



The OAKBRIDGE

Western Oaks Christian Church
8100 NW 23rd Street
789-8812

November 18, 2009

AMONG OUR OWN

On Sunday, November 8, 2009, Aiden Taylor Harris was dedicated. Aiden is now four months old and is the son of Angie Boyd. His older siblings, Khristian and Jordan Boyd, participated in the service.

Kathy Weaver will be ordained on November 21, 2009 at the NW Christian Church. Everyone is invited to attend.

THANK YOU to Abby & Addison Smith, Jesse Thomas, Kylee Bradley, Lillian McCaskill, and Tori Vascellaro for the beautiful Thanksgiving Blessing cards you made for the mobile meal people to receive with their Thanksgiving Dinners.

The 2010 general pledge confirmation letters were mailed out this week. If you do not received one showing your pledge or if any of the information is wrong, please contact the church office at 789-8812.

Sunday, November 29 at 7:00 p.m. The Festival of Greens will feature our Chancel Choir. The Tasting Party will follow at 8:00 p.m.

**THANKSGIVING DINNER
SUNDAY, NOVEMBER 22
by Sandra Cook, fellowship**



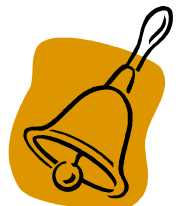
Please join your church friends for lunch at 12:15 p.m. in Schwind Hall. The lunch is being prepared by the fellowship committee and friends of the committee. We encourage you to bring your family and enjoy a traditional meal of “turkey and all the trimmings”. How fortunate we are to be able to enjoy the freedom of eating together in God’s house! A love offering will be taken. Please come.

**Greeting Cards & Quilling
by Sandra Cook**



The 20 plus ladies and gentlemen who enjoyed the two sessions of card stamping and quilling, will meet again in January 2010. Please watch the Oakbridge newsletter or Church bulletins for the dates and times.

**Roland Fishel Memorial Bell Ringing
by Charlene Newkirk, Community & World Missions Committee**



SAVE THE DATE! December 12th is our next Roland Fishel Memorial Bell Ringing for the Salvation Army. We will be at the Walmart on N.W. Highway and Council Road at the east entrance. Sign up sheets will be available soon.

Youth News

by **Shannon Fleck Assistant Minister with Youth**

This week will mark the end of Wild Wednesdays for the fall semester. We have experienced Fun, and Discussion, and Worship and Service all through the semester and we look forward to continuing next semester with the experience. Thank you again to ALL people who have volunteered to help make this program go so smoothly. Additionally, if you have not been to Sunday night youth group in awhile we have started a new series entitled "They like Jesus, but not the Church" all about culture's struggle with the church today and what we can do about it, since we all live in that culture. This is a series that will continue as we move into the first of the year. Don't worry, if you've missed a few, you can jump in very easily. I wish everyone a blessed Thanksgiving!!!!

WILD WEDNESDAYS WOW!!

by **Ursula Lichtenberger, Associate Minister with Children**

Wild Wednesdays end this week (that is, until January). We've had a marvelous time and learned a lot about God and each other. We would like to thank all of those who helped:

Donna Houchin	Teresia Jones
Steve & Faith Lairson	Debby Newell
Judi McDown	Sandra Cook
Angie Boyd	Cathy Routon
Kelli Fearing	Robert & Linda Frantz
Talitha Thomas	Cassidy Conner
Tom Russell	Dolly Chestnut

See you in 2010!!

