

**Wednesday Schedule
June 2019**

No prepared dinner - tables available

6:00 - 7:00 p.m.	6:30 - 7:30 p.m.
Bible Study	Student Ministry
Childcare	
Tune-Up	7:00 - 8:00 p.m. Choir

Office Hours:
Monday - Thursday
8:00 a.m. - 5:00 p.m.

Contact Information:
Church Phone: 321-8170
Day School Phone: 321-8170

E-mails:
jakob@northhavenchurch.net
kim@northhavenchurch.net
cheryl@northhavenchurch.net
sheri@northhavenchurch.net
linda@northhavenchurch.net
dayschool@northhavenchurch.net
mike@northhavenchurch.net
info@northhavenchurch.net

Website:
www.northhavenchurch.net

Return Service Requested
P.O. Box 722772
Norman, OK 73070
North Haven



Letters to My Church

Take care of yourself this summer, my friends.



Jakob Topper
Senior Pastor

For some, the summer is a time of joy and relaxation. For others, it is a dangerous season.

I don't tend to think of the summer as a particular dangerous time of year for mental illness. Seasonal depression strikes in the darker, colder months of the year. However, those assailed by mental illness during the summers are statistically more severe.

We're learning more about mental illness all of the time, but there is still so much to learn. Still so much to de-stigmatize.

Almost half of all American adults will experience a mental illness in their lives. 1 in 5 adults will experience a mental health illness this year. Yet, of those suffering a mental illness, less than half of them will seek treatment. It's hard to imagine someone breaking my leg and wondering whether I should go get medical help or not. Or what if I had diabetes and was embarrassed to take my insulin? These scenarios seem ridiculous, yet it is precisely the issue many of us wrestle with when trying to decide whether to seek professional help for what is ailing us in our minds. One challenge

I've experienced is the ambiguity of knowing exactly

when depression is depression and when it's sadness that will pass. When a leg is broken it's painfully clear.

The two groups least likely to seek help are mothers and men. So, if you're a hardheaded man, or an overworked mother, know that you are especially susceptible. Your health matters too.

I've also recently learned that in Oklahoma, clinical anxiety skyrockets during tornado season. Stress and anxiety flood our bodies with chemicals and no two bodies handle those chemicals the same. So don't use the excuse that everyone is going through the same thing to justify not getting help. Though we all may experience the same stimuli our body chemistry handles it in different ways, and we cannot control our body chemistry through acts of will power.

Jesus came healing the sick and mending the broken, yet many churches have outright condemned people for seeking the help of mental health professional. At other times they've judged and shunned. And even when churches haven't been so overtly harmful, churches still have a habit of becoming places where we project our best selves, as if we have our lives in pristine, perfect order.

I appreciate the church calling me to be my best self, but when I'm not, sometimes I just fake it. Too much faking it and I become a faker, who forgets how to be my honest, authentic self with my human flaws and frailties.

(continued on page 2)



NorthHaven: An inclusive family of Christ followers, inspiring, challenging and equipping each other to participate in God's great story.

(Letters to My Church continued from page 1)

Instead of admitting not just my faults but my sickness, I sweep it under the rug. Out of sight out of mind, I think. Yet, the more I sweep under the rug, the more I feed the monster that lives there and the more powerful my sickness becomes. The only cure I've found is to pull back the rug and let the light shine into the darkness.

I've wrestled with depression and anxiety for much of my life. I used to think that if I were a better Christian then it wouldn't be this way. I thought if I had more faith then I wouldn't be sad or worried about things. I told myself the problem was my unwillingness to forgive. But all of those things are half true at best and outright lies at worst.

When I take Christ's presence in my life serious, it sets me free to be honest and to admit my struggles. Whether I should or shouldn't be the way I am is utterly irrelevant and a pointless mental exercise.

I am as I am, and I belong to Christ just as I am.

