

# FOCUS

## DECEMBER

### 2024

HOPE  
UNITARIAN  
CHURCH

Accessible  
Entrance

# PRESENCE





# DECEMBER AT HOPE

As December approaches, Hope Unitarian Church warmly welcomes you to join us for a time of celebration, reflection, and renewal. This month, we'll gather for our traditional services that bring meaning to the season and offer us the chance to connect deeply with one another in joy, peace, and hope.

We begin with Sing Noel! on Sunday, December 8th, at 11:00 AM. This musical service fills our sanctuary with the sounds of cherished carols and seasonal hymns, brought to life by our talented choir and musicians. Whether you're a longtime singer or simply love the music of the holidays, this gathering is a wonderful way to start the season together, celebrating the warmth of community through song.

Later in the month, we'll share in our Christmas Eve Candlelight Service on Tuesday, December 24th, at 6:00 PM. This beloved tradition gathers us for an evening of soft candlelight and peaceful reflection as we celebrate the heart of Christmas.

Finally, on Sunday, December 29th, at 11:00 AM, we invite you to the Burning Bowl Service, a ceremony dedicated to releasing old challenges and welcoming a fresh start for the new year. Let us join together in this December to remember, creating memories, traditions, and peace to carry us into the year ahead.



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# REFLECTIONS FROM THE MINISTER

## HAPPY HOLIDAYS

One of the inescapable lessons of being human that we are confronted with has to do with not just knowing how to be present, but also recognizing when it's okay not to be. Given the focus on wellness and even a cursory reading of self-help literature, one might assume the goal of humanity is constant emotional up-time and 100% emotional presence. But even the most outgoing among us would agree that this sounds drastic and completely unrealistic. As humans, we understand that taking time to unplug and practice self-care is essential; part of being human is knowing when we need to rest. Being human means recognizing that we are all connected and yet also individuals with unique needs.

As we enter the holiday season, I'd like to remind you that it's okay to take time away from people and to carve out time just for yourself—even if that means doing nothing. During the holidays, it's easy to get caught up in meeting everyone else's needs and end up feeling emotionally exhausted.

Manage your expectations. This time of year will never be perfect—but in most cases, the pursuit of perfection gets in the way of the good.

Be gentle with yourself. Be present when you want to be, manage your expectations, and let go of perfection.

Happy Holidays.



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](mailto: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.





# Life Senior Services

## DECEMBER GENEROSITY RECIPIENT

Since its inception in 1973, LIFE Senior Services has been a leader in providing services to the aging population of Tulsa and its surrounding communities. By implementing a multifaceted approach to Senior care, LIFE's services provide assistance to an average of 28,000 seniors per year – aiding in enhancing the overall well-being of seniors in our area.

LIFE Senior Services not only provides essential services for seniors, but they foster a community that cherishes and upholds the independence, dignity, and well-being of older adults.

Throughout the past 50 years, LIFE Senior Services has grown into a comprehensive program that specializes in providing both home and community based services for Tulsa seniors and their caregivers.

LIFE's services encompass a diverse range of offerings. Senior Centers, tailored for active adults aged 50 and older, provide engaging environments for social interaction and personal growth. For older adults facing challenges in maintaining independence, services like Case Management and Adult Day Health become invaluable lifelines.

Beyond these critical services, LIFE is committed to enhancing the overall well-being of seniors. The organization helps beneficiaries understand their Medicare options, provides assistance with tax returns, and develops affordable senior apartment communities—allowing independent adults to downsize and simplify their lives.

The mission of LIFE Senior Services is clear: to promote and preserve independence for seniors today, tomorrow, and always.

Donate

Volunteer



**LIFE**  
**SENIOR SERVICES®**







## CARE Team Update

Dear church family,

Our U.U.A. organization along with The UPLIFT group of Side with Love has collaborated with the Pink Haven Coalition. This organization has levels of security to ensure the safety of our transgender family members and friends. The link below is an email from the UPLIFT group that includes links about the Pink Haven Coalition and a survival guide at the end. Please educate yourselves and share accordingly.

Hope Care Team

Please click here to learn more about [UPLIFT](#) and the [Pink Haven Coalition](#).



