

December 16, 2018



Rita Watson writes about “The Four Best Kept Secrets of Lasting Love.” First she quotes Dr. Leo Buscaglia: "What love we've given we will have forever. What love we fail to give is lost for all eternity."

The secrets to lifelong love are really quite simple. Why? Because love is more than a feeling, it is a decision. Lifelong love asks that we maintain positive illusions, be forgiving, re-ignite the hormone peptide oxytocin, and laugh often.

Maintain positive illusions

From the research of Marcel Zentner, PhD, of the University of Geneva: "Men and women who continue to maintain that their partner is attractive, funny, kind, and ideal for them in just about every way remain content with each other." (The secret here is to choose to cherish instead of criticize.) Also it is important to be mindful of your partner's unique, genuine qualities and stay in touch with these during happy as well as difficult times.

Incorporate forgiveness in your life each day

In Joseph Campbell's *The Power of Myth* he talked about the essence of marriage, and later discussed this with journalist Bill Moyers on PBS. He called "loyalty" the essence of marriage—"not cheating, not defecting—through whatever trials or suffering, you remain true."

Bill Moyers added: "The Puritans call marriage the little church within the church. In marriage, every day you love, and every day you forgive. It is an ongoing sacrament—love and forgiveness."

Re-ignite that oxytocin

Psychiatrist Dr. Scott Halzman says that natural highs "can produce excitatory neurochemicals that the brain interprets as excitement about your partner, not the activity." He suggests:

- Physicality: Oxytocin levels rise when we make human contact.
- Doing something out of your normal routine: Try going to an amusement park or walking in the rain. And if you are walking in the rain, skip puddles or see who can jump into a puddle and make the biggest splash.
- Dining at a new restaurant: When you do so, order a dish that is completely unlike anything else you have ever ordered.

These activities will trigger the bonding effect.

Laugh together often

Men like women who laugh at their jokes and women prefer men who make them laugh. A small research study found that women rate funny guys as more intelligent than guys who are not so funny. The research was presented last year at the British Psychological Society Annual Conference in Brighton, England.

And in the often-quoted words of actress Joanne Woodward: "Sexiness wears thin after a while and beauty fades, but to be married to a man who makes you laugh every day, ah, now that's a real treat."

Here is a scripture that is used in many a wedding:

1 Corinthians 13:4-8a (Voice)

Love is patient; love is kind. Love isn't envious, doesn't boast, *brag, or strut about*. There's no arrogance in love; it's never rude, crude, or indecent—it's not self-absorbed. Love isn't easily upset. Love doesn't tally wrongs or celebrate injustice; but truth—*yes, truth*—is love's delight! Love puts up with anything and everything that comes along; it trusts, hopes, and endures no matter what. Love will never become obsolete.

Here is our reason for the season. It is 1 John 4:7-19 (Voice)

My loved ones, let us devote ourselves to loving one another. Love comes straight from God, and everyone who loves is born of God and truly knows God. Anyone who does not love does not know God, because God is love.

Because of this, the love of God is a reality among us: God sent His only Son into the world so that we could find *true* life through Him. This is *the embodiment of true* love: not that we have loved God *first*, but that He loved us and sent His *unique* Son *on a special mission* to become an atoning sacrifice for our sins. So, my loved ones, if God loved us so *sacrificially*, surely we should love one another. No one has ever seen God *with human eyes*; but if we love one another, God *truly* lives in us. Consequently God's love has accomplished its mission among us.

How can we be sure that He *truly* lives in us and that we *truly* live in Him? *By one fact*: He has given us His Spirit. We have watched *what God has done*, and we stand ready to provide eyewitness testimonies to the reality that the Father sent the Son to be the Savior of the world. If anyone unites with our confession that Jesus is God's own Son, then God truly lives in that person and that person lives in God. We have experienced and we have entrusted our lives to the love of God in us.

God is love. Anyone who lives *faithfully* in love also lives *faithfully* in God, and God lives in him. This love is fulfilled with us, so that on the day of judgment we have confidence based on our identification with Jesus in this world. Love will never invoke fear. Perfect love expels fear, particularly the fear of punishment. The one who fears *punishment* has not been completed through love.

We love because He has first loved us.

Sssshhhhh - "and that is always the message!"

Love you,

Dave and Jana



Sara Riggs got a job with DRH
Savannah Martin has a spot at OSU Med School
Angel Tree gifts for kids
Rebecca's auditions
Woodburn's at Church



Sunday (12/16) Advent Week 3 – Love
Noon – Potluck Fellowship Meal
6:00 pm – Book Study
Monday (12/17) 6:00 pm – Bible Study
7:00 pm – Ladies Night
Friday (12/21) 6:00 pm – Blue Christmas Service



We will have a Blue Christmas Service Dec 21st at 6 pm.

There will be two Christmas Eve Services on December 24th 6:00 pm and 11:00 pm. The 6 pm Service will be a family friendly Service.



Blue? Yes, blue as in the blues. As in "I am feeling blue." Not everyone is up and cheery for the Christmas holidays. Dealing with the death of a loved one, facing life after divorce or separation, coping with the loss of a job, living with cancer or some other dis-ease that puts a question mark over the future, and a number of other human situations make parties and joviality painful for many people in our congregations and communities. There is a growing attentiveness to the needs of people who are blue at Christmas. Increasing numbers of churches are creating sacred space for people living through dark times. Such services are reflective, accepting where we really are, and holding out healing and hope.

Blue Christmas Service - A time of remembering and hope - Dec 21 - 6 pm - St. Paul's UMC

We will not have an offering and we are not soliciting new members. This is a community service for hurting, yet courageous folks. We will worship with our truest of feelings on the longest night - in this time which many fill with forced and artificial happiness.

Calm and Bright:
200 Years of Silent Night

Christmas Eve Services
Dec. 24, 2018
6:00 pm
11:00 pm

Saint Paul's United Methodist Church
Duncan, OK



Cali Guerra
40+ employees laid off at Halliburton
Kathy Allred – Surgery on Dec 27th

Pam McEarchern – Greg Tolle’s sister. Cancer has returned

Mary Jo Randolph

Family of George HW Bush

Karen Gibson – Cancer

Gary Gibson – Cancer

Marcia Haskins – struggling with multiple foot wounds.

RJ’s son in law not doing well

Family of Dru McReynolds

Prayers to point Jana’s students to Jesus

Julie Gilby

Courtney - The Allred’s 11 yr old grandchild with neurological issues

Sara Riggs – Divorce

Jan Smith – Cancer

Trish Lister

Brittany Lipscomb Epperson and Son Levi – Delivered Levi at 23 weeks

Jennifer Shahan – Heart Problems

Iva Johnson – Hospice

Christa Tannaka

Christy Thurston

Beth Horn

Brandon Downey

Addie McMurrin

Chuck Green and Family – Cancer

Karen Stanfill – Cancer

Rebecca’s cousin has eating disorder, liver failure and on transplant list

Kathy Bridges – Cancer

Joe Perry – Kidney cancer

Stacy Mettler – Breast Cancer

Margaret Averre – Throat cancer

Daniel Whittney – Colon cancer; now liver cancer

Tammy Noland – Cancer

Jennifer Allred – Spinal pain and fibromyalgia

Gloria McCoy – cancer

Melinda Douglas – Lung Cancer