

Our Church Family

At Home

Kevin Avery	Alice Barrett	Nancy Holdt
Paula McPherson	Georgia Metcalf	Bonnie Nutting
Billy Shafer	Margaret VanHorn	Sunni Wager

Nursing Centers

Marion Corbett	University Village Health Center #333
Bonnie Nutting	Pleasant Valley Health Care Center #F63

In The Hospital

Billy Shafer	Hillcrest Medical Center
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Happy Birthday!

January	20	Nancy Holdt
	21	Pam Utley
	30	Sandra Smith

Our Love and Sympathy is extended to the family of **Bryan Enos** in the loss of his father, *Hugh Enos*.

What Happens Next: A Traveler's Guide Through the End of the Age, a six-part video series by *Max Lucado*, is being discussed during the Bible Study time following the morning worship hour. Everyone is welcome.

FOR THE CHURCH RECORD

Weekly Budget Need	\$ 2,071.00
General Receipts January 12.....	\$ 625.00
Special Offerings	\$.00

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

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Reflections

As believers we can find ourselves involved in situations or conversations that may be delicate or difficult. We may want to help but are hesitant because we do not want to make matters worse. These may be *divine appointments*, where you are the right person to bear witness to a receptive person at just the right moment. Many of these conversations center on medical issues or personal relationships. In a message about mental illness and mental health issues, I once outlined these six guides for holding compassionate conversations that I always seek to practice.

Meet people where they are, not where you think they should be. Compassion starts with respect and dignity.

Listen to their story. Be slow to talk or give advice. Let them unburden in the moment. Listening is the time to keep quiet and understand what they may be communicating.

Remember, you are not their doctor. Even though medical, psychological or other symptoms may be expressed, or your opinion sought, you are not their doctor.

Set reasonable time and place limits. With deep issues, some people can be overwhelming in their need for conversation. Compassionate conversations are best when held in appropriate places, for agreed upon lengths of time. For example, if you have only 15 minutes for a conversation, agree upon that time frame at the start, or set a better length of time for later.

Offer an in-the-moment prayer. Ask them how best to pray. Do not always assume that you know what prayer you should offer on their behalf. Ask them, and then pray for that request right then.

Leave them with a word of hope and grace. Conclude your conversation with encouraging words of hope and grace. Point them to Jesus.

Galatians 6:2 reminds us to *Carry each other's burdens, and in this way you will fulfill the law of Christ*. Compassionate conversations are not always easy, but they can ease the load, shine a light in the darkness and provide a friend for the journey.

Keep healthy. Pray mightily. Enjoy your life today. Prepare for your divine appointments. And let's experience the love and power of God together.

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SUNDAY, JANUARY 19

10:00 a.m. What Jesus Teaches About the Future

—Mark 13

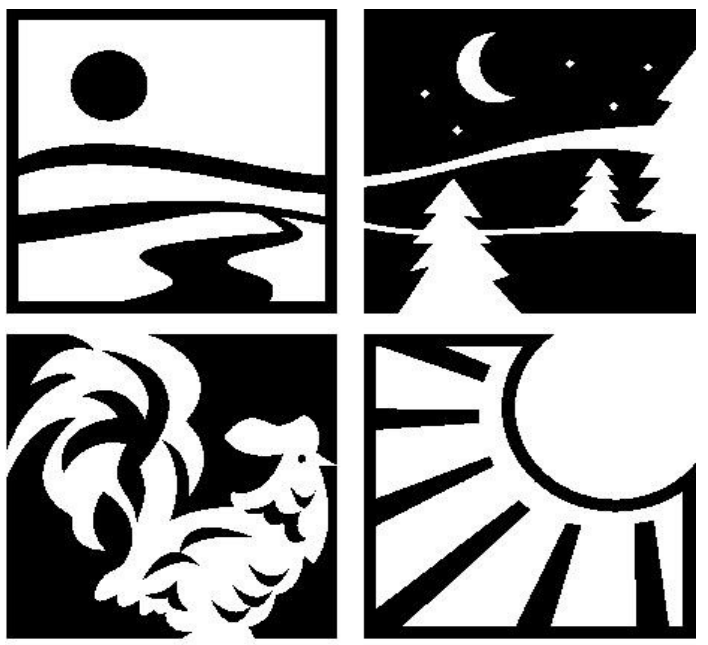
11:10 a.m. Video and discussion, *Part 2: God's Plan for the Ages*



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

The Evangel

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Keep watch ... you do not know when the owner
of the house will come back - whether in the evening,
or at midnight, or when the rooster crows, or at dawn.

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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	
Community Dinner	
Prayer Service	6:30 p.m.

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

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