

*Parish Nurse Corner*

February is Heart Month

February 2, 2018 is Wear Red Day. Why was it initiated? We need to be aware that over 600,000 individuals die each year of cardiovascular disease. It is the #1 cause of death in Stephens County, in Oklahoma, in the United States and around the world. Its causes are many and affect all cultures and civilizations. It isn't one cause but many: diabetes, lack of exercise, high cholesterol, alcohol consumption and poor diet. Nearly, all of these are preventable. Age is a major factor, susceptibility triples with each decade.

So, in addition to wearing red: a red tie, a red sweater, red lipstick or a red handkerchief in your suit pocket give thought to a new start. The point of red is to remind everyone that you're aware of cardiovascular disease and its effect on our culture. It might remind them to get a check-up of your heart to determine your baseline parameters or to start a nutrition log to determine what you're eating (specifically processed foods need to disappear), to take a brisk walk or to quit smoking.

### Happy February Birthday!

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



- |                             |                             |
|-----------------------------|-----------------------------|
| <b>2/01 Marlin Holtmyer</b> | <b>2/03 Robert Bentley</b>  |
| <b>2/11 Lois Harris</b>     | <b>2/12 Vicki Zimmerman</b> |
| <b>2/18 Jack Frost</b>      | <b>2/21 Robin Caldwell</b>  |
| <b>2/21 Steve Reasor</b>    | <b>2/23 Dale Pollock</b>    |

*If we missed your Birthday, please let us know.*

**A lunch honoring February Birthdays will be held at Jimmy's Egg at noon on Tuesday 20<sup>th</sup>. Everyone is welcome.**



#### *Youth Food Harvest*

*"Fruitful February"*

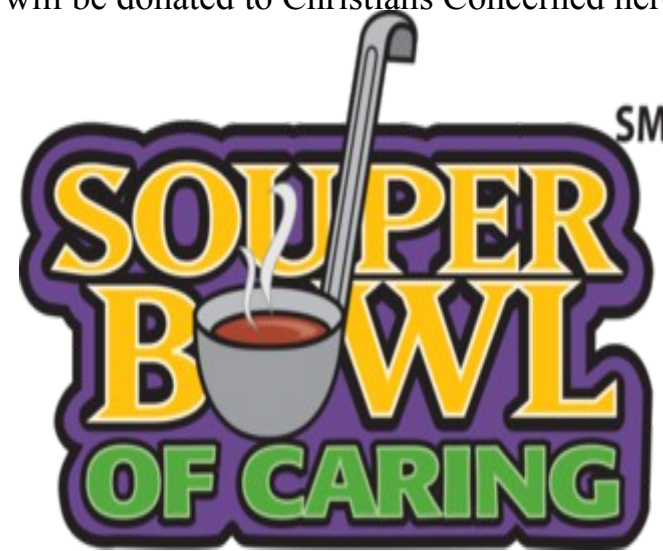
*February 18<sup>th</sup>*

*Canned &*

*Dried Fruits*



**February 4 12:00 pm Join us for lunch** after worship. It's a Super Bowl pre-game party! All are welcome. Monetary donations or cans of soup will be donated to Christians Concerned here in Duncan to fight hunger.



Ash Wednesday – Feb 14

6:30 pm – Worship

Imposition of Ashes



### Prayer Corner

Let us keep our family and friends in our prayers

Pat Hale, Dennis Radford of Kansas City and his Taliaferro family, Cliffa Jean Belinski, Rita Martin, Juanell Hunter, Don Baird

**Let us remember those unable to attend worship service:**

Janis Hruby, Colleen Winn, Beverly Moody and Gladys Taylor

**We are Also in Prayer for:**

The Family of Charlotte Utley

The Family of Jack Munn



**OFFICERS OF FIRST PRESBYTERIAN CHURCH**

**ELDERS**

<u>Class of 2018</u> Bennie Drake Joanne Flanders	<u>Class of 2019</u> Caron Hawkins Vicki Zimmerman	<u>Class of 2020</u> Robin Caldwell Vacant
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Rev. Matt Meinke Moderator  
Joan Drake, Clerk of Session  
Bennie Drake, Treasurer  
Mike Grantham, Asst. Treasurer

Margo Jones  
Coy Elliott

**DIACONATE**

Glennis Wilson	Elizabeth Pitts-Hibbard
Tim Burns	Chip Woods

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**Asst. Treasurer**  
Mike Grantham 255-5769

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



We will be celebrating the Lord's Supper on **February 4, 2018** during the worship service.

