



THE TRUMPET

CROWN HEIGHTS UNITED METHODIST CHURCH — PASTOR: REV. TRINA BOSE-NORTH



LENT- GOOD ENOUGH

BY REV TRINA BOSE NORTH

It's been over a year since my friend Kerri W. recommended a podcast called *Everything Happens* with Kate Bowler. I quickly fell in love. Kate Bowler is a Duke Seminary professor, teaching at the intersection of culture and religion. At age 35, her understanding of God and faith drastically deepened when she was diagnosed with Stage IV cancer. Now Kate grasps the beauty found in being real. Her favorite subjects are pain, loss, endurance, and an appreciation of life based in honesty.

This Lent we will hone in on Kate Bowler's theology of "Good Enough," embracing the imperfections of life and faith. This season we will ponder how we can make more room for God in our lives and consider from what we might take a break (social media, Netflix, caffeine, unkind words, alcohol, or holding a grudge). All this is to get to our real focus— how can I give more of my authentic self over to God?

Here is "A Blessing Before a Fast" by Kate Bowler.

Blessed are you, ready to open yourself to a new joy, a doorway that until now has been hidden. In this culture of acquisition and gain, blessed are you desiring fresh ears to hear what might be a bit too loud.

Who take the next step to turn it down a notch and make more space for God.

Who discipline yourself, with time, intention, and hope, anticipating God to show up in your discomfort.

Trusting that when we need God, God promises to be there.

God, give me courage, give me strength, give me hunger for you.

Let this set time of less be a chance for more of you. Let this fast be an entrance into the discernment I desire, the divine presence I'm longing for, and the hope to will what You will, oh God, to be who You've called me to be.

SUNDAY SCHEDULE

8:30 am-- Sanctuary Worship
with weekly communion

9:45- 10:45 am-- Sunday School

11 am-- Sanctuary Worship
with Children's Moment

CHILDREN AND YOUTH SCHEDULE

Nursery is available from
8:30 am- 12:15 pm.

**Children and Youth Sunday
School** is from 9:45-10:45 am.

Meet in the Fellowship Hall
for breakfast then a lesson.

Children and Youth attend the
11 am Service. In Worship, kids
are invited up for the Children's
Moment and Children's Church.

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WORSHIP SCHEDULE —

8:30AM AND 11AM—SANCTUARY WORSHIP
9:45-10:45AM—SUNDAY SCHOOL HOUR

February

February Sunday School, Sundays 9:45- 10:45am,
Dare to Dream Study for adults, **youth**, and **children**

Feb 1, Wednesday— Ministry Resource Team, 5:30pm
and **Youth Group**, 5:30- 7:30pm

Feb 4, Saturday— **Gen X dinner at Red Rooster, 5pm**

Feb 6, Monday— Cook meal for OCU Wesley, 5:30-6:45pm

Feb 7, Tuesday- Young Adult dinner- Wedge Pizza, 5:30pm

Feb 8, Wednesday— Retiree Lunch, 11:30am (Basil)

Feb 12, Sunday— **Souper Bowl Sunday Potluck**, noon

Feb 15, Wednesday— **Youth Group, 5:30pm- 7:30pm**

Feb 22, Wednesday— **ASH WEDNESDAY Service**, 5:30pm

YOU ARE
enough

March

March 1, Wednesday— **Youth Group, 5:30pm- 7:30pm**

March 7, Tuesday— Young Adult dinner at Saj, 5:30pm

March 8, Wed— Retiree Lunch, 11:30am (Cheever's)

March 12, Sunday— Daylight Savings, time change

March 15, Wednesday— **Spring Break Youth Group, 2-9pm**

March 30, Thursday— UCO lunch, 11am (pizza & brownies)

April

April 1, Saturday— OU Workday, 9:30am to 1:30pm

FIND YOUR PEOPLE!**Young Adults**

20s- 30s+



Join us Tuesday **February 7 at 5:30pm**,
at Wedge Pizza on Western. **March 7 at 5:30pm**, we will meet at Saj Lebanese Cuisine (714 N. Broadway).

Gen Xers

basically 40-60

Saturday **February 4 at 5pm**, join us for dinner at Red Rooster. Happy Hour ends at 6pm! Join for great food and time to visit with other Xer's at our church.

