



SUNSCREEN



The other day I was shopping for sunscreen lotion for Harper for her week of camp at Dwight Mission. I found “general spectrum” and “broad spectrum” labels. However, I wanted to be certain that it dealt with both Ultraviolet light type A (UVA) and Ultraviolet light B (UVB). UVA is the sun light that increases aging effect skin problems, i.e. wrinkles, age spots and lesions. On the other hand, UVB causes actual burns.

So- Harper’s using a full ounce of sunscreen of sun-protective factor (SPF) of 30 containing both types of protection. She’s been encouraged to apply it 15 minutes before going outdoors and to reapply it every 2 hours. Meanwhile Granny’s moisturizer has an SPF of 30 as well—her wrinkles probably won’t disappear!!

The bottom line: protect the largest organ (your skin) of your body from injury by: 1) using sunscreen; 2) wearing a hat to protect your scalp; 3) wearing sunglasses to protect your eyes.

Submitted by Jo Flanders



From the family of George Copland,

We would like to thank the members of the church for all of their support, love and prayers over these recent months at the time of our father's illness and death. At a time of loss we reflect not only what we have lost by also how generously we have been given. Reverend Vineyard rightly said George and his father were in the wall of this church. First Presbyterian Church of Duncan has provided a religious faith that has been a guiding light throughout our lives and for our family. Past and

present members, the Church Triumphant and the Church Militant, served as Elders and Deacons, sang in the choir, cooked for Family Night, cranked ice cream for ice cream socials, played volleyball and softball, bowled, taught Sunday School and Vacation Bible School, participated in worship services, observed Christmas Eve Communion with the singing of Silent Night as the choir surrounded the congregation by candlelight-the list of creating an environment of love and support is endless. A simple note cannot encompass all the appreciation we would like to express.

Yours in Christ,
Ann, James, Sue and John

Happy August Birthday!



08/02 Judy Holtmyer

08/11 Jerry Perkins



08/03 Sue Beall

08/12 Ryan Grantham



08/04 Stan Martin

08/26 Bill McQuain



If we missed your Birthday, please let us know.

A lunch honoring August Birthdays will be held at El Palacio at noon on Wednesday, August 19th. *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

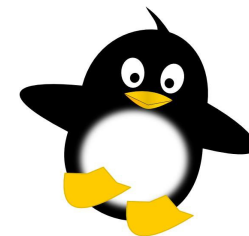
If you have anything that you would like to share in F-A-W email it to fpduncan@gmail.com, call Eileen in the church office at 580-255-5769 or drop it by the church office. We have a mailbox set up in the copy room.



From the Editor

ALL FAMILY SHOE GIVEAWAY!!!

This event is being held to benefit the community of Duncan who are in need of shoes; may they be young or old. It is being held August 1st here at our church from 9 am till noon. We are very appreciative of all those who have dug into their closets and pockets for donating to this cause. We have received an overwhelming amount of shoes and help; it should turn out to be a marvelous day!



Take the Plunge!

Vacation Bible School



The children of the community of Duncan will be attending our Vacation Bible School this July 27-29 from 9 am till noon. They will "Take the Plunge" with Jesus as they do an assortment of fun things. Lujan Fleming will be helping them create fascinating crafts from bracelets to pencil toppers. Lois Harris and Glennis Wilson have organized entertaining games to play with the children. Delicious snacks have been planned by Vickie Zimmerman. Prayer and praise will start the day as they raise the reef with praise. Over all the kids should have a great time between bible stories, crafts, music, snacks, prayer and praise!

Youth Food Harvest

This month's theme is "Oodles of Noodles"

This can be anything from spaghetti, linguine, angel hair, elbow, bow tie, ramen, rice noodles to egg noodles.

Each month will have a new food or item theme. Please bring your donation to the church on the third Sunday of each month to be delivered to Christians Concerned.



PRAYER CORNER

Let us keep our family and friends in our prayers

Augusta Slagle, Ron Twelves, Pat & Colleen Winn, Mary Cearley,
Jim Barthell Jr., Emily Ritter, Stacey Soltysik, and Fallis Beall.



