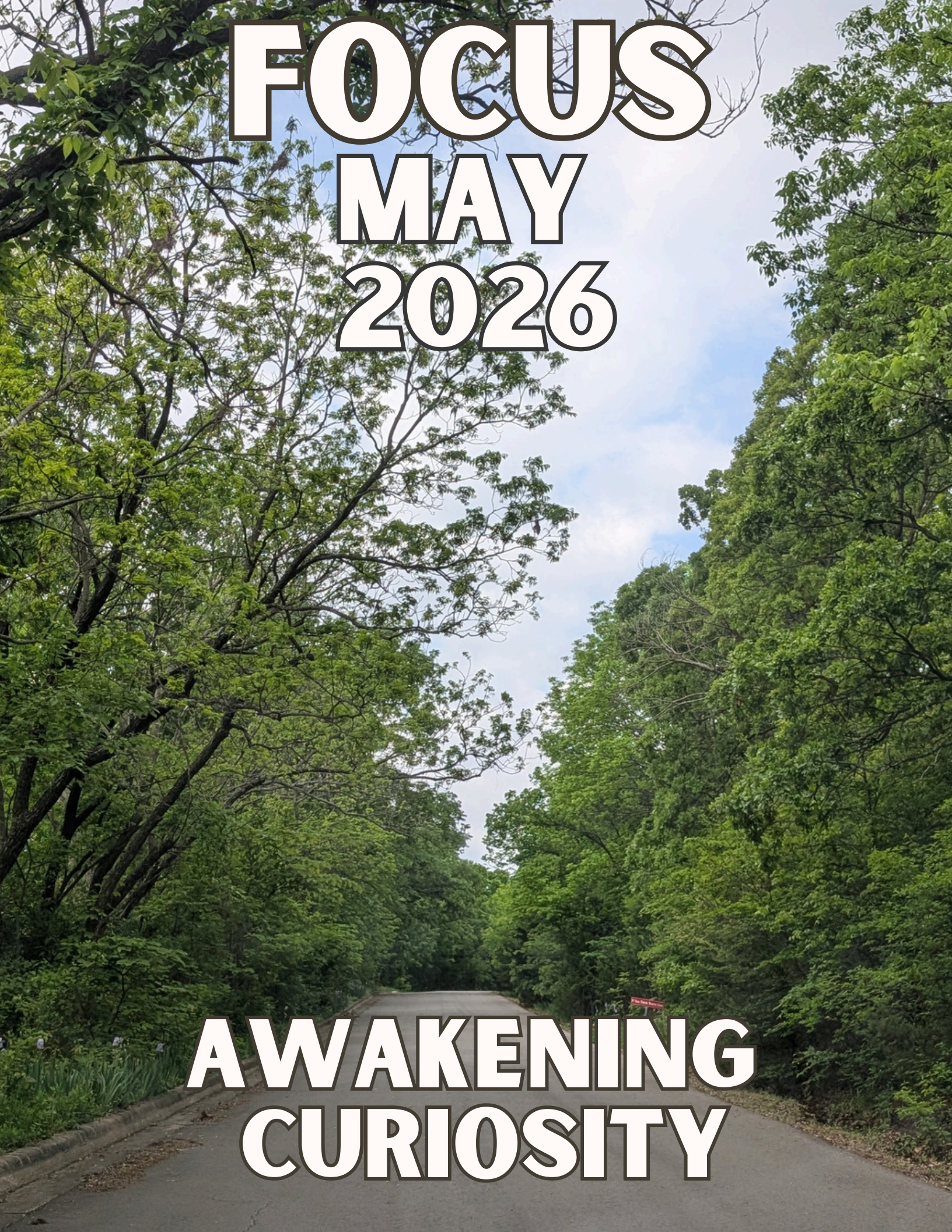


A photograph of a paved road stretching into the distance, flanked by dense, vibrant green trees. The sky above is a pale blue with soft, white clouds. The overall scene is bright and fresh, suggesting a spring or summer setting.

