



FEBRUARY 2009

Ushers: Vicki Zimmerman & Mary Ann Kaminski
 Presby Cab: Bennie Drake
 Hospital Visitor: Mary Ann Kaminski
 Liturgist: Martha Coker
 Thank You to our January Liturgist, Dan Flanders

SUN	MON	TUE	WED	THUR	FRI	SAT
1 9:00am Disciples Class 9:30am Sunday School 10:30am Fellowship 10:45am Worship 4:00pm Calvin Institute Discussion Group.	2 10:30am Staff Meeting	3 6:00pm Fellowship and Renewal Mtg	4 6:00pm Worship and Music Meeting 7:00pm Choir Practice	5	6	7
8 9:00am Disciples Class 9:30am Sunday School 10:30am Fellowship 10:45am Worship	9 10:30am Staff Meeting	10 5:30pm Mission Committee Meeting 5:30pm Diaconate Meeting	11 7:00pm Choir Practice	12 1:30pm Circle II Mtg.	13 9:30am Circle I Mtg.	14 Valentine's Day
15 <i>Tracy Evans 1st Day</i> 9:00am Disciples Class 9:30am Sunday School 10:30am Fellowship 10:45am Worship Youth Food Harvest (Canned Fruit) Noon-Soup Lunch Fundraiser	16 10:30am Staff Meeting Noon-Health & Safety Meeting <i>Presidents' Day</i>	17 6:30pm Session Meeting	18 Noon – Birthday Lunch @ El Palacio 7:00pm Choir Practice	19 5:30pm Witness & Evangelism Mtg	20	21 Faw Entry Deadline
22 <i>Transfiguration of The Lord</i> 9:00am Disciples Class 9:30am Sunday School 10:30am Fellowship 10:45am Worship	23 10:30am Staff Meeting	24 6:00pm Property & Maintenance Meeting	25 <i>Ash Wednesday</i> 7:00pm Choir Practice	26	27	28

Happy February Birthday!

Let's Pray Prayers of Joy for These People on Their Special Day!



02/01 Marlin Holtmyer	02/21 Robin Caldwell
02/03 Bob Bentley	02/21 Jeanie Perkins
02/04 Rachel Stephenson	02/21 Chance Steil
02/11 Lois Harris	02/22 Perri Presgrove
02/12 Vicki Zimmerman	02/23 Dale Pollock
02/18 Jack Frost	02/27 Rachel Livingston

If we missed your Birthday, please let us know.

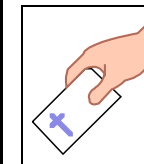


A lunch honoring February Birthdays will be held at El Palacio at noon on Wednesday, February 18th. Please call in your reservation to the church office.



A Reminder From

The Stewardship Committee



Have you forgotten to send in your pledge card? If so, please do it soon, so we can adjust our budget for the rest of the year.

We are expecting a year where we can work together to do God's will in harmony with one another. Please prepare yourself to be a part of this exciting plan.

May God bless you,
Steve Reasor –
Chairman, The Stewardship Committee

THERMOSTAT ADJUSTMENTS

Please do not adjust the thermostats in the church as sometimes that can cause a problem in heating or cooling the entire building properly.

If you feel the temperature needs to be adjusted, please contact one of the ushers who in turn will pass your concerns on to a member of the Property and Maintenance Committee to make the necessary adjustments.

Thank you,
Bennie Drake, Chairman,
Your Property and Maintenance Committee

SANCTUARY FLOWERS

Word was received earlier that Dillard Florist was no longer able to take care of the sanctuary arrangements. Added Touch in Chisholm Mall has been contacted to do our arrangements. They will be delivered per usual on the Friday preceding the first Sunday of the gift. There are still some dates left in 2009 to place flowers in the sanctuary. Please check the "Flower Schedule 2009" binder on the coffee table in the Narthex.

Thank you so much, Martha Coker



SHARE YOUR THOUGHTS

If you are reading the Calvin Institutes and would like to enter into a discussion about the work, you are invited to attend an informal discussion at 4pm Sunday, Feb 1 in the Fellowship Hall. We will determine future meeting times by consensus of those in attendance. Please come and share your thoughts or questions on this very important document. It is one of the foundational pieces in our congregation.

