

From the Minister



Who You Gonna Call?

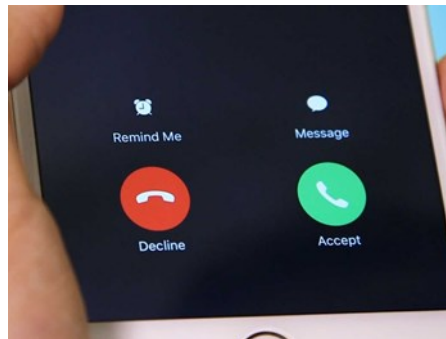
When should you call your minister? When should you not? There are no hard and fast rules. Now that our culture is more secular and unchurched than not, many newer members wonder if the issue / problem / idea you have is one to call, email or text me about. Fulling from my own experiences and comments from other ministers:

Call Me When-

- ⇒ You or your immediate family are in the hospital, especially in ICU.
- ⇒ You have a death in your family or close circle of friends.
- ⇒ You get terrible news or a diagnosis and need a sympathetic ear.
- ⇒ You wish to practice what you say to someone in a difficult conversation.
- ⇒ You have a spiritual or theological question or a ah-ha moment.
- ⇒ You feel like life will never get better.
- ⇒ You and your loved one / partner are thinking about getting married.
- ⇒ You want to get your end-of-life affairs in order.
- ⇒ Anyone in the congregation (especially young adult or youth) just posted something that sounds suicidal on their FB page.
- ⇒ You are angry or hurt by something I said or did.
- ⇒ You want to increase your pledge immediately and significantly. Do call if you win the lottery.

Don't Call Me When—

- ⇒ You don't know someone's phone number and don't want to look it up in the directory.
- ⇒ You want to tell me your idea for what the church SHOULD be doing but it is not something you are willing to champion or lead.
- ⇒ You want to complain about another member.
- ⇒ You feel like the website could look better. (Unless you are volunteering for the publicity committee and know how to fix it, then call the office and leave a message.)
- ⇒ You start with, "I know it's your day off, but..." and it is not an emergency (e.g., building on fire, blood on the floor, death or arrest of the board chair.)
- ⇒ You want information about another member or are fishing for gossip.



Peace,



The Rev. Cathey Edwards
cathey@hopeuu.org

Volume 22

No. 6

June
2016

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Sunday Mornings

June 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, June 5

“Never Doubt the Power
of a Small Group”
The Rev. Cathey Edwards

Sunday, June 12

“I Hear Music in the Air”
The Rev. Cathey Edwards

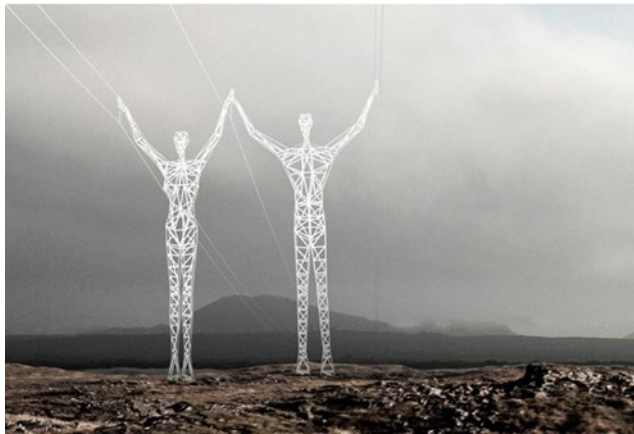
Sunday, June 19

“\$#!% My Father Says”
The Rev. Tamara Lebak

Sunday, June 26

“Midsummer Wisdom”
The Rev. Sherri Curry

June's Theme: Power



Everyone has power. Let's use a simple definition of power as the ability to act. If alive, we can all act. Yet, everyone does not have equal access to effective power. Part of our work together as a church is

to build power together, a power that is both relational and sustainable. We create a flow of power to support our own individual development and all ages around us. We also create circuits of power to impact our city and beyond. Evil is when power is used without accountability.

As a religious or theological matter, our openness to religious ideas and systems means we explore and examine where power for the cosmos as well as our personal will comes from. Is assigning supernatural powers to God, the only theist religious stance? Is human power the main source for solving the world's problems or making change?

