

## THE SUN

Recent News Programs have recently featured information about melanoma. I was surprised to hear that Bob Marley died at age 37 of a melanoma on his great toe! I also was surprised to hear of Nora O'Donnell recently discovering a stage 0 melanoma on her back. These 2 situations highlight 2 risk factors: sun exposure and tanning salon attendance. Obviously, Bob Marley was exposed to sun for many years and chances are that as a person of color, he didn't expect that sun exposure was of importance. Nora admitted on morning TV that she visited tanning salons.

According to the National Cancer Institute there were 62,480 new cases of melanoma and 8,420 deaths in 2008. Ninety percent of these tumors were basal cell carcinomas or squamous cell carcinomas. The rising incidence of melanoma is of much concern to dermatologists. It is one of three cancers rising in men, the 6<sup>th</sup> most common; 7<sup>th</sup> in women. Another surprise is that the eyelid region is one of the most common sites for non-melanoma skin cancers. In fact, they account for 5-10% of all skin cancers. Over time the sun can seriously damage the eyes and surrounding area leading to vision loss and conditions like cataracts and macular degeneration.

So, let's review the info we need to make well-informed decisions about our life in the sun. As a fair skinned natural blond with blue eyes, I know that I must use sun block with an SPF of greater than 35. (Individuals with red hair and hazel eyes are similarly vulnerable). Because I was "young & dumb" and didn't protect my head when we attended sports car races, I now visit the Duncan Cancer Center regularly to have the lesions on my scalp treated. So, you'll see me in a funny hat when I hang out my laundry.

In addition to the above mentioned risk factors, be aware of these risk factors:

- 1)An individual suffering from immunosuppression due to chronic disease, cancer or receiving medications such as prednisone or chemotherapy;
- 2)Exposure to x-rays or chemicals known to predispose the individual to cancer (such as arsenic);
- 3)Certain types of sexually acquired wart virus infections;
- 4)Individuals with history of skin cancer (increased risk for a second occurrence in next 2 years); and
- 5)Aging

While non-melanoma skin cancer is common and locally destructive, it is generally superficial and has limited potential of spread to other parts of the body. In the meantime, you may want to participate in a skin cancer screening to identify lesions that may be a area that's been damaged or could be risky.

Summary: Put on your sun screen every 2 hours, avoid the sun whenever possible between 10am and 4pm, wear sunglasses that cover the eye area, wear long-sleeved shirts and broad brimmed hats.  
-Submitted by Jo Flanders

## Happy June Birthday!

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



**Sally Barthell 06/12**

**Kaitlin Caldwell 06/13**

**Rick Trent, Jr 06/25**

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

**A lunch honoring June Birthdays will be held at Jimmy's Egg at noon on Wednesday, June 18<sup>th</sup>. Everyone is welcome.**

**Please call or email your plans to attend to:**

**Eloise Hofmann [elbohof@cableone.net](mailto:elbohof@cableone.net) or 580-252-2476.**

## Happy Father's Day

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**June 18<sup>th</sup>**

### BIRTHDAY LUNCH

The next birthday lunch will be held at Jimmy's Egg on June 18<sup>th</sup> at noon.

Attendance at the birthday luncheons have declined. If you are in favor of continuing these luncheons please plan to join us in June.

-Submitted by Eloise Hofmann

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In the fourth sola, we learn that our hope for salvation and righteousness is in Jesus Christ alone. If we can only be saved by grace through faith, then in whose name must we believe? The name of Jesus Christ alone. **Solus Christus** means that the only way we can be certain of the forgiveness of our sins is through the blood of Christ our Savior (*Acts 4:12*).

Finally, the Reformers taught that the entire transaction of our forgiveness, salvation and new life in Christ is **Soli Deo Gloria**: to the glory of God alone. As Paul said in the Ephesians passage cited above, all of this has taken place so that none of us may boast. We may not boast in ourselves, but we can certainly boast in Christ and in the mercy poured out for us in the salvation that has come to us through Him!

On the journey with you,

Mike

### Youth Food Harvest

June 18<sup>th</sup>

Body Soap and Deoderant



In the Gospel of Mark, Jesus asks his disciples, "Who do people say that I am?" They answer "Some say you are John the Baptist; others say Elijah, and still others, One of the prophets." Then Jesus asks them, "Who do you say that I am?" (Mark 8:28-29).

