



NEWSLETTER

Tanglewood Bible Fellowship

FEBRUARY 2019

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



Check out

www.tbfduncan.org regularly... Audio and PowerPoint Slides of Sunday Teaching Time is Available 24/7 (Thank You Michael/Amanda Burch)...Pass the Word to Family/Friends

Sunday 1st Hour Teaching Time:

2/3: Letter X in the Life of Christ A-Z

2/10: Letters Y and Z in the Life of Christ A-Z

2/17 What TBFers Need to Know about God

2/24 What TBFers Need to Know about Islam

3/3 What TBFer Need to Know about JWs

2nd Hour-Young Adult Class

"The Power of Praying Parent"
Continues 11:15-Noon

Wednesday P.M. Services:

7:05 – 7:35: Share and Prayer

7:35 – 8:05: Adult study –A survey of the Book of Ezekiel continues

Bible Studies and Events:

February 4th, 11th, 18th & 25th – Precept Bible Study at Blanche Brittain's, 6:30 p.m.

February 5th, 12th, 19th & 26th – Precept Bible Study at Blanche Brittain's, 9:30 a.m.

February 7th – Live-it Class at TBF, 6:30-7:30 p.m.

February 11th – Live-it Class at TBF, 10:00 a.m.

February 11th – MOPS at FUMC 9:30 – 11:30 a.m.

February 12th & 26th – WOT Bible Study at TBF, 6:30-8:30 p.m.

February 13th & 27th – WOT Bible Study at Olga's, 9:00-11:00 a.m.

February 14th – Kindred Community Dinner at New Hope Baptist West 6:00 – 8:00

February 17th – TBF Valentine's Banquet

February 24th – Men's PM Fellowship 6:33-7:59 at Zane Brittain's



Have you ever wished to know “just a bit more” about those who join you in worship and fellowship at TBF? You are not alone!

Finding myself with just a tad bit of free time and just enough writing expertise to be dangerous, I have embarked on a journey to help us know and possibly understand each other at another level. I’m not offended to find myself often labeled as a “people person”, I mean aren’t human beings just the most interesting things in all the universe? God not only created each of us as unique individuals, but has also granted us vastly different experiences that lead to our own unique and interesting stories.

This project will unfold somewhat s-l-o-w-l-y, with a planned one interview / article created per month (at best). Therefore, please don’t be offended if you are not contacted for your interview right away. This is not a cookie cutter, fill in the blank, one size fits all process. Depending on the length and detail of your story, and the state of my mind, memory and note taking abilities, each story will likely require two sit down sessions, then some review and revision.

The plan is to publish one story per month in our infamous and beautifully designed TBF newsletter. Ultimately, if these stories could be collected in a printed format, along with a bit of general TBF history - that would just be the ultimate gift to ourselves and to future generations.

If you have suggestions for a name for this project, feel free to pass them along to me. I’ve never been paid or well known for my creativity. My best guesses thus far are HOT (Heroes of Tanglewood), LOT (Lives of Tanglewood), or POT (People of Tanglewood). I’ll let you guess which of those was *least* popular with Pastor Brad. . .

In next month’s newsletter, look for our first bio featuring our beloved Maxine Blystone. Questions, comments, ideas?

Please share with me! carol.wanzor@live.com; (580) 468-8133

~ Carol

A new Pastor Brad acronym for January
AOV = Authorized Okie Version

In December, we received, in error, the Washita Valley Weekly instead of the Chisholm Trail Free Community Newspaper. On page 5, there was the best article written by Pastor Gary Rogers from Chickasha. I contacted him and was given permission to share his article in our TBF Newsletter. Within his article, I identified myself as “a reporter.” What are you? The lesson in Pastor Rogers’ article could be: “WWJP?” (What Would Jesus Post?) ~ Ginny

God Reads Social Media

By Pastor Gary Rogers of Grand Assembly of God in Chickasha (with his permission)

Social media has added another layer of moral and ethical challenges for those wanting to live in obedience to Christian principles. In a recent response from our congregation, it was revealed that most of the people in our church have a social media presence. Today there are few hold outs who own no computer and have no social media account.

