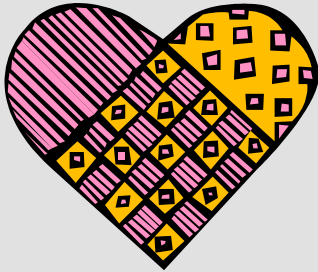




# Community Of Hope UCC

January 29, 2011

Worship Services every Sunday at 6:00pm

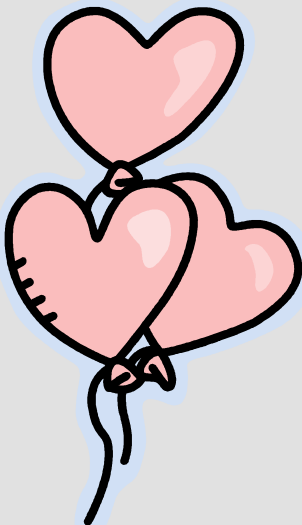


**February 6**  
Women's Sunday  
Matthew 5:13-20

**February 13**  
Racial Justice Sunday  
Matthew 5:21-37

**February 20**  
Matthew 5:38-48

**February 27**  
Seminary Sunday  
Matthew 6:24-34



## LET'S MOVE!

Dear Companions,

On Sunday, January 30th, the United Church of Christ is introducing a new campaign designed in response to First Lady Obama's campaign against childhood obesity and it's called, "Let's Move!" The campaign is designed to get the USA up and moving to decrease obesity and improve our general overall health. Community of Hope will be an active participant in this campaign. As we seek ways to live out our commitments to an embodied faith, what better place to start than with healthy bodies?

Before I go any further, I would like to honor the truth that is central to Community of Hope: healthy bodies have a variety of expressions. However you choose to move, however you choose to honor your body, our campaign here at Community of Hope is intended to support you.

The first part of the UCC's campaign is a 3,000,000 mile walking challenge. Community of Hope has signed on as a participating partner in this event where we are encouraging as many people as possible to commit to walking (or biking, or swimming, or rolling in a wheelchair) the equivalent of 5 miles each week. Enrollment forms to participate in this national challenge are available on our church's web site, or in worship, or by contacting the church office. To help with this, I invite anyone in the Tulsa area to join Julie Tate, our Admin Ass't, and me as we commit to walk the perimeter of our property at least once each day. (Contact the office if you'd like to be part of this walking group.)

Other opportunities to help you move are planned, so watch the Weekly Call and future newsletters for more information.

I would also like to call our attention to the spiritual aspect of "Let's Move!" Over the past few years, Community of Hope has experienced many challenges as we have moved from a period of resignation of our beloved founding pastor, to an extensive interim period, and then now a little over a year of getting to know a new pastor. Many people are saying, "Let's move!" It is time for us to re-focus our energies on being a dynamic, cutting-edge community that responds to the needs and individuals that others ignore. Starting in February, you will be given the opportunity to join in a series of "Round Table Discussions" as we try to discern our priorities for the next two years.

Please prayerfully consider how you can help Community of Hope respond to the challenge: "Let's Move!"

Rev. Bob Lawrence, Pastor



**Save the  
Date!**

# **K/O Women's Fellowship Spring Assembly | APR. 7. 8. 9 & 10**

(Come and stay for all or part of the Assembly! Get involved!)



## **NICARAGUA Ministries Update**

*by David Hoot, Nicaragua Mission Team*

Hello All,  
You are invited to join the team going to Nicaragua during the summer of 2011. Since 1999, Community of Hope has had a partner relationship with the community of Chacraseca, Nicaragua. At least once a year a team is sent to further strengthen that relationship. Projects have included assisting a family with building a new home, arts and crafts projects with the children, volunteering at the clinic, and classroom assistance in the schools. Our specific projects this year, as always, will be decided by the Base Community Leadership Team there in Chacraseca.

We will be living and working in Chacraseca, a small rural community near Leon. We will spend the first and last nights in Managua and the remaining nights in Chacraseca. Living arrangements will be modest. We will sleep in a retreat center (the Peace House) and eat "tipico" Nicaraguan food (mostly beans and rice) prepared by the community. We will also be hosting a fiesta with the community on the last evening there.

Once we arrive in Managua, transportation will be in crowded private vehicles. Team members will be limited to one small suitcase per person...it is a chance to see what you can do without!

