



NEWSLETTER

Tanglewood Bible Fellowship

JANUARY 2015

The Mission of TBF is to glorify God (Psalm 86:11-13; 115:1 and 1 Peter 2:12; 4:16) by actively participating in the ongoing fulfillment of the Great Commission (Matthew 28:19-20) as a body of believers (1 Cor 12:13; 1 John 5:1-5) who collectively/individually (Phil 1:27) serve our Savior, the Lord Jesus Christ (Rom 12:1-2) and one another (Phil 2:3-4) functioning as a spiritual Greenhouse (Eph 4:11-16) such that by our interactions together we are catalyzed to grow (Acts 2:42) and to reproduce (Acts 2:47) spiritually

I Learn Something New Every Day

And Wake Up In a New World Every Day

By Ginny Heath



When I pick out a loaf of bread I mainly look for three things: 1) the expiration date; 2) the slice thickness; and 3) after a squeeze, if it is so fresh that I need to slap it. Even though I do pay some attention to the brand and price, I never pay much mind to the packaging. As a child growing up in Lawton, we always ate Mead's Fine Bread because Lawton was where it was made. I remember when we went to church on the east side of Lawton, driving past the bakery and being able to smell the bread being made. After we moved to Meridian, Daddy got on a Home Pride kick and then changed to Mrs. Baird's and remained a loyal consumer until death.

Wednesday P.M. Services:

**7:00 – 8:00: Adult Bible Study
(Practical Prophecy)-Survey of 1-2 Thessalonians**

Sunday 1st Hour Teaching Time:

Jan 4: What We Don't Do Does Define Us
Jan 11: 2015 Here We Come (the POGs of TBF)
Jan 18: Discussing Cussing 2015
Jan 25: Life of Christ A-Z

2nd Hour Young Adult Class

Romans 12:
Pursuing God's Dream/Purpose and Plan for Your Life
As a Christian – DVD series with Chip Ingram (Discussion leaders: Mike Palovik and Brad McCoy)

Bible Studies and Events:

January 4th, 11th, 18th and 25th – Ladies' P.M. SOAR Bible Study at 6:00 at TBF
January 7th – Morning Ladies' Bible Study Fellowship Breakfast at the Skinner-Howard home, 4445 Odom Drive, Duncan
January 8th, 15th, 22nd and 29th – OVERCOMERS OUTREACH at TBF 7:00-8:00 p.m.
January 10th – Men, Teens and Boys Fellowship Breakfast 9:02 -9:58 a.m. at TBF
January 14th, 21st and 28th – Morning Ladies' Bible Study at TBF
January 17th – Bedlam Basketball in Norman
January 20th – Kindred Community Dinner 6-8 at First Baptist Church, Duncan
January 21st – Wednesday Fellowship Dinner at TBF 5:45-6:45
January 28th WOW Wednesday Chili Cook Off
January 30th and 31st – Love & Respect Conference at TBF

I have bought Sunbeam breads, rolls and buns off and on for years. They are in most grocery stores and Dollar Generals. I knew there was a little girl on the bread package, but never really “looked” at her until I read the following Facebook post a few weeks ago:

“This is why we pay a little extra and support sunbeam bread all year round. Many don't notice but around this time of year every year they put sunbeam girl in praying position and in front of her on their ‘bread’ it says ‘not by bread alone.’ Not many corporations like this one are willing to make this kind of stand in the open and that's why will support them. Check it out the next time you go to buy bread.”

Well, as a matter of fact I did yesterday, while at Dollar General, and sure enough, there she was together with the quote, “Not by Bread Alone.” I only found the praying girl on the GIANT Texas Toast packages, but they may have been the ones left on the shelves from the holiday shipment.



The Sunbeam brand was first launched in 1942 in Philadelphia, Pennsylvania. That same year, after hundreds of sketches by the illustrator Ellen Segner, the long-time mascot, Little Miss Sunbeam, was created. The image of the praying “holiday” Little Miss Sunbeam first appeared on a billboard in the 1950's.

