



The *Southwesterner*

VOLUME XLIX | NUMBER 29

ATTENTION & DISTRACTION

This week I finished reading Mason King's book, *A Short Guide to Spiritual Disciplines: How to Become a Healthy Christian*. He mentions that attention is an integral part of spiritual growth and maturity. Distraction is the enemy of our attention. Some distractions are unavoidable, but we often invite more distractions into our lives. One of the places we are most guilty of this is through our devices. King suggests three ways that we might take back control of our attention and give it to God.

- **"Fast from digital environments.** For a period of time each week, try to live life like you don't have the Internet or a phone. Give yourself this space to look up instead of down. Turn your phone off for part of the day, or one day a week, or in airplane mode to be present to the moment. When we voluntarily deprive ourselves of something, we create space to pay attention to our lives. When we fast from digital connection, we are reminded of the beauty within embodied relationships. We value presence with our people over disembodied notifications."
- **"Create meaningful friction.** Good ideas make hard things easier. At this point in history, we're not looking to make hard things easier so much as to make daily life effortless. A life free of burden and built on ease is not a flourishing Christian life. Technology is built on access, convenience, and fewer steps to checkout. Christianity comes with denial of self that God is honored in our minds, emotions, and actions. Technology enables faster fulfillment of our desires. Christians discipline their compulsions by inserting friction to mature our desires. Just because we want it and can buy it, doesn't mean we should. The scrolling only refreshes; we have to opt out."
- **"Be spiritually expectant.** What's the draw of tech? Novelty. Where daily life can feel monotonous or boring, an endless stream of new things introduces surprise and anticipation into our days. When we lose the expectation that reality will reward our attention, we escape into the digital. We are digitally expectant. How many of us are waiting on the Lord in our daily lives like this? How many of us are as spiritually expectant as we are digitally? Are we so distracted and conformed by the world that we live entitled to entertainment rather than expecting to encounter God? Rather than live through a screen, we have the opportunity to cultivate beauty through our embodied presence. We can actively pray and expect that He hears and responds to His children."

This week, let's strive to be fully present with the people around us and the God we love. Let's put our attention where it should be. - Brian

My son, be attentive to my words; incline your ear to my sayings. (Proverbs 4:20)

July 20, 2025



Elders

Jeff Butler

Greg Hatton

David Hendricks

Richard Howard

Brent Lowe

Butch Platt

Ministers

Brian Lewis

Thorin Turner

Kyle Wilson

Secretary

Dana Chilcoat

Family Matters

Brian Wingard, 3 year old grandson of Travis and Jeannie, will have surgery on both eyes in Oklahoma City on July 22nd. Please keep him and his parents in your prayers.

Jeff Cooper is having some heart issues at this time and was taken to the Oklahoma Heart Hospital South. Please keep him in your prayers.

Glendel Hatton had knee replacement surgery on Tuesday and everything went great. Please keep him in your prayers.

Sam and Sarah Austin's uncle, Charlie, had several procedures done during his heart surgery on Tuesday in Kansas. Please keep him in your prayers.

Ardith Sumpter was admitted into the hospital in Plano, TX with some health issues. Please keep

The elders would like to announce that we are considering installing two new deacons on the **27th of July** after morning services. Jeff Morris is being considered to be deacon over adult education and Matt Bryant is being considered to be a deacon to serve with the current service coordination deacon. If anyone has a scriptural reason that either of these men should not serve as a deacon, please submit a signed letter stating those reasons to the elders before **July 25th**.

1 Thessalonians 5:17

"Pray without ceasing."

Please continue to pray for...

Dona Phippen, Lea Crain, Barbara Cannon, Susan Pickle, Glenda King, Pat Morgan, Jana & Stacey Stewart, Ken & Wanda Roper, Myrtie Clarke, Nash Gilliam, Betty Gerth, Barbara Hataway, Sherry Price, Barbara Lewis, Randy Hall, Ronald Trent, Sue Silkey, Shirley Love, Katie Meaders, Johnnie Sing, Cherry Bennett, Shirley Perry, Pattie Mitchell, Debbie Harber, Warner Fleck, Randy Wilson and Thayne Consequellos.

Happenings

Church Events & Announcements

If you make any kind of special contribution or memorial for Southwest, please use one of the **Special Contribution envelopes** before putting it in the contribution plate. They are now located in a rack on the welcome desk. Also, please label your check or the envelope as to what your contribution is intended for. This will help your contribution get to the appropriate place that you intend for it to go to.

The **Yellow House** will hand out food on Monday, **July 21st**, from 8am - 10am. Helpers this month are: Carolyn Pults, Bill Young, Cindy Geiger, Tommy Myers, Kim Simpson, Chuck Love, Debra Provence, Janna Byrd, & James Bryant. Please see Chuck Love if you are unable to help.

The **Ladies Prayer Group** will meet next on Sunday, **July 27th**, at 4pm in room 111.

There will be a breakfast for the widowers and single men on Tuesday, **August 5th**, in the fellowship building.





