

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



We're moving into the "Dog Days of Summer" which I understand can be expected to be the hottest of the season. Another "given" regarding those days is that many will not drink enough water to avoid dehydration.

In general, dehydration occurs when you lose more fluid than you consume which leads to your body being unable to carry out normal functions. While this can occur due to vomiting, diarrhea, or fever; at this time of year, the dehydration is often a result of hot weather or exercise. Young children, older folks and people experiencing chronic illness are most at risk.

How do you know if you're dehydrated? A dry sticky mouth, tiredness, thirst, decreased urination, muscle weakness, headache and dizziness are the usual symptoms. A major concern is that the elderly generally drink less than 8 8 oz. glasses of water each day and have a decreased thirst mechanism as they age. If your skin lacks elasticity, eyes become sunken, blood pressure drops, heart rate is rapid and you become confused, seek medical attention IMMEDIATELY!!! Lest you not take these symptoms seriously, be aware that this condition can lead to seizures, shock, kidney failure, coma and death. It's not a condition to be taken lightly.

Mild or moderate dehydration can be treated by increasing water intake while severe dehydration requires immediate medical treatment. The safest approach is to PREVENT the condition by monitoring fluid intake and loss during hot weather, illness or exercise.

In case the subject arises, athletes exercising in hot weather should drink cool (not COLD) water. Sports drinks containing electrolytes may be helpful. "Salt" tablets are not appropriate as they can lead to hypernatremic dehydration, a bodily condition of elevated sodium plus dehydration, a very serious condition.

So, how do you prevent the problem? DRINK MORE WATER; avoid coffee, tea or other beverages containing caffeine. Fruit juices and sodas, containing high levels of sugar which pulls even more water from the body's cells, should be avoided. This includes the "clear liquids" we all considered to be hydrating—such as ginger ale and 7-Up. Eat foods high in water such as fruits and vegetables. If you're exercising, drink water before (1-2 C.) and during the exercise session. Altitudes greater than 8,200 feet can increase need. Should you become aware of dehydration symptoms, get to some shade, lay down and begin drinking water. When your urine is clear, you're hydrating adequately.

Joanne Flanders, MS, RN - Parish Nurse

Notes from the Administrative Commission

We have been privileged to listen to and work with the leadership team that is working with the material prepared by Dr. Peter Steinke. The Action Plan Team, session members and deacons have been meeting since early June and have prepared a few concrete tasks for the session to begin to implement this summer and fall. The session met this past week and considered these tasks and you should hear more about them soon. They each touch the primary issue raised by Steinke in the areas of viability, mission, leadership and division.

These congregational leaders have been forward-thinking and creative. People have laughed together, thought through hard issues and topics together, and are committed to seeing things through that will strengthen the ministry of this congregation.

This is just the beginning. There are more ideas to work through, more tasks to consider, all toward helping the congregation move forward together in mission and ministry in the name of Jesus Christ for the city of Duncan and for the world. Please continue to pray for your leaders and for each other.

Ann Wasson

THANK YOU

We are so grateful to Tracy and our friends at FPC.

Thank you so much for the visits, cards, food & flowers. Most of all thank you for all the prayers that have been sent in the past few months for Carol and Eloise. God has been listening and both are so blessed to be on the road to recovery.

God Bless you all,
Bob & Eloise Hofmann

THANK YOU

Dear Members of First Presbyterian Church,
Thank you for your recent donation of \$287.00. We are extremely grateful to you for your decision to make this donation.

It is people such as you that help us to feed and shelter the less fortunate in our community.

May God Bless you for this gift.
Mike Girod, President, Board of Directors, Duncan Rescue Mission

THANK YOU

Dear Friends at First Presbyterian Church,

Thank you very much for our generous gift of \$208.33 we received in today's mail. You are a vital part of our ministry to these young men in need of care.

Your Servant in Christians,
David L. Dearing, CEO,
Goodland Academy, Oklahoma

THANK YOU

Dear First Presbyterian Church,
Our sincere thanks for your gift of \$166.66. Christians Concerned helps others because we believe God calls us to care. We consider it a privilege to do what we can to meet the needs of others in the name of Jesus Christ. God Bless & keep you, Christians Concerned

THANK YOU

Dear Friends in Presbyterian Women,
Thank you so much for the donation you made to the MD Anderson Cancer Center in our son Everett's honor in January. They did so much for Everett those 15 months of treatment & he appreciated all they did. It would mean a lot to him to know that he is now helping them through gifts such as yours.

