

NICHOLS HILLS

united methodist church



Dr. Trevor Smith

Finding Peace in a High Anxiety World

¹ Be gracious to me, O God, for people trample on me; all day long foes oppress me; ² my enemies trample on me all day long, for many fight against me. O Most High, ³ when I am afraid, I put my trust in you. ⁴ In God, whose word I praise, in God I trust; I am not afraid; what can flesh do to me? This I know, that God is for me. ¹⁰ In God, whose word I praise, in the LORD, whose word I praise, ¹¹ in God I trust; I am not afraid. What can a mere mortal do to me? ¹² My vows to you I must perform, O God; I will render thank offerings to you. ¹³ For you have delivered my soul from death, and my feet from falling, so that I may walk before God in the light of life. -*Psalm 56:1-4, 9b-13*

Are you in a hurry all of the time? Are you stressed out most of the time? Are you anxious much of the time? If we are honest with ourselves, most of us would admit that we're overloaded and overcommitted. Something needs to change in order for us to experience God's peace in our lives. Anxiety, worry, fear, and stress are an undeniable part of our lives, but these feelings do not have to control our overwhelm us.

It may interest you to know that the Bible offers us some very practical advice in how to deal with feelings of anxiety, worry, fear, and stress. On Sunday we are going to talk about some of the things that cause us to experience anxiety, fear, and worry. We will discuss some of the positive and the negative ways we experience stress.

Then, we will look at some of the healthy habits and disciplines that the Bible offers us. Some of the simple things we can all do are to exercise, get proper sleep, and eat a healthy diet; but there is really more to it. God has promised to never leave us, and when we face things that are beyond our control we can find comfort in putting our trust in God. To do this, we need to live in a rhythm for our lives that help to foster this trust. We can do this by weekly connecting to God in worship, to others in a small group, to ministry by serving, and to the world by inviting people to come to church with you. We'll talk more about what this means on Sunday.

We will have a reception at noon on Sunday to honor Dr. Antone Godding for serving as our organist for forty years. Nichols Hills United Methodist Church is known for its excellent music ministry, and Dr. Godding has been an important part of this ministry in the last five decades. I first heard Dr. Godding play the organ in the Bishop Angie W. Smith Chapel at a chapel service at Oklahoma City University when I was a freshman in college. The organ music made an impression on me then, and it is a great blessing to get to work with Dr. Godding today. I hope you will plan to be with us for this special Sunday.

I was thrilled with our first Nichols Thrills last Wednesday. We had forty-six adults participate in the Alpha Course and six children take part in Expedition. I want to thank Tom and Brenda McDaniel, Rob and Tracey Saunders, Billie Boston, Jerry and Charlette Perryman, and Bill and Pam Shdeed for providing fajitas from Ted's Escondido and homemade lemon squares this week. Next Wednesday we will focus on Why Did Jesus Die? I hope you will join us on Wednesday evenings at 5:30. Have a great week, and I will see you at church.

Blessings,
Trevor

Ministry Calendar

Wednesday, September 2

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 Youth at 6:00

Alpha Course for Adults at 6:00

Parent Training Class at 6:00 p.m.

Chancel Choir at 7:30 p.m.

Young Adult Group at 8:30 p.m.

Sunday, September 6

Reception to Honor

Dr. Antone Godding at Noon.

Monday, September 7

Labor Day: Church Closed

Tuesday, September 8

Care Committee Meeting at 4:00

Tuesday, September 15

Trustee Committee Meeting at

5:00 p.m.

Sunday, September 20

S.P.R.C. Meeting at 3:00 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

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 **September 13 and 20**. 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

Town Village

Joanna Garnett

The Fountains at Canterbury

Barney and Virginia Brown

At Home

Jeremee Cloud, Roger Eting,

Beth & Dale Jordan,

Frances Lewis, Joye McLain

David Mueller, Barbara Sullivan,

and Gene Wheeler

Chancel Flower

Sponsorships Available

September 20 and Nov. 1 are available
for flower sponsorship. Reserve your
special dates now to honor or remember
loved ones. The cost to sponsor chancel
flowers is \$70.50 for two arrangements per
Sunday. A sign-up sheet is posted on the
bulletin board by the church office.

