



918-294-8470

# 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

Vol. 36, No. 1 – January 2025

**Trustees:** Tim Breedlove, Steve Perryman, Cherrie Stunkard  
**Counselors:** Nancy Adams, Kathy Dennis, Doyle Fry, Emily Massey, Cyndi Rigney, Mary Stagg, Becky Winstead  
**Director:** Lois Breedlove **Office Assistant:** Patricia Janes  
**Office Volunteers:** Terri Sagely & Judy Ray

## 2024 Financial Review

MONTH	DONATIONS	EXPENSES
January	\$3,036.25	\$1,524.04
February	\$2,370.00	\$3,124.95
March	\$1,775.00	\$2,199.85
April	\$1,465.00	\$2,936.68
May	\$1,325.00	\$3,784.54
June	\$1,435.00	\$2,912.05
July	\$2,560.00	\$2,127.47
August	\$1,676.65	\$4,132.79
September	\$1,605.00	\$5,847.64
October	\$1,675.00	\$3,783.20
November	\$1,530.00	\$2,302.07
December	\$12,908.00	\$4,003.11
<b>TOTALS</b>	<b>\$33,360.90</b>	<b>\$38,678.39</b>

*Memorial donations are a wonderful way to remember loved ones. These gifts are used to help people understand and apply God's truth. Consider giving today.*

In Memory of	Given by
Velva-Jo Johnson	Orpha Callahan
Johnny & Esther Custer	Doug & Jeanette Custer
Rita Armstrong	Debbie Miller
Evelyn Land	M/M Tim Breedlove
Jeanie Casteel	
Ray & Patty Volentine	M/M Tom Tucker M/M Richard Stunkard
Tony Wyatt Jr & Sr	Mary Wyatt
Merl & Lois Smith	
Josh & ChyAnna Breedlove	
Leon & Sterling Nichols	
Jeanie Casteel	Anonymous

*God can pour on the blessings in astonishing ways so that you're ready for anything and everything, more than just ready to do what needs to be done.... This most generous God who gives seed to the farmer that becomes bread for your meals is more than extravagant with you. He gives you something you can then give away, which grows into full-formed lives, robust in God, wealthy in every way, so that you can be generous in every way, producing with us great praise to God. II Corinthians 9:8-11 The Message*

# Welcome 2025



Hope Center is months into our 36<sup>th</sup> year as God continues to provide people and resources for this ministry.

Last year our counselors saw 54 people and spent 674 hours in the counseling room. They were involved with teaching classes and attended training at Hope for the Heart in Plano, TX. Not only do our counselors spend volunteer hours in the counseling room, but they also spend hours of their own time searching for supplemental materials and specific Scripture teachings to guide their counseling. And let's not forget the time they spend in prayer for each one they counsel.

We added a new counselor, Doyle Fry, to our staff in August, and said goodbye to our Office Assistant, Judy Ray. Judy retired (for the second time) in October, and we are excited to introduce our new Office Assistant, Patricia Janes. Patricia and her husband, Christopher, reside in Porter, OK. They and their four daughters are active at the Coweta Campus of Ridge Christian.



Two "Good Boundaries & Goodbyes" classes were held during 2024 with a total of 45 people in attendance. It is planned to meet with these class members periodically throughout the year for encouragement and support.

You may have noticed that our income was exceeded by our expenses this past year. We are looking for servants of Christ to help us make up the difference each month. Please consider making a monthly donation for the year 2025. Every amount donated can make a big difference at Hope. Why not consider giving \$25, \$50, or even \$100 each month? You will be blessed by making a difference in the lives of God's people and providing HOPE.

*Give, and it will be given to you. They will pour into your lap a good measure—pressed down, shaken together, and running over. For by your standard of measure it will be measured to you in return." Luke 6:38*

That brings me to those who have faithfully supported Hope Center throughout our 35 years and are moving right into our 36<sup>th</sup> year and continuing that commitment. **THANK YOU!** 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 TRUTH 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 2025!





## Coffee Cup Counseling Update...

Since we offered two Boundary classes last year, we were not able to hold another Coffee Cup Counseling. We do plan to put this on our list this year. Please watch the upcoming newsletters for information about this.

If you would like to be placed on the list for the upcoming class, please call the office at 918-294-8470 or send us an email:

[lbreedlove@hopecentercounseling.com](mailto:lbreedlove@hopecentercounseling.com).

