

SUN

Vitamin D is an important nutrient—it's often called "the sunshine vitamin" We need 15 minutes each day of sunshine in combination with calcium, hormones and weight-bearing exercise to strengthen our bones. The more it's studied, the more we learn of its importance in preventing cancer of the colon and protecting our nerve, muscle and immune systems. At the same time we know that too much sun causes injury to our skin—the largest organ of our body. The skin is our first line of protection and regulates both body temperature and hydration.

The sun's rays are composed of invisible ultraviolet light—both UVA and UVB. UVB light is blocked by window glass while UVA will travel through it. After many years of exposure, the ultraviolet rays can cause wrinkles, age spots and lesions on a variety of locations. Each sunburn takes its toll!

Your health care provider can help determine the severity of any skin irregularities using this mnemonic:

- A=ASYMMETRY (the 2 sides of the lesion do not match)
- B=irregular **BORDERS**
- C=**COLOR** variation within the same lesion
- D=**DIAMETER** greater than the size of a pencil eraser
- E=an **EVOLVING** (bleeding, enlarging, itching, becoming painful) lesion?

In the meantime, use a broad spectrum sunscreen (one that protects against both UVA and UVB rays) whose SPF (sun protective factor) is **30** or greater. (NOTE: SPF 30 blocks 97 percent of the rays. No sunscreen can block 100% of the UV rays.) Sunscreens are manufactured about 3 years before their expiration date but there's no consensus about how long it's effective. It's probably safest to start with a new bottle/spray/tube each year.

A full ounce of sunscreen should be applied 15 minutes **before** going outdoors so that it can be fully absorbed before sun exposure. If you're going to be around biting bugs, bug repellent spray can then be applied. Sunscreen should be water-resistant and it needs to always be **reapplied** every 2 hours.

Sunscreen should not be applied to infants less than 6 months of age. Actually, infants should **NOT** be exposed to direct sunlight and all of us should avoid being outdoors in direct sunlight between the hours of 10 am and 2 pm if at all possible. Sun-blocking clothing is now available. Its protective factor is labeled UPF.

The bottom line: wear a hat, put on sunscreen and wear sunglasses!!



Submitted by Jo Flanders

Happy July Birthday!

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



07/03 Janice Waters 07/26 Coy Elliott

07/09 Janis Hruby 07/26 Martha Copland



07/14 Joan Drake 07/31 Harper Lily Pitts

07/17 Beverly Moody



If we missed your Birthday, please let us know.

A lunch honoring July Birthdays will be held at Jimmy's Egg at noon on Wednesday, July 20th. *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

If you have anything that you would like to share in F-A-W email it to: fpcduncan@gmail.com, call Venessa in the church office at 580-255-5769.



From the Editor

Happy Anniversary!

Bennie and Joan Drake
July 22, 1960



Celebrating 56 years!



Prayer Corner

Let us keep our family and friends

in our prayers:

Beverly Chalkboyer, Emily Ritter,

Charlotte Utley & Terry Evans.

Let us remember those unable to

attend worship service:

Colleen Winn, Jack Munn, and

Beverly Moody

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Similarly, Presbyterians have been active in the artistic disciplines as well. Mark Twain, most famous American in his day outside of Abraham Lincoln, grew up in the Presbyterian Church, as did the famed Southern writer William Faulkner.

Presbyterians have also made their mark in Hollywood (John Wayne and Roy Rogers) and as journalists (David Brinkley) as well as popular artists. The beloved Fred Rogers, of "Mister Rogers' Neighborhood" fame, was an ordained Presbyterian minister, but found an important niche in forming the lives and character of America's children.

As members of the Presbyterian Church, we are inheritors of a long and great legacy. It is a legacy built upon a recognition of God's sovereign claim upon all areas of life and a joyful celebration of the call He places upon each of us to live out our faith in gratitude and obedience. It is a legacy that boldly proclaims that there is no square inch of life over which Christ does not rule and in which Christ cannot be served. It is a legacy that encourages us to get stuck in to the work of cultivating, nurturing and protecting civil societies, even as we look forward to the coming of the better world for which we wait.

On the journey with you,
Mike



Youth Food Harvest
"Paper Products"
July 17th

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
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Issue 7

July 2016

This July 4th marks the 240th anniversary of the adoption of the Declaration of Independence by the Second Continental Congress, which met in Philadelphia. Contrary to popular belief, the document itself would not be signed until nearly a month later, and as you may know, at least twelve of those original 56 signers were Presbyterian.

From our nation's earliest days, Presbyterians have played an important role in American society. True to our Calvinist roots, Presbyterians have recognized that our faith in a sovereign God compels us to be involved in all of the machinations of human society. Just as importantly, recognizing the importance of the great doctrine of the priesthood of all believers, Presbyterians have long proclaimed that all vocations have been equally blessed and affirmed by God, whether carried out within the church or beyond it. In other words, as Presbyterians, we celebrate teachers and nurses, bankers and city clerks and affirm that their work is no less important to the Kingdom than the work of gospel ministers.

And many important and influential figures in our society have been nurtured by the Presbyterian Church and the Reformed faith. Perhaps the most famous of those earliest signers of the Declaration was the Reverend John Witherspoon, a Scottish minister, who immigrated to the colonies in 1768 upon being called to serve as president and professor of the small College of New Jersey that would later become Princeton. Similarly, Presbyterians have been found in the highest levels of American government. At least six presidents claimed Presbyterianism as their denominational home, including Woodrow Wilson, whose father and uncle both served as professors at Columbia Seminary (the seminary which I attended).

Perhaps equally well-known was William Jennings Bryan, the Nebraska lawyer turned Populist presidential candidate, who, after two failed presidential runs, would go on to serve as Wilson's Secretary of War. Sadly, Bryan is remembered most for the role he played as prosecutor during the infamous "Scopes Monkey Trial", a role which was unfairly caricatured in the classic film "Inherit the Wind" leaving later generations to view Bryan as little more than a simple-minded religious fanatic. (Note: I may write a more lengthy article or letter about Bryan at a later date)

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We will be celebrating the Lord's Supper on **July 10, 2016** during the worship service.

DEADLINE FOR NEXT FAW ENTRY IS
July 15, 2016

