

GOD'S PEOPLE DOING GOD'S WORK IN GOD'S WORLD

IT IS SPUD LUNCHEON TIME AGAIN

The luncheon will be held at the Stephens County Fair Grounds on **March 9 from 11: 00 am until 1:30 pm.** Carry outs will be available. This traditional lunch has always been at the First United Methodist Church, but they are in construction and renovation at this time.

Tickets are on sale NOW and are \$7.00 each. Some are in the church office. No meals will be served without a ticket, and this policy is more crucial this year than ever before. The participating churches are being asked to volunteer their kitchens for preparation, then transport the food to the fair grounds expo. building. FIRST PRESBYTERIAN has been assigned to prepare hams. Also any donations of ham would be appreciated. The Farmland Boneless Hams make excellent "fixins" for the spuds. Please bring hams to the FPC kitchen no later than noon on Thursday, March 4.

There are sign-up sheets on the bulletin board across from the office for items and chores that are badly needed. If you have not already been contacted please sign up before March 5. If you can furnish a dessert, please sign for that also. The desserts need to be at the fair grounds no later than 10:00 am on March 9. All unsold tickets or sign up sheets should be at the FPC by noon on Friday March 5. These items will be given to the chairmen at the World Day of Prayer celebration.

Any questions should be addressed to Pat Hale, Peggy Gilchrist or Martha Coker.

Submitted by Martha Coker



It's National Nutrition Month, created by the American Dietetic Association to draw attention to making informed food choices and developing sound eating and physical activity habits. Recently, attention has been drawn to the obesity problem in our country—you can enter almost any store, church, school or community activity and see that we all need to be concerned.

The Lenten Season is an excellent time to formulate the short term goal of wisely choosing nutritious foods by reading food labels. "Low fat" labels doesn't necessary mean a "healthy" food as often other unhealthy ingredients are added to improve the taste. At the same time, many processed foods are high in sodium. An additional ingredient of MAJOR concern is high-fructose corn syrup. It's found in juices, sodas, cookies and many processed foods and raises blood sugar dramatically. However, it doesn't make you feel full or satisfied and more is continually consumed.

What can you do instead? One can choose to eat fresh fruits and vegetables, the brightly colored ones are best—they are low in both fat and sodium and high in natural sugars. Another approach to the obesity problem is to examine the size of the portions on your plate. You may be surprised as to the size of ½ cup of pasta—it's not a plate or large cereal bowl-full. Most portions are not within the serving size identified on the food pyramid—a review of the number of servings is available at www.MyPyramid.gov.

A positive change during this time will insure meeting a long-term goal of longer as well as improved quality of your life span.

Joanne Flanders, MS, RN - Parish Nurse

UPDATE FROM AMY

Dear Church Family,
I am so EXCITED!!! I will be with you all next weekend (Feb. 28) and am eager to look out into the congregation and see the smiling faces of the people who have helped me be where I am today. Coming home never feels like "home" until I worship in church with you.

The Lenten season is one of my favorite in the year because it was during that time, 22 years ago, that I became a worshiper instead of someone who sat in the pew. That Lenten season caused me to realize who Jesus Christ was in my life. Until then I felt an obligation to go to church, but after that time – and especially after that Maundy Thursday, Good Friday, and Easter – my thinking has changed. It is now an honor to get to come to worship with my church family and I feel blessed that I am able to be with you!

Blessings and love,
Amy

PRAYER CORNER

*Let us keep our friends and family
in our prayers*

*Matthew Fleming - Marines
*Capt. Michael Pruden - Marines
*Jason Kramer - Army

Jimmy & Rachel Livingston

Sam Thompson

Imogene Dove

Pat Winn

Bob McKee

Ron Twelves

Susie Grantham

Ann (Helms family)

Jessica Jones

Josie Brown

Martha Copland

Lu Morgan

Mary Cearley

Chase O'Bryne

Al Hruby

Helen Sue Lowe

Carroll Goss

Doris Stokes

Terry Evans

Jerry Fleming

The People of Haiti
and The Relief Workers

* Currently serving our country

Financial Update

The Session wants to financially update the Congregation on a routine basis. The figures below are as of February 16, 2010 and will be updated monthly.

Yearly Income to date	\$33,036.07
Yearly Expense to date	\$26,191.97
Haiti Contributions	\$ 742.00

We extend our Sympathy to Vicky Benson and family on the death of her brother in law, Jerry Benson on January 23, 2010 in Norman, OK



Our Prayers and Sympathy to the family of Tom Carey, Rosella McQuain's brother, who died on February 2, 2010.

THANK YOU

Dear Friends,

Thank you very much for your gracious gift of \$208.33 we received in today's mail. Thank you also for the kind and generous support you have shown the boys of Goodland.

