

# CLERK'S CORNER

I am writing this column on May 21st, exactly 21 days since our new pastor officially started work. Rev Kathy Vineyard and her husband Bruce have been here three weeks and fit in so perfectly, it seems they have always been with us. I know I am not the only one who thanks our Heavenly Father every day for guiding us to them and them to us. If you have not attended worship services lately, do yourself a favor and come and listen to Rev Kathy. I believe you will not only enjoy the sermon but the feeling of hope, love, joy, and energy present in our sanctuary on Sunday mornings. It's palpable.

Your session met on May 13th. Among the items discussed were the following: The church will pay \$500 to help Harper Pitts attend Dwight Mission's two week summer youth program; \$500 will be given to Holli to help pay for registration, hotel and transportation expenses so that she can attend a music conference/workshop in Waco, TX.

Property and maintenance is, as you all know, an ongoing expense. We have contracted with Climate Control to install a \$40,000 AC/heating system on the roof to replace the old roof unit that cools and heats the sanctuary, narthex and part of the upstairs. Work should start any day on that. Now, we find that, once again water is leaking into the offices and parlor from the old french drain system. This will have to be replaced with some changes to the landscaping as well as a new drainage system. We will have to get some estimates but this may be partly self- help. Lastly, of course, are the floors. Larry Booker came to speak to session about options and ways of laying new flooring. He has a vast amount of expertise and we thank him for sharing it with us. He will submit a formal bid as soon as we finish making decisions on what we want exactly. If you would like to contribute to new floors, please just mark a check "floors" and put it in the plate on Sunday or mail to the church. There is no amount too small. If you contribute cash, make sure you put it in an envelope and mark the envelope accordingly. The parlor will be finished shortly and we are hoping that we have collected enough money to at least lay a new carpet in that room. You can keep track of how much has come in by checking the floor thermometer in the narthex.

I know a lot of you help with dinners at "The Well". Lonnie sent a message to session informing us that the June 27th dinner was canceled and since he will not be here in July, he will have to reschedule.

Rev. Kathy handed out a "Report of the Pastor" to session members at our meeting. At the end of one paragraph was the line "We are in a good place". I firmly agree with that and am grateful. In the seven years since Bennie and I came to Duncan and joined this church, I have not seen the spirit I see now in this congregation. Do we have financial concerns? Of course, and we always will. Can we work through them? Of course, and we always will. I have to say that I am proud of our session. All kinds of problems come up but we deal with them as soon as they do and in the best way we can. There is nothing worse than putting something off until later; it only gets worse. Now, thankfully, we have a pastor to work with..... and so do you.

Blessings from your session,

Joan Drake, Clerk

PLEASE REMEMBER TO SIGN IN FOR WORSHIP EVERY SUNDAY. IT IS VERY IMPORTANT THAT WE KNOW YOU ARE HERE.

THANK YOU



PENTECOST SUNDAY  
JUNE, 8

WE ASK EVERYONE TO  
WEAR SOMETHING RED TO  
WORSHIP SERVICE

## PRAYER CORNER

Let us keep our family and friends

in our prayers

Lu Morgan

Ron Twelves

Pat & Colleen Winn

Mary Cearley

J.W. Newton

Nita Dees

Robert Cowan

Fallis Beall

Jim Barthell Jr.

Laura Mahan

Emily Ritter

Chris Taliaferro



LET US REMEMBER THOSE  
UNABLE TO ATTEND WOR-  
SHIP SERVICE WITH US.



JACK MUNN  
AUDREY WAGGONER  
RACHEL LIVINGSTON

Audrey Waggoner  
New Contact Information  
Azalea Trail Assisted Living  
5550 Old Jacksonville Hwy  
# 141  
Tyler, TX 75703  
903-534-7473



Able volunteers are welcome to help mow the lawn and trim the shrubs around the Church, so if your willing and able please let us know!



## PARISH NURSE CORNER

Mediterranean Diet

The Farmer's Markets are sprouting up—a perfect time to mention the Mediterranean Diet. This diet has long been recognized for its positive effects on the heart. Now, research is identifying that it's good for your brain as well. The diet is **HIGH** in fish, fruits, legumes, nuts, vegetables and grains and **LOW** in red meats, dairy products, **saturated** fats and sweets.

It's thought that the diet can reduce the risk of mild cognitive impairment (MCI). MCI is a mild form of memory loss which often signals early stages of dementia, a more serious form of memory and cognitive decline. Research at Massachusetts General Hospital studied the eating habits of 1,393 people who were cognitively healthy and 482 people with MCI over a period of 4- 5 years. The findings indicate that the cognitively healthy individuals adhered most closely to the Mediterranean diet and were 28% less likely to develop MCI and those with moderate adherence to the diet were 17% less likely to develop MCI.

