

From the Minister



Yes, Even the Minister Pledges

In our Roots Classes (Hope Church 101) I always lay out the ways to become involved in the church. You can give your time, talents and treasures—T³.

One basic way to give is showing up on Sundays, sharing your time and yourself. You are enough. You may think no one cares if you skip a Sunday but that's not true. You do not have to volunteer or prove yourself in any way. At the same time, all who give time to large or small tasks and events connect with new people, make friends and feel satisfied working for a common cause.

Talent is a two-way street too. Sharing your skills keeps us evolving, supporting others, and growing. By participating in church life you may learn new skills. Historically, many activists learned how to run a meeting, make their case and work effectively by serving on church committees. It's true! See stories from the Suffragette Movement, Civil Rights, and centuries of community ministry social work.



Treasure usually means financial support but not always. From time to time people loan equipment or donate items to the church. Since we are in the midst of our annual pledge drive, I am moved to discuss money. Let me describe why Joe Perrault and I increased our pledge this year 20% to support a joyful, hard-working, and life-changing church community. We love being here and want it to be available for all others.

Because I attend both the Finance Committee and Board of Trustee monthly meetings, I witness how carefully the church takes good care of our money. I consider it a spiritual and ethical stance that our church budgets are out in the open for all to see and are voted on by church members. We publish our budget in the Annual Report as well as in the board notebook behind the administrator's desk. You can see exactly what I make or we spend on other line items. This financial transparency is not common to all churches yet vital here.

When we all give what we can plus try to stretch a bit, we are investing in a healthy Hope future. Join Joe and me in pledging. If possible, consider increasing your pledge so Hope can keep making a difference in our lives and in Tulsa.

Peace,



The Rev. Cathey Edwards
cathey@hopeuu.org

Volume 22

No. 4

April
2016

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Sunday Mornings

April 2016

Sunday Religious Education for
Children and Youth
10 am - RE Wing
And Log Cabin

Sunday Adult Religious
Education
10 am - Sanctuary

Sunday Worship
11am - Sanctuary

Sunday, April 3

“Pay Attention!”

The Rev. Cathey Edwards

Sunday, April 10

“Unwelcoming
Congregations”

The Rev. Kate Braestrup

Sunday, April 17

“UUs & Buddhist
Tradition”

The Rev. Jim Eller

Sunday, April 24

“Sustainable Hope”

Lay Led, Green Sanctuary
& Friends

April's Theme: Mindfulness



Like a cat poised, listening intently, aware of everything around her, yet fully focused on the prey she is stalking, this is an image of mindfulness. It is not being zoned out or blissed out. It is about seeing, hearing, smelling and even tasting in the moment. Mindfulness is about being aware of yourself and all around you without passing judgment. This is the hardest part, not attaching a good or bad or indifferent label to events or your own thoughts.

We will explore mindfulness this month. It has become a common buzzword which may seem to devalue it. But it is an active, valuable, always available attitude toward yourself and the world. It is the seat of wisdom and joy.

Mindfulness will be a theological lens for our lives in a variety of ways this month. It will be the focus of our service on April 3. Hope's children and youth will look at Mindfulness in their classes and out playing.

About Our Monthly Themes

Hope Church is a questioning community. It is a safe place to bring doubt and new ideas.

Our monthly themes express Hope Church's openness to theological exploration. They are not an endorsement of any particular creed or belief. Instead, they provide a monthly opportunity to examine in common a religious doctrine or idea.

If are not receiving *Touchstones*, the electronic newsletter on the monthly theme, please let our administrator, Maggie Scott, know at hopeuu@hopeuu.org.

Children and Youth Programs

Susan Spooner, Director

susan@hopeuu.org

Office Hours on Tuesdays, Wednesdays and Thursdays. Available other times by appointment.

CRE Committee Members: **Paula Haight, Kerri VANDIVER, Ann Lee, Susan Farma Hai, Laura Reiman**

"Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it."