Flowers Foods, the largest distributor of Sunbeam bread brought back the holiday “praying” image in 2001. They opened for business in 1919 and by 1944 became one of six bakeries to franchise the Sunbeam brand and Little Miss Sunbeam for its white bread. ~

*Pastor Brad's
Acronym(s) of the
Month:*

*AAOBs = And All Other
Believers*

WN = Wassail Night

*TKOTJs = The King of
the Jews*

Olga's Acronyms:

LW = Lord Willing

*C-C = Committed to
Christ*

**In February
During Sunday 1st Hour Teaching Time:**

New Book Study Will Begin (LW)

**Four are in the Running at Press Time
(in no particular order)**

- 1: The Book of Acts**
- 2: The Book of Judges**
- 3: The Book of Leviticus**
- 4: The Book of 1 Peter**

Email and Pastor Brad

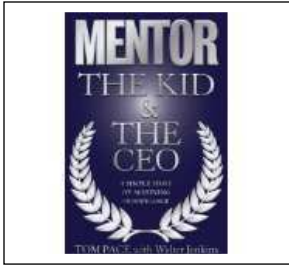
For unknown reasons, for the past month or two my “church email” has not been working (bmccoy@tbfducan.org), so please use either bdmccoy@cablone.net or bmccoy@cameron.edu

**Book review by and copy of book
available from Carol Wanzor.**

Mentor; The Kid & The CEO

By Tom Pace, CEO of PaceButler Corporation

This quick and easy read, set in Oklahoma City, describes a successful personal mentoring relationship. Tony has just been released from jail and finds it hard to believe someone as successful as Malcolm is willing to take him in and help him get on his feet. Inspired by actual events, this story illustrates the importance of sharing with others how you have overcome challenges, giving them the opportunity to dream, grow and establish a successful life.



Kindred Community Dinner

The monthly dinner will be:

**6:00 - 8:00 p.m.
Tuesday, January 20th
First Baptist Church
901 W. Ash
Duncan, Oklahoma**

*If you are a TBF woman with a heavenly husband or know of a woman you would like to invite to this event, please **RSVP** by contacting Jan Palovik at 580-467-1925 or sleepersully@hotmail.com by January 11th*

OVERCOMERS OUTREACH

Please note: starting in January, now meeting weekly only at 7:00 p.m.

Overcomers Outreach uses the 12 steps of Alcoholics Anonymous and the Holy Bible to discover the wisdom of God and apply His teachings to our daily lives. We claim Jesus Christ as our "higher power" and share our trials and victories with one another in a confidential and secure environment. We meet weekly in loving support of one another, not as a substitute for, but rather a supplement to other 12 step groups. We are non-professional and non-profit, and we welcome anyone who is not opposed to our general method of recovery, whatever his or her presenting problem.

We meet every Thursday at 7:00 in the education wing of TBF.

Michael & Amanda Burch



Love & Respect Conference

at

Tanglewood Bible Fellowship

Friday, January 30th, 5:30 – 8:30

Saturday, January 31st, 9:45 – 3:00

January 30 and 31 Join us at TBF for a *Love and Respect* video conference to hear a revolutionary, simple message that works, followed by practical biblical advice and application. Based on the book *Love and Respect* by Emerson Eggerichs, the *Love & Respect* video conference reveals why spouses react negatively to each other, and how they can deal with such conflict quickly, easily and biblically.

From www.loveandrespect.com: What is Love and Respect? We believe love best motivates a woman and respect most powerfully motivates a man. Research reveals that during marital conflict a husband most often reacts when feeling disrespected and a wife reacts when feeling unloved. We asked 7,000 people this question: when you are in a conflict with your spouse, do you feel unloved or disrespected? 83% of the men said "disrespected." 72% of the women said, "unloved." Though we all need love and respect equally, the felt need differs during conflict, and this difference is as different as pink is from blue!

Love and Respect Ministries conduct conferences and provide resources to the married, divorced, separated, dating and single. Men and women will learn how to resolve conflict, dealing with negative reactions (the crazy cycle). They will also learn how to motivate each other by meeting each other's need (the energizing cycle). Even those who feel hopeless in their relationships will gain understanding on how to handle an indifferent or unresponsive partner (the rewarded cycle).

A Simple Message A wife has one driving need - *to feel loved*. When that need is met, she is happy. A husband has one driving need - *to feel respected*. When that need is met, he is happy. When either of these needs isn't met, things get crazy.

A Message That Works Based on over three decades of counseling, as well as scientific and biblical research, Dr. Emerson Eggerichs and his wife, Sarah, have already taken the Love and Respect message across America and are changing the way couples talk to, think about, and treat each other.

