

The Flu Season Will Arrive Soon

Getting an annual flu vaccine shot is the first and best way to protect yourself from the flu. This vaccination can reduce the severity of the illness, the number of medical visits, and the amount of missed work and school due to the flu. The more people who get vaccinated, the more people will be protected from the flu.

You're seeing signs advertising "get your flu shot now"! That's generally a good idea since it takes several weeks for your body to build up its peak immunity to the virus. Delay the injection and you may forget to get the vaccination before the season begins. If you have questions about timing, check with your health care provider.

Recently a scientific paper was published in the *Journal of Epidemiology and Health*, a publication of Cambridge University. Its authors are several prominent experts in the field of calcium utilization. These experts think vitamin D may be the most important factor for preventing colds and flu. The suggestion is to use vitamin D in megadoses—2000 IU per kilogram (1 kg=2.2 pounds) for 3-4 days. That calculates out to be 160,000IU for a 180# man! So-called healthy adults are often vitamin D deficient, actually it's been identified that 36% of the citizens of the U.S. are deficient. Vitamin D-3 is the preferred oral form of vitamin D as this is the compound your skin makes naturally from the sun.

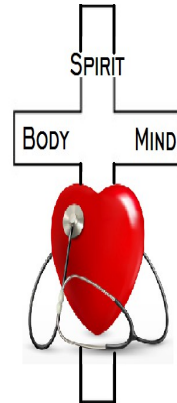
One last word about colds and flu—WASH YOUR HANDS!!!

- 1) Wet your hands—hot water isn't necessary;
- 2) Use bar soap to lather your hands, singing "Happy Birthday" while you rub with friction;
- 3) Don't rub while under the faucet;
- 4) Rinse thoroughly;
- 5) Wash hands frequently throughout the day: before meals, after toileting, when you enter your home, after coughing or sneezing
- 6) After using a tissue to blow your nose.

When do you need to consult your provider? When you have:

- 1) A fever above 102 degrees with aches and tiredness
- 2) Symptoms for more than 10 days
- 3) Shortness of breath or difficulty breathing
- 4) Chest pain
- 5) Feeling of faintness
- 6) Persistent vomiting
- 7) Severe sinus pain
- 8) Swollen glands in your neck or jaw

Please remember that colds and flu are spread by coughing, sneezing or on your hands! So, cover your coughs and sneezes with a tissue or your elbow and wash your hands frequently!



-Submitted by Jo Flanders

PEACE AND GLOBAL WITNESS OFFERING OCTOBER 1

Of all the ways we come together as a church, the Special Offerings represent the single, largest collective effort of Presbyterians to create positive impact and share God's grace and love. A gift to this offering enables the entire church to collaborate in our proclamation of Christ's peace. How is my gift used?

Congregations keep 25% and mid councils keep 25% to engage in peacemaking an build ministries of reconciliation in their own context or around the world. 50% goes to the Presbyterian Mission Agency Some examples of how funds have been used:

-work with young people transitioning out of prison or homelessness

-educational assistance for veterans

-train peer councilors in peace building in refugee camps in war-torn countries

-support programs aimed at ending human trafficking

Locally, we plan to contribute our 25% to a meals program for the hungry. Along with First Methodist and others, we will give some support to the local Break Bread Together ministry.

Please prayerfully consider giving to the Peace and Global Witness Offering on October 1st.

-Submitted by Caron Hawkins

PEACE & GLOBAL WITNESS SPECIAL OFFERINGS PEACEMAKING AND RECONCILIATION



- 25%** Congregational peace and mission efforts
- 25%** Mid council peace and mission efforts
- 50%** Presbyterian Mission Agency
 > Peacemaking and reconciliation

- >> Support peacebuilding around the world through ministries of prevention, accompaniment, advocacy and education.
- >> Bear witness to the love of Jesus Christ by addressing violence and inspiring new approaches to active peacemaking.

specialofferings.pcusa.org/peace-global

**October 1, on World Communion Sunday,
we receive our:**

Peace and Global Witness Offering

After Oct 1, it's not too late! Send your contribution directly to the church office.

Thanks Luncheon September 28th at 12:00

Make Reservations NOW!

Be sure to Invite a Friend as this luncheon will not only have a great meal (**Tuna Casserole, Sweet Potatoe Casserole, Fresh Fruit Salad, Yeast Rolls and Banana Pudding**) for only \$5 but a program you will thoroughly enjoy! Vicki Zimmerman from our church went with six other ladies in the Sunshine OHCE group a year ago last June to Fiji. There was a lot of interest in presentation of this program and now we get to hear and see these ladies. The lunch time does not allow for a lot of time but they will squeeze in 30 minutes of heart warming stories of why they chose to go to FIJI. You will know most of these ladies giving the program. They have given this program to multiple cities in Oklahoma and was given great reviews. Reservations are needed to plan for food. Please ask a friend today and you will be glad you brought them. Vicki Zimmerman, moderator of Presbyterian Women

Happy October Birthday!

