

FOCUS



Seeking Hope, Love, and Justice—Together in Community

The monthly newsletter from Hope Unitarian Church

VOL. 26, NO. 1 | JANUARY 2020



THIS MONTH AT HOPE

Martin Luther King Jr. Day Parade

In the past, Hope has had a contingent marching in the MLK Parade, carrying the Hope banner. This year, the Programs Council has decided that as a group, we will volunteer instead of marching.

There are many volunteer opportunities, including assisting with registration and check-in, helping out with food and supplies, running errands, and more! You can sign up at this link: <https://www.signupgenius.com/go/5080b48ada92ea7f94-2020>. You'll notice some familiar names already signed up.

After you've completed your volunteer work, join **James Donovan** and **Robert Billings** to watch the rest of the parade from Fat Guy's Burger Bar on Greenwood at 12:10.

Stone Soup Sunday, Jan. 12

Join us after the service on January 12 for lunch with delicious homemade soups and desserts. If you would like to bring something to share and/or to help, please contact **Carrie Muzika**. Her information is in the church directory.

Unhanging of the Greens

Saturday, Jan. 4

10:00 a.m.



SUNDAY MORNINGS

ADULT FORUM: 10:00

SERVICE: 11:00

Childcare & Religious Education available from 9:45 until after the service

Breakfast on the Hill

9:00 a.m. the first Sunday of **most** months

Walking Meditation

9:00 a.m. the last Sunday of every month

Newcomer Orientation

After the service the first Sunday of every month in the Minister's Study

Invitation to Membership

After the service the third Sunday of every month

IN THIS ISSUE

Interim Minister's Mailbox [p. 2](#)

Music News [p. 3](#)

Board News [p. 3](#)

Birthdays [p. 5](#)

Outreach [p. 4](#)

Calendar *last page*

Events [p. 6](#)

Sundays [p. 7](#)



SLOW DOWN TO CATCH UP IN 2020

By Rev. Greg Stewart

Digging deeper into spiritual soil is a counter-cultural act. Oh, sure, I have read the statistics about the number of Americans who are in church on any given Sunday. But so many seem to have their feet firmly planted on thin air rather than holy ground. Spiritual growth and learning is hard work, increasingly difficult in a culture where rapid response is considered a virtue. There is no drive-through lane in most matters religious.

I have learned that slowing down in a speeded-up world is one key to knowing the holy in everyday life. When I lessen the pace I discover a lesson of life: the process of spiritual exploration is more important than the destinations, or answers, at which I arrive. Give me a quick and easy-to-read creed, and I'll instantly join the ranks of the Chosen. But ask me to determine a truly personal credo and I'll spend the rest of my life—and perhaps then some—putting pen to paper.

I could really save time by taking a test rather than developing a testimony. In the end, however, I am not looking for the answer or even for my answers. Instead I am pondering the questions, tossing them from hand to hand, dropping them to see if they break, nurturing them so they grow on me, and sitting with them without speaking. This way of being goes against everything I ever learned in kindergarten and beyond—it is counter-cultural to the core. So is the peace that accompanies me on this journey. Won't you slow down and join me?

The joy continues,

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Church Administration/ Office

hopeuu@hopeuu.org

918-481-0999

Building/Office Hours:

Monday through Friday, 9
a.m. to 3 p.m.

www.hopeuu.org

NEWCOMER ORIENTATION

Our Newcomer Orientation is on the first Sunday of each month. Visitors who are new to Hope will be invited to join him in the Minister's Study right after the service to watch a short film about Unitarian Universalism and ask questions. On the third Sunday, we'll offer an Invitation to Membership to those who wish to join the church.

LET'S MEET UP!