Your church is very special to me. I loved my visit to your Presbytery in which 2 of your women hosted me. I also got to participate in your retreat down in Salisaw. Perhaps one day we will get to visit again. Les & I just got back from 6 weeks in Bangladesh. It was good to be able to share our grief with those who knew Everett as he was growing up.

We will be returning to Bangladesh in September. Thank you for walking this journey with us.

Fondly, Cindy and Les Morgan

THANK YOU

Dear Friends at First Presbyterian Church,

Your most recent donation of food to Christians Concerned's Pantry is much appreciated. Thank you all for continuing to help us help those who need assistance.

Sincerely, Peggy McCoy,
Christians Concerned

THANK YOU

Women of the First Presbyterian Church,

Thank you for the donation made to the Compassion Center. Your financial assistance, helping these ministries to meet the needs of people in our community, is greatly appreciated. May God continue to bless the work of our hands as we seek to bless others.

PRAYER CORNER

Let us keep our friends and family
in our prayers

*Justin Ezell - Army
*Matthew Fleming - Marines
*Capt. Michael Pruden - Marines

Jimmy & Rachel Livingston

Bonnie Davidson

Marguerite English

Sam Thompson

Imogene Dove

Pat Winn

Katie Moody

Emily Marshall

Bob McKee

Ron Twelves

Tom Carey

Suzie Grantham

Ann (Helms family)

Jessica Jones

Joyce Stewart

Josie Brown

Kelly Evans Henderson & Baby

Larry Presgrove

Carol Rowland

Eloise Hofmann

Martha Copland

Lu Morgan

Pat Miller

* Currently serving our country

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

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<u>Class of 2009</u>	<u>Class of 2010</u>	<u>Class of 2011</u>
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Organist/Choir Director
 Susan Duell 252-3088

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 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 8

August 2009

Happy August! Probably the best thing about August is that summer soon will be over. I'm not a fan of the heat, and this past month has been brutal! Bring on winter!

I usually don't make a lot of friends by announcing my preference for cold weather over hot. I find myself to be in the minority on this, but that's alright by me. It takes all sorts of people to make up this big round world, and God created us so that together we are a reflection of God. God loves us enough to allow us freedom, and in this case, my freedom includes liking winter!

As the family religious professional, I get to field questions, all sorts of questions from my niece and nephews. I've been asked about heaven, because a nephew was afraid he might get bored there. I assured him that it would be better than his best day at Disneyworld, which was just the comfort he needed. Another nephew who is interested in things planetary asked which galaxy heaven is in. I wasn't sure of the answer to that one, but we decided that it would be likely be in our own galaxy, since we know that one best. And yet another nephew and I discussed going to the cemetery and his fear of dying (big stuff for a six-year old).

My niece and I recently talked about her friends and all the Bible knowledge they have. She is concerned that she doesn't know all the people, places and stories of the Bible like they do (and being a 13 year old, there's a lot of competition about everything). It seemed to be really troubling her, and understandably so. I asked her what she knows about God, and she knows that God loves her, and that Jesus is his son who came to earth for us. My response to her, and my response to many others, is that that is what she needs to know. If she never learns another Bible story, but only knows that God loves her, then she knows enough. Of course, I want her to learn about the rich history and witness of scripture. I want her to learn to look with a critical and faithful eye at the word of God. But in the midst of it all, I want her to continue to know that no matter what, God loves her.

At thirteen, she has a faith statement. She may not have put it into written form, but she knows what she believes. What would you include in your faith statement? What are the things you know for sure that you want to tell others?

As you sit in front of a fan in these long, hot days of summer, give your faith some thought. What do you know for sure about God and about God's creation?

See you on Sunday,
 Tracy

Update on the timeline: There has been a good response to our church timeline, but we need YOUR input. What do you know about the church that needs to be included? You hold a piece of the puzzle, so add it!



We will be celebrating the Lord's Supper on Sunday, August 16th during Worship Service

**DEADLINE FOR NEXT FAW ENTRY IS
 AUGUST 23rd**

AUGUST 2009 ISSUE



RETURN SERVICE REQUESTED

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