

GOD'S PEOPLE DOING GOD'S WORK IN GOD'S WORLD

DECORATIONS TO COME DOWN

What goes up must come down. Our church is no exception! We would like to have all the Christmas trees; wreaths; and other Christmas decorations packed up for another year.

How do we plan to do this? If everyone would stay after worship on January 3 to help it should not take more than an hour. **NO LUNCH WILL BE SERVED!**

If we can get up from the pews and get busy, then all the ornaments can be put on the tables in fellowship hall. On Monday morning, January 4, at 10:00 am if volunteers who do not work outside the home, will come and gently box the decorations then we will have them for another year. If many people will come to help we will probably be through by noon. The scouts will pick up the trees and take them back to the scout hut that evening.

All this looks good on paper, now let's see if it can work!

Your Worship Committee,
Submitted by Martha Coker



Remember to check our website for updates on schedule changes & coming events. You can read your newsletter which is posted regularly. You can also find most anything you'd like to know about the history of the church, officers of the church and the list goes on and on. Please take a moment and check it out at www.fpcduncan.com.



January is a time for many to make resolutions to change their life. Often those resolutions are forgotten before the month is over. One might consider an alternative: efforts directed towards tweaking the important numbers of your life in order to effect a difference in your overall health. Here follows the suggested numbers for a positive year ahead:

- 1) A blood pressure of 115/75. Hypertension left unchallenged can steal a decade of quality life. Monitor this number monthly at the same time in the same manner.
- 2) A blood sugar of less than 100 after an overnight fast and less than 125 when not fasting. The fat around the waist can block insulin's ability to work and increases the blood sugar, putting one at risk for diabetes.
- 3) A resting heart rate of 83. Check your pulse before you get out of bed in the morning.
- 4) A C-reactive protein (CRP) level of 1. This is a measure of inflammation, sometimes referred to as "the rusting of tissue". Obviously a higher number is cause of concern indicating a variety of diseases.
- 5) A cholesterol ratio of 2:1. That's LDL to HDL. This is more predictive of heart disease than the total level
- 6) A waist size of less than ½ your height. The fat gathered around the waist causes inflammation which drives many of these important numbers in the wrong direction.
- 7) A bone density level of -1. This number is determined by a DEXA scan which provides a T score.
- 8) A vitamin D level of 30. A deficiency in this vitamin may indicate an increased risk for heart disease, cancer, multiple sclerosis, and/or immune disorders in addition to osteoporosis.
- 9) An Omega-65 to Omega-3 ratio of 4: 1. These ESSENTIAL fatty acids are not produced in the body but are necessary for building cell membranes and nerve insulation.

As usual, the parish nurse can answer some of your questions. While there are a number of actions which can correct any deviation from these numbers, only your health care provider can guide your direction.

Joanne Flanders, MS, RN - Parish Nurse

PRAYER CORNER

*Let us keep our friends and family
in our prayers*

- *Justin Ezell - Army
- *Matthew Fleming - Marines
- *Capt. Michael Pruden - Marines
- *Jason Kramer - Army

Jimmy & Rachel Livingston

Sam Thompson

Imogene Dove

Pat Winn

Bob McKee

Ron Twelves

Tom Carey

Susie Grantham

Ann (Helms family)

Jessica Jones

Josie Brown

Larry Presgrove

Martha Copland

Lu Morgan

Mary Cearley

Chase O'Byrne

Al Hruby

Helen Sue Lowe

Carroll Goss

Doris Stokes

Dora Kirk

Colleen Pollock

Lucille Fleming

* Currently serving our country



Our Prayers of Comfort
and Sympathy for the
family of Marguerite English

who passed away

December 30, 2009



THANK YOU

I want to send a huge "Thank You" to all of you at the First Presbyterian Church. Each of you will always have a place in my heart. I want you to know how much I appreciated your help and Christian fellowship. I entered as a stranger and you took me in. I left wrapped in warmth and kindness from your good and gracious hearts. I am so very privileged to count you as my friends.

Again, Thank You. Sue Horning

THANK YOU

Thank you all who have been praying for mother and for me following our surgeries and recovery time.

