



# NICHOLS HILLS

## united methodist church



Dr. Trevor Smith

## Wiser with Our Words

Words – abstract sounds that create meaning. They say that words matter. In fact, their power is greater than we think. They stick with us, stop us in our tracks, and make us feel trapped. Words can rain on our parade, or knock the wind right out of us. Words can weigh us down, and sometimes there’s only so much we can take before we explode. They can even come back and crush us. But, words also have the power to heal, to build us up, empower us.

Words fill our hearts and lift our spirits. Words – they have more power than you think.

James, the brother of Jesus, was reflecting one day on how small things have enormous influence, influence far out of proportion to their size. The first thing that came to his mind was the 2-inch steel bit in the mouth of a horse and how that tiny little piece of metal could influence a 1,500 pound stallion. “Fascinating,” he thinks to himself, “something so small having impact on something so large.”

Next, his mind goes to first-century ships. Some of the first-century ships weighed 400 tons. They were half as long as a football field, and yet their course was determined by a single, relatively small rudder hidden underneath the stern of the ship, something about the size of your front door controlling this massive, ocean-going sea vessel. “Fascinating,” James muses.

Finally, James ponders the influence of a single little spark. You’ve all held sparklers on the 4<sup>th</sup> of July. You’ve seen those dots of blue-white flames dancing their way into the night sky, but just one of those single, dancing dots can ignite and destroy hundreds of thousands of acres of forest land. In 1871, 3.8 million acres of forest burned in upper Wisconsin. It all started with a single spark. That’s leverage. The fact that something so small can have impact far out of proportion to its size is causing James’ mind to spin.

Then, James thinks, “But all three of those items pale in comparison to the leverage power of the human tongue.” The human tongue weighs less than 3 ounces. It’s no more than 4 inches long, and yet its size to impact ratio is absolutely unparalleled. In Adolph Hitler’s mouth, it was used to incite both a holocaust and a World War that claimed the lives of millions of people. In the mouths of Nelson Mandela and Martin Luther King Jr., apartheid was upended and a civil rights movement was begun. “Stand back,” James says. “Contemplate that nothing so small in all of nature has such potential for impact, both good and bad. There’s nothing like the power of the human tongue.” Of course, we all have one, and there-in lies both the problem and the opportunity. Therefore, it should come as no surprise to us that Solomon, the wisest man who ever lived, had some counsel to offer those of us who have tongues in our mouths and who form words with them every day. That is what we are going to ponder this Sunday morning. I hope you will join us for worship at 8:30 or 10:50 a.m. as we talk about how we can grow wiser with our words. Have a great week.

Blessings,  
Trevor

## Ministry Calendar

### Sunday, October 18

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

### Tuesday, October 20

Finance Meeting at 5:30 p.m.

### Wednesday, October 21

#### Nichols Thrills - 5:30 to 7:00

Fellowship Meal at 5:30 p.m.  
Small Groups at 6:00 p.m.  
Expedition Children’s Group-6:00  
Alpha Course for Adults at 6:00  
Chancel Choir at 7:30 p.m.  
Young Adult Group at 8:30 p.m.

### Thursday, October 22

Nominating Committee at 11:30

### Sunday, October 25

Fall Festival, 5:00 to 7:00 p.m.

### Tuesday, October 27

Trustee Meeting at 5:30 p.m.

### Thursday, October 29

Church Council at 5:30 p.m.

Nichols Hills U.M.C.

(405)842-1486

(405)843-1835 Fax

[www.nicholshillsumc.org](http://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

**Like us on Facebook  
and follow us on Twitter!**

## 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 all of **November and December**. To serve, sign-up on the bulletin board outside the office.

### Small Groups

#### Sunday School Classes, 9:45 a.m.

Our classes are called the Brew, KIVA, Open Circle, Roundtable, Reveille, Youth, and Children. We hope you will participate in our classes! Descriptions of each class are located on the back page.

### Youth Group

#### Sundays at 5:00 p.m.

Our middle school and senior high students gather for a fun time of food, fellowship, and a meaningful lesson that will help them to grow in their faith. Leaders: Matt Patrick and Matt Eales

## Cares and Concerns

### Epworth Villa

Bill and Katie Alexander,  
Maxine Asch, Joanne Crosby,  
Maxine Permenter

### Town Village

Joanna Garnett

### The Fountains at Canterbury

Barney and Virginia Brown  
Anita Dahlgren

### At Home

Roger Etling, Ann and Tom Flesher,  
Beth & Dale Jordan, Frances Lewis,  
Joye McLain David Mueller,  
Barbara Sullivan, and Gene Wheeler



Matt Patrick

## Who Is The Holy Spirit?

Have you ever felt a nudge on your heart that called you to do something? Have you ever been able to do something for God that you didn't think you were able to do?