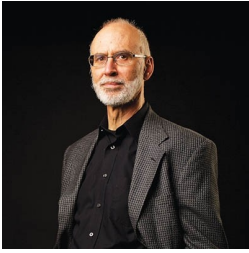
I'd like to get to know you better. Consider making an individual appointment with me. Invite me to your committee meeting. Meet offsite for breakfast, for lunch, or for a walk in the park. Stop by the church during my office hours:

Tuesday through Thursday
10:00 a.m.–12:00 p.m.

or

1:00 p.m. to 3:00 p.m.

I'm eager to see you!



MUSIC NEWS

By Dr. Joseph Rivers, Music Director

On November 24, a few days before Thanksgiving, my mother passed from this life. The holiday was spent with family without her being with us physically. Nevertheless, as family and friends gathered to celebrate her life, my mother's joyful presence was somehow still powerfully felt during this time of loss. A few months before she died, she had thought my father was dying. She wheeled her chair into his room and started singing hymns to him. My father, who is 95 and virtually deaf, was nonetheless startled and just a little irritated by this premature show of farewell. However, my mother saw singing and music as a way to comfort others, as well as herself. I am reminded how I once read of Robert Falcon Scott and his fellow explorers, the first Englishmen to reach the South Pole. They were trapped unrelentingly by a fierce, howling blizzard. Knowing that they were going to die, instead of taking a dose of opium to escape from their misery, they instead chose to disregard the drug and go out "singing ringing songs of cheer." Music can accompany us on the transitions in this life and offer us comfort and companionship. As we pass into the New Year, may the songs of cheer and music of life be ever our staunch companions.

BOARD NEWS

By Rick Eagleton, VP Finance & Planning

December was a slow month for the Board of Trustees; while we still did the normal things—prepare and review financials, work on shoring up the roof, do what was necessary to keep the lights on, etc.—by tradition, like everyone else, we were somewhat occupied digesting from Thanksgiving and building up stamina for Christmas. We took it so slow, in fact, that we held our Board meeting offsite, which is obvious code for "we pretty much just had eggnog, while thanking **Lee Ann Cole**, your President-Elect, for that concoction she whipped up." If you need incentive to serve on the Board, Lee Ann's concoction should be enough. It's probably a good thing we didn't do too much heavy lifting. We left that up to you, the Congregation, and to our Church treasure, **Dr. Joseph Rivers**, for the wonderful Sing Noel service. Wow!!! To try to thank everyone who did this for us would be to forget too many.

Even so, by the time you read this, we will all be well into recovery mode from the extended holidays ... time we spent with family, with friends, or just in peaceful, restorative calm. The turn of a new year is a time of reflection, as much as recovery. A time to take stock in and be grateful for those healthy relationships in our lives, which give us meaning and support.

We recite on our website: *We walk diverse paths to find meaning and purpose, united by our belief in the worth and dignity of all. We accept the obligation to express our faith through acts of justice and compassion. Join us as we create a lively community seeking truth in love while being true to our name: Hope!* In this spirit, your Board of Trustees invites you to pull up the Church calendar on the website and see all that is available to you in the next few months. <http://hopeuu.org/blog/calendar/> We are, indeed, a loving community.

As VP Finance, I want to remind you we will soon embark on our Church's very important pledge drive, starting in March, and the Finance Committee's budget recommendation process, which will take several months throughout the spring. As to the budget, the Finance Committee is now seeking input from Trustees, chairpersons and committees, Reverend Greg, and importantly, you, the Congregation. I invite any of you to catch me and give me your thoughts. This is a Church for all of us. The Trustees are charged with being as thoughtful as we know how in being good stewards of the Church, and to do that, we need to know what you think.

Lastly, but not exactly an official Trustee announcement I suppose, the Chili Cookoff is scheduled for 6:00p.m., February 1, 2020. While I can't exactly remember who won last year's contest ("ran away with it," I think I heard), I can only imagine the bar has now been set unusually high. Start practicing, kids!



Meet Kate!

Kate Hopkins is our new Membership Coordinator. She's a recent transplant from Austin, and we are so happy she's here!