Retirees

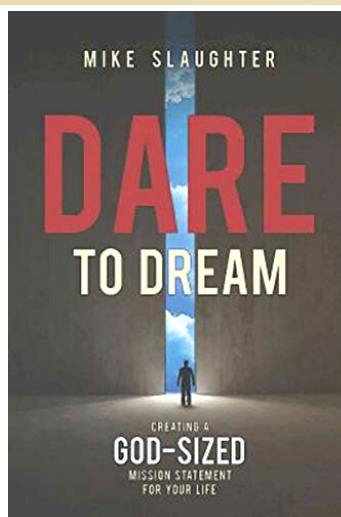
retired or soon-to-be retired

Join us Wednesday **February 8** at Basil's Mediterranean Restaurant and **March 8** at Cheever's. Meet at the restaurants at 11:30am.

SUNDAY SCHOOL SERIES

Adults, youth, and children will all be working through this Sunday School series, starting in February. Make a point to join us to learn to live into God's Dream for each of us.

Dare to Dream is an inspiring program by pastor Mike Slaughter that draws on the Bible and our life experiences to help us discern God's dream for us and learn to live it out, prayerfully and enthusiastically. We will learn how to develop a life mission statement that helps us fully commit to a God-directed life.

**Church-wide Sunday School Series**

SUNDAY MORNINGS,
February 5 to March 12
9:45- 10:45am

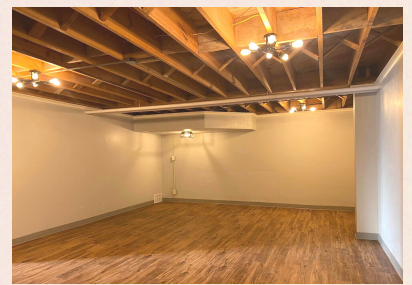
Adults, meet in the Parlor.
Children and youth, meet in the Fellowship Hall for breakfast, then lesson.

FINANCE UPDATE**BY LEE ENDICOTT**

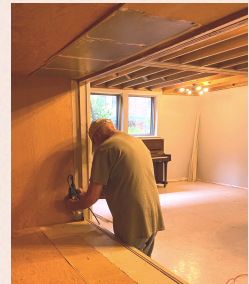
The Finance Committee has now closed the books on 2022. For the first time in a number of years, Crown Heights finished the year with a loss on its income statement. This loss was due to various reasons including a decrease in pledge income, additional expenses incurred when our previous financial secretary resigned as well as decreased income from the Endowment Fund because of the downturn in the stock market. (We actually had more money available, but felt it would be more prudent to leave some of the available money in the Endowment until things returned to normal.)

Fortunately, even with the loss, we were able to pay 90% of our apportionments as well as more than 25% of our non-required apportionments. Furthermore, we were able to assist our members and others in the community in many ways including groceries, furniture and household items for Afghan refugees, care packages, diapers, and bus passes. We could not carry out these missions without you.

In the coming year, please remember all the good things that our church does and do your best to keep your pledge current. Any offering over your pledge would be welcome. If we had 100 people donate only \$5 a week over their pledge for apportionments, we would be able to pay the entire amount of our required apportionments, which are used to provide aid to people throughout our community, state, nation and world. I am going to try this myself. If you would like to make an additional donation for apportionments, please note that on the memo line of your check or on the envelope.

**CHOIR ROOM****Before**

We started redoing the Choir Room back in October and just finished up last week. Jim Rust coordinated the construction with a lot of help from church members, our youth, OU's Big Event, and Trina's boys. We reconfigured the storage cabinets-- what once held music sheets is now going to house church decor and tablecloths. The largest expense was new flooring (\$5,500). Come check out the room, and dream about what ministry we can do through this space!

**After**

FOOTBALL. SOUP. COOKIES**SOUPER BOWL POTLUCK**

Join us for a soup potluck on Super Bowl Sunday on **February 12**, noon in the Fellowship Hall.

Please bring your favorite soup or side to share. Dessert will be Girl Scout cookies. The troop will be standing by to sell their goods! \$5 per box.

It would be appreciated if you might buy a box or two for our Mobile Meals clients & homebound members.

**CHILDREN'S BREAKFASTS**

Looking for a way to serve?

HOW ABOUT BRUNCH?

We need volunteers willing to make a meal for about 20 children and youth, ready to serve Sunday at 9:45am. The frequency is completely up to you, as often as quarterly is really helpful! We have people who can serve and clean up, just need the food! Pray on it and contact

Jamie Gross if this sounds like something you might enjoy. We can reimburse you for the food you purchase.

Thanks for considering this need!

FOOOD!!!

CROWN HEIGHTS UMC CARES

Our church has committed to providing meals for college students participating at United Methodist Wesley Foundations.

