

photo by Doug Brush



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the channel



Prayerful Pruning

by Dr. Eric Costanzo

For most of us, a life free of anxiety sounds too good to be true. Our lives move at a breakneck pace, and we often end up running until “our feet are bare and our throats dry” (**Jeremiah 2:25**), with very little to show for it.

With God’s help, all of us could use some serious slowing down. The culture around is set up to make the pace faster, not slower. Fast food franchises, for example, try to average between 1 and 2 minutes maximum to serve one customer in a drive-thru line. While some establishments I visit fail miserably at this, most seem to hit well within this average. You get what you pay for at these types of places – both in terms of service and quality of food. Nevertheless we have come to expect, and dare I say demand, that our wait times be as short as possible.

I can’t imagine how this type of service would have been received 50 years ago. (Some of you can imagine 😊.) People would likely have said,

“Where’s the fire, son?”

“No tip for you, young lady!”

“Take this back and spend the time to get it done right!”

My, how times have changed. Though we certainly cannot control everything in our lives, we can take some strategic steps to regulate our pace and strengthen our focus on the things that matter most. This morning I will mention the idea of “pruning.” Just like in horticulture, pruning areas of our lives involves cutting back or removing altogether things that are unnecessary and hinder growth. Some examples might include social media, activities, toxic people, attitudes, and of course sin. Pruning is difficult and can even be painful, but if it is done right it can stimulate better and healthier growth.

Thankfully, God promises help for us in such pursuits. As Paul wrote in **Philippians 4:6-7**: “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”



What Paul describes sounds an awful lot like freedom to me. No anxiety, and constant practice of prayer and thankfulness, which results in a peace that is beyond all of our understanding. A peace that will protect our hearts and our minds through the power of Christ Jesus. Would you be willing to give your life some honest evaluation and perhaps a little pruning, so that you too might experience a personal peace and freedom for your own good and the good of others around you?

ministerial staff

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publication deadlines

The Channel
Wednesday

Messenger Wrap
Monday

TableTalk
Tuesday

Please email all submissions to Kim Hayes by 10:00 a.m. at kim@stbc.net

on the cover
Praying

Welcome New Members



Cynthia Little,
by letter

One Such Child Foster Care VBS

July 29-30, 2016

Friday 6:00 p.m. – 9:00 p.m. and

Saturday 8:00 a.m. – 8:00 p.m.

First Baptist Church, Jenks

VOLUNTEERS NEEDED

To celebrate and encourage the many families who have opened their hearts and homes to foster children, OBHC and the Baptist General Convention of Oklahoma are inviting these families to participate in a specialized Vacation Bible School. The VBS event is designed for Foster Families to bring their children (foster & biological), birth through 18 years old, to have a good time learning about God's Word and participate in various activities such as crafts, music and games. While the children are in VBS, the parents can receive their required annual foster care training from a Christian perspective. If you would like to teach VBS on Saturday morning 8:00 a.m. – 12:30 p.m., or would like more information, please contact Debbie Steen in the church office, or online: www.obhc.org/services/foster-care/event-volunteer-registration.

the scorecard



07.17.16

Church in Action

Giving

Ministry Financial Plan	187,571
Actual MFP Receipts	157,197
General Fund	50,473
Building Fund	505

Sunday Bible Study

Adults	514
Youth	67
Children	82
Preschool	87
Unclassified	10
Total	760

Weekday Bible Studies

145
Adult, Youth, Women's, Men's

Music & Worship

88
Sanctuary Choir, Orchestra, Praise Team

Stephen Ministry

Care Receivers	10
Care Givers	25

GriefShare *afternoon - evening*

Participants	1 - 11
Facilitators	5 - 4

Early Learning Program

Church on Mission

Jail Ministry

Prayed to Receive Christ	9
Bibles Distributed	11
Quarterlies Distributed	54
Tract Ministry	500

The Ministry Center

Volunteers	23
People Helped	340
Salvations	1

Worship Service Online

LIVE Views

2,505
(U.S. 1,732; International 773)

@ Legend at Mingo Road	15
@ Brookdale Broken Arrow	
@ Autumn Leaves	
@ Prairie Rose	14
@ Clare Bridge	22
@ The Arbors	7
@ Burgundy Place	6
@ Legend at Tulsa Hills	16
@ Storey Oaks	20
Total	2,605

ON DEMAND Views

1,013
(U.S. 561; International 452)

Cities Represented

39
Tulsa, Broken Arrow, Bixby, Dallas, Houston, Jenks, San Francisco, Chicago, Odessa, Amarillo, Arlington, Atlanta, Beggs, Collinsville, Denver, Evansville, Goose Creek, Greenville, Lewisville, London, Moore, Muskogee, Nicholasville, Norman, Oklahoma City, Raymor, San Antonio, Severna Park, Claremore, Fort Worth, Edmond, Grove, Joliet, Nashville, Sand Springs, Sapulpa, Sevierville, St. Louis, Rio Rancho

*For more information about these ministries
and how you can be involved, check out our online scorecard at
www.southtulsa.org.*

please pray for...