DECEMBER BIRTHDAYS



Dorleen Gosnell	12/4
A.J. Powers	12/5
Emilie ValBrancht	12/5
Tori Lynn Vascellaro	12/6
Linda Cobb	12/12
Jess Langford	12/13
Janet Preston	12/14
Rena Wainscott	12/14
Wendy Wilkerson	12/14
Josh Wilkerson	12/16
Tom Hudson	12/17
Michelle McConnell	12/17
Vince Hinson	12/18
Jennie McAffrey	12/18
Lillian McCaskill	12/18
Lou F. O'Brien	12/18
Mikayla Sharp	12/18
Charli Meador	12/19
Dorothy Uhl	12/19
Faith Lairson	12/21
Bob Smith	12/22
Mary Ellen Covington	12/26
Kelly Suchy	12/26
Guy Covington	12/28
Gene Stejskal	12/28
Katerie "Terri" Lormand	12/29
Austin Tanksley	12/29
Rocky Fearing	12/30
Eric Gray	12/30
Ian Jones	12/30
Lynda Gervais	12/31
Reeca Young	12/31

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December

Western Oaks Christian Church Calendar 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 09:30 a.m. CWF 112-113 01:00 p.m. Canasta Group	2 09:00 a.m. Mobile Meals 01:00 p.m. Program Team 119 05:00 p.m. Staff Meeting 119 07:00 p.m. Chancel Choir (cc) 07:00 p.m. Basic Christianity 117	3 08:30 a.m. till 5:30 p.m. Robert & Linda Frantz Youth Room 101	4 OFFICE CLOSED	5 07:30 a.m. Christian Mens Fellowship (CMF) Olde Orchard Restaurant 05:00 p.m. -7:30 p.m Church of W. Revival Bible Study 112-113
6 09:00 a.m. Contemporary Service (cc) 10:00 a.m. Sunday School (cc) 11:00 a.m. Traditional Service (cc) 12:00 p.m. Coffee Fellowship 12:15 p.m. Elders Meeting 04:00 p.m. Chi Rho (6-8th grade) 101 05:30 p.m. CYF (9-12th grade) 101 4-7:00 p.m. Church of W. Revival 112-113	7 10:00 a.m. Alanon 112	8 10:00 a.m. CWF (Monthly Business Luncheon) 01:00 p.m. Canasta Group 06:30 p.m. Bunco Parlor 07:00 p.m. Administrative Committee ELECTIONS 06:30 am - 7:00 pm	9 09:00 a.m. Mobile Meals 01:00 p.m. Bridge for fun 117 01:00 p.m. Program Team 119 05:00 p.m. Staff Meeting 119 07:00 p.m. Chancel Choir (cc) 07:00 p.m. Basic Christianity 117	10	11 OFFICE CLOSED	12 05:00 p.m. -7:30 p.m Church of W. Revival Bible Study 112-113
13 09:00 a.m. Contemporary Service (cc) 10:00 a.m. Sunday School (cc) 11:00 a.m. Traditional Service (cc) 12:00 p.m. Coffee Fellowship 12:15 p.m. Board Meeting (cc) 04:00 p.m. Chi Rho (6-8th grade) 101 05:30 p.m. CYF (9-12th grade) 101 4-7:00 p.m. Church of W. Revival 112-113	14 06:45 a.m. Elders Prayer 09:00 a.m. OB Deadline 10:00 a.m. Alanon 112	15 09:30 a.m. CWF 112-113 01:00 p.m. Canasta Group	16 09:00 a.m. Mobile Meals 01:00 p.m. Program Team 119 05:00 p.m. Staff Meeting 119 07:00 p.m. Chancel Choir (cc)	17	18 OFFICE CLOSED	19 05:00 p.m. -7:30 p.m Church of W. Revival Bible Study 112-113
20 09:00 a.m. Contemporary Service (cc) 10:00 a.m. Sunday School (cc) 11:00 a.m. Traditional Service (cc) 12:00 p.m. Coffee Fellowship 04:00 p.m. Chi Rho (6-8th grade) 05:30 p.m. CYF (9-12th grade) 4-7:00 p.m. Church of W. Revival 112-113	21 10:00 a.m. Alanon 112	22 09:30 a.m. CWF 112-113 01:00 p.m. Canasta Group	23 09:00 a.m. Mobile Meals 01:00 p.m. Bridge for fun 117 05:00 p.m. Staff Meeting 07:00 p.m. Chancel Choir (cc)	24 Christmas Eve Office closes 12:00 Noon 05:00 p.m. Children's Christmas Eve Service 7:00 p.m. Christmas Eve Candlelight Service	25 Christmas Day	26 05:00 p.m. -7:30 p.m Church of W. Revival Bible Study 112-113
27 09:00 a.m. Contemporary Service (cc) 10:00 a.m. Sunday School (cc) 11:00 a.m. Traditional Service (cc) 12:00 p.m. Coffee Fellowship 04:00 p.m. Caring & Sharing 117 4-7:00 p.m. Church of W. Revival 112-113 No Youth Meetings	28 06:45 a.m. Elders Prayer 09:00 a.m. OB Deadline 10:00 a.m. Alanon 112	29 09:30 a.m. CWF 112-113 01:00 p.m. Canasta Group	30 09:00 a.m. Mobile Meals 05:00 p.m. Staff Meeting 07:00 p.m. Chancel Choir (cc)	31 New Year's Eve Office closes 12:00 Noon		

