw. It's safe." Randy finds his satisfaction in knowing that this is because he and his colleagues work really hard to make it a safe place. He says, "Everything that happens in Moose Jaw is just as dangerous as what happens everywhere else." Controlling drugs, which continue to become more prevalent, and preventing gang activity demand constant diligence.

Other satisfactions stem from working for his home community. He says, "Whatever you fix today has that butterfly effect. It affects the next person and the next; you see it come back around." Randy believes in treating each person he deals with as his neighbor.

Frustrations include knowing that if his department had more resources, more could be done. Family life is, of course, a challenge and he and his wife, Becky, whom he married in this church two years ago, work strongly together raising their blended family of 5 children. A good wife, Randy says, is of tremendous value to him. Coping with the stress of his job, he has developed strategies such as practicing intentionally setting the work aside when he is off duty, and remembering that the work will still be there when he goes back.

His faith, he indicates, enables him to have patience and wisdom and empathy toward people. He sees that offering the "cup of cold water" is, as Jesus has said, doing this for Him. He often deals with people who have no hope, but there are times when some will come back and say, "You treated me fair." Sometimes, people change. The rewards of his job are creation of a safer community and having a positive influence on individual lives.

- JM

A woman always attended church and after each sermon would remark, "My, they certainly did need the message this morning." One snowy Sunday morning she was the only one in the congregation. The minister delivered his message anyway. He walked with her to the door, where she said, "My, they certainly would have needed that message if they had been here."

Where To Go?

A word for the New Year
by Pastor Barry

***I will always show you where to go.
I'll give you a full life in the emptiest of places—
firm muscles, strong bones.
You'll be like a well-watered garden,
a gurgling spring that never runs dry.***
Isaiah 58:11 (The Message)



As I was thinking about this new year and what it holds I was drawn to Isaiah 58. The Lord promises to show his people where they need to go. They were living through tough days, days filled with struggle. God said that as they lived with him and for him they would find a wonderful thing taking place. They would know what direction to head and find God's strength as they walked that way. Their lives would be a blessing to those around them.

That promise is encouraging for all of us at First Free Methodist Church. I hear people share with me that the past year was filled with tough days. It is so encouraging to know that God promises strength and direction for the future.



Following the Annual Society meeting on February 5th the Official Board and other leadership teams will see a change in people serving. Some individuals will step down and other people will come forward to serve in new ministry roles. One of the priorities for leadership after that time is to set about seeking the Lord's direction for us as a church for the coming years. I would ask that you join in prayer for this church and specifically the leadership. Pray that God will keep us on track with where he wants us to go, both locally and around the world.

I believe that we are going to see exciting things that Jesus will do within our lives and the lives of the community as we follow his lead. Are you ready for the ride?

Remarkable People

Doug Trithardt Honoured by Rotary

Article by Douglas Hallman

Rotary International is an organization of service clubs known as Rotary Clubs located throughout the world. Rotary was founded by Paul P. Harris in Chicago on February 23, 1905. The stated purpose of the organization is to bring together business and professional leaders to provide humanitarian service, encourage high ethical standards, in all vocations, and to help build peace and goodwill in the world. Its fundamental motto is "Service above self." Today, there are over 33, 976 clubs and over 1.22 million members worldwide.

Every year local clubs award the Paul Harris Fellowship to one or more members who have provided exceptional support for the work of Rotary, and who reflect the ideals articulated in the motto and the principles of Rotary International. This fall, five members of the Moose Jaw Rotary Club were recipients of the Fellowship.



Recipients of the Paul Harris Fellowship
Left to right: Reg and Marlene Williamson, Gord Stewart, **Doug Trithardt**, Don Forer, Ed Bourassa

ELSIE BADER turned 99 years of age on this January 24th. Comfortable in her home and in the care of her daughter Rosalie, Elsie enjoys company and had several friends in for tea on her special day.

Elsie came to Moose Jaw in 1987 and has been a faithful member of First Church, actively involved as long as she was able. A woman of many talents, she has been an avid gardener, a collector of antique dishes, a reader, a painter of note and a crafter. She particularly enjoys reading books about prophecy these days.

Elsie's family of 2 daughters, a son-in-law and daughter-in-law, 6 grandchildren and 1 great-grandson are her pride and joy and comfort at this time of life. She is keenly interested in each of their lives.

On this notable birthday she was the recipient of a bright bouquet courtesy of Evans Florist and CHAB – a tribute to one of Moose Jaw's inspiring senior citizens.



