

April 2023

FOCUS

The Monthly Newsletter of Hope Unitarian Church in Tulsa, Oklahoma



Hope's 2023-2024 pledge drive is well underway. If you haven't already renewed or created your pledge, you are cordially invited to do so! Printed pledge cards are available at the church, or you can [pledge online](#). Contact the church office at 918-481-0999, x4 if you have questions or need any help.

And speaking of invitations, Hope's congregation invites you to the Installation of Rev. Justin M. McCreary on Sunday, April 30th at 4:00 PM! A reception will follow. We hope that you will join us to formally recognize and celebrate Rev. Justin as Hope's Minister.

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April's Theme:
Resistance

Sunday Service via Zoom:
www.hopeuu.org/SundayService



Rev. Justin would love to meet with you to provide pastoral care or just to get to know you!

His usual office hours are Tuesdays through Thursdays, 10 AM through 3 PM. Please email him at revjustin@hopeuu.org to schedule an appointment to meet in person or via Zoom.

If your need is urgent, call him at 918-481-0999, x2.

Reflections from the Minister: Resistance Is More Than a Protest!

I grew up watching movies like “Gandhi” and “Malcolm X.” Every January I would hear about the work of Martin Luther King, Jr. in grade school. I grew up with images of marches, police dogs, and water hoses. When I watched these movies and heard these stories, I felt this overwhelming sense of meaning in their work, and I must admit, their work is one of many reasons I continued moving along this path of ministry. When I decided to walk my own religious path, I chose Unitarian Universalism because of their focus on justice. It was a faith where, not only would I be free to do this work, but I would have instruction and help directing my energy toward the beloved community.

As I learned more about justice work, specifically resistance work, I began to understand something new. The public show of resistance is important, but only part of the

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work that takes place. Most of the work that takes place on a day-to-day basis is much more personal. Ta-Nehisi Coats says in his book Between the World and Me in the letter to his son upon hearing that the killers of Michael Brown would go free, “that this is your country, that this is your world, that this is your body, and you must find some way to live within the all of it.”

The statement by Coats explains more than just the African-American experience in our culture but also the experience of the LGBTQI+ community, the disabled community, and any other community where the body becomes the locus of cultural battles. What I mean is, all these people have to come to grips with living in a culture that demonizes them because of who they are, not what they do.

As a cis-het-straight-white-man I can choose my battles, I can decide when to be public, when to step out, when to cause a ruckus, but my African-American, Trans, and Disabled kin cannot. Every day, simple acceptance of who they are is justice work, work that can cause trouble for them and even bring their lives to a premature end. I cannot imagine the weight that they carry just for being who they are, and the courage it takes to simply live.

This is why our churches must survive, this is why Hope Unitarian Church must thrive. We must be a place that is safe for these historically marginalized identities to simply be who they are, even if just for one day.



A Report from SWUWCon 2023

I was fortunate to attend the Southwest UU Women's Conference this year. It was hosted by First UU in Dallas. There were a variety of workshops and we could select three of them. The one I'll reflect on was "Your Justice Ministry: Faith on Fire."

We saw a film from 2018 that showed the difficulty women in India have obtaining menstrual products. Unfortunately, there are difficulties in our own country for teens and young women in low-income households. Many public schools have girls who miss days due to having their period with no hygiene products at home.

After seeing the film, we packed small nylon zipper bags with hygiene products to be given to schools in need. They were provided by W.I.S.E, Wholly Informed Sex Ed. It's a curriculum developed by Sherri Cook of First UU Dallas. The class they teach is

offered to any schools requesting it and the products are part of the class.

Tulsa recently has a nonprofit group called Period Pantry to assist schools in the area requesting products. Our Generosity Committee will be connecting with them for Hope to provide assistance.



**Hope's SWUWCon attendees
Diane Dudley, Deborah Whittaker,
Claudia Vandiver, and Vanessa and
Aria Self.**
Photo courtesy of Deborah Whittaker.

— *Deborah Whittaker*



Religious Education Corner

By Tennille Wilson, Hope's Director of Religious Education

Have you heard of the Five Pillars of Resilience? They are Self Awareness, Mindfulness, Self Care, Positive Relationships, and Purpose. At church we practice strengthening these pillars. Resilience is the ability to withstand and recover from adversity. Last month we learned about the theme of Vulnerability. To ask for help and utilize community resources, one has to first be vulnerable. How do you show vulnerability with children? It is important to communicate your feelings with children, so that they can observe how to process feelings and do so on their own.

We can demonstrate resilience to children every day by involving them in problem solving and teaching them how to recognize what is not in the realm of their control.