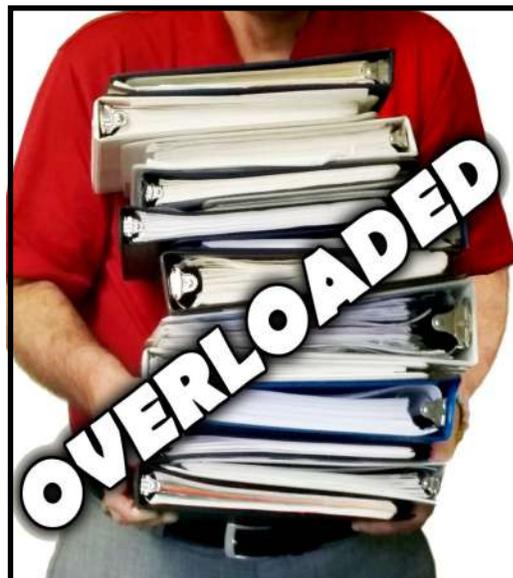
Overloaded

**Are you busy all the time?
Do you find yourself exhausted at
the end of most weeks?
Do you feel overwhelmed by the
expectations and obligations in your
life?**

It may surprise you that the Bible
offers relevant answers that have the
power to change your life. This
important series of messages will help
you stop being *Overloaded* and start
experiencing peace. Join us for
Overloaded on Sunday mornings at 8:30
or 10:50 a.m.

September 6 *Finding Peace in a
High Anxiety World*

September 13 *Less is More*



Who is Jesus?

This week in our Alpha Course, we discussed the question
"Who is Jesus?" This question is at the center of our faith. What we
believe about the life and character of Jesus can come to define how
we live out our faith in the world. When I was a teenager, I remember
reading the Gospel of Matthew from beginning to end for the very
first time. I had heard many of the stories, but I had never read the
Gospel in that manner. It changed my life forever because I realized
how deep the call of Christ was on each individual. When reading the
Gospels, the life of Jesus can challenge us in the deepest parts of who
we are. I look forward to discussing these important faith questions
with our youth and adults on Wednesdays at 5:30 p.m. I hope to see you there.

Blessings,
Matt Patrick



Matt Patrick

Pray-paring for the Storm

²⁴"Therefore everyone who hears these words of mine and acts on
them, may be compared to a wise man who built his house on the
rock. ²⁵And the rain fell, and the floods came, and the winds blew
and slammed against that house; and yet it did not fall, for it had
been founded on the rock. ²⁶Everyone who hears these words of
mine and does not act on them, will be like a foolish man who built
his house on the sand. ²⁷The rain fell, and the floods came, and the
winds blew and slammed against that house; and it fell—and great
was its fall." -*Matthew 7:24-27*



Lauren Matthes

Most of us are well aware that there will be times when we face
storms. In this wonderful state of Oklahoma we know that there are seasons during the
year when there is a greater possibility for storms. Many of us have storm rooms or prepare
for the beginning of storm season with fresh batteries and water supplies. We register our
storm shelter so it can found in the worst situations. Our family deserves our best, so we
always make the extra effort to protect them.

With that in mind, we would be wise to ask ourselves, "What can I do to prepare for the
storm? Are we doing the same with our spiritual well being? Are you ready for the storm?"
A movie was released this weekend called *War Room*. This Christian movie discusses the
storms of life and a mother who prepares a storm shelter of sorts through her devotion to
prayer. I encourage you to take the time to see the movie, but more importantly, to think
about how daily prayer can help us be prepared to endure the storms that may come.

You are a blessing!
Lauren

We Are The Church

Our church makes a Christian difference through the many wonderful people in our congregation and on our church staff. This week, Dr. Antone (Tony) Godding, our Organist, is sharing with us about how Nichols Hills U.M.C. has changed, and how it has blessed him.

"Since I came to the church as organist back in 1975, I've seen many changes take place at Nichols Hills United Methodist Church. Among them: the building itself has been transformed by major reconfiguration and the addition of the fellowship hall; Children's Day Out has become The Learning Center; the old yellow carpet in the sanctuary has been replaced by slate, thereby enhancing the sound of speech and music; the Reuter organ has been augmented by the addition of an Antiphonal division over the sanctuary's rear doors and the entire instrument has been renovated. Lots of changes. And in the last 40 years I have collaborated with a succession of ten ministers, served with five choir directors, played for well over 4,000 worship services, and hundreds of weddings and funerals. It's been quite a journey, and I'm grateful to the many folks who have made it a pleasure."

The Staff Parish Relations Committee and John Strybos (former Chancel Choir Director) will host a reception at noon on Sunday, September 6 to honor Tony for 40 years of service as the organist at Nichols Hills United Methodist Church. A card basket will be available for anyone who would like to participate.

We are so glad to have Tony serving in ministry with us here at Nichols Hills United Methodist Church.



Parent Training Series

Conscious Discipline® Parent Training provides a proven and comprehensive approach that will improve both your life and the lives of your children. It empowers you with the self-awareness, brain information, developmental knowledge, and useable skills necessary to create safe, connected, problem-solving homes. Learn to see discipline not as something you **do to children**, but something you **develop within them**.