**FOCUS
MAY
2026**

**AWAKENING
CURIOSITY**

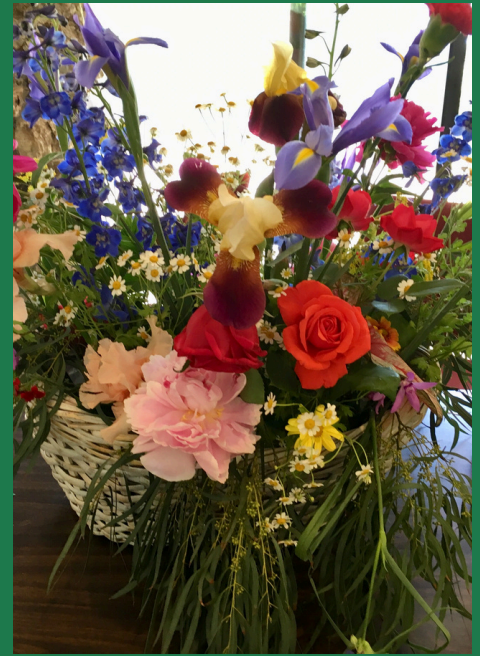


MAY AT HOPE

May is shaping up to be a full and lively month at Hope, with one of the highlights being our Annual Congregational Meeting on Sunday, May 17th at 12:15 PM. While there's some important business to take care of, it's also a great chance to hear what's been happening, look ahead to what's next, and be part of the conversation about where we're going as a community. It's one of those moments where showing up really does make a difference—and we promise to keep things moving and meaningful.

The week before, we'll gather for a favorite tradition, the Mother's Day Flower Communion on Sunday, May 10th at 11 AM. Don't forget to bring a flower to share! Together we'll create a beautiful, mixed bouquet that represents all of us, and at the end of the service, you'll take home a different flower than the one you brought. It's a simple but powerful reminder of connection, care, and the ways we show up for one another.

There's plenty more happening around these two big moments. Women of Hope meets Thursday, May 7th at 6 PM, and Feed the Homeless takes place Saturday, May 16th with prep at 2 PM and serving at 5 PM. Later in the month, you can join the Hope Lunch Bunch on Wednesday, May 20th at 11:30 AM, come out for Game Night on Thursday, May 21st at 6:30 PM, or relax and connect at Hope Happy Hour on Thursday, May 28th at 5:30 PM. However you choose to show up, there are lots of ways to stay connected and be part of the life of Hope this May.



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AWAKENING CURIOSITY BY REV JUSTIN M. MCCREARY

When I was a kid it seems like I had access to so much more curiosity. I was an explorer in a world unknown with discoveries around every corner. From new fishing locations found through dangerous exploration to so much science fiction that I had yet to read. There was a time I still hadn't read Isaac Asimov or Douglass Adams, or I had only read one book but not the second or third. There was a time I didn't know that the answer to the question of the meaning of life was 42(a joke from the Hitchhiker's Guide to the Galaxy), there was still so much ahead of me.

My father thought it was important that I had a computer when I was young and a full set of encyclopedias. I would sit for hours on that computer or on the floor in front of the encyclopedia. I absorbed it like a sponge looking ever toward newness and discovery. Until one day, I began to balance the newness of curiosity with the comfort of the known.

I also began to notice I had to search for new things they weren't just appearing, oh not because I knew everything or even a lot, but because of that desire for comfort that comes with age. At some point it became easier to build walls around myself and my curiosity became drowsy. Which makes me wonder, how much of today's social and political culture has been dictated by comfort seeking culture whose curiosity has fallen asleep?

I look at economic policy and wonder how much is defined by people seeking to protect their wealth, their comfort, at the expense of others. How much of our immigration policy is about protecting a certain comfortable caste from people looking to our country with curiosity. And I wonder, how much of our systems' political rhetoric is about making sure we never try anything new, especially when it comes to healthcare or housing.

Then I ask the hard question for you dear readers, how much of our spiritual lives, our religious lives, our church lives are centered on trying to become comfortable within our carved out spaces?

When I was young curiosity was much easier because I had fewer locked in ideas and less knowledge about how to do things, "the right way." The world was new to me because life was still new to me, and maybe the thing we forget about being young is that we were never comfortable. Everything was always changing, we were always changing, and we knew in those days that we were expected to adapt, because learning was our job and curiosity never slept.

Oh, I know that many of you are curious about life, many of you seek eagerly, on a daily basis to experience curiosity, but I wonder how much of our adult curiosity is simply the small daily shift that take place in an echo chamber, or maybe it's just me and I should spend more time in my adult coloring book.

