

NICHOLS HILLS

united methodist church



Wiser with Our Sexuality

Most of us know that things in our life can be done in a wise way or a foolish way. It is good to drive on the right side of double yellow lines. It is not so good to drive on the left side of double yellow lines. Flying really works in the confines of a plain, but if you have ever fallen off a roof you know that it is not very fun outside the confines of a plane.

Dr. Trevor Smith Everything in life has a wise way and a foolish way. In every area of life we would agree except for one: human sexuality. This is the one area of life we have a hard time accepting the yellow lines and the confines of the plane. On Sunday, we are going to examine the wisdom of God for our sexuality.

We know that cars are made with roads in mind, and planes are made with the laws of wind, air, and gravity in mind. God made sexual intimacy with the laws of human nature in mind. Sexual intimacy is a good thing, and so are God's parameters for it. Whenever it is experienced within the confines of marriage it can be liberating, fun, and safe. When we go outside these lines we're like the driver left of center or the flyer without a plane. We think we're liberated, but in fact we are on the path to lots of hurt, lots of heartache, and lots of undesired consequences.

The writer of Proverbs is very clear that sexual intimacy, like everything else in life, has a really wise way but also a really foolish way to go about it. This isn't a downer thing. Some people think that the Bible only has a negative view of sexual intimacy. That's not true at all. The Bible isn't down on sexual intimacy. Living by the wisdom of the Bible only makes sexual intimacy better. Most of the world thinks that sexual intimacy is merely a physical act. The Bible says, "No way! Sexual intimacy delivers way more than that. Sexual intimacy provides an intimacy of heart, soul, mind, body, and spirit. Sexual intimacy powerfully unites two people. God designs it to bring two together as one."

In the Bible, sexual intimacy is celebrated as a much more mysterious and powerful act than the world ever gives it credit. Are you married? Well, then intoxicate yourself all you want with your spouse. Just make sure to focus on sexual intimacy as an act of whole person intimacy instead of a merely physical thing, and you will stay on path to healthy sexuality. Sexual intimacy is good when we stay on the wise path.

The problem is that another path calls to us. It is the path that walks us up to that door... the door that crosses left of God's center. It jumps head first out of that plane of safety and betrays the laws by which human nature is governed. You know what's through that door. Some of us might be tempted to believe that we are incapable of going through that door. The writer of Proverbs knew this to be true and devoted a significant portion of his writings to warn against it. On Sunday we're going to focus on a story that he writes in Proverbs 7. I hope you will join us for this meaningful message about how we can be *Wiser with Our Sexuality*.

I also want to welcome Rosie Matthes to our church staff. Rosie will be working with our smallest children in our nursery on Sunday and Wednesday. Rosie has previously worked in the nursery at First Presbyterian Church in Edmond. She has a love for children, and we are excited to welcome them to Nichols Hills U.M.C.

Have a great week, and I will see you on Sunday.

Blessings,
Trevor

Ministry Calendar

Sunday, October 11

Worship at 8:30 a.m.
Sunday School at 9:45 a.m.
Worship at 10:50 a.m.
S.P.R.C. Meeting at 3:00 p.m.
Youth Group at 5:00 p.m.

Tuesday, October 13

Trustees at 5:30 p.m.

Wednesday, October 14

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.

Tuesday, October 20

Finance Committee at 5:30 p.m.

Thursday, October 22

Nominating Committee at 11:30

Sunday, October 25

Fall Festival, 5:00 to 7:00 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

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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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 **October 18 and all of November**. 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

