



# Beloved Community of First Baptist Kansas City, MO

100 West Red Bridge Rd,  
Kansas City, MO 64114  
(816) 942-1866  
Visit us on our website  
[www.belovedkc.org](http://www.belovedkc.org)  
or on Facebook at  
[www.facebook.com/fbckc](https://www.facebook.com/fbckc)

## Around & About - MAY 2025

**Pastor**  
Rev. Dr. Dezo Schreiner

### *Filling Your Cup: Why Self-Care Matters*

Last weekend, Last weekend, after a trip to Chicago with my family for my graduation, I expected to be exhausted after getting home on Saturday night. However, I was not. I woke up on Sunday morning full of energy. It did not sink in until after worship. As I sat down in a chair to talk with someone in the commons, I suddenly felt so tired that I could have fallen asleep right there! Now a few nights of rest later I see that I was so busy that I did not take the time to check in with myself to see how I was doing. I was so busy that I forgot about my need for selfcare. This experience brought to memory an article I wrote years ago about the importance of self care; now if I could just learn to call this to memory in the moment, I would be set!

Have you ever noticed what happens when your phone or tablet gets low on battery? The screen dims, a warning pops up, and we rush to plug it in. We know the device won't work well—or at all—if it's not recharged. And yet, many of us forget that we need the same kind of care.

What about your battery? Have you checked it lately? Some of us feel guilty taking time to rest. Some don't know how. And others are so busy—volunteering here or there, supporting and caring for family or friends, or just working hard on our projects we are invested in — often it feels that there's just no time. But friends, no matter our age or season of life, we all need moments to pause and refill. For those of you who like making lists, put self-care on your list or calendar to make sure you actually get to it.

So, what is self-care? Self-care is any activity that helps recharge your heart, mind, body, or soul. It's different for everyone. For some, it's walking outside and noticing the beauty of nature. For others, it might include quiet prayer, reading a good book, gardening, painting, or simply sitting still with a cup of tea. Even a few minutes a day can make a big difference.

If you've stopped doing something that once brought you joy or peace, maybe it's time to try it or make time for it again. And if you're volunteering or caring for others—your community, children, aging parents, friends in need—you especially need to care for yourself too. You can't pour from an empty cup.

Some of us may delay rest due to your inner critic or someone else who is pushing for more. Rest assured that rest is not laziness, it's wisdom. Even Jesus knew the importance of rest. Luke 5:16 tells us that Jesus "often withdrew to lonely places and prayed." If Jesus needed quiet time to connect with God and be restored, how much more do we?

Taking a break doesn't mean you're doing something wrong. It means you're preparing to do what's right—better and with strength. Whether you're 5 or 95, your body and spirit need rest to thrive. As a mom of young children, I can testify to the need for rest, both for myself and for my little ones. Whenever our children get enough sleep, we can immediately tell the difference in their behavior.

Rest can take on many forms for each of us. It can be as simple as taking 15 minutes during your day to breathe deeply, pray, or listen to uplifting music. Even a short moment can be holy. As I mentioned in my feeling ...

**Continued...**



**Continued...**

...exhausted this past Sunday, I rushed home Sunday and took a good 20 minute nap and I felt re-charged. It did not require much, just a short nap.

What happens if we don't rest? Eventually, we'll run out of energy—and maybe in the middle of something really important. Our health, our relationships, our work, and even our faith can suffer when we're running on empty. Let us take care of ourselves before it's forced upon us. So, let's make space.

Take the next 30 seconds to make a game plan for you to rest today or in the next few days. It may include replacing a scroll through social media with a few minutes of prayer or stillness. Let's let go of guilt and embrace God's gift of Sabbath rest. Selfcare matters Let's remind one another, at every age, that caring for ourselves is not selfish—it's faithful.

When we are rested, we are better able to love, serve, and live fully. Be well.

**Pastor Dezo Schriener**





# ALL ABOUT FIRST BAPTIST PEOPLE

## WE PRAY FOR...

- Kerry Triplett receiving daily radiation treatment over the next six weeks. Pray for his strength!
- Leonard Barbee awaiting surgery
- Susie Bolden healing from eyes' surgery.
- Bill Rinck is awaiting treatment for ongoing and severe back pain. We keep Bill and Christine in our heart-felt prayers. Valerie Carroll, daughter of Bill and Christine Rinck, and Mary Ann, granddaughter, courageously facing health issues in Ireland.
- Sue Hansen at Brookdale Care Center in the memory care unit
- Debbie Ebright experiencing back pain
- Please pray for someone in hospice care.
- Dixie Kelly has blockage in arteries in her neck. Still waiting to have surgery. She does not have a date yet. We pray for Dixie and Jim.
- Susan Smith is receiving good care at home. Pray for her and for Sallie who is coordinating her care.
- Pat Betteridge is home but struggling with vision and back pain
- Patty Vann is now living in her new home in Holton, KS. Her address is: 321 Bonner Road, Holton KS 66436. Phone number: 785-362-2218
- Eyvonne Walker providing care for her mother at home.
- Andre, Geneva Abel's grandnephew.
- Sue Fugitt experiencing back pain, at home.