This Wednesday in our Alpha Course, our discussion will revolve around the person of the Holy Spirit. God's Spirit is perhaps one of the most mysterious aspects of our faith. It can be difficult to understand how the Spirit works and who the Spirit is.

Saint Paul writes in his letter to the Roman Church "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans." I think Paul captures how the Spirit works in our lives by helping us to do what we cannot do. God's Spirit empowers us for the work of ministry.

When the Holy Spirit arrived at Pentecost, it changed the confused and scattered disciples into bold teachers of the Gospel. The Church was born, and the world has never been the same.

The Holy Spirit also has the role of conviction. The Spirit can drive us to repent of our sins and turn back to God when we have strayed from God's path for our lives. The Holy Spirit is critical to living out the ministry of the Church. Without the Spirit, our ministry is void and empty of any power. The Holy Spirit may be mysterious, but we can learn to be more in tune with what God is doing. Come and join us as we discuss the nature and role of the Holy Spirit in our lives.

Blessings,  
Matt Patrick



Lauren Matthes

## Fall Festival

This month we have a wonderful opportunity to reach out to our friends and invite them to join us at **Fall Festival on Sunday, October 25th from 5:00 to 7:00 p.m.** We will have our traditional chili cook-off with hayrides, games, and a camp fire for s'mores!

What a nice casual way to introduce our friends to this great church! They can "come and see" what is happening at Nichols Hills UMC. Join in the fun of the CHILI COOK-OFF and bring your favorite chili. **Sign up on Sunday morning in the narthex or call the office at 405-842-1486!** Are you a baker? We would love for you to bring cookies to share! Come enjoy the night and bring your friends to an evening of fall fun!

You are a blessing,  
Lauren

## Fall Festival

Fall is in the air! That means that it is time for our Fall Festival! Please join us for a fun time of fellowship on October 25 from 5:00 until 7:00 p.m. The activities include a chili cook-off, games, hay ride, and s'mores! Bring your lawn chair and sit around the fire!

Who has the best chili recipe? Want to win bragging rights and the coveted golden spoon this year? Be sure to sign up for the chili cook off, all part of our fun Fall Festival! Sign-up in the church office by calling 405-842-1486 or email [dsheffield@nicholshillsumc.org](mailto:dsheffield@nicholshillsumc.org).



## Saturdays of Service

We invite you to join us for our first Saturday of Service as we do basic building maintenance at The Well, a new church being formed at the church formerly known as Capitol Hill United Methodist Church on Saturday, October 17 from 8:30 a.m. to noon. We will meet at our church at 8:30 a.m. Please sign up by contacting Matt Patrick at 405-842-1486 or email at [mpatrick@nicholshillsumc.org](mailto:mpatrick@nicholshillsumc.org).



# Wiser

Have you ever done something really stupid and then thought, "I'll be wiser next time?"

This Sunday, Rev. Matt Patrick will lead us as we study the wisdom of *The Book of Proverbs* and learn how we can be wiser with our words. Bring a friend and join us as we grow *Wiser*.

October 18 *Wiser with Our Words*

October 25 *Wiser with Our Future*



Michael Wylder

## They're Grrrrrrrrrrrrreat!!!

Tony the tiger was right on the money when he signed off Kellogg's Frosted Flakes commercials saying "They're Grrrrrrrrrrreat!!" Whenever Mom would take us to the grocery store, Tony and his iconic image on the box of those yummy Frosted Flakes would inevitably wind up in our shopping buggy. Morning after morning I would reach for that box of great flakes and enjoy the sweet and crunchy cereal, and always propping the box up in front of me



so I could see Tony and pretend to be a tiger. Good times and great memories like these make me smile.

Last Sunday after church I received a text message from a friend that made me smile. The text read "I attended your church for the first time today.... Your choir is amazing... I enjoyed it very much!!" This comment made me blush and filled my heart with pride because I whole heartedly agree with the statement. It is an amazing experience to stand in front of such talented individuals and guide them to join our voices in unison as a team. Even though I deal with all the details of our combined efforts to sing God's praise, I must say they minister to me when we present our biblical music in worship. Such power...such majesty... such beauty all in unified display of God's word and our testimony to living through the words of Christ.

Just as Christ's love for us is open to all, freely you shall receive and freely you shall give. So I say, "Go in his name and sing because you believe and others will know that he lives." God has blessed us all with unique gifts and talents and it is our duty to put them to work in his kingdom. This being said I would like to invite all of you to come join us in Choir...sing with us, learn with us, and help us share God's word to the world. Blaze spirit blaze. Set our hearts on fire, and use us.

