

# this week

## Sunday, March 8

8:30 a.m. Worship  
 9:40 a.m. Sunday Bible Study - All Ages  
 10:50 a.m. Worship  
 12:00 p.m. Student Praise Ringers  
 12:15 p.m. Church History Meeting  
 3:00 p.m. Properties Committee Meeting  
 4:00 p.m. Ladies Ensemble, CarePortal Meeting  
 4:30 p.m. Men's Ensemble  
 5:00 p.m. Evening Worship, Student Discipleship

## Monday, March 9

9:00 a.m.-1:15 p.m. ESL Classes  
 10:00 a.m. Meals on Wheels  
 1:30 p.m. CEO Widows Leadership Meeting  
 4:00 p.m. CEO Widow Food & Fellowship  
 6:30 p.m. GriefShare, Adult Handbells, Men's Ministry Game Night  
 7:00 p.m. Conversation Cafe

## Tuesday, March 10

9:00 a.m.-1:15 & 6:00 p.m. ESL Classes  
 9:30 a.m. Early Learning Program  
 5:30 p.m. Momentum ABKA Karate  
 6:30 p.m. Bible Study Fellowship

## Wednesday, March 11

9:00 a.m.-1:15 & 6:00 p.m. ESL Classes  
 4:15 p.m. Kid's Handbells, Kid's Chimes  
 4:45 p.m. Fellowship Dinner  
 5:30 p.m. Preschool/Kid's Choirs, Bible Study- Revelation of Jesus, FIT Ladies Book Disc.  
 5:45 p.m. Bible Study and Prayer, Men's-Galatians  
 6:00 p.m. Student Worship/Prayer, Men's Bible Study, College & Young Adult Group, Women's-Lead Me Holy Spirit  
 6:30 p.m. Kid's Missions-RA, GA, Mission Friends  
 6:45 p.m. Worship Choir & Orchestra Rehearsal

## Thursday, March 12

6:00 a.m. Men's Morning Prayer & Devotion  
 9:00 a.m.-1:15 & 6:00 p.m. ESL Classes  
 9:30 a.m. Early Learning Program  
 10:00 a.m. Adult Game Day  
 12:00 p.m. Weaving Ministry  
 1:15 p.m. Precept-Daniel 2  
 6:30 p.m. Music Ministry Ladies Night Out

## Friday, March 13

9:30 a.m. Early Learning Program

## Saturday, March 14

Guatemala & Utah Mission Trips  
 8:00 a.m. Gideon's Meeting

## WEDNESDAY FELLOWSHIP DINNER

March 11, 2026

Chicken Alfredo, salad, garlic knots, dessert, and beverage.

Adults \$5.00, children (12 & under) \$3.50.

Please make your dinner reservations [online](#) by Tuesday at noon. Questions? Call the church office (918) 299-0904.



**SOUTHTULSA**  
BAPTIST CHURCH

Sharing the Good News about Jesus  
in our community and around the world

10310 S Sheridan Rd | Tulsa, Oklahoma 74133  
918.299.0904 | [southtulsa.org](http://southtulsa.org)

## more

**WELCOME GUESTS** - We're glad you joined us! We would love to get to know you and/or pray for you. Fill out the form and submit prayer needs at [southtulsa.info](http://southtulsa.info). If you're worshipping with us today, we invite you to stop by our Welcome Area for Guests, adjacent to the Welcome Center, after the service to meet a member of our team and receive a welcome gift.



**STUDENT CHOIR/WORSHIP TEAM REHEARSALS** - Students in grades 7-12 are invited to join us as we prepare to sing in both morning services (8:30 & 10:50 a.m.) on Easter Sunday. Rehearsals are on Wednesday evenings, March 11, March 25, and April 1 at 5:30 p.m. in the Student Room.