She'll be implementing some exciting new programs to help us welcome visitors and grow our membership.

If you've walked in the front door over the last several weeks, you've probably met her already. But if you haven't, be sure to find her and say hi!

JANUARY'S GENEROSITY RECIPIENT

 January's
Generosity
recipient is [A New Leaf](#).

A New Leaf is a nonprofit organization on a mission to provide individuals with developmental disabilities (including those with Autism Spectrum Disorder) with vocational and residential services to increase their independence and individual choices.

A New Leaf was established in 1979 to provide horticultural-related job training to adults with developmental disabilities. It began with one greenhouse and one staff member and served two individuals. Today, A New Leaf has grown to serve 325 individuals with six greenhouses, three retail centers, community job sites, classrooms and individual residences.

Are you receiving our email communications?

If you aren't receiving *Highlights*, *Focus*, or churchwide announcements by email, you might be missing out!

You can sign up for any of these on our website here:

<http://hopeuu.org/blog/newsletter/>

You can also call the church at **918.481.0999** or email us at hopeuu@hopeuu.org to be added to any of our email lists.

OUTREACH NEWS

By Mary Newman



L-R: Elaine Goodman, Judy Sims, Michael Simpson, Kiri Simpson, Eden Simpson, Gail Hawk, Annie Simpson, Paula Haight, Meredith Miller

DAY CENTER COOKIES

Thank you for all the delicious cookies! We were able to make over 147 bags full of a variety of home baked cookies. They were very much enjoyed. The clients at the Day Center were also appreciative of the lovely paper bags decorated by our own children and youth.



L-R: Mary Gardner, Mary Newman, Joe Newman, Lynn Walters

STAR TREE

Thank you for helping us support Lindsey House, a nonprofit agency that provides long term shelter and supportive services to single women caring for children, as they transition from homelessness. The gifts were delivered on Monday, December 23rd. The generosity and willingness of Hope Church in supporting the Star Tree is always amazing.

Thank you to everyone who helped with shopping, wrapping and sorting the gifts. A special thanks to **Lynn Walters** for coordinating and communicating with Lindsey House.

FEED THE HOMELESS

In December our Feed the Homeless crew served 147 plates (and bags of homemade cookies) at the Tulsa Day Center for the Homeless. There were 127 clients there that day.

Joe & Mary Newman did the shopping on Friday, and **Maggie Scott** did Friday prep cooking. Cooking with Maggie on Saturday were **Brandy Morgan**, **Eddie Humphreys**, **Lavon Boeck**, **Elaine Dodson**, and **Coe McGinley**.

Many people helped bag cookies, including **Anita Ward**; **Annie & Michael Simpson**, along with **Kiri** and **Eden**; **Judy Sims**; **Meredith Miller**; **Paula Haight**; **Anita Wood**; **Gail Hawk**; **Eve Bjornsgaard**; and **Elke Goodman**. Servers included **Anita Ward**; **Jean Scheulen**; **Joan Coffey**; **Guy & Judy Sims**; **Robert Billings**; and **James Donovan**.

Thanks to all of you for your hard work and dedication!

Our Feed the Homeless program is on the third Saturday of every month. Cooks meet at Hope at 2:30 to prepare the meal; servers meet at the Tulsa Day Center for the Homeless at 5:00 to serve. You can sign up in the green notebook at the church.






MINISTERIAL SEARCH UPDATE

By Annie Simpson

Earlier this fall, I was asked by the Hope Board of Trustees to be the point of contact to the UUA for the search process until a search committee is formed. A few months ago, I submitted paperwork to the UUA signaling that we had an interim minister and would be starting the search process to find a minister to begin in 2021. I have also been in conversation with our Southern region contact, Christine Purcell.

This summer, the Ministerial Transitions office of the UUA updated the Settlement Handbook. This freely available publication is a guide which includes calendars and outlines best practices for the search process. Right now and until early spring, there is nothing we, as a congregation, need to be doing.

