



# CROWN HEIGHTS CHRISTIAN CHURCH

February 2026

## Aaron's Alley

### Finding Rest in the Rhythm of Grace

In the quietest hours of the morning, before the world awakened, Jesus slipped away to be alone with the Father (Mark 1:35). When the crowds pressed in and the demands multiplied, He withdrew to solitary places to pray (Matthew 14:13). Before making important decisions, He spent entire nights in communion with God (Luke 6:12-13).

If our Savior—the very Son of God—needed to step away, to rest, to be restored by God and in God's presence, how much more do we?

We live in a world that celebrates busyness, that measures our worth by our productivity, that whispers we must always be available, always achieving, always on. But this is not the rhythm God designed for His beloved children. From the very beginning, He wove rest into the fabric of creation itself—a Sabbath, not as restriction, but as gift.

Jesus models for us what true self-care looks like: not indulgence or escapism, but intentional withdrawal into the presence of God. It is there, in the quiet places, that our souls are restored. It is there that we remember whose we are. It is there that we find the strength to love and serve from a place of fullness, rather than depletion.

Perhaps today, the most faithful thing you can do is rest. Perhaps the greatest act of trust is to set down your burdens for a moment and remember that God holds the world—and you—in His capable hands.

You are not called to carry everything. You are called to abide.

So I invite you, dear ones, to follow Jesus into the quiet. Create space for Sabbath in your week. Guard moments of stillness as sacred. Let prayer become your refuge and God's presence your restoration. This is not selfish—it is essential. This is not weakness—it is wisdom.

May you find rest in the rhythm of grace, knowing that in God's economy, stepping away is sometimes the most important step forward.

Blessings,  
Pastor Aaron

## A Message from Madison

During the month of February our youth will spend a few weeks studying the Book of Acts. We will look at how the early church grew and spread throughout the world from just small acts like kindness or acts of service. This reaction is referred to as the "Ripple Effect". One group of people have the power and ability to create a huge impact. One of the people in our community who created a big wave was Clara Luper.. Clara Luper, a teacher for the OKC public schools, lead students of the NAACP Youth Council in the nations first sit-in at Katz Drug Store right here in Oklahoma City. This sparked a sit-in movement across the United States. Marilyn Luper-Hildreth, Clara's daughter, said. "You don't have to be old and make a change. You can be young and make all the changes you want to, but you have to have stick-to-itness and determination and faith."

During our Wednesday night youth group "Rooted" our students will hear from one of Clara Luper's students Joyce Henderson. According to Voices of Oklahoma "Joyce Henderson was an Oklahoma City high school student in the mid-1960s. She served as the song leader on Saturday mornings at Calvary Baptist Church when the city's civil rights giants gathered to plan marches and protests across Oklahoma City. Henderson's early work with the NAACP was helped by her relationship with one of her high school teachers, Clara Luper. Luper also chaperoned Joyce and a large group of black students who attended the 1963 March on Washington where they heard Martin Luther King Jr., deliver his "I Have a Dream" speech. Clara became Joyce's teacher, mentor, and personal guidance counselor. Joyce is featured in Children of the Civil Rights, a documentary film, along with others who participated in the sit-in movement in Oklahoma City."

Now you can visit the Clara Luper Sit-In Plaza, off Robinson and Main, which features a 4-ton bronze reproduction of the lunch counter and life-sized statues of Clara Luper and her students — and an empty seat for visitors, so they can interact with the art. Our Youth will head to the plaza after church on February 22 nd .

My hope is that our youth are inspired to continue to do what the Lord requires of you, to do justice, embrace faithful love, and walk humbly with your God. Small acts of kindness and love can and will create big waves if we do so with God's love and walking in the way of Jesus.  
~Madi

**SAVE THE DATES!**

**Pack the Pantry - February 8th**

### Ash Wednesday Services

Parking Lot Service -- noon - 1pm

Dinner 6:00 in the Fellowship Hall  
Worship Service in the sanctuary 6:45

**How about some FUN!!**

**Mahjong** - last Friday of every month in the Fellowship Hall  
6pm, casual, brown bag style

**Book Club - 1st Sunday of each month at 5pm**

March 1 - Mad Honey by Jodi Picoult & Jennifer Finney Boyland

April 5 - The Other Valley by Scott Alexander Howard

May 3 - Theo of Golden by Allen Levi

June 7 - The Life List by Lori Nelson Spielman

## Special Offering Week of Compassion

**A New Way - Elevating Homes and Hope**

<https://www.weekofcompassion.org/>

February 15th and 22nd

Happy Valentine's Day



**Valentine Luncheon  
hosted by the Youth Group  
William, Fabian and Kayli  
Florez and  
Joseline and Nahlani  
Umutoni**