A Look Back At Christmas



GEMS FROM THE ADVENT MESSAGES

WEEK ONE - November 27 – Pastor Chad “Great Expectations”

“Our expectation of what [God] will do tells us a lot about who we think God is.”

WEEK TWO - December 4 – Pastor Chad “What’s Love Got To Do With It?”

“Loving everybody in general may be an excuse for loving nobody in particular.”

WEEK THREE - December 11 – Pastor Barry “The Great Exchange”

“Jesus doesn’t take away the tough times...Where there is mourning, there will be comfort. He gives joy amidst suffering.”

WEEK FOUR - December 18 – Christmas Program “Shine Like Stars”

Phillipians 2:15: “...so that you may become blameless and pure, children of God without fault in a warped and crooked generation. Then you will shine among them like stars in the sky.”

WEEK FIVE – December 24 – Christmas Eve Service

“Where’s the line to see Jesus?”

*-song by Steve Haupt & Chris Loesch
sung for us by Jill Schock*

- December 25 – Pastor Barry “The Greatest Gift”

“The Word became flesh and blood and moved into the neighborhood.” John 1:14 (The Message)



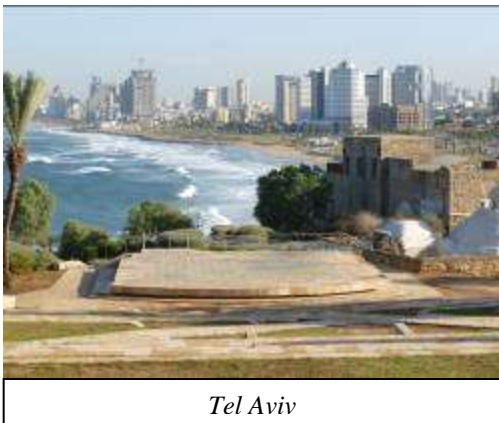
David, Janet, Nic, and Jillian Schock on Christmas Eve

OUR TRIP TO ISRAEL

by Rudi Fast

Since I began reading the Bible at about age 6 years, I had pictures in my mind of the land where Jesus walked. The Holy Spirit convinced me that the pictures were not the main item, changing my life was necessary. I did just that in a little country school house after an itinerant pastor by the name of Mr. Epp pointed out to me that my heart needed changing if my eternal destiny was to change. Nevertheless, I always had a desire to walk where Jesus walked.

In 2011, my wife Lee and I contacted a friend in Winnipeg, John Plantz, who once attended our Regal Heights Mennonite Brethren Church in Moose Jaw. He indicated that he would be leading another tour to Israel and that there were still some seats open. My brother Eric in Portage and my sister Leola in Dawson Creek agreed to join us. Having never flown over the ocean I was a bit apprehensive about that step but after gaining confidence from the fact that airplanes cross the ocean by the hundreds every day, I thought I might arrive safely as well.



Day 1 November 13th, We leave Winnipeg, Sunday AM and, after stopping in Toronto, we fly over the ocean, which is a bit scary at first, but after about eleven hours we land safely in Tel Aviv on Day 2.

Day 2 We tour Neot Kedumim, Elah and Beit Shemesh. In the valley of Elah we see the place where it is thought David defeated the giant Goliath. The Ark of the Covenant is said to have returned to the Israelites via the Philistines in Beit Shemesh. We check into the Grand Beach Hotel-it surely is a grand hotel!

Day 3 In Jaffa or Joppa, as we know it from the Bible, Solomon's cedars were rafted from the north to build the first Temple. Jonah left this city to flee to Tarshish to hide from God, Peter stayed here at the house of Simon the Tanner and pronounced the miracle on Tabitha and saw the sheet come down from heaven that enabled him to see Jews and Gentiles as children of God. I am able to read a scripture account to the team in Jaffa. We also visit Caesarea, Haifa and go near the temple of the Bahai faith. We stay for the night in a guest house near the Sea of Galilee.

Day 4 We tour completely around the Sea of Galilee visiting Capernaum where Jesus attended Synagogue, see the possible remains of Peter's house, visit the Mount of the Beatitudes, and ride on a boat for about 10 minutes. We also visit the Mount of the Beatitudes where Jesus preached His most famous sermon. We end the day with a visit to Korazim where the remains of a first century synagogue still exist where Jesus may have attended.



Woman spinning thread.

