

New Years

The New Year is a perfect time to initiate healthy habits that are worth keeping. First of all, a healthy diet helps your body heal and stay strong. The diet should be balanced: lean proteins, healthy carbs, and plenty of fruits and vegetables. That assures high levels of energy for optimum activities.

Second, when your muscles are sore, get a massage so you can relax. High levels of stress can contribute to hypertension. Relaxed blood vessels will increase blood flow which will then reduce inflammation. Recent studies identify inflammation as a contributor to both heart disease as well other chronic illnesses, such as the many forms of arthritis.

Last, a good night's sleep pays off all day long. Restorative sleep is necessary for a day's worth of energy. And it makes you feel better. It gives your immune system time to refresh its function.

These behaviors are definitely worth the effort for the coming year(s).

Submitted by Jo Flanders



Youth Food Harvest
“Clean Start”
 January 15, 2017
 Toothbrushes Needed



Happy January Birthday!

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



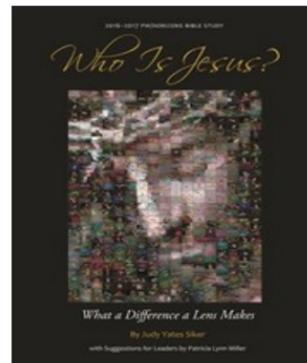
1/06 Jenna Bentley 1/10 Shannon Archer

1/21 Ellie Manaugh 1/23 Lauren Manaugh

If we missed your Birthday, please let us know.

A lunch honoring January Birthdays will be held at Jimmy's Egg at noon on Wednesday, 18th. *Everyone is welcome.*
 Please call or email your plans to attend to:
 Eloise Hofman elbohof@cableone.net or 580-252-2476.

In the Gospel of Mark, Jesus asks his disciples, “Who do people say that I am?” They answer “Some say you are John the Baptist; others say Elijah, and still others, One of the prophets.” Then Jesus asks them, “Who do you say that I am?” (Mark 8:28-29).



That is a good question and the **FPC Circle Members** will be studying this year. Circle Meets the second Thursday of each month at 1:30p.m. In the Fellowship Hall **January 12th**. Come Join Us in this Study!



Happy Anniversary

Mike & Jennifer Steil
 January 3, 1981
 Celebrating 36 years

Jim & Sally Barthell
 January 6, 1957
 Celebrating 60 years

Mike & Nancy Grantham
 January 16, 1981
 Celebrating 36 Years

Larry & Lois Harris
 January 29, 1966
 Celebrating 51 years



December Joy Lunch
 Great Food, Friends and Entertainment

Prayer Corner



Let us keep our family and friends in our prayers:

Joyce Hallock, Sue Beall, Patty Jennings, Cliffla Jean Belinski, Jean Ann Reed, Beverly Chalkboyer, Robin Glover & Emily Ritter

Let us remember those unable to attend worship service:

Janis Hruby, Colleen Winn, Jack Munn and Beverly Moody

We are Also in Prayer for:

Our Government and President, Our Pastor, Session, Diaconate & Drs. Leslie and Cindy Morgan, missionaries in Bangladesh

OFFICERS OF FIRST PRESBYTERIAN CHURCH

ELDERS

Class of 2017
Joan Drake
Mike Grantham

Class of 2018
Joanne Flanders
Bennie Drake

Class of 2019
Caron Hawkins
Vicky Zimmerman

DIACONATE

Class of 2017
Nancy Grantham
Mike Steil

Class of 2018
Margo Jones
Coy Elliot

Class of 2019
Glennis Wilson
Tim Burns

Treasurer –

Asst. Treasurer –



We will be celebrating the Lord's Supper on **February 5, 2016** during the worship service.

DEADLINE FOR NEXT FAW ENTRY IS

January 20, 2016



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Treasurer

Secretary and Newsletter "Faith- At-Work"
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First Presbyterian Church
"FAITH - AT - WORK"

704 West Ash Avenue
Duncan, Oklahoma



Issue 1

January 2017

Dear Friends,

As a new year begins, many of us will be thinking about our resolutions- about the things we'd like to accomplish in the coming year, or the things we'd like to do differently. Examining our habits, priorities, routines and attitudes is never a bad thing. "A person must examine themselves," says Paul (1 Cor. 11:28). Similarly, the Psalmist prays for God to shed light upon his heart so that it might be laid bare and purified (Psalm 139:23-24). And through the Prophet Jeremiah, God calls upon His people to examine their hearts and turn from their wicked ways (Lam. 3:40).

Whatever it is that you feel compelled to change or to adopt, I want to encourage you to use the New Year to embark upon the discipline of daily Scripture reading. From the very beginning, the Church has recognized the importance of spending time each day reading God's Word. In the picture of the early church that we find in the book of Acts, we get a glimpse into the routine of the life of the earliest Christians, and at the very center of that life was God's Word (Acts 2:42).

Many of us read daily devotionals that are based on a Scripture verse or on some greater theme of our Christian faith, and that can be a helpful and important thing. But even the writers of the very best devotionals will usually remind us that their work is simply meant to be a supplement to God's Word itself. It's like hot chocolate mix, which certainly tastes sweet all on its own, but is less than satisfying apart from a cup of warm milk. So too with devotionals, apart from God's Word. Read alone, devotionals can offer us all sorts of nice platitudes and helpful suggestions for how to live a better life - but they cannot bring us any closer to knowing God and to living in His Kingdom.

Only Christ has the words of eternal life (John 6:68), and we come to know Christ only through the words of Scripture. So, may this New Year be a time of richness and blessing. May it offer you the chance to turn over a new leaf or to make a needed change. But, most of all, may it find you dedicating your very best time to feasting on God's Word and growing in your love and service to the Master!

On the journey with you,

Mike

RETURN SERVICE REQUESTED

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