



THE SPIRE

News of New Haven United Methodist Church

*“Making Disciples for Jesus Christ in the world,
by being God’s Love in Action.”*

VOLUME XXV Number 15

April 17, 2015



Did you know? Laughing actually boosts your metabolism,

burns calories and increases the heart rate! After experiencing our second “Holy Humor Sunday”, if you didn’t get enough laughs this past Sunday morning, you need to go on the hunt for a good laugh right now!

I know this sounds too good to be true, but doctors will tell you that laughing out loud brings positive results. In fact, laughing is actually therapeutic! And if you didn’t know this yet, smiling and laughter are an international language!

Most of us know that a good laugh just feels really good. Being with friends, telling jokes or watching our favorite sitcom can actually make you feel better. I’ve heard that many places offer laughter therapy for patients who struggle with depression and psychological

Cindy's Chalkboard

pain. In fact, some doctors also prescribe laughter therapy for patients fighting cancer.

(www.cancercenter.com/treatments/laughter-therapy/).

Laughter makes a difference in how our bodies react to mental

we should say "laugh and learn."

Laughter helps promote professionalism. Think about it. People in business want to work with people full of person-

Laughter is Good For the Soul!

anguish and physical pain.

And yes, laughter can burn calories. You use energy when you laugh. It tends to burn extra calories just like good exercise. Let me ask you... walking up the stairs, jogging around a track.... or laughing hysterically? You decide. Me? I'll go for the laughs!

After doing more research about laughter, I discovered that it also helps students learn, remember and retain important information.

(www.aapb.org/i4a/pages/index.cfm?pageID=3369)! So,

instead of "live and learn"....

ality. People want to be around other people that laugh.

Here’s what I’ve learned. If you want to stay healthy, watch your weight, have a personality others just want to be around, then you need to learn to laugh!

Proverbs 17:22 says, "A joyful heart is good medicine, but a crushed spirit dries up the bones." As we continue in the spirit of celebrating the Risen Christ, remember: share your joy with one another in the Name of Christ. God says laughter is good medicine!

-Pastor Cindy

New Haven Day School Recognition Sunday—April 19th

What awesome entity has been here on the grounds, right next to the church building, at the corner of New Haven Avenue and 56th street **since 1965?** You guessed it! It’s our AWE-

SOME New Haven Day School!!

We are delighted to tell the staff, students and parents of NHDS how grateful we are for all they do for God’s children.

During both worship services on April 19th help us to recognize and give thanks for the many ways they touch precious lives for Christ!

PLEASE PRAY FOR . . .



OUR MEMBERS:

Bob Schwartz; Bobbie Scott; Audrey Quinalty; Lana Gotcher; Kathryn Stevenson; Karen Gibbs; John Stutsman; Charlotte Erwin; Ovella Followell

Friends & Family of New Haven UMC

Mark Nicholson; Linda Gregory's daughter-in-law, Lea; Ruth Ann Field; Syble Perry; Carla Hefley's dad, Gerald Blissit; Kelly Sartain's father, John; Betty Barton's daughter-in-law, Connie Barton; Lewis Cappellari; Greg Pape's mother; Sharon Hewitt, friend of Betty Hodge; Joleen Taylor's mother, Darline Breeze; Ann Martin; the homeless; our world, our country, city, public servants & leaders.

Covenant Care (prayers & visits appreciated)

Fran Palm, Marjorie Stewart, Rosemary Tarr, Vetus Vanderwiele; Dot and Kelly Haynes; Bob Schwartz; Dorothy Thacker; Laurie & Mahcoe VanDyke; Dorothy Koons

ALLYSON'S ANNOUNCEMENT

The Easter Egg Hunt is over, so that can only mean one thing in my life... VBS!! I am taking donations of the following items (as of right now):

TP / paper towel rolls
Plastic gallon milk jugs (please rinse them out!)
Baby food jars
Cash Donations

Thank you!

Day Center for the Homeless Meal Sign Up

The next meal to be served at the Day Center for the Homeless is Saturday, April 25. Please sign up to prepare food and/or serve food for that day. The menu consists of: chili, slaw, cornbread, and cookies. Food needs to be brought to the church by 4:00 p.m. Servers will leave church at 5:00 p.m. Look for sign-up sheets in the hallway this coming Sunday!



