



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 4 - July 2023

**Trustees:** Tim Breedlove, Steve Perryman, Cherrie Stunkard  
**Counselors:** Emily Adams Massey, Cyndi Rigney, Mary Stagg,  
 Becky Winstead  
**Office Assistant:** Judy Ray      **Director:** Lois Breedlove

**2023 Financial Review**

MONTH	DONATIONS	EXPENSES
January	\$1,100.00	\$2,105.43
February	\$1,656.00	\$2,772.39
March	\$4,273.00	\$2,131.11
April	\$3,260.00	\$2,568.86
May	\$5,130.00	\$1,764.55
June	\$3,765.00	\$2,707.38
July	\$1,995.00	\$1,899.12
<b>TOTAL</b>	<b>\$21,179.00</b>	<b>\$15,948.84</b>

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

**In Memory of**

Esther Custer  
 Esther Custer  
 Esther Custer  
 Esther Custer  
 Esther Custer  
 Esther Custer  
 Esther Custer  
 Ray & Patty  
 Valentine  
 Bill Richey

**Given by**

Kyle & Kelly Bruce  
 Les & Orpha Callahan  
 Nancy Adams  
 Mary Kay Allen  
 Brad Wofford  
 Shirley McGlothlin  
 Debbie Miller  
  
 Tom & Barb Tucker  
 Mary Jane Wyatt  
 Lois Jean Breedlove  
 Merl "Buddy" Smith

**In Honor of**

Marvin Kugler

**Given by**

Stephanie Schuessler

*"Carry each other's burdens and so you will fulfill the law of Christ." The Good News: No one does anything alone. You can help friends and family get through life's big and small obstacles, and they will do the same for you."*

Galatians 6:2

*Called to Care Conference*



Lois & Tim Breedlove, Cyndi Rigney & Emily Massey

In June, several of us were blessed to attend the June Hunt Called to Care Conference. After a harried drive through rain and wind (not to mention traffic), we arrived safely in Plano, Texas. Not only did we hear challenging and encouraging speakers, we also were able to see **The Hope Center**. This ministry houses over 50 other ministries and is a beautiful facility dedicated to the service of our Lord. They are all about offering HOPE to anyone who enters their doors.

In the first session, **"Becoming a Lifeline: The Call to Care, Temptations, and the Power of Words,"** I would summarize it this way:

- Know where you are. (Self-evaluation and humility)
- Get What you need. (Scriptures and Resources)
- Serve as God Leads. (Say "yes" to who and where.)
- Give God the Glory...and the results and the pressure. (The results are not on your shoulders but in HIS hands.)



Emily Massey & Cyndi Rigney

Another session, **"When Helping You Is Hurting Me: Stress, Burnout, and Compassion Fatigue"** challenged us to consider these points:

- What has God invested in you to bring you to where HE is using you?
- This ministry is a sacred trust. God is trusting you with one of His children.
- Be faithful in your calling. It matters to HIM; it should always matter to us.
- Learn to rest.
- Everything urgent may not be important and everything important may not be urgent.
- Manage time and set boundaries – delegate!

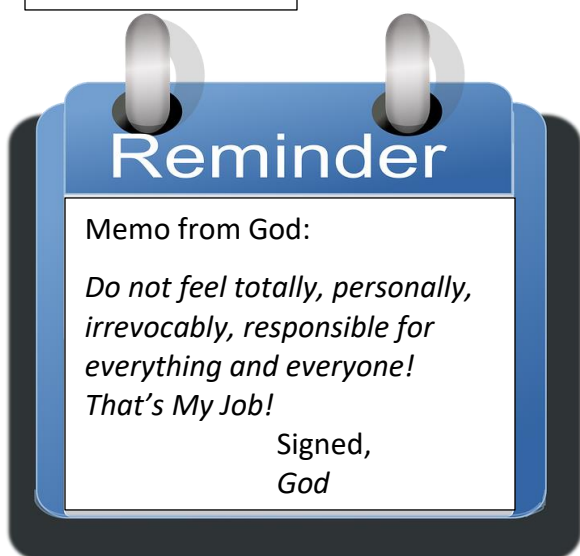
June Hunt, the founder of The Hope Center, spoke on **Depression: A Model for Walking from Darkness Into the Dawn**. A woman who came from so much darkness has used everything she experienced to offer Hope to all. She reminded us of so many scriptures and gave to us the HOPE that only comes from Christ.

“Therefore, since through God’s mercy we have this ministry, we do not lose heart. Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone’s conscience in the sight of God.... But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.” 2 Corinthians 4:1-10

We were thankful one of our Trustees, Tim Breedlove, was our chauffeur during the trip.



