

Sounds of Sunny Lane



Sunny Lane United Methodist Church
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"LYNN'S LYNES" THE SEASON AFTER EPIPHANY

Epiphany is the day (January 6) and the season of the church year when we patiently watch and listen as God is quietly revealed before us once again. That is why we focus on the visual symbols of the Magi presenting their gifts of gold, frankincense, and myrrh to the Christ Child lying in the crèche. This event is the historical essence of the season of Epiphany; we thank Teresa Scott for her beautiful display of the Magi in our Chancel.

Sometimes, even when we try hard to do so, we just don't SEE God in our everyday lives or in the events of our troubled world. Epiphany gives us the time and the resources to watch, wait, listen, look, anticipate, and discern the light, life, and truth of the Lord's presence in our midst.

Contemporary observances of Epiphany include the coming of the wise men with gifts for the Christ Child, and the baptism of Jesus. Both events are high feast days on the liturgical calendar, so they show up as the color white/gold. The other days of Epiphany are colored green. The season concludes with Transfiguration Sunday (February 23), when the church remembers the radiant vision of the disciples who saw Jesus' garments turn bright and they heard a voice from a cloud that overshadowed them saying, "This is my Son, whom I dearly love. Listen to Him!"

Epiphany is the time when the church gathers to remember and reflect on the mighty acts of God in the birth of Jesus Christ. As we watch and wait for the light of Christ to overcome the darkness, we see the Christ Child who will become prophet, healer, teacher, and Savior. The biblical readings in the lectionary for Epiphany remind us of the direction in which this one sacred life is moving.

Here was life at its purest and best. Life lived as it should be lived. Life that came from God, walked with God in the world, and would one day be fully with God in the world to come. The life of Jesus is our light and model for how we too may live.

The season after Epiphany is Lent (purple). It begins with Ash Wednesday on February 26 this year, making the First Sunday of Lent to fall on March 1. The Christ story marches on for us.

Thank you to so many of you who assisted Teresa in transforming our worship space (and in fact, the entire building) into a wonderful sacred offering that expressed our love for the Christ Child, Emmanuel, God With Us. The Advent/Christmastide décor has been fantastic!

SKYLINE URBAN MINISTRY

Impacting lives, empowering those in need, and addressing the roots of poverty in Oklahoma.

January is Sunny Lane's month to support Skyline Urban Ministry. Their needs continue to be like last year. Here is a quick refresher:

- Food – Canned vegetables, fruits, soups, peanut butter, canned meats, and bags of rice and beans that will be put into smaller amounts and distributed through their food pantry.
- Other items – Blankets (new and used), toilet paper, paper towels, napkins, Solo cups, Styrofoam cups, bowls, and plates.
- Money – Used for special needs of families and also matched with other grants to multiply the available money to buy larger amounts of food items.

Please bring items to the church and they will be placed in the sanctuary until the end of January. If you need help getting them to or into the church, please call Tom and Donna Duhon (405-532-3852) and we can help.

Thank you for your support of this important ministry! Tom and Donna Duhon



The Sunny Lane UMC staff wants to extend their appreciation for the kindness and generosity that you showed to us during the Christmas season. The gifts of recognition are a true blessing to each of us. Everyone is grateful to all those that contributed to the special offering and provided us with a generous year end gift. Thank you and we look forward to our continuing to serve the Lord together in 2020.



A New Year:

365 beautiful mornings and starlit evenings,
52 promising weeks, and 12 transformative months
full of possibilities



“True peace is not merely the absence of tension; it is the presence of justice.”
—Martin Luther King Jr.

Monday, January 20



**KUDOS TO KATHY LAUGHLIN
FROM HOPE COMMUNITY SERVICES, INC.**



Hope Community Services, Inc. of OKC would like to thank KATHY LAUGHLIN of our Sunny Lane UMC Family for giving quilts to HOPE and other organizations like Circle of Care. Ms. Laughlin has graciously donated over 150 quilts to HOPE in the past 4.5 years. Ms. Laughlin stated that her gifts in knitting, sewing, and crocheting give her the opportunity to help others and pray for those receiving these gifts of warmth and comfort.

P.S. Kathy wants to THANK all those who donated fabric and other items to her so she could create the quilts.



**THANKS FOR YOUR GENEROSITY
"ANGEL TREE"**

Kudos and thanks to everyone who contributed so generously to our "Angel Trees" this Advent with either angels or wings. The purpose of the Angel Trees was to allow us an opportunity to donate "extra-mile giving" toward our 2020 apportionments.

As of January 2^d, the total amount received was \$1,045.00.

UNITED METHODIST MEN



Our purpose: *Helping men to grow in Christ, so others can know Christ.*

Welcome to the New Year!