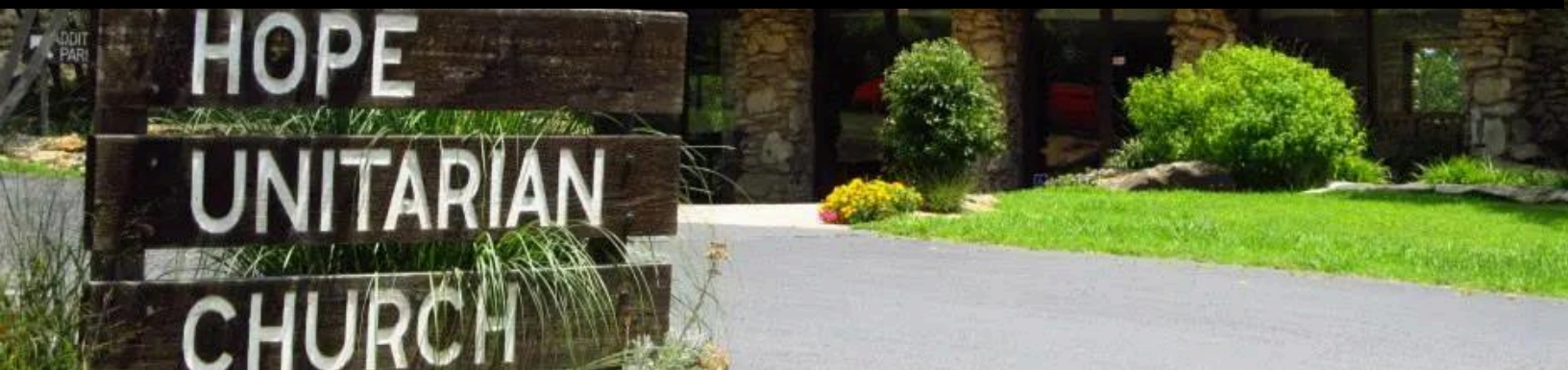
Either way, stay curious.



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.



Awakening Curiosity

by Nia Darrington-Stokes, Director of Religious Education

Curiosity is a sacred gift.

In the Unitarian Universalist tradition, faith does not begin with having all the answers. It begins with wonder. Curiosity invites us to ask questions, to notice what surprises us, and to remain open to new ways of understanding ourselves, one another, and the world.

In our religious education spaces, awakening curiosity means creating environments where children and youth feel safe to ask why, to explore big questions, and to express their ideas without fear of being “wrong.” It means honoring diverse ways of learning and knowing, especially for children whose curiosity has too often been misunderstood or discouraged.

One of the most important ways we nurture this is through our opening circle. Each week we gather and share High-Low-Buffalo this is a simple sharing practice. A “High” is something good that happened during the week. A “Low” is a challenge or difficult moment. A “Buffalo” is something unexpected, interesting, or simply different sometimes funny, sometimes surprising. Children may always choose to pass. The goal is not performance, but connection. Over time, this ritual helps children feel seen, heard, and safe with one another.

High-Low-Buffalo does more than help us get to know one another. It teaches listening and empathy. It allows children to practice speaking honestly while others practice holding space without interruption or judgment. Over time, this rhythm builds trust and trust is what makes curiosity possible.

Children ask deeper questions when they feel safe. Youth engage more fully when they know they belong. When a child learns that their story will be heard and respected, they become more willing to wonder, to risk sharing ideas, and to explore new perspectives. The circle becomes not just an activity, but a covenant in action a space where relationship comes before instruction and where learning grows out of connection.

Curiosity is also intergenerational. When adults model wonder by listening deeply, sharing stories, and admitting when we do not know we teach our children that learning is a lifelong spiritual practice. Our fourth UU principle, the free and responsible search for truth and meaning, comes alive when curiosity is nurtured across all ages.

In a world that often pushes certainty and quick answers, choosing curiosity is an act of hope and care. It invites us to lean toward one another with openness rather than fear, and to see difference as an opportunity for growth.

I want to challenge you to reflect on the following question:

Where might you make room for more curiosity this week by asking a question, listening more deeply, or allowing yourself to wonder alongside someone else.



MAY GENEROSITY RECIPIENT

This month, we're highlighting Emergency Infant Services as our Monthly Generosity recipient. Based right here in Tulsa, EIS focuses on meeting the basic needs of infants and young children whose families are facing difficult circumstances. Their guiding belief is simple but powerful: when a child is in need, help should be immediate, accessible, and offered with care.