UMPTENAGERS

We are REALLY going to see the Clydesdale horses on Tuesday, April 21. We'll leave the church at 9:00 am (in the Mini-bus) and should return by late afternoon. Lunch will be at Bad Brad's Barbecue in Yukon. Then on to see the horses, stables, and gift shop. We moved our trip from March to April because many who wanted to go had other commitments on that date in March. Hope everyone can go in April. It sounds like fun!

VISITATION COMMITTEE



Did you ever wish that you could serve God through visitation and/or transportation to those in our church area who may not have a church home? We here at New Haven UMC hope to give you that opportunity!! **At 6:30 pm, Thursday, May 14th** we will have a meeting in the church parlor to see what interest there might be. We now have a church mini-bus so we could pick up people in our area that might need a ride to church! Serving God gives a person more satisfaction in life than anything else we can do. By visiting others in the name of Christ, we are serving Him! We welcome those who are interested in joining our Visitation Committee to come to our organizational meeting and help establish another way to serve God and His work through the church. **Wayne Love** has offered to lead us in this effort!!



The ladies in the Susanna Circle worked at Restore Hope on April 9th.

Mission Corner



Dear Missy,

I heard that some of our members went out to the Community Food Bank of Eastern Oklahoma this past week. What did they learn?

Signed,
Inquiring Minds

Dear Inquiring,

You are absolutely right! A total of ten people from the Mission Committee went to the Community Food Bank of Eastern Oklahoma (Food Bank) this past Tuesday to see the facility and help package food that is distributed throughout eastern Oklahoma. It was a “hands-on” experience.

The **mission** of the Food Bank is to feed the hungry of eastern Oklahoma through a network of Partner Programs and to engage communities in ending hunger. Their **vision** is food security, with dignity, for all eastern Oklahomans.

The Food Bank is the largest private hunger-relief organization in eastern Oklahoma. They provide food and other donated goods to 450 Partner Programs in 24 counties of eastern Oklahoma. These programs include emergency food pantries, soup kitchens, emergency shelters, after-school programs and senior citizen centers. They provide more than 335,000 meals each week to people struggling with hunger. During fiscal year 2014, the Food Bank distributed more than 20.8 million pounds of food.

The Tulsa warehouse, where we worked, is an 87,000 sq. ft. facility that can store up to three million pounds of food at any one time. This warehouse has state-of-the-art coolers and freezers with 288 freezer and 288 refrigerator pallet spaces. It is also equipped with a 2,200 sq. ft. culinary center where thousands of pounds of perishable food are processed into frozen meals for later distribution.

Our team of ten helped to sort, bag, and store over three tons of oranges! It was a very educational experience and there are ways that New Haven UMC can help. Look for future events sponsored by the Mission Committee to benefit the Food Bank right here in The Spire.

Reminders:

[Bus Stop Ministry – every day that TPS is open, 6:45 a.m. - 8:00 a.m., gym](#)

[Undie Sunday – Collection of children’s underwear is currently underway. Please place your donation in the hamper in the hallway. Collection ends April 26.](#)

Upcoming Events:

[Day Center for the Homeless – Saturday, April 25, bring food at 4:00 p.m., servers leave from church at 5:00 p.m. Sign up in church hallway. Contact Phil Roberts at 918-671-2055 or phil.roberts@cox.net.](#)

[Respite Care – Saturday, May 9, 3 p.m. – 7 p.m., contact Rose Unterschuetz at 918-688-7128 or tulsarose@sbcglobal.net](#)

[Murdock Villa – Tuesday, May 12, birthday party for the residents at noon, contact Lou Lindsey at 918-906-7364 or louise-lindsey@utulsa.edu.](#)

Blessings,
Missy

Come and

Experience It!

