



OCTOBER 2009

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

Ushers: Sally Barthell & Robin Caldwell
 Mike Grantham
Presby Cab: Sally Barthell
Hospital Visitor: Rosella McQuain
Liturgist:

SUN	MON	TUE	WED	THUR	FRI	SAT
				1 Toy Shop Rummage Sale 8:00am-6:00pm <u>Pumpkin Patch</u> Opens	2 Toy Shop Rummage Sale 9:00am-2:00pm Birthday Party for Evelyn Walker 6:00pm - 8:00pm	3 Pat Hale Birthday Party 2:00pm-4:00pm
4 World Communion Sunday Peacemaking Offering	5	6 6:00pm Fellowship and Renewal Mtg	7 5:30pm Calvin Institute Discussion Group 6:00pm Worship/Music	8 1:30pm Circle II Mtg	9 9:30am Circle I Mtg Indian Nations Presbyterian Meeting in Edmond	10
11 Congregational Meeting with election of officers.	12 Columbus Day observed	13 3:00pm-7:00pm Toy Shop Jewelry Sale 6:00pm Diaconate Mtg	14 5:30pm Calvin Institute Discussion Group	15 Poinsettia Order Due Admin. Commission Meeting in OKC	16 World Food Day	17
18 Youth Food Harvest (Green Beans & Corn)	19	20 6:30pm Session Mtg	21 Noon – Birthday Lunch @ El Palacio 5:30pm Calvin Institute Discussion Group	22 5:30pm Mission/Witness & Evangelism Meeting	23	24 Faw Entry Deadline United Nations Day
25 "Kick Off for Stewardship" Lunch will be served Reformation Sunday	26 	27 6:00pm Property & Maintenance Mtg	28 5:30pm Calvin Institute Discussion Group	29	30	31 Halloween

UPDATE FROM AMY

Dear Church Family,

Exciting doesn't begin to describe what our life has been like in the past few weeks. As most of you probably know, Rebecca is getting married on Saturday, September 26, at the church in Stillwater, NJ. Since many of their friends and relatives could not make the trip, we embraced modern technology and will be streaming the ceremony on the Internet. It also will be recorded on the site for anyone who would like to view it later. The website is: <http://www.ustream.tv/channel/fpc-stillwater-nj>

Many years ago, when the youth group used to go on mission trips to Goodland Children's Home, I never knew that my future son-in-law would be one of the boys we enjoyed visiting and working with so much. I recently ran across a journal I kept from one of those trips and know that August 8, 1994 was the first time Rebecca met Jason when our kids shared a meal with the boys. They developed a friendship over the years that has blossomed into a wonderful partnership. Who knew that busting up old bathrooms for renovation on a youth group mission trip would end in a marriage fifteen years later?

School has started back and many other things are happening, but those things can wait until the next FAW. For now, please pray with me for the future of Mr. & Mrs. Kramer and for the great work being done at Goodland Children's Home.

Blessings,

Amy

Bible Quiz

Second Kings, chapter 5, tells of Namaan, an army commander who had leprosy. A certain prophet of the Lord sent a message to Namaan, telling him to go wash in the Jordan River seven times. Reluctantly, Namaan did so and was healed.

Choose the prophet's name from the list below:

- A. Micah
- B. Elisha
- C. Elijah
- D. Judah



Naaman Healed of Leprosy



Answer: B (See 2 Kings 5.)

Remember to check our website for updates on schedule changes & coming events. You can read your newsletter which is posted regularly. You can also find most anything you'd like to know about the history of the church, officers of the church and the list goes on and on. Please take a moment and check it out at www.fpcduncan.com.



Late Breaking News

If you didn't make it to Stillwater, New Jersey and you missed it on streaming video on the Internet, here's a bit of what you missed.

Jim and I captured this image as "cyberguests" of the wedding of Rebecca and Jason on Saturday, September 26. We missed the cake.

Sally Barthell



A Note from the Administrative Commission

The Omaha Seminary Foundation supports continuing education programs for pastors, scholarships for seminary students and a week long summer seminar for pastors located in the Midwestern states, including Oklahoma. The following is taken from their Fall 2009 newsletter – an article by Dr. William J. Carl, President of Pittsburgh Seminary, on the culture of a church. All churches have a culture because they are communities of faith. Each church needs to examine the culture it has developed and take action to improve the culture so it better reflects God’s call in Jesus Christ to exhibit the kingdom of God to the world. I think Dr. Carl has something to say to us all.

“Last summer at the annual Omaha Presbyterian School for Pastors, I shared something we’re modeling at Pittsburgh Seminary called the Four S’s:

1. No Secrets
2. No Surprises
3. No Subversion
4. Lots of Support

“The Four S’s help you build a positive, happy and healthy culture. They are biblical, time-tested and they actually work! They can move your parish from unhealthy to healthy conflict where “Real friendship in Christ means having the right to disagree knowing that mutual respect and affection are not at stake...”