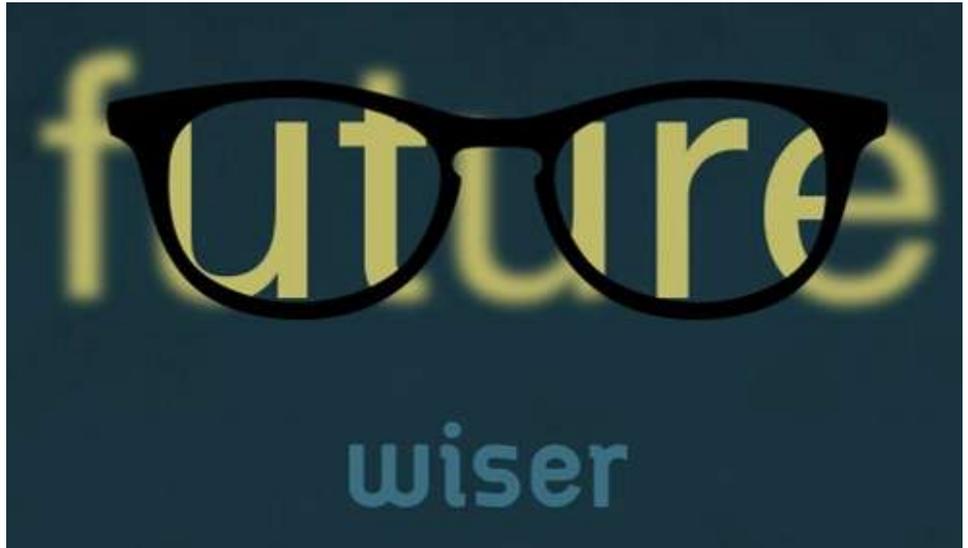
Joanna Garnett

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



Wiser

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

This Sunday, Pastor Trevor Smith will lead us as we study the wisdom of *The Book of Proverbs* and learn how we can be wiser with our sexuality. Bring a friend and join us as we grow **Wiser**.

October 11 *Wiser with Our Sexuality*

October 18 *Wiser with Our Words*

October 25 *Wiser with Our Future*

How Does God Guide Us?



Matt Patrick

Some of the staff traveled to a really great conference in Kansas City this last week. We learned a great deal and discerned some action steps for our Church. Adam Hamilton, the senior pastor of Church of the Resurrection in Leawood, Kansas had a really great illustration about how God guides us. He talked about how Saint Paul sometimes felt "goaded" by God. To "goad" someone is to provoke or annoy someone until they respond. Have you ever felt this way?

This week in our Alpha Course, the discussion will revolve around the question of how the Holy Spirit guides us in our everyday lives. In my own life, God has indeed "goaded" me. In my teenage years, I spent over a year ignoring my call to ordained ministry. Eventually, God's goading did annoy and provoke me into a response of total surrender to my call. However, that goading will never end. God is always working in our lives to draw us into living more like Christ lived.

Are you struggling with a call? Are you trying to discern what God wants you to do? Then I hope and pray that you will join us for our Alpha Course as we discuss this question and many more in the coming weeks. Our Alpha Course is the current adult and youth study of our *Nichols Thrills* program on Wednesday nights at 5:30 p.m.

Blessings,
Matt Patrick

Out of the Mouths of Babes



Lauren Matthes

I have always loved working in children and family ministry. Everyone asks what is your favorite age? I will tell you I love them all. But I have a special place in my heart for three and four year olds. When Jesus tells us to let the little children come, it's these children I envision. Their hearts are so open, so ready and so pure. They are clean slates and little sponges so anxious to hear what you have to say. They give me the greatest joy when they retell the Bible story that they have heard on Sunday to their families. Or help me share the Bible story with the class as they have heard it at home. One time, the class was discussing sin and a three year old stopped me to interject with a most serious face "That's because we have black in our heart." I shook my head and said, "Yes, but what does Jesus do with our hearts when we ask forgiveness?" With a face that glowed like an angel and a smile that beamed from ear to ear, we were told "He makes it white as snow." If only we all had the unfailing trust of a child. Here we are all God's children and we forget how much He loves us. We doubt that he could forgive us of all our sins. But just as we forgive our children for their mistakes, our Heavenly Father is so ready to forgive us ours if we only go to Him and ask. So this week, let us have the heart of a child and trust our Lord with endless faith. We might have made mistakes, but on our knees our Father will be so glad we came to Him and asked for forgiveness.

Remember, He will make our hearts white as snow. So when we hear let the children come, let's remember that means all His children - no matter our age.