Day 5. Today we visit Nazareth (Can any good thing come from Nazareth?), Beit Shean and Jerusalem. Beit Shean is where the largest archeological dig is going on exposing a magnificent theater built by the Romans. The Jordan Valley truly is lush, even today. For the night we stay in the King Solomon Hotel.

Day 6 Today we are in Jerusalem. We visit the chamber of the Holocaust in memory of the 6 million Jews who perished in WWII. We enter the Jewish Quarter to visit the Temple Institute which is looking for funding to rebuild the Third Temple. Under King David and then Solomon the first temple was built. We visit the Temple in the Israel Museum to see a model of the second temple that Jesus saw in His day. The Shrine of the Book is interesting, we watch a movie inside the structure showing



Dome of the Rock, Jerusalem

Jewish life. In the afternoon we are able to visit the Wailing Wall, or Western Wall, the holiest place of worship for the Jews today.

Day 7 We begin the day with a drive to the top of the Mount of Olives and walk where perhaps Jesus rode into Jerusalem on Palm Sunday. We also visit a garden cave while carrying candles, and visit the Garden of Gethsemane. Yes, the Golden Gate is still closed, until Jesus returns. In Saint Anne's Church we listen to a choir sing, Lee sings a solo and I meet a former student from Vanier!

Day 8 We visit Qumran where a shepherd boy discovered the Dead Sea Scrolls in a cave while chasing a stray goat. Then we drive on to Masada where the 793 Jewish people huddled until Herod managed to scale the plateau and discovered no Jews alive. They had committed suicide rather than fall into the hands of the Romans. Only a woman and three children escaped by hiding in a well. We stay near the Dead Sea overnight in the Isrotel and go for a "swim" in the Sea in the evening. What an uplifting experience!

Day 9 In the bus drive today going south to Eilat we drive by where Sodom and Gomorrah may have been. We also travel along the possible path of the Israelites during the Exodus. We stop at a Tabernacle in the wilderness where a lady who is a Christian Jew explains the function and tradition of the temple to us and even invites us to enter the Holy place.

Day 10 This is a very interesting day since we obtain new visas and go into Jordan to visit Petra. There is first a 3 hour bus ride and then a 1/2 hour walk to the city of Petra that was hidden for hundreds of years around the 1600's. We are all invited to ride a camel in front of the temple with its 50 feet high pillars. We return to Eilat and stop at a Jordanian restaurant for supper where the meal is absolutely fabulous.

Day 11 Today we leave Eilat to head back to Tel Aviv. We stop at the Ramon Crater and the Kibbutz Sde Boker and visit the tomb of the first Prime Minister of the modern nation of Israel, David Ben Gurion. From there we look over the Wilderness of Zin where Moses led the Israelites out of Egypt and see Beer-Sheva, the present capital of the Negev.

Day 12. Our tour is over but we still have to come home. We leave Tel Aviv at 12:45 PM and after an 11 hour flight where we encounter a temperature of -80.2 oF (bbuurr) we land in Toronto at 8:30 PM. Then we fly on to Winnipeg and land there at 10:07 PM. What a trip of a lifetime!!!

Mission Fair

How Do We Serve? Nov 2011

Our mission scripture - “But you will receive power when the Holy Spirit has come upon you; and you shall be my witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.” Acts 1:8

Here are the results of our mission fair bulletin board, which although not comprehensive gives us an idea, of how we serve within the church and outside the church in Moose Jaw, Saskatchewan, Canada and the world.

In our Church

Prayer: Corporate and personal

Service: Community Lunch, Youth Ministries, Young Adult Ministries, Children’s Ministries, Bible Study Groups, Visitation, Gideons, Missions Committee

Giving: Community Lunch, Gideons, Church

“Beloved, you are acting faithfully in whatever you accomplish for the brethren, and especially when they are strangers, and they have testified to your love before the church.” 3 John: 5

In Moose Jaw

Giving: Joe’s Place, Hunger Moose Jaw

Service: Hunger Moose Jaw, Salvation Army Kettles, Voltage

“Behold, I say to you, lift up your eyes and look on the fields, that they are white for harvest. Already he who reaps is receiving wages and is gathering fruit for life eternal; so that he who sows and he who reaps may rejoice together.” John 4:52

In Saskatchewan

Giving: CSSM, Arlington Beach, Teen Challenge

Prayer: First Nation Teens, Teen Challenge, Arlington Beach

Service: Prairie Women Ministries (Lady Retreat, treasure) Arlington Beach

“If anyone wishes to come after me, he must deny himself, and take up his cross daily and follow me...” Luke 9:23