We will look together at power in a variety of ways this month. It will be the focus of our service on June 5. Hope's children and youth will also look at the idea of power in their classes and outside 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 you 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

918-932-4524

susan@hopeuu.org

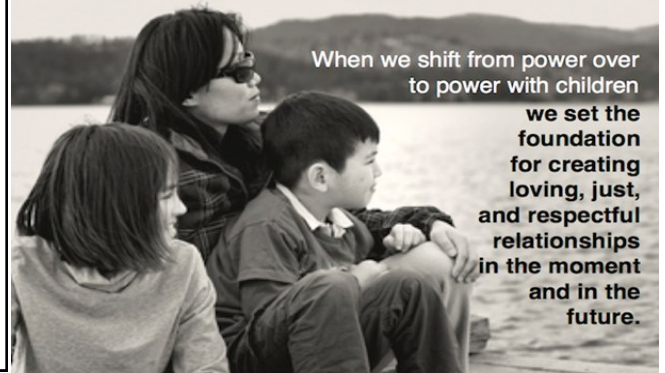
CRE Committee Members:

Paula Haight, Kerri Vandiver,

Ann Lee, Susan Farma Hai,

Laura Reiman

www.parentingforsocialchange.com



Power in Parenting

The concept of “Shared Ministry” has been on my mind lately. Shared ministry happens when ministerial activities are shared and carried out by members of the congregation. Individuals embrace the belief that their good works, their volunteerism, their acts, can help serve the mission and vision of their congregation. Parenting is a shared experience between the child and the parent. Over the life of our child, we share our parental authority (read POWER) legally and morally, until finally our parental role is only as significant as our adult children recognize and allow it to be. While considering the theme of “POWER” this month, my challenge to you is to reflect on how you use your parental power. Are you allowing your child the ability to take action and make decisions appropriate to their ability? Are you willing to let your child meet the consequences of their decisions? Have you taught your child how to make a decision? Do you unnecessarily use power in your relationship with your child? Do you use your power to treat your children compassionately? As you consider these questions, some of the methods to consider integrating into your parenting repertoire include:

- Minimize “compliance commands”. On the average, a child is asked over 2,000 EVERY DAY to do something from an authority figure.
- When appropriate, give the child a choice.
- Use “no” as a complete sentence.
- Teach children to say no in a respectful way. “Instead of X, I would like to do Y and Z.”
- Negotiate for the Win—Win
- Figure it out / Problem Solving
- Brainstorm
- Use signals— An example is “Quiet Coyote” I use with the children in the sanctuary.
- Affirmations and Acknowledgements
- Quiet Yourself
- Teach self-quieting
- Avoid automatic negative responses
- Detach & Don’t React
- LISTEN
- Take Care of Yourself

For additional thought provoking ideas, see www.parentingforsocialchange.com .

Keep in touch through FaceBook. Ask to join Hope Unitarian Church: It Takes a Village.

"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents."

Jane D. Hull

RULES

1. YOU CAN...
2. YOU CAN'T...
3. YOU CAN...
4. YOU CAN'T



THE ART OF
power *The Power of Art*

Our scientific power has outrun our spiritual power. We have guided missiles and misguided men.

— Martin Luther King, Jr.

Double Quotes doublequotes.net



The great awareness comes slowly, piece by piece. The path of spiritual growth is a path of lifelong learning. The experience of spiritual power is basically a joyful one.

— M. Scott Peck

Double Quote doublequotes.net

We do not need more intellectual power. We need more spiritual power. We do not need more of the things that are seen. We need more of the things that are unseen.

Calvin Coolidge

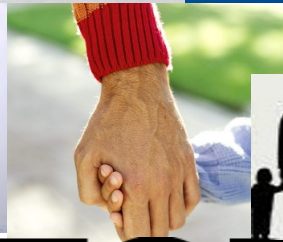
QuoteAddicts



You must know for which harbor you are headed, if you are to catch the right wind to take you there.

—Seneca

photoswithquotes.com



PEOPLE AND POWER



What is your Super Power?

Music Notes



The choir will take a break during June, July and a portion of August, and I am very grateful for the dedication of our choir members, their passion for singing, their great sense of fun, and their love of community. It makes our work together such a joy, which bubbles over to our singing each Sunday during the service. Although the choir will be on break, we will all continue to enjoy the musical gifts of our pianist Chris Powell and vocal soloist Larry Sharp, and we will welcome several guest musicians to Hope, thanks to Hope's generous support of our music program. Among our guest musicians will be violinist Maureen O'Boyle, Indian music artist Josh Massad, and guitarist Randy Wimer. I look forward to attending the Unitarian Universalist Musicians Network Conference later this summer in Madison, Wisconsin. The conference offers UU musicians a wealth of very helpful and inspiring musical and program ideas to bring back to our local congregations. It is an honor to serve Hope through music, and I look forward this summer to continuing to enjoy our love for music and singing as we worship together each Sunday on the Hill.