You are a blessing,
Lauren

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 9:00 a.m. to noon. We will meet at our church at 8:30 a.m. that day.

Please sign up in the Narthex on Sunday, October 11, or by emailing Matt Patrick at mpatrick@nicholshillsumc.org, or by calling the church office at 405-842-1486.



Photo credit <http://www.okumc.org/>

Fall Festival

Fall in 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, 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 or by calling 405-842-1486 or email dsheffield@nicholshillsumc.org.

October 25 5:00 - 7:00 p.m.



Keys



I've got some keys in my pocket going jing-a-ling-a ling, and when I walk down the hall they start singing and ringing... Wyld Thing you make my heart sing! Yesterday I was researching the most common key signatures used for church hymns and I looked down and noticed how many keys I had on my keychain, and it was a lot. The first thought that popped into my mind was, how on earth do I fit that huge mass of metal in my pocket everyday. I decided to stop my research and take a closer look at what important things in life require me to carry around so many keys. Needless to say, after some intentional culling my pocket full of keys was reduced by half. I went from having a full orchestra on my ring to something more like a five piece jazz combo.

Keys are very important in life, they allow us privileged access to places and things that are vital to our everyday successes in life. The keys in music function in the same manner as the keys in our pocket; they allow us to unlock the secrets to a specific piece of music. Once we have the key to a song we then know the combination of notes and sound patterns that we can follow to convey the composer's original intent so that we can be successful in performing the piece of music.

The most important key in life isn't on our key chains or laid out on a piano; it's the key to our heart. The door to the most intimate dwelling place in our life can be locked up tight, dead bolted, hasped, wrapped in chains and barred from entry only to be unlocked with love. Christ's love towards us is the key to breaking the chains, crossing the bar, and throwing open the gates of our heart to let the King of Glory come in. Who is the King of Glory? He is the key to your heart and salvation and the Lord of Hosts, and the cross on which he died is shaped like the key to your heart.

No need to call the locksmith when you find yourself locked out. Just "open the eyes of your heart" and sing "I want to see you" and all the chains and locks will be broken for you.

- Michael Wylder

We Are The Church



Our church makes a Christian difference through the many wonderful people in our congregation. This week, General Bill Bowden shares with us about his life and how Nichols Hills U.M.C. has blessed him.

General Bill Bowden grew up in Swifton, Arkansas, where he attended and graduated from Swifton Public Schools. There were 18 in his class. He then graduated from the University of Arkansas, with two Masters Degrees (an MBA from George Washington University and a Political Science from Auburn). His father was a farmer, his mother was a 2nd grade teacher, and his sister was a Missionary for the Methodist Church. She spent 5 years in India and 5 years in Southern Rhodesia as a Home Economics Teacher in a Methodist Girl's School. Upon return, she worked the rest of her life at Columbia University.

General Bowden was married to Isobel Anderson Bowden for 35 years, before her passing in 1996. They had two children, Andy and Marjorie. Andy of Houston, TX is married to Raegan and they have two sons, Ross Bowden (age 20) a junior at Arizona State and Wesley Bowden (age 19) a sophomore at Ohio State. Marjorie Bowden Trammell is married to Jim, a 28 year AF Veteran, and they have a daughter, Samantha Trammell, a junior at Oklahoma State University.

"I am a 39 year veteran of the USAF, 4 years as an ROTC cadet and 35 years active duty. I have 4500 hours in the B-52 Bomber in the Cold War, years on Alert and Flying, and served in the Vietnam War with 44 Combat Missions. I served at 15 bases including two tours in the Pentagon and later served 14 years for the State Regents for Higher Education, and have worked for 3 Chancellors."

"Our church has caring, devoted members and all want the best for our church and for each other." General Bowden transferred his membership in June 1993, and has been honored to serve in many positions and on the Church Council and in fundraising drives. We are happy to have General Bill Bowden in our Nichols Hills U.M.C. family!