What do you want for your marriage? Want some peace? Want to feel close? Want to feel valued? Want to experience marriage the way God intended? Then why not try some Love and Respect.

Baby Sitting TBF is providing babysitting for the first 25 kids to sign up. Must RSVP with Sonja Skinner to hold a place. Pizza provided Friday night and sub sandwiches Saturday.

Tickets Tickets will be \$15 per person, or \$30 per couple. Ticket includes dinner Friday night and lunch Saturday. Purchase tickets from Sonja Skinner or Ron Miller.

For questions call Sonja Skinner 580-656-2628

Friday

- 5:30-5:45 Doors open and fellowship
- 5:45-6:00 Dinner is served, catering provided by Chuck Wagon BBQ and Grill
- 6:00-7:30 Session one: Why We Negatively React to Each Other (The Crazy Cycle)
- 7:30-7:45 Dessert break
- 7:45-9:00 Session two: How a Husband Best Motivates His Wife (The Energizing Cycle Part I)

Saturday

- 9:45-10:00 Doors open and fellowship
- 10:00-11:30 Session three: How a Wife Best Motivates Her Husband
- 11:30-12:30 Lunch break
- 12:30- 1:30 Session 4: Practical Application (Sarah Eggerichs)
- 1:30-1:45 Dessert Break
- 1:45-3:00 Session 5: The Ingredient That Motivates Beyond Our Marriage (The Reward Cycle)

Dear Women of Tanglewood:

There are many areas we, as Women of Tanglewood ("WOT"), can serve other TBFers and those within our communities. To name a few, some WOT service teams and their current team leaders, are:

Monthly 3rd Wednesday Fellowship Dinners (Ginny Heath) held in Jan-May and Sept-Nov;

Church building seasonal decorating (Angie Lovett);

Activities & Events (Ginny Heath) - 2014 Activities & Events included: attended Fiddler on the Roof performance; Casting Crowns concert; Spring Fling; Paint & Party; Fall Retreat to Sulphur; and Tinsel Tea.

Comfort and Care (Widow's ministry - Jan Palovik)

WOW Wednesday dinners (Jean Schalit);

Calling and mailing (Maxine Blystone).

If you are new to TBF and/or would just like to get involved in 2015 by joining a current team or see a need for additional service within WOT, please let me know. I particularly need help in the area of activities and events. Due to some spine issues I am currently dealing with, I need someone to take the lead in planning, recruiting help, and organizing some activities for 2015. By popular demand, a return to Echo Canyon Resort in the fall is already on "the books." Further, if you are already on the Monthly 3rd Wednesday Fellowship Dinner team, or want to be, I need one of you to take over as Team Leader for this group, as well. If you know me, I will be your biggest cheerleader and help in any way I can.

Many thanks to all who helped made 2014 a great year for the Women of Tanglewood. It takes a village.

Ginny Heath, Women of Tanglewood Coordinator

WEDNESDAY MORNING LADIES' BIBLE STUDY - 9:00 A.M. AT TBF

Our study will begin again on January 7th at 9:00 a.m. at the Skinner-Howard home (4445 Odom Drive, Duncan) for our Fellowship Breakfast.

We had a great response for our donations to the Women's Haven. Thank you to each one who contributed. It was a "blessing" to be able to be a "blessing" to other ladies.

Our study will continue by Max Lucado, "You'll Get Through This." on Wednesday the 14th. Max uses themes from the life of Joseph and modern-day personal stories to weave a connection between life's most difficult situations with hope, comfort, and strength that we receive as God carries us through.

It would be a great time to join us or to invite a friend or neighbor.

Please join us for good food and fellowship on the 7th. We all agree we miss being together.

In Jesus' Love, Carolyn

SOAR

**Bible Study Group
Resumes weekly in January
Starting on Sunday the 4th
6:00 p.m. at TBF**

We will be starting ABIDE in Christ and newcomers are welcome to attend! Bring your own beverage and join us for this weekly study. Anyone with questions can text or call me at 467-1925!! Feel free to invite non TBFers! ~ Jan



TBF Men, Teens and Boys Breakfast
 Food prepared by Pat Fleming

Saturday, January 10th

9:02 - 9:58 at TBF

Windows On the World

WOW Wednesday is held the fifth Wednesday of the month during the months containing five Wednesdays bringing awareness on the world missions supported by Tanglewood Bible Fellowship (Postponed from December)

Wednesday, January 28th



**You think your chili is the best?
 Bring it on!**

Bring your best made, family secret, blue ribbon, however many alarm chili, to compete in the tasting contest. Sign up on the back table to compete and eat at this first ever WOW Chili Cook Off.