~ Sylvia Boorstein

"Mindfulness"

Crime, war, mental illness, substance abuse, divorce, sexual abuse, neglect, death and other mayhem slips into our lives, forever changing the fabric of our family and sometimes our very being. There is no escaping the gut-wrenching emotions when life has not gone "as planned" and you have no control; no way of making it all better. I have been a parent for 31 years and my family has experienced, thankfully, only a few of life's tragedies. I've tried to be the "straight up" parent. The one who says what is wrong and works with my sons to make it right. The one who makes mistakes AND apologizes. The one who lets their own inner child shine through. The one who does the hard work first and plays later. The one who knows discipline and love go hand in hand. The one who is mindful of what is going on with that specific child and is present in the moment. The one who went to and made sure the family was involved in church and school events and boy scouts and music lessons and all the other activities that help children grow into responsible members of the community. I've succeeded and I've failed at any and all of these intentions, daily.

I've learned that rarely does a situation require an immediate reaction, but sometimes that's all I've got in me at the time. I've learned that day to day "what are we going to do about..." parenting is laborious and tiring. . . There are days we simply don't have the energy to stop and think about the given situation and how our child is reacting. I've learned good intentions and excellent parenting skills aren't always enough and professional help is necessary. I've learned that punishment isn't nearly as effective as we wished or thought it would be and frequently makes a wearier parent than the child. I've learned there is wisdom in the hive and it really does take a village to raise a child. Parenting takes a life time.

I wish I was a more mindful parent in the early years. I know I have become more present with my feelings and my sons' feelings as we grew older. Apologies have been offered and accepted. I am grateful for that. Despite all we've been through, I believe my best parenting was and is the gift of myself; my whole real self with all my cracks and faults. The one who loves and shares unconditionally. That is enough.

Part of mindfulness is learning to calm ourselves. I am incorporating mindfulness practice into our Sunday morning chapel. If you are interested in research about how children benefit from meditation, please see this link <http://www.chopra.com/ccl/how-to-get-kids-to-meditate> . Perhaps you will consider incorporating meditation into your family life at home.

Childcare - Childcare is offered during choir rehearsal, committee meetings and other events as advertised. If you are in need of childcare please communicate with the person responsible for the program / event and Susan Spooner (susan@hopeuu.org) **as early as possible but at least 48 hours' notice.**

Working together to assure Hope Unitarian Church's religious education is developmentally and spiritually appropriate for our congregation's children and youth.

Music Notes



We have entered into the season of spring renewal, and April bodes for a busy month at Hope. Like honey bees we will buzz to meet the many activities occurring this month. The high point will be Reverend Cathey's Installation Service on April 17 at 3 pm. The choir will sing and lead worship music for this service, which will have a theme of "We Are One." The music will be both celebratory and renewing, a fitting way to express the joy of this special and signature moment.

Speaking of special moments, this month's theme is "Mindfulness," and that certainly means being present and mindful to each moment of the gift of life, looking past the daily irritations, pressures, and the interminable rat race. We have plenty of opportunity to center ourselves through music at Hope. The choir will sing and lead us in singing "Filled With Lovingkindness," a traditional Buddhist meditation, and later in the month for Earth Day they will perform John Rutter's lovely spring anthem, "For the Beauty of the Earth." These and other musical gems will adorn our worship during the month of April. For it is a season of renewal and mindfulness, offering us the rich opportunity to remember that we are one, that life offers hope and renewal, and that each moment is a sacred gift.

Joseph Rivers

Director of Music, joseph.rivers@hopeuu.org

**Please welcome our
newest members**

**Brendan Fox and
Marti Robey Fox**

**Pictured here with their
children, Catherine,
Emily, Mia and Mary**



Garden and Grounds



It is a very early spring on the hill this year. Daffodil, forsythia and pear blooming time is past and it is now crabapple, redbud and dogwood time. Other trees are budding and blooming and I think the pale green willow leaves and first tiny reddish, scallop-edged oak leaves are as pretty as any of the flowers. The trails are in good shape and there is a good amount of water in the pond. I haven't seen our turtles yet, (though they are out at Swan Lake which gets warmer earlier than our deep woody spot). Lots of robins are still around though not the dozens flocking a few weeks ago: they are now into pairing up and nesting.

February was the most above-normal temperature month worldwide in meteorological records kept since 1880. Places everywhere are not getting as cold as they used to. So heads-up gardeners – we are living in changing, challenging times, more heat /drought stresses to plants and more insects that are not being killed out by cold winters. Look for “bug boxes” (containing repellent spray and wipes) one on the back church patio and one on the deck behind the cabin. Feel free to use before hiking the trails or walking in the woods.

