



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

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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:** Kayla Janes
Office Volunteers: Terri Sagely & Judy Ray

Will you support Hope Center this year?

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

2025 Financial Review

MONTH	DONATIONS	EXPENSES
January	\$2,264.00	\$5,685.86
February	\$2,075.00	\$2,935.94
March	\$2,819.25	\$5,500.07
TOTALS	\$7,158.25	\$14,121.87

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
Jeanie Casteel	
Linda Walker	
Evelyn Land.....	M/M Dick Edwards
Evelyn Land	
Jeanie Casteel.....	M/M John Winstead
Jack Kitchens	
Elsie Kugler.....	M/M Tim Breedlove
The M.D. Becker Family...	Ruth Nichols
Dennis & Doris Caldwell...	Pamela Newman
Kitty Ramirez*.....	Dorris Craddock

*Biblical counselor at His Truth Transforms

In Honor of	Hope Staff.....
	Patty Medill

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the Measure you use, it will be measured to you.” Luke 6:38 NIV

A Cry for Help!

On April 8, it was reported in the news that the Oklahoma Mental Health Department is millions of dollars in debt and will be cutting programs across the state. This will only add to the mental health crisis. You will remember that the American Association of Christian Counselors has called for volunteers in the local church to step up and fill the gap to be people helpers. The apostle Paul challenged us to *“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” Gal. 6:2*

The staff of Hope Center would like to invite you to participate in two wonderful opportunities to help you be better prepared to stand in the gap and HELP! The first one is **“Around the Coffee Cup”** a five-week class beginning April 30, 6-7:30pm, at Ridge Christian. The second is the **Called to Care** Conference that our staff will attend virtually with you at Ridge Christian.

Make it a matter of prayer as you consider your involvement. Sign up TODAY by calling Hope Center, 918-294-8470 to register for either of these opportunities.



Hope Center invites you to join our staff and participate in a virtual conference right here at Ridge Christian!

Hope for the Heart sponsors this one-day event to educate and enlist Christ’s followers and church ministries to become more involved with helping people struggling with life. For the past two years, the Hope Center staff have attended this event in Plano, Texas. **This year we plan to host the event virtually on June 21, from 9:00am to 5:00 pm, at our location, Ridge Christian.** Lunch is provided. In addition, all who register will receive a 30-day devotional book. Registration for this live stream will be \$27.

WE NEED YOUR HELP. In November at Ridge Christian, Greg Pittman preached on offering HOPE for those struggling. He challenged us to get involved and take the next step. We all know someone who is struggling with anxiety, depression and stress. These challenges are at an all-time high and people are searching for real hope. As Christians we are called to care and we know our HOPE is in Christ. Where do we start?

This one-day conference is an opportunity to learn how you can do that. To host this event **locally we must have at least 25 people** who will attend. Please prayerfully consider this opportunity. Let us know if

you will mark your calendar and set aside a day to learn how we can help people right here in the Broken Arrow – Tulsa community.

We need to hear from you in the next 2 weeks.

Once we know we have 25 people registration details will be sent to you. For more information call Lois at The Hope Center: 918-294-8470.

Join us for the Called to Care equipping event. Mental Health and the Church offering insights from leading experts and more hands-on practical tools all rooted in God's Word.

Whether you're a ministry leader, counselor, coach, or simply someone who feels called to care, this event will equip you



with practical tips and guidance to bring hope and healing to those under your care. We have an inspiring lineup of speakers who will encourage you and help you apply God's Word to the real-life mental issues facing us today. You'll also be supported in your calling by a community of like-minded believers who are passionate about helping others.



"Around the Coffee Cup"

**April 30 - May 28
6:00-7:30pm**

Many of you have asked "When are you going to lead the Coffee Cup Counseling again?" **NOW** is the answer. This will be an abbreviated study lasting only FIVE weeks, hence the new name. You will learn:

- Biblical basis of caring relationships
- Care in times of crisis and discipleship
- Listening skills, communication, confidentiality
- Relying on Scripture & prayer
- When to get help

If you want to learn how to help hurting people this class is for you. Sign up cards can be found at the entrances to the Worship Center and at the Welcome Center at Ridge Christian OR call 918-294-9470 to register.

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.



Around the Coffee Cup will prepare you to observe, listen, and to be the friend who comes alongside those who are hurting. Applying principles you learn will allow you to impact others for God's kingdom. **YOU CAN MAKE A DIFFERENCE!**



Walking on Water

Do you think that Peter ever imagined that he could walk on water? Did he even imagine that he would witness Christ doing just that? What if it had been YOU when you saw Christ walking on the water?

You said, "Lord, if it's you, tell me to come to you on the water." And Jesus said, "Come." Would you have taken that first step – a BIG step of faith?

That's what we are asking you to do. Take that first step to be God's person to help God's people who are struggling. Sometimes, it just means listening. Other times, you may need to say, "Let's have coffee this week." THEN, schedule a day and time to do that. OR maybe share a favorite Bible verse that has helped you in the trying times of your life. Maybe it will be connecting that person with someone who helped you in your life. Whatever it is, you will need to be willing to take that FIRST STEP of FAITH.

When I was growing up, my mom had a saying she quoted whenever I said, "I can't do that!" She would say, "CAN'T NEVER DID A THING!"

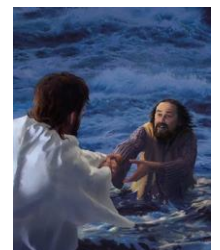
Instead, of saying "I can't do that" turn that around and say, "With God's help, I am willing to be HIS servant and be better prepared to help HIS people who are struggling with life."

Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul? Matthew 16:24-26

You may be thinking "I don't have what it takes." God gives each of us two ears to listen, one mouth to speak HIS wisdom, one heart to empathize with another who is hurting and a mind to be transformed (by learning from HIS WORD).

Even Peter as he was walking out to Jesus on top of the water, began to doubt and sink. He cried out, "Lord, save me."

Jesus immediately responded by taking Peter's hand and lifting him up. Jesus said, "O you of little faith, why did you doubt?"



Peter had other episodes that were not his finest hour. Denying Christ 3 times for example. BUT Christ told Peter, "But I have prayed for you that your faith may not fail. And when you have turned again, strengthen your brothers."

That is the same command Christ gives to us. "Strengthen your brothers (and sisters)."

Will YOU step out in faith?