

# The Springs

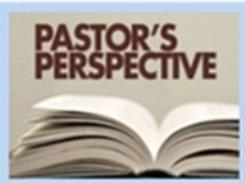


Rev. Don Tabberer

February 27, 2013

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*"Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.'" (John 6:35)*

This year our Lenten Pilgrimage is taking us on the way with Jesus from a variety of different perspectives. It is a challenging journey, but I believe it is a necessary one for us. We need to dig deeper into our relationship with Jesus and the season of Lent is the perfect time for this reflection.

Whenever we go on a journey it is important that we prepare ourselves and that we pack the right things to take with us. If you are going on a hike, it is best to pack light, but always remember to take sufficient water with you and carry light, nutritious snacks along. The point is we should never go on a trip without being prepared.

In John's gospel Jesus tells the crowd that he provides all the nourishment they need. Obviously, he is not talking about our physical need for food and water. Jesus is urging us to realize that the way we travel is exhausting to our spirits and we must turn to him for the refreshment we need to keep going. I know we have all heard this before, but it seems to me that we need to be reminded from time to time that Jesus really did come to serve and part of his service is to strengthen and encourage us when our spirits are exhausted. God knows that we cannot fulfill our role as servants to the Gospel unless we are strong and fresh in our own spirit. In Matthew 11:28 Jesus said, *"Come to me, all you who are struggling hard and carrying heavy loads. And I will give you rest."* Rest is a wonderful thing and we all need it frequently. Just the thought of

resting comfortably in the strong arms of God's grace makes me sigh with release.

As you live your life and walk the path you are following, you cannot avoid those times when things just don't seem to be working out the way you want them too. You get frustrated, even angry. You are disappointed or sad. Sometimes you are simply worn out from the effort. These are the times when Jesus says, *"When you come to me you will not hunger or thirst; you will be refreshed. When you come to me, I will help you to rest from your struggling."* I don't know about you, but I find those words healing.

The world we live in is constantly throwing up obstacles to steer us off course and frustrate us. I watch the news and wonder why so many people are hurt by violence every day and I wonder what our response ought to be. I see people who are hungry and homeless while others take advantage of the system and take resources that could help others who actually need them. How can we change that reality? I see nations at war with other nations and within their own boundaries; I try to understand where God is in the middle of all that bloodshed. I look around our own community and realize that so many people right here have no idea that the bread of life is available to them just for the asking. It is heartbreaking.

Then I realize that it is God who calls us to come and gather our nourishment from the Bread of Life and regain our strength by resting in his grace so that we can be the ones who are strong enough and brave enough to cry out with a prophetic voice. We are on a challenging journey, there is no doubt, but we have the source for all the life-giving power we need to do what we are called to do. **Feast! Rest! Go!**

**Grace and peace, Pastor Don**

## Visual Disability Support Group

A support group for those with visual disabilities will begin Monday, March 11<sup>th</sup>, 10:00 AM, in the Fellowship Hall. ( Main street entrance). Come and share your concerns and hear speakers on how to live in a visual world that is hard to see! All are welcome, bring your ideas and interests. Kathy Shelton, rehabilitation teacher, with the State Department of Visual Services will be there to answer questions. Please call Judy at 918-241-6890 or Gerrie at 918-245-4567 if you plan to attend or need transportation.

## Grief Support Group

Are you having trouble processing grief from the loss of a loved one? Come and join this group to accompany you on your way. It meets the 2<sup>nd</sup> Sunday of the month. The next meeting is March 10<sup>th</sup> at 3:00 pm. in the parlor. Enter from 4th street. The group is led by Leah Bradley, counselor with Good Shepherd Hospice. We are following the books and videos of Doug Manning. All are welcome.

For more information call the Church at 918-245-5955, or Judy at 918-241-6890.

