

# THE HERALD

Freedom Plains United Presbyterian Church  
*Founded 1827*



*January, 2018*



*In all your ways acknowledge him,  
and he will make straight your paths.  
~ Proverbs 3:6 (NRSV)*

Dear Friends,

Happy New Year! I've got some questions for you. Are you excited about 2018? Do you have resolutions, things you want to do or things you want to change, both? The New Year gives us the opportunity to focus on what is important and that includes our relationship with God. Will we make faith a priority; will we make church, prayer, service and bible study a greater part of this New Year?

Here at church I am excited to welcome 2018, because 2017 was exciting and jarring and turned things upside down. Much of what I am thinking about has to do with our building program. Now, in 2018 we have a new challenge, to find a new normal, to make a new routine, to start some new positive habits in the life of the church.

To that end we are starting some regular Bible Studies. I will be running a Bible Study on Wednesdays at 1:00 and 7:00 pm. They will be the same study done twice to try to offer a time for everyone. (If people come, it will happen.) We are also considering a Sunday morning class. If you are looking for the opportunity to serve, we have a number of committees that could use some help. Also, stay tuned for Mission opportunities to help our neighbors in need.

This coming year has the potential to be so important in our lives and faith, but we have to do our part and make it happen.

Peace,

*Paul*

# FPUPC ANNOUNCEMENTS

**ANNUAL CONGREGATIONAL MEETING** – Our annual congregational meeting will be held on January 28th at 11:00 am in the Sanctuary. Come one, come all!!

**BLUE “PER CAPITA APPORTIONMENT” ENVELOPE** (in your offering box) – reimburses the Church for our share of the expenses for the day-by-day operations of Presbytery, Synod and the General Assembly. We must pay for every member each year. **The 2018 per capita is \$36.83 per member.**

**NEW MEMBER’S TEA** – There will be a new member’s tea held here at the church on Sunday, January 21<sup>st</sup> at 11:30 am.

**WEDNESDAY BIBLE STUDY** - Led by Rev. Lent. Starting Wednesday, January 24<sup>th</sup> at 1:00 pm and 7:00 pm in the new parlor.

**STEWARDSHIP UPDATE!** It is not too late to turn in a pledge, but please prayerfully consider your pledge to the church for 2018 and get it in as soon as possible. If you need a pledge card you can get one as you enter church or at the church office. Also the church office would be willing to mail one to you, call 845-452-0684 or email the church office at [office@fppchurch.org](mailto:office@fppchurch.org)

**CHURCH DIRECTORIES HAVE ARRIVED:** If you have not picked yours up you may get it one of the first two Sundays in January. Or you may pick it up in the church office during the week. Any questions, speak to Jennifer Barry.

**WINTER YOGA PRACTICE SCHEDULE** - Please join us for our winter session, everyone is welcome! No previous yoga experience needed, we practice gentle stretching, balance, breathing and relaxation techniques. We have mats to share, but you might want to bring a little blanket or shawl, to cover up during final relaxation. Place: New Fellowship Hall, Time: Thursdays 9:15-10:30, Cost: a canned good for the Food Pantry. We will follow the Arlington School District Foul Weather policy. If Arlington is closed, we will not meet. If there is a delay, we will meet. Yoga resumes on Jan 11 with our Holiday Party. No yoga on Jan 25 and February 1. Any questions contact Nancy at 221-9063 or email [Nancy@ntown.info](mailto:Nancy@ntown.info)

**2018 FLOWER CHART** – The flower chart for the New Year is up! If you would like to donate flowers in memory of a loved one on a particular Sunday, please sign up as soon as possible as the dates fill up fast.

## Gala Thank You

A delayed but sincere “**Thank You**” to all that helped make the Gala such a success!!! Everyone seemed to have a great time while raising more money than we had initially projected. Last I heard the total was around \$17,000!!

