



## From the Minister

### Where to Draw the Line

A church is one place we regularly practice being open and vulnerable. It is a community where we bring our “utmost concerns.” Joy, sorrow, creation, death, trust, unfaithfulness, and everything in between are suitable topics.

Learning how to be emotionally available while setting healthy boundaries is a challenge. Is it OK to offer this person a hug during the coffee hour after hearing about their latest diagnosis? Can you reprimand that young member racing past and about to trip an elder? Should you share what you know about someone else? Why isn't everyone working as hard here as I am? These are all questions for discerning appropriate boundaries.

“A boundary is a limit. By the limits you set, you protect the integrity of your day, your energy and spirit, the health of your relationships, the pursuits of your heart. Each day is set by your choices.” This insight comes from the book I recommend to everyone, Anne Katherine’s [\*Where To Draw the Line: How to Set Healthy Boundaries Every Day\*](#).

If you are entering 2017 with any lingering resentment, author and mental health counselor Katherine suggests sloppy or violated boundaries may be the problem. All the questions above involve boundaries. A hug? Ask before crossing into someone’s physical space. Running child? Mention the church has rules about running inside or ask if his/her family has rules about running when you might hurt someone. Sharing someone else’s information? Is the news truly yours to share? “The purpose of gossip is to draw the listener to your side and away from the other person.”

The last situation is the work load resentment. In a church where much of what we do runs on the generosity of volunteers and their time, be clear about what you have time to do and what is too much. Hope Church has made great strides in rotating leadership and power. If you feel stuck in a volunteer position and resent it, it is time to speak up to start a healthy process for replacing yourself.

“A remarkable change can grow in your life as you practice the art of setting boundaries. Your life takes on more definition. You know who you are more clearly. Time and energy are freed for your chosen pursuits. People gain respect for you.” May we all be gentle yet firm as we learn over and over again where to draw the line to have the happiest 2017 together.

Joyfully,



Rev. Cathey Edwards  
Cathey@hopeuu.org



Volume 23

No. 1

January  
2017

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## January Services

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

Sunday Adult Religious  
Education  
10 am - Sanctuary

Sunday Worship  
11am - Sanctuary

### Sunday, January 1

“Yes, Let’s Start Over Again”  
The Rev. Cathey Edwards

### Sunday, January 8

“Burning Bowl”  
The Rev. Cathey Edwards

### Sunday, January 15

“A Third Reconstruction”  
The Rev. Cathey Edwards

### Sunday, January 22

“Stone Soup: Simmering  
a Movement”  
The Rev. Cathey Edwards

### Sunday, January 29

“The Whole Shebang”  
Scot Harvey

## January’s Theme: *Healing*



Healing means wholeness. Wholeness is not about perfection but rather a unity with purpose or direction. You may have scars and wounds announcing a past injuring and illness. Now healed, these injuries no longer limit you. Many hurts and wrongs are emotional and the healing less direct or obvious. Grief can be both a wound and its own healing process. Sometimes healing can be the simple reminder we are whole, even in the broken places, even where it hurts.

This month we will look together at healing in worship, in religious education and with our children.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like teardrops.  
Weakened by my soulful cries.  
You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I’ll rise.

-Maya Angelou

### About Our Monthly Themes

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.

Hope Church is a questioning community. It is a safe place to bring doubt and new ideas. This month we are exploring mystery together. Join us!

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## ***January's Sermons***



### **Sunday, January 8 "Burning Bowl" The Rev. Cathey Edwards**

Our annual service releasing the past with fire while setting intentions for 2017.

### **Sunday, January 15 "A Third Reconstruction" The Rev. Cathey Edwards**

In honor of Martin Luther King, Jr. we will look at the trajectory of the vital work he inspired. Where do we go next?

### **Sunday, January 22 "Stone Soup: Simmering a Movement" The Rev. Cathey Edwards**

Every year we retell and sing the classic fable of Stone Soup. Our children will help reenact it. Afterwards we all eat Stone Soup together.



### **Sunday, January 29 "The Whole Shebang" Scot Harvey**

Guest UU preacher Scot Harvey from Oklahoma City will lead an examination of our need to achieve wholeness in a broken world.