See Jean Schalit for more info.

Everyone else bring your appetite, folding money and change to vote on your favorite chili recipe. All proceeds go to our guest speakers' ministries.

Festivities begin with

(you guessed it) a Chili Pie fellowship dinner

\$4.00 each or Hot Dogs \$3.00 each

starting at 5:45 - 6:45

Speakers:

Michael and Amanda Burch, Recovery ministry

Harmony and David Moore, Harmony's brother's mission

T B F
Wednesday
Evening
Fellowship
Dinner
January 21st
5:45-6:45

Main meal \$4.00 each

or

Hot Dog and Chips
\$3.00 each

All served with Dessert & Drink

*Brought to you by
 Women of Tanglewood*

CHEESE  **IN 2015**

Karla Buchanan and Ginny Heath will be taking pictures of ALL TBFers to update the TBF Pictorial Bulletin Board. If you are having a really good hair day and see one of them with a camera, please approach them and SAY CHEESE.

6th Annual

**Shondelmyer Elder's Group
Christmas Brunch**

**Hosted by Julie and David
Demerson**



TBF Kids
Caroling at the Dollocks



TBF Ladies
At the
Kindred Community
December Dinner

TBF Bunco Group
Still carrying on
At the home
of Rita Herring



**Women of Tanglewood
Tinsel Tea
At the
Home of Jan Dalovik**



TBF Kids' Program

Unfrozen



JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
<p>4 SOAR Ladies' Study 6:00 p.m. @ TBF</p>			<p>7 9:00 Morning Ladies' Bible Study Fellowship Breakfast</p>	<p>8 Overcomers Outreach Meeting 7:00-8:00 p.m.</p>		<p>10 Men, Teens and Boys Fellowship Breakfast 9:02-9:58 a.m.</p>
<p>11 SOAR Ladies' Study 6:00 p.m. @ TBF</p>			<p>14 9:00 Morning Ladies' Bible Study at TBF</p>	<p>15 Overcomers Outreach Meeting 7:00-8:00 p.m.</p>		<p>17 BB Norman</p>
<p>18 SOAR Ladies' Study 6:00 p.m. @ TBF</p>		<p>20 6:00 – 8:00 Kindred Community Dinner at First Baptist Church, Duncan</p>	<p>21 9:00 Morning Ladies' Bible Study at TBF 3rd Wednesday Fellowship Dinner</p>	<p>22 Overcomers Outreach Meeting 7:00-8:00 p.m.</p>		
<p>25 SOAR Ladies' Study 6:00 p.m. @ TBF</p>			<p>28 9:00 Morning Ladies' Bible Study at TBF WOW Wednesday CHILI COOK OFF !!</p>	<p>Overcomers Outreach Meeting 7:00-8:00 p.m.</p>	<p>30 Love and Respect 5:30 – 8:30</p>	<p>31 Conference At TBF 9:45 – 3:00</p>

Instant Spiced Tea

(from my sister, Diane Harris)

- 1 c. Tang
- 1 c. Sugar
- 1/2 c. Regular or Decaffeinated Instant Tea
- 1 rounded tsp. cloves
- 1 rounded tsp. cinnamon



Heart Wise Recipes

by
Ginny

Blend dry mixture and store in an airtight jar. For one serving, stir 2 teaspoons of mix into 1 cup of boiling water.

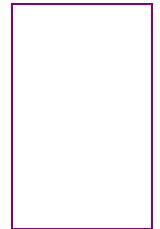
Cheese Puffs

(from my sister, Diane Harris)

- 1/2 lb. sharp Cheddar Cheese
- 1 stick Butter
- 1 c. sifted Flour
- 1/4 tsp. Tabasco

Grate cheese and add softened butter, flour and Tabasco. Cream, then roll into balls about the size of a marble. Refrigerate 24 hours or freeze on cookie sheets lined with parchment paper. Bake 10 to 12 minutes at 425 degrees.

Tanglewood Bible Fellowship
P. O. Box 562
Duncan, OK 73534-0562



To: