



NICHOLS HILLS

united methodist church



Dr. Trevor Smith

Moving Past Your Personal Failures

⁸The LORD is merciful and gracious, slow to anger and abounding in steadfast love. ⁹He will not always accuse, nor will he keep his anger forever. ¹⁰He does not deal with us according to our sins, nor repay us according to our iniquities. ¹¹For as the heavens are high above the earth, so great is his steadfast love toward those who fear him; ¹²as far as the east is from the west, so far he removes our transgressions from us. -Psalm 103:8-12

For so many of us it's really difficult to move past our own past. We may know that God has forgiven us, but we have a difficult time forgiving ourselves. Many people feel the burden that King David felt when he said this in Psalm 38:4: "My guilt has overwhelmed me like a burden that is too heavy to bear." Guilt and shame and sin is a burden that is too heavy to bear. When we don't ask for God's forgiveness and seek to be reconciled to God through repentance, then we carry around the guilt and the weight of our sins. There are all kinds of sins in our lives. Some of them seem small, and some of them seem huge. We carry them around with us in our souls. We carry them so long as we don't confess them. Some of them become quite heavy.

Every day there's a host of small things that fit in this category, and then every so often, there is something so significant, you know that if it really became known, you could lose your family or your job. Many times, we don't repent of these things. We don't come to God and ask for healing and deliverance. We just carry them with us. So long as you keep carrying these things and adding to them every day, you find that the burden becomes overwhelming. You can carry them, but when you keep adding to that burden of sin it begins to bend you over. You can't run anymore. You lose your joy. You find yourself feeling like the Psalmist. "My guilt has overwhelmed me like a burden that is too heavy to bear." We keep carrying it and adding to it until we repent and come before God. The gulf becomes wider. God becomes more distant. That burden begins to limit your future.

God desires to take the initiative and heal what is broken. Jesus says, "Let me take that from you. Let me lift the burden from you." You find in the Old Testament that God provided a whole system by which people could atone for their sins because God wanted them to be healed. God wanted them to live in right relationship with Him. The Christian faith, more than any other world religion, is a faith about grace and redemption and healing and forgiveness and mercy. This is what God does, and this is what the scripture teaches us.

On Sunday we are going to conclude our *Moving Past Your Past* sermon series by talking about three ways to move past your failures. I hope you will invite someone you know to come with you and join us for worship at 8:30 or 10:50 a.m. Have a great week.

Blessings,
Trevor

Ministry Calendar

Sunday, January 31

Worship at 8:30 a.m.
Sunday School at 9:45 a.m.
Worship at 10:50 a.m.
Confirmation at 4:00 p.m.
Youth at 5:00 p.m.

Monday, February 1

Care Committee Meeting at 4:00

Tuesday, February 2

Church Council Meeting at 5:30

Wednesday, February 10

Ash Wednesday Service at 6:00

Friday, February 12

30 Hour Famine at 5:00 p.m.

Saturday, February 13

30 Hour Famine ends at 5:00 p.m.

Wednesday, February 17

Nichols Thrills begins at 5:30 p.m.
Catch begins at 5:30 p.m.
Dave Ramsey's Financial Peace University begins at 5:30 p.m.

Nichols Hills U.M.C.

(405)842-1486
(405)843-1835 Fax
www.nicholshillsumc.org

The Learning Center

Monday, Wednesday, Friday
9:00 a.m. - 2:30 p.m.
Tuesday and Thursday
9:00 a.m. - 4:00 p.m.
(405)842-5325

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Ministry Opportunities

Hospitality Greeters

Do you like to smile and talk to people? Are you enthusiastic about our church? If so, please consider becoming one of the Sunday morning Greeters.

Greeters provide a welcoming smile to people walking in the door for our Sunday worship services. They encourage newcomers and visitors to get involved in a Sunday School Class, direct people to the restrooms or to the children's nursery area as necessary.