## Children and Youth Programs

Susan Spooner, Director, [susan@hopeuu.org](mailto:susan@hopeuu.org)

CYP Committee Members: Laura Reiman (Chair), Paula Haight, Kerri Vandiver, Ann Lee, Susan Farma Hai, Lee Ann Tolle

*Childcare is available during all church events, committee meetings and Board meetings. If you need childcare during a church activity, please email [child-care@hopeuu.org](mailto:child-care@hopeuu.org) at least 2 business days before the event.*

### **Religious Education for Children and Youth**

**Sundays 10:00 am—12:00 pm**

Religious education is focused on the theme of the month as well as curriculum designed to help Hope's young ones discover answers to life's big questions. The curriculum includes chapel, religious education about Unitarian Universalism and other faiths, art, nature and outdoor experiences. Parents are always welcome to join their children in our religious exploration.

Happy New Year! How appropriate our theme for January is "Healing", a topic for all ages and especially important for the parent/child relationship. As parents, we are not teaching our children hard-and-fast rules that must be heeded. We are inviting them into our own journey, into our sense of purpose, which never ends. It is a journey of ever-expanding meaning. Although very young children may not be able to understand what this means in words, your child can easily sense whether you find life exciting and wondrous. Your sense of purpose in the universe speaks far louder than any words.

Everything is possible. We all have the gift of creation.

1. If you want to get something, give it. Always give with a happy heart. The greatest gift is feeling good.
2. When you make a choice, you change the future. Your choices bring about changes. To make good choices, follow your heart. How do your choices make you feel?
3. Don't say no—go with the flow when possible. Create peace within by learning acceptance of what is outside our control.
4. Every time you wish or want, you plant a seed. Making your wish is like planting a seed and believing that it will grow. Let nature do the rest.
5. Be open to life and enjoy the journey. New ways and new ideas can lead to more happiness.
6. Pursue what makes you happy. Your happiness depends on YOU!

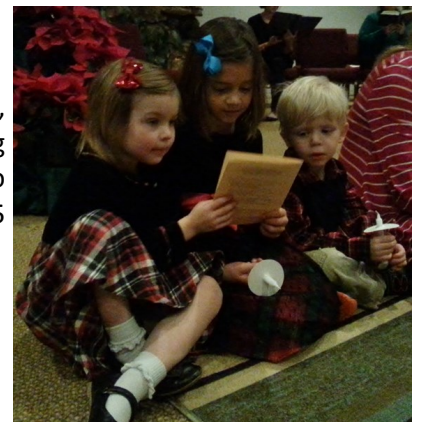
Adapted from Depak Chopra at <http://www.healyourlife.com/7-spiritual-laws-for-kids>

Children and youth will also be learning, along with you, about this month's theme, Healing, as well as Martin Luther King, Jr.'s birthday.

Hope's parents' group "It Takes a Village" meets the third Sunday of the month, January 15, at 9:00 am, in the Log Cabin. This month our topic is, "Learning from the Millennials", focusing on what we can learn and use when it comes to raising children. Childcare is provided without reservation, beginning at 8:45 am. Please join us.

See you in church!

**Susan Spooner**  
**Director of Children and Youth programs**





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## Music Notes



As we enter the new year, we wish to thank and acknowledge pianist **Ann Raphael** for her tremendous artistry and accompaniment during the fall and Christmas seasons during **Chris Powell's** absence. Ann has been such an asset to Hope Church and the music program. We will look forward to her visiting us from time to time as a guest pianist. In the meantime we welcome Chris Powell back from his study abroad in Vienna, Austria. Chris will continue as Hope's pianist into the new year as he completes his Bachelor of Music degree in Piano Performance.

Among the highlights of the coming year will be the annual Hope Piano Concert, which is now a Hope tradition. The date and details will be announced soon.

The choir begins rehearsing again on Wednesday, January 4, from 7 to 9pm. If you are interested in singing with us, please do contact me and we will help you get started making music at Hope!

**Joseph Rivers**, Director of Music  
joseph.rivers@hopeuu.org

## Roots Class

**Wednesday, January 11, 18 & February 1**  
**7:00 pm—8:30 pm**

- **Curious about Unitarian Universalism?**
- **Want to know more about Hope Unitarian Church?**
- **Need a safe place to discuss your beliefs and ideas?**

**Class size limited to 10. Register now!**

An informal, adult religious education class that introduces the ideas, people and history of Unitarian Universalism and Hope Unitarian Church. It's a step further into this community dedicated to religious freedom and seeking. Classes take place in the Minister's Study.

**Sign up now**, on our website link <http://hopeuu.org/events/4771/> email [hopeuu@hopeuu.org](mailto:hopeuu@hopeuu.org) or call the church office (918) 481-0999.

