



MEMORIAL MESSENGER

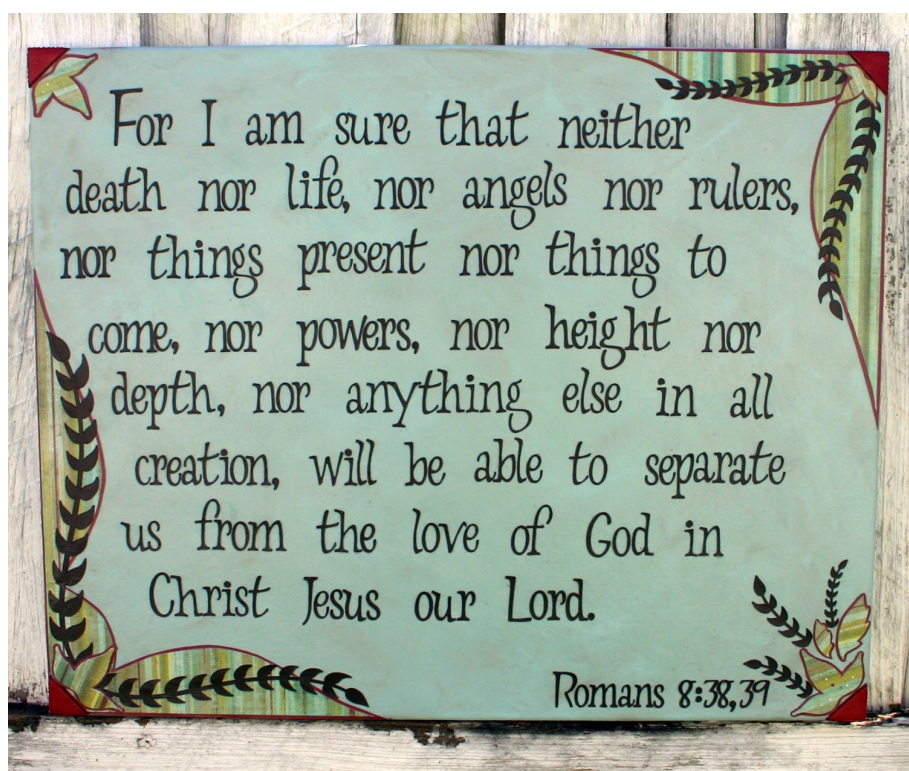
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Community News

Latest News

The Urban Mission item of the month for May is Macaroni and Cheese. Please place your donation in the box by the church information table.



From the Pastor's Desk

Dear Friends,

At a session retreat last June, as we were discussing our congregation, your elders come up with a concept of carrying out a theme for the year. There had been a number of suicides that were on our hearts, and we agreed that there was a need to address and inform folks about mental health issues, particularly suicide prevention.

Since then, we have had a Sunday School class study issues surrounding mental health, a speaker came to Memorial, articles and opportunities have been shared with the congregation, we have placed informational facts in the bulletin and I have spoken on mental health in my sermons. You will also see a special opportunity elsewhere in this issue of the Messenger.

May is Mental Health Awareness month.

As we first began sharing this concept with our committees and groups, a regular response I heard was along the lines of, "I don't know what that has to do with me." I get it. Simply put, a mental illness is a condition that affects a person's thinking, feeling or mood. Each year, millions of Americans face the reality of living with a mental health condition. 1 in 5 Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and family. *

On a personal note, I have lived with depression throughout my adult life. It is managed largely with medication, but there have been times that it has felt nearly overwhelming to me. Depression is not just sadness or a rough patch. The medication I take is not "happy pills". I feel fortunate that I have never felt suicidal. Depression is a companion in my life and I have learned to manage it.

If you have concerns about yourself or a loved one's mental health, I hope that you will reach out for help. If you need support, please contact me and I will be glad to assist you in navigating the waters of mental illness.

Peace be with you,

Tracy

*<https://www.nami.org/mentalhealthmonth>

Clerk's Corner

At its recent meetings, the session joyfully approved the baptism of Everett William Forthman, son of Wade and Amanda. He was baptized on April 23. Session also received into membership Amanda Forthman, by transfer.

The session is using Pathmarks to New Church, a workbook by church consultants David Sawyer and Deborah Fortel, as a discussion starter on who we are as a church community and looking forward to our future. Sawyer is also the consultant for the presbytery's Transition Task Force.

An effort is being made to connect Young Adults to one another; an informal dinner took place on April 21 at Hideaway.

Our building is well used, and is a mission outreach for our community. The session always has several requests to approve.