## UMW Reading Program

New books are here! One new book for each area of mission emphases plus a children's and youth book have been added to the UMW library. Travel to lands unknown or explore your own neighborhood by journeying through a book. The UMW reading program offers four different plan levels from which to choose. Books for the 2009-2013 years are eligible for credit. Lists of these books as well as other information are included in the instruction binders at the book display center.

WE NEED YOUR HELP! Please search your personal home libraries to see if any UMW books have taken up residence there, and if so, return them. Also, when checking out books, please enter the date (including year) and your name on the reference card from the book and place that card in the basket on the display shelf. We currently have reference cards from months and years past for which we are unable

to find books.

Whether or not you wish to complete a plan level, we hope you will benefit from the UMW Reading Program books in the church library.

Wava Burt, UMW Program Resources

## SOMEONE'S PRAYING, LORD.....

Thank you, God, for the wonderful ground-soaking rain we are receiving this Monday morning. How we have thirst for it, and you alone are quenching that thirst. The birds are chirping and the daffodils are blooming. Thank you for the promise of Spring and the hope that it brings. Many are facing Good Fridays each day, but we give thanks for the promise that Easter is coming. May we continue this Lenten Season growing in our Faith in You, and may we each find ways to reach out to others, sharing the promises that Easter brings. Amen. Virginia

## *Bridal Shower*

*for Magen Duncan and Nick Stockard*

*Saturday, March 2*

*2:00 p.m. in the Narthex*

*They are registered at*

*Bed, Bath & Beyond*

*Hosted by*

*Brooke Coney & Pam Mitchell*

*Parents: Mike & Glenna Stockard &*

*Steve & Lanette Duncan*

*NOTE: Please bring your favorite  
recipe with marriage advice.*

# Lent



## Devotion Series

Tuesdays at 12:00 Noon

Devotional Time,  
followed by Lunch

March 5 – Sand Springs United Methodist Church  
4<sup>th</sup> and Main

March 12 – St. Patrick's Catholic Church  
204 E. 4th

March 19 – First Presbyterian Church  
222 N. Adams Road

March 26 – St. Matthew's Episcopal Church  
601 Lake Drive



**JOIN US**

**SUNDAY, MARCH 10**

**6:00 P.M.**

**SSUMC Family Life Center**

**101 W 38<sup>th</sup> Street**

**Movie & Discussion**

***"The Way"***

**RATED PG-13**

### Music Ministry Musings

As we embark on this season of Lent, preparing ourselves spiritually for the coming of Easter, many of us give something up as a reminder of Christ's sacrifice for us and to help us focus on the priority of God in our lives. It might be sugar, or chocolate, or caffeine, or Facebook, or any number of other possibilities. Many also choose to add a spiritual discipline to their lives like daily bible reading, intentional prayer, or a quiet time spent with God every day.

The purpose of all of these things is to bring us closer in our relationship with God. If you are not already doing one of these things for Lent, I encourage you to begin now, it's not too late to start. I would also like to make a suggestion for a Lenten discipline that we could all try even if you are already doing your own thing. Our worship time is the one time for our community of faith to come together and enter God's presence each week with the purpose of praising him. It is so easy to find ourselves just going through the motions, distracted by all of the competing concerns of our lives. For this season of Lent I encourage us to join together in truly focusing ourselves on God during our worship time each week. Open yourself to the Holy Spirit. Praise God with your whole being -- your body, your voice, your mind, your spirit. Use worship as a time to show God what he means in your life. Let us come into God's presence with thanksgiving and praise! I pray that this season of Lent will bring each of us closer in our daily walk with God.

