

APRIL 26, 2016

Oakbridge

WESTERN OAKS CHRISTIAN CHURCH

Why Go to Church? To Be Healthy?

There are many reasons to go to church: to worship God, to be surrounded by friends with similar beliefs, to be connected to something bigger than ourselves, to have the ability to make a greater impact on the world around us through coming together for a cause... But what about going to church to live longer? I found an interesting article in the Journal of the American Board of Family Medicine titled "Religious Attendance: More Cost-Effective Than Lipitor" written by Daniel E. Hall, MD, MDiv, Department of Surgery, UPMC. In this article, the author compares attending church to the health benefits of regular exercise as well as other factors that help to lower cholesterol. According to this article, weekly attendance of religious services increase your life expectancy by three years. It also states that the health benefits of going to church is a cost saver compared to those who don't attend when compared to health costs.

This is not to say that you go to church and get healed or we slap you on the forehead and say something about being healed. It is more about being more active within the church and participating in the activities offered by the church. The increased activity is good for us but so is being around others who care about you.

The health benefits of attending church has sparked a great deal of recent research. Is it because of church being a support group? Is it because of faith in God? Is it being actively engaged in the outreach of the church? Is it because we have goals and get excited about church? All are great questions and all of which I am sure impact the increased health people find by regular attendance. But I also found another interesting research article in which Allison R. Sullivan points out in an article called "Mortality Differentials and Religion in the U.S." what kind of church matters also. This research indicates that evangelical, or more conservative churches, (the ones that tell you to abstain from everything or else) tend to have a higher mortality rate than mainline denominations. That means attending church here at Western Oaks on a regular basis is good for your health!

So, what all this tells me is you should come to Western Oaks where we can live long and be happy together! Or as Spock used to say, "Live long and prosper!" (Not to be confused with the prosperity gospel.)

*Shalom,
Daniel*

CWF: Under New Management

The CWF will install new officers and chairmen at the Spring Picnic Meeting which will be Tuesday, May 10th at 10:00am at WOCC. Dress for a picnic: blue jeans or pedal pushers, tennis shoes or sandals. Bring food for a covered dish luncheon; we'll provide the ants. Everyone invited!

Marlene Word, CWF President



APRIL 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
			*			
10	11	12	13	14	15	16
*	*	*	*		*	*
17	18	19	20	21	22	23
*	*	*	*			
24	25	26	27	28	29	30
*	*	*	*	*		

26 Elders Prayer Breakfast 7:15am-8:15am

Outreach Committee Meeting 7:00pm-8:00pm

27 Caring & Sharing Eat Out 5:00pm-7:00pm

Wednesdays at Western Oaks 6:00pm-8:30pm

28 Sue Halpain Piano Rehearsal 5:00pm-6:00pm

Charlene Majetic 5/3

Karla Reiter 5/3

Kay Jewell 5/3

Lura Cayton 5/9

Liam U'Ren 5/11

Robert Frantz 5/12

Steve Carney 5/12

George Goodner 5/18

Lloyd Pratt III 5/18

Barbara Campbell 5/20

Shirley Pritchett 5/22

Don Eckel 5/24

Sean Hassell 5/25

Linda Frantz 5/25

Brandon Bayliff 5/27

Monica Compton 5/27

Jennifer Wilkinson 5/29

Jedadia Tullis 5/31

Virginia Hurt 5/31



Birthdays

Next Month

Gratitude is our Attitude

“Thank you, God, that the Protocol treatment is showing signs of killing the cancer on my head.”

—Tom Russell

Children Ministries

Thank you, Charles Mohr, for painting the shoe shelf for our children to use for Children Worship & Wonder!



PICNIC IN THE PARK Sunday, May 15th 12:30pm-2:30pm

Let's have a picnic, play and fellowship at Route 66 Park at Lake Overholser. Any families with toddlers through 5th grade are invited! We will provide hot dogs, please bring a side or dessert!

VACATION BIBLE SCHOOL MEETING Tuesday, May 3rd at 6:30pm Zone leaders should plan to attend.