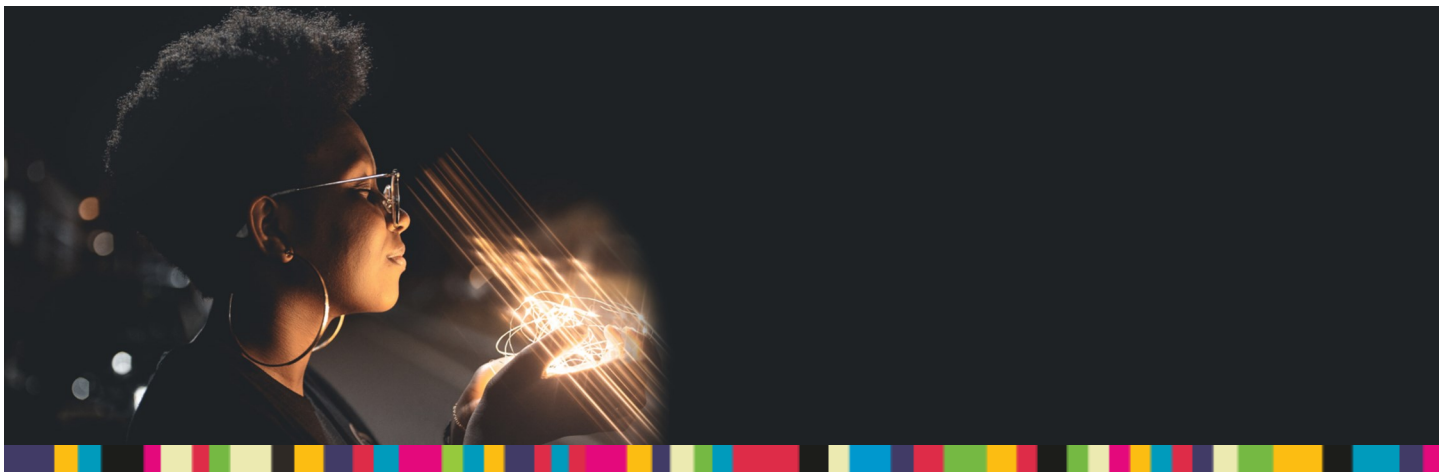
Some of the types of Resilience to consider are: Physical Resilience, Mental Resilience, Emotional Resilience, Social/Community Resilience. When the children bring up their concerns at church, such as the war in Ukraine, we focus on the positive things they can do to reset a negative mindset. We encourage the children to think about their own personal challenges in more hopeful ways. A small way that we show the children what they can do together as a community is to plant bulbs that bloom in Spring on the playground. Each child plants a few bulbs in the fall. We started this tradition a few years ago and our bulbs can be seen blooming now. It is a small visual reminder of the importance of community and working together.

Hope's annual Chili Cook Off resumed on February 24th!
Photos courtesy of Robert Billings.



Women of Hope celebrated
Marge Carrison's 90th birthday at
their gathering on March 2nd!
Photos courtesy of Christy Levine.





April Events

Board and Committee Meetings

All Hope members are welcome to attend the following meetings, which are held at the church unless otherwise indicated:

- Finance Committee: 7:00 PM, Tuesday, April 11th
- Board of Trustees: 7:00 PM, Tuesday, April 25th
- Hope Unitarian Church Foundation quarterly meeting: 7:00 PM, Thursday, April 27th

Church Events

All are welcome to attend the events listed below. (This is not a complete list of events taking place at the church this month; other events may be private or limited to members of specific church groups.) Dates and times listed below may change! Please check the church's online calendar at www.hopeuu.org/calendar for the most current schedule of events.

- Sundays: Children and Youth Religious Education: 9:45 AM, Adult Forum: 10:00 AM, Sunday Service: 11:00 AM
- Sunday, April 2nd, 5:00 PM: Hope Zoom Book Club; see [page 10](#) for details.
- Thursday, April 6th, 6:00 PM: Women of Hope. Social time starts at 6:00 PM and the potluck dinner is at 6:30. Bring \$2 if you'd like a glass of wine!
- Sunday, April 23rd, 4:00 PM: Burial Options for Tulsa-Area UUs: Hope's Care Team is sponsoring this special, free presentation about burial options for Tulsa-area UUs, including green burials, Jewish burial traditions, and communion (community) sections in cemeteries. Cecilia Wilkins, consultant with Rose Hill Cemetery, and Hope member James Donovan will be speaking. For more information, contact James Donovan at tulsauus@yahoo.com.
- Sunday, April 30th, 4:00 PM: Rev. Justin's Installation: see [page 9](#) for details.



The Congregation of
HOPE UNITARIAN
UNIVERSALIST CHURCH
IN TULSA OKLAHOMA
Invites you to the

Installation of Rev. Justin McCreary

Sunday April 30th
4:00 pm
8432 S Sheridan Road

Reception to Follow





April Birthdays

Our warmest wishes to all Hope members and friends who have birthdays this month!

Gary Fincher - April 1st
Edwina Humphreys - April 1st
Coe McGinley - April 2nd
Carmen Kinsey - April 3rd
Elizabeth Mosier - April 4th
Deborah Whittaker - April 6th
Lizzy Savage - April 13th
Daryl Mosier - April 16th
Helen Bordelon - April 24th
Ella Reiman - April 26th



Hope Zoom Book Club

Hope's book club meets monthly on Sunday afternoons via Zoom. Those who haven't read the books are welcome to join in the discussion! The following books are scheduled for upcoming months:

- **Sunday, April 2nd, 5:00-6:00 PM:** Mistakes and Miracles: Congregations on the Road to Multiculturalism (the 2022-2023 UUA Common Read) by Nancy Palmer Jones and Karen Lin
- **Sunday, May 7th, 5:00-6:00 PM:** Black Wall Street 100: An American City Grapples With Its Historical Racial Trauma by Hannibal B. Johnson

Check online booksellers (including [inSpirit, the UUA bookstore](#)) or your local library (such as the [Tulsa City-County Library](#)) for books.