Jessie Adams

Keely Archer
Jacqueline Arterburn
Kathy Austin
Jannelle Babb
Larry & Karen Baker's
Daughter's Family
Sharon Barnett
William Bass
Mary Baucam
Clark Bolding
Holly Bowlby
Karen Byrd
Pam Campbell
Gary Chapman
Delores Chapman
Howard Chapman
Kathleen Cleary
Chris Crabtree
Chris Cuaderes
Buster Davenport
Ashlyn Dirteater
Joy Disler
Craig Donnelly
Annabelle Doolin
Michelle Dudley's
Mother, Ann
Betty Dugger
Kelsey Easterwood
Ann Eldridge
David Eldridge
Tammy Ezell
Lane & Evie Fleming
Freya & Lennox Foster
Vicki Franks
Julie Gentry
Jordan Greenway
Breydon Hammer
Sonja Harvey
Gene Hatfield
Ginny Hensley's mom
Steve Herman Family
Ron Holland
Judi Hopkins
Kaden Howard
Patricia Howard
David Hubbard
Katherine Johnson
Tonya Johnson
Josh Jordan
Rachel Key
Gene Ann Kerr
Beverly Kieffer
Beverly Kieffer's

brother, Mark
Bonnie Latshaw
Mildred Lawson
Virginia Love
Edith Mabry
Mike Malone
Claire Marquardt
Geraldine McCoy
Alicia McLaughlin
Cathy Meares
Gary Meece
Greg Moran
Elizabeth Moses
Orvalyn Murphy
Mike Nelson
Naedene Neumeyer
Jackie Newman
Monica Oliva
Laura Platt
Manley Porter
Heather Priddy
Jon Randall
Joyce Robertson
Martha Rogers
Shechem Romoser
Dylan Rowe
Seattle Mission Trip
Clay Sanderlin
Mary Jo Sanders
Barbara Shores
Logan Short
Frank Sims
J.T. Smith
Judy Smith
Sharolyn Sorrels
Kelsey Thrasher
Annie Thurber
Allan Trimble
Becky Tuttle
John Vick
Danny Wasson
Bill Weir
Katie Wilkinson
Dixie Woodard
Lorraine Yeubanks

If you have a prayer request, an update or a change, please contact Carolyn in the church office at 918-299-0904 or carolyn@stbc.net.

School Supplies for North Tulsa

One of the wonderful ministries we have at South Tulsa Baptist Church is to help with school supplies for children in North Tulsa. We need to bring school supplies to the church by Wednesday, August 17. Tubs are available near the entrances to the church. The men from North Tulsa will be here on August 19 to pick them up. As you are purchasing school supplies for your children would you purchase a few extra things and bring them to the church? Thank you for your ministry to these children.

Be a Mentor Mom

MOPs is looking for some Mentor Moms. Moms who walk a few steps ahead of the moms in our group. Mentors bring perspective on mothering, womanhood and relationships. You have the opportunity to invest in the lives of young women, cheer them on as they try new things and lead the celebration of all they do! Please contact Miriam Shipman at 757-634-9624.

Owasso Baptist Children's Home

Back-to-School Style Show & Brunch

August 6, 10:30 a.m. | Renaissance Hotel

Tickets are on sale for the Owasso Baptist Children's Home Brunch and Style Show. At the event, men and women alike will enjoy a delicious brunch and be entertained by our witty mistress of ceremonies, LeAnne Taylor, as we watch the children beam with excitement modeling their favorite outfit for school or church. South Tulsa Baptist has thirty tickets available. Tickets are \$20 each and can be purchased from Carolyn Larkin in the office. Please pay in cash, by credit card, or write your check to STBC. Tickets will be sold on a first come, first served basis and once they have been purchased no more will be available. All proceeds will benefit the children of our Owasso campus. Funds will be used for school and church clothes. Any funds raised beyond what is needed to purchase clothing will be used for other basic needs of the children. Over 1,400 people will attend this wonderful event at the Renaissance Hotel. If you have any questions contact Debbie Steen or Judy White.