Christ gives me the courage to seek the help I need. So if you too are struggling with mental health concerns, I implore you as your pastor and a representative of Christ's church:

- Don't suffer in silence.
- Don't suffer alone.
- Don't do nothing.
- Reach out to someone you trust and be honest with them.
- Do something. Anything.
- Make an appointment with your general practitioner.
- Go see a therapist. Check yourself into a rehabilitation facility, an inpatient clinic, or anything that might help. Resolve to do whatever it takes to get healthy, no matter how extreme. Your life may depend on it.
- And if you are concerned about someone in your life, reach out to them. Is there someone that used to be in your Sunday school class but has been missing lately? Give them a call. Do you work with someone who seems different lately? Ask them about it.
- Community can't cure mental health issues, but we can be a valuable resource helping one another move in the right direction. And may it be so.

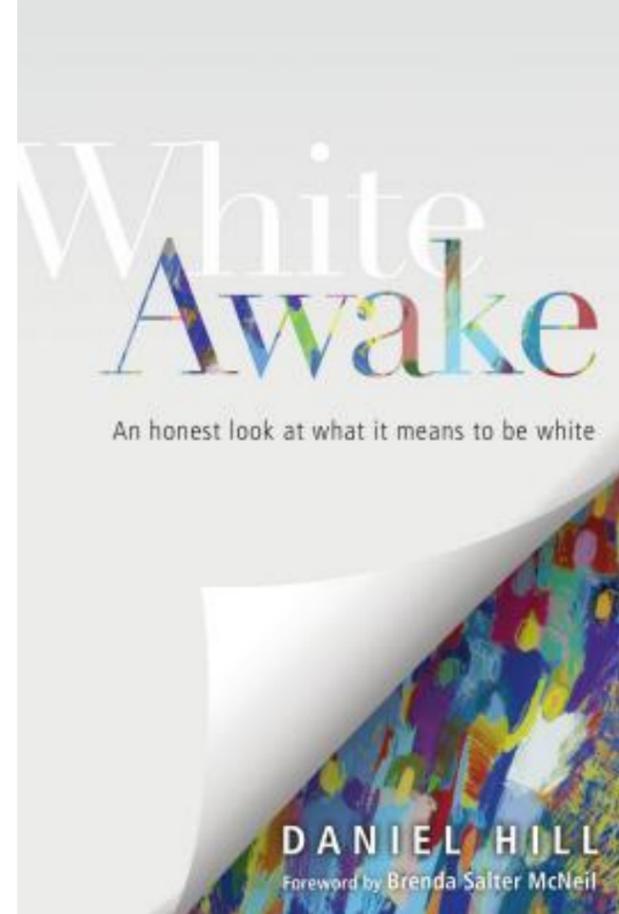


June 1: Debbie Skeel
 June 2: Don Krause
 June 2: Jill Tran

June 4: Chad Morris
 June 5: Keith Abbott
 June 6: Gertrude Pearson
 June 7: Kathy Paganoni
 June 10: Susan Benenati
 June 10: Lincoln Taylor
 June 11: Greer Schooler
 June 16: Rachel Youngquist
 June 17: Emma Jensen

June 18: Justin Youngquist
 June 19: Norma Brown
 June 20: Ryan Bowles
 June 22: Rachael Lester
 June 23: Susan Chambers
 June 25: Brandi Moore
 June 25: Sheri Ridenour
 June 26: Susan Wilson
 June 29: Helen McGrath

What The Pastor Is Reading



Daniel Hill will never forget the day he heard these words: "Daniel, you may be white, but don't let that lull you into thinking you have no culture. White culture is very real. In fact, when white culture comes in contact with other cultures, it almost always wins. So it would be a really good idea for you to learn about your culture." Confused and unsettled by this encounter, Hill began a journey of understanding his own white identity. Today he is an active participant in addressing and confronting racial and systemic injustices. And in this compelling and timely book, he shows you the seven stages to expect on your own path to cultural awakening. It's crucial to understand both personal and social realities in the areas of race, culture, and identity. This book will give you a new perspective on being white and also empower you to be an agent of reconciliation in our increasingly diverse and divided world.