Rosella McQuain

SIGN IN PLEASE

In order to better serve our congregation it is important that you, as a member of the congregation or a visitor, **sign the Welcome Register** each time you attend **Worship Service**.

You will find the Welcome Register on the center aisle side of your pew. Please sign it and pass it down the pew for others to sign; then return it to the aisle seat.

Thank you for your cooperation

Food Collection Outreach

As an extension of the Children's Food Harvest where food is collected during church service monthly and then presented to Christians Concerned for distribution, **there is now a concentrated and joint outreach effort for food collection** during the first quarter of 2009 – at a time of year when needs are great. On behalf of this outreach, phone calls will be made to church members to encourage and remind them to bring food on children's Food Harvest Sunday. A member of the church will then deliver the food to the Christians Concerned storage area.



This small mission provides us with the opportunity to give unselfishly to those in need without expectation of thanks. As part of the good news of the Gospel, we are called to meet the needs of others transparently – not preaching the Gospel, but living the Gospel.

Please prayerfully consider this request and strive to support this effort.



After 50 years of research and advancements, heart disease is still the nation's #1 cause of death! Every 35 seconds, someone dies from cardiovascular disease—that translates to 2500 deaths/day or almost 1 million Americans each year (more than cancer, accidents and AIDS combined). Oklahoma is the 3rd highest state in this statistic considered to be an epidemic level.

In 2006, 483,800 women died of heart disease—that's more than 11 times the number (40,410) who died of breast cancer. These numbers verify that 1 in 5 females has some form of cardiovascular disease.

Contributing factors to these statistics are: genetics, smoking, diabetes, high cholesterol and obesity. Additionally, one cardiologist states that patients don't trust pharmaceuticals and consequently don't take their meds as instructed. He also mentioned that people connect smoking to lung cancer when instead it is a preventable cause of heart disease. In the past, little research and attention were given to women—research subjects were overwhelmingly male. Now the findings indicate that women are more difficult to diagnose; their symptoms become more evident only when they are older; and their arteries are smaller which means that treatments may be less successful. These findings identify 3 areas of treatment: intervention; medicated stents; and prevention. If a healthy lifestyle is practiced (no smoking, healthy eating habits, exercise, lower blood pressure and managing diabetes), the first 2 treatment areas may be avoided.

Most important, know your numbers!!!
Joanne Flanders, Parish Nurse

Reminder to bring:

Campbell Soup Labels, box tops for schools coupons, empty pill bottles and empty ink jet cartridges to the church office.

Walking



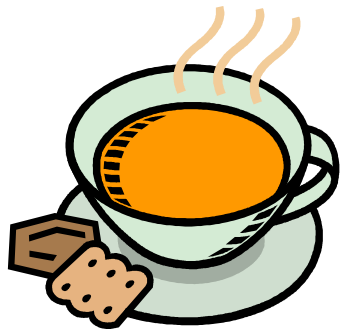
is a

good thing!

FUNDRAISER FOR CHRISTIANS CONCERNED

Warm your heart with a cup of our traditional taco soup and a money donation to Christians Concerned. The Health and Safety Committee will host the heart-healthy luncheon on Sunday, February 15th following the 10:45am worship service. Come and join us for a time of good food and fellowship – it's a worthy cause!

