



Hope Center of Tulsa

A Biblical Counseling Ministry
Founded August 1989

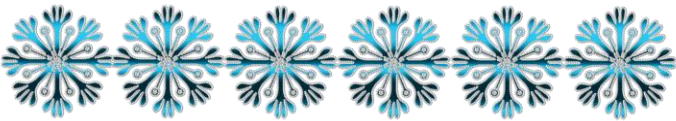
OFFICE HOURS Noon to 4:00pm,
Monday – Thursday. Messages are
always returned. Closed Friday.
Counseling hours: Mon. – Thurs.
2:00 to 9:00 pm

4010 W. New Orleans
Broken Arrow, OK 74011
918-294-8470
Volume 6 – Dec. 2023

Trustees: Tim Breedlove, Steve Perryman, Cherrie Stunkard
Counselors: Nancy Adams, Kathy Dennis, 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
September	\$1,685.28	\$4,538.43
October	\$3,510.14	\$4,151.68
November	\$2,225.00	\$3,434.19
TOTAL	\$30,957.42	\$33,216.90



In Memory of	Given by
Ray & Patty Volentine	Tom & Barbara Tucker
Velva Jo Johnson	Orpha Callahan
Michele York Orman	Mary Wyatt
	Tim & Lois Breedlove

ChyAnna Breedlove
Joshua Breedlove
Merl & Lois Smith
Tony Wyatt Sr.
Tony Wyatt Jr.
Sterling Nichols
Leon Nichols

The Breedlove family

In Honor of	Given by
Harold & Kelly Pittman	Stephanie Schuessler



It has been a busy time at Hope Center since our last newsletter with lots of good news to share.

First, we welcome back **Kathy Dennis**. She writes *“I had counseled at the Hope Center before. I left when life seemed too busy but missed being used by God at Hope. After a few years off and much prayer decided that God was calling me back into this ministry to take my hurts combined with His Word to help others find their way to the Healer who healed me. Life has not slowed down much, but I believe it is not life that needs to slow down, but me. I need to slow down enough to see where God is working and join Him in that work.”*



Second, we are pleased to announce a new counselor, **Nancy Adams**. Nancy completed her training about ten years ago and has felt the Lord leading her to serve at Hope Center. She writes: *“When I completed the S.A.L.T. (Seven Areas of Life) training I had a heart to serve at Hope Center. However, God had other plans for me at that time. I began leading an Adult Bible Class for women at my church. In the last year I felt God’s direction to add another ministry in my life. While praying for guidance, Hope Center held a lunch after church, and I felt led to attend. This is where God put into motion, very quickly, what he wanted me to do for him.”*



Third, 24 people completed **Coffee Cup Counseling** and received their certificate after meeting for eight weeks learning how to better help hurting people. They willingly answered the Call to Care.



We are missing a few people in our group photo taken on our last night of class.



Coffee Cup Counseling graduates for 2023:

Front row: Emily Massey, Terri Lewis, Sue Moore, Micky Prince, Cyndi Rigney, Thea Pardo, Becky Winstead. Back row: Lois Breedlove, Delbert Bryant, Patty Medill, Vicky Harp, Wendy Alvarez, Drake Short, Paul Prince, Greg & Jana Waller, Diane Osberg, Nancy Adams, Mary Stagg, Jim Moore (Not pictured: Kim Logan, Bobbie Needham, Pat Strahan and Angela Tingen.)

Last but certainly not least, is our Widows' Group led by Mary Stagg. They meet for fun, fellowship, share struggles and encouragement and to work on a variety of service projects. Any widow is welcome to join them. Why not join them on any Thursday morning at 10:00, at Cedar Ridge Christian Church. You may just find out this is where God wants you to be.



Left to right: Cyndi Rigney, Sharon Cummings, Julane Phillips, Mary Staggs, Peggy Smith, Patty Medill, Diane Osberg, and LaNita Phillips.

Come join us . . .

Hope Center will offer another session of Coffee Cup Counseling training in the new year. This class will probably begin in February. As we mentioned in the last newsletter, the need is great. People are hurting and God is calling each of us to be a helper. Someone who can listen, encourage, and when necessary, refer to trained counselors. Is God asking you to answer the call? Pray about it and give us a call for more information or to place your name on the class list.

As Cyndi said in our last newsletter: *"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."*



Christmas, with its snow and ice and mistletoe...can't you hear the church bells ringing?

The family is all bundled up and merrily on their way to church on Christmas Eve. Sweetly singing Christmas carols on the way. The freshly baked bread and sweets have filled your home with luscious smells. All the presents are wrapped and awaiting Christmas morning. What joy fills your hearts and minds!

Well, these are nice thoughts, but this is not always the way it is. Holiday stress! Too many places to be and too many things to do. Too many ideas on what the holiday celebrations are to include or not include. Who to invite and who NOT to invite. A celebration of the most precious gift ever given on a night that was "all is calm" is rarely a reality in our lives today.

This is the challenge I will send your way this year: **SLOW DOWN!** In the traffic, slow down. At the grocery store, slow down. While decorating the tree, slow down. So many times, our Savior set the example. He did not hurry! He slipped away to pray,

or speak with and hear from His Father. Even amidst all the pressure of the crowds, he did not allow that to control His life. He moved with purpose in and through everything going on around Him. God's purpose! God has a purpose in each of our lives as well. Slow down, look for that purpose, fulfill that purpose and in so doing, be His instrument in a broken world. Share the story of Jesus, the **GREATEST GIFT** ever given with the **GREATEST LOVE**.



It seems that I always get a late start on decorating. It happened this year as well. I often get distracted by other "jobs" that need to be done. For example, while I'm searching for decorations in the attic, I decide to clear out the place! When my son adds some selves to a closet, I decide to clean the closet out as well. Right now, I still have boxes of decorations sitting on my dining room table!

I'm taking my own advice and **SLOWING DOWN**. Last night I determined that I am going to leave my Christmas up until some time in January. I'm going to enjoy the festive glitter and glow for more days. As I go through our home in the days ahead, I am going to slow down as I view the nativity that came from Mom and Dad's house, the plastic tabletop Christmas tree that came from Grandma Becker's house and all the ornaments that our sons and grandchildren made over the years that are hanging on the tree. For with that slowing down, I will remember so many blessings in my life. I will remember the loved ones in my life. I will remember the faithfulness of my God, His Son & my Savior. I will slow down and remember.

*I will remember the works of the Lord; Surely I will remember your wonders of old. Ps. 77:11
Bless the Lord, O my soul, and forget not all his benefits...
Ps. 103:2*



Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.

~Theodore Roosevelt

As I read this quote, I was reminded of a scripture with much the same message found in Luke 12:48b:

From everyone who has been given much, much will be required; and to whom they entrusted much, of him they will ask all the more. ~Jesus

When you gather around your holiday tables this year, take time to reflect on God's rich blessings. The scriptures tell us to be thankful always. Do we just say the words or do we mean them from our heart? Do we turn around and give to others, invite them to our table, and supply their needs? How are we expressing our



gratitude in service to our King, the giver of every good and perfect gift?