Submitted by Tracy Evans

Stewardship Update April 1 to April 30, 2017

	Actual YTD	Budget YTD	2017 Budget
Pledges	\$47,789.00	\$49,333.32	\$148,000.00
Other Income	\$3,646.53	\$3,666.64	\$11,000.00
Total Income	\$51,435.53	\$52,999.96	\$159,000.00
Total Expenses	\$59,590.26	\$63,173.08	\$189,521.00



BEHIND THE SCENES

In a galaxy far, far away...oops...in the southwest corner of the darkened vestibule is a small room we refer to as the sound booth. In it are the machines that control the pulpit and lectern microphones, the sound in the nursery, as well as the sound in the narthex. Each Sunday morning (and sometimes for special services) a volunteer turns on the machines and checks the mics on the chancel. Said volunteer also switches on the CD recorder to record the Sunday worship service. There is a particular order to turning machines on and off, and, thankfully, there is an instruction sheet so that in an emergency, even a novice can turn on the sound.

The glass windows on the west side of the sound booth can be unlocked and opened, originally designed to allow the volunteer to hear the service and adjust the sound as needed.

Again we thank those volunteers who sit in the booth and monitor the sound for our worship services. These are a few of the many who work behind the scenes at Memorial. Thanks be to God!

Worship and Music Committee

Many thanks to the ad hoc committee of Joan Cole, Nicholas Lindley and Charlotte Lovett for planning the Ash Wednesday service and the five services of Lent. Thanks to our organist, Stephen Wurst, for planning the Palm Sunday, Maundy Thursday, and Easter services. We welcome any comments from you the congregation that would assist us in future planning of services "that have special emphasis or feast day significance."

The last Sunday of April will be our Service of Peace. This was brought about by the decision of session to join our brothers and sisters of other religions in a newspaper ad promoting #PEACE4OK. It was more feasible for us to hold our Service of Peace at a later date.

June 4 will be the service of Pentecost.

If you are interested in the planning of worship, or if you want to be more involved in the life of Memorial, please let anyone on the committee know. You do not have to be a Memorial member. There is a place for everyone, whether it be ushering, singing in the choir, helping with hospitality, volunteering in the sound booth, helping with Kids' Club, preparing communion. Don't wait to be invited. Jump on in. All are welcome.

Committee members are John Beck, Joan Cole, Lucy Lanning, Vince Leseney, Nick Lindley, Charlotte Lovett, Tim Mauldin, Stephen Wurst, and, of course, our favorite ex-officio Tracy Evans.

Deacon's Meeting April 23, 2017

Full minutes available at a later date

Ross Robinson was the session representative at the deacons' meeting this month. He said he is an "enthusiast for the Presbyterian Church World Wide and especially for deacons. It is easy within a hierarchy to lose the 'for and by', to forget people are individuals. Deacons are at the core—working with real people."

May Activities

- May 14th - Mothers' Day wear hats. Ann has posted a bulletin board to remind everyone to wear your hats.
- Holly Van Auken and Grace Tamukong will be going through the clothes donated for the Cameroonian Orphanage to see if anything needs to be mended or cleaned .
- Ann Forsyth is going to be placing new baby pictures on the deacons' bulletin board. Also prayer request cards are already on the board for use by the congregation.
- Breanna Upton will be mailing post cards to new visitors.

Closing

Holly Van Auken is the deacon representative for the May session meeting. The next deacon meeting will be May 21, with no meeting in June. Grace closed with song and prayer.

Dear Friends,

As you know, Indian Nations Presbytery is in a time of transition. We're working together to look at who we are as a presbytery, what we're called to do as a presbytery and what structures need to be in place to assure that we live out our identity and mission in a healthy way. We began that process at our February presbytery meeting by reflecting upon and discussing the roles within the presbytery; the rules within the presbytery; how we work on our differences; the emotional impact the presbytery has had on us and the stories associated with those stories; and anything else that we need to talk about at future times. The Transition Task Force and our consultant, David Sawyer, were introduced at that meeting and have been working together to facilitate more opportunities to gather data from everyone in the presbytery.

To that end, congregations around the presbytery have graciously agreed to host listening sessions, enabling the Transition Task Force to gather more data and hear your stories. We need everyone's voice as we move forward. Your input is valued and we need and want to hear from you! Please encourage your congregations to attend a nearby listening session. You'll find a list of host sites and dates below.