Secret Church Tonight

A GLOBAL GOSPEL IN A WORLD OF RELIGIONS

Sunday nights July - August at 6:00 p.m. in the Gym

During Secret Church, we will explore the claims of Christ in the gospel and consider how these claims inform the way we understand religions in the world and impact the way we live when surrounded by varied believers with diverse belief systems.

Download a study guide for your phone or tablet for free from our website. A printed study guide is available for \$5 and must be ordered online at southtulsa.org.

Precept Bible Studies Beginning in September

Covenant - Mondays

Knowing God's Covenant (11 lessons)

Mondays 9:30-11:30 a.m. and 7:00-9:00 p.m. in the Choir Room beginning September 12. See this incredible thread running from Genesis through Revelation. God enters into a binding agreement with His people and always keeps His promises. Trusting Him as a covenant partner frees us from the bondage of worry and anxiety. Excellent for those who have yet to take a Precept course. Please contact Patrick Lovelace at patricklovelace@cox.net, 918-286-3226 for more information or to enroll.



Isaiah Part 1 - Thursdays

The Word of the Holy One to Israel, the Remnant, and the Nations . . . and the Promise of the Child to Be Born (Chapters 1-39) - (14 lessons) Thursdays 9:30-11:30 a.m. and 7:00-9:00 p.m. in the Choir Room beginning September 8. In Isaiah Part 1, we'll meet the Holy One of Israel, and learn how He deals with those who claim Him as God but don't honor Him as

God in the way that they live. And we'll find the destiny of nations, the future of all mankind ... including ours. Isaiah offers insight into the final days which complements Revelation, Daniel, 2 Thessalonians and Zechariah. Please contact Patrick Lovelace at patricklovelace@cox.net, 918-286-3226 for more information or to enroll.

Girls in Action

Through our theme, **Mission: My Life**, girls in 1st-6th grade will learn to be agents of holy influence to positively impact their friends, families, and ultimately the world. Each week girls will investigate domestic and world affairs, modeling the skills and following the examples of dedicated Christians on assignment. Each activity and hands-on experience will equip them to pray for and learn about missions, give to missions, and do missions in their own communities. Girls in Action meets on Wednesday evenings from 6:30-7:15 p.m. through the school year. We begin on Wednesday, September 7. Leadership teams are being formed now. If you are interested in teaching girls about missions, please contact Kim Hayes, 918-299-0904 or kim@stbc.net.

GriefShare

If you've experienced the death of a loved one, GriefShare is here for you. Groups meet at 1:30 and 6:30 p.m. on Mondays in the STBC Conference Room. New members are always welcome. For more information, please call Mary Jane Howarth at 918-749-0826.

Women's Ministry Summer Series Bible Art Journaling

Thursdays, July 28 and August 25

Ladies Only/No Child Care - No Fee

Join us in Fellowship Hall from 6:30-8:30 p.m. to work on new designs using colored pencils or watercolor paints in your own journaling Bible or art journal. Enjoy the fellowship as we work on our pages and learn together. Workshop Leader: Denise Curtiss. Please register online so we will know how many to plan on, and to receive the basic supplies list by email.

ISM Furniture Fest

FURNITURE OUTREACH REQUEST - International Community Outreach is hosting its annual Furniture Fest at the University of Tulsa, on Saturday, August 20. The nations are here at our doorstep and you can help impact them for Christ. Your furniture and presence can be a blessing to international students at TU through the Furniture Fest. Used furniture (beds, chairs, desks, etc.) suitable for small apartments will be picked up each week on SATURDAY mornings July 23 through August 13. To donate items, email us at terryligon@gmail.com or call or text 918-504-3489 or 918-345-2062. Gifts are tax deductible.

New Arrival

Congratulations to Jonathan and Michelle Fountain on the birth of their daughter, Alethea who arrived July 20, weighing 7lbs 2oz, and 20 inches.

