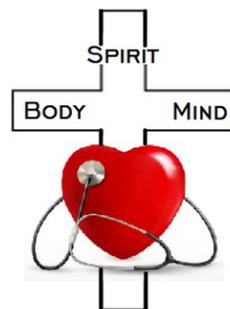


# MARCH

## NATIONAL NUTRITION MONTH

March is National Nutrition Month, so I'm providing a Healthy Foods Quiz so that you can check your knowledge regarding foods and eating. All of the answers are true/false and I'll post the answers on the bulletin board.

1. If you consume the recommended 6-10 servings of grain each day, it doesn't matter which grains you choose.
2. If you eat 5-9 servings of a variety of fruits & vegetables, it doesn't matter which you choose.
3. Cutting back on fat & limiting your intake of dietary cholesterol is the first dietary step you can take to reduce your LDL ("bad cholesterol").
4. Eating too much fat is the primary cause of obesity.
5. Many people need to cut back on carbohydrates even if they don't have diabetes.
6. Postmenopausal women should get all the calcium they can.
7. High-protein diets increase the risk of heart disease, cancer or both.
8. Fresh tomatoes are nutritionally better than canned tomatoes.
9. Vitamin C prevents respiratory disease.
10. Walking an extra 2000 steps (about 1 mile) equals a reduction of 100 calorie intake.
11. The color of urine identifies your level of hydration.
12. Coffee prevents Type II diabetes.



Submitted by Jo Flanders



### March Anniversaries

Bob & Eloise Hoffman ~ March 2, 1957 Celebrating 59 years  
 Charlie & Martha Coker ~ March 9, 1956 Celebrating 60 years  
 Marlin & Judy Holtmyer ~ March 13, 1960 Celebrating 56 years

## Happy March Birthday!

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

	3/01 Abby Grantham	3/18 Charlotte Utley	
	3/06 Debra Smith	3/22 Jennifer Johnson	
	3/14 Ruth Wyatt	3/27 Dwayne Brittain	
	3/14 Chris Zimmerman	3/29 Jack Munn	
	3/16 Leslie Hallock		

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 16th. *Everyone is welcome.* Please call or email me your plans to attend and I'll contact the restaurant with our reservation each month. Thank you, Sally Telephone (580) 736-3910 or Email salsroom.g@gmail.com

### Youth Food Harvest

This month's theme is "Passion Fruit" Passionately give various non-perishable fruit, like you've never given fruit before! Please bring your donation to the church on March 20<sup>th</sup>.



## "Call Me - I'm in The Book"

Sound familiar? It should – I'm sure we've all used that same phrase to invite a friend, a casual acquaintance or even the local plumber to contact us on some matter or another.

It might be in reference to our old friend, *The Phone Book*. However, among members of our Duncan congregation it may very well refer to our own *FPC Members and Friends Directory*.

You probably have one. I have two. I keep one copy in the glove box of my van. The second copy is in my home office near my computer and my telephone. They're handy. I use them all the time.

And the good news is they just got handier. I am happy to announce that your Members and Friends Directory is now also available in a PDF file format. And that means you can keep your directory with you on your smartphone, on your computer and even on your tablet – like your iPad or other such portable device.

Sound good? Want one? Easy. (Well, sort of...)

Go get your printed Members and Friends Directory. Don't have one? Go to the church and get one.

Find me and my email address in the book. That's really easy. Sally and I are the third listing in the book, right there on the first page.

Send me an email, asking for your PDF file. I will send it to you by email (availability begins March 1, 2016).

When you receive your PDF file simply open it and save it on your device(s). I keep mine on my computer's desktop and on The Bookshelf on my iPad. Pick your spot on your smartphone. That's up to you. I'm pretty sure the iPhone also has a Bookshelf.

If you got this far and you're having problems, go back to your printed copy of the church directory.

"Call me - I'm in The Book".

Jim Barthell

The current FPC 'Family and Friends' eDirectory issue number is 001 (Original Issue). You will be advised of future eDirectory updates in Faith-At-Work.

Dear First Presbyterian Women Church,

Christians Concerned sincerely thanks you for your generous donation for the year of 2015.