I will never be able to list everyone whose contributions were significant in the overall success of the event so I am not even going to try - you know who you are!!

A heartfelt thank you to everyone on the Gala Committee who handled the planning and organization of the event.

The kitchen, led by Meredith Travelpiece and Melissa Haras, put out an “incredible spread” -- thanks for a fabulous job!! There were many volunteers working behind the scenes as well as a group of teens serving and bussing tables – thank you!! In addition we had volunteers tending bar, selling tickets, moving furniture, and setting/cleaning up – THANKS!!!

The financial sponsorships were greatly appreciated, as were the raffle baskets and silent auction package donations.

The band added a wonderful element and thanks to Nicole Puckette for volunteering to take photographs, we have an amazing collection of pictures to share. A slide show of these pictures will be played during coffee hour for the month of January (thanks to Greg Bolner). There are literally hundreds of pictures so you might want to watch it several times. If you see a picture that you would like a print of, please let me know. Cheryl put in many hours of help, sometimes at the last minute!!!!

Despite all of these outstanding contributions, the event would never have been successful without the people who attended! I hope that you enjoyed a wonderful evening of fellowship and fun. Thank you for generously supporting the event further by purchasing raffle tickets and bidding on silent auction items. Roughly 45% of those attending were non-members, always nice to have community support.

Feedback has been very positive; most encouraging and supporting the idea of having similar events in the future, even if not with a fund-raising goal.

So once again, I say with gratitude and appreciation - **THANK YOU!!!**

*~Kristin Fandl*

**CALLING ALL LADIES!** - Are you looking to have some fun and fellowship with other women? The Scholarship committee is again sponsoring the Calendar Girls event on April 22 from 3-5:30. The fee for this event is \$10. p/p. We are in need of a few more hostesses to fill our calendar. Being a hostess is easy! Pick a month, select a theme and host a mini party. Hostesses are responsible for inviting guests to their table, decorating their table and providing dessert and a small gift for their guests. **Please contact Laura Frey** to volunteer as a hostess or for further details: **845-802-9669 (call or txt) or email [frnchfreys@msn.com](mailto:frnchfreys@msn.com)**.

**FEBRUARY HERALD** – Please submit articles for the February Herald in writing or by email to the church office by Wednesday, January 27th. The email address is [office@fppchurch.org](mailto:office@fppchurch.org). Thank you in advance.

**MISSION COMMITTEE** – Meets the second Tuesday of the month at 7:30 PM in fellowship hall.



### **Lending a Helping Hand by Donating Food**

**Dutchess Outreach Food Pantry:**

**January is Canned Ravioli Month!**

January is simple, bring canned ravioli to the food basket. This is an easy hot meal in a can for our hungry neighbors. Try to bring a can of ravioli each week so we can meet our goal again. It is fantastic that we are meeting our goals this year, in part, thanks to our yoga gals.

Thanks for your support; and keep up the good work.

*~Nancy Townsend*



Sandy Brady, Nancy Brinckerhoff, Sally DelBene, Marlene Galow, Betsy Gellatly, Howard Goodrich, Doris Hill, Judy Hunt, Florence Jamison, Julie (Susan Plambeck's daughter, Isabel's granddaughter), Ruth McComb, Lisa McVey, Grant Miller, Renie Milliken, Mary & Ken Moody, Fred Stuebner, Mary Jane Taxter, Arlene Taylor, Mary Louise Van Winkle, Anne Vaughan – Lutheran Care Center, Dora Viviano, Bruce Williams - Lutheran Care, Karen & Mike Barnett Linda Roy's address is Brookdale Chambrel, 102 MacIntosh Way, Roswell, GA 30076.



## HERALD - HEALTH MINISTRY

### New Skin for a New Year

Let's start by wishing each and every one of you a happy and healthy 2018. 2017 went out with a bang as far as I am concerned. People ask me what gives with all my health issues. I tell them I am like the canary in the mine. The universe tries these misadventures out on me so I will share my journey with you and we can all learn from it as God leads us through the maze.