FirstSteps

PRESCHOOL MINISTRY

etc 8:30 July 24

hostess:	Debbie Steen
Room 101	Cindy Jobe, Gail Foster
Room 102	Brenda Negahban, Bethany Henson
Room 111	Caitlin Everett, Michelle Dudley
Room 105	Sam Pogue, Molly Dudley
Room 108	Barbara Tuttle, Rhonda Lovett
Room 109	Paul & Krista Smith

etc 10:45 July 24

hostess:	Lila Johnson
Room 101	Phyllis Wheeler
Room 102	Brenda Negahban
Room 111	Caitlin Everett, Michelle Dudley
Room 105	Sam Pogue, Molly Dudley
Room 107	Lee Anne Griffin, Michelle Bridenstine
Room 109	Laura & Matt Forney
Room 114	Keith & Lauren Moore

etc 8:30 July 31

hostess:	Debbie Steen
Room 101	Jerry & Martha Zimwalt
Room 102	Brenda Negahban, Michelle
Room 111	Caitlin Everett, Michelle Dudley
Room 105	Sam Pogue, Molly Dudley
Room 108	Barbara Tuttle, Vicky Findley
Room 109	Brad & Lisa Fuller

etc 10:45 July 31

hostess:	Lila Johnson
Room 101	Peggy Cossman, Charlene Phillips
Room 102	Brenda Negahban
Room 111	Caitlin Everett, Michelle Dudley
Room 105	Sam Pogue, Molly Dudley
Room 107	Kim Hayes, Carolyn Gates
Room 108	Dick Faurot, Becky Duren
Room 109	Paul & Julie Warren
Room 114	David & Kara Lee

STAY CONNECTED

by Dru Finley

Now More Than Ever!

Now more than ever our world needs the Gospel! The Gospel is Christ. It is hope in the midst of pain and suffering. It is peace with the antagonistic human heart against a holy God. It is being adopted into God's family. It is that thing that brings light to the darkness. And, the church needs to remember and realize that the darkness is all around us, and it is up to us to shine the light and not keep it within the walls of a building.

As we look around us, we see turmoil, pain, and suffering. The last several weeks there has been a firestorm of stories of police shootings, both by police and towards police. These events have rocked the nation, and there are all types of talking points available. If we are not careful it is easy to take sides, but we must remember that all lives matter. "Our sense of outrage at injustice can remind us that our sense of justice points beyond us to the Judgment Seat of Christ" (Russell Moore). This shows us that we are in fact created in the image of God, and loved by Him. Every life is made in the image of God, therefore God desires that His image bearers experience the truth of the Gospel. If there is to be any relief and healing in our society it will ultimately come through the Gospel of Jesus Christ. And, we are the carriers of that message!

As Christians it is important to remember that the only hope lies in the message of the Gospel. And, if the world is to see that message it will come through the church. "In a time of national disunity, God has called the church to model unity... In a time of fear, God has called the church to be courageous. Many are fearful that the violence we've seen is a sign of a fracturing American social fabric. That may well be. Even so, we are part of a social order that transcends and will outlast the American one (Philippians 3:20-21). We can pray for our country with concern and yet do that not as the pagans do, who have no hope" (Russell Moore).

We are seeing before our eyes a society that is living out the words of Romans 1. They have rejected God and refused to worship Him, therefore "God gave them up." He is allowing this society to experience where their rejection will take them. And, it is leading down a disturbing path. The only hope for this nation and world is through the change of heart that comes from the Gospel. Therefore, Christian, know that the Gospel is life for all who believe, and remember that you have been made an ambassador to take that Gospel to the people around you (2 Corinthians 5:18-20)! Pray for this nation and the lives who have been affected by these violent acts. Speak the Gospel with boldness knowing that it is the only thing that can bring healing. And remember, that now more than ever our world needs the Gospel!

July 18 - July 24

*"Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation and my God."*

~Psalm 42:11

*

July 25 - July 31

*"Listen to me, O house of Jacob, all the
remnant of the house of Israel, who have
been borne by me from before your birth,
carried from the womb; even to your old age
I am he, and to gray hairs I will carry you.*

I have made, and I will bear;

I will carry and will save."

~Isaiah 46:3-4

LIFELINE STUDENT MINISTRY

SECRET CHURCH: SUNDAY NIGHTS - JULY AND AUGUST

Don't miss this summer's Secret Church, Sunday nights in July and August. Dr. David Platt, President of the International Mission Board, will be teaching by video. Earlier in the year, Dr. Platt taught on the subject of a Global Gospel in a World of Religions. We are excited to hear!

SENIOR TRIP 2016: WHITE WATER RAFTING (July 25-28). *MEETING AFTER CHURCH TODAY!!!

It's finally here! We leave for the Senior Trip tomorrow! Are you ready for some serious adventure? But before we get to the adventure, there are a few things we need to take care of first. PLEASE note that you MUST be at the meeting after church in order to sign a waiver that will allow you to participate in the rafting. We will go over

details of the trip as well. We're super excited and can't wait to spend time with you guys!