# UPLIFT

UPLIFTING THE LGBTQ+ EXPERIENCE  
WITHIN UNITARIAN UNIVERSALISM & BEYOND







# DECEMBER EVENTS

## ● Board and Committee Meetings

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

- Finance Committee: 6:00 PM, Tuesday,
- Board of Trustees: 7:00 PM, Tuesday,

## ● 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](http://www.hopeuu.org/calendar) for the most current schedule of events.

Women of Hope: Thursday, December 5th, 6:00 PM.

Hanging of the Greens: Saturday, December 7th, 10:00 AM

Sing Noell!: Sunday, December 8th, 11:00 AM

Game Night: Thursday, December 19th, 6:00 PM

Feed the Homeless: Saturday, December 21st, 5:00 PM

Christmas Eve Candlelight Service: Tuesday, December 24th, 6:00 PM.

Burning Bowl Service: Sunday, December 29th, 11:00 AM

Sundays: Children and Youth Religious Education: 9:45 AM, Adult Forum: 10:00 AM, Sunday Service: 11:00 AM

## ● Log Cabin Rentals

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

- Sundays, 2:00-3:00 PM: Gamblers Anonymous (GA)
- Tuesdays, 6:30-7:30 PM: SouthSide Recovery/Narcotics Anonymous (SSR/NA)
- Wednesdays, 10:00 AM-noon: Al-Anon
- Wednesdays, 5:45-7:00 PM: Codependents Anonymous (CoDA)
- Usually the 3rd Saturday of each month, 4:00-6:00 PM: Victims' Voices (victim impact panel).

Check their website or [www.hopeuu.org/calendar](http://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 October 13th.



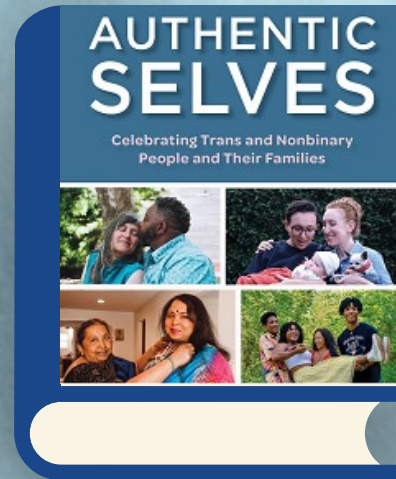


# DECEMBER EVENTS

## Happy Birthday!

### December Birthdays

Rick Eagleton - 4  
Lisa Dunn - 5  
Maggie Scott - 9  
Cate Potter - 10  
Susan Swatek - 13  
James Heifner - 17  
Eric Reiman - 19  
Joseph Sheehan - 20  
Jacci Hamilton - 22  
Sherrill Womeldorff - 22  
Anita Ward - 22  
Brandy Morgan - 22  
Sharon Robinson - 28  
Mary Newman - 31



### UU Common Read 2024-2025

When we do a UU Common read together, we share in reflection, learning, and action. This year's common read book is "Authentic Selves: Celebrating Trans and Nonbinary People and Their Families" edited by Peggie Gillespie

### December Adult Forum Topics

December 1: Star Tree/Generosity Recipient - Life Senior Services  
December 8: Coffee and Conversation  
December 15: Stress, Relief, & Self-Care During the Holidays with Jo Ann Howse  
December 22: Humanlight with James Donovan  
December 29: Coffee and Conversation







 **Auction**





# 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](mailto: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

**Morgen Fields**

Church Administrator

**Elizabeth Obal**

Church Accountant

**Christy Stalcup**

Music Director

## CONTACT US

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918-481-0999

[hopeuu@hopeuu.org](mailto:hopeuu@hopeuu.org)

[www.hopeuu.org](http://www.hopeuu.org)

## 2024-2025 BOARD OF TRUSTEES

**David Tracy**, President

**Vanessa Self**, President Elect

**James Donovan**, Past-President

**Jeff Dossett**, Vice President of Finance and Planning

**Mary Baird**, Vice President of Programs

**Christy Chesnut Levine**, Secretary

**Cynthia Heifner**, Treasurer

**Rick Eagleton**, Trustee

Currently Vacant, Trustee