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



Jo Flanders 10/06 Terry Evans 10/07

Caron Hawkins 10/13 Mike Grantham 10/14

Pat Hale 10/16 Tim Burns 10/17

Colleen Polluck 10/28 Anna Adams 10/30

If we missed your Birthday, please let us know.

A lunch honoring October Birthdays will be held at **Jimmy's Egg** at noon on Wednesday, October 18th. *Everyone is welcome.*

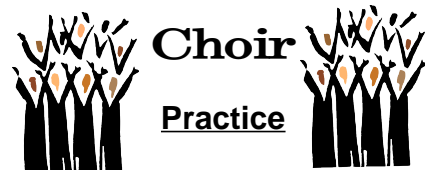
Please call or email your plans to attend to:

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

BLESSING OF ANIMALS



Anna's FPC



Choir

Practice

Wednesday Oct. 25th at 7pm

Sing

Sunday October 1st at 10am
Sunday October 29th at 10am

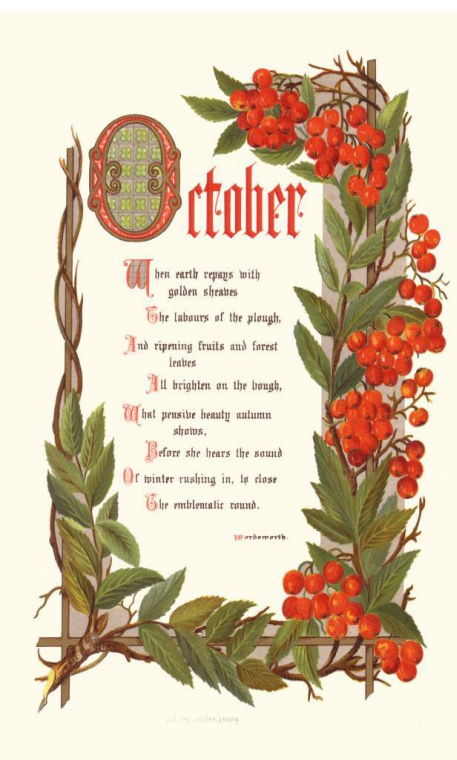


Hygiene
&
Paper
Products

Youth Food

Harvest

October 15, 2017



Prayer Corner

Let us keep our family and friends in our prayers:

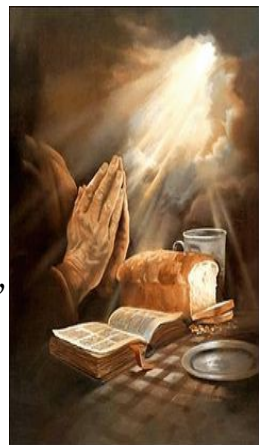
Dennis Radford of Kansas City and his (Taliaferro's) Family, Laura Mahan, Bill McQuain, Cliffa Jean Belinski, Rita Martin, Rev. Pam Normile, Charlotte Utley, Sue Beall, Beverly Chalkboyer, Walt Glover, Robin Glover, Bobby Goodner & Don Baird

Let us remember those unable to attend worship service:

Gladys Taylor, Janis Hruby, Colleen Winn, Jack Munn and Beverly Moody

We are Also in Prayer for:

The Family of Greyson Caldwell



OFFICERS OF FIRST PRESBYTERIAN CHURCH

ELDERS

<u>Class of 2017</u> Joan Drake	<u>Class of 2018</u> Joanne Flanders Bennie Drake	<u>Class of 2019</u> Caron Hawkins Vicki Zimmerman
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DIACONATE

<u>Class of 2017</u> Nancy Grantham Mike Steil	<u>Class of 2018</u> Margo Jones Coy Elliot	<u>Class of 2019</u> Glennis Wilson Tim Burns
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Treasurer –Bennie Drake **Asst. Treasurer** –Mike Grantham



We will be celebrating the Lord's Supper on October 1, 2017 during the worship service.

DEADLINE FOR NEXT FAW ENTRY IS

October 20, 2017



Telephone Numbers

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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

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First Presbyterian Church
"FAITH - AT - WORK"

704 West Ash Avenue
Duncan, Oklahoma



Issue 10

October 2017



This year is a big year. Many view October 31, 2017 as the **500th Anniversary of the Protestant Reformation**. That is because 500 years ago a very stubborn and upset Catholic priest named Martin Luther (legend would have it) posted his 95 Theses or complaints against the Catholic Church to the door of the Wittenberg Church in Germany. Not soon after, John Calvin and many other reformers, followed Martin's lead, carrying many of his ideas further and *reforming* much of the Church. The Protestant Reformation had begun.

Ecclesia reformata, semper reformanda! became the rallying cry for Presbyterians, a motto that reminds us who we are and who we intend to be. *The church reformed and always reforming!*

To celebrate this momentous revolution within the church, on **October 29 at 10:45am** we will celebrate the 500th Anniversary in worship. The choir, Anna, and I are hoping this Reformation Sunday will be a celebration to remember.

Please plan to WEAR RED that day. Tartans/Kilts also work!

-Dr. Matt

