

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

## Small Group Study for Lent

Monday evenings - 6:30pm to 7:30pm at the church - February 15 through March 29

Lent is a perfect time to make a commitment to reflect and learn more about your journey as a Christian. This small group time will involve committing to brief daily readings and then gathering each Monday to reflect and learn from one another. We will gather for a brief time together and then split into small groups.

We will be using the book **The Shape of the Christian Life: 40 Daily Readings for the Purposeful Presbyterian**. Books are \$13.00 and will be ordered ahead of time. (FYI, if you're not able to participate in the small group, the book is a good self-study, too).

Please sign up ahead of time (if possible) so there will be enough books.

Questions? See Tracy.



February 5 is National Wear Red Day - wearing red that day signifies your support for research into heart disease in women. **Cardiovascular disease is the #1 cause of death**, far exceeding many other diseases women fear.

Cardiovascular disease (stroke, peripheral artery disease and heart attack) is caused by a package of cholesterol and a fat-transporting protein (LDL) getting "hung up" on the lining of a blood vessel. This "plaque" constricts blood flow while penetrating and stiffening the blood vessel wall.

What precipitates this process? While our bodies produce all of the cholesterol needed to be healthy, diets are often overloaded with saturated and trans fats and the liver is forced to convert the excess into additional cholesterol. This excess attaches to the LDL and the process is set in motion.

The 3<sup>rd</sup> Report of the Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults (ATP III) recommends a complete lipid profile (total cholesterol, LDL, HDL, and triglyceride levels) once every 5 years for adults age 20 and older. This lab work done allows comparison with these numbers which indicate a high CV disease risk: Total cholesterol=240mg/dl.; LDL=130-160 mg/dl.; and Triglycerides=150 mg/dl.

The ATP III recommends the following therapeutic lifestyle changes:

- 1) limit daily fat intake to 7% saturated fat, 10% polyunsaturated fat, 20% monounsaturated fat;
- 2) meals consisting of 50-60% carbohydrates, mainly from whole grains, fruits and vegetables;
- 3) eating 23-30 grams of fiber each day;
- 4) consuming less than 15% of your total calories as protein;
- 5) maintaining a cholesterol level of less than 200 mg/dl;
- 6) work on weight management; and
- 7) increase physical activity.

Knowledge, awareness and even small actions will reduce your numbers to those you can live with!

Joanne Flanders, MS, RN - Parish Nurse

## PRAYER CORNER

Let us keep our friends and family  
in our prayers

\*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'Bryne

Al Hruby

Helen Sue Lowe

Carroll Goss

Doris Stokes

Colleen Pollock

Lucille Fleming

The People of Haiti  
and The Relief Workers

\* Currently serving our country

## THANK YOU

We want to thank our church family of FPC for all of the prayers, support and love extended during our grand daughters illness. Keighan is doing wonderfully now. We give glory to God for her restoration and health! We are immensely grateful.  
Peace to all, Mike and Jennifer Steil

## UPDATE

Hope you guys aren't too cold up there; it was in the 50s here today and we're all freezing; especially since we have no coats or shoes or socks!! Jerry put on the fire this morning--it's a video on the tv, but it really makes me feel warm...er!

Wanted you to know that you can officially take Justin Ezell's name off the prayer list for Army. He arrived back from his second tour in Iraq as a PA, all in one piece, and is now OUT of the Army. He and his wife, Carolyn, and their children, Brandon and Charlotte, are now residing in Keller, north of Ft. Worth, where they are struggling while Justin is taking pre-requisites towards D.O. school and Carolyn is working for the first time. The family is trying to readjust to Justin being home, plus Mommy being at work and living in an apartment! Justin hopes to begin D.O. school in Ft. Worth in September of 2010. Thank you for including him in the prayer list for so long. First Pres. is such a great church to have taken them in so lovingly. Thank you for updating us with the FAW. We always enjoy reading all the great information!  
Love to all...jeanne and jerry perkins

## THANK YOU

Dear Friends,  
Thank you very much for your kind gift of \$208.33, seven baseball bats, bases and duffel bag we received in today's mail. We greatly appreciate your continuous prayers & generous gifts towards our amazing ministry  
Your Servant in Christ,  
David L. Dearing, CEO Goodland Academy

## THANK YOU

Dear Friends at First Presbyterian Church,  
Our sincere thanks for your gift of \$131.00 and food donation for Christians Concerned. Your support is much needed and always appreciated.  
Sincerely, Christians Concerned

## Financial Update

The Session wants to financially update the Congregation on a routine basis. The figures below are as of January 19, 2010 and will be updated monthly.

