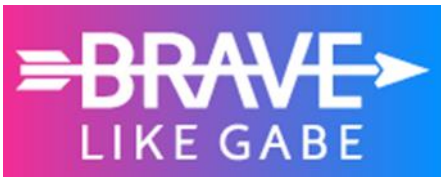




July 7, 2019

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RARE. RESILIENT.
RUNNING ON HOPE.

Pastor David Gardner

Gabriele Grunewald was an American runner, who chronicled her journey with cancer. She died June 11, 2019, in Minneapolis. This was part of a story published about her from BBC Sport, the day before she died:

A US champion against the odds

Grunewald was the US champion over 3,000m indoors as recently as 2014 and her 1500m personal best of four minutes 01.48 seconds a year earlier remains the 12th fastest set by an American woman at that distance in history.

She continued to train and race throughout a cancer fight that saw her have several treatments to rid her of the illness, including having half of her liver removed in 2016. After having radiotherapy for a second cancer treatment in 2011, she even finished fourth in the US 1500m trials for the 2012 London Olympics, missing out on a place by one position.

Grunewald thought she was cancer free in 2016 but scans within two years showed she needed further treatment.

Her husband Justin, a doctor, has documented her fight online and revealed when he told her she was close to death a week ago, she yelled "not today" in reply.

A husband's letter to his best friend

In asking for one more message from followers before his wife "heads up to heaven", Grunewald also shared a letter he gave her two years earlier.

It read: Thank you so much for showing me what it's like to be and feel alive. It's easy to pass through life day to day and punch a time card wishing away the hours.

Currently although I don't always show it, I cherish every second. Whether we are out running, binging on a new Netflix series, or just lying in bed being lazy. Nothing beats the feeling I get when I see your smiling face.

I know life is scary and I know we have won the lottery of uncertainty, and it's not fair, but I still choose our life of uncertainty and at times fear, over any alternative option I could think of. I have so much fun with you and have learned more from having you as my best friend and wife than I learned in the rest of my life combined.

I know you have been given the heaviest of tasks in life. The task of being brave despite feeling enormous amounts of fear. The task of smiling when your throat wells up with pain and eyes want to fill with tears, but I don't think you were chosen by random chance, and again I know that's not fair but you are so amazing at being you and that's why I feel #bravelikegabe is so special. Because there isn't a word in the dictionary for what you do or who you are. Brave flails in comparison to what you are to me and to so many people out there facing the simplest and silliest of struggles in day to day life.

At the end of the day people won't remember the PRs run or the teams qualified for but they will remember that hard period in their life where they were losing hope but they found inspiration in a young lady who refuses to give up.

"I love you."

Psalm 40:3b and c (Voice)

Now I have a new song to sing—
a song of praise to the One *who saved me*.
Because of what He's done, many people will see
and come to trust in the Eternal.

I think God gave Gabriele a new and eternal song on June 11th. Before that, I think God gave Gabriele a new song about her journey.

God, we don't have to be as brave as Gabriele; we just have to run the race set before us faithfully. We don't have to say "goodbye" to everyone we know - but we need to say "we love you" as often as we can. Grant to us the sense of urgency to show Your love. Amen



Blessings
ARE
Chasing
Me
Down

Edith Suiters sister visited on Sunday

Sara got away to MO

Golden's grandson made it to Basic Training for the Navy in Chicago



Happy
Birthday

1 - Sandy Howard

19 - James Benkley

22 - Trish Lister

23 - Lisa Berscheidt

24 - Dorrie Pipkin

26 - Kathy Henson

30 - Winnie Pipkin

31 - Ron Gibson

Faithweavers Presents...



FUN In
The
SUN
2019

June 18 - From Steeple to Street at the Greens Apts.