In October I visited a dermatologist to have three lesions on my face and ear region evaluated. Two of these lesions developed mid summer and looked like ringworm, a fungus infection. The one behind my ear looked like a cyst. Having treated these myself for weeks as fungal infections (I swim laps everyday) I threw in the towel and consulted a pro. As soon as I walked through the door, he told me they were basal cell cancers (bcc) that didn't look similar to each other. Being a recovering breast cancer patient, I didn't want these other cancers hanging around for long. "Out damned spot! Out, I say." – says Shakespeare's Lady Macbeth. I wanted them instantly gone. He did biopsies and a thorough skin evaluation. I had only had two of these for three months. The biopsies came back and showed these were not simple slow growing basal cell skin cancers, but aggressive faster growing basal cell cancers that can affect cartilage, bone and lymph nodes. News to me because I thought all basal cell skin cancers were slow growing and relatively harmless. There are four types of b.c.c. – infiltrating – small amount on surface, but spreads out deeper in the skin. It grows faster and can require extensive plastic surgery repair. This is what I have. The other forms are nodular, pigmented, and superficial. Superficial is most common and easier to treat. Age, history of sun exposure, radiation, chemical exposure, immunosuppressant and genetics put you at risk. Treatment for basal cell skin cancer include topical medications for small lesions, cryosurgery (freezing with liquid nitrogen), photodynamic therapy, laser surgery, radiation, excisional surgery, curettage and electrodesiccation, and Mohs micrographic surgery. Mohs surgery was recommended for me. A surgeon specializing in this type of surgery removes the layer of tissue under local anesthesia. The tissue is frozen and studied under the microscope and mapped. This determines whether all the cancer is removed and the margins are cancer free. If another layer of tissue is needed to be removed it is done until margins are clear of cancer. So you have tissue removed, wait for lab results in waiting room (about 1 ½ hours) then repeat the procedure or they have gotten it all. The procedure saves the most healthy tissue and has a 99% cure rate. It is reserved for basal cell cancers on the face, ears, neck and scalp. I had all three lesions removed by Mohs surgery. Since they were deep and spreading underneath (like an iceberg) they required 2 ½ hours of reconstructive plastic surgery under anesthesia in the hospital O.R. Mohs surgeons or plastic surgeons in their offices close simple Mohs lesions.

Some of you have asked me what b.c.c. looks like. It can appear as a small pearly bump, or small pearly ring, or pimple that doesn't go away. It can appear shiny pink or as red patches that are slightly scaly. It can appear as a waxy hard skin growth. Sometimes they bleed. Mine looked like ringworm with a small ring and slight indentation. The one on my cheek was the size of the tip of my little finger. It spread out like fingers as it went deeper into the skin. Any strange lesions that appear and don't go away should be looked at by a dermatologist. It took me 1-½ months to have the Mohs surgery to remove the lesions. There are not a lot of Mohs surgeons in the area so you have to wait your turn. It is very nerve racking to wait and see your lesions increase in size. Not treating basal cell cancer is a bad idea since they can cause disfigurement by destroying healthy tissue and cartilage. Some can travel to bone, lymph nodes and beyond. They aren't all innocent. Treating these when they are very small is your best bet with the least amount of treatment. Use sunscreen year round. Be liberal when applying it. Growing up in the 1940's and 1950's before sunscreen lotion has put me at risk. I am now paying for spending so much time in the sun during my childhood. It will take six weeks or longer to heal. At nine months revisions can be made by plastic surgery.

So while I am waiting for my incisions to heal, scars to fade, and new skin to grow have a blessed and healthy new year.

1. Protect your self from sun
2. Be vigil
3. Seek professional help early

Blessings,  
Bonnie Biskup, Parish Nurse  
FPUPC – January 2018

Skincancer.org, Mayo Clinic  
Web M.D.