Memorial Presbyterian Church, Norman – May 2, 7:00pm

Westminster Presbyterian Church, Oklahoma City - May 17, 6:30pm

First Presbyterian Church, Lawton – May 18, 6:30pm

Church of the Savior, Oklahoma City - May 20, 2:00pm

Cheyarha Presbyterian Church, Seminole– May 20, 2:00pm

We are hopeful as we move into a new future together, witnessing to the grace and love of God in the midst of this time of growth and renewal. It is only by working together that we can be a healthy Body of Christ, sharing the good news in a hurting world.

In Christ,

Your Transition Task Force

You are invited to a FUNDRAISER!!!

What is it, you may ask? What do I need to buy that I don't really need... Magazines? Cookies? Candy? Toys? Or do I need to donate a few of my things to be sold in a garage sale or auction (and work at the sale, too)? Do I need to come buy a meal? Will I need to hire a kid to do some work that I could do faster and better myself? The answer to all of these question is: NO!

This easy-as-pie (not one you've made yourself) fundraiser is simple: write a check.

In the hallway of the church, you will find a variety of envelopes with numbers on them from \$1 to \$100. They've been decorated by our children and youth. Simply take one or more of the envelopes, put that amount of money (or more) in it, and place it in the offering plate or return to the office. How simple!

These funds will go to our Camp and Conference fund and help our kids go to Dwight Mission summer camp, Youthquake for middle school and high school youth, and to Triennium every third year.

So grab an envelope or two and help out our youth!

Cameroonian Orphanage Clothing Drive Starts

One way that our church can help kids affected by unrest in Cameroon right now is by providing clothing. There is an orphanage run by a widow in Deacon Grace Tamukong's hometown (see photo below). A large box is available in the coat area as you enter the sanctuary from now thru May. Gently used or new clothing for all ages of children would be appreciated. Have fun looking for bargains and in closets! If you have any questions contact Grace 365-6241 or Holly 326-1999.



We will be having a Spaghetti Dinner fundraiser for the Youth Camps and Conferences funds. The Spaghetti dinner will be held after church on Sunday, May 7th. There will be a sign up poster put up in the hallway for people to sign up to donate needed food items for the dinner. During the dinner everyone will be asked to donate money for their dinner. All donations will be applied to our Youth Camps and Conferences fund.



On May 14th, we will honor our graduates during our Fellowship Time at 10:30, and then more formally during worship. Those graduates that we are aware of are: Riley Benson, James (JJ) Bradley, and Devyn Upton from high school; Paige Girdner (bachelor) and Stephen Wurst (master) from OU. If there are other graduates that we should include, please notify the office.



Mission & Evangelism has invited you to a hands on mission project this May with Habitat for Humanity! On Saturday, May 20th we will be working on a build site to help complete a home for a family in need. We will need folks to help with the build, but we will also need people who would like to provide and/or deliver lunch, and make a Sonic run in the afternoon. A sign-up sheet will be located in the hall outside the narthex this week. We really hope you will join us for this day of fellowship and mission!



COMFORT MY PEOPLE

FOCUS ON MENTAL HEALTH

HeartlineOklahoma.org will be offering Suicide Prevention Training in the Fellowship Hall at Memorial on May 15 from 7 to 8pm. There is a signup sheet on the bulletin board by the office for persons interested in receiving this training.



THERE IS HOPE

EACH HOUR OF THE DAY, THERE ARE PEOPLE STRUGGLING TO
FIND THE INFORMATION AND THE HELP THEY NEED.

22%

Oklahoma has the second-highest prevalence of adults with mental illness.

2ND

Suicide is the second-leading cause of death for Oklahoma youth, ages 10 to 24.

COMFORT MY PEOPLE

FOCUS ON MENTAL HEALTH

#1

The number-one need of
Oklahoma 2-1-1 callers is
help for mental health and
addiction.



NATIONAL SUICIDE PREVENTION LIFELINE

Are you – or is someone you love –
struggling with thoughts of suicide? Call us
at the National Suicide Prevention Lifeline
number to get help at any hour.

CALL 800-273-8255 NOW.

COMFORT MY PEOPLE

FOCUS ON MENTAL HEALTH



LIFELINE CRISIS CHAT

If you're struggling with thoughts of suicide and would like to speak with someone through our online chat service,



2-1-1 HELPLINE



Many things in life can leave a person in crisis: aftermath of a storm, loss of a job, abuse at home, mental health struggles, bills higher than earnings. We provide resources and support to get you back on your feet.

CALL 2-1-1 NOW.

TEXT YOUR ZIP CODE TO 898-211.