SUMMER 2016 HOUSE PARTIES! WEDNESDAY NIGHT, 6-8PM *LAST HOUSE PARTIES OF SUMMER 2016!

It's time for house parties!! Each Wednesday we'll go to a different house, enjoy food (students bring pop or chips) and swim! We have worship and a lesson after we've hung out. This year the lessons will be led by our awesome interns! House parties are a great way to get to know people! Bus leaves the church at 6 and gets back at 8. Join us for fun and fellowship!



7TH GRADE SET OUT: CALLING LEADERS WHO ARE INTERESTED IN MINISTERING TO THE UPCOMING MS!

Okay, here's your clue for what we're doing this year! Can you figure it out by the picture? It is going to be a trip unlike any we've ever done before! We're super excited! But we're mostly excited to get to minister to the upcoming 7th graders. We want them to feel welcomed and excited about starting this new chapter! We'd love for some leaders in the youth group to step up and help sponsor! Contact Karen! More info coming soon!

DAILY BIBLE READING

Next week's scripture -

July 24 Luke 12:35-48; 2 Thess. 3:6-13; Ps. 149; 2 Chron. 30-33.

July 25 Luke 12:49-59; 2 Thess. 3:14-18; Ps. 150; 2 Chron. 34-36.

July 26 Free day to reflect, catch up, and/or memorize.

July 27 Free day to reflect, catch up, and/or memorize.

July 28 Free day to reflect, catch up, and/or memorize.

July 29 Free day to reflect, catch up, and/or memorize.

July 30 Free day to reflect, catch up, and/or memorize.

Wednesday Dinner July 27, 2016

Dinner Assistants: Jana King, Murphy Herrington, Leon Hicks, Steve Holden.

Menu: Hamburgers & Hotdogs with all the fixins, baked beans, salad, ice cream, and beverage.

Dinner Reservations:

Name _____

of adults _____ @ \$5.00

of children _____ @ \$3.50

(Up to \$18.00 per family)

Please make this a standing reservation.


PLEASE make your reservations or cancellations by Tuesday at noon.

Tear out this form and place in the offering plate or call the church office, 918-299-0904.

A GLOBAL GOSPEL IN A WORLD OF RELIGIONS

SUNDAY NIGHTS
BEGINNING JULY 10, 2016

SECRET CHURCH
KNOW HIS WORD. KNOW HIS PERSECUTED.



PARABLES

Timeless Teachings of Jesus

Dr. Eric Costanzo
Sunday Sermons this Summer



YOU OTTER GIVE BLOOD

South Tulsa Baptist Church
Oklahoma Blood Institute Blood Drive

Sunday, August 7 | 11:00 a.m. - 2:30 p.m.

Look for the Bloodmobile!

To schedule an appointment contact Carolyn at 918-299-0904.

Two free Zoo Tickets and a t-shirt for all donors!

To donate \$10 to Global Blood Fund text BLOOD to 52000.

southtulsa
BAPTIST CHURCH

10310 S Sheridan Road, Tulsa, OK 74133
918.299.0904 | southtulsa.org

Sharing the Good News
about Jesus in our community
and around the world

this week at stbc

Sunday, July 24

Seattle Mission Trip

8:30 a.m. Worship

9:00-9:30 a.m. Library Open

9:00 a.m. Early Sunday Bible Study Group

9:40 a.m. Sunday Bible Study

10:50 a.m. Worship

12-12:30 p.m. Library Open

6:00 p.m. Quarterly Church Conference,
Secret Church

Monday, July 25

Student's Senior Trip

1:30 p.m. GriefShare

6:30 p.m. GriefShare

Tuesday, July 26

Student's Senior Trip

9:30 a.m. ELP Summer Session

6:15 p.m. Preschool Committee Meeting

Wednesday, July 27

Student's Senior Trip

10:00 a.m.-12:00 p.m. Library Open

1:30 p.m. Empty Nesters 1 Ladies Prayer

4:45 p.m. Fellowship Dinner

5:30 p.m. ZIP for Kids, Wisdom for Fathers,
Wisdom for Mothers

5:45 p.m. Bible Study & Prayer

5:45-6:45 p.m. Library Open

6:00 p.m. Student House Party

Thursday, July 28

Student's Senior Trip

9:30 a.m. ELP Summer Session

10:00 a.m. Adult Game Day

6:30 p.m. Bible Art Journaling Workshop

7:00 p.m. Men's Basketball

Friday, July 29

Saturday, July 30

8:00 a.m. Foster Care VBS
at First Baptist Jenks