



A Biblical Counseling Ministry  
Founded August 1989

**OFFICE HOURS** Noon to 4:00pm,  
Monday – Thursday. Messages are  
always returned. Closed Friday.  
**Counseling hours:** Mon. – Thurs.  
2:00 to 9:00 pm

4010 W. New Orleans  
Broken Arrow, OK 74011  
918-294-8470  
Volume 1 – January 2023

**Board of Trustees:** Tim Breedlove, Steve Perryman, Cherrie Stunkard

**Counselors:** Emily Adams Massey, Cyndi Rigney, Mary Stagg, Becky Winstead

**Office Assistant:** Judy Ray      **Director:** Lois Breedlove

### 2022 Financial Review

MONTH	DONATIONS	EXPENSES
January	\$8,660.60	\$1,106.04
February	\$1,012.00	\$1,923.99
March	\$7,805.00	\$4,313.79
April	\$2,677.00	\$ 466.54
May	\$1,640.00	\$3,248.79
June	\$1,132.00	\$2,394.20
July	\$3,075.00	\$1,983.21
August	\$1,685.00	\$4,098.14
September	\$1,058.24	\$2,462.24
October	\$3,140.00	\$2,580.32
November	\$825.00	\$2,329.48
December	\$5,535.00	\$1,982.07
<b>TOTAL</b>	<b>\$38,244.84</b>	<b>\$28,888.81</b>

**PLEASE share this newsletter, our phone number and consider giving financially to the ministry of Hope Center.**

**Hope Center** is a nonprofit counseling center that began in August of 1989. It is the policy of Hope Center to offer Biblical counseling to everyone who desires it regardless of ability to pay. There is no charge for counseling. These services are provided through the financial support of churches, groups & individuals who believe in the ministry.

Biblical counseling is an approach to counseling based upon the inspired, inerrant Word of God. This caring and directive approach to counseling utilizes the Word of God as a therapeutic tool to heal emotional and spiritual problems.

Hope Center offices are located in the northwest corner of Cedar Ridge Christian Church, Broken Arrow, OK.



**Eddie & Doris Long**  
**Lu Pendleton**  
**ChyAnna Breedlove & Joshua Breedlove**

M/M David Long  
M/M Dick Edwards  
M/M Tom Tucker & Mary Wyatt

**Merl & Lois Smith & Tony Wyatt, Sr and Jr**  
**Clay Allen**  
**Steve Rigney & Stephanie Rigney**

Mary Wyatt  
Mary Kay Allen  
Cyndi Rigney



As we wish everyone a “Happy New Year,” let us review 2022:

- ✓ Counselors spent 408 volunteer hours in the counseling room;
- ✓ 46 different people (couples, individuals, children) were seen;
- ✓ Volunteers continued to volunteer their time to keep our library in order and to cover the office as needed;
- ✓ All Staff was able to take a much-needed break in December;
- ✓ Once again, donations exceeded our expenses!
- ✓ PRAISE GOD for all the blessings this year!

It is amazing to see how God brings people to Hope Center. Many times, people are so desperate for help and for “Hope” that they are thumbing through the phone book or searching the internet. Many are referred to us by a friend or family member. We have a consistent group of ministers & pastors (from varied denominations) who refer people to Hope as well.

Maybe you know someone who needs help in their daily lives or their marriage. **Tell them about Hope Center and ask them to call us, 918-294-8470.** All appointments are made through the receptionist who answers the phone. If the receptionist is away from her phone, always leave a message. All calls will be returned. When you call Hope, this is what happens:

- Basic information will be taken – name, age, phone, marital status, general reasons for wanting to come in and a time when you are available.
- If we have a waiting list, the caller will be placed next in line. When their name comes up on the list, a call will be returned when an opening is available.
- If no waiting list, the scheduler will call you back after reviewing the counselors’ schedules for an opening that fits your availability. If the time doesn’t work for you, you will remain on the list until we find a time that works.
- You should arrive about 15 minutes early for your first appointment to complete paper work.
- It is the policy of Hope Center that males are counseled by a male counselor and females by a female counselor. Right now, we only have female counselors on staff.
- We are seeing couples right now as long as they come together for counseling.
- No one is turned away from . . .