10 Things Effective Churches Do Well

By Chuck Lawless

1. **Greeters at every door.** It doesn't happen often, but occasionally every one of our team members is greeted when each of us intentionally enters a different door. Those churches are ready for guests.
2. **Strong security in the preschool/children's areas.** Sometimes our team members gain entrance to these areas much too easily, but we've been in churches that physically halted our team from going beyond the boundaries. I'm pleased to report to the church that their security system worked in those cases.
3. **Name tags for everyone.** Several folks disagreed with my suggestion about this topic in previous posts, but our team appreciates it when everyone can quickly learn names. Name tags simply make it easier for folks to have conversations with people they don't know.
4. **Assurances about visitor's cards.** Again, I've written about why I likely would not complete a visitor's card at your church. On the other hand, some churches have made it very clear up front – by saying, “We won't bombard you with visits, phone calls, and emails, and we won't embarrass you” – that they won't put us on the spot. I'm willing to complete a card for those churches.
5. **Knowledge of the community.** We do a demographic study of the church's ministry area, but we don't give that information to the church at first. Instead, we now first ask church leaders what they *think* the demographics will show about their community. Most leaders don't know their community that well – but occasionally we meet leaders who clearly have already focused externally.
6. **General friendliness.** Most churches, frankly, are not that friendly to our “spies.” They're friendly, but primarily with people they already know. So, our team recognizes quickly when a church family has been trained to welcome everyone to their family gathering. Our team members are blessed when it does happen.
7. **Clear direction in the worship service events.** Most of our “spies” are believers, but even they appreciate when the leader gives them direction in the Word (e.g., “the book of Malachi is the last book in the Old Testament; it's about 2/3 of the way through your Bible. If you find the book of Matthew, just back up a book”), guidance for the offering, and direction for the Lord's Supper.
8. **Biblical, applicational preaching.** The best preaching, in our opinion, goes to the Word, expounds the Word, and helps us know how to apply its teaching past Sunday. Our hope is that our spies can quickly answer the question, “What do you need to do as a result of the biblical truth you learned today?” Sometimes they can.
9. **Intentional strategies for training teachers.** The strongest churches recognize that God holds teachers accountable to high standards (James 3:1), and they prepare current and future teachers accordingly. These churches raise up their next generation of teachers and leaders.
10. **Clear master plan for facilities.** You've seen the churches that had no master plan; their buildings are so different that you can tell a different leader was in charge for each structure. Churches with a clear master plan are usually thinking toward the future – and even beyond themselves.

How well does our church do in these areas?

This article was originally published at ThomRainer.com on September 3, 2015.



Tidbits from The Learning Center

Let us introduce you to our newest teacher at The Learning Center. Her name is Kayla Wilson, and she's so excited to be here! She has worked in child care for over four years. Originally she began her career with children in a special education classroom in Nowata Elementary. Before that she worked to receive her Child Development Associate certification. Currently she attends Oklahoma City Community College studying child development. Kayla recently moved to Oklahoma City from Bartlesville, Oklahoma. She has a nine month old daughter named Ka'Myiah. Her daughter has changed her life so much that she wants to give other children the care she wants for her child. We are fortunate to have her with us. We definitely are enjoying having her at The Learning Center. Please come by and give her a warm welcome to Nichols Hills United Methodist Church.

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 11

The chancel flowers will be given by Ann Garrett in loving memory of Bill Garrett.

October Birthdays

10/09	Randi Garza Jacob Roan John Rowntree, Jr.
10/10	Bill Shdeed
10/11	Blythe Butler Ann Garrett
10/12	Tracey Saunders
10/13	Trish Cloud Annemarie Edmonds Dick Sias
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
10/30	Kay Goebel
10/31	Keith Jones

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

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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* - Michael Wylder, our Director of Music will talk about Church Music. 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* - The author of our lesson titles it, "The Spirit Is Not for Sale." The scripture is Acts 8:9-24, the story of Saul's (Paul's) conversion. His dramatic change from a persecutor of Christians to one of its greatest teachers is a story of faith and commitment. Dr. Jerry Perryman will lead our discussion and understanding of conversion. 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

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