Michael Wylder



THE LEARNING CENTER

## Tidbits from The Learning Center

This week our Cheetahs (pre-k class) and our Jaguars (3-4 year olds) celebrated autumn. They took a field trip to Chester's Party Barn in Piedmont. Family volunteers chaperoned the group with the teachers. We send a huge "thank you" to the Circle of Care for loaning us their vehicle to transport some of the older children. Chester's Party Barn has so many wonderful things for the children such as: pony rides, a petting zoo to feed animals, magic show, inflatable toys, tractor rides, a corn maze, and of course, a pumpkin

patch where the children pick out and carry their own pumpkin. The ability to carry the pumpkin is important as it limits how big a pumpkin they may choose. We had beautiful weather; not too hot or too cold. The children enjoyed a picnic lunch at Chester's and returned to our church by 2:00 p.m.

The Learning Center will be closed this Thursday and Friday for Fall Break.

Everyone is excited to celebrate fall. Let those leaves do their job so we can enjoy it. Please make sure to sign up for the Fall Festival, October 25, 5:00 to 7:00 p.m. The annual Chili Cook-off will happen as well as games, tractor rides, and the making of s'mores outdoors. It will be a fun time for all of our families!

## 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.

## Serving In Ministry

### October 18

The chancel flowers will be given by General Bill Bowden in honor of his grandson, Ross Bowden.

The Mission Candle will be lit by Jeff Cloud in memory of Rosella Walker.

## October Birthdays

- 10/15 Marshall Dickey
- 10/17 Gwen Niemann
- 10/17 Patricia Schonwald
- 10/18 Mark Barker
- Cynda Ottaway
- Nicholas Schoeffler
- 10/20 Preston Robinson
- 10/21 Melissa Davis
- 10/22 Chris Kauffman
- Sylvia Miller
- 10/23 Barney Brown
- 10/24 Tim Sanders
- 10/25 Margaux Lavenue
- Ashton Niemann
- 10/26 James Tirrell
- 10/27 Suzanne Lavenue
- 10/29 Akiko M. Knotts
- David Mueller



Baptism of Dutch Lippoldt on Sunday, October 11.

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

Non-Profit Organization  
U.S. Postage  
PAID  
Permit Number 1226  
Oklahoma City, OK



### Weekly Small Groups

**Nichols Thrills Fellowship Meal for Children, Youth, and Adults:** Wednesday at 5:30 p.m.

**The Alpha Course - Adults:** Wednesday, 5:30 to 7:00 p.m. Join us for dinner at 5:30 and a video called *Who Is The Holy Spirit?* Leader: Dr. Trevor Smith

**Expedition for Children:** Wednesday from 6:00 to 7:00 p.m. Director: Lauren Matthes

**Chancel Choir:** Wednesday at 7:30 p.m. Director: Michael Wylder

**Young Adult Group:** Wednesday at 8:30 p.m. Join us as we discuss Adam Hamilton's book, *When Christians Get It Wrong*. Leader: Rev. Matt Patrick

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

**The Brew Class:** *Meets in the Room 131*. This class is studying *Addicted to Hurry* by Kirk Byron Jones. The class discussion includes how the Bible applies to current events in our world. Teachers: Tim and Christie Baker. Tim (405) 209-5467 and Christie (405) 922-5154

**KIVA Class:** *Meets in the Parlor* - Jerry Richardson is bringing Kris Steele, Director of TEEM, the Education & Employment Ministry, to speak. Leaders: Allen and Sherron Evans

**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* - Join us as learn from Bible scriptures and songs. Teacher: John Marshall

**Roundtable Class:** *Meets in Room 124* - Acts 10:24-38 describes the event in which Cornelius (not a Jew) sent for Peter to come to Caesarea from Jaffa so he could teach them about Jesus. This was risky for Peter, but he went anyway. At that time it was forbidden for a Jew to associate with non-Jews. The author of our study shows why we should take risks for the right reasons. Join us as Dr. Jerry Perryman leads our discussion. 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 God together. Director: Lauren Matthes

---

**Dr. Trevor Smith**, Senior Pastor

**Rev. Matt Patrick**, Student Pastor

**Michael Wylder**, Director of Church Music

**Lauren Matthes**, Director of Children and Family Ministry

**Delaney Sheffield**, Administrative Assistant

**Dr. Antone Godding**, Organist

**Kathy Smith**, Bookkeeper/Treasurer

**Louise Glass**, Financial Secretary

**Denise Buthion**, Director of The Learning Center

**Michael Hall**, Maintenance/Custodian

**Alfred Walker**, Sunday Host

**Randall Blair**, Sunday Host

405-842-1486 • 405.843.1835 Fax • [www.nicholshillsumc.org](http://www.nicholshillsumc.org)

The Learning Center (T.L.C.): 405-842-5325