

# this week

## Sunday, July 5

8:30 a.m. Worship  
9:40 a.m. Sunday Bible Study - All Ages  
10:50 a.m. Worship  
6:00 p.m. Summer Family Gathering - Celebrating America 250!

## Monday, July 6

Church Offices Closed

## Tuesday, July 7

8:30 a.m. Missions Garage Sale Donation Drop Off  
5:30 p.m. Momentum ABKA Karate

## Wednesday, July 8

8:30 a.m. Missions Garage Sale Donation Drop Off  
10:00 a.m. Meals on Wheels  
6:00 p.m. Student Ministry Night on the Lawn  
6:30 p.m. Young Adult Group-*Unfiltered*

## Thursday, July 9

6:00 a.m. Men's Morning Prayer and Devotion  
8:30 a.m. Missions Garage Sale Donation Drop Off  
10:00 a.m. Adult Game Day, 7th Grade Set Out  
12:00 p.m. Weaving Ministry

## Friday, July 10

8:30 a.m. Missions Garage Sale Donation Drop Off  
2:30 p.m. Garage Sale Set Up

## Saturday, July 11

8:00 a.m. Missions Garage Sale, Gideons Meeting

## NO WEDNESDAY FELLOWSHIP DINNER

July 8, 2026

## Summer in PSALMS

Sunday, July 5 - Psalm 32  
Sunday, July 12 - Psalm 46



*"Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!"*

~ Psalm 32:11



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

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## 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.



**FROM HERE TO ETERNITY** - The Forever Family Sunday Bible Study class is starting a new study on July 12 called, "From Here to Eternity." The study will examine what happens to us after we take our last breath, with in-depth looks at Heaven and Hell. The study will run through the end of August. Please join us at 9:40 a.m. on Sundays in Room B122.

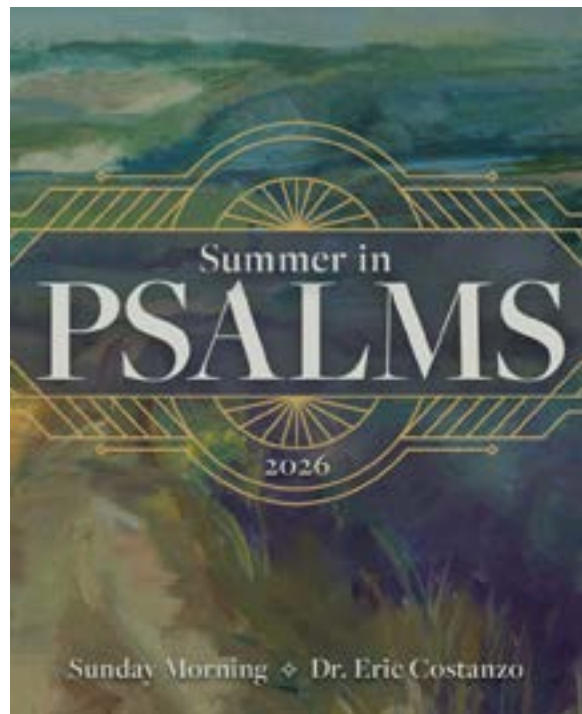
**MONTHLY MORNING OF PRAYER** - Join us for our morning of prayer on Saturday, July 18, at 9:00 a.m. in the Worship Center. We gather each month on the third Saturday. This month we will enjoy a time of worship and guided prayer for our nation.

**BRIDGE BUILDERS LUNCHEON** - We will not meet for lunch on Tuesday in July. Let's celebrate our country's 250th birthday with the whole church family tonight, from 6:00-8:00 p.m. Our next Bridge Builders Luncheon will be on Tuesday, August 4, at 11:15 a.m. in the Chapel, [southtulsa.org/events](http://southtulsa.org/events).

 **DOWNLOAD THE APP** - Do you have the South Tulsa App? It is an easy way to access helpful information about the church. Scan the QR to download.

**BAPTIST CHILDREN'S HOME BACK-TO-SCHOOL EVENT** - Tickets will be available for \$40 on Sunday mornings at the table in the Commons on July 12 & 19. The annual event fundraiser, "Love in Action" is on Saturday, August 8, 9:00 a.m. at the Stoney Creek Hotel in Broken Arrow.