Spring clean-up day was Saturday March 19 and cheers and hoorays and accolades for everyone (all 16 or so) who showed up and worked at many tasks. The kids' playground was raked and the leaves mulched, flower beds tidied up, raingardens cleaned out, grasses cut back and more followed by a pizza lunch. Thanks to all of you. And special thanks to Fred Pottorf who brought his wonderful lawn-sweeping and mulching equipment. The north parking lots are in better shape than they have been for some years. (Now if we can just get the parking stripes repainted - hopefully before the Installation on April 17 and the many new guests to our hill.)

Milkweed plants have been ordered and will be here sometime this month. Early data indicates the nationwide plantings have helped the Monarchs. We will continue to do our part and hope the trend continues. If anyone wants to rototill the butterfly bed on the south side of the roads it would be a good thing. Or cultivate the children's garden area to prepare for planting.

Future events: Earth Day Sunday, April 24. Special Earth Day service followed by family picnic. (Actual Earth Day is the 22nd.)

Future dream: An outdoor chapel area. Stay tuned.

Janet Williamson – Garden and Grounds



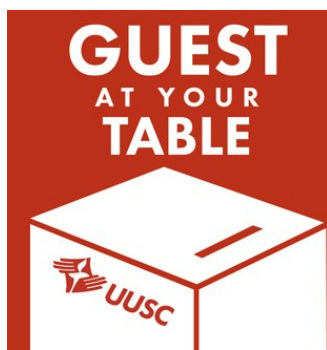
Hope Outreach

Generosity Offering

Each Sunday, we give away ALL of the undesignated funds from our Offering. The Outreach Committee chooses organizations that support the mission of Hope Unitarian Church.

**In March we raised
\$1,337 for DVIS
Thank you for your generosity.**

April Generosity Recipient



The generosity recipient for the month of April is Guest At Your Table, an education program that supports the Unitarian Universalist Service Committee's human rights work. The program introduces you to grassroots leaders

around the world who are advancing human rights, by promoting economic justice, bolstering environmental justice, and protecting rights at risk. As you gather together with your family and friends to take part in Guest at Your Table, we ask you to figuratively invite those leaders into your community — to your table. You may find out more about the numerous programs they sponsor at <http://www.uusc.org/welcome-to-guest-at-your-table>.

Cereal Sunday Sunday, April 10

Please bring cereal for the homeless. This cereal, along with several gallons of milk, is taken to the **Tulsa Day Center for the Homeless** every month when we prepare their meal. Collection basket in Fellowship Hall.

Feed the Homeless Program (FTH)

Volunteers from Hope prepare and serve a meal for the folks at the **Tulsa Day Center for the Homeless** every third Saturday of the month.

Thanks to everyone who helped with FTH in February

Mary Newman: Shopping and Friday pre cooking

Saturday prep and cooking with **Mary Newman: Eddie Humphreys, Helen Bordelon, Susan Farmai Hai and Rich Jackson.**

Serving the meal at the Day Center with **Anita Ward: Coe McGinley and her granddaughter, Kathleen, Susan Farma Hai, Janet Nobles, Ann Lee and her children Josh, and Maren with their friend, Ashton Fox.**

Next Feed the Homeless date is:

Saturday, April 16

2:30 pm at Hope to help cook and prepare food.

5:00 pm at the Tulsa Day Center for the Homeless to help serve the meal.

You can sign up for the months ahead. Sign up sheet is in the folder on Administrator's desk.

Family and Children's Service Homeless Outreach Program

F&CS's Homeless Outreach Program is very much in need of hygiene products, as well as, socks and underwear for men and women. Hope's Outreach Team is having a donation drive through April 24 for these items. Travel size shampoo, soap, lotion, deodorant and toothpaste collected from hotels are perfect but all sizes of hygiene products are welcome. Please place donations in designated box in the Fellowship Hall. If you have any questions, please contact **Rachel LeMay**.

McClure Elementary School

McClure needs testing monitors for state testing from April 11-29 from 7:30-11:30 or 12:00-2:40 pm. They are also looking for volunteers to help with games and to serve food on May 12 at their Blast into the Summer. Please call **Mary Newman** if you are interested in volunteering.

Hope Events

Breakfast on the Hill

Sunday, March 6, 9:00 am

A donation of \$5.00 per adult is requested. Children eat free.

