

TO RESERVE OUR FACILITIES

We are happy that our building is used throughout each week by many different classes and groups. All building use needs must go through the main office for scheduling. You can contact Linda at 918.627.0783 or lindar@hptulsa.com to schedule your event.

Sermons

Sermons are available at hptulsa.com/media. Also, look for more HP content on Roku and Apple TV devices.

HIGHLAND PARK STAFF

Ali Carlton: Worship Arts Director
Angie Crosser: Administrations
David Dunson: Pastoral Care Minister
Brian Jennings: Lead Minister
Peyton Miller: Youth Director
Joseph Ramirez-Trejo: Children's Minister
Linda Rock: Member Relations Secretary

Angie Crosser: HPLS Co-Director
Lynn Lahmeyer: HPLS Co-Director

HIGHLAND PARK HERALD Issue 10 Sept 30 2026 (USPS889-640) is published monthly by Highland Park Christian Church at 5708 E 31st ST, Tulsa OK 74135-5103. Periodicals postage paid at Tulsa, OK. POSTMASTER: Send address changes to HIGHLAND PARK HERALD, 5708 E 31st ST, Tulsa, OK

DO NOT FORWARD

LOVE GOD (WORSHIP)

DATE	IN PERSON	ON-LINE	TOTAL
Sep 6	155	40	195
Sep 13	145	75	220
Sep 20	150	38	188
Sep 27	148	38	186

AS GOD PROVIDES

YTD Need:	\$ 43,853.40
YTD Received:	\$ 37,702.69

HIGHLAND PARK *Herald*

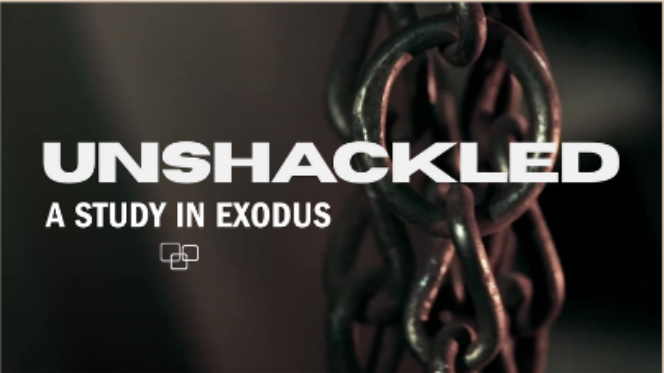
Volume 60 Issue 10

October Edition

September 30, 2026



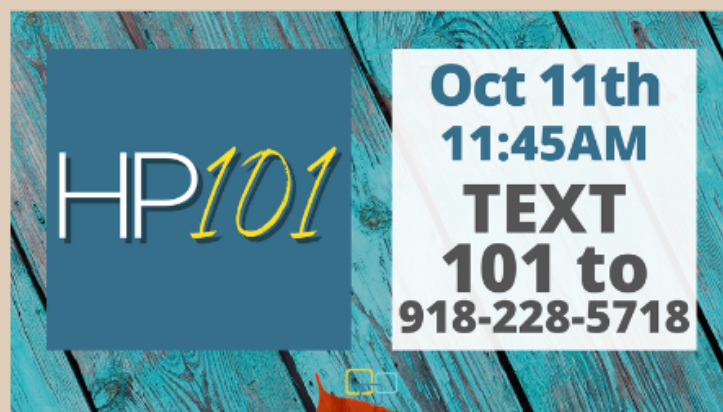
Fall Fun Fest!
Saturday, October 24, 2026
CANDY, MUSIC, HOTDOGS, POPCORN, FACE PAINTING & MORE!!
FREE ENTRY, DOORS OPEN AT 5PM TO 7PM
TEXT “FFF” TO 918-228-5718 TO VOLUNTEER



UNSHACKLED
A STUDY IN EXODUS

Join us on Sunday mornings in October as we continue our sermon series in Exodus!
Oct 4 - “Escape Route”
Oct 11 - “Whining & Dining”
Oct 18 - “God’s Presence”
Oct 25 - “Love God” (Part 1)





MISSION OF THE MONTH: R.J. & JESSICA HARBISON

R.J. and Jessica are now getting settled in Vancouver, ready to begin their ministry to artists! They plan to walk with artists by providing faithful presence and pastoral, holistic care. R.J. is also planning to pursue his Master of Divinity in Christianity and the Arts. Pray for the Harbisons!



PASTORAL CARE

Getting Good Rest?

When you awake in the morning, do you feel rested? Do you say, "I slept well," or do you say, "I was awake all night."

The term "Sleep Hygiene" covers a lot of suggestions that help you get good quality sleep. We hear about limiting screen time, no caffeine or heavy meals close to bedtime, keeping the bedroom dark and setting the thermostat to a cooler temperature.

But there is another form of rest that is even more critical. It is the kind of rest that only Jesus can give. In Matthew 11:28-29, Jesus says, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."

The sleep hygiene tips are things we must do. Rest for our souls is a gift He gives. Jesus doesn't say, "change your habits and get rid of your burdens." He simply says, "Come to me." But we must not overlook that He also says, "Let me teach you." Just as Jesus gives us a different kind of peace than the world can give (John 14:27), He also gives us a different kind of rest – a rest for our souls!



HP KIDZ

October 7 - Pumpkin Decorating with the Youth Group

October 24, 5-7pm - Fall Fun Fest

December 9 - Movie Night (Polar Express)

December 16 - HP Kidz Christmas Party



220 CENTER

It's been a busy, busy month at the 220 Center, and the shelves are showing it! We have been grateful to serve friends new and old through some tough economic seasons in September. Utility bills continue to be high, and we are seeing food stamp amounts adjusting through recent legislative changes. We are asking even more than normal for you to consider donating items to the pantry so we can serve our friends and neighbors well. ANYTHING is welcome, but a few specific needs this month are:

Canned meats or meaty soups and peanut butter.

Thanksgiving basket items such as: Stuffing, gravy, cranberry sauce, pickles and olives.

Food pantry dates: October 10 and 24 from 10am to 12pm. Please call the church office for an appointment.

Food bank delivery is October 19 with delivery time between 1-3pm.

Thanks for all you do to serve our HPCC neighbors!



YOUTH

We're half way through our Ephesians study. Our main focus is how Jesus changes everything. And if Jesus really changes everything, the first thing He changes is who we are. So far, we talked about how because of Jesus, we are chosen, made alive, and we belong to God's family. In the next half, we'll tackle how, after Jesus changes who we are, he changes how we live.

Upcoming events:

Oct 7 - Pumpkin decorating with HP KIDZ

Oct 15-17 - Fall Break Camping Trip

October 21 - Ozark Professor, James Bond, will teach our youth group

Nov 4 - Friendsgiving at Amanda McClain's house

Nov 11 - Thank you letters with HP KIDZ

Nov 18 - Volunteer with 220 Center

WELCOME!

On Sunday, September 20, *Ethan Kono* made his confession of faith in Jesus and was baptized by *Joseph Ramirez-Trejo*. Pray for Ethan as he begins his walk with Jesus!

