



Walk ^{the} Talk

Go the Extra Mile

Asbury
United Methodist Church

6767 South Mingo Road, Tulsa, Oklahoma 74133

www.asburytulsa.org | 918.492.1771

 facebook.com/asburytulsa

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The Power of Vulnerability

“To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable.”

– C.S. Lewis

Below are five ways to experience the power of vulnerability so you come alive to your most authentic self:

1. **Be real.** If you're scared, say you're scared. If you don't know, say you don't know. If you made a mistake, say you made a mistake. If you feel hurt, say you're hurt. If you're in love, say you're in love.
2. **Act with no guarantees.** Ideas are safe. The idea of true love, the vision of a better world, the image of your perfect lifestyle. We can sit safely in our imaginations all day or we can fully commit to taking action, embracing the notion that we might fail or get hurt. *What idea or notion or dream can you not get out of your head? What's one small action step you can take today? For example, tell a friend your dream, write down your idea and share it with others, talk to your target customer about the idea, tell someone you love them, go for a run, do 15 push ups, etc.* **Small steps taken every day lead to big changes.**
3. **Ask for help.** By admitting your weaknesses, you make room for other people's gifts. *If you notice yourself trying to do everything yourself, take a step back and evaluate which aspects of the project or situation energize and excite you. Write them down. Then make a list of the areas that exhaust you. Seek help where you're exhausted.*
4. **Get rejected.** No makes room for the right Yes. *In what area of your life are you afraid of being rejected? How can you expose yourself to the possibility of being rejected 10 times this week?* **Through action comes growth.**
5. **Embrace negative emotions.** When we numb sadness and pain, we numb joy and happiness. Feeling the depths of our lows enables us to fully feel the depths of our highs. It's all connected. *Pay attention to how you respond to sadness and pain. Is that when your vices come out to play? Do you push away negative emotions? How can you allow yourself to fully process them?*

To be vulnerable is to be deeply seen. It's to love with your whole heart and to put yourself out there. To feel vulnerable is to be alive—to exist as your most beautiful self.

How do you exercise vulnerability? What has it done for your life?

Announcements

A full list of announcements is available at www.asburytulsa.org/announcements.

Asbury VBS 2015 DIGGIN' IT June 9-12, 9:00 am-12:30 pm

Time to roll up our sleeves and dig into God's Word! We're planting the seeds so that our kids will know that God's love keeps us rooted and growing strong.

Register online at www.asburytulsa.org.

All registrations made on or before May 17 will be guaranteed a t-shirt.



Free sermon journals are available TODAY at all Guest Services desks.

These are the best approach to spiritual growth available. Pastor Tom developed the journal several years ago to offer a structured daily reading plan because he wants everyone to learn how to feed themselves spiritually.

Be sure to bring your journal every Sunday to take notes.

Journals are free, but a \$5 donation is appreciated.

Interested in joining Asbury?

Luncheon May 17 in the Family Room

Meet the pastors and find out more about Asbury from 12:15-2:15 in the Family Room. Child care is available for 6 weeks to sixth grade.

Register at www.myasburytulsa.org. For more information, call 918.392.1191.



Volunteer in Children's Ministry! Recruiting for 2015/16 school year. (Our teens will take the summer.)

At the earliest ages, we teach our children to share. Now, it's our turn. To share our time, wisdom and love with those who need it most—our kids. We invite YOU to share with us in children's ministry by serving as a volunteer for ages 6 weeks to 6th grade from **August 2015 to May 2016**. Find out more about how you can "learn to share" at the information table in the south foyer.

Contact Heather Horton today at hhorton@asburytulsa.org.



Happy Mother's Day!

We wanted to take a moment to thank you for attending service here today at Asbury.

We hope you find the service to be both enjoyable and inspirational as we celebrate the importance and value of motherhood. Here's a little smile for you: "Motherhood is full of frustrations and challenges—but, eventually they move out." – Shoebox Greetings.

That little "smile" may last for only a moment as some mothers have experienced the "empty nest" feeling and are simply looking back over their lives wondering where the time went! Rest assured, God will be your source of strength, comfort and fulfillment as you move forward in Him and continue to place Him first.

As you know, we have services every Sunday, and we wanted to be sure to extend an invitation to you and your family to return often if you do not already attend another church on a weekly basis.

We have wonderful programs for children and youth where they can learn of the amazing power of God and His ways on a level which is understandable. The fellowship they, and you, will enjoy here at church is something you will cherish for many years to come!

Here is a tremendous scripture that shares this thought so wonderfully...
Proverbs 22:6 (KJV): *"Train up a child in the way he should go: and when he is old, he will not depart from it."*

If you have any questions regarding our services or anything else, please don't hesitate to contact us at **918.492.1771** as soon as possible.

Worship *with us*
on **Sunday**

8:00 am—Traditional Service In Mason Chapel

9:15 am—Traditional Service in Sanctuary

11:00 am—Modern Service in Sanctuary

Order of Worship | May 10, 2015

8:00 AM

WELCOME

Dr. Guy Ames

PRELUDE

CONGREGATIONAL HYMN

All Creatures of Our God
Hymn #62

Dr. Pat Calhoun

CREED / GREETING / NEW MEMBERS

SPECIAL MUSIC

My Jesus I Love Thee
Sara Bennett, Emery Parris

CONGREGATIONAL HYMNS

Lord I Want to Be a Christian
Hymn #402

The Gift Of Love
Hymn #408

PASTORAL PRAYER

Dr. Guy Ames

DOXOLOGY

OFFERTORY

SCRIPTURE

Matthew 5:38–42

MESSAGE

Go the Extra Mile
Rev. Dick Read

SERVICE OF WORD AND TABLE

POSTLUDE

Daily scripture readings for the upcoming week:

May 11: 1 Peter 3:8–22

May 14: Luke 6:27–36

May 12: Luke 10:25–37

May 15: Romans 12:9–21

May 13: Matthew 5:43–48

May 16: 1 Corinthians 13

*Next Week: **Walk the Talk: Love the One You Hate***

Order of Worship | May 10, 2015

9:15 AM

PRELUDE

CALL TO WORSHIP

Sean Groombridge

WELCOME

Rev. Gloria McGee-Denton

NEW MEMBERS

CONGREGATIONAL HYMNS *For the Beauty of the Earth*
Hymn #92

Let There Be Peace On Earth
Hymn #431

ANTHEM

Step By Step with O God Our Help

PASTORAL PRAYER

Rev. Gloria McGee-Denton

DOXOLOGY

OFFERTORY

SCRIPTURE

Matthew 5:38–42

MESSAGE

Go the Extra Mile
Rev. Dick Read

WOMEN'S ENSEMBLE

Bow The Knee

BENEDICTION

POSTLUDE

Rosanna Corrales

Connect with our pastor:

Rev. Gloria McGee-Denton | gmcgee-denton@asburytulsa.org
twitter.com/runthehumanrace

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Order of Worship | May 10, 2015

11:00 AM

SCRIPTURE

Matthew 5:38–42

MESSAGE

Go the Extra Mile

Dick Read

SONGS HEARD TODAY

Here & Now
Hands To The Heavens
No One Higher
Holy Spirit

Worship Pastor: Jon Odom

Worship Leader: Chris Cleveland

Connect with our pastors:

Todd Craig | tcraig@asburytulsa.org | twitter.com/tcraig135

Jon Odom | jodom@asburytulsa.org | twitter.com/jonodom

Dick Read | rdread@asburytulsa.org

Notes:

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