We didn't have a meeting in December, but we did participate in a community potato drop. We joined with several other churches and charity organizations to distribute potatoes to local community missions. Sunny Lane UMM spread 3,700 pounds to four organizations in the metro area: Salvation Army, Jesus House, Mercy Mission, and Mission Mid-Del. I want to thank those who volunteered their trucks and those who volunteered to ride along. Thank you so much.

We wish to reach out to all the men of our Church to join us this next year. There are so many things we can do together in mission support to our Church, our Community and our Country. Please consider joining us when we meet on the 3rd Monday of each month in Compton Hall.

Our next meetings in 2020 will be January 20 and February 17 at 6:30 in Compton Hall. The February meeting will be our **Annual Sweetheart Dinner**. We, as always, invite all the ladies of the church to be our guests for this Dinner.

Also coming up is first semi-annual sausage grind. It will be March 6 with the Sausage/Pancake Breakfast on the March 7. The next one will be in October.

Thank you and peace be with you all. Dean



2019 APPORTIONMENTS UPDATE (as of January 2, 2020)

Mandatory Apportionments

Amount Assessed for 2019 Due	\$ 51,337.00
Amount Paid	- <u>34,873.00</u>
Balance Due	\$ 16,464.00
Percent Paid	67.93%

Mission & Ministry Apportionments (optional)

Amount Assessed for 2019 Due	\$ 15,965.00
Amount Paid (Skyline Urban Ministry)	- <u>435.00</u>
Balance Due	\$ 15,530.00
Percent Paid	2.72%

UNITED METHODIST WOMEN



Happy New Year!! 2020, wow. As we pack up all the tree ornaments, take down the outdoor Christmas lights, put the tree on the curb, recycle the wrapping paper and gift boxes- another Christmas and year come to an end. I respond to this in two ways, first with sadness- I miss the lights and sparkle, then ponder how we must not throw out that Christmas feeling with the tree! Instead of our yearly Christmas cards, why not send out cards throughout the year to members of church family and friends? Why not, instead of donations at Christmas, make donations throughout the year? Circle of care, our church pantry, Skyline, NSO, whiz kids...? Instead of being concerned with feeding those less fortunate at Christmas, find ways to volunteer and help throughout the year because they are always in need. Soup kitchen, Skyline, Harold and our youth, donating your time, money and/or food. We should carry Christmas (God sending his only son, Jesus, to us...the GREATEST GIFT EVER!!!!) in our hearts and actions ALL year long.

The second way I experience the end of Christmas is with great joy and excitement! We are each given a clean slate to make changes. 2019 has passed. Leave it in the past. A clean slate to make changes, experience new adventures, something didn't go well last year...make changes, maybe it is your attitude?! Be more positive. Reduce the drama. Just imagine, we are starting 2020 with a clean slate. Use it well. Maybe get more involved in our church- join care team (we actually enjoy hot tea and donuts each Monday at 10am), volunteer for whiz kids (you don't have to be a teacher, just a good listener with a heart), join UMM or UMW. Get to know your church family better. This is going to be a GREAT year. As Kelly said, we will all have perfect vision...2020 (get it?)

P.S. my resolution is to avoid drama, situations and people who bring me down. I don't need this. Carry a song in your heart (even if it is "Baby Shark")!

Kudos, thank you, and hugs to our own Kathy Laughlin. Ina Lane picked up 30 small quilts, 10 medium quilts and 14 knitted stocking caps (all hand made by Kathy) and delivered them to Circle of Care. Great job!!!

UMW General meeting is January 7 at noon. It is covered dish. Leadership is hostess and has the program. Please remember January is Skyline month for Sunny Lane and we support them all month. They always need toilet paper! Be a blessing to someone today (and every day!) Darlene

GENERAL CONFERENCE 2020 LET US BE IN PRAYER

Our United Methodist denominational delegates, both lay and clergy, will be gathering for our quadrennial General Conference May 5-15 this year. Our Oklahoma Conference Bishop, Jimmy Nunn, is requesting all local Methodist churches to be in prayer for our delegates as they prepare for General Conference.

In the next few weeks, you will receive a copy in your worship bulletin of the roster for all Oklahoma delegates elected to General Conference, Jurisdictional Conference (July 15-17), as well as the alternate delegates. In this way, we can pray for them by name.

Of course, the anticipated main agenda item for General Conference will be whether or not the so-called "Traditional Plan" regarding human sexuality voted into our *Book of Discipline* back in February 2019 is allowed to stand. Several churches in the Oklahoma Conference have already indicated they will leave the connection unless the Traditional Plan is set aside. Other local churches have stated they will exit the connection if the Traditional Plan is changed.

Jurisdictional Conference is where we elect bishops. Our own Oklahoma Indian Missionary Conference Superintendent David Wilson has expressed his desire to run for Bishop.

