

# this week

## Sunday, February 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. All-Church Mission Lunch  
4:00 p.m. Ladies Ensemble  
5:00 p.m. Student Super Bowl Party at Costanzo's  
5:30 p.m. College & Young Adults Super Bowl Party at McFarlin's

## Monday, February 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 Widows Min. Food & Fellowship  
6:30 p.m. GriefShare, Adult Handbells, Men's Ministry Game Night  
7:00 p.m. Conversation Cafe

## Tuesday, February 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, February 11

9:00 a.m.-1:15 & 6:00 p.m. ESL Classes  
10:00 a.m. Building All Children Playgroup  
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-*Jesus Speaks to Seven Churches*, FIT Ladies  
5:45 p.m. Bible Study and Prayer, Men's Galatians  
6:00 p.m. Student Worship, Men's Bible Study, College & Young Adult Group  
6:30 p.m. Kid's Missions - RA, GA, Mission Friends  
6:45 p.m. Worship Choir & Orchestra Rehearsal

## Thursday, February 12

6:00 a.m. Men's 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. ELP 3s Daddy Date Night, Music Ministry Ladies Night

## Friday, February 13

9:30 a.m. Early Learning Program  
10:00 a.m. Kindred Spirits Event

## Saturday, February 14

8:00 a.m. Gideon's Meeting

## WEDNESDAY FELLOWSHIP DINNER

February 11, 2026

Mexican - build your own tacos/salad, rice, queso, 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.



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

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



## more

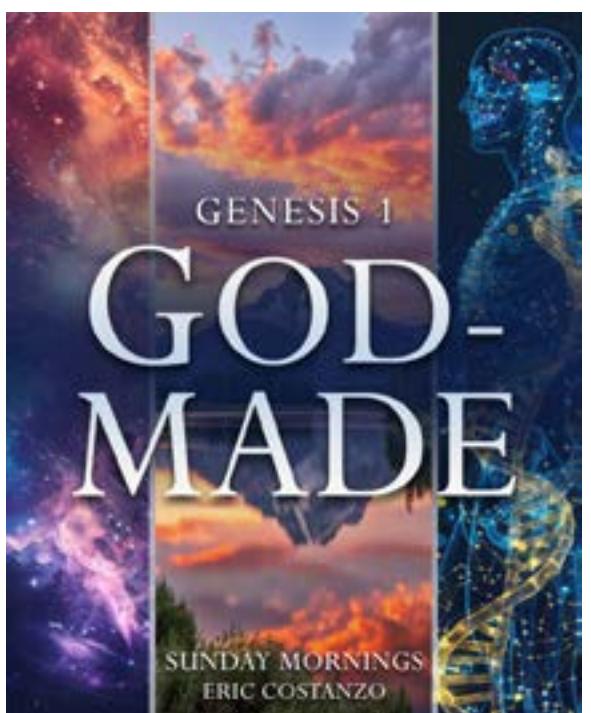
**WELCOME GUESTS** - We're glad you joined us! We would love to get to know you and/or pray for you. Fill out the form and submit prayer needs at [souhtulsa.info](http://souhtulsa.info). If you're worshiping with us today, we invite you to stop by our Welcome Area for Guests, adjacent to the Welcome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

**CEO WIDOWS MINISTRY FOOD AND FELLOWSHIP** - Widows, join us on Monday, February 9 at 4:00 p.m. at Oliveto Italian Bistro (91st & Memorial). Dinner is Dutch Treat. Hope to see you there!

**MIDDLE SCHOOL GIRLS DISCIPLESHIP** - Our discipleship class for 7th & 8th Grade Girls meets on 2nd & 4th Sundays from 5:00 to 6:30 p.m., in room C247-A. The middle school girls will begin a new study, *The Quest: Daring to Know the Heart of God*, by Beth Moore. In this study we will delve into Scripture to explore how God created us to seek after Him—a God who desires to be found and known. In this lifelong quest of faith, learn to develop your intimacy with Him and embrace the adventure that comes with living a life for God.

**ASH WEDNESDAY: FEBRUARY 18** - Ash Wednesday is the first day of the liturgical season of Lent. It always falls six and a half weeks before Easter. We will have our community-friendly Ash Wednesday services in the Chapel at three different times – 11:00 a.m., 12:00 noon, and 6:00 p.m. The services will be around 15 minutes long, with time at the end for optional silent meditation. We will have Scripture readings, music, a responsive reading, a short homily, and conclude with the application of ashes (optional). Everyone is welcome.