OCU-- On Monday **February 6**, we need a crew to meet at 5:30pm and cook the meal (Chinese food) and then drive it to OCU at 6:45pm. The church will shop for the food, we just need people to help prepare/ transport.

UCO-- On Thursday **March 30**, we will provide pizza for the Wesley. We would like to have 6 dozen homemade brownies as dessert. Can you help provide some brownies? Let Trina know.

BAKE SALE RESULTS ARE IN...

On January 29, we had a Bake Sale, benefitting a family in our church with car problems. We raised \$1500.

Thank you,
generous church!
And thank you,
bakers!

What a delicious way to help.

**LOOK WHAT WE DID TOGETHER****This is how we served our neighbors in December and January...**

While on half price, we spent \$1200 on bus passes to give out throughout the year.

We cooked & served lunch for the UCO Wesley.

On Dec 15, our church cooked a Christmas meal for NSO Palo Duro's residents and for the Whiz Kid's party. Dynamo Gymnastics, First Presbyterian Church, & our church shopped a list of Christmas needs & wants for 35 of our Afghan/ Burmese/ Ethiopian refugee families and the children in our church.

We delivered Christmas cookies to our neighboring businesses on Western.

We provided two meals for our family with a new baby.

Through our Christmas Offering, we raised \$7,843 to go toward the missions of the United Methodist Church.

On January 29 through a Bake Sale, we raised \$1500 for a member family with car problems.



UCO lunch



Dynamo Gym (Christmas Shoppers)



Christmas!!!

GABRIEL MALASIG

Crown Heights UMC member Gabriel Malasig has had a remarkable year! Many of you know he is in the Air Force, and to that end, his time in the military is coming to a close in the next few months. He and his wife Rachel will be leaving Oklahoma and pursuing their film careers. Gabriel is a screenwriter and completed the Veterans Writing Project last May, a fellowship hosted by the Writer's Guild Association. Gabriel's screenplay, *AMERICAN RETAIL*, won Best Feature and the Grand Prize at Slamdance 2022, out of more than 4,200 entries. This is quite an achievement and could lead to production possibilities. Remember we knew Gabriel back before he was famous!

Gabriel has been volunteering with our youth group. He assists Ashley in teaching both youth Sunday School and Wednesday programming. Gabriel is such a good sport-- he drives the van full of youth, he gets up early on overnights and cooks breakfast, and he hardly complains when our youth share Covid with him! Truly Gabriel is a gem!

**WHIZ KIDS ANNUAL CHRISTMAS DINNER****BY BRUCE PITTS**

Fellowship Hall rocked December 16th with the sounds and joy of Christmas as we hosted our annual banquet for our 14 Whiz Kids and families. CHUM volunteers, including Whiz Kids Food Coordinator Sue Fellers and her primary assistant Sharon Mears, Rev. Trina Bose North, Sally Hayes, Charlotte Trobaugh, Marilyn Howerton, and Jennifer Sahmaunt cooked and served a splendid meal, with tons of Christmas goodies. Guests included our CHUMC and Mayflower Congregational Church Whiz Kids team volunteers. Rev. Lori Walke of Mayflower offered a Christmas-spirited blessing centered on "Help! Thank you! Wow!," a special appearance from **Santa Claus** with Christmas bags of gifts, books, shirts, school gear and just a little bit of candy :), volunteer tutor from Mayflower, David High who entertained us with a special version of "Twas the Night Before Christmas," and our very special guests from partner **Wilson Elementary School**, Principal Margaret Simpson and five teachers who support our program by recommending students and encouraging them to take advantage of our tutoring program. Everyone agreed it was a special night of fun and celebration for our kids and their families.

Once again, we at Crown Heights lived our commitment to be a truly welcoming church connected with our community. We all left that night with the true spirit of Christmas and looking forward to our next semester with Whiz Kids.

**ARTS ACADEMY, BACK IN ACTION! BY JAMIE GROSS**

Our teachers and students had a great break and are now back in the swing of things. We are about halfway through this season and have added even more opportunities – including the tiniest little girl with the BIGGEST bass! Thank you so much to Charlotte and Taffy for providing our muscle, walking the halls to peek in and ensure everyone is safe. We could not do it without you!



MEMBER NEWS

Congratulations

Katherine Hickey and Eric Saulnier were married on January 28 in Tulsa. We had them up front in worship on January 9 to pray God's blessings upon them and their life together. Such a joy to celebrate their love!