The use of social media varies widely. There is the “snooper” who rarely post anything, but enjoys snooping on others. There is the “purpose driven” who rarely read anyone else’s post and primarily visit to post something deemed important. There is the “reporter” who post everything from a picture and description of the plate they’re eating, to a picture of their sleeping cat with a long discourse describing the special bond they have with their feline. There is the “opinion giver” who feels it necessary to share their perspective on everyone else’s post.

An article published by John Suler, professor of psychology at Rider University in New Jersey, gives insight into “online disinhibition effect”. This term is used to describe why people often act differently in their online presence than they do fact to face. This study indicates that there is a detaching from reality for some people while online. Under the illusion of invisibility, there is a false sense of no accountability for things written and positions taken.

This feeling of anonymity gives license to express anger, hate, aggression, and strong positions with everything but a Christian voice. This illusion of not being held accountable gives way to a Dr. Jekyll and Mr. Hyde Christian lifestyle. Dr. Jekyll represents the in-person kind, loving, thoughtful, patient, caring Christian. My Hyde is the monstrous alter ego that comes out online.

Jeremiah recorded God saying, “Am I a God near at hand, and not a God afar off? Can anyone hide himself in secret places, so I shall not see him? Do I not fill heaven and earth?” (Jeremiah 23:23,24 NKJV)

God sees social media posts. There is nothing hidden from His knowledge. The moral and ethical challenges of social media should be brought into obedience to what is pleasing to God. Every word written and every picture posted is recorded in heaven. When you post online always remember that God is one of your friends and He reads every post you make.

WOW Wednesday and 4th Annual Chili Cook Off January 30th



TBF
4th
Annual
Chili
Cook
Off
Winner
2019





Kindred Community Dinner

6:00 – 8:00 p.m.

Thursday, February 14th
New Hope Baptist Church West
200 S 42nd St.
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 February 10th



MOPS (Mothers of Preschoolers) meets on the second Monday of each month during the school year. It begins at 9:30 a.m. and ends at 11:30 a.m. All moms with kids 0-5 are invited, but **must RSVP** for childcare.

The childcare RSVP is posted on the MOPS of Stephens County Facebook page. For additional questions or help, contact Stefani West at 580-656-3836.

The dates for our meetings through the end of the school year are:

2019: February 11, March 11, April 8 & May 13

Pilates with Nancy Ended Jan. 28th

Due to the miles between Mustang and TBF Duncan, it was decided to end Nancy's Pilates class.

Fittingly, it ended with her two most loyal students in attendance: Judy Smith and Ginny Heath. It was a sad good-bye, but many fun times were had, with memories and friendships made over the last 2 ½ years.

Thank You Nancy!





2019 Women's DVD Bible Study...

"One in a Million"

Journey to Your Promised Land A 7-Session Study from Priscilla Shirer

Every woman is on a journey. In looking carefully at the two Israelites (out of two million) who crossed over the Jordan and into the Promised Land, we find direction for our own spiritual lives. Expect to see God move in miraculous ways in your everyday existence. One in a Million is an opportunity for you to experience your deliverance from strongholds, to conquer your wilderness living, and to claim your God-given inheritance.

The following are the dates and times for our optional evening or morning TBF ladies' Bible study:

Tuesday PM, 6:30-8:30 – TBF Youth Room, Mimi Facilitating
February 12 and 26
March 12 and 26
April 9 and 23