You can sign up to serve for 20 minutes on Sunday morning at one of three time slots: 8:15 to 8:35, 9:30 to 9:50, or 10:35 to 10:55. If this seems like an opportunity you would enjoy, please see Alfred Walker for more details.

Coffee Hosts

Coffee hosts provide 8-9 dozen cookies. At the close of the 10:50 Service, the host(s) stand by the cookie table in the Narthex and greet people. We have openings for coffee hosts for **February 21, 28, and all of March.** To serve, sign-up on the bulletin board outside the office.

Altar Guild

Serving in Altar Guild this month are: Becky Buchanan, Ann Garrett, Janet Jones, Brenda McDaniel, Ellie Roberts, Marty Smith, Sally Stringer, Kathy Walker, and Jean Warner

Cares and Concerns

Epworth Villa

Bill and Katie Alexander,
Maxine Asch, Joanne Crosby,
and Bonnie Miller

Town Village

Joanna Garnett

The Fountains at Canterbury

Barney and Virginia Brown
Anita Dahlgren

At Home

Roger Etling, Ann and Tom Flesher,
Jess and Bette Harris,
Beth & Dale Jordan, Frances Lewis,
Joye McLain David Mueller,
Maxine Permenter, and Gene Wheeler

Transportation Ministry

Would you like to bring joy to someone by bringing them to church? If you would like to join our transportation ministry contact the church at 405-842-1486. This may just be one of the easiest ways for you to serve in our church and make a Christian difference.



Moving Past Your Past

Do you feel trapped in your past? Instead of being dragged down and immobilized by the weight of guilt, pain, or a lingering sense of failure, what freedom could you find in laying those burdens down? Pastor Trevor Smith will help us consider how to leave the past in the past and step into the blessings of God's future.

Bring a friend and join us for ***Moving Past Your Past.***

January 31

Moving Past Your Personal Failures

We Are The Church



Our church makes a Christian difference through the many wonderful people in our congregation. This week, J.B. and Becky Sims share with us about their lives and how Nichols Hills U.M.C. is a blessing to them.

Becky and I have lived in OKC for the past 15 years, coming from Antlers, Oklahoma. Our family attended the First United Methodist Church in Antlers for 18 years. Becky and I served on various committees, sang in the choir (more of just a joyful noise), and I served as one of the lay leaders. It was a tight knit, small town church that had its ups and downs but we loved it dearly.

Becky is an RN who works at Select Specialty Hospital here in OKC. I am a retired Funeral Director who currently serves as the family's head cook and bottle washer. We have two sons, Tom (and his son, Dylan) and Bryon (and his wife, Ashley, and their daughters, Reagan and Emersyn). Becky's mom, Linda, is also here with us. We have quite a large extended family. I was once told by a friend that regardless of where he was traveling we seemed to have family there. Through good times, bad times, and regardless of distance, the family has always been close. We wouldn't trade them for anything.

We became involved with the Nichols Hills U.M.C. family through our work with Cub Scout Pack 55, which I might add is celebrating its 20th anniversary with the church. We always enjoyed visiting with members of the church. They made us feel welcomed and at ease. We were also drawn to the Sunday Worship Services. We really liked how the messages related to one another for a given month. It goes without saying that the music is outstanding. Although, Becky didn't get a chance to go, the Wednesday evening studies are fun too.

Aside from wanting a church to call home, a congregation to call friends, and a church family, we can see potential for growth within the church, especially with the young adults, youth, and children. Yes, we have a wonderful building for worship and study, but have so much more to offer! The Scout Hut and the Scouting program of the church provides wonderful opportunities for young people and their families. We have grounds that boast a tennis court, a basketball court, fire pits, picnic grounds and a community park area. We are so very fortunate to have this available, and it has been great to see them used for the Block Party and other events.

Becky and I both look forward to exciting times with our new church family! We sincerely hope to make a difference in the church and in our lives.