Oklahoma Disciples in Mission to Rowlett, TX

A tornado hit Rowlett, Texas on December 26th last year. Our Adult Mission Trip, April 3rd—9th focused on the need for help after the storm. We joined with mission partners from 5 or 6 Christian Churches including First Christian Church in Arlington, Texas. This is the church that I grew up in and my brother, Bob, attends and leads their mission team. It is a special opportunity when we join other mission partners from various congregations to serve as Christ showed us in Matt:25 to help others in need. Friendships and bonding are a gift from God that last a lifetime. We completed two projects. First, we installed drywall in a Habitat Home for Garland Area Habitat; and, second, we built a fence for a single mom so she could care for her family and dogs. This task included removing the old metal posts that were bent by the tornado. I want to thank the mission partners and all the folks who gave money to buy supplies and help with building costs.

Shalom, Tom Russell

New Church Members

Please welcome one of the newest young members of Western Oaks Christian Church, David Wallace Gillett, son of Mark and Julia Jordan Gillett, who professed his faith and was baptized on Easter Sunday.

David attends Classen School of Advanced Studies in Oklahoma City, where he is in the sixth grade. His favorite subject is Math. His favorite teacher is Mr. Ratcliff because he is fair and cares about everyone.

David likes to play Soccer, but he was unable to play this spring due to his surgery. He is also a Boy Scout and is a member of Troop 15. This summer, he will go to Boy Scout Camp in New Mexico with his troop. David is ranked 1st class.

David's hobbies are skateboarding, biking, swimming, building legos, and minecraft. His favorite church activities are Youth Group and Church Camp.



Please welcome another one of the newest young members of Western Oaks Christian Church, Miss Mandie Howry, granddaughter of Jan Sills, who professed her faith and was baptized on Easter Sunday.

Mandie attends Red Oak Elementary School in Moore, where she is in the sixth grade. Her favorite subjects in school are Math and Art. Although those are her favorite subjects, her favorite teacher is Mr. Sandoval who teaches Reading and Language Arts. Why is he her favorite? Because he's funny, and he is a good, understandable teacher.



Her hobbies include volleyball and writing. She especially likes to write in her diary. Mandie also enjoys playing with her two dogs and five cats, and she proudly admits she is an animal person. When asked if dogs or cats were her favorite, she insisted she loves them all!

Mandie enjoyed the Pastor's Class and all that she learned; however, her favorite class was on the day they visited the baptistery and learned about it. Most special to Mandie about her baptism is knowing that she can be closer to God. Since family is important to Mandie, she was very happy to have been surrounded by many family members as they all celebrated her baptism. Their presence made everything more meaningful for her.

Again, welcome to WOCC, Mandie.

Please welcome the newest member of Western Oaks Christian Church, Kristin Pursley, who professed her faith and was baptized on April 3, 2016. Kristin is married to Cheyenne Pursley who is a member of WOCC's early service Praise Band.

Kristin grew up in Moore, Oklahoma, where she went to elementary, junior high, and high school, graduating West Moore in 2006. She lived in Moore with her mother and father who met each other when Kristin was three and married when she was five. Along with a new dad, she acquired a step-sister, Alyssa. (She also has five step-siblings from her biological father.) She graduated Heritage College in 2015, in both the Certified Nursing Assistant and Medical Assistant programs.

Kristin said that until she met Cheyenne in 2010 she had only attended church two times. They married on October 12, 2013, and after years of trying to start a family, their first child, Montana Rose, was born 13 weeks prematurely on December 22, 2015. She decided then that she needed to regain her faith and bring some positivity into her life to get her through the hard times that would ensue after Montana's birth. After several weeks, she and Cheyenne were finally able to bring the baby home, and Montana made her debut appearance at WOCC which gave her church family reason to rejoice. For the moment, Kristin is a mainly a stay-at-home mom. When she works she is self-employed.

Kristin's favorite church activities are anything to do with crafts and food preparation. She likes the Easter Egg Hunt and Trunk or Treat. She is interested in the Stamp out Starvation program as well.

Kristin's hobbies are crafts, sewing, and spending time with family and friends.

Please show an outpouring of WOCC love to Kristin as a new member and to Montana and Cheyenne as they begin their journey of faith together.

Address: 8613 S. Independence Avenue, Oklahoma City, OK 73159

Email: pursley.kristin@gmail.com

Phone: 405-602-9644



Welcome to WOCC!

Host Families Needed

Bethany YMCA is tasked to find host families for a summer camp counselor from Brazil. They are trying to schedule several different people to help by providing a location for 2 weeks at a time.