cc=childcare

Updated 11/19/2009

Every Sunday@ 9:15 a.m. Children's Worship & Wonder

♪Children's Choir 11:15a.m-12:00 p.m. Room 103 ♪

A MISSION TRIP THAT WILL CHANGE

by Tom Russell, Chair of Outreach

In March Karen & I went to the Dominican Republic on a mission trip with the Oklahoma Region. It was our first opportunity to be immersed and living totally in another culture. In 2010 there are three opportunities to experience a new culture and learn how Caminante is working with the exploited children and youth to change their lives. Caminante is our regional mission partner. If you have any questions please talk to Karen or myself, Tom Russell.

Planning is proceeding for several opportunities to travel there in 2010.

1. Trip Dates

- January 8-16, 2010, Glenn Davis, Trip Leader
- March 12-18, 2010, Rick Hendricks, Trip Leader
- March 19-25, Don Johnson, Trip Leader

2. Costs

- Airfare -- \$800 (approximate)
- In Country -- \$400 (includes lodging, meals, transportation, not including shopping, individual purchases, etc.)
- Total -- \$1,200 (approximate)

3. Contacts – Persons interested in any of these trip should be in contact with the trip leader (above) about details, costs, payment schedules, airfares, etc.

- Glenn Davis -- revglenn@sbcglobal.net, 918/455-6217
- Rick Hendricks -- rick@firstchristianstillwater.org, 405/372-7722
- Don Johnson -- donj@centralenid.org, 580/233-1214

4. Immunizations – Contact your City/County Health Department or your personal physician to receive information about recommended immunizations/inoculations.

Mission Trip to New Orleans, La

by Tom Russell, Chair of Outreach

Jesus shows us how to think of others and serve them instead of ourselves as we naturally do. Please look over this mission opportunity and pray for God to guide you in support of this mission.

We have some scholarships that will be available to people who want to join us but don't have the funds. For information, call Tom Russell @ 946-5909.

COME WITH US!!

Week of Compassion
Adult Mission Trip to New Orleans, La
February 28 to March 6, 2010

Each attendee is asked to contribute \$200 for building supplies to be used to help rebuild. This can be accomplished by involving friends, family, and church members and giving them the opportunity to be invisible partners in this mission. In addition, each person is asked to pay \$222 to cover the cost of their own food, lodging, and fuel while on the trip.

We will be staying at Westside Christian Church, New Orleans, as well as eating and sleeping there. Bunk beds are available. We will be responsible for the shopping for, and preparation of, all our meals. The cost for this lodging is \$75 per person. Showers are available at the mission site. En route to and from New Orleans, we will stay overnight at King's Highway Christian Church, Shreveport, LA. Please bring an air mattress, bedding, and towels.

There is space available for 25-30 people. To register, please pay a deposit of \$100 no later than January 10, 2010. Please make your check payable to the Christian Church in Oklahoma, and indicate that these funds are for the Week of Compassion adult mission trip. The remainder of the funds are due no later than February 15, 2010. Since space is limited, registration is on a first-come, first-served basis.