## TJ's Child Dedication



## WE SHARE THANKS TO...

- All the volunteers who helped with Eggstravaganza. The event was a success.
- The deacons for a beautiful reception in honor of Baby TJ's dedication.

## WE REJOICE WITH ...

- Genevieve Triplett (Aka Evie) who has been on the dean's list for the past two years. We are so proud of you, Evie!
- Jack Clingan who is graduating from high school this May. He is also the prom King of his school. (see the next page for more details)
- Pastor Dezo who officially received her Doctor of Ministry in preaching on April 26th from Chicago Theological Seminary.

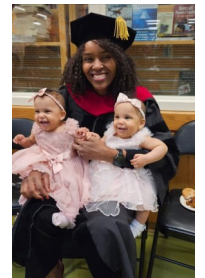
## WE SHARE OUR LONG-TERM PRAYER FOR...

Nancy Bundy (Fighting Cancer) — Dixie Kelly — Susan Smith — Patty Vann — Donna Hopkins — Becky Boden — Pat Betteridge — Valerie Carroll (Daughter of Bill & Chris Rinck) — Justin Prigel (In the Military) — Dale Rider (Former FBC Organist/DoM) — Kerry Triplett



We want to extend our warmest congratulations to Pastor Dezo on her recent graduation

Friday, April 25th. She has earned her Doctor of Ministry degree in preaching from the esteemed Chicago Theological Seminary, and we are all incredibly proud of her significant achievement!

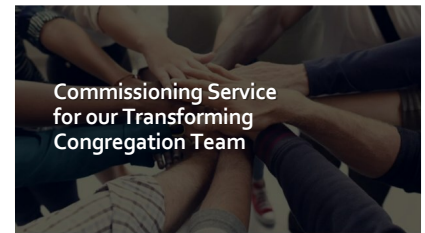


## Do you love to garden?

We are looking for volunteers to help with the rose garden. Let us know! Thank you.



The Transforming Congregations through Sacred Conversations Team will be Commissioned on May 4th. The program will be launched. We encourage you to be open to having conversations with our team. They will be reaching out to you. Thank you!



# Financials

## OFFERINGS



### May Offering

**In May**, the special offering goes to the ABC One Great Hour of Sharing Offering which funds 100% to human development projects and disaster relief, in the USA and around the world.

**Please donate generously!**

**One Great  
HOUR**  
OF SHARING

## FBC Music -- Eyvonne Walker

I may have submitted an article in the past referencing "applause" in worship. Well, I have some deeper insights to share this time... Our Beloved Community of FBC-KCMO is such a blessed "salad bowl" of walks of life, occupations, cultures, races, past church/worship experiences, hopes and dreams! We have so much to be thankful for within our small, but mighty band of believers.

In our desire to express our thankfulness to God for all He has done to sustain and to protect First Baptist Church of KCMO for these 170 years, we want to give our greatest praise! For all of the comforting of the Holy Spirit in the times we have bid farewell to our personal family members, our Church Family members, for each Sunday that we center ourselves for worship and call upon Holy Spirit to stir in our hearts and to bless our service with Her presence, we want to give our greatest praise! With our deepest gratitude, we give our greatest praise to Jesus, the Son of God and Son of the Holy Spirit! We thank Him for His tremendous and all-encompassing sacrifice on the Cross, which redeemed our souls and whose blood cleanses all, who will accept His gift of everlasting life and salvation, by laying down our old ways, thoughts and deeds and by choosing to pick up His Cross to follow Him.

The Holy Trinity is so worthy of our praise! The insight that I have received recently, comes from a place of realizing how the Godhead works within each of us who, have yielded our way to be moved, molded and used of God to spread the Gospel to others. When we can see and experience Holy Spirit speaking to us through the voice of a singer, in the prayer of a worship leader, in the culmination of a Pastor's sermon, through a video about our missionary endeavors, in the FUN of joining our voices and instruments together in sharing "...psalms, hymns and Spiritual songs" (Ephesians 5:19) - - it is in those experiences that we can FREELY, OPENLY and FULLY - - SHOUT a hearty "Hallelujah!" or enthusiastically CLAP our hands! These acts are not "worldly", or done to feed the ego of the presenter, as long as it is because of the stirring of the Holy Spirit within you which results from the stirring of the same within the person(s) who is(are) ministering from their heart to our gathered household of Faith! So, whether it is a video presentation of a former FBC Organist or the Celestial Ringers or a guest musician or speaker, if you feel "moved" to express that fact! At the Beloved Community of FBC-KCMO, FEEL FREE to show your PRAISE TO THE LORD!!!!