-Joseph Rivers

We welcome Hope's Newest Members



Lana Larkin



Diana, Warren and Carol Cox

From the Administrator's Desk...

I am acting in Maggie's capacity while she is away this summer. While I cannot begin to fill her shoes, I am here during normal church business hours, from 9:00 am until 3:00 pm, Monday through Friday.

Susan Spooner



Garden and Grounds

Summertime has arrived. The white lace currently decorating our woods is wild or rough leaf dogwood (*Cornus drummondii*). It grows in a variety of soils across the Midwest. The hard white fruits ripen from August to October, and provide food for at least 40 species of birds, making it an important wildscape plant. According to the Pollinator Program at The Xerces Society for Invertebrate Conservation (which I just learned about) the flowers are of special value to native bees.



Milkweed planting day was May 21st. Hope gardeners planted 100 tropicals in four beds: the “butterfly bed south of the road, “top of the hill bed” north of the road, the area on curve in front of the cabin, and small bed across the drive in front of the church. It will be interesting to see how they all do through the summer heat compared to the seven surviving perennial ones. Hope has been registered as a Monarch Waystation, joining many other efforts, large and small, to assist the Monarchs in their struggle to survive pesticides and loss of habitat. .

Green briar was cut along the trails, (an ongoing task) and hundreds of iris bloom stalks were trimmed, (not horticulturally necessary, but aesthetically pleasing). The kids’ garden has been planted with cherry tomatoes, parsley, rosemary and dill (as a black swallowtail nursery). Summer annuals (zinnias) have been added to the front entrance walkway bed, and the many reblooming perennials make it really pretty.

The pond trail is a fun walk, still in spring green thanks to the ample rainfall. Twelve benches invite you to linger along the way. Reminder: there are boxes containing insect repellent in three outside locations - back patio under kitchen window, back deck of cabin and on the bench at the top of pond trail. Don’t let a few tiny bugs scare you away from all the beauty (and healthy exercise). We now have a list of 32 woody plants from Jay Walker’s inventory of the trails. Plans are to label a few special ones and then have a plant guide available for those more deeply curious about what grows on our small urban wilderness hilltop.

Janet Williamson



New Hope T-shirts Are Here!

Available in royal blue, red, and yes - tie-dye! T-shirts are available for sale on Sunday mornings in Fellowship Hall. T-shirts for those who pre-ordered have been set aside, so please let us know you pre-ordered when you pick up. There are plenty available for those who didn't pre-order. Adult sizes are \$20.00; youth sizes are \$10.00. This is a fundraiser for youth special projects.

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 May we raised \$..... for Wing It

Here are the totals raised in previous months:

Thank you for your generosity

Month	Organization	\$ Amount
April	TMM Tornado Relief	670
April	Guest at Your Table	1948.56
March	DVIS	1,337
February	Legal Aid	1138.05

June Generosity Recipient



MENTAL HEALTH ASSOCIATION OF OKLAHOMA

The Mission of Mental Health Association of Oklahoma is dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research, service and housing.

In 1955 the Association became one of the first mental health associations in the nation. It provides services such as support groups, suicide hot lines, disaster counseling, housing, and resource and reference information.

Cereal Sunday Sunday, June 12

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 Joan Scheulen, Jean Coffey, Susan Farma Hai, Lana Larkin, Mary Newman and Debby Baker who shopped, prepared and served a total of 101 meals in May.

Next Feed the Homeless date is:

Saturday, June 18

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

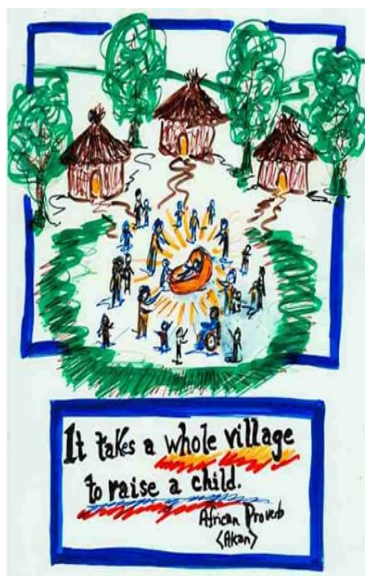
5:00 pm at the Tulsa Day Center for the Homeless to help serve the meal.

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

SUPPER CLUB

Anita and Jim Wood shared their home on the range which was a perfect setting for our last Supper Club of the year. A lovely group found their way with food and drink. Nothing like a spring outside evening picnic in the country before the bugs get active. What a delightful evening! A special thank you to the Woods our hostess/host. Supper Club will take a hiatus for the summer. Look for information in the September Focus.