For more information contact Tom Russell at tomrussell1@cox.net.

November is Diabetes Prevention Month

By Marilyn Lanphier, Parish Nurse

During the past 20 years there has been a dramatic increase in obesity in the United States, and this is a major factor – but not the only factor -- in the increasing rate of newly diagnosed cases of diabetes. Population increases in diabetes have coincided with increases in obesity, and the type 2 diabetes epidemic is believed to be largely a result of the increase in obesity levels.

Ways You Can Help Prevent Diabetes

Prediabetes is a condition in which individuals have blood glucose levels higher than normal but not high enough to be classified as diabetes. In 2007, at least 57 million American adults were estimated to have prediabetes. People with prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke. However, progression to diabetes among those with prediabetes is not inevitable. Recent studies have shown that people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight. You can do that by eating healthier and getting moderate physical activity for 150 minutes each week or vigorous physical activity for 75 minutes each week. (your doctor permitting) The development and delivery of lifestyle interventions to people at risk for diabetes are needed to stop the rise in new cases of diabetes.

Reaching Our City (ROC) December by Evelyn Matlock

Reaching Our City (ROC) is a church agency on N.W. 10th Street that has a food pantry that our congregation supports. The ROC needs the following items this month: **Cake mix, Canned Cranberries, Canned Sweet potatoes, Pie Filling, Dressing, or any non-perishable holiday food.** If you would like to contribute please bring these items to the church and place them in the box outside the church office and Jason Bass will deliver them on Monday to the ROC.

WORSHIP ATTENDANCE & TITHES / OFFERINGS

Nov. 8	Contemporary Sunday Traditional Service	62 <u>110</u> 172	General Fund Capital Fund	\$ 7,461 3,361
Nov. 15	Contemporary Sunday Traditional Service	48 <u>113</u> 161	General Fund Capital Fund	\$ 3,200 402

PRAYER CONCERNS:

Judy Elam (sister of Shirley Ruedy); **Nadine Gies** (Christine Wagner's mother); **Clara Barker, Heidi Scherler** (Faith Lairson's sister); **Mary Nelson; Nancy Porter, Wilmoth Thomas; Marlene Word**

Those serving our Country: **Don Bowman, Jonathan Mai** (friend of Robert Wilkerson); **Lucus DeKinder, Don Mercer, Leland Beason**, (McAffrey's nephew); **Phillip Ferguson**, (Bob/Dorothy Ferguson's grandson); **Becky Chown** (John Lassiter's granddaughter) Peace Corps -Central South Africa; **Jordy Rossoll; Josh Reynolds** (friends of Wendy Wilkerson);

From the Pastor's Perspective:

by Rev. John Regan

Recently I had the opportunity to walk a labyrinth for the first time. There wasn't anyone around so I just started. How hard could it be? Especially if you are already a religious expert! Harder than you might think. My first effort was just that--an effort. I walked so fast someone might have guessed that I was training - not walking. I got to the center of the labyrinth in about 20 seconds. It occurred to me that the labyrinth is a spiritual walk not a frantic march. Really there is no incentive to walk fast because once you get to the center it is time to turn around and retrace your steps. Unlike our speed addicted culture, the labyrinth is intended to be a slow process. The second time I walked at half the pace of the first. This time I became more aware of my breathing and the sound of the wind. The third time, slower by a half again, I was surprised when I reached the center. The labyrinth is a kind of spiritual walking that calls attention to process not outcome. The experience of freeing your mind to wander, hearing the sounds of your immediate environment, and attending to the questions that simply come to you--these are spiritual matters. Walking a labyrinth calls attention to the shortness of our life's journey. Speed (how fast) and distance (how far) are not the serious questions. The important questions are how are you walking? Why are you walking? To whom are you walking towards?

Grace and Peace,

John