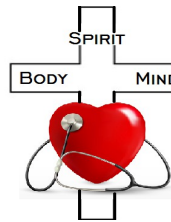


HELP FOR YOUR BRAIN

A friend recently asked what foods could help her memory or at least to reduce her risk of memory problems. While research is limited, a few ideas may be in order.

First of all, the Mediterranean diet seems to be helpful. Numerous studies have shown that this plant and fish-based diet protects against a number of major health conditions and diseases. Researchers believe that it's not just one ingredient to be the key but that a healthy lifestyle is the main factor: regular exercise; moderation in alcohol; and eating more vegetables than meat.

The researchers isolated brain-beneficial foods and found these to be traditional "Mediterranean" foods. Their findings show this diet to be linked to slower cognitive decline, a reduced risk of developing mild cognitive impairment (MCI), a reduced risk of progressing from MCI to Alzheimer's Disease and a reduced risk of mortality due to Alzheimer's.



If you wish a copy of Mediterranean diet foods, just ask.

Submitted by Jo Flanders

Happy June Birthday!

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



06/12 Sally Barthell



06/13 Kaitlin Caldwell



06/25 Rick Trent Jr.



If we missed your Birthday, please let us know.

A lunch honoring June Birthdays will be held at Jimmy's Egg at noon on Wednesday, June 15th. *Everyone is welcome.*

Please call or email me your plans to attend and I'll contact the restaurant with our reservation each month. Thank you, Sally
Telephone (580) 736-3910 or Email salsroom.g@gmail.com



June Anniversary
Jack and June Frost
June 8th, 1963
Celebrating 53 years

Women of First Presbyterian,

Thank You for your amazing donation to Beautiful Day. We are honored that you would pick our organization to support. You are making a difference in the lives of our community children!

~Cheryl Sneed

Dear Judy,

We want to thank You and all of your helpers at the First Presbyterian Church for cooking and dicing all of the ham we used for the Spud Lunch. I know that is such an undertaking & I cannot tell you how much we appreciate it.

You all are the best!!!

Sincerely Kathy Snider (Toy Shop of Duncan)



Youth Food Harvest

This month's theme is "All Cleaned Up"

Wash behind your ears...

Please feel free to bring Shampoo, Conditioner, soap, Body wash, toothpaste & toothbrushes.

Please bring your donation to the church

June 19th

The current FPC 'Family and Friends' eDirectory issue number is 003 (Original Issue). You will be advised of future eDirectory updates in Faith-At-Work.

Visiting Our Loved Ones Who are Unable to Attend Services.



Pictured Above:
Vicki and Chris Zimmerman & Jack Munn

(Continued from Page 1)

My intent is not to beat folks over the head and try to guilt you into coming to church. Rather, I simply want to remind you that as Christians our spiritual life must remain central throughout the year. We are not Christians only when we don't have something better to do. We are Christians at all times and in all things and it is only with regular worship and prayer and study that we can even begin to live out that high calling. So, if you have a trip planned and it will take you away from us for a week or two, I hope you'll go and have a wonderful time. But maybe on Sunday morning, visit a nearby church and make time for worship. Or if you can't be involved in our summer book study, maybe carve out some time to study on your own.

We must mind the Summer Slide, Christians, because what is true of students is true of us - the more we engage in our subjects, the better we become at mastering them. To be a disciple means to be a lifelong learner, a lifelong student, a lifelong drinker at the well of wisdom and virtue that only Christ can offer. And we do that by staying plugged in - by going to church and keeping good spiritual routines. So, may you enjoy your summer, but may you also remember each day the One who has given it and all of the other good things in life!

On the journey with you,

Mike



PRAYER CORNER

Let us keep our family and friends in our prayers

Beverly Chalkboyer, Emily Ritter,
Charlotte Utley, Terry Evans and John Page Dickson.

Let us remember those unable to attend worship service

Colleen Winn, Jack Munn, and Beverly Moody

Congratulations Graduating Class of 2016



Abbey Green

DAUGHTER OF SHANNON & JEFF ARCHER & MIKE GREEN,
GRANDDAUGHTER OF COLLEEN & DALE POLLOCK

Jonathan Caldwell

SON OF ANGELA COPELAND & CHRIS CALDWELL
GRANDSON OF ROBIN CALDWELL

Justin Morris

SON OF JOE & CHERYL MORRIS
GRANDSON OF BOB & ELOISE HOFFMANN

OFFICERS OF FIRST PRESBYTERIAN CHURCH

ELDERS

Class of 2016
Robin Caldwell
Sue Beall

Class of 2017
Joan Drake
Mike Grantham

Class of 2018
Joanne Flanders
Bennie Drake

DIACONATE

Class of 2016
Martha Coker
Chip Woods

Class of 2017
Nancy Grantham
Mike Stiel

Class of 2018
Margo Jones
Coy Elliot

Treasurer – Bill McQuain **Asst. Treasurer** – Jerry Fleming



We will be celebrating the Lord's Supper on **June 5, 2015** during the worship service.

**DEADLINE FOR NEXT FAW ENTRY IS
June 17, 2016**



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Website: www.fpcduncan.com

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Treasurer
Bill McQuain 255-7863

Assistant Treasurer
Jerry Fleming 252-9559

Secretary and Newsletter "Faith- At-Work"
Venessa Abshire 255-5769
email: fpcduncan@gmail.com



RETURN SERVICE REQUESTED

First Presbyterian Church
704 West Ash Ave.
Duncan, Oklahoma 73533-4646
580-255-5769
Website: www.fpcduncan.com



First Presbyterian Church
"FAITH - AT - WORK"

704 West Ash Avenue
Duncan, Oklahoma



Issue 6

June 2016

Dear Friends,

I write this week in the midst of attending numerous end-of-school events. One day, I had the pleasure of representing the church at the Duncan High School awards ceremony where I presented the Mary Ann Munn Scholarship. A little while later, I was in the car headed back to the city for an event at my son's school (since when did we celebrate first grade graduation?).

Being involved in all of these events, I'm reminded as the son of a teacher of that dreaded "Summer Slide" I so often heard about. At the end of a long school year, the last thing kids want to do is sit down to do math problems or crack open a book to read, but as every teacher knows, it would be better if they did. Even a few math problems and a few pages of reading a day will keep the brain engaged in the learning process.

Believe it or not, we Christians are also guilty at times of our own summer slides. When I pastored in Iowa, it was a long held Midwest custom that church school classes would take the summer off and I could usually expect worship attendance to dip by a sizeable percentage. To some extent, this was understandable as folks traveled, but it was also the case with others that summer Sundays meant time on the golf course or at the fishing hole after a long, hard winter.

Our classes don't stop with the onset of summer, but I hope that our mentality won't change as we move into the hotter months. I hope we'll continue to keep the Lord's Day as a regular part of our weekly routines and that we'll each spend the time we should be spending in prayer and study. God is still God even though the weather has warmed and the fish are biting, and the routines of worship, prayer and study don't stop being vital parts of our spiritual health even though we might feel drawn to skip church to play 18.

(Continued on Page 3)