

## HOLIDAY STRESS

It's started. Halloween's over so now we build to Thanksgiving and all of the activities culminate in Epiphany (Jan. 6)—eating our way through dinners, parties and the stress-filled days. We expect it to be a "Norman Rockwell" type Christmas picture postcard. What an unrealistic expectation!

The problem is we jump into this time of year doing too much of a good thing and "eustress" results. Is that a new term for you? It's a term meaning a positive type of stress—too many activities leaving us frazzled but not fulfilled! We're doing too much!! We eat, drink and spend too much money and when January arrives we have the continued stress of dealing with the consequences of our actions (debt, weight gain and possibly embarrassing behavior).

Then there's the "too much togetherness" vs. the "not enough togetherness" (loneliness or isolation). The roles each family member plays usually results from who we were rather than who we've become, which bring more dread than eager anticipation to these gatherings.

Seasonal Affective Disorder (SAD) is another problem that becomes evidenced at this time of year—during seasonal change from fall to winter: daylight diminishes and colder weather causes people to stay indoors, precipitating isolation and depression. SAD can interfere with positive enjoyment of the Holidays.

So, how do we reduce Holiday stress? Before it becomes overwhelming, set your priorities. What's most important? Shopping, baking, sending Christmas cards, wrapping packages? Let your perfectionism be replaced by what's truly important to you and put the other activities aside.

And when it comes to food, consider your triggers, have healthy food on hand, monitor your intake and practice mindful eating.

And "togetherness"—be aware of your limitations. Set limits. If you're lonely, invite friends to your house. Or volunteer to help others on that day—it's a sure-fire way to avoid being lonely and sad.

You may want to set up and schedule for your activities. First, write down your usual activities. Then add any appointments you may all ready are aware of. Finally, add your prioritized activities. Each day build in 10-30 minutes of exercise, preferably outside—this should help you avoid or reduce SAD occurrences.

Last, but definitely not least—BREATHE! Breathing meditation would be best but 10 minutes of deep breaths should provide the necessary oxygen to avoid the negative effects of stress. You might visualize inhaling in peace and serenity and exhaling stress. You'll enjoy the Holidays more!

-Submitted by Jo Flanders

## Happy December Birthday!

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



**Nancy Grantham 12/4**

**Rosella McQuain 12/15**

**Bennie Drake 12/29**

**Fallis Beall 12/30**

**Venessa Swanson 12/31**

*If we missed your Birthday, please let us know.*

**A lunch honoring December Birthdays will be held at Jimmy's Egg at noon on Wednesday, December 20<sup>th</sup>. *Everyone is welcome.***

**Please call or email your plans to attend to:**

**Eloise Hofmann [elbohof@cableone.net](mailto:elbohof@cableone.net) or 580-252-2476.**

## Thank You

A great big THANK YOU to all of you who contributed to the Clergy Appreciation Month gifts. I was blown away. I have never been showered with gifts like that. The OU blanket, the Oklahoma Christmas ornaments, and the gift card to Paseo Grill. Wow!

Thank you all. I feel loved and appreciated.

-Pastor Matt



Wednesday December 6<sup>th</sup> at 6pm  
Wednesday December 13<sup>th</sup> at 6pm  
Wednesday December 20<sup>th</sup> at 6pm

## Sing

Christmas Eve December 24<sup>th</sup>  
at 9:45am and 6:15pm

## Legacy Gifts

As the Christmas season rolls around, it is a time of gift-giving for many. I would be remiss as your pastor if I didn't talk with you about planned giving. What better gift to give during Christmas than a gift to your church! And I am talking about those legacy gifts that live on. While you can always remember your church in your will, have you thought about creating a lasting legacy now through endowed gifts, donor-advised funds, direct donations from an IRA, or trust/estate planning? Talk to me if you would like to know more.

-Pastor Matt

### Pastor's Class: Advent Hymn Exploration

**December 3<sup>rd</sup> & 10<sup>th</sup> 9:30-10:30**

Discover the meaning of the season with this two-week class exploring Advent hymns. December 3 & 10. 9:30-10:30am. We will dive into the purple hymnal, exploring the meaning of the texts, learn about the hymn writers. Includes prayers, reflection, discussion, bible study, and some special musical performances too! Meet in the Sanctuary. You do not have to be a musician to enjoy this special class. Taught by Pastor Matt.

