

# REFLECTIONS

How are you doing today? The already grim world in which we find ourselves grows darker with Putin's war on Ukraine. The consequences of sin are always death and destruction. Covid-19 still lurks in the shadows. Bird Flu is sweeping through the chicken farms of America. World and local economies are being upended by an unpredictable inflation. The daily grind is burning us out. One day it's like spring, the next day brings snow and ice. Climate change is trying to kill us. Bullies are loud and angry. The strong are grief-stricken and depressed. It is time for us all to lighten our loads. At least the cows are not mad, just yet.

According to God's Word, sin shattered everything, even the earth itself. All this weighs us down. Our daily circumstances are harder, and our relationships are at breaking points. The longing to get back to "normal" does not seem to be happening. How do we lighten these burdening days? I have a couple of pastoral suggestions: 1. Give yourself permission to experience joy each day; and 2. Share some of your load with others.

With suggestion 1, Dorothy and I have little rituals that help us smile or laugh each day. For us, it involves reading the daily newspaper cartoons out loud, even on the busiest days if we can. For a few decades we also ended each exhausting Sunday by reading a Dave Berry story just before going to sleep. Lately, we have started ending as many nights as possible, rewatching very old 30-minute comedy shows. Right now we are in season one of "The Mary Tyler Moore Show." Give yourself permission to find joy each day.

With suggestion 2, listening to someone else tell their story and sharing some of your story with them helps to lighten the load for both. We have become isolated from others, even when we think we are connected through social media. The telephone works both ways. So does slowing down long enough to have a conversation or volunteering some time to serve your neighbors.

I return time and again to the advice of Paul in Galatians 6:1-10. Here he talks about restoration, reaping what we sow, weariness, bearing each other's burdens, and dealing with our own. Read it for yourself right now. It is another way to refresh your soul.

Keep healthy. Pray mightily. Enjoy your life today. Lighten your load. And let's experience the love and power of God together.

Bro. Darryl

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Tulsa, OK  
USPS #180-140

## The Evangel

Braden Park Baptist Church  
4739 East Fifth Street (5th & Yale)  
Tulsa, OK 74112-2716

### SCHEDULE OF SERVICES

**Sunday Morning**  
Continental Breakfast 9:20 a.m.  
Worship 10:00 a.m.  
Bible Study & Conversation 11:15 a.m.

**Wednesday Evening**  
The People's Pantry 5:00 p.m.  
The Clothes Closet Ministry  
Prayer Service 6:30 p.m.

Dr. Darryl DeBorde, Minister  
Bill Ess, Music Minister

Telephone (918) 834-3378  
Fax (918) 834-3440  
office@BradenPark.org

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# The Evangel



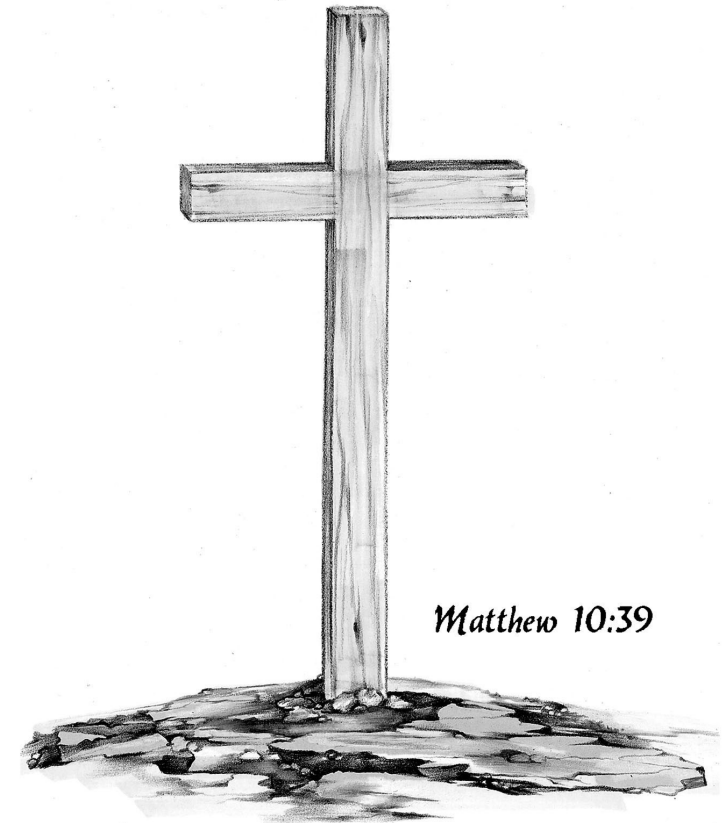
Proclaiming the Good News!  
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Tulsa, Oklahoma

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March 11, 2022

No. 10

*Those who find their life will  
lose it, and those who lose their  
life for my sake will find it.*



*Matthew 10:39*

# Our Church Family

## LIVING CENTERS

Zarrow Pointe Kaiser Health Center #214 . . . . . Dorothy Lee

## AT HOME

Alice and Bill Barrett  
Elizabeth Burke  
Berta Caldwell  
Marion Corbett  
Russell Ford  
Paula McPherson

Bonnie Nutting  
Waneta Reynolds  
Ben and PJ Shepard  
Margaret VanHorn  
Leslie White

## HAPPY BIRTHDAY!

### March

23 Nancy Holland  
27 Ray Martin

## HAPPY ANIVERSARY!

March 17 Bill and Alice Barrett 38 Years



# Looking Ahead

## SUNDAY, MARCH 13

10:00 a.m. Lift Him Up:  
Who Is This Son of Man?  
—John 12:20-33

This week we continue our series, **Lift Him Up**. As Easter approaches, this is the time to examine our hearts and gaze unflinchingly at the cross of Jesus. Join with us in person this Sunday. Invite a friend and be blessed.



## WEDNESDAY, MARCH 16

5:00 p.m. People's Pantry Ministry  
Clothes Closet Ministry  
6:30 p.m. Prayer and Bible Study



## SUNDAY, MARCH 20

10:00 a.m. Lift Him Up:  
The Word of Forgiveness  
—Luke 23:26-34

# Behind the Scenes



## Time Change This Sunday, March 13

### PRAYER FOR THE NATIONS

You are invited into a time of **Prayer for the Nations** of the world through **Zoom each Tuesday at 8:00 p.m.** This hour will be led by *Kevin Avery*, our Missionary In Residence, and *John Long*, pastor of The International Village in Norman, Oklahoma. The format begins with a brief devotional opening, followed by prayers for Current Global Crises and then, as time allows, for the needs of seven highlighted nations. Look on Kevin Avery's Facebook page for the Zoom link. Kevin Avery and John Long are the co-authors of the book, *Where Strangers Cross: East Meets West on a Journey Towards Christ*.

### FOR THE CHURCH RECORD

Weekly Budget Need .....	\$ 1,904.00
General Receipts March 6.....	\$ 2,493.00
Special Offerings March 6 .....	\$ 100.00

**Thank You** to all who are providing sustaining tithes and offerings.