Or contact us through our updated website\*:

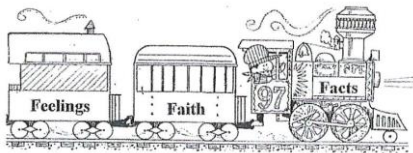
[hopecenteroftulsa.com](http://hopecenteroftulsa.com)



Speaking of websites...you will find our latest newsletter there. To save costs, this will be the last newsletter we will mail. Newsletters are posted about every other month and will be available on our website.

**If you would like us to email our newsletter to you, we will be happy to do that.** Just provide your email address to us by sending your request to:

[lbreedlove@hopecentercounseling.com](mailto:lbreedlove@hopecentercounseling.com).



You will remember this train from our last newsletter I wrote:

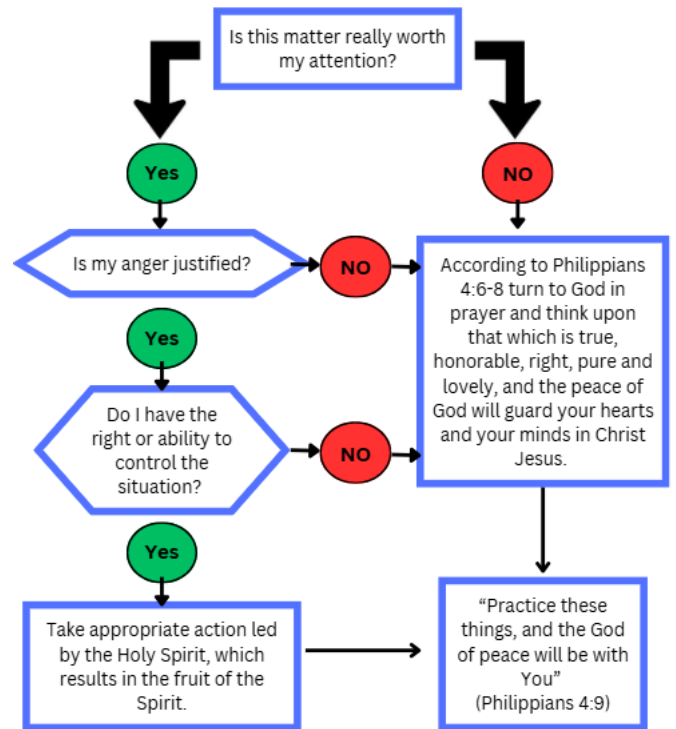
“At Hope Center we use the above illustration to show how often we allow the Caboose “Feelings” to lead our train (lives). Feelings can sometimes take over in our lives—we become upset, angry, hurt, ashamed, anxious, resentful, fearful, etc. Then we allow those feelings to push us along with no awareness of the disaster on the tracks ahead of us **because we cannot see from the “caboose.”**”

But if we allow the Engine “Facts” (the Truth of God’s Word) to lead our train, we will be guided in the direction we should go. The engine can reveal obstacles on our tracks and give us the information we need to prepare for and survive those obstacles.”



Recently I found a handout that might help us examine our thought life and whether our “Feelings” are in charge.

I think the key question in the pictured diagram is “Do I have the right or ability to control the situation?” Ask yourself, “Can I do anything about this?” “Am I becoming angry and bitter about something I can’t even control?” “Is Christ pleased with my thoughts?”



## ORDERING YOUR THOUGHT LIFE

**I AM WHAT I THINK** – “As water reflects a face, so a man’s heart reflects the man.” Prov. 27:19

**I DO WHAT I THINK** – “Above all else, guard your heart, for it is the wellspring of life.” Prov. 4:23

**MY MIND IS A BATTLEFIELD** – “For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Cor. 10:3-5

**I MUST CHOOSE TO CHANGE MY MIND** – “Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” Rom. 12:2

**REPENT** – “Remember the height from which you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place.” Rev. 2:4-5

**REMOVE** – “Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.”

**REPLACE** – “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Phil. 4:8

**RESOLVE** – “Then the LORD said to Cain, ‘Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.’” Gen. 4:6-7

**REQUEST** – “If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!” Eccles. 4:10

How easy it is to get caught up in Satan’s lies. He always takes a little truth and twists it all around. Ask God to reveal HIS TRUTH & bring His peace to your heart.

LB  
*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*  
John 14:27