Daniel Hill is a pastor of an inspiring, multicultural church in Chicago. This would be a great book for white Christians interested in racial reconciliation work or who simply want to know themselves in a deeper way. It will be no easy read to those new to this kind of work though, challenging many stereo types, cultural bias, and the privilege I so often take for granted.
 - Jakob



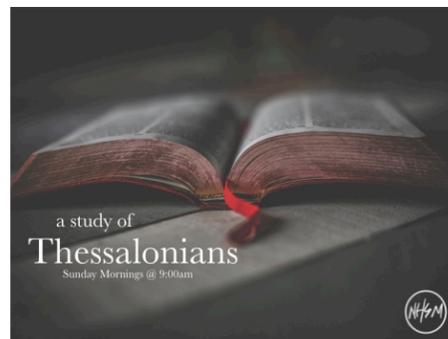
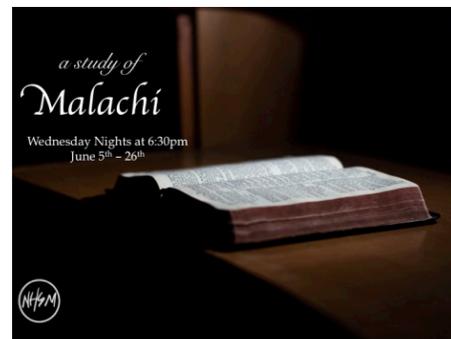
Summer Schedule

Wednesday Nights

- Starting the first week of June NHSM will meet on Wednesday nights from 6:30 – 7:30pm. We will be doing a study of the Book of Malachi. If the weather is nice we will try to meet and have worship/bible study outside.
- There will be no Wednesday night activities for the month of July, but Michael will update the students and parents for what NHSM will be doing each week. July will be a time devoted to fellowship and serving the community.

Sunday Mornings

- NHSM will continue to meet at 9:00am for Sunday morning bible study. Throughout the months of June and July we will be doing a study on Paul's letters to the Thessalonians.



Kid's Haven

Can I confess that I love silly national awareness days? I love to send my siblings goofy messages on National Siblings Day. I can always count on my brother to respond with a horror story from our childhood involving a broken bone or stitches and my sister to send some sort of meme with a "don't tell mom" tagline.

Did you know that June 1st is National Go-Barefoot Day? I have no idea how I have missed this my whole life! June 11th is National Making Life Beautiful Day. Hello, going barefoot is a beautiful day!

I was born in Hope, Arkansas and, with a grin on his face, my husband frequently reminds me. Recently my oldest niece got married. I had a stack of items, including my shoes, sitting in a chair in my bedroom waiting to be packed for the wedding. They were beautiful black patent heels that went perfectly with my dress. They did not appear as beautiful after one of our English Bulldogs found them. Typically not a shoe eater, that little booger was a quick one to violate my trust! I found him with pitiful eyes, meant to look sorry, chewing the heel off my shoe.

That pair of shoes ended up in the trash and my furry friend in his kennel for a little time-out. Off to the shoe store I headed and found a pair of black heels that were not as wonderful but that would do. At least I thought they would do. After an hour at the wedding I began to realize that Satan must have been the one who designed these torture devices for my feet.

While this wedding was a wonderful experience, it was a bit of a working event. My sister and I are very close to each other's kids and our kids are close to one another. My sister also suffers with a chronic illness. So, as her oldest child said her "I do", my main goal was to assist my brother-in-law in the "heavy lifting" of the

wedding so that my sister could still give her daughter the wedding she dreamed of and be able to enjoy it herself.

Friends, the replacement shoes were not working for me. So...I only wore them for pictures and during the exchange of vows. Then I "lovingly" threw those bad boys under a table and remained barefooted. As we stood near the dance floor, watching my niece dance with her daddy, my husband looked down and began to laugh. "You can take the girl out of Arkansas, but you can't take Arkansas out of the girl" he said.