The YMCA OF GREATER OKLAHOMA CITY has hosted 10-14 International Camp Counselors each summer since 1994. These outstanding young men and women, who are usually students, commit to a year-long training program conducted by the Y in Brazil, then come and spend their summer working as counselors in our day and resident camping programs. This program has added a unique international experience for campers. We have also hosted several Youth Exchange Groups, who spend three weeks during the summer visiting our Ys, enjoying YMCA CAMP CLASSEN and visiting several Oklahoma attractions. In addition, we have hosted interns through the Multi-International Leadership Program, who spend their time learning various aspects of our Y that would develop their leadership skills and benefit their Y at home.



Property Update

The Property Committee has been busy lately dealing with plumbing problems. Many thanks to Jerry Cobb, George Lunsford and Jack Graham for all their hard work repairing drain pipes, installing new dry wall, etc. We are going to hire a plumber to snake out drain lines and vents to try and resolve ongoing drainage issues.

Jane Maytubby, Property Co-Chair

Prayer Requests

- * Pray for the upcoming Regional Assembly.
- * Molly Radford, family member of Tricia Spencer, died from complications of multiple Myeloma.
- * Bob Humphrey had a minor heart attack; will have rehab for a week.
- * Bill Lassiter, John Lassiter's son, had a stroke; he's paralyzed but has had some movement on the right side.
- * Sebastian Digby's mother, Earlene Dearreal, has been diagnosed with lung cancer.
- * Tina Bayliff's 14 year-old nephew was diagnosed with leukemia in Arizona.
- * Cathy Routon's aunt, Rosemary, has been diagnosed with breast cancer.
- * Noland Harvey, T.J. Johnson's brother-in-law, has an unknown infection causing heart problems.
- * Lori Slentz, Kelli Fearing's sister, is in the hospital for a blood clot in her leg & lung.
- * Carolyn Jenkins, friend of the Griffins
- * Bob Humphrey's sister, Mary Jane
- * Larry Digby, Martha Buchanan's son, is out of mental health hospital with medication.
- * April Gregory, the Wilkersons' friend, is going through chemo.
- * Heather Keaton, Christine Wagner's friend, for recovery from brain cancer surgery.
- * Danny O'Kert, Cynthia Hill's son
- * Dorleen Gosnell, Cythnia Hill's mom
- * David Dixon, the Goodners' friend, will continue dialysis.
- * Lloyd Gosnell, Cynthia Hill's cousin, has cancer.
- * Joan Stamman, Jan Sills' cousin, has colon cancer.
- * Dick & Lura Cayton
- * Danny Cartmill, Marlene Word's nephew, has pancreatic cancer.
- * Lou O'Brien



Articles for the next OakBridge will be due Monday, **May 9, at noon**

Please remember, articles must be 500 words or less.

Date	ATTENDANCE	
4/10/16	9:00 AM	39
	11:00 AM	101
4/17/16	9:00 AM	41
	11:00 AM	**
4/24/16	9:00 AM	52
	11:00 AM	85

Date	GIVING	
4/10/16	General	\$5,399.20
	Blessing Fund	\$25
4/17/16	General	\$5,411
	Blessing Fund	\$415
4/24/16	General	\$4,850
	Blessing Fund	\$250

**not reported

Church Staff

Rev. Daniel U'Ren — Senior Minister (Daniel@woccdoc.org)

Rev. Julia Jordan Gillett — Associate Minister (Julia@woccdoc.org)

Hope Lairson — Interim Youth Director

Janey Merry — Administrative Assistant (Janey@woccdoc.org)

Dr. Ronald Manning — Music Director (ronald_manning@att.net)

Rosa McCroskey — Pianist

Verona Burke — Organist

Todd Newell — Praise Band Leader

Rosanne Rowe, Steve Powers, Hope Lairson, Jeff Newell & Brett Hawk — Praise Band Members

Vincent Pinazza — Sound Technician

Lawrence Johnson — Custodian

Samantha VanOsdol — Nursery Supervisor

Cynthia Mize & Kiersten Hamill — Nursery Attendants

Loving God and Serving Our Neighbor



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Western Oaks Christian Church (Disciples of Christ)
8100 NW 23rd Street, Oklahoma City, OK 73127

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