Alan

## *Sunday Lists*

### **Sunday Volunteers March 3-Communion Sunday**

Visitors Center & Coffee-UpRising-Young Adults

Head Usher-8:30 a.m.-Frank Johnston

Head Usher-11:00 a.m.-Eddy David

Young Disciples Lesson-8:30 a.m.-Amy Miller

Young Disciples Lesson-11:00 a.m.-Amy Miller

Child. Church-8:30 a.m.-Kingdom Kids  
11:00 a.m.-Amy & Lauren Miller

Counters-Janie Moore & Kent Warkentin

Youth Dinner for Wed., Feb. 27-Searchers Class

### **Sunday Volunteers March 10**

Visitors Center & Coffee-UpRising-Young Adults

Head Usher-8:30 a.m.-Frank Johnston

Head Usher-11:00 a.m.-Eddy David

Young Disciples Lesson-8:30 a.m.-Cathy Gifford

Young Disciples Lesson-11:00 a.-Cathy Gifford

Children's Church-8:30 a.m.-Kingdom Kids  
11 a.m.-Debbie Schmidt & Amy Miller

Counters-Diana Pond & Jack Vest

Youth Dinner for Wed., March 6-Discovery/Crossroads

## *Please Keep In Prayer*

Martha Scudder, Jewel Williams, Ryder Herring, Ruth Weaver, Virginia Vice, Donna Woodruff, Mary Lea Forsythe, Phil Cearley, Cathy Hula, Mark Nicholson, Elizabeth Taylor, Destinee Tackett, Sylvia Johnson, William Scott, Catie McGoldrick, Clinton Wilson, Margaret Pyeatt, Jack-Howard Smith's cousin, Larry & Don Fisher-Connie's brothers, Carl Welch-Carrol Hamner's brother, Jason & Natalie Mickels, David Wells Family, Heidi Bostwick, Theresa Rosales, Linda Pierce, Bobbie Simpson, Cheryl Simms, Jeannie McClafin

## *Acknowledgements*

### **Thank You...**

*We wish to thank everyone for the cards, prayers, and phone calls during Roberta's recent illness. The Valentines and Caroling were truly a joy to us! Thank you Kidzone and Kingdom Kids. God bless all of you.*

*Ralph & Roberta Rand*

### **Thank You...**

*We so appreciated the wonderful lunch served for Wilbur's service. For all the many many cards and phone calls. They all meant so much to uplift and bless me! There are no words to adequately describe the love and appreciation for each one of you. You are simply the best and greatest! God bless you each and every one. We love you.*

*Jewel & Family*

### **Thank You...**

*Thank You Lord, prayer warriors and congregation! My brother's (Carl Welch) PET scan indicated he is currently cancer free. God Bless you all,*

*Carroll Hamner*

## Crumbs From The Cracker

**the Awakening Vision:** "To Stretch the Church and to Redeem the un-Churched all to Glorify God"

**Summer Youth Mission Trip 2013:** Did you miss the sign up date for our summer youth mission trip 2013? Its not too late! Spots are filling up quick for students! Don't forget to sign up! We have 7 spots for parents and with a \$25 dollar deposit you can reserve your spot! Feel free to bring your deposit to the office or youth on Wednesday night! Fundraisers starting soon!

**Blue Devils Vs. SSUMC Old Dudes!** Get excited!! It's time for our second annual March Madness game starring your SSUMC Youth Blue Devils against our SSUMC Old Dudes! This is a fun event for all ages, and you get to come and support our youth who are going on a mission trip this summer to Cincinnati, OH! The game is at 6:30pm! Our concession will be selling (Hot-dogs, Nachos, Popcorn, Candy, and Drinks).

**Winter Jam!!!** Hey students & parents!!! Winter Jam is approaching sooooooon-March 9<sup>th</sup>!!!! Get signed up to go!!! The cost is \$10 for the concert; also bring some money (\$10-\$15) for dinner at the concert! We will be leaving the church @3pm so we can get in line and get some great seats!!!! Our plan is to hopefully be back to the church @12:30am. We are looking for a few parent sponsors to join us! Let me know if you are interested!