Coe McGinley



Hope's Village

Sunday, June 12

9:00 in the Cabin

Parents, grandparents and anyone else who helps raise children, please join us as we explore the joys and challenges of child-rearing.

Childcare is available beginning at 8:45 am.

Hope Events

Breakfast on the Hill

We're taking a break for the summer and will begin Breakfast on the Hill again in September.

Brown Bag Lunch

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, and baby blankets for those in need in our church community.

We've decided to continue to meet throughout the summer. Join us, as you can, between your summer travels. We meet in the Log Cabin at 11:30. Hope to see you there.

Carrie Muzika
proenviomom@cox.net

Deborah Whittaker
debsharmony@yahoo.com

Women's Lunch Bunch

June 15, 11:30 am

We will meet on June 15 at 11:30 at Claret Cafe in Broken Arrow at 3302 W Kenosha (71st) St. - just past 145th (Olive) on the north side of 71st.

Hope Book Club

1st and 3rd Mondays at 6:30 pm in the Log Cabin

Meeting this month are on June 6th and 20th. This month we will be reading *The Old Man and the Sea* by Ernest Hemingway.

Women of Hope

In June we will resume our past summer practice of hosting Women of Hope in a private residence. This event will be salads and desserts only. Lynn Rivers has offered to be the hostess for Thursday, June 2nd, at 6:00 pm. The address is 3914 E. 104th Street in Tulsa. If you need further directions or more information, you may contact Lynn at 918/296-0835, or via e-mail at riverlys@swbell.net.

Wine will be available and, as usual, a \$2.00 donation is always appreciated. Please plan to bring a salad or dessert, and join us for an enjoyable evening.

Jane Brumley
W.O.H. Program Co-Chair

Movie Night

Tuesday, June 14, 7:00 pm

The movie for the month of June is *The Graduate*, starring Dustin Hoffman, Katharine Ross, and Ann Bancroft. Some of the words used to describe this 1967 classic are funny, outrageous, and touching. "The Graduate" is the story of Benjamin Braddock, who returns home from college facing an uncertain future, and how his life's circumstances conspire to deepen the uncertainty of his future. This is a timeless tale that all generations can relate to. It was nominated for seven Oscars, including best picture, best director, best actress, best supporting actress, best actor, best screen play, and best cinematography.

Come and join us on Tuesday, June 14, and as always, we provide popcorn and soft drinks. If you need child care please contact Susan Spooner at least 48 hours in advance.

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



Notes from the Board

May 24, 2016

The meeting was called to order on a dark, stormy night by Janet Nobles. After a brief snack of chocolate-covered potato chips provided by Anita Wood, the Board listened as Rev. Cathey lit the chalice. The Minutes, Minister's Report and the Treasurer's Report were approved. Other reports were approved at the congregational meeting on Sunday.

Ken Blenkarn, representing the Committee on Ministry, presented Michael Simpson as a new member. The Board approved. Rev. Cathey reported that a large group of Hope leaders would be attending the Dwight Brown Seminar in Little Rock, Arkansas, the first week in August. Those attending will be Anita Ward, Claudia Vandiver, Anne Steiner, Susan Spooner, Cathey Edwards, Janet Nobles, and possibly Ken Jones. There was a general discussion on what kind of training was needed when the new board members would come on the Board. At this point the Board took a break to go to the back patio to observe the double rainbow after the rain-storm. It was a lovely break in the meeting. Janet Nobles shared about the Welcoming Congregation Team field trip to the OK Equality Center. Anita Ward provided information about the Channing Preschool. Plans are on hold, waiting for DHS approval.

New Business considerations were brief. Rev. Cathey presented a proposal from the UUA Southern District called Elder's Council. Anita Ward introduced the General Assembly Traveling Chalice Program. There was a general discussion concerning groups using the Log Cabin and their relationship to the church. Rev. Cathey reviewed with the Board her whereabouts during the summer.

The storm had passed, the business was accomplished and the meeting was adjourned.

Janet Nobles

President
Board of Trustees

Adult Forum

Sundays at 10:00 am in the Sanctuary

June 3: Outreach program

June 12: The Human Brain: Part 2 of a 3-part series on the nature of the mind and the universe., presented by Raman Singh. This talk focuses on how the human brain functions. Our perceptions of reality ultimately depend on the tools we use to perceive the world.

June 19: To be announced.