That is a good question and the

### FPC Circle Members

will be studying this year. Circle Meets the second Thursday of each month at 1:30p.m. In the Fellowship Hall June 8<sup>th</sup>. Come Join Us in this Study!

## June Anniversaries:

*Jack & June Frost  
Celebrating 54 years*

*June 8, 1963*



### Prayer Corner

Let us keep our family and friends in our prayers:

Anita Finch, Bill McQuain, Robin Glover, Kirsten Davis and Bentley Drake Davis, Kaitlin and Greyson Caldwell, Rita Martin, Patty Jennings, Cliffla Jean Belinski, Jean Ann Reed, Beverly Chalkboyer, & Emily Ritter

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

Gladys Taylor, Janis Hruby, Colleen Winn, Jack Munn and Beverly Moody

**We are Also in Prayer for:**

Our Government and President, Our Pastor, Session, Diaconate & Drs. Leslie and Cindy Morgan, missionaries in Bangladesh



**OFFICERS OF FIRST PRESBYTERIAN CHURCH**

**ELDERS**

Class of 2017  
Joan Drake  
Mike Grantham

Class of 2018  
Joanne Flanders  
Bennie Drake

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Mike Steil

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Coy Elliot

Class of 2019  
Glennis Wilson  
Tim Burns

**Treasurer** –Bennie Drake

**Asst. Treasurer** –Mike Grantham



We will be celebrating the Lord's Supper on **June 4, 2017** during the worship service.

**DEADLINE FOR NEXT FAW ENTRY IS**

**June 16, 2017**



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*First Presbyterian Church*  
**"FAITH - AT - WORK"**

704 West Ash Avenue  
Duncan, Oklahoma



Issue 6

June 2017

Dear Friends,

When I set out with the plan to use this year's newsletter articles celebrating the 500th anniversary of the Reformation, I certainly didn't expect that I'd be writing my final article to you in late May. Let me say once again, what a blessing and an honor it has been to have served as your supply pastor over this last year and a half. I thank God for the opportunity to have gotten to know each of you and to share this journey with you! It has been one of the great joys of my life.

As we bring this series to a preemptive close, I thought it would be worthwhile to spend this final article exploring what is perhaps the most concise summary of the work and witness of the Reformers - the so-called "Five Solas." This is a term that designates the five major points of divergence between the Reformers and the Catholic Church of their day, and, thus, the doctrines that make us uniquely Protestant and Reformed. Many of these items remain clear points of disagreement and demarcation, yet we can give thanks to God that since the time of the Reformation, relations between our two branches of Christianity have become far more peaceful.

The first item on the list has to do with Scripture and the role it plays in grounding and guiding us as the people of God. In the Church of Luther and Calvin's day, it was taught that the foundation of our faith and practice as the people of God was grounded in a combination of Scripture, sacred tradition and the teaching of the Pope. By contrast, the Reformers argued that Scripture is our only true foundation for faithful living and worship as the people of God. While Scripture does not speak to every challenge we face as the people of God and fresh and timely expressions of the church's faith and witness are sometimes necessary (in our Reformed tradition, we look to the creeds and confessions), *Sola Scriptura* is the reminder that all Christian thought, work and worship must be grounded in God's Word.

Similarly, the Reformers took issue with the Church's teaching that our salvation depended to some degree upon our own merit, and even the merit of those faithful ones who'd come before us. Turning to Scripture, the Reformers found a markedly clearer proclamation that our sin can only be overcome by the righteousness of Jesus Christ. For them, it was not grace plus merit that yields salvation, but grace alone (*Sola Gratia*) that blots out our sin and reconciles us to God. So what of good works? Did the Reformers teach that they were no longer necessary? Certainly not! Rather, along with the overwhelming witness of Scripture, the Reformers taught that far from ensuring our salvation our good works bear witness to it.

Next is the connected proclamation, *Sola Fide*, which says that, because we are saved solely by grace, there is no work that can make us righteous in God's eyes, but only our laying hold in faith of Jesus' righteousness. As the Apostle Paul puts it: "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast" (Eph. 2:8-9).

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