## Adult Forum

**Sundays, 10:00 am, in the Sanctuary**

**January 8** - Our speaker will be from **Tulsa Habitat for Humanity**, our generosity recipient for January.

**January 15** - We will watch **Martin Luther King Jr.'s** "I have a dream" speech and discuss.

**January 22** - **Maria Elena Kuykendall** will present on the **Power of Families** project, a hispanic outreach initiative. (Rescheduled from December 18).

**January 29** - **Jill Webb** from All Souls Unitarian Church will speak about their **Gap Pack Program**. Gap packs contain basic needs for those released from custody in the Tulsa area. You may recall that Hope supported Gap Pack last summer and donated Mylar blankets and bus passes.

**Please contact Chris Anrig**, Adult Religious Education Chair at [cmanrig@hotmail.com](mailto:cmanrig@hotmail.com) for additional information.



## 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 December we raised:

**\$904.45 for Therapeutics Service Dogs of OK**

**&**

**\$410.00 for Youth Services of Tulsa  
from our Christmas Eve Service**

Here are the totals raised in previous months:  
Thank you for your generosity.

Month	Organization	\$ Amount
November	Global Gardens	\$1,135.65
October	South Tulsa Community House	\$1433.30
September	Harmony Project	\$1,550.77
August	Assistance League of Tulsa Louisiana Flood Relief	\$992.00 \$532.00
July	Lindsey House	\$1020.75

### January Generosity Recipient

#### Habitat for Humanity

Habitat for Humanity's mission is to build homes, communities and hope. They build for hardworking, deserving individuals and families in our community. Through house sponsorship, individual donations and volunteer time, they build quality affordable, and attractive homes. These homes are sold to families through 0 % interest loans.

### Cereal Sunday

**Sunday, January 15**

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. The collection basket is in Fellowship Hall. They are also in need of fresh fruit and snack items (soft granola bars and crackers).

### Feed the Homeless Program

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



Thanks to the following people who helped in **December**

- Shopper: **Keith Hamilton**
- Friday cooking: **Mary Newman**
- Meal prep and cooking: With team leader, **Linda Tracy: Emma Tracy, Taner McKee, Coe McGinley, Susan Farma Hai, Eddie Humphreys**
- Bagging cookies: **Mary Newman, Claudia, Kerri & Ruby Vandiver, Anita Ward, Annie, Michael, Kiri & Eden Simpson**
- Serving at the Day Center with team leader **Anita Ward: Susan Farmai Hai, Jean Coffey, Joan Scheulen, Jay Stewart, Debby Baker, Jay Stewart**

The Day Center was extremely busy and filled to the max. 137 plates were served. We are so appreciative of servers that braved driving home in snow.

**Next Feed the Homeless date is:**

**Saturday, January 21, 2017**

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.



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## Hope Outreach and News

### Our Star Tree for Lindsey House



A heartfelt thank you for Hope's generosity of gifts for the Star Tree. We were able to fulfill all the wishes on the gift list for the 12 mothers and 25 children residing at Lindsey House and the gifts were delivered on Monday, December 19.

We thank the members of the Outreach Committee for their hard work on this project; putting up the Star Tree, shopping and wrapping. A special thanks to **Lynn Walters** for coordinating the gift lists and the delivery.

### Feed the Homeless Program – Cookies for the Tulsa Day Center for the Homeless

Despite the frigid weather and threat of snow last Saturday, we had an out pouring of home baked cookies for the Day Center meal. **Claudia, Kerri and Ruby Vandiver, Michael, Annie, Kiri and Eden Simpson and Anita Ward** made up 120 treat bags with 6-7 cookies in each.

Thanks to all the generous bakers for the lovely home baked cookies and everyone who helped sort the treat bags. What a beautiful gift for the clients at the Day Center on a cold, snowy night.

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## ***Notes from the Board—December 2016***

The Board meeting started with minutes and reports being approved. Financial reports and progress on the budget was reviewed. The final number for the annual auction is \$26,880. There may still be some money coming in for a few of the sign up parties. The end of year anonymous donor match is going strong and there is still time to give.

The Board and Finance Committee are jointly reading the book “Beyond Fundraising: A Complete Guide to Congregational Stewardship” by Wayne B. Clark. Once everyone has read the critical chapters, the Board and Finance Committee will have a meeting together in order to begin a conversation about fundraising at Hope.

**Claudia Vandiver** lead the Board in a “dreams for the church” exercise about what we as church members would like to see at the church from programs to improvements to the physical space. The Finance Committee will use this information to help set the pledge goal.