However, you, as a Hope member, can be thinking about the following:

-  What qualities should a member of the search committee have?
-  Who do you trust to be on the search committee? Who can represent the entire congregation, including the needs of children?
-  Who in the congregation works well with others? Who understands (or can learn) the history and culture of Hope and can proactively use this history on behalf of the congregation?
-  Who is active (or has been active) in the life of the congregation and who exercises responsible leadership and/or participation?
-  Who would be able to carry out all the duties of the committee such as travel and regular meetings? And has the required technology skills around email, texting, Zoom calls and other digital media?

An ideal committee will be inclusive and should include long-time and newer members, and a mix of ages/gender identities/people of color/LGBTQI persons.



BREAKFAST ON THE HILL

Sunday, Jan. 5
9:00 a.m.

This month's Breakfast on The Hill is sponsored by the CYRE Committee, and it will include PANCAKES!

Children and families are always welcome at our monthly breakfast!

COMING UP

Women of Hope, Jan. 2

Unhanging of the Greens, Jan. 4

Movie Night, Jan. 14

Lunch Bunch, Jan. 15

MLK Parade, Jan. 20

Chili Cook-Off, Feb. 1

January Birthdays

Bettina Larsen	2
Keith Hamilton	3
Pat McGinley	8
Lenny Hope	11
Larry Vandiver	12
Elke Goodman	14
Russell Muzika	20
Jay D. Stewart	25
James Donovan	26
Rebecca Jones	26
Barbara Witt	26

CARE TEAM CORNER

10 WAYS TO DEAL WITH THE HOLIDAY BLUES

1. Feel your feelings. The only way out is through.
2. Open up to others. You don't have to face this alone.
3. Meditate to quiet the thoughts that torment you.
4. Start a new holiday tradition instead of focusing on what once was.
5. Try light therapy to counter grey weather.
6. Make a gift. Creativity can be therapeutic.
7. Get moving. Exercise boosts endorphins.
8. Get outside, even if it's cold. Nature heals.
9. Treat yourself. A little self-care can go a long way.
10. Give to someone in need and get a helper's high.

Lori Deschene

JANUARY EVENTS

Brown Bag Lunch meets every Thursday at 11:30
Join us for conversation and fellowship!

Wednesday, Jan. 1

New Year's Day Hike

Join some of your Hope friends and others at the Annual New Year's Day Hike at the Turkey Mountain Urban Wilderness Area at 6850 S. Elwood Ave. We will meet at the Rocky Mountain bighorn sheep statue near the parking lot at 10 a.m. on January 1. The hike should take about an hour and a half. You can choose to take a difficult, intermediate, or easy hike. For more information, contact **James Donovan** at boardpresident@hopeuu.org.

Thursday, Dec. 2

Women of Hope, 6 p.m. (Social Time); 6:30 p.m. (Dinner) 7:00 p.m. (Program)

We have a unique program for our first gathering of 2020. Our very own Christy Levine is going to show us how to hand-crochet mats for the homeless made from plastic grocery bags. What a great way to recycle! It's going to take a lot of bags. Suggestions for collecting them: Ask friends, neighbors, and family to save the bags for you. Ask your grocer to double-bag items. We'll request donations from members as well. There's a large box near the Sanctuary to place your donations.

We'll gather at 6:00 for social time, dine with your potluck offering at 6:30, and begin the program at 7:00. A couple of dollars will cover the cost of wine, if you'd like.

We continue to bring feminine hygiene products for the ladies at the Tulsa Day Center.

Looking forward to seeing you all,

Deborah Whittaker, Anita Ward, and Ada Galli

Saturday, Jan. 4

Unhanging of the Greens, 10 a.m.

Sunday, Jan. 5

Breakfast on the Hill, 9 a.m.

Sunday, Jan. 12

Stone Soup Sunday, 12 p.m.