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



# the channel



## 8:30AM Worship

**Call to Worship** John 3:16-18 Michael Ware  
**God So Loved**  
**What a Beautiful Name**  
**Welcome** Phillip White  
**New Testament Reading** Matthew 6:25-27  
**Prayer**  
**Worship in Giving, and Children's Offering**  
**Only a Holy God**  
**Announcements** Eric Costanzo  
**Greeting Time**  
**Scripture Reading** Genesis 1:20-25 Teresa Powell  
**Message** Eric Costanzo "God-Made"  
**My Response** Beneath the Cross  
**New Commitments - New Members**  
**Blessing**

## 10:50AM Worship

**Call to Worship** Nehemiah 9:5-6 Marnie Copeland  
**Praise to the Lord, the Almighty**  
**All Creatures of Our God and King**  
**Welcome and Prayer** Phillip White  
**New Testament Reading** Matthew 6:25-27  
**Only a Holy God**  
**Choral Worship** And Can It Be?  
**Worship in Giving and Children's Offering**  
**Announcements** Eric Costanzo  
**Greeting Time**  
**Scripture Reading** Genesis 1:20-25 Teresa Powell  
**Message** Eric Costanzo "God-Made"  
**My Response** Beneath the Cross  
**New Commitments - New Members**  
**Blessing** - Only a Holy God

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## Shaped Over Time

Laura McFarlin

In the movie *Groundhog Day*, Phil Connors wakes up

to the same day again and again. He hears the same alarm, the same music, and has the same conversations and expectations. At first, it's funny, but after a while, Phil feels tired, frustrated, and angry. No matter how hard he tries, the day always starts over.

Maybe you can relate. Life is meaningful, but it can also feel repetitive. The days go by, but our routines stay the same and regardless of how hard we try, habits and challenges can resurface again and again.

The Bible speaks honestly about this feeling. In chapter 7 of Romans, the apostle Paul speaks to the reality of our weakness or ability to change ourselves. He admits that our efforts are limited, even when we mean well. By the end of the chapter, Paul reminds us that real change comes from depending on God, not just trying harder.

In Romans 8, the focus shifts from struggling on our own to finding freedom and life in the Spirit. Paul reminds us that God is with us, especially when we feel our limits the most.

This promise is important on days when we feel tired, when old problems come back, or when we feel stuck in the same patterns. We are not alone. God is working in us, around us, and often in ways we cannot see.

In the movie *Groundhog Day*, the repetition doesn't go away, but it changes. When Phil stops trying to control the outcome of the day, that same day becomes a chance for him to grow. In the same way, as we surrender to the Lord and allow Him to work through us, the Lord shapes us over time.

Romans assures us that nothing is wasted – not the hard days, the routines, or the long seasons. Our confidence is not in ourselves, but in God, who is faithfully continuing His work in us, shaping us through every repetition and trial.

## All-Church Mission Lunch

Join us today, February 8, after the second worship service for a wonderful barbecue lunch and great fellowship. Donations will be accepted and will help fund upcoming mission trips. If you placed an order for smoked meat, please pick it up today.

College & Young Adults

## Super Bowl Party

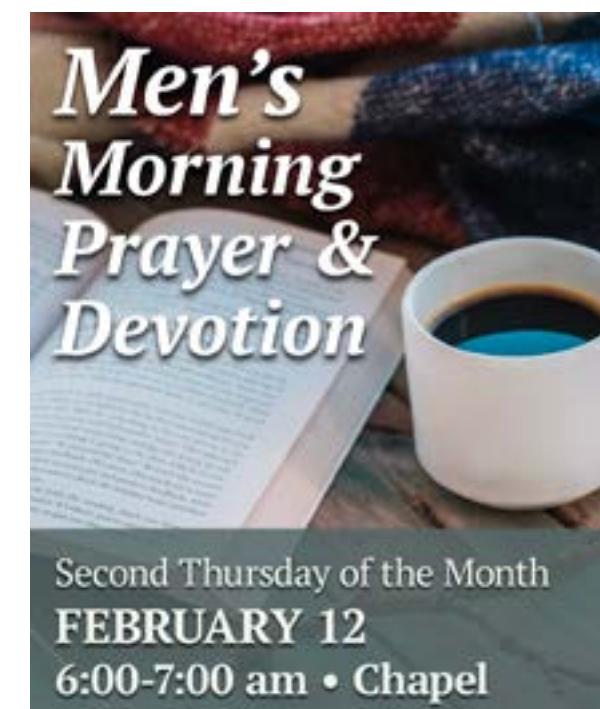
All college age and young adults are invited to gather at Laura McFarlin's home for a Super Bowl Party today, February 8 at 5:30 p.m. Please bring a snack to share.