Led by Cristy Roberts. \$20 per session. Contact Denise Buthion at 405-842-5325 or dbuthion@nicholshillsumc.org for more information or to reserve your spot.

Parent Training will meet - Wednesdays, September 2, 9, and 16 from 6:00 - 7:30 p.m.

Tidbits from The Learning Center

Open House each Fall brings such excitement. The returning families come to hear what is new. This year we began to have an orientation meeting with our new families before the child begins. Each teacher meets with the new family to get acquainted. It helps the family to know what to do when they first arrive and where they go next. It helps the teacher to connect with the family and hear their needs, dreams, or concerns. The child benefits by spending some time with the teacher before entering the classroom with the reassurance from their parent.

Our theme for August is to learn "All About Me." Families have made posters about their child and their preferences. This is another step to help us connect with each other. Even the teachers construct a family board. It is very interesting to watch the children go up to someone else's family board and look at their photos. They are really making a strong community in their classrooms.



Our new families come to Open House to meet other families and talk to the teachers. They are better able to visit without the responsibility of the children. It helps new families to have time with their child in their respective classrooms for a social visit. Each child typically takes their parent around to see this and see that. You can sense a feeling of pride from the children as if they are saying, "This is where I do my work." We were happy to have a good turnout of moms, dads, grandmothers and grandfathers. Our Parent Advisory Committee and TLC Management Team were all introduced to the parents, too. It was a fun evening, and we will do it again.

Serving In Ministry - September 6

The coffee hosts will be the S.P.R.C. Committee and John Strybos.

The chancel flowers will be given by Ron and Lida Elkins in celebration of the wedding of Linda Rosser and Buzz McDaniel.

The mission candle will be lit by Lindsay Ocker in memory of Paul Revere.

September Birthdays

09/03 Norma Moe
09/06 Ryan McNeill
09/10 Frances Rosier
Jack Story
09/11 Donna Blakley
Julie Fischer
09/12 Audrey Harrah
09/14 George Craig
A'Shonda Garrett
Robert Vick
09/15 Gracie Sanders
09/16 Geoffrey Stafford
William Stafford
09/17 Kerry Maye
Sally Stringer
09/19 Jess Harris, Jr.
09/22 Billie Boston
Jami Cravens
Meg Miller
Jerry Perryman
09/24 Jason Ott
09/25 Pamela Bracken
09/26 Juanita Greer
Ellie Roberts
09/27 Alan Niemann
09/28 Caitlin Dyke
09/30 Cara Fraley

Reception Honoring Dr. Antone Godding

The Staff Parish Relations Committee and John Strybos (former Chancel Choir Director) will host a reception at noon on Sunday, September 6 to honor Dr. Antone Godding for 40 years of service as the organist at Nichols Hills United Methodist Church. A card basket will be available for anyone who would like to participate.

Popcorn Time!

This Sunday, September 6, the Scouts will be selling popcorn before the 8:30 service. This is their main fundraiser, and we hope you will participate!



Mission Candle Sponsorships Available

September 13, 20, and 27 are available for mission candle sponsorship. Sponsorships of \$25 per Sunday for the mission candle help support our missionary, Rev. Meri Whitaker. A sign-up sheet is posted on the bulletin board by the church office.

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 followed by a video called *Who is Jesus?* Leader: Dr. Trevor Smith.

The Alpha Course - Youth: Wednesday, 5:30 to 7:00 p.m. Join us for dinner at 5:30 followed by a video called *Who is Jesus?* Leader: Rev. Matt Patrick.

Expedition for Children: Wednesday from 6:00 to 7:00 p.m. Teachers: Allyson Smith and Sandra Smith

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

Young Adult Group: Wednesday at 8:30 p.m. 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 Fellowship Hall* - Join the KIVA class for a roundtable discussion on September 6. Leaders: Allen and Sherron Evans.

Reveille Class: *Meets in the Fellowship Hall* - 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* - For September 6, the Open Circle Class will open with a review of the first two verses of Proverbs 23. Our prayer will come from Psalm 123. Mark 7, Verse 28: "Lord, even the dogs under the table eat the children's crumbs." Teacher: John Marshall

Roundtable Class: *Meets in Room 124* - The Roundtable Class is studying Acts 4:1-31 this Sunday. Faced with punishment by the priests and religious rulers for preaching about Jesus, the apostles prayed for God's support. After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness. Luke shows us how we can resist oppression, difficult times and evil through prayer. Join us as Dr. Jerry Perryman leads our discussion. Teacher: 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: 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

Dr. Antone Godding, Organist

Delaney Sheffield, Administrative Assistant

Kathy Smith, Bookkeeper/Treasurer

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