# FOOD PANTRY

## RED BRIDGE FOOD PANTRY ACTIVITY DATES

**Monday, May 5th** — 1:15-3:00 p.m. — Restocking Day  
(Volunteers Needed!)

**Wednesday, May 14th 6PM** — **Deadline for clients call Food Pantry Phone Line.** If you know of a family in need of food assistance, have them call the Food Pantry Line (816-908-7800) anytime **BEFORE 6 p.m. on Wed., May 14th.** They will need to provide the requested information and a phone number. They will then receive a return call which must be answered before their request for food can be processed.

**Friday, May 16th** — 1:15-3:15 p.m. — Fill Food Pantry Orders

**Saturday, May 17th** — 9:00-11:00 a.m. — Clients Pick Up Orders

⇒ **Potential clients who live in our south Kansas City area can be referred to call:**

**816-908-7800**

### Red Bridge Food Pantry NEEDS — MAY 2025:

- ⇒ Dish Soap
- ⇒ Toilet Paper
- ⇒ Paper Towels
- ⇒ Boxed Dinners (Hamburger Helper Type)
- ⇒ Canned Chicken
- ⇒ Canned Fruit, especially Pineapple & Fruit Cocktail (good on applesauce)
- ⇒ Canned Green Beans & Mixed Veggies
- ⇒ Canned Pastas
- ⇒ Pancake Syrup

(The dollar stores are a good resource for the deodorant, dishwashing soap and laundry detergent)

**Contact Tarah Kruger with any questions at**  
[tarahkruger@sbcglobal.net](mailto:tarahkruger@sbcglobal.net)

**For April**, we served 18 families with 61 individuals this month---all because of your generous donations, and care for our neighbors who end up with "too much month at the end of the paycheck".

**\* We also served an additional 10 families over Spring Break at Red Bridge Elementary, with 15 adults and 28 children. \***

## Spotlight on Jack Clingan



I have been attending this church for about 10 years now. I remember the day my dad brought me and my sister to visit, then the next Sunday we brought my mom. We have been here since. I love how loving and supportive everyone is at our church.

If I had a whole day, I would probably do a bunch of thrilling things like skydiving and riding roller coasters, and then I would want to have a really good lunch, maybe like an expensive fast food like 5 Guys. And then, to be honest, at that point, I would be pretty tired, and I would probably just want to go home. I think a day is just too short, considering the time that is wanted to decompress.

I drum for multiple different music groups as a passion. I play for my school's jazz band, drumline, and show choir (no I'm not the one singing). Also, as a hobby I do a lot of photography, not anything specific, just things I see and think are pretty.

My favorite song right now is "Natural Mystic" by Bob Marley. For context of the song, it was released in his album Exodus in 1977 and it was his first political song, speaking out against the changes in government he was noticing. With the main noticeable quote being, "Many more will have to suffer/Many more will have to die/ Don't ask me why/Things are not the way they used to be." And that is why that song speaks to me. I feel that it is still relevant today.

I graduate from Raymore Peculiar High School this month, and I plan on attending the University of Central Missouri, getting a degree in Music Technology. To be honest I'm not super nervous about graduating from high school. I know I will technically be an adult, but I'll still be in school. I am more nervous about graduating college. Since I aspire to be a music producer, I don't really have a guaranteed job, unlike most people who graduate from college.

**We at First Baptist are proud of Jack's accomplishments!**

Jack has won several photography contests and received gold medals for snare drum solos, percussion ensembles, and a drum set solo. Jack is also an A+ Scholarship Program Awardee, which he earned for fulfilling academic requirements, maintaining good character, and providing community service through tutoring efforts. In addition, Jack has lettered in band, marching band, and jazz band, and he and his girlfriend Caitlin were recently crowned prom king and queen at Raymore Peculiar High School.

You are all invited to celebrate with Jack at his graduation party on Saturday, May 17th, from 11:30 am - 1:30 pm at Centerview Event Space (227 Municipal Circle, Raymore, MO)!