I love to be barefooted at home, socks if it is cold. I often kick my shoes off under my desk and walk around the children's area barefooted. Once I nearly instinctively kicked them off before preaching a sermon, quickly coming to my senses! I can't help it, loving to wear shoes is not the girl God created me to be.

Maybe that is the National Awareness Day that we really need..."Be who God created you to be" day. My hope is that everyday is a day that we strive to celebrate difference and be true to who He made us to be. I'll be embracing my authenticity in my bare feet.

In Christ's Love,
Kim

NHC VBS
Sign up begins July 14

FUN ages 3 years - 5th grade
on the **FARM**



Sunday, July 28 - Wednesday, July 31
6:00 - 7:30 p.m.

Growing in love, patience, generosity, and faithfulness

Want to get to know your NorthHaven family?



Have a friend you would like to invite to a casual atmosphere?



**There are plenty of opportunities this month!
Come fellowship!**



(Yes, it does matter. So does Cadie & so do we!)



When pondering an article for the newsletter (and drawing a blank), I can always look to our dog, Cadie, to jumpstart my thinking. Last week, I left Cadie out in the backyard for a couple of hours while I ran errands. Now Cadie has a large yard to purvey and enjoys being outside if the weather is nice. Many times I will pull into the driveway and spot her laying in the side-yard soaking up the sun and snoozing. However, this particular time I didn't see her. When I came into the house and headed to the back door to check her whereabouts, I was greeted by a little mud-dog. She had mud on her muzzle, dog tags, chest, belly, and of course, her feet! This was a first, though not the kind of first one is happy about. I fetched a towel, grabbed her and headed straight to the bath tub where she would receive a much-needed bath. As I was running the water, she stood there with her head down, looking dejected as I expounded on her naughtiness. Cadie is not particularly fond of water, so this was not a fun activity. After her bath and some towel drying I proceeded to 'blow dry' her a bit. Cadie also dislikes machines of ANY kind, so this was not fun either. Just a few days later when I arrived home from work, I found a dog with muddy muzzle, muddy paws, mud-caked dog tags, etc. AGAIN! No-o-o-o-o! Who is this little digger? I went through the whole routine once again.

Tonight, Clay and I pulled into the driveway. Cadie was at the side fence. Clay said, "I think her feet look muddy!" Sure

enough, they were, and dirt was on her nose. This time I just washed off her feet and nose. Okay, I expounded again about her naughtiness. Clay's theory is that our ground has never been this soaked for so long and because there are mud spots, Cadie must smell something that just has to have her attention. Could be. All I know is if an action I did caused a distasteful consequence (like Cadie and the bath), I think I would stop the activity. Or would I, really? The apostle Paul says in Romans 7:15 (NLT), "I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate."

Surely, there are a few times we have pulled a 'Cadie' and did exactly what we didn't want to do. Except, Cadie is a dog and can't always fight her basic instincts. We, on the other hand, have reasoning capabilities and like Paul, know what is right, most of the time. Thankfully, Paul goes on to say in chapter 8 that Christ's life-giving Spirit has freed us from the power of sin. In other words, there's hope for us!

Well, I will tell you there is hope for Cadie as well. We love our ornery little digger. I will keep trying to persuade her to change her digging ways. When she fails to heed my advice, I am sure I will keep expounding about her naughtiness as I give her yet another dreaded bath.

Since this article is supposed to be about 'music matters,' I AM reminded of this contemporary hymn we sing: "Holiness, holiness, is what I long for. Holiness is what I need. Holiness, holiness is what You want from me. So take my heart and form it. Take my mind, transform it. Take my will conform it to Yours, to Yours, oh Lord."

Thank you, God, for the Spirit-filled hope you give when we pull a 'Cadie.' AMEN!

Cheryl

P.S. Summer is a great time to give choir a 'try' or utilize some musical skills in some way. Talk to me if you might be interested!