**DEADLINE FOR NEXT FAW ENTRY IS**

**February 16, 2018**



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"**

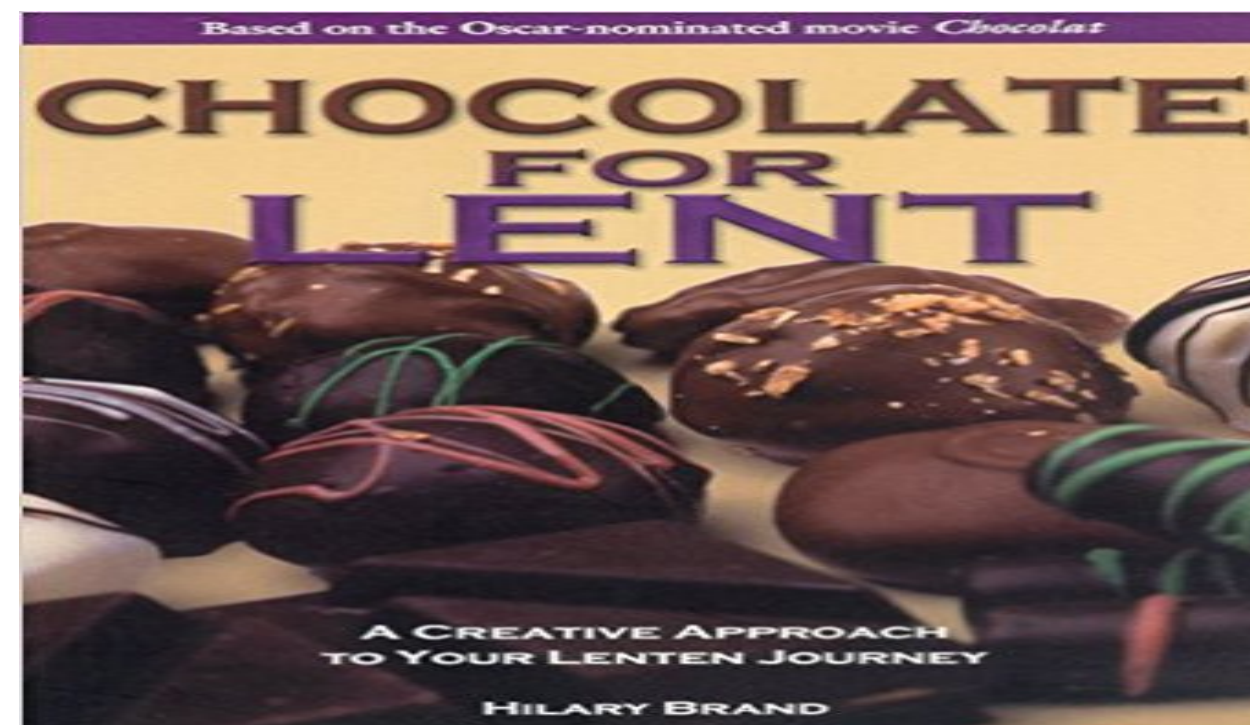
704 West Ash Avenue  
Duncan, Oklahoma



Issue 2

February 2018

**Chocolate for Lent**



Wednesday Noon Bible Study w/ Pastor Matt

**Beginning February 21 - Noon**

This Lent indulge the cravings of your soul with this unique approach to self-discipline, conversion, and maturing in Christ. Based on the Lenten devotional guide, *Chocolate for Lent*, by Hilary Brand, this class will pick up on some of the themes from the Academy Award nominated film *Chocolat*, and deepen our spiritual journey through Lent without guilt or extra calories. Join former Food Network Chocolate Festival winner and our pastor Matt Meinke in this five week class, beginning February 21, 2018 (the Wednesday after Ash Wednesday) at Noon. Bring a lunch.