



918-294-8470

Hope Center of Tulsa

A Biblical Counseling Ministry
Founded August 1989



*“Do not be afraid; for behold, I bring you **good news of great joy** which will be for all the people; for today in the city of David there has been born for you a Savior, who is Christ the Lord.” Luke 2*

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
April	\$2,840.00	\$4,927.99
May	\$2,320.00	\$1,806.34
June	\$2,779.99	\$5,455.18
July	\$2,240.00	\$5,738.72
August	\$1,869.00	\$4,447.06
September	\$2,820.00	\$4,560.23
October	\$2,350.00	\$4,254.42
November	\$2,390.00	\$2,925.12
TOTALS	\$26,767.24	\$48,236.93

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
Vicki Bible	Stephanie Schuessler
Don & Velva Jo Johnson	M/M David Sholl
Ray & Patty Volentine	M/M Tom Tucker
David B. Adams	Emily Massey

“Do not be afraid” is a phrase in Scripture that is often followed by words of good news – even great **JOY**.

Matthew 1:20 *“...an angel of the Lord appeared to him in a dream saying, ‘Joseph, son of David, **do not be afraid** to take Mary as your wife; for the **Child** who has been conceived in her **is of the Holy Spirit.**”*

Luke 1:13-14 *“But the angel said to him, ‘**Do not be afraid**, Zechariah, for your prayer has been heard, and your wife Elizabeth will bear you a son, and you shall name him John. You will have **joy and gladness**, and many will rejoice over his birth...he will be filled with the Holy Spirit while still in his mother’s womb.”*

Luke 1:30 *“And the angel said to her, ‘**Do not be afraid**, Mary, for you have found favor with God. And behold, you will conceive in your womb and give birth to a son, and you shall name Him Jesus...He will be great and be called the **Son of the most High..., the Son of God.**”*

Luke 1:37 *“...for **nothing will be impossible with God.**”*

Luke 2:10 *“And so the angel said to them, ‘**Do not be afraid**; for behold, I bring you **good news of great joy** which will be for all the people; for today in the city of David there has been born for you a Savior, who is Christ the Lord.”*

All through Scripture God’s people are told **“Do not be afraid”** . . .

- *The battle is mine*
- *For the Lord your God is the One who goes with you to fight for you*
- *I am your shield*
- *For I am with you*
- *Stand firm and see the deliverance of the Lord*
- *For I have delivered him into your hands*
- *For the Lord your God himself will fight for you*
- *Of those who kill the body but cannot kill the soul.*
- *For I know you are looking for Jesus, who was crucified. He is not here; He has risen, just as He said...so the women hurried away from the tomb, afraid yet filled with **joy**, and ran to tell his disciples.*
- *Keep on speaking, do not be silent.*

*“Fixing our eyes on Jesus...For the **JOY** set before Him He endured the Cross, scorning its shame, and sat down at the right hand of the throne of God.”*





In the midst of the unexpected, even the unimaginable, there is **JOY**. **Joy** is a heart attitude. **Joy** is an ever-present characteristic of the born-again believer in Christ their Savior. **Joy** is second, right after "Love," in the list of the fruit of the Spirit. Do you have it?

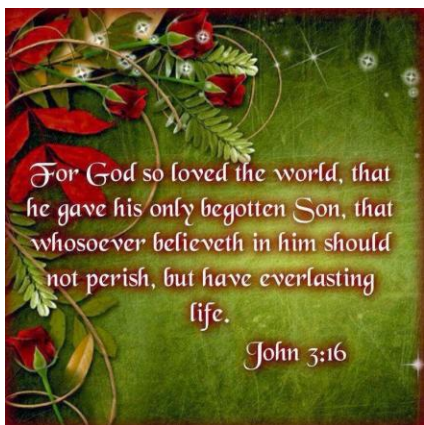
Joy amid every trial for He has told us "Do not be afraid" for with God nothing is impossible.

So, as we walk through December with all the activities, family gatherings, church programs, shopping, food and sometimes chaos, let us NOT lose our **JOY**. Let us remember, that for the **JOY** set before Him, our Savior, JESUS, endured the cross. That **JOY** is you and I, dear Christian. The ones HE calls His own.

When you are trapped in traffic, remember to sing the words of that old hymn: "**Joy** unspeakable and full of glory..."

When you are overcome with the grief because of those who are absent from our presence but enjoying the presence of our Lord, remember, their last breath here on earth was followed by their first breath at the feet of their Savior. Their **JOY** is unimaginable. Sing that chorus again!

When you just received the order to have a biopsy, remember God says, "Do not be afraid," for I am with you and will never leave you. "Consider it pure **JOY**, my brothers and sisters, whenever you face trials of many kinds..."



Now to Him who is able to keep you from stumbling and to present you before His glorious presence without fault and with great **JOY**— to

the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen. Jude 1:24-25

Holidays can be especially difficult for those who are grieving.



The following suggestions are from our grief counselor, Emily Massey. Although they are particularly for those who are grieving, I do believe we could all benefit from them:

- Lower expectations for yourself and others.
- Take care of yourself physically, emotionally and spiritually.
- Remember the acronym DEER—drink, eat, exercise, rest (Hydration, balanced diet regular exercise, adequate rest).
- Listen to what your body and mind are telling you. Stop and rest when you're weary.
- Emotionally---Stay connected to God, attend church, and continue daily devotions and prayer.
- Embrace the moments of sadness that may arise. Lay them at the foot of the cross and remember that the **JOY** of the Lord is our strength.
- Realize that you don't have to accept every invitation. Participate in the activities that will fit into your schedule. You can respectfully decline invitations when necessary.
- You don't have to be the Super Mom, Dad, Grandmother or Grandfather. Allow others to help with cooking, preparation, etc.



Hope Center is celebrating 37 years of service to the Tulsa community.

It has been and still is the policy of Hope Center to offer Biblical counseling to everyone who desires it regardless of ability to pay and regardless of their church background or membership. There is no charge for counseling.

There's nothing like the written Word of God for showing you the way to salvation through faith in Christ Jesus. Every part of Scripture is God-breathed and useful.

- *Showing us truth,*
- *Exposing our rebellion,*
- *Correcting our mistakes,*
- *Training us to live God's way.*

Through the Word we are put together and shaped up for the tasks God has for us.

|| Timothy 3:16-17 The Message

Hope Center would like to say
"Thank You"
for your generous support,
encouragement & prayers.
As you have given, may God
richly bless you in your
continued service to Him.



Even Counselors Need a Break

Hope Center will be taking a break to allow our Counselors and Staff to relax and rejuvenate. We will close on Wednesday, December 17, and return on Monday, January 5, 2026.