

REFLECTIONS

What makes you feel better? I was feeling pretty good on my Thursday before Mother's Day as I drove to the church in typical Tulsa traffic. I was a car or two back when the light turned green. I barely crossed the intersection at 21st Street northbound on Yale Avenue when the cars ahead of me just stopped for no apparent reason. The cars in the other lane stopped also. There seemed to be no accident. No emergency vehicles coming or going. Then I glimpsed the issue and I immediately felt better. I saw a goose slowly walking west across all the traffic. She was followed in procession by 5 fuzzy gray goslings and another goose gently urging everyone forward. The goose family was making its way across the busy street headed for the waterpark. They all stepped up on the center median and my lane started forward. I noticed the cars headed south were also stopping to let the little family proceed. I realized a few minutes later that I was smiling while driving in traffic!

I discovered I was feeling better even when I was not feeling bad at all. Over these past couple of years a few little bad habits slipped into my days. I sat around a lot more and gained a pound or two or three. I started watching too much breaking news and listening to whining opinions about it. My sleep patterns got messy staying up too late and sleeping in too long. It did not take long to feel grumpy, bored, or restless. Time for a little self-care and blessings awareness. (See 1 Thessalonians 5:16-24)

What makes you feel a little bit better? I glass of iced tea on a humid afternoon. A rush of cool air when walking through the door. People stopping their cars to let the geese get safely to the other side. A quick nap. A good night's sleep. The welcome home from your dog or cat. Little everyday actions can make us all feel a little better, even when we are not feeling down at all.

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

Bro. Darryl

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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

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The Evangel



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Braden Park Baptist Church
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No. 19

TO THE KING OF THE
AGES, IMMORTAL,
INVISIBLE, THE ONLY
GOD, BE HONOR AND
GLORY FOREVER AND
EVER. AMEN. 1 TIMOTHY 1:17

Our Church Family

LIVING CENTERS

Zarrow Pointe Kaiser Health Center #214 Dorothy Lee

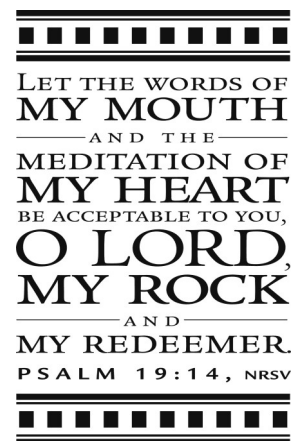
AT HOME

Alice and Bill Barrett	Georgia Metcalf
Elizabeth Burke	Bonnie Nutting
Berta Caldwell	Waneta Reynolds
Marion Corbett	Ben and PJ Shepard
Lydia Ford	Leslie White
Paula McPherson	

HAPPY ANNIVERSARY!

May 24 Lori and Ron Heerlyn 36 Years

OUR LOVE AND SYMPATHY is extended to the family of *Sherri Strobe* in the loss of her husband, *Jack*.



Looking Ahead

SUNDAY MAY 15

- 9:30 a.m. Continental Breakfast
- 10:00 a.m. **Building a Healthy Church:
How to Fight the Good Fight**
—1 Timothy 1:17—2:1-8

This week we continue our look at the pastoral letters to Timothy. Paul encourages Timothy *“to fight the good fight.”* How do you do that without damaging relationships in the church or community? Invite your friends to church this week and be blessed.

- 11:15 a.m. Church Fellowship Dinner
Sanctuary Choir Rehearsal to follow

TUESDAY, MAY 17

- 8:00 p.m. Prayer for the Nations
Kevin Avery’s Facebook Zoom link

WEDNESDAY, MAY 18

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



SUNDAY, MAY 22

- 10:00 a.m. **Kevin Avery, preaching**

Behind the Scenes



Everyone is invited to our **Spring Fellowship Dinner this Sunday, May 15**, following the morning worship time. Bring a side dish, salad or dessert to go with fried chicken tenders. Choir rehearsal will follow the meal.

MEALS ON WHEELS GAINS NEW LEADER

Meals on Wheels of Metro Tulsa has announced the selection of **Katie Oatsvall** as the new President and CEO, beginning on June 13th. Katie formerly served as the Executive Director of Kenosha (Wisconsin) Area Family and Aging Services, leading the agency’s 18 programs including Meals on Wheels, Volunteer Transportation, and In-Home Family Services and Parenting. Darryl DeBorde served on the five-member selection committee.

FOR THE CHURCH RECORD

Weekly Budget Need	\$ 1,904.00
General Receipts May 8	\$ 2,774.62
Special Offerings May 8	\$ 100.00

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