Tuesday, Jan. 14

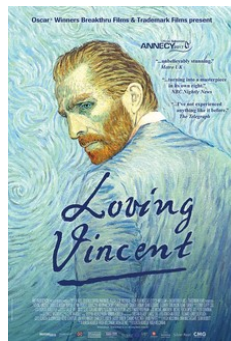
Threads of Hope, 11:30 a.m. in the Log Cabin

Happy New Year!

All members and friends who enjoy working with threads and yarn, please join us. We'll have some cider and Ozark

pumpkin bread to celebrate the new year. Bring a sack lunch, if you'd like.

We meet the 2nd and 4th Tuesdays of each month and would love to have you join us. Contact **Deborah Whittaker** with questions.



Movie Night, 7 p.m.

Our January movie is *Loving Vincent*. *Loving Vincent* is a 2017 experimental animated biographical drama film about the life of the painter Vincent van Gogh, and, in particular, about the circumstances of his death. Each of the film's 65,000 frames is an oil painting on canvas, using the same technique as Van Gogh, created by a team of over 100 painters.

Join us for the movie, and as always, we will have free soft drinks and popcorn, plus plenty of conversation about a different kind of movie production.

Wednesday, Jan. 15

Lunch Bunch, 11:30 a.m.

Since we are entering a new year, we will try a new restaurant in our area. This month we will meet at BJ's Restaurant and Brewhouse, located at 9009 E. 71st St., Tulsa. Come join us for casual and friendly conversation and good food. Contact **Lynn Walters** if you plan to attend.

Saturday, Jan. 18

Feed the Homeless, 2:30 p.m. (cooking) 5:00 p.m. (serving)

Monday, Jan. 20

Dr. Martin Luther King, Jr. Day

CHURCH OFFICE CLOSED

This year, instead of marching in the parade, we will volunteer as parade staff. For more information, see [p. 1](#).

Wednesday, Jan. 22

Focus Deadline

Tuesday, Jan. 28

Threads of Hope, 11:30 a.m. in the Log Cabin

Board of Trustees Meeting, 7:00 p.m.

SUNDAYS THIS MONTH AT HOPE

SUNDAY, JAN. 5

9:00 Breakfast on the Hill

10:00 Adult Forum: Generosity Recipient—A New Leaf

11:00 Sermon: Animal Rights and Wrongs (*Rev. Greg Stewart*)

What can animals teach us about being human? Judaism has much to say about our animal companions as well as those living in the wild. If you've ever had pets of any kind, this sermon will bring about some change in the way you experience them. If you are hurting, you'll be surprised at what animals have to offer in the midst of life's pains.

12:15 Newcomer Orientation

SUNDAY, JAN. 12

Cereal Sunday

10:00 Adult Forum: A Green New Deal

11:00 Sermon: Justice or Just Us? (*Rev. Greg Stewart*)

Much of what we call "social justice" is simply a colossal waste of time. Religious congregations often try to be all things to all people, giving a little here, helping a little bit there, with no lasting impact on the systems that cause and perpetuate societal inequalities. With the presidential inauguration on the horizon, we had better pursue justice that makes a difference rather than justice that is ultimately about "just us."

SUNDAY, JAN. 19

10:00 Intergenerational Program: Circle of Trees

11:00 Sermon: King of Kings (*Rev. Greg Stewart*)

Why does Mike King have his own holiday? We

know him better as Dr. Martin Luther King, Jr., who, prior to his rise to as one of the greatest civil rights leaders of all times, was a pastor. What did his congregants think of him? The role of pastor may be one of the most overlooked sides of Martin Luther King Jr., but it was one of the most important aspects of who he was. Today we'll consider the Preacher King.

12:15 Invitation to Membership

SUNDAY, JAN. 26

9:00 Walking Meditation

10:00 Adult Forum: Super Bowl Forum

11:00 Sermon: TBA



A note about weather

As winter proceeds, snow and ice may prevent traveling to church.