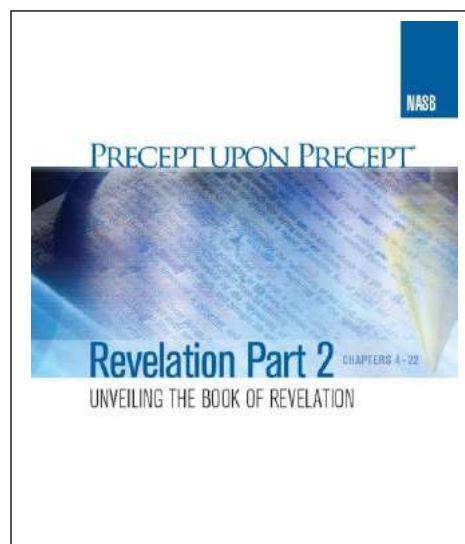
Wednesday AM, 9:00-11:00 – Olga's home, Olga facilitating
February 13 and 27
March 13 and 27
April 10 and 24

Precept Bible Study classes are Monday nights at 6:30 and Tuesday mornings at 9:30 at my home in Marlow.

Revelation Part 2 will run through the first week of May (unless we miss due to weather!). Call me if you have any questions, at 580-658-3832 or my cell 580-704-5754!

You can order your books at Precept.org--Revelation Part 2 NASB.

~ Blanch Brittain



Live-it Class with Peg Martens

Starts Thursday, February 7th, from 6:30 – 7:30 p.m.
or Monday, February 11th, at 10:00 a.m.
at TBF

Topics:

Small changes lead to great rewards. Getting unstuck. Identify true hunger...feeding your heart or stomach. The journey within...becoming our own best friend. Low fat cooking ideas. Explore exercise options. Understanding the overeating cycle. Breaking behavior chains. Overcoming temptation. Learning new habits. Reading labels. Stress reduction. Self-talk. Dealing with emotions. Increasing motivation for change. Reframing. Overcoming obstacles. Balancing your life. Learning to love and nurture yourself. Getting help from loved ones. Portion control. Understanding nutrition. Goal setting. Staying motivated. Simple ways to cut fat. Increasing fiber. Recognizing your spiritual support.

Details:

- RN/Certified teacher who maintains a 90 pounds wt. loss over 25 years.
- Cost - \$5.00 to join (\$4.00/week)
- Contact – Peg Martens 580-467-2730

Class encourages: balanced nutrition, behavior modification, exercise and group support.

Men's PM Fellowship
6:33-7:59 pm
Sunday, **February 24** at
Zane Brittain's house in
Marlow



Sunday, February 17th

*Hosted by the
TBF U-th Group*

Tickets on sale SOON!

FEB 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04 Precept Bible Study 6:30 pm	05 Precept Bible Study 9:30 am	06	07 Live-it Class 6:30 pm	08	09
10	11 <u>MOPS 9:30</u> Precept Bible <u>Study 6:30 pm</u> Live-it 10 am	12 Precept Bible <u>Study 9:30 am</u> WOT Study TBF 6:30 pm	13 WOT Bible Study 9:00 am @Olga's	14 Kindred Community Dinner 6:00 New Hope	15	16
17 TBF Valentine's Banquet	18 Precept Bible Study 6:30 pm	19 Precept Bible Study 9:30 am	20	21	22	23
24 Men's PM Fellowship 6:33	25 Precept Bible Study 6:30 pm	26 Precept Bible <u>Study 9:30 am</u> WOT Study TBF 6:30 pm	27 WOT Bible Study 9:00 am @Olga's	28		

Hot Chicken Salad with Cilantro Lime Dressing

Dressing: 1/8 c vinegar; 1/4 c fresh lime juice; 2 t cumin; 1 t fresh chopped Serrano pepper without seeds and deveined; 1/4 c minced cilantro; 1 t minced garlic; and 1/8 t sugar. Blend on med-high for about 20-30 seconds; add 1/4 c olive oil and blend on low for about 10 seconds. Add salt and pepper to taste. Set aside.

HOT chicken salad: 3 large skinless, boneless chicken thighs, stewed and cut into cubes; 1 onion cut like for fajitas; 2 small zucchini thin-sliced; and 1 c sliced button mushrooms. Heat 1 T canola oil in large skillet and add onion, zucchini and mushrooms and saute until all vegetables are tender; add chicken and heat through. Mix together with dressing. Serve in baked flour tortilla bowls. Serves 2.

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