We welcomed J.B. and Becky into our church family Sunday, January 24, during the 10:50 service, and we are very excited to have them in our Nichols Hills U.M.C. family!



Matt Patrick

The Lenten Season Approaches

On Wednesday, February 10th, we will celebrate Ash Wednesday with our service here in the church. Ash Wednesday is the service that celebrates the beginning of the Lenten season, which is the 40 days that leads us to Easter Sunday. During an Ash Wednesday Service, we begin to turn back to God and prepare for the journey ahead of us.

Lent is not just a time to “give something up.” It is a time to evaluate the habits and routines of our lives and determine how effectively we are living our lives for Christ. “Giving something up,” or fasting is a way in which we can break those routines and habits that might come between us and God. Through our fasting, we remember the great suffering and sacrifice Jesus gave for us so that we might have an abundant life.

So I invite you to enter into a time of prayer as Lent approaches. I invite you to think about you to pray about how God might transform you and call you to walk more closely into His teachings. I know that God desires to move and do wonderful things within our community.

Blessings,
Matt

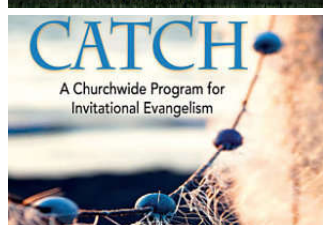
Nichols Thrills is Coming

Nichols Thrills will begin again on Wednesday, February 17 with a Meal at 5:30 p.m. and two meaningful groups for adults.

Dave Ramsey's Financial Peace University is a nine-week class on faith and money. Would you like to eliminate \$5,300 in debt and save \$2,700 in nine weeks? Dave and his teaching team will walk you through the basics of budgeting, dumping debt, planning for the future, and much more! The price is \$99. Sign-up in the Narthex after worship or in the Church Office during the week.

Catch is a four-week study that focuses on invitational evangelism. This study includes daily scripture readings for you to do at home and will help you learn how you can be part of helping our church to attract people in our community and help them grow in faith. The price of the Devotional Book is \$7.50.

I hope you will consider being part of one of these exciting small group opportunities during Lent.



Job Openings

Nichols Hills United Methodist Church is currently seeking to fill the following positions:

Director of Children's Ministry to lead a dynamic children's ministry. Part-time.

Nursery Attendant to minister to small children. Sundays and Wednesdays. Part-time.

For more information, please contact Dr. Trevor Smith at 405-842-1486, or visit our website at www.nicholshillsumc.org. Send resumes to revtrevor@gmail.com or 1212 Bedford Drive, Nichols Hills, OK 73116.

Serving In Ministry January 31

The coffee hosts are Buzz and Linda Rosser McDaniel.

The flowers are given by Jerry Richardson in honor of his mother, Mozelle Richardson's 102 birthday on January 26.

The mission candle is lit by General Bill Bowden in honor of his first cousin, Mary Bowden Ferranato of St. Louis, Missouri.

Birthdays

- | | |
|-------|----------------------|
| 01/30 | Nick Berry |
| 01/31 | Tausha Smith |
| 02/01 | Christopher Mosz |
| 02/05 | Bette Harris |
| 02/07 | Virginia Brown |
| 02/08 | Steve Forster |
| 02/09 | Marty Smith |
| 02/10 | James MacKellar, Jr. |
| 02/11 | Ann Flesher |
| | Lillian Straughn |
| | Olivia Straughn |
| 02/12 | Lucas Butler |
| | Carol Sue Manley |
| 02/13 | Gwen Griffin |
| | Ken McKinney |
| | Violet Robinson |
| | Hannah Story |
| 02/14 | Joanne Crosby |
| 02/15 | Nancy Flesher |
| | Bill Wells |
| 02/16 | Trent Saunders |
| | Laura Tirrell |
| 02/17 | Kellie Fischer |
| 02/18 | Jerry Jennings |
| 02/19 | Gloria Crownover |
| | Jennifer Klos |

If your birthday isn't included in our list, please contact the church office (405-842-1486) to be added.

