



KEEP YOUR COOL IN HOT WEATHER

You can become ill from the heat if your body can't compensate for it and properly cool you off. When temperatures and humidity levels soar, so can the risk of heat-related illness. People at highest risk include those with a chronic disease, the elderly, young children and infants.

The U.S. Centers for Disease Control and Prevention offers these tips for staying cool during hot weather:

1. Stay indoors in the air conditioning as much as possible;
2. Drink a lot of fluids throughout the day;
3. Wear clothing that is lightweight, fits loosely and is light in color;
4. Apply sunscreen;
5. Limit outdoor activities, and carefully pace yourself when outdoors;
6. Take a cool bath or shower;
7. Set up a buddy system to check on friends and neighbors, and ask them to do the same for you; Pay attention to local news and weather updates; and
8. **NEVER LEAVE A CHILD INSIDE A VEHICLE.**

Submitted by Jo Flanders

Happy July Birthday!

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



07/03 Janice Waters

07/17 Beverly Moody



07/09 Janis Hruby

07/26 Martha Copland



07/14 Joan Drake

07/31 Harper Lily Pitts



If we missed your Birthday, please let us know.

A lunch honoring July Birthdays will be held at El Palacio at noon on Wednesday, July 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

If you have anything that you would like to share in F-A-W email it to fpduncan@gmail.com, call Eileen in the church office at 580-255-5769 or drop it by the church office. We have a mailbox set up in the copy room.



From the Editor

Joy Gift Luncheon

The Joy Gift Luncheon held on April 30th by the Presbyterian women of the church was well attended. The food and fellowship was wonderful. Ms. Perry, Director of the State Food Bank in Oklahoma City, was the guest speaker.

Ms. Perry is in charge of the "Backpack Program" which entails providing backpacks, including food for children and youth over the weekends. The children are fed breakfast and lunch at school, but often go hungry over the weekends.

Ms. Perry travels to seventy seven counties on a regular basis. She is well acquainted with the towns and school districts needs. Teachers provide her with lists of the needy at each school, so she can plan how many backpacks and food to supply from the Food Bank.

In addition to all the local grade schools, Ms. Perry supplies Gabriel House and the High School here in Duncan. Some of the high schools in her area have food pantries at the school. Those students can select what foods they need and take it home in or plastic bags. High school youth prefer the bags to backpacks. It is a small amount of food in each backpack, but it is gladly received. ~Submitted by the Presbyterian Women

Youth Food Harvest

This month's theme is "Keep it Clean"

This can be anything from bar soaps, shampoo, toothpaste, dish and hand soaps, handy wipes, laundry detergent, to dishwasher detergent.

Each month will have a new food or item theme. Please bring your donation to the church on the **third Sunday of each month** to be delivered to Christians Concerned.



PRAYER CORNER

Let us keep our family and friends in our prayers

Augusta Slagle, Ron Twelves, Pat & Colleen Winn, Mary Cearley, Jim Barthell Jr., Emily Ritter, Stacey Soltysik, Fallis Beall, and Scotty Elliot



LET US REMEMBER THOSE UNABLE TO ATTEND

WORSHIP SERVICE

Jack Munn, Audrey Waggoner, and Augusta Slagle

Happy Anniversary!

Bennie and Joan Drake
July 22, 1960



Pat and Colleen Winn would like to say Thank you for all the Anniversary Cards and continued prayers.

Hello!

I would like to introduce myself as the new secretary for the church. I am happy to be here in beautiful Duncan, OK. I moved here last September with my husband from New Mexico. He started as an Electrical Engineer for Halliburton. Feel free to stop by and say "Hello!" I'll be glad to meet you and get to know you.

Eileen Stringer

If you would like to be a part of the FPC Duncan Prayer chain,



contact Gladys Taylor at 255-8265.

OFFICERS OF FIRST PRESBYTERIAN CHURCH

ELDERS

Class of 2015
Pat Hale
Bill McQuain

Class of 2016
Robin Caldwell
Sue Beall

Class of 2017
Joan Drake
Mike Grantham

DIACONATE

Class of 2015
Chip Woods
Charles Coker

Class of 2016
Martha Coker
Charlotte Utley

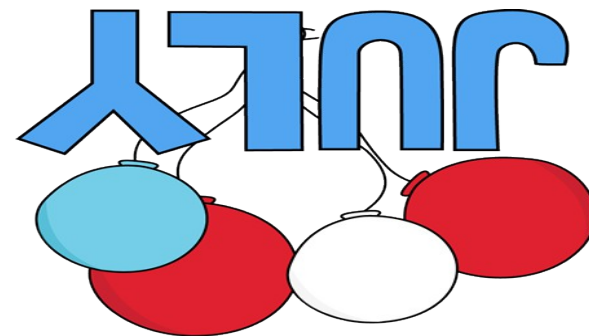
Class of 2017
Nancy Grantham
Mike Stiel

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



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

**DEADLINE FOR NEXT FAW ENTRY IS
July 22, 2015**



RETURN SERVICE REQUESTED

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Assistant Treasurer

Jerry Fleming 252-9559

Newsletter "Faith - At - Work"

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First Presbyterian Church
"FAITH - AT - WORK"



704 West Ash Avenue
Duncan, Oklahoma

Issue 7

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...AND THE DARKNESS SHALL TURN TO MORNING...

A DEEP DARKNESS SETTLED ON THE EARLY DAYS OF THE WAR FOR INDEPENDENCE ...then the blare of drums, the ringing of the Liberty Bell and fireworks announced the birth of a new nation based on freedom, liberty and the pursuit of happiness. That is my redacted history of the Fourth of July, 1776. The reality of the signing of the declaration of Independence presents a far less glorious and far more dangerous history. The signers were subject to bankruptcy and personal danger as a result of their courageous act. The hymn " We've a Story to Tell to the Nations" reminds us that Christ, who is the Light of the world, honors our faithfulness and self-less acts with the dawning of the Kingdom—of which it is our job to sing to the nations.

We've a story to tell to the nations,
That shall turn their hearts to the right,
A story of truth and mercy,
A story of peace and light,
A story of peace and light.

*CHORUS: For the darkness shall turn to dawning,
And the dawning to noon day bright,
And Christ's great kingdom
Shall come on earth,
The Kingdom of love and light.*

We've a Savior to show to the nations,
Who the path of sorrow hath trod,
That all of the world's great peoples
May come to the truth of God,
May come to the truth of God!

MAY YOUR JULY FOURTH BE SPARKLING WITH THE LOVE OF GOD AND YOUR BURDENS LIGHTENED BY CHRIST'S SHARING. Pause to give thanks for these signers of the Declaration who gave all for us all.

Rev. Kathy E. Vineyard