“Gossip, negative emails, triangulation, surprises and subversion can destroy a congregation...”

(“Does your Church’s Culture Need to Change?” Presbyterian Leadership Forum, Fall 2009; Omaha Presbyterian Seminary Foundation , p. 1)

Then Dr. Carl recommends a book called Best Advice: Wisdom on Ministry from 30 Leading Pastors and Preachers- published this year by Westminster/John Knox Press. It is a book I am going to look for!

You are in a transition period. Many of you have talked about and prayed about being friends in Christ. You are learning again how to be friends in Christ by unearthing the secrets and dispelling subversion. Continue to work at supporting one another, the efforts of the session, the interim pastor and other leaders to create a renewed culture dedicated to the will and way of Jesus Christ. Think about how long it takes for a culture to develop; it will take a long process to incorporate changes like the Four S’s to begin to improve that culture. May God guard, guide, bless and keep you in this endeavor.

Ann Wasson
Administrative Commission



October has become the month when emphasis is given to fighting breast cancer and, I believe, that emphasis is frightening to many. Having the true facts may help one to feel they are in control when it comes to prevention and health promotion. Some important facts are:

- 1) The breast cancer risk statistic of 1 in 8 women contracting the disease is quite misleading—that’s a lifetime risk assuming you live to age 85 or beyond. At age 40, the risk is 1:69; at age, 50, 1:42; at age 70, 1:27. This indicates that older women are at the highest risk but their cure rate is actually highest because they generally have a less aggressive and more treatable form of the disease. And only 20-30% of those who develop breast cancer have a family history while only 5-10% carry the breast cancer genes. Last but not least, when caught early, breast cancer has a more than 90% survival rate in the U.S.
- 2) Clinical breast exams and self exams are as important as mammograms. Remember you know your body best!! At age 40 (or earlier if you have a family history including breast or prostatic cancer) one should begin having mammograms. But they are less effective in dense tissue so the clinical and self exams become even more vital. And don’t delay if you’re called for a “redo”—it generally turns out to be nothing.
- 3) Regular exercise is consistently associated with a lower risk—exercise lowers estrogen levels. And post-menopausal individuals who are overweight have the highest risk since estrogen comes from body fat. Losing 10# may help lower your risk.
- 4) Eat plenty of vitamin B folate which can be found in leafy green vegetables, beans and fortified cereal. Meanwhile, avoid concentrated soy supplements—they contain isoflavones which are like estrogen in the body. Natural sources (edamame, soy milk, and tofu) are acceptable. Also, limit alcohol intake to 1 drink/day (2 or more drinks increases the risk by 25%).
- 5) The most common warning signs of breast cancer are: palpable lump; a change in size or shape of the breast; puckering of the skin; nipple changes and/or increased warmth. All of these should be checked out ASAP!

Most important, don’t be frightened, know the facts!!

Joanne Flanders, MS, RN - Parish Nurse

John Calvin (and We) Celebrate 500 Years

A study of John Calvin's *Institutes of the Christian Religion* presented by Princeton Theological Seminary continues through the end of the year (<http://www.ptsem.edu/calvin2009>). The axioms of John Calvin were: “...that there is one God, who is just and good by definition; that Jesus Christ is God's Son and the Bible is God's revelation (renewing and expanding what was made known in creation but lost to sight by the fall); that because the Bible is God's Word, it cannot materially contradict itself and must all fit together in such a way as to be practicable.” (McKee, Elsie, “Reflections for the week of January 1-4”. *Calvin 09 - Read the Institutes*. Princeton Theological Seminary. January 1-4, 2009. Web.

22 Jan. 2009. <<http://www2.ptsem.edu/ConEd/Calvin/archive/>>.)

Book IV – Means of Grace: Holy Catholic Church Chapter 1-6

As an opening explanation, “catholic” is defined as “universal”.

John Calvin fully acknowledged that “... we need outward helps to beget and increase faith within us ...”. The preaching and teaching of the Gospel were deposited in the church by God and the sacraments instituted by God. Since Christ is one being, not “torn asunder,” the church is also one entity. The invisible church is seen by God alone; the visible church consists of “...the whole multitude of men spread over the earth who profess to worship one God and Christ.” “Wherever we see the Word of God purely preached and heard, and the sacraments administered according to Christ’s institution, there, it is not to be doubted, a church of God exists...” (Calvin, John.

Institutes of the Christian Religion. Ed. John T. McNeill. Trans. Ford Lewis Battles. 2 vols. Louisville, KY: Westminster Press, 2006. Section 4.1.1. Section 4.1.2 Section 4.1.7. Section 4.1.9 Print.)

Weekly discussions of the *Institutes of the Christian Religion* will continue this month and throughout the year. John Calvin’s readings regarding the church are as relevant today as they were 500 years in the past.

Submitted by Lynn Wienck