Health & Safety Committee, Jo Flanders



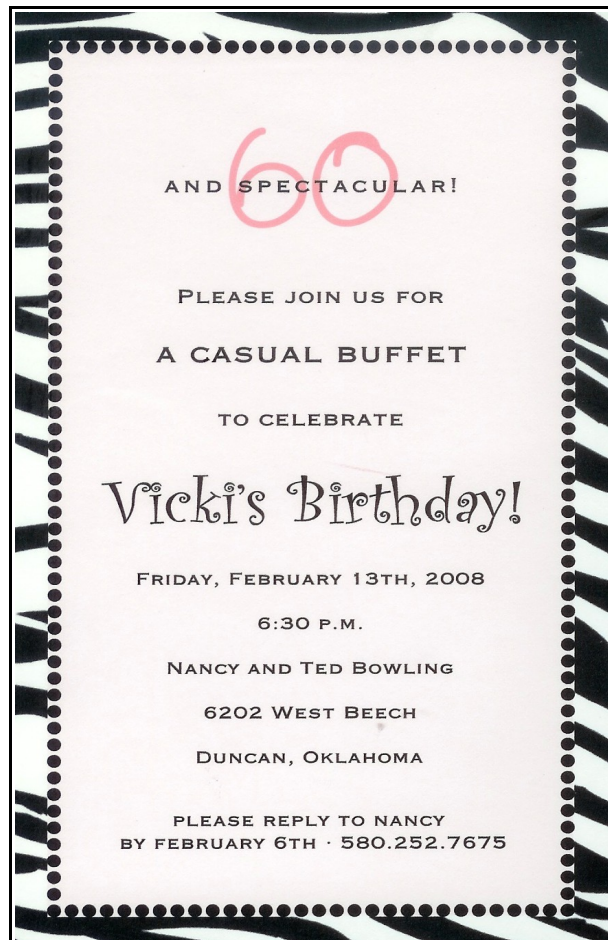
RONALD MCDONALD HOUSE - THE PULL TAB PROGRAM

Ronald McDonald House is a place for families to stay while their child or children receive medical treatment in Oklahoma City. To make RMH comfortable for these families, it requires money. A charitable program they benefit from is the "Pull Tab Program". Pull tabs are those little rings on top of many cans, including soda pop, soups, and some vegetables. These rings contain a high grade of aluminum. If we start collecting these little rings we can help this charitable project. This home away from home provides these families a place to stay, and a safe place to find hope and comfort in a very difficult time.

The pull tabs in 2007 netted \$10,379.00 to maintain Ronald McDonald House. This was due to the collecting by many organizations. This is an easy project to work on. If you will bring your collection of pull tabs to the church office, the women in the congregation will see that they get to the proper agency. Your collection will help a family in the trying time of a child's illness.

Presbyterian Women of the Church, Martha Coker

Your Invitation to Vicki Zimmerman's Birthday Party



Change Notice

Diaconate meetings have been changed to **5:30 pm** beginning Tuesday February 10th.

THANK YOU

David had his surgery this am (Sat. Jan.24) and apparently the procedure went well. We were with him until this afternoon and he looks good and is doing well. We wish to thank our church family for their prayers and concerns.

Charlie & Martha Coker

LET US REMEMBER

Heartland

415 N. Chisholm Trail Pkwy.

Joe Griffith

Duncan Care Center 700 Palm

Estella Trapp

Alterra Sterling House

915 W. Plato

Wylla Leonard

Chisholm Trail Retirement Ctr.

625 N. Chisholm Trail Pkwy

Lavina Hofmann Ted Legg

Country Club Care

1904 Hwy 81

Beulah Calloway

Carroll McClellan

Wilkins Nursing Center

1205 S. 4th

Ben Hill

WELCOME PASTOR TRACY EVANS

A Little About Your New Interim Pastor.

My name is Tracy Evans. I am a native Oklahoman, though my last church was in Arkansas. I served as the Associate Pastor of the Presbyterian Church of Bella Vista and was there for almost seven years.

I grew up in Edmond, graduating from Edmond Memorial High School and the University of Central Oklahoma. I was active in church in Oklahoma City at Westminster Presbyterian.

I attended seminary in Austin, Texas at Austin Presbyterian Theological Seminary. I completed a hospital chaplain residency at University, Children's and Presbyterian Hospitals in OKC.

Following the Murrah Building bombing in 1995, I was the Disaster Response Coordinator for Indian Nations Presbytery, representing our denomination in the local community.

I am single, and live with a dog, Lily, and two cats, Carlie and Maizie. Hobbies include knitting, quilting, baking and watching TV. My favorite hobby is being Aunt Tracy to my niece and nephews who live in Edmond. My parents also live there and will likely visit Duncan with regularity.

I look forward to meeting you on Sunday, February 15th when our worship and work together begin.