The Board reviewed the description of the Personnel Committee for the board book. Suggestions and changes were noted and will be communicated to the committee. The final description will be voted on at the January meeting.

The Board approved for the Outreach Committee to raise funds (\$450) through different avenues such as Faithify (a UUA sponsored crowd funding website), hosting a speaker or taking up a separate collection to benefit the Gap Packs program.

The Board also approved for OU-Tulsa to come to Hope to do a poverty simulation. **Anne Steiner** is working with OU to find a date—either late February or early March. There will need to be a minimum of 40 participants/ a maximum of 80. We will reach out to neighborhood churches and extend an invitation to them.

Hope Church has been registered to march in the annual Martin Luther King day parade on January 16, 2017. Details on meeting place, time, etc will be forthcoming.

The Board returned to the tabled discussion about the make up of the executive committee. The Board agreed if changes were to be made, those changes would not be effective until July 1, 2017 for the incoming Board. The Board will continue this discussion and plans to come to a vote in the January meeting.

The Board will meet again on January 24, 2017

### **Hope’s 2016—2017 Board of Trustees**

L-R standing—Janet Nobles, Anita Ward, Annie Simpson, Cate Potter, Anita Wood, Larry Sharp

Seated—Claudia Vandiver, Elke Johnson, Anne Steiner, Ken Jones, Marcia Schaefer





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## ***Brown Bag Discussion Group***

The Brown Bag Discussion Group meets every Thursday at Hope. All are welcome. We meet at 11:30 am for lunch with everyone bringing their own lunch. The discussion goes until 1:00 pm. If you don't want to bring your lunch, fine. If you arrive late or need to leave early, that is fine also. We are an informal group.

On the first Thursday of every month, Rev. Cathey leads the discussion. Currently, Rev. Cathey is helping us to look at values and beliefs that we want to pass on. On January 5, we will look in particular at "The Importance of Family and Relationships". The third Thursday is set aside for a discussion led by one of our members on a pre-determined topic. For January 19, I will be leading a discussion of the Electoral College (history, purpose, etc). The remaining Thursdays are for discussion of current events or follow-up to previous topics.

Please feel free to drop in. No notice or registration is required. If you would like for me to add you to the email list for notifications, please let me know at [cvgardnr@sbcglobal.net](mailto:cvgardnr@sbcglobal.net)

**Claudia Vandiver**

## **38th Annual Martin Luther King, Jr. Commemorative Parade 2017 Theme—Love Conquers All**

### **Sunday, January 15, 6:00-9:00 pm**

Interfaith Commemorative Service at Boston Avenue Methodist Church, 13<sup>th</sup> and S. Boston.

### **Monday, January 16, 11:00—2:00 pm**

38th Annual Martin Luther King, Jr. Commemorative Parade. Begins at Detroit and John Hope Franklin Boulevard.



*If you would like to join other Hope members and walk in the parade,*

*please call or email **Maggie Scott** at [hopeuu@hopeuu.org](mailto:hopeuu@hopeuu.org) or 918-481-0999*

*We will then work out further details regarding carpooling and a meeting place.*

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## Hope Events

*Childcare is available by rsvp at least two business days before most events. Please email [childcare@hopeuu.org](mailto:childcare@hopeuu.org) to make a reservation.*

### Brown Bag Lunch

**Meets every Thursday at 11:00 am in the RE Wing**

Bring your lunch and join us for lively discussions on current topics. **See Page 8 for more information.**

**Claudia Vandiver** [cvgardnr@sbcglobal.com](mailto:cvgardnr@sbcglobal.com)

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### 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. We work together to supply lap blankets, shawls, and baby blankets for our church community or you are welcome to bring a personal project.

**Carrie Muzika**

[proenviomom@cox.net](mailto:proenviomom@cox.net)

**Deborah Whittaker**

[debsharmony@yahoo.com](mailto:debsharmony@yahoo.com)

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### Women of Hope

**Thursday, January 5**

**Socialization 6:00 • Potluck 6:30 • Program 7:00**

Both men and women will want to join us for this event. "News On 6" reporter **Lori Fullbright** will join us to present her "Cons, Frauds and Scams" program. Please bring a food item of your choice to share. Wine is available with a \$2.00 donation.

We look forward to you joining us for this very important and educational program.