## Bowling Night

Our College and Young Adults are going to Andy B's for VIB Bowling on Friday, February 27, from 7:00-9:00 p.m. \$20 covers bowling and shoe rental. Please RSVP on GroupME by February 11.

## Sunday Evening Worship

We will not meet tonight for evening worship.



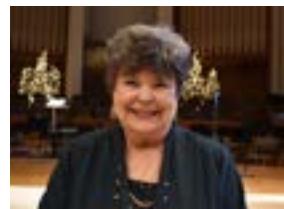
Music Ministry

## Ladies Bunco Night

Our next Music Ministry Ladies Bunco Night is this Thursday, February 12, from 6:30-8:30 p.m. in the Choir Suite. A sign-up sheet is at the table by the choir room doors. Join us for a great night of fun and fellowship!

## Getting to Know You

New Members of South Tulsa



Welcome to Carolyn Villalva who recently joined the church!

Carolyn grew up in Midwest City and studied at the University of Central Oklahoma.

She has two sons, one daughter, two stepdaughters, 10 grandchildren, and 11 great grandchildren. She is recently widowed and moved to Tulsa nine months ago. She is currently living with her son, Darin, who attends church with her.

Carolyn's favorite job was being the office manager for an animal hospital while living in Missouri. The doctor was a Christian as well as a few of the staff who were a joy to work with. She was there 11 years, retired and moved back to Edmond for eight years before moving to Tulsa. She loves to read and is enjoying being a part of the weaving group here and volunteering at the Ministry Center. She is a member of the Ruth's Open Door Bible Study class. She says, "I'm so grateful to find a church like South Tulsa Baptist. I love it."

## Gardening Tea Party

The Caring for Each Other (CEO) Widows Ministry invites the widows of South Tulsa to a Gardening Tea Party on Saturday, March 7 from 11:00 a.m. to 1:00 p.m. in the Chapel. Please let us know if you will be attending. RSVP by March 5 online at [southtulsa.org](http://southtulsa.org).



## last week

**GIVING**  
MFP Actual Receipts ..... \$2,775,945  
Ministry Financial Plan ..... 2,724,808  
General Fund ..... 115,297

### SUNDAY BIBLE STUDY

|                    |            |
|--------------------|------------|
| Adults.....        | 478        |
| Students.....      | 62         |
| Children.....      | 96         |
| Preschool.....     | 65         |
| Unclassified.....  | 10         |
| <b>Total .....</b> | <b>711</b> |

### THE MINISTRY CENTER

|                                    |     |
|------------------------------------|-----|
| Volunteers .....                   | 40  |
| People Helped .....                | 182 |
| Showers .....                      | 36  |
| Hot Meals .....                    | 117 |
| Prayed to Receive Christ .....     | 2   |
| Church .....                       | 14  |
| <i>Needs: men's new underwear.</i> |     |

### JENKS CAREPOINT

|   |     |
|---|-----|
| Volunteers .....  | 55  |
| People Helped .....   | 405 |
| <i>Needs: large boys or small men's formalwear (suits, dress shirts, slacks, sport coats, dress shoes, belts); girls short formals.</i> |     |

### MINISTRY STAFF

|  |  |
|--|--|
| Dr. Eric Costanzo, Pastor                                | Kara Lee, Director of Jenks CarePoint                  |
| eric@southtulsa.org                                      | kara@jenkscarepoint.org                                |
| Phil Dark, Minister to Senior Adults & Pastoral Care     | Laura McFarlin, Associate Minister to College Students |
| phil@southtulsa.org                                      | & Young Adults   |
| Julie DeYoung, Minister to Families with Preschoolers    | lauram@southtulsa.org                                  |
| julie@southtulsa.org                                     | Sean McKinney, Music Ministry Associate                |
| Lisa Fuller, Director of The Ministry Center             | sean@southtulsa.org                                    |
| lisa@ministry-center.org                                 | Karen Pirtle, Minister of Missions and Mobilization    |
| Kimberly Hayes, Director of Creative Ministries          | karen@southtulsa.org                                   |
| kim@southtulsa.org                                       | Seth Spoo, Minister to Families with Students          |
| Dr. Zack Hudson, Associate Pastor & Minister to Families | seth@southtulsa.org                                    |
| zack@southtulsa.org                                      | Michael Ware, Minister of Music                        |
| Jesse Johnston, Pastoral Care and Chaplaincy             | mware@southtulsa.org                                   |
| jesse@southtulsa.org                                     | Phillip White, Minister of Administration              |
| Rebecca Johnston, Minister to Families with Children     | pwhite@southtulsa.org                                  |

### ON THE COVER

Sunday Morning Welcome