



DECEMBER THOUGHTS

At the risk of sounding like “the Grinch” has arrived, please give some thought to a health concern as we approach the Holiday season.

Sugar is EVERYWHERE!!

While our body needs glucose (a simple sugar) to function, too much is bad for us. A new study from the American Heart Association (AHA) identified that those who consume a high-sugar (i.e. 25% of their calories come from sugar) were more likely to die from heart disease than those who consumed a diet of only 10% sugar or less. The individual’s weight was of no consequence — the sugar intake alone determines the heart disease risk as well as that for obesity, high cholesterol and high blood pressure.

The AHA recommendation is for males to consume less than 150 calories (9 teaspoons) of sugar (sucrose) each day. Females should consume fewer than 100 calories (6 tsp.). However, the average American eats about 22 tsp. or the equivalent of 12 cans of soda. Much of this intake is “empty calories”—meaning they don’t have any healthy benefits (vitamins or fibers) and they crowd out healthy foods on our plates. The bottom line: plants provide the simple sugars the body can use.

Be sure to enjoy the Holidays with emphasis on the healthy foods and an occasional treat of sucrose—avoiding the “empty calories” of the high-fructose sodas!

Submitted by Jo Flanders

Happy December Birthday!

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



12/4 Nancy Grantham

12/18 Paula Proctor



12/6 Corey Helms

12/29 Bennie Drake



12/13 Lonnie Helms

12/30 Fallis Beall



12/15 Rosella McQuain

12/30 George Copland

If we missed your Birthday, please let us know.

A lunch honoring December Birthdays will be held at El Palacio at noon on Wednesday, December 17th. *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

2015 SANCTUARY FLOWER CALENDAR

The 2015 Flower Calendar is located in the narthex if you would like to donate flowers to be displayed in the sanctuary please fill in the dates that you would like to donate. Call the church office for more information or to reserve your date by phone.



PRAYER CORNER

Let us keep our family and friends in our prayers

Lu Morgan

Ron Twelves

Pat & Colleen Winn

Mary Cearley

J.W. Newton

Jim Barthell Jr.

Emily Ritter

Julie Martin

Fallis Beall

George Copland

Chris Zimmerman

Joseph Rodriquez

LET US REMEMBER THOSE UNABLE TO ATTEND WORSHIP SERVICE

GEORGE COPLAND

JACK MUNN

AUDREY WAGGONER

RACHEL LIVINGSTON

OTHELLA EWING

CANDLELIGHT CHRISTMAS EVE SERVICE

PLEASE JOIN US FOR WORSHIP AT 6:30PM



CHURCH OFFICE WILL BE CLOSED DECEMBER 25 & 26 FOR THE HOLIDAY

Merry Christmas



Youth Food Harvest

The “Food or Item of the Month” is

“Toilet Paper”

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

Thank You

First Presbyterian Women of the Church,
Thank you for supporting Gabriel's House after School Enrichment Program, we are very grateful for you monetary donation of \$50.00.

Sincerely,
Shannon Hall-Sanders

Thank You

Dear Fellow Partners in Mission,
On behalf of Presbyterian World Mission, please allow me to express our appreciation to you, your pastor, session, and congregation for your gracious and faithful support of our mission co-workers. September 17th we received \$417 for Leslie and Cynthia Morgan.

Yours in Christ,
Chris Roseland
Church Support Associate
Presbyterian World Mission

Thank You

First Presbyterian Women of the Church,
A gift in the amount of \$50.00 was received on September 22, 2014 on behalf of the Regional Food Bank of Oklahoma.

Thank you again,
OK Food Bank

Thank You

Dear FPC,
We want to say thank you for the excellent gift of \$166.67. I thank God for your compassion and concern for these young men. This gift will help us fulfill the mission of aiding the young men of our academy.

Yours In Christ,
David L. Dearing
President & CEO

**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 Sue Beall
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DIACONATE

<u>Class of 2014</u> Nancy Grantham Mike Steil	<u>Class of 2015</u> Chip Woods Charles Coker	<u>Class of 2016</u> Martha Coker Charlotte Utley
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Treasurer – Bill McQuain **Asst. Treasurer** – Jerry Fleming

DEADLINE FOR NEXT FAW ENTRY IS

December 19, 2014

We will be celebrating the Lord's
Supper on **December 07 & 24, 2014**
during the worship service.



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Secretary
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Bill McQuain 255-7863

Assistant Treasurer
Jerry Fleming 252-9559

Custodial Engineer
Nancy Postlethwaite 252-6522

Newsletter "Faith - At - Work"
Kristy Garlock 255-5769
email: fpcduncan@gmail.com



First Presbyterian Church
"FAITH - AT - WORK"

*704 West Ash Avenue
Duncan, Oklahoma*



Issue 12

December 2014



AND A MERRY CHRISTMAS TO ALL

Dear Church Family,

Advent has begun and the wondrous season of preparation is in full gear. For some, like Santa and his falling reindeer, inconveniences like tech failure will happen. May your season be free of "flats" and filled with joy and fulfillment of your dreams. I trust that your dreams will include visiting and praying for others in your family and this community and that you will be granted safety in all your journeys this month. As you consider how blessed we all are, please be reminded of the several ways we can be of assistance to others, one of which is the Joy Offering.

The Assistance Program of the Board of Pensions (BOP) of the PCUSA is near and dear to my heart, having served as liaison to the BOP in another presbytery. As a type of "service officer", I had the privilege of being part of administering shared grants gifts to church leaders in need. The needs of our retired and disabled servants of the church (teaching elders, missionaries, administrative staffers and educators to name a few) are as great and as frequent as the general population. The challenge lies in the reluctance of church leaders to ask for help. A short video on the topic at pensions.org presents a poignant message on the offering including the statement: "We are the body of Christ together."

The Christmas Joy offering proceeds go into the Assistance Program funding for use in providing shared grants (a one-time emergency gift shared with the presbytery giving matching funds) and financial assistance to our retired servants of the church and those who become in need of extra funds for life events...like our Santa and the fallen reindeer. The Joy Gift theme this year is *Faith Guides, Faith Gives*, based on Psalm 43:3: *O send out your light and your truth, let them lead me.*

The retired servants of the church have much left to teach us about being the Body of Christ even in showing the way to accept help and in offering to others a "hand up." Please pray for the missionaries, teaching elders of Indian Nations Presbytery, local church officers and friends at FPC who have much work yet to accomplish. The installation and ordination of church officers for this congregation is set for December 14. The elders-elect are Mike Grantham and Joan Drake. Mike Steil and Nancy Grantham are deacons-elect. This new class will participate in training classes on the first three Sundays in December and will be examined by the Session at the stated meeting on December 9 at 6:30 p.m. 2015, promises to be an outstanding year for FPC-Duncan!

Advent joy and a blessed Christmas to all,

Rev. Kathy Ellen Vineyard, Pastor



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RETURN SERVICE REQUESTED

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