

Proclaiming the Good News!  
Braden Park Baptist Church  
Tulsa, Oklahoma



# The Evangel

VOL LIV

December 6, 2024

No. 44



...HE SHALL  
BE THE  
*one of  
peace.*

MICAH 5:5, NRSV

# The Evangel

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

## SCHEDULE OF SERVICES

<b>Sunday Morning</b>	
Continental Breakfast	9:20 a.m.
Worship	10:00 a.m.
Bible Study & Conversation	11:15 a.m.
<b>Wednesday Evening</b>	
The People's Pantry	5:00 p.m.
The Clothes Closet Ministry	
Community Dinner	
Prayer Service	6:30 p.m.

Dr. Darryl DeBorde, Minister  
Bill Ess, Music Minister  
office@BradenPark.org

PERIODICALS  
POSTAGE  
**PAID**  
Tulsa, OK  
USPS #180-140

# Our Church Family

## At Home

Kevin Avery    Alice Barrett    Elizabeth Burke    Nancy Holdt  
 Paula McPherson    Georgia Metcalf    Bonnie Nutting  
 Annette and Dennis Parker    Billy Shafer    Margaret VanHorn

## Nursing Centers

Marion Corbett    University Village Health Center #333  
 Hugh Enos    Broken Arrow Nursing Home

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## Our Lottie Moon and Global Missions Offering Help Reach Our World

Our Goal: \$1,000

**Our Love and Sympathy** is extended to the Ford family in the loss of their mother, *Lydia Ford*, on December 2. A Celebration of Life is to be held Friday, December 6 at 2:00 p.m. at the Chapel at Memorial Park Cemetery.

## Christmas Activities

December 7    Ladies Bible Study Class Party  
 December 8    Sanctuary Choir Christmas Dinner

**FOR THE CHURCH RECORD**

Weekly Budget Need ..... \$ 2,073.00  
 General Receipts December 1 ..... \$ 2,176.00  
 Christmas Global Missions Offering to date..... \$ 250.00

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

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# Reflections

Sometimes a malady comes along for which there needs no better a descriptor. Brain Rot, as defined by the Oxford English Dictionary, is *the supposed deterioration of a person's mental or intellectual state, especially viewed as the result of overconsumption of material (now particularly online content) considered to be trivial or unchallenging. Also: something characterized as likely to lead to such deterioration.* Brain Rot—is what you might know as endlessly scrolling Facebook, SnapChat, TikTok, Instagram, WhatsApp, WeChat, Threads, Truth Social, X, You Tube, and on and on. It is like watching the same television station hour after hour, or the opposite, constantly channel surfing. Brain Rot is the 2024 Word of the Year. According to the OED, the term was first used in 1854 by Henry David Thoreau, in his book *Walden*, comparing the devaluation of intellectual ideas to a mental form of potato rot. I have run across a sub-set of the malady called PDF Brain Rot, a classification afflicting students and employees required to read vast quantities of digital books, research papers, and AI summaries of such materials.

There is a remedy for brain rot. I suggest three simple ways to lessen the brain rot that may be infecting us. **1.** Make something. Use your creativity—draw, cook, sew, plant, build, write, sing, listen. **2.** Help someone. Find a need. Make a visit. Serve a meal. Volunteer. **3.** Develop a new spiritual discipline. Explore a time of simplicity, fasting (not just food), generosity (not just money), confession, humility, silence.

As with all forms of fungus and mildew, actual sunlight is the best disinfectant. Take a walk around the block or sit in front of a sunny window. You will begin to feel a real difference. Brain rot happens because we are bored, exhausted, or unfulfilled in some areas of our inner being. Take time to read Psalm 37:30-40 and examine yourself before God.

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

Bro. Darryl

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**SUNDAY, DECEMBER 8**  
**Second Sunday in Advent**

**10:00 a.m. Finding Peace at Christmas**  
**John 1:6-18**