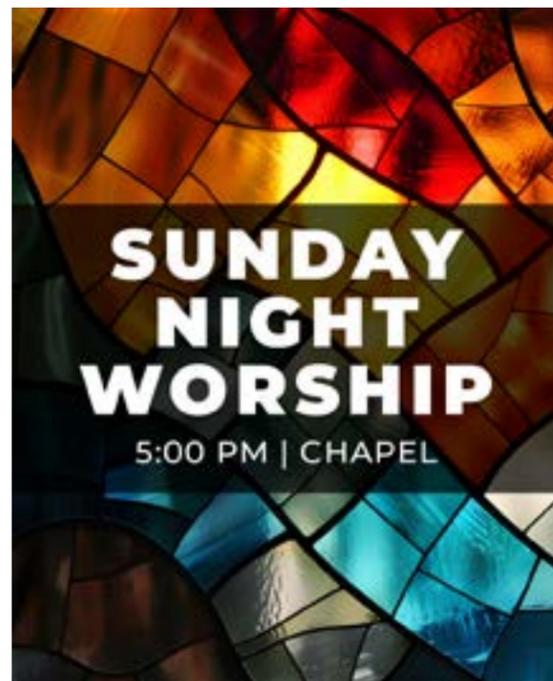
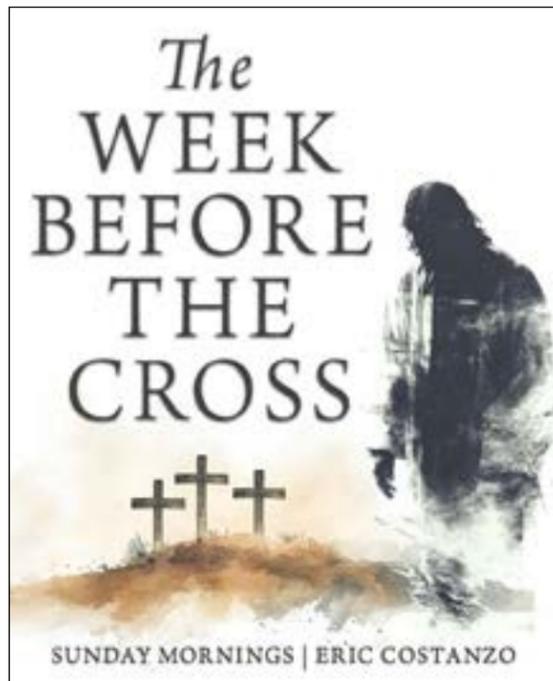
**FOREVER FAMILY SUNDAY BIBLE STUDY BEGINS ROMANS TODAY** - The book of Romans is known as Paul's "Magnum Opus," or greatest work. It contains the Roman Road, the evangelical tool that encapsulates the entire message of salvation - from fall to redemption. Join us on Sundays in the Pastor's Conference Room at 9:40 a.m.

**CAREPORTAL RESPONSE TEAM MEETING** - Learn more about CarePortal and how you can join other church members in meeting the needs of foster children and their families in our community. Join us today, March 8, at 4:00 p.m. in the Conference Room.

**SUNDAY NIGHT WORSHIP** - Join us tonight in the Chapel at 5:00 p.m. as we hear our missionary associate, Annie Thurber share about her ministry in Guatemala.

**WEEKEND TO REMEMBER: TULSA, MARCH 27-29** - Weekend to Remember is a powerful, biblically grounded weekend retreat that helps couples reconnect, heal, and strengthen their marriage. Register now at [weekendtoremember.com](http://weekendtoremember.com). Use group code "STBC" for additional discount.

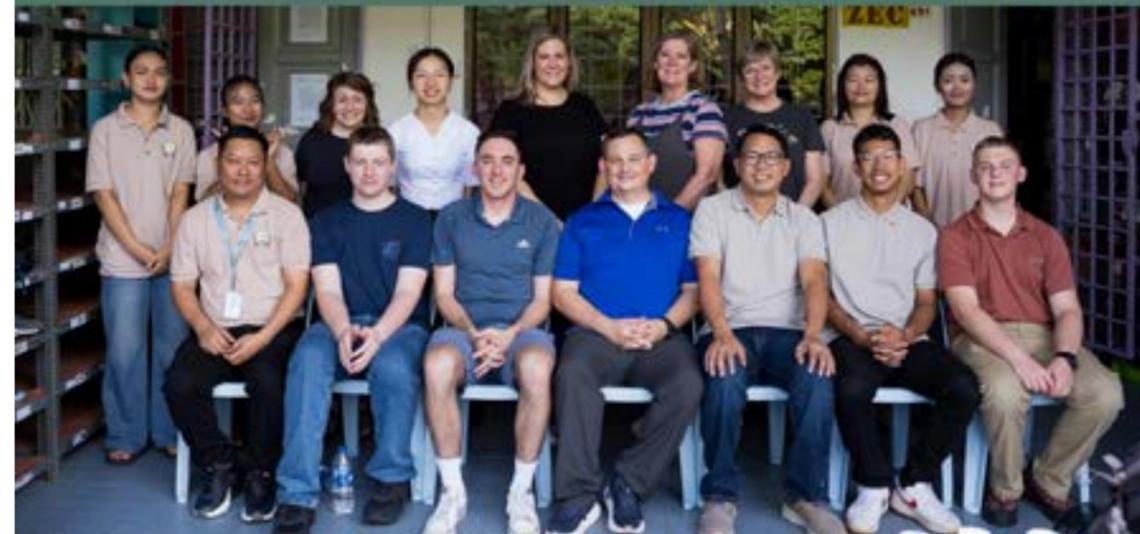
(For more information about upcoming events, please go to [southtulsa.org](http://southtulsa.org).)