Yearly Income to date \$20,097.00

Yearly Expense to date \$ 9,558.28

## 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.

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

**ELDERS**

<u>Class of 2010</u>	<u>Class of 2011</u>	<u>Class of 2012</u>
Peggy Gilchrist	Bennie Drake	Lonnie Helms
Helen Sue Lowe	Steve Reasor	Rosella McQuain

**DIACONATE**

<u>Class of 2010</u>	<u>Class of 2011</u>	<u>Class of 2012</u>
Joan Drake	Jack Munn	Leah Berning
Sally Barthell	Mike Grantham	Charlotte Utley

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



*We will be celebrating the Lord's Supper  
on February 14<sup>th</sup> during regular Worship  
Service*

**DEADLINE FOR NEXT FAW ENTRY IS  
FEBRUARY 19TH**

**Telephone Numbers**

**Church Office** (580) 255-5769  
Fax (580) 252-4175  
e-mail: [office@fpcduncan.com](mailto:office@fpcduncan.com)  
Website: [www.fpcduncan.com](http://www.fpcduncan.com)

**Interim Pastor**  
Reverend Tracy Evans Cell: 736-4170  
email: [tlevans@fpcduncan.com](mailto:tlevans@fpcduncan.com)

**Treasurer**  
Linda Helms 252-4164

**Assistant Treasurer**  
Jerry Fleming 252-9559

**Organist/Choir Director**  
Hollie Hill-Le [hhpianostudio@yahoo.com](mailto: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](mailto:salsroom@jimbarthell.com)



*First Presbyterian Church*  
**"FAITH - AT - WORK"**



704 West Ash Avenue  
Duncan, Oklahoma

Issue 02

February 2010

Dear Friends,

At a retreat of the 2010 session a couple of weeks ago, I shared a devotional reading with the elders. It was focused on the New Year, and spoke of traveling along a road. The author<sup>[1]</sup> asked if the journey of the past year was a journey that was easy to travel or whether there were there roadblocks, detours or dead ends? She asked if there were enough resources, nourishment and energy. Did we take the easy, familiar roads or did we take new ones? As we looked at the road ahead, was it time to stay the course, change the style of travel, or risk taking the back road, the unfamiliar one?

I bring up all these questions as we look at our last year together. This month marks one year I have been with you as your Interim Pastor. Thinking of the imagery of a journey, we have certainly not been driving with the cruise control! Change that you've been through includes change in your session and diaconate (each board reduced to 6 members). New staff, including myself, your music director and office staff have come on board and bring new ways of doing things. There have been a few changes in the worship service. You have a new treasurer and the session has introduced some procedural changes for financial matters.

And there will continue to be changes. The session is changing the way we structure our committees. We are looking at three focus areas for the work of the church. You will hear more about this in the near future. This year there will be a mission study to prepare for a Pastor Nominating Committee. And we continue to work towards Early Head Start using the Cornerstone Building and the mission opportunities it may bring.

In the coming month, we have some exciting things happening. Our own Amy Florence will be here to preach. She is on her own journey of discernment as she seeks to hear God's call in her ministry vocation. As one who is "under care" of our session, we are formally accompanying her on this journey. We welcome her to the pulpit on February 28th.

Lent begins on Wednesday, February 17<sup>th</sup> with Ash Wednesday. Look inside the Faith at Work for a growth opportunity as we meet on Mondays in small groups.

I'm happy to be with you on the journey. Blessings,  
Tracy

[1] Rupp, Joyce **May I Have This Dance?** Ave Maria Press, Notre Dame, IN, © 1992

FEBRUARY 2010 ISSUE



RETURN SERVICE REQUESTED

Website: [www.fpcduncan.com](http://www.fpcduncan.com)  
580-255-5769  
Duncan, Oklahoma 73533-4646  
704 West Ash Ave.  
*First Presbyterian Church*

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
Duncan, OK 73533  
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