May Worship Duty Schedule

Head Usher: Larry Upton

May 7

Ushers: Melisa Gill and Linda Eckel

Communion Servers: Loreen Upton, Kirk Forthman, Nicholas Lindley, & Ross Robinson

Coffee: Holly Van Auken & Esau Jangha

Sound Booth: Mike Cole

Acolyte Assistant: Joan Cole

Nursery Assistant: Donna Vint

Lock-up: Larry Upton

May 14

Ushers: Will and Jessica Farris

Coffee: Ann Forsyth & Eileen Burke

Sound Booth: Mike Girdner

Acolyte Assistant: Trudy Beard

Nursery Assistant: Linda Eckel

Lock-up: Jessica Farris

May 21

Ushers: Paul and Erica Phelps

Coffee: Donna Vint & Grace Tamukong

Sound Booth: Larry Upton

Acolyte Assistant: Karen Girdner

Nursery Assistant: Karen Upton

Lock-up: Jim Rodriguez

May 28

Ushers: Ross Robinson and Loreen Upton

Coffee: Loreen Upton & Doris Hinson

Sound Booth: Tim Thiessen

Acolyte Assistant: Jona Thiessen

Nursery Assistant: Joan Cole

Lock-up: Loreen Upton

On the Road to Emmaus

Complete the paragraph by filling in the blanks with the correct words from the word bank at the bottom of the story.



Now that same day two of them were going to a village called _____, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, _____ himself came up and _____ along with them; but they were kept from recognizing him.

As they approached the village to which they were going, Jesus acted as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly _____; the _____ is almost over." So he went in to stay with them.

When he was at the _____ with them, he took _____, gave _____, broke it and began to give it to them. Then their _____ were _____ and they recognized him, and he disappeared from their sight.

Luke 24:13-16, 28-31 (NIV)

bread	Emmaus	eyes	opened	thanks
day	evening	Jesus	table	walked

Known Joys and Concerns

Those who seek healing

Gene Bergstresser
 Lola Carroll
 Sandy Clarke
 Janice Crump
 Dave Iske
 Tamara Iske
 Alice Lanning
 Jayelle Martin
 Jim Rodriguez
 Devyn Upton
 Gerry Harner (Joan Cole's mother)
 Vivian Carpenter & Husband
 Denise Jones (Jayelle Martin's daughter)

Those who Experienced Recent Loss

Jim & Linda Rodriguez whose daughter-in-law died April 25.

Joys

Millie Yates Klenda born April 27 to Michael and Rachel (Forsyth) Klenda
 Cassie Eckel and Nathan DeClaire were married February 19
 Mizaret Nahbum gave birth to Kyra on Feb. 25

Seminary Student

Samuel McCann, Pittsburg Theo. Seminary

We lift up in prayer the country of Cameroon and pray for the unrest our brothers and sisters are experiencing there.

In an effort to stay apprised of our ongoing prayer concerns, prayer requests of those outside the MPC family will stay on the concerns list for one month. Please let the office know if there is a need to be listed longer.

May Birthdays

2	Chris Sivuilu
3	Ann Forsyth Rachel Bradley
5	Jayelle Martin Nate Adams
8	Steve Martin
9	Breanna Upton
10	Laure Sivuilu Kaylee Eyabi
13	Paige Girdner Kay Anderson
16	John Silman
17	Herve Sivuilu
21	Mike Girdner Louisa Baker Denise Jones
22	Madison Thiessen
25	Janice Crump
26	Barbara Hudson
27	Chelsea Thiessen

May Anniversaries

14	Paul & Karen Upton
24	Mike & Karen Girdner
28	Larry & Lisa Upton

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 7:00 pm Fellowship & Hospitality meeting	3 3:00 P.M. Kids' Club 4:00 P.M. Children's Choir 6:30 P.M. Chancel Choir	4	5	6
7 12:00 P.M. Spaghetti Fundraiser	8 7:00 P.M. Boy Scouts	9 6:00 pm Mission & Evangelism	10 3:00 P.M. Kids' Club 4:00 P.M. Children's Choir 6:30 P.M. Chancel Choir	11	12	13
14 Honoring the Graduates MOTHERS DAY	15 7:00 P.M. Boy Scouts	16 7:00 pm Session Meeting	17 3:00 P.M. Kids' Club 4:00 P.M. Children's Choir 6:30 P.M. Chancel Choir	18 7:00 P.M. Building & Grounds	19	20 Habitat for Humanity Build
21 12:00 P.M. Deacon Meeting 5:30 P.M. Stewardship Meeting	22 7:00 P.M. Boy Scouts	23	24 6:30 P.M. Chancel Choir	25	26	27
28	29 7:00 P.M. Boy Scouts	30	31 6:30 P.M. Chancel Choir			