### Guest Preacher – December 17 – Rev Dr. Rick Baggett



Hygiene & Paper Products

"Youth Food Harvest"

December 17th, 2017



*December 28, 1954*

*Fallis & Sue Beall*

## WELCOME NEW MEMBERS!

Join us in welcoming **Darlene Roberts and Maddie Caldwell.**

Darlene was received in mid-November.

Maddie was baptized on Christ the King Sunday, Nov 26.

## JOY LUNCHEON

**December 6<sup>th</sup> at NOON**

The Joy Luncheon will be on Wednesday, December 6<sup>th</sup> at noon. This would be a great time to invite guests. Please RSVP for this \$5.00 luncheon which will be fabulously delicious. The meat is always wonderful when Brooks prepares it for us. This year's entertainment will be a preview of Duncan Little Theatre's Christmas Production "Sketches of Christmas"... The Joy Luncheon has been a favorite for everyone for many years. Our Presbyterian Women have planned a great time for everyone. It is not too early to call the church or Vicki to say you are coming and your guest's name. What a great way to start our Christmas holiday!

See you then!

Vicki Zimmerman,  
Presbyterian Women Moderator

## Prayer Corner

Let us keep our family and friends in our prayers:

Dennis Radford of Kansas City and his Taliaferro Family, Rosella McQuain, Cliffa Jean Belinski, Rita Martin, Rev. Pam Normile, Charlotte Utley, Sue Beall, Beverly Chalkboyer, Walt Glover, Robin Glover, Bobby Goodner, Colene Mercer, Hunter Gedicks, & Don Baird



**Let us remember those unable to attend worship service:**

Gladys Taylor, Janis Hruby, Colleen Winn, Jack Munn and Beverly Moody

**We are Also in Prayer for:**

The Family of Bill McQuain

**OFFICERS OF FIRST PRESBYTERIAN CHURCH**

**ELDERS**

Class of 2017  
Joan Drake

Class of 2018  
Joanne Flanders  
Bennie Drake

Class of 2019  
Caron Hawkins  
Vicki Zimmerman

**DIACONATE**

Class of 2017  
Nancy Grantham  
Mike Steil

Class of 2018  
Margo Jones  
Coy Elliot

Class of 2019  
Glennis Wilson  
Tim Burns

**Treasurer** –Bennie Drake      **Asst. Treasurer** –Mike Grantham



We will be celebrating the Lord's Supper on December 3, 2017 during the worship service.

**DEADLINE FOR NEXT FAW ENTRY IS**

**December 15th, 2017**



**Telephone Numbers**

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Rev. Dr. Matt Meinke 255-5769

**Treasurer**  
Bennie Drake 255-5769

**Asst. Treasurer**  
Mike Grantham 255-5769

**Secretary and Newsletter "Faith- At-Work"**  
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RETURN SERVICE REQUESTED

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*First Presbyterian Church*  
**"FAITH - AT - WORK"**

704 West Ash Avenue  
Duncan, Oklahoma



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**Advent Devotional**



Spruce up your Advent with this free Advent devotional offered through Pittsburgh Theological Seminary. There are a number of ways to access it digitally: 1) Download the free Pittsburgh Seminary app. Take your Android or Apple product, visit your app store, and search for "Pittsburgh Advent" or "Devotions – Advent & Lent." 2) You can also download it and print it yourself. Visit [www.fpcduncan.com/resources](http://www.fpcduncan.com/resources) 3) Visit [www.pts.edu/devotional](http://www.pts.edu/devotional) to read or listen online.

There will also be a limited number of devotionals in the narthex if you desire a hard copy.

-Pastor Matt

**Christmas Eve Worship**

I am looking forward to celebrating Advent and Christmas with you all! I hope you are able to come at 6:30pm on Christmas Eve. We will be celebrating the coming of the Christ child with a Lessons and Carols service, as well as Candlelighting. Childcare available. I will also be needing a number of liturgists for this service.

-Pastor Matt