Tidbits from The Learning Center



Edna Mauricio

We have some new faces around The Learning Center. It is our pleasure to introduce you to the newest teachers. Join us in welcoming Edna Mauricio to our Nichols Hills United Methodist Church family.

Hello. My name is Edna Mauricio. I am a new assistant teacher for the Monkey's classroom and will be working with Miss Chasidy. I am twenty-one years old and have a four month old son. We also have two pups. I understand how important it is to love and care for a child. I came here to care for other children just as I care for my old child. I love watching children grow and seeing their development and personalities unfold. My hobbies include hiking, horseback riding, reading, painting, running, and trying out new things. I enjoy learning because it never ends. There is always something new that you can learn. I look forward to meeting you all and being a part of The Learning Center.

Nichols Hills United Methodist Church
1212 Bedford Drive
Oklahoma City, Ok. 73116

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Sunday School Classes - Sunday at 9:45 a.m.

The Brew Class: *Meets in the Room 131* - The Brew is studying Bill Hybel's book, *Too Busy Not to Pray*. Teachers: Tim and Christie Baker.
Tim (405) 209-5467 and Christie (405) 922-5154

KIVA Class: *Meets in the Parlor* - Sherron Evans will speak on Sunbeam Home Expanded Senior Services.
Leaders: Buzz McDaniel and Linda Rosser McDaniel.

Reveille Class: *Meets in the Library* - Do you like to see how your faith impacts your everyday life? Join us for a discussion of how the Bible speaks to the current events in our lives. Teacher: Tom Fraley.

Open Circle Class: *Meets in the Archives Room* - We will start with I Corinthians 13:1-13. Verse 1: "If I speak in tongues of human beings and of angels but don't have love, I'm a clanging gong or a clashing cymbal." Having covered the first two "Miracles of Jesus" chosen by the gospel writers in Matthew, Mark, Luke, and John in the previous two weeks, we will cover the third miracle of the "healing of a lame man at the pool of Bethesda" (John 5: 1-9). Does "love" in our modern times pave the way for...miracles in our modern times? Teacher: John Marshall.

Roundtable Class: *Meets in Room 124* - John 11:38-44 describes the resurrection of Jesus' friend, Lazarus, in the village of Bethany. The author of the lesson describes one of the purposes is to rekindle the hope of resurrection in times of grief. I have had the opportunity to climb down into the cave that, by tradition, is the scene of this story. Caves don't move around, even after 2,000 years, so it may be. The cave isn't important. When a friend or family member dies we need to know it is not the end. The poet Tennyson wrote in *The Death of King Arthur*, "If thou shouldst never see my face again, pray for my soul. More things are wrought by prayer than this world dreams of. Wherefore, let thy voice rise like a fountain for me night and day. For what are men better than sheep or goats that nourish a blind life within the brain, if, knowing God, they lift not hands of prayer both for themselves and those who call them friend?" Teacher: Dr. Jerry Perryman.

Youth Class: *Meets in the Youth Basement* - Join us for fun, fellowship, and a lesson that will bring you closer to God. Student Pastor: Rev. Matt Patrick.

Children's Class: *Meets in the Children's Area*. - Join us for a child-friendly lesson, snacks, and crafts as we learn about the Bible together.
Leader: Madison Chillless.

Dr. Trevor Smith, Senior Pastor
Rev. Matt Patrick, Student Pastor
Michael Wylder, Director of Church Music
Delaney Sheffield, Administrative Assistant
Michael Hall, Maintenance/Custodian
Dr. Antone Godding, Organist

Kathy Smith, Bookkeeper/Treasurer
Louise Glass, Financial Secretary
Denise Buthion, Director of The Learning Center
Alfred Walker, Sunday Host
Randall Blair, Sunday Host

405-842-1486 • 405.843.1835 Fax • www.nicholshillsumc.org
The Learning Center (T.L.C.): 405-842-5325