

March Anniversaries:

*March 2nd, 1957:
Bob & Eloise Hofmann
Celebrating 60 years*

*March 13th, 1960:
Judy & Marlin Holtmyer
Celebrating 57 years*



Dear FPC friends,

Please prayerfully consider the opportunity to participate in one of our special offerings on Palm Sunday and/or Easter Sunday. One Great Hour of Sharing supports Presbyterian Disaster Assistance, the Presbyterian Hunger Program, and Self-Development of People. Help for flooding disasters in South Carolina, Texas, and Louisiana; humanitarian care for Syrian refugees; hunger action programs; and self development projects like the Detroit Water Crisis Hotline and Jobs Not Jails are just a few Presbyterian projects you can read about in literature you will be given or go online to presbyterianmission.org.



-Submitted by Caron Hawkins

Church Women United are sponsoring the World Day of Prayer at the 1st Christian Church on **Friday March 3, 2017** at **9:30 a.m.** Come and Join the fellowship. Mary Frances Cox to lead the program.

-Submitted by Pat Hale *Agreed to differ, resolved to love, united to serve.*



The Eyes Have It

David Bowie had a lot of interesting traits: brilliant musician, talented artist, brave innovator in popular culture...and he also had 2 different eye colors! This trait occurs in less than 1% of the population. However, everyone should take care of their eyes no matter the color.

Everyone needs to wear sunglasses even on cloudy days, especially people with blue eyes: the outermost layer of blue eyes is thinner than that of dark eyes. When purchasing sunglasses UV protection should be checked--they should block both UVA and UVB and be labeled UV400 or 100% UV protection as suggested by the American Academy of Ophthalmology (AAO).

We all have heard that carrots are good for our eyes but all leafy greens contain lutein and zeaxanthin, which are nutrients that studies show help reduce the risk of chronic eye disease (namely, cataracts and age-related macular degeneration). Carrots do contain vitamin A which can help night vision.

Another consideration is the fact that we "stare at screens" all day and our eyes are complaining. It's time to use the "20-20-20 Rule". We blink less often when looking at a screen which dries out the eye and causes irritation. To help maintain a healthy level of moisture and reduce eyestrain, look at something 20 feet away for least 20 seconds every 20 minutes.

Check out which font you're using. Times New Roman may be attractive but Arial and Verdana may be better. There's more space between letters so that words appear crisper and are easier to read from farther away.

CLEAN YOUR SCREENS!! When we're viewing an image up close, our eyes have to cross inward to bring the screen's image into focus. If the screen is covered with smudges, dust or dirt, focusing is even more difficult. Over time eyes become strained and headaches can result. Wipe the screen daily with a microfiber cloth to remove the grime. And be sure that your glasses and contacts are clean as well!

Vitamins are now available that enhance eye health. As you read the label you'll notice that they contain lutein in larger amounts just as the leafy green vegetables do—thereby reducing the incidence of cataracts and age-related macular degeneration.

Use protective eyewear when participating in sports. The AAO states that every 13 minutes an ER treats a sports-related eye injury. And one in three injuries involve children showing that balls, bats and rackets are responsible for more than 40% of ER visits for children ages 10-14.

Last but not least, definitely have your eyes checked at least annually. Be sure that includes all members of your family, including the children.
Submitted by Jo Flanders

Happy March Birthday!

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



03/01 Abby Grantham

03/14 Chris Zimmerman

03/14 Ruth Wyatt

03/16 Leslie Hallock

03/18 Charlotte Utley

03/22 Jennifer Johnson

03/27 Dwayne Brittain

03/29 Jack Munn

If we missed your Birthday, please let us know.

A lunch honoring March Birthdays will be held at Jimmy's Egg at noon on Wednesday, March 15th. Everyone is welcome.

Please call or email your plans to attend to:

Eloise Hofman elbohof@cableone.net or 580-252-2476.

Youth Food Harvest

March 19th

Dear First Presbyterian Church,

Christians Concerned sincerely thanks you for your generous donation for the year of 2016.

Christians Concerned, a United Way Agency, is a non-profit, volunteer organization dedicated to helping those in need in the Duncan area.