**Youth Teachings:** Our students have kicked off the "The Prayer." This series is covering the "Lord's Prayer". During this series, we are going to dig deep into the words Jesus taught His disciples. We have covered week 1-Jesus' "Pre-Game" prayer preparations from Matthew 6: 5-8, week 2 we covered "It's All About You!" from Matthew 6: 9-10. This coming week our series is about "Enough" from Matthew 6: 11. Our youth have just completed our Sunday school study over "Christian Atheist." This was a great book for our students to evaluate their faith. Our next study for Sunday school is going to cover a book called "Not A Fan." This book is going to look at the simple concept of evaluating whether we are "Fans" of Jesus or are we "Followers" of Jesus?

## Upcoming Dates:

- February 26<sup>th</sup>- Blue Devils B-ball Practice 7pm
- February 27<sup>th</sup>- "The Prayer" Wk 3 "Enough" @ 6:30pm
- March 2<sup>nd</sup>- Blue Devil Play-offs! 10:00am!!!!
- March 3<sup>rd</sup>- Youth Worship Practice 6pm
- March 6<sup>th</sup>- "The Prayer" @ 6:30pm
- March 7<sup>th</sup>- Blue Devils Vs. Old Dudes Game! 6:30pm
- March 9<sup>th</sup>- Winter Jam!!! Meet @ Church @ 3pm!! Return @ 12:30am

(If you are interested in being apart of any of these upcoming events please do not hesitate to call me at 918-245-5955, or email me at [gcollett@sandspringsumc.org](mailto:gcollett@sandspringsumc.org))

## Kidzone

In KidZone we are continuing our Easter lesson called Scrapbooking thru Holy week. Yesterday we learned about Palm Sunday by playing games relating to Palm Sunday. We talked about people's expectations of who Jesus was and then God's expectations for Jesus.



Some of our VBS team went to Boston Avenue last Saturday for a workshop. Our VBS theme this year is EVERYWHERE FUN FAIR and it looks like it will be a lot of fun. The daily activities have something to do with another country and teach the children that in God's eyes everyone, even people on the other side of the world, are our neighbors. Mark your calendars! VBS dates are July 14-July 18.

See you Sunday!!

# MARK YOUR CALENDAR

FLC-Family Life Center

## Wednesday, February 27

7:30 a.m.-Men's Breakfast—Crescent Café  
10:00 a.m.-Bible Study  
6:30 p.m.-The Awakening  
6:00 p.m.-Chancel Ringers  
7:00 p.m.-Chancel Choir

## Thursday, February 28

10 a.m.-Exercise to Music  
1:00 p.m.-Ruth Esther Circle  
7:00 p.m.-Faith Circle

## Friday, March 1

Fellowship Hall in use- set up for Bridal Shower

## Saturday, March 2

9:30 a.m.-UMW Brunch-F. Hall  
2:00 p.m.-Nick Stockard & Magen Duncan Bridal Shower-Parlor

## Sunday, March 3

8:30 a.m.-Modern Worship  
10:00 a.m.-Sunday School  
11:00 a.m.-Classic Worship  
12:30 p.m.-Lunch Bunch to Te Kei's

## Monday, March 4

10:00 a.m.-Exercise to Music-FLC  
6:30 p.m.-Bible Study-F. Hall  
7:00 p.m.-Boy Scouts-FLC

## Tuesday, March 5

12:00 p.m.-SSUMC hosting Lenten Service/Lunch  
7:00 p.m.-Praise Team Practice  
7:00 p.m.-Al-Anon-Upstairs

## Wednesday, March 6

7:30 a.m.-Men's/Women's Breakfast-Crescent Café  
10:00 a.m.-Bible Study-F. Hall  
6:30 p.m.-The Awakening-Youth-FLC  
6:00 p.m.-Chancel Ringers  
7:00 p.m.-Chancel Choir

## Thursday, March 7

10:00 a.m.-Exercise to Music-FLC  
6:30 p.m.-Young VS Oldies Basketball Game-FLC

**Sand Springs UMC**

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**Family Life Center: 918-245-3725**

**[www.SandSpringsumc.org](http://www.SandSpringsumc.org)**

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