In Canada

Giving: EFC Evangelical Fellowship of Canada, Covenant House, Vancouver BC

“Let us not love with words...but with actions and in truth.” 1 John 3:18

In the World

Prayer: For sponsored children, World Relief, World Vision, Missionaries (North Korea, Thailand, Jordan, Indonesia), Samaritan’s Purse, Haiti Arise

Service: Short term missions: Mongolia, Haiti, Tonga, Tanzania, Belize, Dominican Republic, Cameroon, Peru, Philippines, Sri Lanka, Taiwan, Spain, South Korea, Trinidad, Vanuatu, Fiji

Giving: Samaritan’s Purse, sponsored Kids (ICCM, Compassion, World Vision), Tanzania Elim Ministries, Canadian Blind Missions, Radio in Asia, Haiti, Village Missions, Gideons, Zarephath Bible Institute (Pakistan), Open Door Ministry, Global Missions, Gospel for Asia (Sponsor a Pastor)

“As my Father has sent Me, I am sending you.” John 20:21

"This is my precious princess, whom I love"

Bethany Slessor

I have finished my first semester at Eston Bible College and am excited to say that I have grown and learned more than I ever expected to. It has all been because of God's love and power that I have changed in the ways that I have. During the first month of the semester God showed me a picture during worship that initiated my journey this semester. The picture was of a girl who had collapsed in an alley-way amongst the garbage and the dirt. She was wearing torn clothes and had bold black lettering all over her skin. The words written on her were words like: garbage; rejected; broken; weak. The people walking by this girl said that she was worthless and useless. Then God looked into this picture and said, "*This is my precious princess, whom I love.* I will build her into a great and mighty warrior. She will bring glory to my name and the earth will praise my name because of her. She is my chosen one." I knew I had to draw this picture so everyone else could see the power of this message. So, my sister and I dressed like this girl and went around Moose Jaw taking pictures of ourselves so that I would be able to then draw this girl.



God continued His work on my heart through a trip to the Love Bus in Regina. The Love Bus is a group that has been around for almost 20 years. It is a group of people that take a modified school bus down the core and hood areas of Regina on Friday and Tuesday nights. They bring on prostitutes, pimps, Johns and homeless people and feed them sandwiches, donuts, coffee and hot chocolate, but most importantly they listen to their stories and they pray for them. I had the opportunity to go on this bus with a group of students from Eston Bible College in November. While on the bus, God opened my eyes and my heart to the depths of His love for His children. That night I ended up holding a prostitute for over 2 1/2 hours as she slept. While I held her I prayed for her and allowed God to break my heart for this girl. Now, I return to the Love Bus every time I am home because I know that my heart breaks for God's broken and rejected daughters.

The picture I drew at the beginning of the year means so much more to me now that I have seen and interacted with the women just like the girl in the picture.

I am excited for what God has planned for the rest of my year at Eston because I know that He will continue to work in my heart, growing an even deeper love for His children as I grow in Him more. He has in fact already set up a chance for me to continue to minister to the women my heart breaks for through a missions trip to Cambodia. During the first two weeks of May I am going with a team from Eston to work with an organization called Transform Asia in Cambodia. Their organization in Cambodia has different ministries such as rescuing prostitutes from the sex-trade, a feeding program for the children who live in the dump, an orphanage, and a trade school for the women that they rescue. I am extremely excited for this opportunity and I am trusting God to walk with me in this journey.

Have A Laugh!

WINTER VACATIONS

A vacation is what you take
when you can't take
what you've been taking.

I like every season.
In summer I like winter.
In winter I like summer

Arizona – where summer spends the winter.

As the winter weather
Grows colder and horridier,
There's lots to be said
For living in Florider.

A journey of a thousand miles
begins with a single step.
It's the one you take
when you go back to see
if you really did turn off the lights.

Air travel will be much safer when
they eliminate the trip from home to the airport!

How do you start a conversation in Hawaii
Where the weather is the same all year round?

A woman on a trip to Hawaii emailed her psychiatrist:
Having a wonderful time. Why?

Remember, Upwords is always looking to hear from you - whether you have a story, poem, joke, photo, artwork, hobby, viewpoint or special occasion to tell us about. Send your submissions to Jean Mercer or the church office.

Would you like to see Upwords on your computer? Check out the First Free Methodist website at www.firstfreemethodist.ca, or let the office know, and we can email you a PDF copy!