Jesus said, "I was hungry, and you gave me food; I was thirsty, and you gave me drink; I was naked, and you gave me clothing; I was sick, and you took care of me... Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

Matt 25:35-40

Christians Concerned helps others because we believe God calls us to care. May He bless you richly for assisting us in helping others in our community.

Sincerely,

-Christians Concerned



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 March 9th. Come Join Us in this Study!

Prayer Corner

Let us keep our family and friends in our prayers:

Kirsten Davis and Bentley Drake Davis, Kaitlin and Greyson Caldwell, The Robert E. Rice Family, 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
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 **March 5, 2017** during the worship service.

**DEADLINE FOR NEXT FAW ENTRY IS
March 17, 2017**



*Hello
March*

Telephone Numbers

Church Office (580) 255-5769
Fax (580) 252-4175
e-mail: fpcduncan@gmail.com
Website: www.fpcduncan.com

Pastor
Rev. Mike Manaugh 255-5769

Treasurer
Bennie Drake 255-5769

Asst. Treasurer
Mike Grantham 255-5769

Secretary and Newsletter "Faith- At-Work"
Venessa Swanson 775-7468
email: fpcduncan@gmail.com



First Presbyterian Church
"FAITH - AT - WORK"

704 West Ash Avenue
Duncan, Oklahoma



Issue 3

March 2017

Dear Friends,

As we continue our year-long series of articles on the legacy of the Reformation - this being the 500th anniversary of the beginning of that momentous movement - I thought it might be worth exploring how the great Reformer John Calvin thought about the season of Lent. By the time you read this, Lent will nearly be upon us and I hope you will plan to join in the various services and classes that will be held throughout the season. Lent can be a helpful time for us if we keep in mind the purpose it can serve as a time for self-examination and spiritual and moral recalibration.

The practice of setting aside a forty day season called Lent began in the fourth century A.D. as a means of preparing new Christians for baptism into the church. This was a time of intense *catechesis* (teaching), in which new converts were introduced to the beliefs and practices of the Christian faith, all of it culminating on Easter Sunday morning with initiates making a public profession of faith and receiving baptism. Lent, therefore, was a literal season of preparation, in which new believers prepared themselves for baptism and the already-baptized often spending the season encouraging new believers.

Over time, however, the season of Lent grew increasingly unmoored from the practice of baptism. By the sixteenth century, adult baptisms were rare, and the forty day season of Lent had begun to take on other, more superstitious meanings. In that context, Lent had largely grown into a season to do actual penance for sins in hopes of receiving grace at Easter time. (Not totally unlike our practices of giving up chocolate or beer, though we are often motivated less by fear of God than by a desire to lose weight or save money or some other worldly end). For Calvin and his fellow Reformers, this was precisely the sort of legalistic, works righteousness thinking that had led the Church to abandon the gospel's clear message of justification by grace through faith. To operate on the assumption that there is something we must, or even can, do in order to curry favor from God is to assume the truth of a different gospel, as Paul says in Galatians; a gospel in which Christ's death was not fully sufficient to reconcile us to God.

For Calvin, therefore, Lent had served its purpose and did more spiritual harm than good. So perhaps as we prepare to move into that season, now would be a good time for each of us to spend some time thinking about our own understanding of the purpose of Lent. What is this season for? Is it a time for me to simply go through some sort of routine for the sake of that routine? Or is it a time for me to strive to recommit myself to the basic practices of the faith - not as a means of earning favor, but so that I might stoke the flames of my love for Christ. Are there things in my life that prevent me from spending adequate time reading God's Word? Have I fallen out of the routine of attending Sunday worship? Do I have conflicts with brothers or sisters in the faith that hinder me from being a fully committed member of this community of faith?

These are the sorts of questions we ought to ask during Lent, so that they our love for Christ might be strengthened, who alone can reconcile us to God!

On the journey with you,

Mike

RETURN SERVICE REQUESTED

First Presbyterian Church
704 West Ash Ave.
Duncan, Oklahoma 73533-4646
580-255-5769
Website: www.fpcduncan.com