



First Presbyterian Church

FEBRUARY 2014

Sunday Regular Schedule
 9:15am Disciples Class
 9:30am Sunday School Class
 10:30am Fellowship
 10:45am Worship Service

SUN	MON	TUE	WED	THUR	FRI	SAT
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2 12:15 Diaconate Meeting 	3	4	5 6:00 PM Inside Ministry Meeting 7:00 PM Choir Practice	6	7	8
9	10	11 6:30 PM Session Meeting	12 No Choir Practice	13 1:30 PM Circle II Meeting	14 10:00 AM Circle I Meeting	15
16 Youth Food Harvest "Unfrozen Canned/Bottled Juice" Noon Outside Ministry Meeting	17 Presidents' Day	18	19 Noon Birthday Lunch at El Palacio 7:00 PM Choir Practice	20	21 FAW DEADLINE	22
23	24	25	26 7:00 PM Choir Practice	27	28	

Usher: Chip Woods

Hospital Visitor: Chip Woods

Liturgist: Margo Jones

Presby Cab: Chip Woods

PARISH NURSE CORNER

Heart disease is the #1 cause of death of both men and women in the U.S. There are plenty of natural and noninvasive methods to reduce your risk and improve your heart's health.

- 1) Cut your exposure to secondhand smoke--help a loved one quit!
- 2) Move more; sit less--add more movement throughout the day.
- 3) Reduce your stress load-- do something every day that pampers your emotional well-being.
- 4) Eat a Mediterranean diet—focus on fish, fresh vegetables, healthy fats and whole grains.
- 5) Drink wine but drinking it too close to bedtime could interrupt sleep patterns and keep you from getting the good rest necessary to reduce stress; don't overindulge.
- 6) Monitor your non-HDL cholesterol—keep your non-HDL cholesterol under 120 to prevent heart disease.
- 7) Add soy to your diet—use soy milk in coffee or a smoothie, a handful of roasted edamame as a snack or add tofu to a salad or casserole.
- 8) Boost your fiber intake with a breakfast of oatmeal or whole-grain cereal, making your sandwich on whole-wheat or sprouted grain bread with an apple or enjoying a snack of popcorn.
- 9) Focus more on fitness and less on weight.
- 10) Get tested for Coxsackie B virus (it's generally the cause of heart attack in young athletes).

Make a change in your lifestyle during February—it's National Heart Month. And while you're at it, Wear Red for Women Day is February 7, 2014 in support of your loved ones!

Submitted by Jo Flanders

Welcome to Worship!!!!

Worship is a time for Praise, Thanksgiving, Hearing God's Word.

It is where we come together to praise our Lord and to glorify His name. We express our thankfulness, ask forgiveness, receive the Word from the preacher and refresh our faith so we can go out in to the world and share the Good News.

In this time of transition, while we wait for the PNC to find our next installed minister, we are fortunate to hear the Word proclaimed from the pulpit from many different pastors. They all bring something different to our service. This time is important to us as a congregation. We need to be more vigilant than ever in participating in our worship. We learn from every minister who graces our pulpit and it makes us a better congregation. Do your part.. attend worship regularly during this time. Some people feel lost and at sea, but it is an exciting time in our church. Join the joyful celebration.

We are told in scripture to wait on the Lord. This is our waiting time. Come rest and wait on the Lord. You will be richer for it and your church will be blessed by your presence. Join us each Sunday. Worship the Lord.

Submitted by Inside Ministry, Worship Committee