Lois & Tim Breedlove



## Reminder

Memo from God:

*Do not feel totally, personally, irrevocably, responsible for everything and everyone!  
That’s My Job!*

Signed,  
God

Just as the conference title stated, **will you answer the CALL TO CARE?** As mentioned in our March newsletter, there is a greater need now more than ever before for God’s people to step up and HELP!

Emily shared from the conference: *God does beautiful things through broken people. The church is God’s Plan A. How have you experienced the goodness of God this week?*

At Cedar Ridge Christian Church, Minister Greg Pittman will be speaking on mental health issues during the month of August. His “I’m Fine” series is described this way: *We all know that “I’m fine” really doesn’t mean “I’m fine.” Many of us are not fine at all. A majority of people think we are experiencing a mental health crisis. Sadness, hopelessness, and heightened anxiety have created massive life disruptions, especially for young people.*

*Unfortunately, it doesn’t always feel safe or easy to talk about that kind of pain. In this series we’ll look at some people in the Bible who dealt with some of the same struggles and yet were able to overcome. We’ll also talk about how we can all help.*

There are so many places that we can help. Wherever God places you, HE will use you. You may be working in the nursery some Sunday morning and a co-worker shares a tragedy in her life. – God will use you to minister to her.

Our pre-teens and teenagers are facing temptations that were never imagined when I was growing up. Being a youth sponsor, places you in a great place to listen, to act, to respond (PRAY), and to build an ongoing relationship with someone just starting their walk with Christ.

In your Bible study or Sunday School class when prayer needs are listed, does the Holy Spirit prompt you to reach out to someone in need. Did you call them that week? Did you suggest you meet for coffee?

God provides us opportunities every day to be His hands, His feet, His heart to those in need. We just have to answer His call!

After recently touring the areas of service to work with young people, I commented that there is such a need for adults to work in these areas. I went on to say “but people are hesitant to leave their Sunday School class that they enjoy so much.” Then I heard, “They’ve been in class all their lives. Isn’t it time they share what they have learned?”

Ouch! I was one of those people who has become comfortable in my Sunday school class. I enjoy the fellowship and the teacher is great in dividing the Word with us. BUT, isn’t it time to do something that takes me out of what is comfortable and places me where God wants me to offer comfort? Have I learned enough to share that knowledge with God’s children?

We can never stop learning but TEACHING is learning multiplied! THE CHURCH, GOD’S CHOSEN, needs each person to do their task. What will you CHOOSE TO DO?

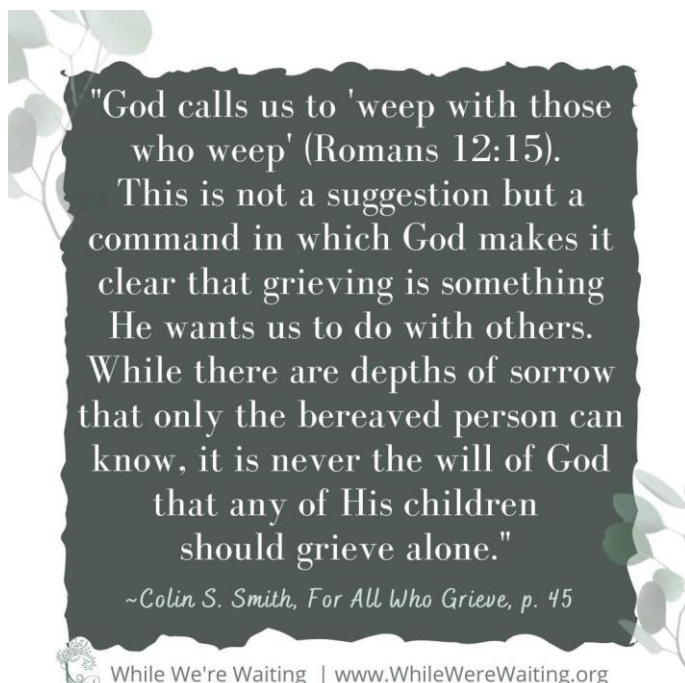


**But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body.**

- 1 Corinthians 12:18-20 -

**All of them will take care of one another.** If one part suffers, every part suffers with it. If one part is honored, every part shares in its joy. **You are the body of Christ. Each one of you is a part of it.**

1 Cor. 12:26-27



“God calls us to ‘weep with those who weep’ (Romans 12:15).

This is not a suggestion but a command in which God makes it clear that grieving is something He wants us to do with others. While there are depths of sorrow that only the bereaved person can know, it is never the will of God that any of His children should grieve alone.”

~Colin S. Smith, *For All Who Grieve*, p. 45