Colleen Pollock & Dora Kirk

THANK YOU

Dear Friends,

As you probably know I'm in Granbury, Texas in a Rehab unit and doing good so they tell me. I am walking with a walker but still not able to use my left arm & hand. I wanted to thank everyone for their thoughts, prayers, cards & visits. One of these days before long maybe I can come home & see you all.

Sincerely, Carroll Goss

THANK YOU

Dear Friends,

Thank you very much for your kind gift of 208.33 we received in today's mail. Your gift truly makes a difference in this ministry & the lives of the young men we serve.

Your Servant in Christ,

David L. Dearinger, CEO Goodland Academy

REMINDER TO BRING:

Campbell Soup labels, box tops for schools coupons, empty pill bottles, aluminum pull tabs and empty ink jet cartridges to the church office to help others in need.

Send Your Cards & Letters to:

Ted Legg
St. Simion Assisted Living
3701 No. Cincinnati #1019
Tulsa, Oklahoma 74106

THANK YOU

Christians Concerned sincerely thanks the First Presbyterian Church and the Women of the Church for contributions made in December.

Christians Concerned helps others because we believe God calls us to care. We consider it a privilege to do what we can to meet the needs of others in the name of Jesus Christ.

God Bless and keep you

**OFFICERS OF FIRST PRESBYTERIAN CHURCH
DUNCAN, OKLAHOMA**

ELDERS

<u>Class of 2009</u>	<u>Class of 2010</u>	<u>Class of 2011</u>
Dan Flanders	Martha Coker	Jenna Bentley
Beverly Moody	Peggy Gilchrist	Steve Reasor

DIACONATE

<u>Class of 2009</u>	<u>Class of 2010</u>	<u>Class of 2011</u>
LaJuan Fleming	Joan Drake	Bennie Drake
Vicki Zimmerman	Sally Barthell	Mike Grantham
Mary Ann Kaminski		

Treasurer: Linda Helms **Asst. Treasurer:** Jerry Fleming

'Love is what's in the room with you at Christmas if you stop opening presents and listen.' Bobby – age 7

**DEADLINE FOR NEXT FAW ENTRY IS
JANUARY 22nd**

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Assistant Treasurer
Jerry Fleming 252-9559

Organist/Choir Director
Hollie Hill-Le hhpianostudio@yahoo.com

Custodial Engineer
Nancy Postlethwaite 252-6522

Parish Nurse
Jo Flanders 255-7198

Webmaster
Lynn Wienck 252-4471

Newsletter "Faith - At - Work"
Sally Barthell 470-9933
email: salsroom@jimbarthell.com



First Presbyterian Church
"FAITH - AT - WORK"



704 West Ash Avenue
Duncan, Oklahoma

Issue 01

January 2010

How strange to bring in the New Year without a Christmas Eve service! There were so many individuals who had worked so hard to bring about a beautiful and meaningful worship service. It hurt to have to cancel it, but I know you understand.

Many (many) years ago, I attended a youth leaders workshop featuring Jim and Jean Strathdee. They are internationally recognized concert artists, worship and song leaders who have written hundreds of hymns, songs and anthems.

One of my favorite songs of theirs is called "I Am the Light of the World." The words are as follows:

Chorus:
"I am the Light of the World.
You people come and follow me.
If you follow and love, you'll learn the mystery
Of what you were meant to do and be."

"When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and shepherds have found their way home,
The work of Christmas is begun!"

The work of Christmas. We have Christmas work to do! Not any planning for worship, or baking or wrapping gifts, but real work. The work of Christ who is among us. We have made so much progress in our time together. I am looking forward to seeing what God has in store for us for 2010. As we look ahead, we can keep the other verses to this wonderful song before us:

"To find the lost and lonely one,
To heal the broken soul with love,
To feel the hungry children with warmth and good food,
To feel the earth below the sky above!

"To free the prisoner from his chains,
To make the powerful care,
To rebuild the nations with strength and goodwill,
To call a man your brother everywhere.

"To bring hope to every task you do,
To dance at a baby's new birth,
To make music in an old man's heart,
And sing to the colors of the earth!

Let us remember the work of Christmas as we move into 2010. May you see God's blessings in all that lies ahead.
Tracy

JANUARY 2010 ISSUE



RETURN SERVICE REQUESTED

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