June 26: Meditation, Flow and Happiness: Part 3 of the series. The final talk will combine our perceptions of reality and what we can do to increase happiness in day-to-day living.

Anne Steiner

Adult RE Chair

Religious Education for Children and Youth

Sundays 10:00 am—12:00 pm

Religious education is provided for children and youth every Sunday. Our focus is the theme of the month as well as curriculum designed to help our young ones find their own answers to life's big questions. This summer, we will include outdoor and nature time as well as art.

The first Sunday of each month, children and youth join adults in the Great Hall for worship for an introduction to the theme by story telling. Other Sundays, chapel is held in the Children's Religious Education Wing.

Our youth, seventh through twelfth grades, meet in the Cabin.

Parents are always welcome to join their children in our religious exploration.

BURNING BOWL CEREMONY

Release past limitations and see the new year filled with infinite possibilities.



Thich Nhat Hahn teaches, "If we face our unpleasant feelings with care, affection, and nonviolence, we can transform them into the kind of energy that is healthy and has the capacity to nourish us." In January, the New Year was upon us as we took the time and consciousness to write letters to ourselves about the unpleasantness and desire for change in our lives. We wrote about leaving behind what no longer served us and embraced the opportunity to begin fresh and new. We were compelled to look at our core, to give us the chance to release unwanted conditions in our life, to die to the old self, and make room for our new beginnings. Many of us felt the need to heal through releasing old patterns of some kind. We listened to

our hearts and gained clarity. We focused to become clear in our intentions. We released old habits that get in the way of our intentions and welcome new habits to help us accomplish our intentions.

If you wrote a letter to yourself during the Burning Bowl Ceremony, you will soon receive that letter in the mail. Take time to again lovingly focus on your intentions, reinforce new habits and continue on your personal journey of intention.

"There is a place where words are born of silence, a place where the whispers of the heart arise."

-RUMI

Family Fish Fry

Saturday, June 18, 2016

1:00 pm

At Holway Point Community Lot on Grand Lake
(about 75 miles NE of Hope Church)

Come to play, swim, enjoy the outdoors, launch your boat, and see the reconstruction of the Big House. Fish, Hush Puppies, Coleslaw, Desserts and Soft Drinks will be served. *Bring your own chairs, towels, life jackets, sunscreen, bug spray, outdoor games to share and any other outdoor equipment you and your family need to be safe and comfortable.*



Cost: Adults \$40

Children Free

Make checks payable to Hope Unitarian Church with a note on the memo line "Family Fish Fry" and note the number of people in your party. Checks may be placed in the offering basket on Sunday morning or turned in to the church office.

*This event is generously hosted by Marcia and Sherrill.
All proceeds will benefit the Hope Unitarian Church general operating fund.*

Hope Marches in the Tulsa Pride Parade



Wear Your HOPE T-Shirt

Please bring your family and friends and join the Hope contingent to march in the Tulsa Pride Parade on Saturday, June 4, 2016. If you would like to participate and avoid parking hassles, we will be meeting at the church to caravan. We will leave the church at 4:15 for the Equality Center. A shuttle will take us to the beginning of the parade route at 13th and Boston. We will be carrying our new banner. The Parade step-off time is 6:00. The Parade route goes north on Boston Avenue to 4th Street, and then East on 4th Street to the Tulsa Pride Celebration at the Dennis R. Neill Equality Center. For more information about the parade, please go to <http://www.okeq.org/parade.html>

The Dennis R Neill Equality Center has a number of activities to celebrate Tulsa Pride Weekend, including a 5K run and picnic. For information, see <https://www.youtube.com/watch?>



June Birthdays

Diana Hale	1st
Holly Baker	7th
Lynn Walters	9th
Janet Williamson	12th
Gerald Carter	13th
Ken Blenkarn	17th
Maureen Gilliland	24th
Clint Haight	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

May 30-June 5

Fred Pottorf
918-407-0924

June 6-12

Barbara Witt
918-812-3450

June 13-19

Barbara Witt
918-812-3450

June 20-26

Sherrill Womeldorf
918-638-7610

June 27-July 3

Eric Reiman
918-260-3677

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 June Calendar—see Hope's website www.hopeuu.org

Focus Deadline

Submissions for 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 June 29 . Next Deadline: 9 am, Wednesday, June 22



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PERIODICAL POSTAGE
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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

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Our Board of Trustees

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Anita Ward, President Elect
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Deborah Whittaker, VP of Programs
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Paula Haight, Past President
Trustees: **Cate Potter, Elke Johnson, Larry Sharp, Anita Wood**



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