

National Stroke Month

May is the month to be reminded that while stroke deaths are on the decline, it remains the 5th leading cause of death (129,000 in 2013). The approximate total number of strokes happening each year is 795,000. Of that number, 610,000 are new strokes and 185,000 have had a previous stroke. The statistics also show that strokes are occurring at a younger age. The risk factors, such as diabetes, obesity, high blood pressure and high cholesterol, are increasing and it continues to be the leading cause of disability.

There are simple ways to avoid another stroke. American Heart Association calls them *Life's Simple 7*—healthy eating, physical activity, managing blood pressure, controlling cholesterol, reducing blood sugar, losing weight and stopping smoking. Of these, eating better and becoming more physically active offer the most bang for your buck because they impact the other 4 of the remaining 5 areas. For those who survive a stroke, these benefits can spell the difference between dependence and independence.

As a young piano student my teacher said “practice makes perfect” and “you must play the phrase perfect 7 times in a row before you really have it!” Using these thoughts, I’m reminded that if you aren’t practicing healthy behaviors, then you’re practicing unhealthy ones!

Let’s face it, cheeseburgers and French fries don’t build new cells and create the energy we need to thrive and avoid disease. However, veggies, fruit, low-fat dairy, fiber-rich whole grains and lean meats are the basic building blocks for a healthy life. You might check out the food plate that illustrates more than half of your plate filled with fruits and vegetables.

And healthy eating requires planning. The first step is to keep a journal—hand written or an app-based food tracker for a few days/weeks. Adding the nutrients and calories for each item will help you to see what choices need to be improved. Generally, a good place to start is to buy fewer processed food products. When you’re at the grocery store, shop the perimeter (it’s where dairy products and produce reside) and skip the center aisles where the processed foods sit.

Recently, the wait staff at a local restaurant stated that they’d removed the “healthy stuff” from the menu while replacing the items with “Reese’s pieces pancakes”. Her customer was disappointed. My comment: “we don’t have to choose those pancakes!” Our purchases will influence what the grocery store offers as well as what’s on the menu! Our health should be our #1 priority.
-Submitted by Jo Flanders

Dear Friends,

By now, I hope you have received the letter with the news that I have accepted a full time call in Durant, OK. I wish I could have told each of you face-to-face, but I hope the letter will suffice. Please know, on behalf of my family, that we have treasured this time with you and are so very appreciative of each one of you and of the love and kindness that you have shown us. Our call here was always of the temporary nature, but you did not treat us that way. Thank you for moving meeting times to accommodate my schedule, and for understanding when I could not be present at various events.

You have been a blessing to us over these past 18 months or so, and we will always be grateful to God for having given us this time together with you. Our continued prayers for this wonderful church, for each of you, and for your work and worship in Duncan!

Always on the journey with you,

Mike

May Anniversaries:

*Stan & Julie Martin
Celebrating 40 years*

May 28, 1977



Happy April Birthday!

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



Elizabeth Pitts-Hibbard 5/06

Eloise Hofmann 05/11

Payten Ferguson 05/19

Robert Johnson 05/29

If we missed your Birthday, please let us know.

A lunch honoring May Birthdays will be held at Jimmy's Egg at noon on Wednesday, May 17th. *Everyone is welcome.*

Please call or email your plans to attend to:

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



BIRTHDAY LUNCH

The next birthday lunch will be held at Jimmy's Egg on May 17th at noon. Attendance at the birthday luncheons have declined. If you are in favor of continuing these luncheons please plan to join us in May.

-Submitted by Eloise Hofmann



Youth Food Harvest

May 21st

20oz. Dish Soap and Toothbrushes Needed



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 May 11th. Come Join Us in this Study!

Prayer Corner

Let us keep our family and friends in our prayers:

Anita Finch, Bill McQuain, Robin Glover, Kirsten Davis and Bentley Drake Davis, Kaitlin and Greyson Caldwell, Rita Martin, Patty Jennings, Cliffla Jean Belinski, Jean Ann Reed, Beverly Chalkboyer, & 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 **May 7, 2017** during the worship service.

DEADLINE FOR NEXT FAW ENTRY IS

May 19, 2017



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



RETURN SERVICE REQUESTED

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



First Presbyterian Church
"FAITH - AT - WORK"

704 West Ash Avenue
Duncan, Oklahoma



Issue 5

May 2017

As we continue this series of articles in celebration of the 500th anniversary of the Reformation, I thought it would be fun to introduce you to an important Reformation figure whose name might be unfamiliar, but whose work you have likely encountered. There are many such individuals of the Reformation era who are still being discovered by historians and researchers all these years later, many of whom were not theologians or writers or even pastors, but whose work and witness was nevertheless immensely influential. One of those figures was the artist, Lucas Cranach the Elder.



Remembered as "the man who painted the Reformation," Cranach was born in Germany in 1472. Cranach's artistic career began in Vienna, where he worked until being named the official court painter of Frederick the Wise, the Elector of Saxony, in 1505. This brought him to Wittenberg, Germany, where a short decade later in 1517, a young monk named Luther would post his *95 Theses* on the door of the castle church. Cranach soon fell under Luther's influence and became one of the reformer's closest friends. Over the years, Cranach produced portraits of Luther - like the one above, his most famous - and various members of Luther's family, as well as other important figures in the early German Reformation. In addition to painting portraits of Reformation leaders, Lucas also produced the illustrations - in the form of woodcuts - for Luther's German translation of the New Testament.

Cranach's story is important for a couple of reasons. First, as the painter of the Reformation, we certainly owe him a debt of gratitude for endowing us with images of the individuals who made such an important contribution to our Protestant and Reformed faith. Perhaps more importantly, however, is the way in which Lucas Cranach bears witness to the doctrine of "the priesthood of all believers", one of Luther's most important contributions. Departing from the Medieval idea that there were holy vocations and secular vocations, Luther argued that all vocations which serve the common good are holy and from God. One story has it that Luther was approached by a cobbler and asked how he could serve the Lord. Assuming that the Reformer would tell him to leave his business, the cobbler was surprised when Luther responded with the simple instruction to "make a good shoe and sell it at a fair price." In other words, for Luther, the mark of a Christian shoemaker is not that he or she places little crosses on their product, but that they take seriously the work they has been given to do and seek to do it in a way that benefits the greater good.

As a painter, Lucas Cranach was not ordained to any religious office, but in Luther's eyes this did nothing to diminish the importance of his work to the furtherance of the gospel and the witness of the Kingdom. In the same way, you and I are called to enter into our work - no matter what it may be - confident and convicted that we have been put there by God to serve Him as we serve others. As the Apostle Paul puts it: "So whether you eat or drink or whatever you do, do it all for the glory of God" (1 Cor. 10:31).

On the journey with you.

Mike