June 19 - Splash Pad

July 3 - Fireworks

July 10 - Pickle Ball at Pickle Pavilion

July 17 - Simmons Center Pool or Kiddieland

July 24 - Water Balloon Volleyball

For the Love of Lutie



CELEBRATION

July 21st at Noon



Book Study - Sundays 6 pm

Bible Study - Mondays 6 pm

Men's Breakfast - 1st Sundays 8:00 am

Ladies Night - Mondays 7 pm

Keno Group - 2nd Tuesdays 5:30 pm



Pat Bowles is taking a group to visit the Pioneer Woman Mercantile in Pawhuska on July 16th. They will leave the church at 7 am. If you are interested in going please contact Pat Bowles or the office.

Stephens County American Cancer Society is hosting the Survivor Dinner on July 20th at 5 pm at Chisholm Trail Church of Christ. Please contact Pat Bowles for more information.

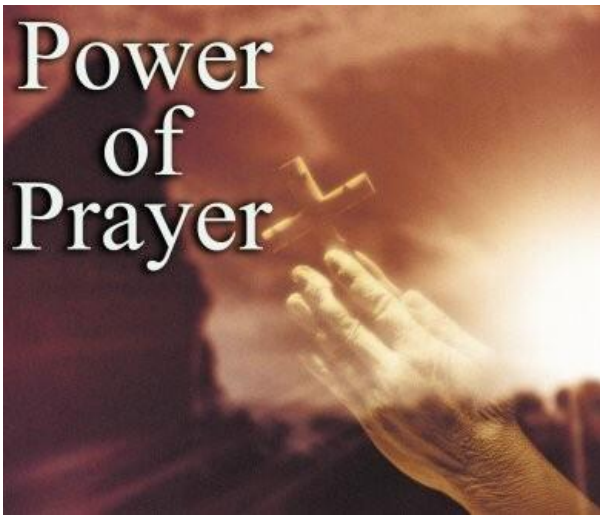
The Leadership Table will meet this Thursday July 11th at 6:30 pm.

The Fellowship Meal will be July 21st at Noon. Burgers are on the Menu.



Saint Paul's is seeking a Part time Administrative Assistant. Hours are Monday through Friday 9 am to 1 pm. Computer Skills Required. Please send Resume to stpaulsduncan@gmail.com.

The Toy Shop of Duncan is seeking a full time Coordinator to serve as the point of contact for all Toy Shop Programs, with the major emphasis on fundraising activities and our Christmas Season. For more information, please look at their Facebook page. Submit resumes by July 15, 2019 to Toy Shop of Duncan, PO Box 206, Duncan, OK 73534.



People dealing with the Earthquakes
Carrigan (Trish Lister daughter-in-law) – Ill during Pregnancy
Josh and Family – Elementary Principal Mom passed away
Shawn Johnson and Family – Loss of his Grandfather
Pat Weber – Continued healing
Family of Dorothy Kolher (Carla Johnson’s grandma)- Passed away
James Crow – Cancer
Jason Poorman - Lymphoma
Matt Roberts mom in ICU with Cancer
Gardner’s neighbor recovering from hip surgery
Trish Lister’s mom Ann and her son John
Transition as Denise and Noel move to Arkansas
Bill Gossett – Cancer Scare
Family of Beth Horn – Her Celebration of Life is this Week
Mason Teakell and Family
Sara Riggs – Patience
James Clifton – Kidney Cancer
Lakyn Anderson – Newborn with Breathing Issues
Keith Crain – Surgery
Parker Bowles – Strengthened Faith
Lisa Berscheidt’s Friend’s Son in a serious motorcycle accident
Addie McMurrin
Ann Starrett – Dementia and broken Hip. In Memory Care.
Kay Martin – Dementia and Fell and Broke a Bone
Marcia Haskins – On going foot sores
Drew Cole - Cancer
Connie Green – Cancer
Stacy Mettler – Cancer
Karen Gibson – Cancer
Gary Gibson – Cancer
Kathy Bridges – Cancer
Margaret Averre – Throat cancer
Daniel Whitney – Cancer
Jennifer Allred – Spinal pain and fibromyalgia
Melinda Douglas – Lung Cancer