EIS provides essential items like diapers, wipes, formula, clothing, and other everyday necessities for children age five and under. What really stands out is how they approach their work. Families are welcomed without judgment and can receive same-day assistance, regardless of income or residency status. Through a one-on-one conversation with each family, their team takes time to understand specific needs and, when possible, connect them with additional resources throughout the community.

The need for this kind of support in Tulsa is significant. Many young children in our city are growing up in households facing financial hardship, and organizations like EIS help bridge that gap in very tangible ways. Since opening their doors in 1977, they have continued to grow alongside the community, expanding their reach while staying grounded in their mission of compassionate, immediate care.

EIS is able to serve thousands of families each year. Their work is a reminder of how much impact can come from meeting basic needs with dignity and consistency, and how important it is to have organizations like this as part of the fabric of our Tulsa community.



[Donate](#)

[Volunteer](#)







MAY EVENTS

● Board and Committee Meetings

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

Tuesday, May 19th - 7 PM – Finance Committee Meeting

Tuesday, May 26th - 7 PM - Board of Trustees Meeting

● 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.

Women of Hope - Thursday, May 7th - 6 PM

Mother's Day Flower Communion: Sunday, May 10th - 11 AM

Feed the Homeless: Saturday, May 16th 2 PM Prep | 5 PM Serve

Annual Congregational Meeting: Sunday, May 17th - 12:15 PM

Hope Lunch Bunch: Wednesday, May 20th - 11:30 AM

Game Night: Thursday, May 21st - 6:30 PM

Hope Happy Hour: Thursday, May 28th - 5:30 PM

● Log Cabin Rentals

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

• 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.

● 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, or Tuesday thru Friday from 9AM-3PM.

This Month's Cereal Sunday will be on May 3rd .

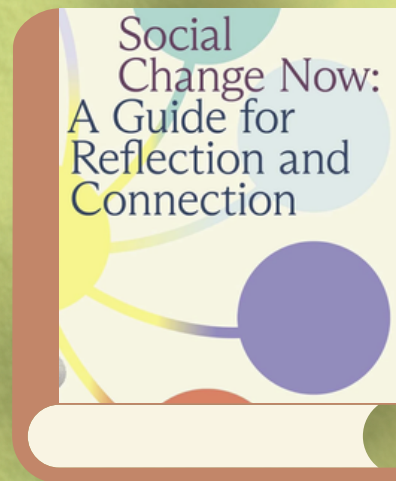


MAY EVENTS

Happy Birthday!

May Birthdays

Rick Paschal - 9
Jarrett Dunn - 11
Trenton Self - 11
Gail Hawk - 14
Lynn Walters - 15
Nolan Reece - 18



UU Common Read 2025-2026

When we do a UU Common read together, we share in reflection, learning, and action. This year's common read book is "Social Change Now A Guide for Reflection and Connection" by Deepa Iyer



May Adult Forums

May 3rd: Generosity Recipient - Emergency Infant Services

May 10th: ACTION Presentation

May 17th: Annual Meeting Preview with Vanessa Self

May 24th: Coffee and Conversation

May 31st: What's Happening at Hope





ABOUT HOPE CHURCH

HOPE'S MINISTER

Rev. Justin M. McCreary

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

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. 918-481-0999, x2.

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-3:00 PM Tuesdays through Fridays. If you wish to visit the church in person, please call ahead to check staff availability. (For security reasons, external doors are kept locked unless an event is in progress.) We respond to email and voicemail messages from 9:00 AM to 3:00 PM Tuesdays through Fridays.

HOPE'S STAFF

Justin McCreary

Minister

Nia Darrington-Stokes

Director of Religious Education

Morgen Cavanah

Church Administrator

Rachel Hay

Lead Teacher

Elizabeth Obal

Church Accountant

Christy Stalcup

Music Director

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Tulsa, OK 74133

Mailing address:

PO Box 35284 Tulsa, OK 74153-0284

918-481-0999

hopeuu@hopeuu.org

www.hopeuu.org

2025-2026 BOARD OF TRUSTEES

Vanessa Self, President

Jeff Dossett, President Elect

David Tracy, Past-President

Rebecca Jones, Vice President of Finance and Planning

Gail Hawk, Vice President of Programs

Christy Chesnut Levine, Secretary

Vacant Position, Treasurer

Carol Young, Trustee

Gail Nagengast, Trustee