The cost of the trip last year was \$1,350 per person and it is expected to be about the same price this year. This amount covers airfare,

lodging, meals, in-country transportation, interpreter expenses, bottled water, and materials. Additional expenses would include the cost of a passport, meals in transit (depending on flight times and airport layovers), and souvenirs you purchase.



Phillip Holmes has offered to assist with the Nicaragua Mission this year. He will be learning the process of planning the trip. You may receive email updates and reminders from him rather than me.

The dates for the trip are to be decided...and that's where YOU come in. If you are interested in going, please let us know what dates work or don't work for you. The duration of the trip is usually 8 to 10 days. By expressing an interest at this time, there is no commitment implied. Once the dates for the trip are known, you may then submit a deposit to reserve your seat.

Please feel free to pass this message along to friends or family who might be interested in going. All are welcome!

Contact David Hoot at [davidhoot@hotmail.com](mailto:davidhoot@hotmail.com) or 918-747-8928. Please contact Phillip Holmes at [flip1960ok@sbcglobal.net](mailto:flip1960ok@sbcglobal.net) or 918-760-1493.



## **And Remember...**

**January 30, 2011 is "Let's Move" Sunday!** Join us for a special worship service focused on increasing physical activity. We'll even have **RECESS!**

# Coordinating Council Highlights

by Penny Fruth

For the first time in 2011, the Coordinating Council of Community of Hope met on Sunday, January 16. Betsy was recovering from a recent surgery but still came to be with us and share her gifts. Ken had the luck to unknowingly sit by the Rainbow Candle, which meant he opened the meeting with a reminder for us to be kind to one another. After that we repeated the phrase we say each Sunday to open the worship service, "Lighting this candle is our witness that in all things we choose to hope rather than curse the darkness."

There's a saying that says a camel is really a horse put together by people working through a democratic process. Some might say this democratic method is inefficient, but at Community of Hope that method is called "Consensus" and is a way for each person to have a voice and be heard. Anyone who attends the Council meeting is a full member of the Council. The hierarchical based "Robert's Rules of Order" are not used; rather a method of listening to each voice and an informal, or formal, polling of views, determines the results.

There were many things discussed at the meeting and one issue required a thorough discussion and was decided as a result of consensus. Community of Hope has two loans through the UCC denomination and it was decided that those loans will be paid off with the money received from the sale of the two city lots. A future community meeting would look at the best way to use the remaining monies. Other highlights:



- Nicaragua: David reported Phil is on board and preparations are underway for the summer mission trip to Chacraseca, Nicaragua..
- Some money is still needed to complete the outfitting of Bob Fultz's handicap van.
- Community Garden is poised to begin preparation for spring planting.
- Tables to Go: Tess and Julie are the new leaders of this ministry and have recruited new people to deliver food baskets each month to those living with HIV.
- Kaiser Grant was received but the amount was reduced.
- The Governance Team will meet before the February meeting to develop a survey and determine a tentative time line for the subsequent community meetings.
  - The on-going difficulties of the Worship Team were discussed.
  - A housing allowance for Rev. Bob Lawrence and Rev. Lizette Merchan were approved.
  - Rev. Bob Lawrence's written report covered the many things he has been working on, including serving on a panel at the AIDS Coalition meeting. Patty praised Rev. Lawrence's participation.
- Rev. Lizette Merchan told us of the various partnerships she is a part of with other churches and agencies.

Jean Vanier, author of *Living Gently in a Violent World*, recognizes that there is an element of violence in efficiency and as a part of our mission, Community of Hope sometimes sacrifices efficiency to a welcoming of all voices. Each person present is valued and respected.

## WOMEN'S WEEK and WOMEN'S DAY WORSHIP SERVICE

**WHEN:** Sunday, February 6, 2011

**THEME:** Restoring our inner, spiritual beauty by being salty, bright and good, and by sharing the light of Christ with others.

The Winter Issue of **COMMON LOT** (available at COH) includes information for the Women's Week worship service, communion service, as well as daily devotions that may also be used to help form the sermon. Rev. Lizette Merchán Pinilla's article is also found, both in English and Spanish.