With Valentine's Day just 14 days away, let's look at what love really is—one of the most important attributes of a Christian's life! How many times did Jesus remind us of that?

When he was asked about the greatest commandment, His response was: **“YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND. This is the great and foremost commandment. The second is like it, YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.”** (Mt.22)

He told the disciples how they would be recognized as His: **“A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.”** (John 13)

Jesus taught us how we are to love—just like HE has loved us: **“I have loved you just as the Father has loved me. You must go on living in my love. If you keep my commandments you will live in my love just as I have kept my Father's commandments and live in his love. I have told you this so that you can share my joy, and that your happiness may be complete. This is my commandment: that you love each other as I have loved you. There is no greater love than this—that a man should lay down his life for his friends.”** (Phillips John 15)

Which brings us to the action of “LOVE.” LOVE is something that requires us to DO SOMETHING! If we LOVE Jesus, we will love others. If we LOVE as HE taught us to love, we will “lay down our life” for others. This is sacrificial love. It is doing for others.

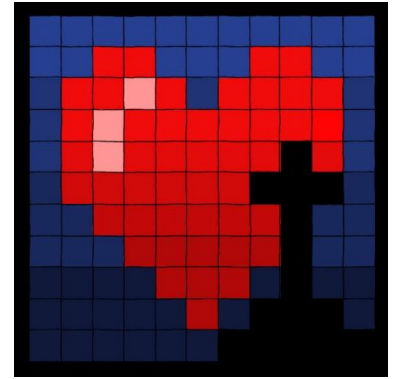
You could say that how we love is a good indicator of who we follow. We are followers of Christ, the sacrificial lamb of God, our Savior, and our Friend. How are we doing in our “LOVE” for each other? Let us review the characteristics of “love” (I Cor. 13):

“Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things...Love never fails... now faith, hope, love, abide these three; but the greatest of these is **LOVE.**”

In our self-centered world, it has become very “uncool” to do for others, to love others. Our culture is focused on doing what “I” want to do and not doing what “I” don't want to do. However, as a believer in Christ, we do not have a choice to love and to do for others. This is a part of “who we are” in the body of Christ. So, I ask again: “How are we doing?”

Is it apparent that we follow Christ? Take a look this week at each day. At the end of the day, write down five things that you did that day to show love to someone. Remember love is something you do. You will need to make an effort, go out of your way, deny self and focus on someone else. Loving requires something of you.

When we love, we are most like Christ for He loved us all the way to the cross. He gave up everything for us. Greater love has no one than to lay down their life for another. How will you lay down your life this week?



**Now we who are strong** ought to bear the weaknesses of those without strength and not *just* please ourselves. Each of us is to please his neighbor for his good, to his edification. For even Christ did not please Himself; but as it is written, **“THE REPROACHES OF THOSE WHO REPROACHED YOU FELL ON ME.”** For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have **HOPE.** Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus, so that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ....Now may the God of **hope** fill you with all joy and peace in believing, so that you will abound in **hope** by the power of the Holy Spirit. Romans 15:1-11

### **“Now we who are strong . . .”**

Have you ever thought of yourself as “strong”? As you reflect on that question, consider these questions as well:

- 1) Do you wonder what it is God is wanting you to do with the time you have on your hands?
- 2) Do you want to help others but just don't know how?
- 3) Do people often share their struggles with you and look to you for encouragement and wisdom?
- 4) Do you have a heart that hurts when you see people struggling with their everyday issues?
- 5) Is God calling you to “bear the weaknesses of those without strength?”

If you answered “yes” to any of these questions, CALL ME and let's talk: Lois at 918-294-8470.

### **Thank You!!!!**

God has richly blessed Hope Center this year and YOU are very much a part of His blessings. YOU provide our operating budget! YOU provide prayers for God's continued work through our staff members. YOU provide encouragement and insight. YOU send us people who need to see God's way for their lives. YOU meet our needs in ministry each and every day. THANK YOU for supporting the work at Hope Center. We look forward to what God has in store for 2023!