Brown Bag Lunch

Now 11:30 am 1st & 3rd Mondays

Bring your lunch and Join us for lively discussions on current topics.

Women of the Thread

2nd and 4th Tuesdays, 11:30 am in the log cabin

You are invited to join this informal creative group working on our Threads of Hope project to supply lap blankets, shawls, baby blankets for those in need in our church community.

Carrie Muzika, proenviomom@cox.net

Deborah Whittaker, debsharmony@yahoo.com

Women of Hope

Thursday, April 7

Social time 6:00 pm, Potluck 6:30 pm, Program 7:00 pm

Let's take a step back in time learning about a Tulsa restaurant many years ago, including the utensils used and some most unusual recipes. Our presenter will be Marian Clark of the Tulsa Historical Society and she will bring some very interesting props. Wine will be available, and a \$2.00 donation is appreciated. The only requirement is you bring a favorite food item to share. If you will need child care, please contact **Susan Spooner**, susan@hopeuu.org by the end of the day Tuesday, April 5.

Jane Brumley

W.O.H. Program Co-Chair

Movie Night

Tuesday, April 12, 7:00 pm

Our March movie is *Chocolat*, released in 2000. It earned five Oscar nominations and tells the story of Vianne Rocher (Juliette Binoche) who is an expert chocolatier. She and her daughter move to a small French village at the start of Lent in 1959, and upset the rigidity and tradition of village life. Can't you just imagine a chocolate store opening next door at the start of Lent? Vianne wears more colorful clothing than the village

women, is an atheist (maybe she was a Unitarian), and has an illegitimate child. The village mayor and his underlings do all they can to make her life unpleasant, and in a sense, this is the story of the "establishment" battling change. The cast includes Juliette Binoche, Judi Dench, Alfred Molina, Lena Olin, and Johnny Depp.

Free popcorn, soft drinks, and discussion before and after the movie. If you need child care please contact **Susan Spooner** at least 48 hours in advance.

Women's Lunch Bunch

Wednesday, April 20 at 11:30 am

We will meet at the Upper Crust Restaurant. It is located at the corner of Yale and 91st. RSVP to **Lynn Walters**, 918-893-2655, or Lfwalters@aol.com

Earth Day Picnic



Earth Day 2016 will be celebrated at Hope on April 24. Come and celebrate this special day with a service that recognizes our stewardship of the planet followed by a festive family picnic. Fun all around on our beautiful hill! Don't miss it!

The Point (aka “SWUUSI”) July 24-19, 2016

Come! A UU family summer camp. Join our growing group of all ages from Hope who attend. [The Point](#) is a customizable Unitarian Universalist retreat for all ages.

Imagine five days of UU covenant and community in a resort-like setting on the shores of Fort Gibson Lake in Oklahoma. The Point offers personal growth, faith renewal, learning opportunities, spiritual practices, community worship, music, excellent cuisine, sustainable practices, social gatherings (dance, movie night, talent show), outdoor activities, programming for all ages and interests, and an engaging theme speaker. Each day begins and ends with worship, but how you spend your day is completely up to you!

<http://www.thepointuu.org>
for more details



General Assembly 2016 June 22-26, Columbus, OH

Heart Land: Where Faiths Connect

The faith world is increasingly multifaith. People are crossing borders of religion and spiritual practice to create wholeness in their lives individually and collectively. The labels—Christian, Jew, Muslim, Buddhist, Hindu, theist and non-theist—no longer define who or what we love, or how spirit moves in our lives. General Assembly 2016 in Columbus Ohio will assemble leaders and communities of many faiths to worship together, learn from one another, and create a new vision of faith that no longer divides us, but connects us to an interdependent future that works for all.

Most events will be held in the **Greater Columbus Convention Center**, 400 N High St, Columbus, OH 43215.

Housing reservations and [Registration](#) opens on **March 1** Visit <http://www.uua.org/ga> for more information.

Notes from the Board

3/22/2016

After lighting the chalice, the meeting came to order.

Update on the garage sale is that **Lee Ann Tolle** has begun asking people to help her. Our vision is that the **Garage Sale** will go viral and be a great community moment for Hope.

Website is moving slowly right now.

Anne Steiner told about all of the plans for Installation weekend.

The Pledge Drive is going well. We are halfway to the goal. The nominating committee has met and has a potential slate for next year. The new Fellowship Dinner chairs are **Jean Coffey** and **Joan Scheulen**.