In the event of inclement weather, we will send an all-church email if church services or events are cancelled. Be sure we have your correct email address! You can also check the Hope website, Facebook page, or voicemail message (918.481.0999), as well as local TV stations, if you think there's a chance we might cancel services or events. We want everyone to be safe!

KEY PERSON SCHEDULE

Jan. 6–12: Jim Sleezer

Jan. 13–19: TBD

Jan. 20–26: David Lynn

Jan. 27–Feb. 2: TBD

Please call the church to find out who is on key duty for your event.

Policy for function organizers

- First determine if someone attending your function can open the building.
- Find out if the church will be open/closed for another event at the same time as yours.
- If no one is available and you need entry, contact a Key Person or the church a few days in advance of the event.

Are you following us on Facebook?

We post events and other church news there, as well as photos and even an occasional video! We'd love to connect with you.

<https://www.facebook.com/HopeUnitarianChurch/>



FOCUS SUBMISSIONS

Send all submissions to hopeuu@hopeuu.org with "Focus" in the subject line. For the February *Focus*, the deadline is **January 22**.

Submissions may be made in the body of an email, or in Word or a similar text format. No PDFs, please. Please remember to keep the content short enough to fit on half a page or less within a newsletter. All content is subject to revision and formatting.

This month's contributors were **Mary Baird, Anita Ward, Deborah Whittaker, Ada Galli, Christy Levine, Mary Newman, Lynn Walters, Joseph Rivers, Rev. Greg Stewart, Annie Simpson, and Rick Eagleton**. Thanks to all of our terrific *Focus* contributors! It wouldn't exist without you.

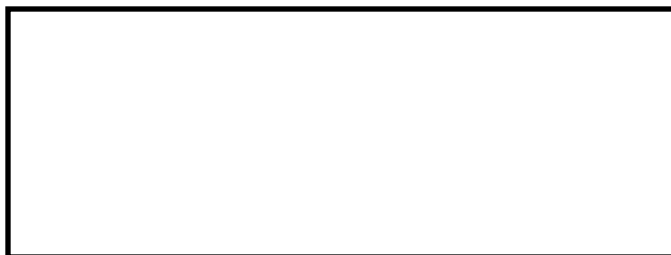


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Seeking Hope, Love, and Justice—Together in Community

FOCUS v. 26, no. 1, January 2019 by Hope Unitarian Church
8432 S. Sheridan Road, Tulsa OK 74133-4137

TO:



Hope Unitarian Church is an inclusive, affirming congregation.

2019–2020 BOARD MEMBERS AND TRUSTEES

James Donovan, President
Lee Ann Cole, President-Elect
Rick Eagleton, VP of Finance and Planning
Christy Levine, VP of Programs
Anita Wood, Treasurer
Joan Scheulen, Secretary
Cate Potter, Past President
Trustees: **Rick Paschal**, **Annie Simpson**,
Barbara Witt, **Brian Tolle**

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Molly Ives Brower, Church Administrator,
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Chris Powell, Pianist
Susan Michael, **Michelle Steyve**, **Nora Potter**,
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Rebecca Jones, Accountant (off-site),
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HOPE UNITARIAN CHURCH

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January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Happy New Year!	2 6:00 Women of Hope	3	4 10:00 Unhanging of the Greens
5 9:00 Breakfast on the Hill	6	7	8	9	10	11
12 CEREAL SUNDAY 12:15 Stone Soup	13	14 11:30 Threads of Hope 7:00 Movie Night	15 11:30 Lunch Bunch	16	17	18 2:30 Feed the Homeless
19	20 Martin Luther King, Jr. Day CHURCH CLOSED	21	22 Focus Deadline	23	24	25
26 9:00 Walking Meditation	27	28 11:30 Threads of Hope 7:00 Board Mtg	29	30	31	