Katherine has been a member here for 4 years, and we are so happy to welcome Eric into our midst.



NEW MEMBERS

We had 8 people officially join our congregation. Each of them have been actively participating in our church for a while, and so we celebrate this step in our journey together!

Look for these fine folk and introduce yourself:

Allie Martin and Andrew Fleet- Allie is serving on the finance committee, both attend 8:30am service

Erin Baird- mother of Evie & Benji and attends 8:30am service

Bobby Coyle- father of Charlie and attends 11am service

Natalie and Jonathon Brittingham- parents of teens

Amelia & Caleb and attend 11am service

Jonathon and Alice Whaley- parents of teens Laurel, Braunwin, and Weston and attend 11am service



BAPTISMS



On January 9th Baptism of our Lord Sunday, Ben and Cam Skidmore were baptized, proud parents are Stephanie and Kyle. So many friends and family surrounded the boys. Together we claimed God's love for each of them. We promised to love, nurture, and guide Ben and Cam in their faith, and we couldn't be happier to do this work!

BABIES BORN

We welcomed little **Charlie Jay Bennett** on December 2, Cassie and TJ parents, Grace and Henry older siblings. Charlie arrived a month early and had an uninvited bout with Covid but is doing great now!

Milo Clayton Wilson arrived on December 18 (6 days late!). First time parents Clayton and Elisabeth are figuring it all out with this little angel!

A warm welcome to Bob and Nancy Anthony's granddaughter, **Betty**, born to Katie and Matt Gooch of Richmond, on October 6, 2022.



Charlie



Milo



Betty

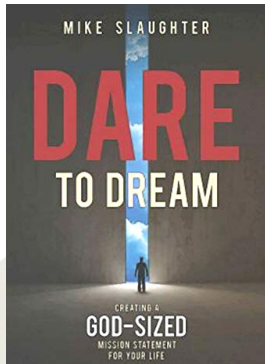
Our babies are modeling adorable little hats knit by Sue Fellers. She has given all our babies handmade, beautifully designed hats for years. Thanks, Sue!

CHILDREN'S PROGRAMMING

On December 9, church volunteers watched our kids so our parents could enjoy a night out. The kids had a ball and played in every room with every toy!



Kids, this is for you, too!

**Church-wide Sunday School Series**

SUNDAY MORNINGS,

February 5 to March 12, 9:45- 10:45am

Children and youth, meet in the Fellowship Hall for breakfast, followed by a lesson.

Make sure your children and youth attend to dream about what God has in mind for their lives. Parents are welcome to join a class on the same topic, in the Parlor.

Don't forget- our church sponsors a **Girl Scout** troop. They LOVE to sell their cookies. If you want any, bring your money on Sunday Feb 12 (in the back of the Sanctuary and in the Fellowship Hall during the Souper Bowl potluck). \$5 per box.

Maybe consider donating back cookies for our Mobile Meals clients & homebound members.

We'd appreciate it!

YOUTH EVENTS**Wednesday Night Youth**

Join us at the church from 5:30-7:30pm.

Feb 1- Lesson on the Bible and Everyday Life

Feb 15- Lesson on Mental Health

March 1- Confirmation Lesson by Trina

March 15- Spring Break Wednesday, 2-9pm, join for a mission project, lesson, dinner, movie

April 5- Confirmation Lesson by Trina

April 16- Confirmation Sunday, 11am worship

April 19 - Lesson on Loving Your Community

Confirmation Classes

Trina has been teaching our youth lessons for the last few months.

If your youth is interested in being baptized or joining our church officially, be sure to attend Wednesday Youth gatherings in February, March, and April.

Confirmation Sunday will be April 16 at the 11am Service. After worship, youth and their families are invited to stay for a potluck lunch in the Fellowship Hall.

**Christmas Lock In,
December 17-18, 2022**

The youth had such a great time playing games, eating all the foods, and staying up way too late! A favorite game is a version of musical chairs, where you race to find specific items the quickest.



Crown Heights United Methodist Church
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PERIODICAL
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Facebook: Crown Heights United Methodist Church



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CHRISTMAS HIGHLIGHTS



FROM
GENERATION
TO GENERATION...
God dwells with us



The joy of Christmas was felt at Crown Heights UMC. Each week we lit the Advent candles, praying for God to be born in us this year. To the right, you'll see two pregnant women lighting our candles. Before Christmas came, we celebrated the arrival of two bouncing baby boys!

On Dec 18, the children and youth presented their Christmas play. It hit all the right notes, including an adorable baby in the manger!