# the channel

03.08.26

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[southtulsa.org](http://southtulsa.org)



## 8:30AM Worship

**Call to Worship** Psalm 113:1-4 Michael Ware  
*All the Earth*  
**Welcome** Seth Spoo  
**Old Testament Reading** Jeremiah 7:1-11  
**Faith Story** Annie Thurber  
**Prayer**  
**Worship in Giving, and Children's Offering**  
*Christ Be Magnified*  
**Announcements** Eric Costanzo  
**Greeting Time**  
**Scripture Reading** Mark 11:15-18 Bill Harrington  
**Message** "The Week Before the Cross"  
 Eric Costanzo  
**My Response** *O Come to the Altar*  
**New Commitments - New Members**  
**Guatemala & Utah Mission Teams Commissioning**  
**Blessing**

## 10:50AM Worship

*Blessed Be the Name* Orchestra  
**Call to Worship** Job 19:25-27 Sean McKinney  
**Choral Worship** *My Redeemer Lives*  
*Come, Christians, Join to Sing*  
*I'd Rather Have Jesus*  
**Welcome** Seth Spoo  
**Old Testament Reading** Jeremiah 7:1-11  
**Faith Story** Annie Thurber  
**Guatemala & Utah Mission Teams Commissioning**  
*Speak, O Lord*  
**Worship in Giving and Children's Offering**  
*The Prayer with Lead Us, Lord* Ladies Ensemble  
**Announcements** Eric Costanzo  
**Greeting Time**  
**Scripture Reading** Mark 11:15-18 Bill Harrington  
**Message** "The Week Before the Cross"  
 Eric Costanzo  
**My Response** *Just As I Am (I Come Broken)*  
**New Commitments - New Members**  
**Blessing** - *Thank You Jesus for the Blood*



## Time Change

Kara Lee

Daylight Saving Time began at 2:00 a.m. Though the idea

dates back to Benjamin Franklin—who in 1784 humorously suggested that waking earlier in summer could conserve candle usage—the practice was not widely adopted until World War I, when nations implemented it to save fuel during wartime. Today, research shows DST produces minimal energy savings. Even so, it continues in many places, partly to extend evening daylight for leisure activities, and with the hope of reducing crime and traffic accidents.

However, evidence suggests the time change may do more harm than good. According to Johns Hopkins University, shifting the clock forward is associated with increased risks of heart attacks and strokes, mood disturbances, mental health struggles, higher hospital admissions, stress-related inflammation, weakened immune response, metabolic disruption, and even rises in fatal auto accidents and workplace injuries. A single lost hour of sleep and a one-hour disruption to our routines can significantly affect the body.

It is striking how difficult it can be to adjust to such a small change. For many, change of any kind is challenging. We fear it, resist it, and worry about what it might bring. Even positive changes—breaking a bad habit, starting a new opportunity, or pursuing personal growth—are often uncomfortable as we face the unfamiliar.

Yet change is unavoidable. Life brings both welcome and unwelcome changes: a new job, a difficult diagnosis, the birth of a child, the end of a relationship. Communities shift with construction projects or rising prices. Nations and the world experience natural disasters, policy changes, and global events. It can feel as though instability outweighs certainty.

However, scripture makes it clear that amid constant change, there is One who remains the same. Malachi 3:6 declares, "I the Lord do not change." Hebrews 13:8 affirms, "Jesus Christ is the same yesterday, today and forever." God's character, promises, and power are steadfast.

So as you wearily adjust to the time change, rather than lament that lost hour of sleep, be reminded and comforted knowing that whatever changes may occur in the coming days, God's presence, grace, mercy, faithfulness, and love for you will never change.

South Tulsa Baptist Church

## History Project

Are you a person who loves history and storytelling? If so, we'd love your help in telling the story of our church in new and creative ways. It was on Valentine's Day, 1982, that the original charter of South Tulsa Baptist Church was signed and our congregation became a permanent fixture here at 103rd and Sheridan. Since then, God has continued to do amazing things through our church - both in our community and around the world! Throughout this year, we will be working on telling our story in writing, on video, and in displays throughout our building. If you'd like to learn more about this project, please join us for an information meeting in the Pastor's Conference Room just after the 10:50 a.m. worship service today, March 8, or email [cindy@southtulsa.org](mailto:cindy@southtulsa.org) for more information.

## Annie Armstrong Easter Offering

The Annie Armstrong Easter Offering is the primary way Southern Baptists fund missions in North America. Gifts to the Annie Armstrong Easter Offering are used to train and resource missionaries in church planting and compassion ministries. Gifts are also used to create evangelism resources. New churches are being planted, hurts are being healed and lives are being transformed by the gospel because you give.

