



Hope Center of Tulsa

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 5 – Sept. 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
August	\$2,358.00	\$5,143.76
TOTAL	\$23,537.00	\$21,092.60

Hope Center is the recipient of a generous donation from the estate of Esther Custer. These funds will be used to train and prepare God's people for service in lay counseling.

In Memory of

Steve Rigney &
Stephanie Rigney

Ray & Patty Volentine

Tony Wyatt, Sr.
Tony Wyatt, Jr.
Merl & Lois Smith
ChyAnna Breedlove
Joshua Breedlove

Sterling Nichols
Leon Nichols

Billie Shoemake
Myrna Kruse

Given by

Cyndi Rigney

Tom & Barb Tucker

The Wyatt Family

Dick & Zelma Edwards



The recent sermon series "I'm Fine" at Cedar Ridge Christian Church, focused on just how NOT FINE we are. There is a greater need now more than

ever before for God's people to answer the CALL to CARE. To wrap up the series, we were challenged to answer the call to be a people helper. To keep our eyes open to people who may be struggling, who need someone to care, to listen, to walk alongside, while pointing these people to our loving, merciful God who cares for us and will never leave us. Our counselors share their thoughts after this sermon series:

Mary Stagg writes,
I'M FINE

What's behind the "I'm fine" mask?
Smashed expectations? Loneliness?
Addictions? Unforgiveness?
Broken Promises? Worry?
Anxiety? Disappointment? Anger?
How do we fix that?

Through God's intervention with a friend or counselor's help. What a pleasure to see the mask crack and fall away to reveal the true self.



Becky Winstead shares some of her notes from the series:

We found out that we are not fine and mental health in the United States is

now in a crisis. The struggle is real and not talking about it is NOT working.

Here are some **lies that Satan wants us to believe** about our mental health:

1. I can't talk about my struggle. It's my secret.
2. Christians shouldn't struggle.
3. Jesus fixes everything. (Yes, Jesus has the answers to our problems, but he doesn't alleviate the struggle or the consequences.)
4. Nobody really cares.
5. There's no hope and nothing will ever change. This is how it will always be.

We know that Job, Elijah, Jeremiah, and David, just to name a few, all faced overwhelming depression and sorrow. Over half of David's Psalms express grief, despair, and sorrow. God hears the cries of our hearts. He is still our God even in the dark times.

Here are some truths we learned:

- We can choose to practice honesty and empathy.
- We can listen, care, give compassion and show concern.
- We can choose to be a place of grace and acceptance instead of condemnation.
- We can choose to pray for one another, reach out.
- God has placed you here for a reason. We are His handiwork. There is purpose in the struggle. Look to Jesus. When He felt depressed, He chose purpose over feelings.

-Continued on the back-



You cannot get better in darkness. Come out of the darkness into the light. Healing begins with revealing.

Prior to the pandemic, we had a mental health crisis. We now have a mental health disaster! If you look at research...stress & anxiety, depression, suicide (especially with our children) are off the charts. People are searching for something "normal". If they cannot find healing, they will reach for something else to medicate the emptiness inside of their soul. People don't realize what they are searching for. This reaching is reaching for ANYTHING to medicate the brokenness.

To help equip you to help others the Hope Center is offering . . .



Coffee Cup Counseling

Offered at Cedar Ridge Christian Church

Starts: Sunday, October 1, 2023, 6:00pm

Coffee Cup Counseling is a six-week introductory study of Biblical Counseling developed by the American Association of Christian Counselors (A.A.C.C.). It is written by Tim Clinton and Pat Springle.

A.A.C.C. has been calling the Church to help. Asking each of us to pay attention, seek out, listen to, encourage with Scripture, and follow through with a godly commitment to care for God's people. Coffee Cup Counseling is a short study that will better prepare each member of the body of Christ to care for anyone that God places in their path.



Coffee Cup Counseling Learning to Care for People God's Way. The class meets every Sunday from October 1 through November 12, in room 305. Some of the things you will learn:

- The privilege and responsibility of caring
- The importance of confidentiality
- Biblical basis for this calling
- Time tested 3-step model for helping people
- How to care for people in crisis
- How to become a skilled listener
- How to understand and address issues
- The importance of boundaries
- How to establish a network of helpers & other skills helping people become more like Christ.

Here is what Dr. Ron Hawkins, Liberty University has to say about Coffee Cup Counseling:

"We all face burdens and trials in the path laid before us. Often, relief comes from a kind word, a listening ear, and helpful encouragement from a caring and godly friend. Coffee Cup Counseling will equip you to be the friend who comes alongside those who are hurting. I pray that many will read & study Coffee Cup Counseling to apply the principles to impact others for God's kingdom."

It is not too late to join us for the next 6 weeks. If you would like to learn more about being a people helper, give us a call at 918-294-8470. There is no cost for attending class. You will learn how to help people God places in your path whether it is at church, where you work, in your neighborhood or perhaps even in your family.



Caregiving is a calling. We are called to be burden bearers: *Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ.* Galatians 6:1-2

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. Hebrews 10:24-25

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort. II Corinthians 1:3-7

ALL of us are CALLED! ALL of us are called to care for each other! NOW is the time to answer that call!

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters..."
Col. 3:23

Cyndi Rigney expresses the joy that many counselors see when people hear God's word, apply it to their lives, and live in the freedom of Christ:

The greatest gift God can give you is the joy of helping someone who is in a dark place. You can guide them to God's light. Remind them that He has their back and will help them up if they fall. You will help hold them up and encourage them to keep their eyes on Him.