Two of our Boy Scouts will soon join the ranks of Eagle Scouts. Tyler and Jeff have both begun their Eagle project. Only 2 percent of Boy Scouts nationwide ever reach this rank. Tyler and Jeff will be the first Goodland students in many years to achieve the great honor. To attain Eagle, a scout must also demonstrate leadership and outdoor skills. Our boys are currently working on their project, which they hope to have completed in the next few months.

Your Servant in Christ,

David L. Dearing, CEO, Goodland Academy

THANK YOU

Christians Concerned sincerely thanks you for your gift of \$166.66 and \$327.04.

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

God bless and keep you, Christians Concerned

SIGN IN PLEASE

In order to better serve our congregation it is important that you, as a member of the congregation or a visitor, **sign the Welcome Register** each time you attend **Worship Service**.

You will find the Welcome Register on the center aisle side of your pew. Please sign it and pass it down the pew for others to sign; then return it to the aisle seat.

Thank you for your cooperation

THANK YOU

A special **Thanks** to all our members who put so much effort into clearing the church property of downed tree limbs, cutting down broken branches, repairing fences, shoveling snow off the roof, clearing parking lots and numerous other chores to prepare our church for worship services. Your work is very much appreciated by all of us.

REMINDER TO BRING:

Campbell Soup labels, box tops for schools coupons, empty pill bottles, aluminum pull tabs and empty ink jet cartridges to the church office to help others in need.

**OFFICERS OF FIRST PRESBYTERIAN CHURCH
DUNCAN, OKLAHOMA**

ELDERS

<u>Class of 2010</u>	<u>Class of 2011</u>	<u>Class of 2012</u>
Peggy Gilchrist	Bennie Drake	Lonnie Helms
Helen Sue Lowe	Steve Reasor	Rosella McQuain

DIACONATE

<u>Class of 2010</u>	<u>Class of 2011</u>	<u>Class of 2012</u>
Joan Drake	Jack Munn	Leah Berning
Sally Barthell	Mike Grantham	Charlotte Utley

Treasurer: Linda Helms **Asst. Treasurer:** Jerry Fleming

Lenten Lunches

The Duncan Lenten Lunches will be held this year at Stephens United Methodist Church, 905 S. 9th on the first five Monday's of Lent (February 22 through March 29) from noon until 1:00pm. The entire community is invited.

**DEADLINE FOR NEXT FAW ENTRY IS
THURSDAY, MARCH 25 TH**

Telephone Numbers

Church Office (580) 255-5769
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Website: www.fpcduncan.com

Interim Pastor
Reverend Tracy Evans Cell: 736-4170
email: tlevans@fpcduncan.com

Treasurer
Linda Helms 252-4164

Assistant Treasurer
Jerry Fleming 252-9559

Organist/Choir Director
Hollie Hill-Le hhpianostudio@yahoo.com

Custodial Engineer
Nancy Postlethwaite 252-6522

Parish Nurse
Jo Flanders 255-7198

Webmaster
Lynn Wienck 252-4471

Newsletter "Faith - At - Work"
Sally Barthell 470-9933
email: salsroom@jimbarthell.com



First Presbyterian Church
"FAITH - AT - WORK"

704 West Ash Avenue
Duncan, Oklahoma



Issue 03

March 2010

I spend a lot of time pondering. Thinking about church takes up a good portion of my pondering time. I can regularly be found pondering my sermon, or an upcoming meeting, or what to write for one of these Faith-at-Work articles. I also spend a good amount of time pondering particular situations in the church and what to do (or not do) with them.

Pondering is not the same as prayer. Pondering is more like talking with myself as I weigh options or come to a conclusion.

Prayer, on the other hand, can be a part of pondering, but only if it is intended to be so. When I seek God in the midst of my questions, I am prayerfully pondering.

But some of the best praying I do is when I simply open myself to God. Not going with a question to be answered, or a situation to be dealt with (though those are perfectly good reasons to go to God) allows God to direct the conversation. So often I want God to just confirm what I have already decided and don't really want to know what God might have to communicate to me.

We are a couple of weeks into Lent. This traditional time of preparation for Easter is a perfect time to do some praying, some REAL listening for God. I warned in a sermon not long ago that if you really pray, and really listen, and really want to know what God has to say, it could be dangerous. The danger is that you could be changed.

I've asked the congregation to really pray for First Presbyterian Church during Lent. Pray for me, the session, and the diaconate. Pray for individual members by name. Pray for groups that gather to study, work and share fellowship. Pray for this community of faithful that we will hear God's speaking to us. God is not finished with us, I assure you of that, but we need to listen!

I would encourage you to bring some aspect of FPC to God in prayer each day. But beware! Things may change! If we will listen, we will change as individuals and as a part of the body of Christ. But also take heart in the knowledge that though things change for us, God who we worship and serve does not change! Thanks be to God!

In prayer and pondering as your Presbyterian pastor (sorry, I couldn't resist),
Tracy

MARCH 2010 ISSUE



RETURN SERVICE REQUESTED

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First Presbyterian Church



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