Let us remember those unable to attend worship service

Jack Munn, Audrey Waggoner,
and Augusta Slagle

THANK YOU

Dear First Presbyterian Church,

Thank you so much for the scholarship! I am so thankful for being chosen as the recipient. It will be very helpful. Thanks again!

~Cane Holtmyer

Choir and Bell Choir are starting back up! Bell Choir will be on Wednesdays at 6pm and Choir will be right after that at 7pm. We always welcome new people to choir, even if you have never tried it or have participated for years.

Come on in and we'll be glad to have you!



We are pleased to announce that Christy and TJ Garlock had their baby! IT'S A BOY! He was born on July 23, 2015 at 2:08am.



OFFICERS OF FIRST PRESBYTERIAN CHURCH

ELDERS

Class of 2015
Pat Hale
Bill McQuain

Class of 2016
Robin Caldwell
Sue Beall

Class of 2017
Joan Drake
Mike Grantham

DIACONATE

Class of 2015
Chip Woods
Charles Coker

Class of 2016
Martha Coker
Charlotte Utley

Class of 2017
Nancy Grantham
Mike Stiel

Treasurer – Bill McQuain **Asst. Treasurer** – Jerry Fleming



We will be celebrating the Lord's Supper on **August 2, 2015** during the worship service.

DEADLINE FOR NEXT FAW ENTRY IS

August 21, 2015



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Website: www.fpcduncan.com

Pastor

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Treasurer

Bill McQuain 255-7863

Assistant Treasurer

Jerry Fleming 252-9559

Newsletter "Faith - At - Work"

Eileen Stringer 255-5769

email: fpcduncan@gmail.com



First Presbyterian Church
"FAITH - AT - WORK"

704 West Ash Avenue
Duncan, Oklahoma



Issue 8

August 2015

Ecclesiastes 3

There is a time for everything, and a season for every activity under the heavens:
a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.



I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God. I know that everything God does will endure forever; nothing can be added to it and nothing taken from it.

Our time is God's time. Our thoughts are God's thoughts. Our work is God's as well. Presbyterians are renowned for our belief in God's wise ordering of this world and all that lives in it. The writer of Ecclesiastes deliberates the wisdom and timely appointments of God. The conclusion of the "Preacher's" (as the writer is known) contemplation is a text most suited, in our liturgical usage, for funerals. Human activity, even war and death, makes more sense to us knowing God is actively involvement in making the arrangements. Care, comfort and compassion come more easily and naturally when we realize we are not alone to wander aimlessly through life.

God has called us to vocations particular to our gifts and abilities. We must be open to the myriad of opportunities a wise God places before each us to utilize these attributes for the common good. Ask yourself-what is God calling me/us to do now?

God has called Bruce and me to a new opportunity to serve the church for the common good. After engaging in prayer and a process of discernment, I have accepted a call to several yoked congregations in Texas. Presbyterians love that Pauline sense of doing things "decently and in order," creating a process for everything.

Therefore, in response to this calling to serve all of these congregations for the best possible outcome, I have resigned effective September 15, 2015. **A meeting of the congregation has been called by the Session of First Presbyterian Church, Duncan for August 2, 2015 after the service of worship for the purpose of requesting the presbytery to concur with the dissolution of the pastoral relationship.**

Now begins a process of saying our farewells so that we can move individually and as congregations into the next phase of our common and individual ministries. THANK YOU for a season of ministry marked by your love and support in Duncan.

As the process of separation concludes and Bruce and I are installed in our new church home, we will continue to pray for you and be your friends. With the help of the Committee on Ministry you will discover new and different teaching elders to officiate at your weddings, preach, baptize and conduct funerals. May God continue to bless each one of you and together as the Body of Christ as you engage in a new future of untold possibilities to serve our Lord. Now for that question—what is God calling you to do and to be?

Blessings and Jov. Rev. Kathy and Bruce Vinevard

RETURN SERVICE REQUESTED

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