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



# the channel

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## 8:30 AM Worship

**Welcome and Prayer** Seth Spoo  
**Call to Worship** Ephesians 1:7-10  
*Nothing but the Blood*  
*Living Hope*  
**Prayer for Our Nation** Eric Costanzo  
**New Testament Reading** Galatians 4:6-7  
**Worship in Giving and Children's Offering**  
*No Longer Slaves*  
**Announcements** Eric Costanzo  
**Greeting Time**  
**Scripture Reading** Psalm 32 Bob Ball  
*How Blest Is the One*  
**Message** "Summer in Psalms" Eric Costanzo  
**My Response** *How Deep the Father's Love for Us*  
**New Commitments - New Members**  
**Blessing**

## 10:50 AM Worship

**Welcome and Prayer** Seth Spoo  
**Baptism** - Jonathan Sweaney  
**Call to Worship** Ephesians 1:7-10  
*Nothing but the Blood* | *Living Hope*  
**Prayer for Our Nation** Eric Costanzo  
**Old Testament Reading** 2 Samuel 22:31-32  
*Eternal Father, Strong to Save*  
**Choral Worship** *God of Our Fathers*  
**Worship in Giving and Children's Offering**  
*Battle Hymn of the Republic*  
**Announcements** Eric Costanzo  
**Greeting Time**  
**Scripture Reading** Psalm 32 Bob Ball  
*How Blest Is the One*  
**Message** "Summer in Psalms" Eric Costanzo  
**My Response** *How Deep the Father's Love for Us*  
**New Commitments - New Members**  
**Blessing** - *Living Hope*



## Surrender

Cobey Mallow, College & Young Adult Ministry Intern

Recently, a group of us guys from the young adults group have been getting together to go through the book *Wild at Heart* by John Eldredge. The book has been convicting for me, and even though we're only two chapters in, it has already challenged me in several different ways.

For many years, I found myself searching for purpose and true fulfillment in this life. It's crazy to say that after growing up in church, right? You'd think that growing up in church and around all the "church people" would naturally teach you what it means to be fulfilled in Christ. At least, that's what I thought.

The truth is, I had no idea what it meant to fully surrender my life to Him. I viewed God as my Savior, but I only called on Him when I needed something—which was pretty often. Because of that, I would have told you I had a good relationship with God, but in reality, I was only seeking Him to fulfill what I wanted. That mindset led me to constantly search for fulfillment elsewhere. Looking back, I can clearly see that I wasn't surrendered to Him because once I found those other things, I forgot all about Him.

Long story short, I have learned what it truly means to surrender, and it's something I have to work on every single day.

To bring this back to the book, there are still areas of my life that I'm learning to surrender to Him. It's teaching not only me, but I believe all of us in this group, to identify the areas where we've allowed chaos to distract us from what truly matters. Instead, we're learning to create space for solitude with the Lord.

Fulfillment can look different in each of our lives, especially for us men. We often feel like we have to be so many different things that we forget our most important identity—to simply be a child of God.

*"As in water face reflects face, so the heart of man reflects the man"* (Proverbs 27:19).

## Celebrating America 250

### Summer Family Gathering - Today!



Join us this evening from 6:00-8:00 p.m. as we gather on the back lawn with church family and our community to honor the Lord and celebrate America's 250 years of independence! We'll enjoy great food, special music, fellowship,

and lots of fun! The church will provide an All-American dinner: hot dogs, watermelon, baked beans, and chips, plus birthday cake for dessert! We'll have plenty of activities and music for the adults. Kids will have fun with a foam party, face painting, temporary tattoos, and sidewalk chalk. Bring your own lawn chairs, blankets, pop-up canopies for shade, bug spray, sunscreen, etc. Kids may need a towel, water shoes, and clothes that can get wet. Bring your friends and family to join us for this wonderful evening.

## Men's Morning Prayer and Devotion

Men of all ages, please join us on Thursday, July 9, from 6:00-7:00 a.m. in the Chapel. We meet on the second Thursday to pray together, and a small devotional is also shared with the group. Coffee and donuts provided!

## Missions Garage Sale

On Saturday, July 11, the church is having a Garage Sale for Missions, and everyone can help! Clean out your closets and attics to gather all the great things that you no longer need. Donations can be delivered to the church beginning Tuesday, July 7. If you love to sort and organize, help us on Friday, July 10. The setup will begin at 2:30 p.m., and you are welcome to help when you're available. If you love a good barter, bring your best sales pitch, and help on Saturday, or simply stop by the Gym to shop from 8:00 a.m. to 1:00 p.m. All proceeds will go to our Mission Fund.

### Shining a Light on Jesus

## Vacation Bible School

We had an awesome week at "Illumination Station" VBS! Each day we poured God's love into 220 kids with the help of 120 adult and student helpers who planned, decorated, taught, served snacks, etc. Julie and Rebecca both want to say a very special thank you to everyone who was involved. It could not have happened without you! Our offering raised over \$2,400, which will be going to support ZAM (the Zomi Association of Malaysia). Thank you again to everyone who helped us Shine a Light on Jesus at VBS!