**Jack Clingan  
Graduation**





# Upcoming Worship Schedule

—In-person in the Sanctuary and LIVE on Facebook at 10:50 a.m. or 1:00 p.m. on our website—

## UPCOMING WORSHIP THEME: THE AWESOMENESS OF GOD!

Rev. Dr. Dezo Schreiner, preaching

### 2025 Pentecost Preaching Series

The Beloved Community of FBC KCMO

#### + Sunday, May 4th — 10:50am: The Third Sunday of Easter “The Humility of God”

Commissioning Service of our Transforming Congregation Team. Communion Sunday. Pastor Dezo, preaching; Philippians 2:5-11.

#### + Sunday, May 11th, — 10:50am: The Fourth Sunday of Easter “The Graciousness of God”

Pastor Dezo preaching; 2 Corinthians 12:9.

#### + Sunday, May 18th, — 10:50am: The Fifth Sunday of Easter “The Evolving God”

Pastor Dezo, preaching; 1 John 4:8.

#### + Sunday, May 25th, — 10:50am: The Sixth Sunday of Easter “The Humanity of God”

Pastor Dezo, preaching; John 1:14.

## 6<sup>TH</sup> DISTRICT MAY DROP-OFF EVENT

**Saturday, May 3rd  
8AM – Noon  
For All KC Residents**

Trash, Bulky Item, Leaf & Brush, Tire Disposal and Document Shredding will be available at the following locations:

- Ward Parkway Presbyterian Church - 7406 Ward Parkway
- First Baptist Church of KCMO - 100 Red Bridge Road

#### Electronics Disposal Available at Ward Parkway Presbyterian Church (7406 Ward Parkway)

##### Accepted Items:

- Home Appliances
- Kitchen Appliances
- Office Electronics
- Audio/Video Equipment

##### Item Fees:

- Dehumidifiers: \$10.00/each
- Air Conditioners: \$10.00/each
- Refrigerators: \$10.00/each
- Freezers - \$10.00/each
- CRT TVs (based on size): \$30.00 - \$50.00
- Console TVs and Projection TVs: \$50.00 each
- Flat Screen TVs: \$20.00 each

#### Electronics Disposal Available at First Baptist Church of KCMO (100 Red Bridge Road):

##### Accepted Items:

- Computers & Networking Equipment
- Printers, Scanners, Copiers or Fax Machines
- Home/Pro Audio Equipment
- Home Video & Gaming
- Photography & Lighting
- Phone Systems
- Medical Equipment

##### Item Fees:

- CRT TVs: \$30.00 each
- LCD TVs: \$20.00 each
- Projection TVs: \$50.00 each
- CRT Monitors: \$5.00 each



Visit [kcmo.gov/trash](http://kcmo.gov/trash) for more info on upcoming drop-off events.



**JOIN US ...  
for 100 minutes of  
popular Jazz!**



**THE CHARLES WILLIAMS TRIO**

*Flavors of JAZZ*

**SUNDAY, MAY 18TH  
6-8PM**

# Church Calendar

- May 3rd — Saturday, 8:00am-Noon South Kansas City Alliance Bulk Clean Up
- **May 4th** — Sunday, at 10:00 a.m. Musical Ensemble Rehearsal - All are Welcome!
- **May 4th** — “The Humility of God”; Pastor Dezo, preaching. Communion Sunday.
- May 5th — Monday, 1:15 p.m. Restock Pantry with Donations
- May 6th — Tuesday, Congregational Check-in and Bible Study (via Zoom at 10:00 a.m.)
- May 7th — Wednesday, at 6:00 p.m. Music Skill Builders (Eyvonne 816-289-4793)
- May 7th — Wednesday, at 6:30 p.m. Celestial Ringers - Handbell Choir
- May 7th — Wednesday, at 7:30 p.m. Chancel Singers
- **May 11th** — Sunday, at 10:00 a.m. Musical Ensemble Rehearsal - All are Welcome!
- **May 11th** — Mother’s Day, “The Graciousness of God” - Pastor Dezo, preaching.
- May 13th — Tuesday, Congregational Check-in and Bible Study (via Zoom at 10:00 a.m.)
- May 14th — Wednesday, Deadline to Request Food from the Food Pantry
- May 14th — Wednesday, at 6:00 p.m. Music Skill Builders (Eyvonne 816-289-4793)
- May 14th — Wednesday, at 6:30 p.m. Celestial Ringers - Handbell Choir
- May 14th — Wednesday, at 7:30 p.m. Chancel Singers
- **May 16th** — Friday, 1:15 p.m. Fill Client Food Pantry Orders
- May 17th — Saturday, 9:00-11:00 a.m. Clients Pick Up Food Pantry Orders
- **May 18th** — Sunday, at 10:00 a.m. Musical Ensemble Rehearsal - All are Welcome!
- **May 18th** — Sunday, at 10:00 a.m. Musical Ensemble Rehearsal - All are Welcome!
- **May 18th** — “The Evolving God” - Pastor Dezo, preaching.
- **May 18th** — Sunday, 12:00 p.m. Executive Council Meeting
- **May 18th** — Sunday, at 6:00 p.m. KC Jazz Vespers - Charles Williams Trio
- May 20th — Tuesday, Congregational Check-in and Bible Study (via Zoom at 10:00 a.m.)
- May 21st — Wednesday, at 6:00 p.m. Music Skill Builders (Eyvonne 816-289-4793)
- May 21st — Wednesday, at 6:30 p.m. Handbell Choir
- May 21st — Wednesday, at 7:30 p.m. Chancel Singers
- **May 25th** — Sunday, at 10:00 a.m. Musical Ensemble Rehearsal - All are Welcome!
- **May 25th** — “The Humanity of God” - Pastor Dezo, preaching.
- May 26th — Monday, FBC is closed in observance of Memorial Day
- May 27th — Tuesday, Congregational Check-in and Bible Study (via Zoom at 10:00 a.m.)
- May 28th — Wednesday, at 6:00 p.m. Music Skill Builders (Eyvonne 816-289-4793)
- May 28th — Wednesday, at 6:30 p.m. Handbell Choir
- May 28th — Wednesday, at 7:30 p.m. Chancel Singers