They also found that those who already showed some symptoms and adhered to the Mediterranean diet had a 48% lowered risk of transitioning to dementia and those who had moderate adherence had a 45% lower risk of developing dementia. Older people are more vulnerable to nutritional deficiencies so consuming a well-balanced diet is essential to brain as well as cardiovascular health.

A number of specific foods appear to provide an extra brain boost: cold-water fish, blueberries, vitamin D-fortified foods, coffee, garlic and soy. The fish contain brain-healthy omega-3 fatty acids and the blueberries are loaded with antioxidants. (Incidentally, I have an excellent recipe for a blueberry smoothie that includes soy—just ask for it if you're interested.) Drinking 3-5 cups of coffee per day in middle age decreased the risk of dementia by 66% over those who didn't drink coffee.

**So, check out the Farmer's Markets for fresh fruits and vegetables and enhance your brain AND cardiovascular health.**

*Submitted by Jo Flanders*

*Thank You*

Dear Partners in Mission:

On behalf of your Presbyterian mission co-workers, please express our appreciation to your mission team, pastor, and congregation for your gracious and faithful support. On April 23, 2014, we received your gift of \$417 for Leslie & Cynthia Morgan. You have blessed our shared ministry in a profound way.

Easter Blessings to you on your mission and ministry,  
Chris Roseland, Church Support Associate

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

**ELDERS**

<u>Class of 2014</u> Joan Drake Steve Reasor	<u>Class of 2015</u> Pat Hale Bill McQuain	<u>Class of 2016</u> Robin Caldwell
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**Treasurer**  
Bill McQuain                      255-7863

**Assistant Treasurer**  
Jerry Fleming                      252-9559

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

704 West Ash Avenue  
Duncan, Oklahoma



Issue 6

June 2014

**LAW AND GRACE...ORDER AND ARDOR...\_\_\_\_\_AND JOY**

Balance is critical whether in achieving and maintaining physical, emotional, economic, work/recreational or even spiritual homeostasis. Many of us feel failure or grief when we cannot juggle all of our responsibilities and may worry about dropping a few balls. Thinking, reviewing and praying about the first month we have journeyed together, I came up with the great twins of Presbyterianism-order and ardor, law and grace, joy and BLANK-- to describe our activities and interactions. It is my joy to experience the high level of competence and theological integrity in this congregation and on the committees. People are friendly and forgiving, knowledgeable of biblical and denominations principles. It is the blank in the last duet I am struggling to complete.

Paul's words of hope and comfort to the fledgling church at Thessalonica came to minds as I strove to locate the opposite of joy to fill in the blank space: *Rejoice always, pray continually, and give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18*. The young church existed in spite of persecution from without and confusion from within. A common concern was "What happened to Jesus and will he return to us?" The answer is YES. God said yes to life and Jesus said yes to give up his life for ours. Yes, Jesus will return in physical form of some nature but we do not know when or what he will look like.

The new Christians were probably being mocked by the nonbelievers for Jesus' continued absence. The theological playground bullies are still with us. Terrorists are still daily thwarted, those who wrongly believe we are not about love, peace and hope and those preach against Christian core value. The church members of the early church were also unhappy within their community. They felt their organizing pastors, Paul and his partners in ministry might have mislead them about Jesus imminent return. They (and we) were concerned that those who died before Jesus returned to earth would permanently perish and disappear. Paul's advice in Thessalonians is about clearing up the theological misconceptions—Jesus is not gone but there are some unknowns—mysteries—we live with. Not knowing the complete ending of any story is what keeps us excited and engaged.

*I do not know what next chapter will be written will be done by God in this place over the next few years but it will be good and worth being joyful about as Paul suggested to the Thessalonians. What I do know is that God is active here and now and this is an exciting time as we see increased energy and participation. The part of the duets spoken of above I am living as pastor is not the blank but the joy part.. I want that twin in the saying to be blank forever leaving us all only joy. I like Snoopy's happy dance, which I am personally doing a lot of these days and believe you are also:*

**REJOICE ALWAYS! Rev. Kathy Vineyard, Pastor**



What if today, we were just grateful for everything?



We will be celebrating the Lord's Supper on **June 01, 2014** during the worship service.

**DEADLINE FOR NEXT FAW ENTRY IS  
June 23, 2014**

JUNE 2014 ISSUE



RETURN SERVICE REQUESTED

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