## Tables-to-Go Ministry Update

by Tess Tucker-Trainum, co-coordinator,  
Tables-to-Go

I talked to one of our "Tables to Go" mom's today whose 12 year old daughter has HIV. One of her kid's friends found out she has HIV and sat behind her in class at school chanting/taunting "HIV HIV HIV..." That breaks my heart and I know it must break your heart too. I am so proud of all of you at Community of Hope for choosing to keep this ministry going year after year and so grateful that it is so easy to find people to make this ministry run. Special thanks to Julie Tate for getting the food ordered month after month and keeping me informed of national delays, etc. We have a place in these people's lives and the team deeply appreciates all the prayers, love, donations of money, food and time that all of you have shared and continue to share with the people this ministry serves.

Andrea Dominick, our fabulous co-coordinator of the 2011 "Tables to Go" food outreach, will be working to get donations from businesses and corporations. If you know an individual or a group that might help with donations, please give Andrea the information so that she can pursue the possibility with them. With extra support, we can do more good.

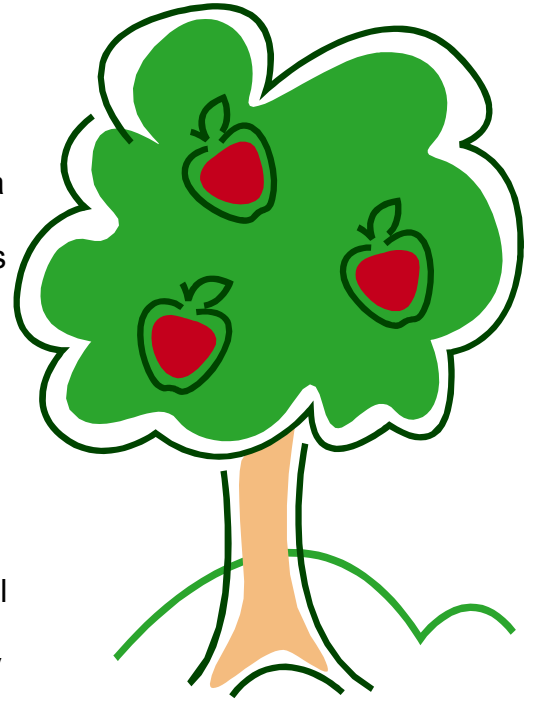
We have sixteen volunteers for our Tables to Go Ministry. Julie Tucker-Trainum, Andrea Dominick and I will be coordinating this for 2011. We have enlisted people to deliver, people to sort donations, people to work in the garden to grow clean food, people to work on getting more financing and donations, and most of us will do more than one thing. We have people that are donating fresh fruit

this week that are not Community of Hope Companions and want to reach out, help people and do good. We are grateful for all that people do. It doesn't have to be a huge donation. One bunch of bananas matters. I've ordered seeds for spring and summer planting and we are going to be very organized about our gardening for this ministry.

### A Few Notes from Calls to People on January 24th, 2011

One family has three kids that will not eat cooked peas or food with onions and peppers. They'd enjoy lettuce and carrots when we grow them. They are also fond of apples, oranges and bananas. Another family does not eat cooked peas or carrots. Raw carrots are very welcome and more nutritious. The 17 year old son has run away from home and the mother doesn't know where he is. The mother and 12 year old daughter both have HIV. One of them has had "low numbers" recently and though I'm not well-versed to know what that means yet, I know that she wants higher numbers. I'd like us to work on building up their immune systems. They like strawberries, grapes, oranges, apples, peaches, and kiwi. I've got to find someone to prune the apple tree by the community garden so that we can provide apples to people. The tree is usually overloaded. They are a tart cooking apple but maybe we could make applesauce? Apple pies? It's amazing what a small group of companions can do! Someone will volunteer if we are supposed to do it.

Another family's home has been broken into twice recently and



they are staying at their cousin's house. The mother thinks that the processed food has too many onions in it. She has a two year old and a three year old. They would love more fruits, such as bananas and healthy snacks for little kids.

One of our companions is wheelchair bound and sometimes his helper is not there. He really finds a few microwaveable meals handy. So we will sort groceries around to give him a little extra on that end to help him out!

You are the change you want to see in the world. If you'd like to donate nutritious food, hang out with us, help in the garden let me know. We have an email address too: [tablestogo@gmail.com](mailto:tablestogo@gmail.com).

*Tess Tucker-Trainum is the 2011 recipient of the OSU Environmental Science Graduate Service Award. She would like to extend her thanks to the Companions of Community of Hope for their continued belief in her. The Awards Banquet will be held Mar. 24th.*



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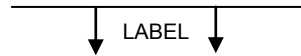
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