CEO Widows Ministry

## Food and Fellowship

CEO Widows Ministry will enjoy dinner together at their monthly Food and Fellowship on Monday, March 9, 4:00 p.m. at Albert G's Barbecue (located in Tulsa Hills). Hope to see you there! Dinner is Dutch treat.

## Getting to Know You

New Members of South Tulsa



Welcome to Becky Riggs who recently joined the church!

Becky was born and raised in Fayetteville, Arkansas. Her father was a professor at the

University of Arkansas, and her mother was a housewife, then substitute music teacher, and finally a church organist. She is the oldest of four children. She graduated from Fayetteville High School and then received bachelor's and master's degrees in music education from the University of Arkansas.

Music has been a major part of her life beginning with the graded choirs at church and school music programs, and she got to travel with vocal groups in high school and college. She taught vocal music at Siloam Springs High School for 33 years and retired in 2014. Most recently, she sang with the Symphony of Northwest Arkansas Singers for three years. Becky also enjoys sewing, quilting, knitting, crocheting, cross stitching, reading, and is a huge theater enthusiast.

Becky moved to Broken Arrow with her two cats, Emoji and Tinkerbelle, in August of 2025 after her responsibilities of caring for her father ended with his passing in 2024, and she wanted to be closer to family. Her brother, Jim Riggs, and his family are members of South Tulsa, and a former student, who is like a son to her, also lives in the Tulsa area.

## Game Night

Everyone is invited to an evening of games and fellowship on Thursday, March 26, from 6:00-8:00 p.m. in the Fellowship Hall! Bring your favorite game(s) - anything from Scrabble to Bananagrams to card games or anything in between - and a snack to share. If you play Mahjong, please bring all needed supplies for your group of 4 - instructions for new Mahjong players will not be provided. Please RSVP online if you will be attending. Childcare (babies-kindergarten) reservations need to be made by March 19 at [southtulsa.org/events](https://southtulsa.org/events).

## Men's Morning Prayer and Devotion

Men of all ages, please join us Thursday, March 12, 6:00-7:00 a.m. in the Chapel for a time of praying together and a small devotional. Coffee and donuts are provided!

## Church-wide Safety Training



Join us Saturday, March 21, 9:00-10:30 a.m. in Fellowship Hall for a Safety Training covering emergency preparedness for active threats, weather, and more. A light breakfast will be provided. Please RSVP at [southtulsa.org/events](https://southtulsa.org/events).

## Spring-O

Spring-O is going to be a fun-filled Spring Family Gathering for our whole church family! Join us Sunday, March 29, from 5:00-7:00 p.m. in the Gym for an evening of Bingo, table games, and activities for young children. We'll enjoy chicken fingers for dinner and Dippin' Dots, and everyone is invited to bring a side dish, cookies, or a dessert to share. Bingo winners will choose prizes, and we'll also have a "Guess the Candy" game, with jars of different types of candy to estimate how many pieces are inside. It will be a relaxed evening designed for all ages to enjoy fellowship, laughter, and a little friendly competition—we hope your whole family will come! To help us plan, please RSVP online and choose a side dish or dessert to bring and share, [southtulsa.org/events](https://southtulsa.org/events).

College & Young Adults

## Spring Retreat

Spring Retreat at Falls Creek Conference Center - April 10-12! Refocus, recharge, and have a lot of fun! There will be teaching, worship, break-out sessions, recreation, and more. College or not, all 18-24 year olds are welcome. Cost: \$35 (Early Bird Price only \$25 before March 13) includes lodging, meals, and activities. Please RSVP to Laura on GroupMe and register/pay at [tulsabcm.com/springretreat](https://tulsabcm.com/springretreat).

## last week

### GIVING

MFP Actual Receipts . . . . . \$3,064,667  
Ministry Financial Plan . . . . . 3,049,073  
General Fund . . . . . 73,855

### SUNDAY BIBLE STUDY

Adults . . . . . 490  
Students . . . . . 59  
Children . . . . . 89  
Preschool . . . . . 76  
Unclassified . . . . . 10  
Total . . . . . 724

### THE MINISTRY CENTER

Volunteers . . . . . 38  
People Helped . . . . . 137  
Showers . . . . . 67  
Hot Meals . . . . . 115  
Church . . . . . 17  
Needs: peanut butter, and canned protein.

### JENKS CAREPOINT

Volunteers . . . . . 48  
People Helped . . . . . 288  
Needs: teen boy suits, dress shirts, dress shoes, and ties.

### MINISTRY STAFF

Dr. Eric Costanzo, *Pastor*  
eric@southtulsa.org  
Kara Lee, *Director of Jenks CarePoint*  
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Phil Dark, *Minister to Senior Adults & Pastoral Care*  
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Laura McFarlin, *Associate Minister to College Students & Young Adults*  
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rebecca@southtulsa.org

### ON THE COVER

Malaysia Mission Trip