### CEO Widows Ministry

## Food and Fellowship

The CEO (Caring for Each Other) Widows Ministry invites the widows of our church to our monthly Food and Fellowship on **Monday, July 13 at 4:00 p.m.** This month we will eat at Chuy's Tex-Mex, the Tulsa Hills location (Dutch treat). Come fellowship with us.

## Golf Cart Ministry

Our golf cart ministry needs volunteer drivers for our Sunday morning services. Drivers welcome and provide rides to members and guests who may want assistance or to simply save a few steps to the church entrance. At present, volunteers are scheduled to drive one Sunday approximately every 4 to 6 weeks. For more information, please contact Jim Hill at [jhill-okla@cox.net](mailto:jhill-okla@cox.net) or (918) 409-5059.

## Greeter Ministry

Volunteers are needed to help greet on Sunday mornings. We especially need help just before the 8:30 a.m. service. Two door greeters are scheduled per service. Our desire is for greeters to serve once a month or every 6-weeks. Please contact Betty Jo Wohl ([bjwohl@cox.net](mailto:bjwohl@cox.net)) if you can help.



### Young Adult Ministry

## Rock Band Karaoke Night

Rock Band Karaoke Night is back at the White's house on Friday, July 10 at 6:30 p.m. Sing, play, or just sit back and

enjoy the show! Bring a snack to share. Don't miss the best karaoke experience in the state! RSVP on GroupMe.

## Collegiate Week

### at Falls Creek Conference Center - August 2-6

Collegiate Week is for college students and leaders who want to learn to passionately follow Jesus. Join thousands of students and leaders for 5 days that will change your life and help you be on mission with God. Please register by July 10. The cost is \$200 per person, [southtulsa.org/events](http://southtulsa.org/events).

## Unlock Your Spiritual Gifts with Jamy Fisher

Ladies, join us on Saturday, August 8, 3:00-4:30 p.m. in the Chapel for a Titus2gether Enrichment event, Unlock Your Spiritual Gifts. Jamy Fisher is a wife and mom who has served alongside her pastor husband, Todd Fisher (Executive Director-Treasurer for Oklahoma Baptists), for over 30 years. She will teach what the Bible says about spiritual gifts and help unlock ways to serve out our gifting. Child-care will be available for babies-kindergarten. Please register by 8/2 at [southtulsa.org/events](http://southtulsa.org/events). **Be sure to download the [Spiritual Gifts Survey](#) and complete before the event.**

## Kids Camp

Kids Camp is July 20-23, at Frontier Cove in Adair, Oklahoma for kids who have completed 3rd-6th grades. Throughout the week, we study Scripture, learn about missions, and have a blast with all the camp activities. The cost is \$200. Register at [southtulsa.org/events](http://southtulsa.org/events).

## last week

### GIVING

MFP Actual Receipts . . . . . \$4,382,463  
Ministry Financial Plan . . . . . 4,454,007  
General Fund . . . . . 53,653

### SUNDAY BIBLE STUDY

Adults . . . . . 481  
Students . . . . . 53  
Children . . . . . 83  
Preschool . . . . . 81  
Unclassified . . . . . 10  
Total . . . . . 708

### THE MINISTRY CENTER

Volunteers . . . . . 38  
People Helped . . . . . 155  
Showers . . . . . 58  
Hot Meals . . . . . 190  
Church . . . . . 26  
Salvations . . . . . 2  
*Needs: rice, beans, and corn.*

### JENKS CAREPOINT

Volunteers . . . . . 46  
People Helped . . . . . 363  
*Needs: school supplies.*

### MINISTRY STAFF

Dr. Eric Costanzo, <i>Pastor</i> <a href="mailto:eric@southtulsa.org">eric@southtulsa.org</a>	Dani Jones, <i>Student Ministry Associate</i> <a href="mailto:dani@southtulsa.org">dani@southtulsa.org</a>
Phil Dark, <i>Minister to Senior Adults &amp; Pastoral Care</i> <a href="mailto:phil@southtulsa.org">phil@southtulsa.org</a>	Kara Lee, <i>Director of Jenks CarePoint</i> <a href="mailto:kara@jenksarepoint.org">kara@jenksarepoint.org</a>
Julie DeYoung, <i>Minister to Families with Preschoolers</i> <a href="mailto:julie@southtulsa.org">julie@southtulsa.org</a>	Laura McFarlin, <i>Associate Minister to College Students &amp; Young Adults</i> <a href="mailto:lauram@southtulsa.org">lauram@southtulsa.org</a>
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Rebecca Johnston, <i>Minister to Families with Children</i> <a href="mailto:rebecca@southtulsa.org">rebecca@southtulsa.org</a>	Phillip White, <i>Minister of Administration</i> <a href="mailto:pwhite@southtulsa.org">pwhite@southtulsa.org</a>

### ON THE COVER

*Vacation Bible School*