New business included discussion of how Hope would cover Maggie Scott's absence in May and June.

The Board voted to pursue the idea of an extension of Channing Day School having a Channing South Day School at Hope. Target date: January, 2017.

Four of Hope's members are already registered for **General Assembly**. They include **Anita Ward, Paula Haight, Anne Steiner, and Janet Nobles**. They will be the delegates and alternate.

One of the large chores on the horizon is the booklet of reports for the annual meeting. Discussion of how to get that out in a timely manner included help from the Board.

Rev. Cathey invites all to join her attending a fact-finding meeting of Family Promise, a program for homeless families.

The Dog Task Force policy recommendations were approved for Hope and will appear in the Board Handbook and will be posted in the Fellowship Hall.

Janet Nobles

President

Hope Board of Trustees

Adult Forum

Sundays at 10:00 am in the Sanctuary

April 3

Guest At Your Table

The generosity recipient for the month of April is Guest At Your Table, an education program that supports the Unitarian Universalist Service Committee's human rights work. The program will be introduced by Outreach Committee Member, **Rachel Brazelton**.

April 10

"Environmentally Friendly Grocery Shopping"

Come hear Master Recycler, **Becky Bowles**, discuss 'Environmentally Friendly Grocery Shopping.' This is an interesting presentation and discussiona much more complex topic than appears on the surface!"

April 17

"50 Years and Beyond"

Join **Rev. Cathey** in an **interactive forum** on this topic .

April 24

"Get down to earth on what to do!"

The welfare of the earth depends on trillions of decisions by billions of individuals. Come capture the many practical ways to reduce your impact on the planet.

Do you know Publisher?

For upcoming special projects the church is in need of a volunteer familiar with using Microsoft's Publisher.

Please contact:

Maggie Scott—maggie@hopeuu.org or
Rev. Cathey—cathey@hopeuu.org



The Congregation of
Hope Unitarian Church
Invites you to the Installation
of their called minister
The Rev. Cathey Edwards

April 17, 2016
4:00 pm
8432 S. Sheridan
Tulsa, OK 74133

Reception to Follow
Childcare Available

An installation formally recognizes a Unitarian Universalist church and its minister are entering into a covenantal relationship with one another. This celebration is a joyful milestone for Hope Unitarian Church, Rev. Edwards, and the community.

Directions Hope Church is between 81st & 91st on Sheridan Road in south Tulsa. Not visible from the street, the church is west of Sheridan and up the hill.

Contact Information 918.481.0999 hopeuu@hopeuu.org

Clergy and Seminarians are invited to robe and process, gathering at 3:30 pm.

Childcare is available with RSVP by April 15 to Susan Spooner, susan@hopeuu.org.

We all drink from one water
We all breathe from one air
We rise from one ocean
And we live from one sky.
Remember, We are one.

Anwar Fazal, used with permission



**Hope's having a
2 day Sale!!**

**Friday, April 29
8:00 am—7:30 pm**

**Saturday, April 30
8:00 am—3:00 pm**

Want to volunteer time? Bottled water? Refreshments to sell? Donations of miscellaneous items? If it has life left in it, we'll take it and sell it.

All profits go toward the 2016 expense year so essentially you'll be contributing to the church funds while getting rid of things you no longer need! It's a win-win for everyone!

We'll take any of the following and if you have a question about something not listed, don't hesitate to call the contact info and ask!

- ⇒ Household Items**
- ⇒ Decorative items**
- ⇒ Books**
- ⇒ Garden tools**
- ⇒ Tools in general**
- ⇒ Jewelry**
- ⇒ Toys**
- ⇒ Shoes**
- ⇒ Clothing (no undergarments)**

****** Clothing must be donated on hangers (with the exception of children's clothing).**

Delivery/drop off times

Large items or furniture—Thursday, April 28 between 10:00 am and 8:00 pm.

**All other items— immediately following church service on Sunday, April 24
.....and at certain times in the week following. Stay tuned for information on drop off days and times.**

Contact: Lee Ann Tolle leeanntolle@gmail.com

A NEW HOPE

PLEDGE DRIVE

On a Hill not far away... there is a congregation with a vision for the future:

HOPE UNITARIAN CHURCH

We are in the final days of the Pledge Drive and are just over halfway to our pledge goal of \$206,000! Many thanks to all of you who have already returned your pledge cards. We appreciate your support of Hope's future!