**Jane Brumley**

Women of Hope Program Co-Chair

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### Taking Down the Greens

**Saturday, January 7, 10:00 am**

Join us as we pack up the Christmas decorations at Hope. All hands are welcome but young strong backs are particularly needed to help reposition the storage boxes back in the "cave". Bagels and snacks will be provided. Please come and lend a hand to get the church off to a fresh clean start for 2017.

**Janet Williamson & Katharine Dillsaver**

Aesthetics Committee

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### Hope Book Club

**And every 1st Monday in the Log Cabin**

**Next meeting February 6**

Our February book is *The Day of the Triffids* by John Wyndham. For more information, contact **Chris Anrig** at [cmnrig@hotmail.com](mailto:cmnrig@hotmail.com)

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### Movie Night

**Tuesday, January 10 at 7:00 pm**

Our movie for January is *The Americanization of Emily* (1964) starring Julie Andrews and James Garner. The setting is the days in Great Britain leading up to D-Day. James Gardner is an American Naval officer who has the "good life" while serving as an aide to an admiral who decides that an American sailor should be the first American to die during the D-Day invasion. The screen play was written by Paddy Chayefsky, and is full of dark wit and irony. Popcorn and soft drinks will be provided, and **Larry Sharp** will give us some insight into the scenes behind the scenes in the making of the movie

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### Hope Lunch Bunch

**Wednesday, January 18, at 11:30 am**

We will meet at the **Ti Amo Italian Restaurant**, located at 6024 S Sheridan Road. Please contact **Lynn Walters** by Monday, January 16, if you're planning to come: 918-863-4508 or [lfwalters@aol.com](mailto:lfwalters@aol.com). Join us this month for good conversation and friendship.

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### Family Fun Night

**Friday, Jan 20, at 7:00 pm**

This is an all-ages gathering! We will have tables in Fellowship Hall for playing games, and a family-friendly movie playing in the sanctuary. Popcorn will be provided. Only spill-proof cups allowed in the sanctuary.

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### Breakfast on the Hill

**Sunday, February 5, 9:00 am**

Join us for breakfast before the service on the first Sunday of the month. Our head chef is **Lynn Rivers**. A donation of \$5.00 per adult is requested. Children eat free.



## Sunday Flowers

- ◆ Honor a loved one!
- ◆ Celebrate a birthday or anniversary!
- ◆ Celebrate the season!

Sign up to bring flowers on Sunday and beautify our sanctuary. Sign up in folder on administrator's desk or call or email Maggie Scott 918-481-0999 hopeuu@hopeuu.org



## Members' Birthdays January

David Barbee	2nd
Keith Hamilton	3rd
Pat McGinley	8th
Larry Vandiver	12th
Lenny Hope	11th
Marlene Hintermeister	15th
Russell Muzika	20th
Jay Stewart	25th
Rebecca Jones	26th
Barbara Witt	26th



## 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

**January 2-8**  
Fred Pottorf  
918-407-0924

**January 9-15**  
Eric Reiman  
918-407-0924

**January 16-22**  
Eric Reiman  
918-407-0924

**January 23-29**  
Jim Sleezer  
918-760-9711

**January 30– February 5**  
Fred Pottorf  
918-407-0924

### *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 the event.**

**For Hope's January Calendar  
see Hope's website  
[www.hopeuu.org](http://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 February 1, 2017 . Next Deadline: 9 am, Wednesday, January 25, 2017**





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hopeuu@hopeuu.org

FOCUS Issue January 2017 by Hope Unitarian Church, 8432 S. Sheridan Road., Tulsa, OK 74133-4137.

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](mailto:cathey@hopeuu.org)  
**Maggie Scott**, Administrator, [hopeuu@hopeuu.org](mailto:hopeuu@hopeuu.org)  
**Joseph Rivers**, Director of Music, [joseph.rivers@hopeuu.org](mailto:joseph.rivers@hopeuu.org)  
**Susan Spooner**, Director of Children and Youth Programs, [susan@hopeuu.org](mailto:susan@hopeuu.org)  
**Rebecca Jones**, Accountant (off site), [rebtax@cox.net](mailto:rebtax@cox.net)

#### ***Our Board of Trustees***

**Anita Ward**, President  
**Ken Jones**, President Elect  
**Claudia Vandiver**, VP of Finance  
**Anne Steiner**, VP of Programs  
**Marcia Schaefer**, Treasurer  
**Janet Nobles**, Past President  
**Annie Simpson**, Secretary  
**Trustees: Elke Johnson, Cate Potter, Larry Sharp, and Anita Wood,**

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#### **Office Hours**

Mon –Fri 9:00 am—3:00 pm