July at a Glance

- 01 Widowers' Breakfast
- 04 Independence Day (Office Closed)
- 06 Youth Group Meal/Fellowship
- 07 AWTG (Newalla)
- 13 White's Baby Shower,
Ladies Prayer Group
- 13-18 PTC (Lewisville, TX)
- 16 Food Pick Up for Yellow House
- 20 Youth Group Meal/Fellowship
- 21 Yellow House,
AWTG (South Walker - OKC)
- 26 God's Girls
- 27 Ladies Prayer Group,
Youth Group Meal/Fellowship
- 28 AWTG (Northridge - OKC)
- 29-01 Eagles Camp (Blanchard)



TEENS AND YOUTH

July 20th

Youth Group
Meal & Fellowship

July 21st

AWTG at
South Walker (OKC)

July 28th

AWTG at
Northridge (OKC)

July 29th - August 1st

Eagles Camp
(Youth Group Boys)
at Blanchard

August 4th

AWTG at
Eastside (Midwest City)

Birthdays of the Month

- 07/20 Jenni Trekell
- 07/21 Becky Lillard, Carolyn Preble
- 07/22 Macey Eck, Stacey Morris,
Lakelynn Vass
- 07/25 Chris Kaiser,
Kallaway Martin
- 07/26 Bailey Trekell

Happy Anniversary

07/26 Jared & Kellie Hudson

**PRAY FOR OUR
SERVICE MEN & WOMEN**

Heaven Allen Hunter Wilson
Michale Perry Clay Wilson Jr.
Josh Higginbottom
Frank Holsapple Jr.

YOUR WORD IS
A LAMP TO MY FEET AND
A LIGHT TO MY PATH.

PSALM 119:105

2025 Daily Bible Readings

- 7/20 - Ezra 8-10, Psalm 47
- 7/21 - Nehemiah 1-3, Psalm 48
- 7/22 - Nehemiah 4-6, Psalm 49
- 7/23 - Nehemiah 7-9, Psalm 50
- 7/24 - Nehemiah 10-11, Psalm 51
- 7/25 - Nehemiah 12-13, Psalm 52
- 7/26 - Esther 1-5, Psalm 53
- 7/27 - Ezra 6-10, Psalm 54



Adults

David McMillin

The Gospel of John

Jeff Butler

The Gospel of John

Room 100

David Dirrim

Adult Bible Class

Fellowship Building

Drew Adams

Characters of the Cross

Room 111

College Group

Kyle Wilson

Room 107

Youth Group

Thorin Turner

Room 101

Elementary

5th - 6th grades: Room 104

2nd - 4th Grades: Room 102

K - 1st Grade: Room 105

Preschool

3's & 4's: Room 112

Toddlers, 2's & 3's: Room 114

Babies: Room 113

For the Record: 07/13/2025

Bible Study	161
AM Assembly	247
PM Assembly	122
Wednesday PM	143
Contributions	\$11,752
Budget	\$15,738

SERVING THIS WEEK

Sunday Morning:

Song Leader: Kyle Wilson
Opening Prayer: Mark Clark
Closing Prayer: Ronnie Osborn
Scripture Reading: Jared Hudson
Lord's Supper Thoughts: Richard Howard
Communion: Sam Austin, Matt Bryant,
Brad Butler, Jag Frye, Cale Hudson,
Todd Martin, Cody Reynolds, Mark Tinsley
Alternate Communion: Beau Griffin & Keith Nail
Balcony Communion: Jared Griffin & Hunter Nickell
Nursing Home Communion: Mark Coleman
Attendance Counter/Safety Team Walk: Josh Nail
Attendance Recorder: Dee Hensley & Karan Huddleston
Safety Team Camera **AM/PM**: James Bryant
Service Coordinator: Quaid Clark & Tyler James
Sound Booth **AM/PM/Wed**: Toker Dennis & Garrett Hatton
Welcome Desk (July): Brent & Diana Lowe
Greeters (July): Cody & Tiffany F. / Alan & Kim S.

Sunday Evening:

Song Leader: Kyle Wilson
Opening Prayer: Kerry White
Closing Prayer: Mark Coleman
Attendance Counter/Safety Team Walk: Josh Nail
Communion: Chuck Love & TBA
Service Coordinator: Quaid Clark & Tyler James

Wednesday PM:

Song Leader: Justin Lane
Announcements/Opening Prayer: Dusty Dennis
Closing Prayer: Joe Dirrim
Summer Series Lesson
Attendance Counter/Safety Team Walk: Keith Nail
Safety Team Camera: Trevor Manuel

ORDER OF WORSHIP

Welcome
Shine Jesus Shine
Scripture Reading: Revelation 1:7-8
Prayer
Cornerstone
Firm Foundation
Pierce My Ear
Thoughts From the Cross: Richard Howard
Father God
Communion
Lord Reign in Me
Contribution
Prince of Peace
A.M. Lesson: You've Got Mail
When the Roll is Called
Announcements
Wonderful Merciful Savior
Prayer

P.M. Lesson: Dead Bones That Live

An elder and his wife are available in room 107 during each invitation.

Shepherd July: Greg Hatton
Supporting Shepherd & Wife: Butch & Denise Platt

July Contribution Counters:
Drew Adams, Kevin Graham, Drew Graham

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ONLINE GIVING



Sunday

Bible Classes - 9:00 a.m.
Morning Worship - 10:00 a.m.
Evening Worship - 5:00 p.m.

Tuesday

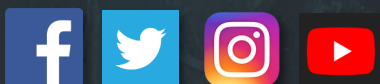
Ladies Bible Class - 10:00 a.m.
(Class does not meet during summer)

Wednesday

Bible Classes - 6:30 p.m.

Worship & Classes Online

facebook.com/swcocada
youtube.com/swcocada



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