Please keep your copy of the Oklahoma delegation (lay & clergy) for General and Jurisdictional Conferences coming in May and July. Let us all be in prayer for God's will in these challenging times confronting our denomination.

HELLO!

To My Sunny Lane family,

I'm still waiting on internet so I'm sending my message by snail mail. It has been wonderful getting your cards and notes. Some waiting for me at my new address! The move and sale of the house went smoothly but finding my patience in getting service set up in a smaller community with limited choices hasn't. It has been nice running back and forth to Debra's house. I will celebrate Christmas with her family.

I miss all you.

Love, Gayle Stewart

Why volunteer at Skyline?



Volunteers make an immeasurable difference in the lives of others. Oftentimes, they perform with the core intention of helping others. But did you know that volunteering can benefit your own health as well? Researchers have attempted to measure the benefits that volunteers receive including positive feeling referred to as "helper's high", increased trust in others and increased social interaction. From lowering stress to boosting self-confidence, research has shown that volunteering offers many health benefits, especially for older adults, such as:

1. Volunteering decreases the risk of depression. Research has shown that volunteering leads to lower rates of depression.
2. Volunteering gives a sense of purpose and teaches valuable skills. Volunteers perform critical roles in assisting patrons. The work that volunteers provide is essential to everyday processes, which gives volunteers a sense of purpose.
3. Volunteering helps people stay physically and mentally active. A study found that, in general, volunteers report better physical health than do non-volunteers
4. Volunteering may reduce stress levels. Volunteering may enhance a person's social networks to buffer stress and reduce risk of disease. Volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.
5. Volunteering may help you live longer. An analysis of data from the Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not.
6. Volunteering helps you meet others and develop new relationships. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity together. Volunteering is a great way to meet new people who share common interests with you.

For inquires or to schedule volunteer opportunities, contact Brian Stevens at (405) 632-2644 ext. 104 or bstevens@skylineurbanministry.org.

Love in action

Martin Luther King Jr., whose life and legacy we honor this month, spoke often about the power of love. In fact, he equated the practice of nonviolence with “absolute commitment to the way of love.”

Love, declared the minister and activist, “is the only force capable of transforming an enemy into a friend.” And, he said, anyone who’s “devoid of the power to love” is “devoid of the power to forgive.”

King distinguished between true love and “empty sentimentalism,” however. He taught — and showed — that love is “the active outpouring of one’s whole being into the being of another.”

Jesus’ sacrifice on the cross is the ultimate “active outpouring” of love, and we can choose to follow his example daily.

“Because of Calvary I’m free to choose,” writes Max Lucado in *When God Whispers Your Name*. “No occasion justifies hatred; no injustice warrants bitterness. I choose love. Today I will love God and what God loves.”



THANK YOU! We wish to thank the following contributors for their continued support

<p><i>Tithe Your Will</i> <i>Your generosity to SLUMC sends your faith beyond your own hands and feet. If you tithe your will to SLUMC, you can continue your passion for ministry even beyond today and tomorrow.</i></p> <p>Read more at www.okumf.org or speak with Rev. Brack</p>	<p>United Methodist Men Tom Hrubik – President Dinner/Meeting – 3rd Monday at 6:30 p.m. All the men of the church are welcome</p>
<p>P.J.'s Flowers and Gifts (405) 672-1641</p> <p>Aromatique Plants Weddings Boyd's Bears Candles Fruit and Gift Baskets</p> <p>www.pjsflowersandgiftshop.com</p>	<p>Nolen's Accounting & Tax Service, Inc. James H. Nolen, EA, ABA, ATA, ATP <i>Professional Service</i> jim@nolens.biz with a Personal Touch</p> <p>4700 E. Reno Del City, OK 73117</p>
<p>United Methodist Women Ina Lane – President Call 677-3347 for information All the women of the church Are invited.</p>	<p>DJ Roofing & Construction, LLC Residential & Commercial Jim McFarland 405-219-5014 John McFarland 405-819-0231 Fax 405-259-9088 Email jmcfarland21@cox.net</p>
<p>Warfel Body Shop, Inc Gardit Spray-on Bedliners Paintless Dent Repairs Mike Warfel 7000 S. Sooner Rd. Oklahoma City, OK (405) 737-7733 73135</p>	<p>SKYLINE URBAN MINISTRIES 500 SE 15th St Oklahoma City, OK 73129 405-632-2644 Providing a food pantry, eye clinic, and clothing resources</p>
<p>NEIGHBORHOOD SERVICES ORGANIZATION 431 SW 11th Oklahoma City, OK 73109 405-236-0452 Providing nutrition services, dental clinic,</p>	<p> <i>Our Neighbor's Closet</i> A repurpose shop for our neighborhood Hours Thursday, 12:00 p.m. to 6:00 p.m. Saturday, 8:00 a.m. to 2:00 p.m.</p>