Opportunities of the Week April 19 ~ 26

SUNDAY, APRIL 19

- 8:45 am **Contemporary Worship and Children's Church**
 9:45 am **Sunday School**
 11:00 am **Traditional Worship and Children's Church**
 1:30 pm Children Visit Child Share
 1:30 pm Finance Committee/Parlor
 3:30 pm Liturgical Dance/Sanctuary
 4:30 pm Bible Experience for Children
 5:00 pm Disciple II
 5:00 pm Jr. High Bible Study
 6:00 pm Youth Fellowship Dinner
 7:00 pm Sr. High Bible Study

MONDAY, APRIL 20

- 6:00 pm Praise Band Practice/Sanctuary
 6:00 pm Writer's Group/185

TUESDAY, APRIL 21

- 6:00 pm Bell Choir/Sanctuary
 6:30 pm Boy Scout Court of Honor
 7:00 pm Chancel Choir
 7:00 pm Boy Scouts/Gym
 7:30 pm AA/ 185,205,209,210

WEDNESDAY, APRIL 22

- 6:00 pm Youth Group
 7:00 pm ACOA/206

THURSDAY, APRIL 23

- 6:00 pm "The Book of Revelation"/Parlor
 7:15 pm Yoga/210

FRIDAY, APRIL 24

- 7:30 pm AA/Gym

SATURDAY, APRIL 25

- 4:45 pm Dinner at the Day Center for the Homeless

SUNDAY, APRIL 26

- 8:45 am **Contemporary Worship and Children's Church**
 9:45 am **Sunday School**
 11:00 am **Traditional Worship and Children's Church**
 3:30 pm Liturgical Dance/Sanctuary
 4:30 pm Bible Experience for Children
 5:00 pm Disciple II
 5:00 pm Jr. High Bible Study
 6:00 pm Youth Fellowship Dinner
 7:00 pm Sr. High Bible Study

April Birthdays

| | |
|------------------|----|
| Doris Foster | 8 |
| Lindsay Morgan | 13 |
| Syble Aumiller | 15 |
| Jessie Myers | 15 |
| Denny Beebe | 16 |
| David Jaeger | 16 |
| Louise Boyd | 17 |
| Rafael Baez | 19 |
| Adriaan Duiveman | 21 |
| Patrick Grafton | 22 |
| Eileen Walker | 25 |
| Terry Tyler | 25 |
| Kaelen Terry | 26 |
| Bailey Sartain | 26 |
| Betty Barton | 28 |
| Becky Puryear | 28 |



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ATTENDANCE

APRIL 12, 2015

8:45 am—72
11:00 am—100
TOTAL—172

SUNDAY SCHOOL

TOTAL:
54

Adult Sunday School Come join us at 9:45 am!

Room 185: Discovery Class
Galatians

Room 209: Fellowship Class
Adult Bible Study Curriculum

Room 210: New Friendship Class
"How Jesus Became God"

Parlor: Christian Living Class
Adult Bible Study Curriculum

Room 161 Interlude Class
"Making Sense of the Bible" by Adam Hamilton

Room 205: Journeys Class
"Faith Under Fire: Tough Faith"

**THE UMW STILL HAS
PECANS FOR SALE
\$12/BAG**

**ALL PROCEEDS GO TO
NEW HAVEN MISSIONS!**

**Stop by the office to
purchase your pecans!**

You may email articles for the Spire (no later than Sunday evenings, please.) Sending your article on a "Word" document as an attachment works best. Please email your article to pat.bates@newhavenumc.org. Please note "Spire Newsletter" on the subject line. While we make every effort to include your request, we reserve the right to edit or delete articles due to space

New Haven Staff Members

| | |
|---------------------|---------------------|
| Rev. Cindy Havlik | Senior Pastor |
| Rev. Suzanne Davis | Associate Pastor |
| Stephen Merrick | Music Director |
| Allyson Cauthon | Children's Director |
| Patrick Grafton | Youth Director |
| Pat Bates | Adm. Assistant |
| Ann Martin | Financial Secretary |
| Mary Ann Cunningham | Nursery Director |
| Teresa Roberts | Organist |
| Rev. Jeanette Boyd | Retired Deacon |
| Kacie Kendrick | Day School Dir. |
| Joan West | After School Care |
| Oscar Sturgeon | Custodian |

The SPIRE (USPS 006-409) is published weekly except the last week of May, June, July, and December by New Haven United Methodist Church, 5603 South New Haven Avenue, Tulsa, OK 74135-4100. Periodical postage is paid at Tulsa, Oklahoma. POSTMASTER: Send address changes to the *SPIRE*, 5603 South New Haven Avenue Tulsa OK 74135-4100.