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

Dear Women of the  
 First Presbyterian Church,

Thank you for generously donating to the Gabriel's House After School Program! We appreciate your attentiveness to our ongoing needs and your continued financial support of our program. We will use the money you gave to purchase snacks and supplies for the children enrolled in our program.

Sincerely,

Gabriel's House Inc.



### PRAYER CORNER



Let us keep our family and friends in our prayers  
 Beverly Chalkboyer, Emily Ritter, Charlotte Utley,  
 Judy Holtmyer, Terry Evans, Debe Roger's family,  
 and Iris Cope's Family.

Let us remember those unable to attend worship service  
 Colleen Winn, Jack Munn, Beverly Moody and Augusta Slagle

**OFFICERS OF FIRST PRESBYTERIAN CHURCH**

**ELDERS**

Class of 2016  
Robin Caldwell  
Sue Beall

Class of 2017  
Joan Drake  
Mike Grantham

Class of 2018  
Joanne Flanders  
Bennie Drake

**DIACONATE**

Class of 2016  
Martha Coker  
Chip Woods

Class of 2017  
Nancy Grantham  
Mike Stiel

Class of 2018  
Margo Jones  
Coy Elliot

**Treasurer** – Bill McQuain      **Asst. Treasurer** – Jerry Fleming



We will be celebrating the Lord's Supper on **March 6, 2015** during the worship service.

**DEADLINE FOR NEXT FAW ENTRY IS  
March 18, 2015**



**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**  
Bill McQuain 255-7863

**Assistant Treasurer**  
Jerry Fleming 252-9559

**Secretary and Newsletter "Faith-At-Work"**  
Eileen Stringer 255-5769  
email: fpcduncan@gmail.com

If you have anything that you would like to share in F-A-W I would be happy to see it. Please call, email, or drop a note by the church office.



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 3

March 2016

Friends, it continues to be a joy to get to know each of you as we begin this journey together. I have enjoyed hearing so many of your stories and so many wonderful memories about the rich history of this church's life, work and witness in Duncan and beyond. As is the case with so many churches, we aren't what we used to be in terms of numbers (and it's okay to admit that) and, perhaps, we find ourselves wondering if our best days are behind us. We realize that times have changed and sometimes wonder whether we too might need to think about how we are doing things to ensure that we are effectively reaching our neighbors with the gospel good news of God's love in Jesus Christ.

I think it is always wise for us to ask those sorts of questions. Nowhere in Scripture are we led to believe that the church should be staunchly against change of any kind. As our world changes, we must be cognizant of our means and mode of operation to ensure that we are adapting to the extent to which adaptation is wise and necessary. For example, changes in technology allow us to utilize technology for faster communication "in house", as well as for the creation of websites, which (tragically or not, depending on your perspective) have all but replaced the newspaper or at least the classified ad section.

Yet, while we want to ensure that we are not shunning new advances in technology, worship and the like simply because they are new, there are also certain basics upon which we must never waiver. Among these are:

- The centrality of worship, prayer and preaching - on all sides of the church spectrum churches are asking questions about how worship might become more appealing to the masses. Once again, this is not a bad question to ask, but asking it must never replace our most basic understanding of what worship is - an encounter with Almighty God.

The Westminster Confession tells us that worship (especially the sacraments), prayer and preaching have been given to us as "the ordinary means of grace." They are ordinary insofar as we do them often, but they are extraordinary in that they are the means through which God has chosen to pour into our lives His transforming, sanctifying and redeeming grace.

We shouldn't hesitate to ask questions about how we might expand the membership of our church, but never at the expense of keeping a high regard for these God-given ordinary means.

- The necessity of spiritual growth - as the people of God, we are always growing (or we should be). In our Hebrews study, we will hear the writer admonish his audience for their lack of growth explaining that, by now, you should be teachers (Heb. 5:12). In other words, we should always be striving to grow in our knowledge of God to such a degree that, if called upon by God, we could teach a new Christian the basics of the faith.

Think of it as making good on our baptisms. In baptism we are marked as members of the great family of Almighty God. As we grow in our knowledge and understanding of God and His ways, we come to bear, more and more, the family resemblance.

(...Continued on Insert)