



## Fall Freedom Groups Enrolling NOW!

- Enroll by email: [Angie.Combs@cbcowasso.org](mailto:Angie.Combs@cbcowasso.org), Starts September 9th
- **Grief Recovery Group (Sundays: 6-8pm with childcare)**
  - **Life Hurts, God Heals (Sundays: Youth 4-6pm, Adults 6-8pm with childcare)**

*GRIEF = the conflicting feelings caused by the end of or change in a familiar pattern of behavior.* Grief is normal and a natural reaction to a loss of any kind, yet it is also one of the most neglected and misunderstood experiences in human emotions. It is even more of a misaligned event in the local church. Well-meaning Pastors and laymen are not equipped to guide grievers through the "valley of the shadow of death" into God's light of a healthy path of grief recovery. Death, divorce, moving, addictions, issues of control, major illness, retirement, financial changes (good and bad), legal problems, loss of a job, etc. These (and many more) common life experiences can and do cause grief, and left unexposed will over time cripple our emotions. Over a lifetime undealt grief will damage not only ourselves but those around us and affect our spiritual formation.

Central will be offering our first "Grief Recovery Group" as part of our Freedom groups. This six week group will be a confidential safe place for any person who has faced any loss in their life. The group will be facilitated by Rev Kev and Kathy Lackman. Space is limited and childcare is by reservation only, email [Angie.Combs@cbcowasso.org](mailto:Angie.Combs@cbcowasso.org), class will start September 9th.

Ian Scott will be offering a separate Freedom Group, "Life Hurts, God Heals". The reality of life is we all experience this unwanted intrusion of hurt and pain. Either by chance, others or our own actions. LHGH is a scriptural-based discipleship that takes participants through a journey designed to help them adapt a continuing practice of turning over their pain to the ultimate healer; Jesus Christ. There is currently an ongoing Youth class (8th-12th grade) Sundays from 4-6pm. The Adult LHGH class will be offered Sundays 6-8pm starting September 9th. Email [Angie.Combs@cbcowasso.org](mailto:Angie.Combs@cbcowasso.org) to sign up for the Adult LHGH class and reserve childcare if needed.

## Wednesday Fall Schedule

We will start our fall schedule on August 29th with Tim Gramly leading our adult Bible Study at 4:30, our Wednesday meal is 5:30-6:15pm and classes for pre-school up to adults and prayer group at 6:30pm. The Wednesday meal will be posted the week prior outside the church office on the bulletin board, this will be a new blank sign-up sheet so don't forget to stop by and reserve your meals! (Meals will be \$5 per adult, \$2.50 for half portion or kids meal and toddlers ages 3 and under are free. Max \$20 per family.) If you are interested in helping in the kitchen with serving or as cashier, please email Sarah Carlson ([smac60@yahoo.com](mailto:smac60@yahoo.com)), if you would like to help in preschool church see Debra Stephens or in youth contact Ian Scott ([ian.scott916@gmail.com](mailto:ian.scott916@gmail.com)).

## Free Discipleship Materials

After relocating our library to the new Sr. Adult Wing we have some free discipleship material available. These are older studies and most of them are on a VHS format. Some Beth Moore, MasterLife and Lifeway studies in general. The availability is based on first come and the material is on display in a bookshelf located right across from the library. Grab what you want. After August 5th it will be removed.

## Back To School Bash, August 22nd

Central is taking over "Wheels and Thrills" (106th St N and Garnet) for a Back To School Bash from 6-8pm. Meet at Wheels and Thrills, all are invited and no sign up is needed. Bring your friends and join us for free admission, skate rental, laser tag, playland and drink!

## Children: (1st-5th grades)

Hey parents – it's that time of year again! We will have Promotion Sunday on September 2nd. The kiddos will continue in their current class until that time. Yes, we know that school starts in the middle of August, but our curriculum switches up in September. There's one exception, the current fifth grade class who are going into sixth will promote **this Sunday, July 29th** to the youth.