However, we still have a long way to go before we reach our goal. We would like to encourage those of you who have not already pledged to pledge now and help us reach our goal of before the end of the Drive. If you need a pledge packet you can find pledge cards and brochures at the church on the table in front of the Sanctuary doors. You can also find the brochure on our website, www.hopeuu.org. The brochure includes instructions on how to pledge and other helpful information.

We hope you have enjoyed the Pledge skits in the Sunday services. Please join us for our Fellowship Dinner on April 9 when we will celebrate our fund raising success, and be further entertained by another exciting Star Wars themed skit.

We see you in our vision for A New Hope! Please contribute to our future by pledging today, and...

MAY THE FORCE BE WITH YOU!

Fellowship Dinner

**Saturday, April 9, 2016
at 6:00 pm**

Seating is still available for dinner and an evening of fun as we kick off our annual pledge drive. Our skit writing team is working hard and promises you great entertainment. You'll be glad you came! Table hostesses will contact you shortly to make arrangements for your menu.

Children are welcome. They will be having their own Fellowship Dinner in the RE Wing with pizza and soft drinks and lots of fun. Contact the church office at (918) 481-0999 or hopeuu@hopeuu.org to attend or with regrets.

Sunday Flowers



Honor a loved one—celebrate a birthday or anniversary! Bring flowers for the sanctuary on a Sunday. Sign-up sheet is in the folder on the Administrator's desk. We need flowers for every Sunday in March.

Meet the Minister

Every Sunday, after the service, newcomers and their families are invited to meet with The **Rev. Cathey Edwards** in her office. Get your coffee and cookies and come get to know each other and about Hope.



April Birthdays

Gary Fincher	1st
Eddie Humphreys	1st
Coe McGinley	2nd
Carmen Kinsey	3rd
Elizabeth Mosier	4th
Deborah Whittaker	6th
Daryl Mosier	16th
Helen Bordelon	24th

Key People

When no one is at the church, the building is locked and the security system is on. A committee of key people have keys and security clearance to open and close the building for church events. Each takes a one-week turn

March 28-April 3

Barbara Witt

April 4-10

Larry Vandiver

April 11-17

Sherrill Womeldorff

April 18-24

Eric Reiman

April 25-May 1

Fred Pottorf

Policy for function organizers

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

For Hope's April Calendar—see Hope's website www.hopeuu.org

Focus Deadline

Submissions to the Focus should be sent to hopeuu@hopeuu.org with "Focus" in the subject line and are normally due **9 am the 4th Wednesday in the month.** Submissions are subject to editing for length and content.

The next Focus will be published May 4 . Next Deadline: 9 am, Wednesday, April 27



8432 S. Sheridan Rd
Tulsa, Oklahoma 74133-4137
(918) 481-0999
hopeuu@hopeuu.org

PERIODICAL POSTAGE
PAID AT TULSA

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TO:

Hope's Vision

Seeking Truth, Sharing Love
Within - Among - Beyond

Hope's Mission

Supporting the free and responsible search for truth and meaning;
Teaching the history and traditions of Unitarianism;
Promoting and defending freedom of thought;
Celebrating life's passages;
Serving the larger community with justice and compassion.

Hope's Values

Reason - Integrity - Tolerance

Our Staff

The Rev. Cathey Edwards, Minister, cathey@hopeuu.org
Maggie Scott, Administrator, hopeuu@hopeuu.org
Joseph Rivers, Director of Music, joseph.rivers@hopeuu.org
Susan Spooner, Director of Children and Youth Programs, susan@hopeuu.org

Our Board of Trustees

Janet Nobles, President
Anita Ward, President Elect
Fred Pottorf, VP of Finance
Deborah Whittaker, VP of Programs
Marcia Schaefer, Treasurer
Paula Haight, Past President
Trustees: **Cate Potter, Elke Johnson, Larry Sharp, Anita Wood**



Hope Unitarian Church
8432 S. Sheridan Road
Tulsa, Oklahoma 74133-4137
(918) 481-0999
www.hopeuu.org
hopeuu@hopeuu.org
[www.facebook.com/
HopeUnitarian Church](http://www.facebook.com/HopeUnitarianChurch)

Office Hours

Mon - Fri 9:00 am - 3:00 pm