The Lion King will be in town on May 22 for two weeks. Simba, the main character, is the grandson of our beloved members Luther and Marcena Chandler .  
If you are interested in going, let us know. We will try to look into getting group tickets

**Disney THE LION KING**

KANSAS CITY, MO  
May. 22 - Jun. 1

**THE LION KING: KANSAS CITY, MO:**  
May. 22 - Jun. 1. Now on sale!

TICKETS NOW ON SALE

**GET TICKETS**

**KANSAS CITY MUSIC HALL**  
301 W. 13th St.  
Kansas City, MO  
[GET DIRECTIONS](#)

**GROUPS (10+):**  
VISIT: [Click Here](#)  
Call: 800-776-7469

Contact the FBC Beloved Community church office at: 816-942-1866 by Wed. May 7th, 2:00pm to be added to our GROUP TICKET **DISCOUNT PRICE**

Get Tickets here:  
<https://lionking.com/tour/>



Early Journey Bible Study  
Sundays Mornings

We have an adult Sunday Morning class, the Journeys Class, meeting weekly at 9:30 am using the Journeys curriculum. Meets in the Cross-Generations Classroom, 9:30 am Sundays. **Everyone is welcome!!**

TIME SENSITIVE INFORMATION



**Beloved Community  
of First Baptist  
Kansas City, MO**

100 West Red Bridge Rd,  
Kansas City, MO 64114

Place  
Stamp  
Here



**HAPPY  
Birthday**

## May Birthdays

Geneva Abel	03
Maybelle Rose Logan	09
Matt Clingan	11
Jackson Clingan	11
Adesjola Tucker	21
Lovie Harper	27



**TUESDAY MORNING, 10AM CONGREGATIONAL CHECK-IN  
AND BIBLE STUDY ON MARK'S GOSPEL**

**JOIN US!**

(TAUGHT BY PASTOR DEZO)

**Method 1** – Video and Audio by Smartphone/Tablet/PC **Method 2** – Audio ONLY

1. Go to [https://us02web.zoom.us/j/555892911?](https://us02web.zoom.us/j/555892911?pwd=SFNmQUlVTOtRaHlDaVYrN3l5bzJlVQT09)

[pwd=SFNmQUlVTOtRaHlDaVYrN3l5bzJlVQT09](https://us02web.zoom.us/j/555892911?pwd=SFNmQUlVTOtRaHlDaVYrN3l5bzJlVQT09)

2. Meeting ID: 555 892 911

3. Password: 1

1. Call 312.626.6799 US

(Chicago)

2. Meeting ID: 555 892 911

3. Password: 1

**Website:** [www.belovedkc.org/](http://www.belovedkc.org/)

**TO WATCH OUR WORSHIP SERVICE LIVE AT 10:50AM ON  
FACEBOOK GO TO:**

[www.facebook.com/fbckc/](https://www.facebook.com/fbckc/)

**TO WATCH IT ON THE CHURCH'S WEBSITE GO TO:**

[www.belovedkc.org/watch](http://www.belovedkc.org/watch)

(The services will be posted on our website at 1:00PM)