The Zoom link is <https://zoom.us/j/97347494203?pwd=Sk1CeXRpdMZZSEhETHpOQnBIWVNOQT09>

Newsletter Submission Guidelines

Focus (Hope's monthly newsletter) is published on the last Friday of each month. If you would like to have an announcement about a church-related event included in Focus, the deadline for submissions is 3:00 PM on the next-to-last Friday of the month.

Highlights (Hope's weekly newsletter) is published every Thursday at 3:00 PM, and the deadline for Highlights submissions is Wednesdays at 3:00 PM. Due to space limitations, articles may need to be trimmed. Articles of one or two *short* paragraphs are best. Articles will typically be included in Highlights for two weeks so long as the information is still relevant.

Please email hopeuu@hopeuu.org with the details of your article, including whether you want it published in Focus, Highlights, or both. Be sure to include all the "who, what, when, and where" information that readers will need! It's also a good idea to include the name and phone number and/or email address of a contact person.



Cereal Days

Breakfast cereal (no Cheerios, please!) for the Tulsa Day Center for the Homeless can be dropped off at the church on Sunday morning, April 9th; between 10:00 AM and noon on Friday, April 14th; or from 2:00 to 4:00 PM on Saturday, April 15th.



Log Cabin Rentals

The following support groups currently rent the Log Cabin on a weekly or monthly basis:

- Sundays, 2:00-3:00 PM: [Gamblers Anonymous](#) (GA)
- Tuesdays, 6:30-7:30 PM: [SouthSide Recovery/](#) Narcotics Anonymous (SSR/NA)
- Wednesdays, 10:00 AM-noon: [Al-Anon](#)
- Wednesdays, 5:45-7:00 PM: [Codependents Anonymous](#) (CoDA)
- Usually the 3rd Saturday of each month, 4:00-6:00 PM: [Victims' Voices](#) (victim impact panel). Check their website or www.hopeuu.org/calendar for specific dates.

For more information about a group, please click their name on the list above to visit their website.

Generosity Recipients

April's Generosity recipient is:



Every child deserves equal opportunity and access to a quality education regardless of where they were born. [The Pencil Box's](#) mission is to empower students, equalize the classroom, and give hope for a brighter future by offering school supplies, educational tools, and incentive items necessary for successful learning.

Previous Generosity recipients:

- **March:** [Tulsa SPCA](#)
- **February:** [The Surayya Anne Foundation](#)
- **January:** [Oklahoma People First](#)

Surayya Anne Foundation's Iftar Dinner

The Surayya Anne Foundation (Hope's February Generosity recipient) will be holding their annual iftar (after-sundown breaking fast dinner) at the University of Tulsa, in the Great Hall of the Alan Chapman Student Union building. The program starts at 6:30 PM on Saturday, April 1st, and includes a guest speaker and updates about the Foundation.

The meal is included in this fundraising event. Tickets are \$50 per person, \$300 for a table of eight, or \$30 for students. Proceeds will be used to help a family in need. To purchase tickets, visit https://www.paypal.com/donate/?hosted_button_id=FLVTFUH5ELRWS



Hope's Minister

Rev. Justin M. McCreary

Rev. Justin's usual office hours are Tuesdays through Thursdays, 10 AM through 3 PM.

Please email him in advance at revjustin@hopeuu.org to schedule an appointment to meet in person or via Zoom. If your need is urgent, call him at 918-481-0999, x2.

Hope's Staff

- Tennille Wilson, Director of Religious Education
- Christy Stalcup, Music Director
- Kimberly Burdick, Church Administrator
- Eve Bjornsgaard, Worship Tech Coordinator
- Elizabeth Obal, Church Accountant

2022-2023 Board of Trustees

- Rebecca Jones, President
- James Donovan, President-Elect
- Richard Eagleton, Vice President, Finance & Planning
- Christy Levine, Vice President, Programs
- Gail Hawk, Secretary
- Cynthia Heifner, Treasurer
- Anita Ward and Jean Coffey, Trustees

Visit us:

8432 South Sheridan Road
Tulsa, OK 74133

Sundays

Children's Church and Youth: 9:45 AM

Adult Forum: 10:00 a.m.

Sunday Services: 11:00 a.m.

Weekdays

Hope's general office hours are 9:00 AM to 3:00 PM Tuesdays through Thursdays. The doors may be locked during staff breaks and private meetings; calling ahead to check staff availability is recommended. We respond to voicemail and email messages 9:00 AM-3:00 PM Tuesdays through Fridays.

Call us:

918-481-0999

Mail us:

P.O. Box 35284
Tulsa, OK 74153-0284

Email us:

hopeuu@hopeuu.org

Visit our website:

www.hopeuu.org

Visit our Facebook page:

facebook.com/HopeUnitarianChurch