## Youth: Mid (6th-8th), High (9th-12th)

The Youth (6th-12th grades) will meet at Central during the summer, Wednesdays at 6:30pm every week except for August 15th. They also have a weekly Freedom Group, "Life Hurts, God Heals" that meets on Sundays from 4-6pm (8th-12th grades).

## Adults

- Senior Adult Potluck: July 31st at 5pm the Fellowship Hall, no sign up, bring a dish to share!
- Men's Breakfast, August 11th, 8am.
- Bible Study: 4:30pm August 15th with Rev Kev.
- Business Meeting and Lord's Supper, August 26th at 6pm. (New business for the agenda needs to be submitted to the office by Aug. 22nd.)

## Mission Trip Opportunities

"Project Hope Worldwide" has two mission trip opportunities, Juarez, Mexico on Sept. 25th-29th and Lira, Uganda on Oct. 4th-17th. Must be 18 or older for trips, children 8+ can attend the Mexico trip with an attending parent. If you are interested, this Sunday, July 29th, there will be several opportunities to attend an Informative meeting held in the choir room at 8:30, 9:45, 10:45am, 4:30pm and 6pm



# CENTRAL BAPTIST CHURCH

9001 N 145th E Ave, Owasso, OK 74055

## Our Staff

Scott A. Carlson.....Senior Pastor  
 Kevin Laufer.....Minister to Families & Senior Adults  
 Matthew Flindt.....Minister of Educ./Bus. Admin.  
 Ryland Russell.....Minister of Worship & Media Arts  
 Debra Stephens.....Director of Childhood Ministries  
 Debbie Dalaeli.....Executive Ministry Assistant  
 Jana Oder.....GCK Preschool Director  
 Pam Rains.....Financial Secretary

### Front Office Secretaries:

Donia Ledford, Angie Combs, Charlotte Farr

Return Service Requested

### Welcome New Members:

Eli McConnell, Meya Alexander, Alex Stewart, Kalista Price, Coley Glenn, Sandra Preston, Janet Conley and Kay Rose.

### Congratulations:

To Jake and Angie Ketner on the birth of Lydia Grace Ketner.

### Sympathy:

To the Ledford family in the passing of Chris' grandmother.

### Communications Survey

This Sunday, July 29th, a communications survey will be available in all our Sunday School classes or available in the foyers to fill out. Getting information out to our members is a high priority and we want to be good stewards of our resources and time. Please take a moment to complete this and return to your Sunday School teacher or to the office.

### Baby Shower

The MLC Sunday School class is hosting a baby shower for Ben and Andrea Ewing at the Memory Lane Tea Room on August 11th at 3pm. The Ewing's are registered on Amazon and are expecting a boy! Ben is the son of Danny and Monta Ewing. All are invited.

### Now Enrolling

Grand Central Kids preschool is now enrolling for babies up to age 4. Get the information from their Facebook page or call 918-212-1196.



### Calendar At A Glance:

- 7/29: Project Hope Mission Info Meetings
- 7/30-8/1: Daycamp: 1st-2nd grade kids
- 7/31: Senior Adult Potluck, 5pm, Fellowship Hall
- 8/1: Youth Group, 6:30pm at Central
- 8/8: Youth Group, 6:30pm at Central
- 8/11: Men's Breakfast, 8am, Fellowship Hall
- 8/11: Ewing Baby Shower, 3pm at Memory Lane
- 8/15: No Youth Group
- 8/15: Senior Adult Bible Study with Rev Kev
- 8/21: Luke Ministry at Rayola Park
- 8/22: Wheels and Thrills, 6-8pm
- 8/22: New Business Deadline For Business Meeting
- 8/26: Business Meeting & Lord's Supper, 6pm
- 8/29: Fall Wednesday Schedule Starts for Church
- 9/2: Promotion Sunday (kids church)

See our full calendar, [www.CBCOwasso.org](http://www.CBCOwasso.org) under "Members".

### Mission Owasso Needs Volunteers

Mission Owasso has opened at its new location. There will be a training day for anyone who might be interested, on August 16th from 9am-12noon at the new Mission building (Garnett near 116th St N). Call Laura Gorrell at 918-850-0410 for information.