

# THE ANGELUS

Volume 70 Number 2

Christ Episcopal Church • Winchester, Virginia

October 2019

## From the Rector

Dear People of Christ Church,

I hope you have received the stewardship letter that Martin and I wrote to explain the origins of the stewardship theme, "Wonder in All." Part of that same prayer seeks God to give us "an enquiring and discerning heart and the will to persevere." It is about *active* discipleship. Passive discipleship, in today's terms, is the idea of us being consumers in the church; it is up to the Church and ultimately God to feed us and bring us in. The prayer in baptism of active discipleship is just the opposite: It is for us to seek to be in the fellowship of the community, the body of Christ, and to seek ways to participate in the life of the risen Lord. We get up and go, rather than sit back and wait.

Many of our Christian formation groups are exploring how to be active disciples. Presiding Bishop Michael Curry has developed and written several resources encouraging us to live into our discipleship through action. The specifics of the action vary from person to person and group to group, but the main ingredient that pops up repeatedly is **showing up**: showing up to book study, showing up to an event, showing up to worship, etc. This is not about creating perfect attendance, but about building fellowship with a community that is called to persevere in serving our Lord when the rest of the world seems at odds with how the incarnation of God's love revealed itself in the life, death, and resurrection of Jesus.

While Martin and I are not at every group meeting or event going on at Christ Church, we have the privilege of working with those who help share active discipleship with others around them. I also enjoy how the fellowship opportunities are so varied. Working recently with a few men hauling furniture for the rummage sale, we got that chance both to work and share stories. Studying faith and Scripture with a group, we actively grow our own understanding of Scripture and faith, as individuals and as a community. As the staff helps children learn to sing, or create ways for people to know how to get involved, the fellowship of the parish grows deeper and deeper. Even those who may not be able to attend services or events in the parish—their continued friendship and prayers are a great witness of active discipleship. For those who are still trying to figure out where they fit in, or how to be an active disciple when you feel there is not enough time, again, the fact that you are actively working to figure that out is an act of discipleship.

I am grateful for those who work with committees, lead book groups, and plan church events as they provide a variety ways to help us be active disciples at Christ Church. Many of you also are active disciples as a volunteers for service groups around Winchester. My hope and prayer for all of us is that our enquiring and discerning hearts and our will to persevere continue to make the love of Christ known in the fellowship of our families, friends, neighbors, parish and the wider community around us. That is how the love of God revealed in Christ is made known. So please keep being active!

Faithfully,



The Rev. Webster Gibson, Rector  
rector@christchurchwinchester.org

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## From the Assistant Rector

Dear Friends in Christ,

As I've been continuing to learn about Christ Church and its ministries, one of the things I've been doing is meeting with and learning about some of our outreach partners. This church works with a wonderful variety of ministries in its mission to serve the needs of the community around us, and it's been exciting to start to understand them better. Whether it's hearing about the work of the Winchester Rescue Mission, or the Evans Home, or CCAP, I've been struck by the range of this congregation's work. During a meeting with Bright Futures, the organization we partner with to pack meals for Frederick Douglass Elementary for our Panda Ministries, I was especially struck by the power of partnership in our work of outreach and service. Thanks to our partnership with Bright Futures, we're able to accomplish work that we could not have done on our own. And thanks to Bright Futures' partnership with churches and organizations throughout the region, they can provide food to kids on a scale no one group could have done alone.

This led me to think about the significance of partnership and community as part of our life of faith. Christian life is never just a question of you or me following Jesus on our own. When we are baptized, we are brought into relationship with the whole body of Christ - the Church. We look to our relationships within the body so that we can learn from one another, help one another, and support one another as we work to follow Christ together, as a body. When we seek out one another as partners in our faith journey, we are able to accomplish things we could not have accomplished on our own, because all of us bring our own gifts and skills to the work of the church.

In First Corinthians, Paul says it like this: "Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone." (1 Corinthians 12:4-6). Paul reminds us that our diversity of gifts is part of God's will for the church, part of what the kingdom of God looks like. We may sometimes wish that we could do everything ourselves, or at least that we could follow God only by working with people we agreed with. However, Paul is clear—learning to see God in the variety of gifts and activities we bring is part of following the God we all serve together. So, let us give thanks for variety, for partnerships, and for community, and for the God who gives us our variety!

Faithfully,



The Rev. Martin Geiger, Assistant Rector  
mgeiger@christchurchwinchester.org  
540-662-5843, Ext. 2, or direct 540-773-5564

## FALL CAMP AT SHRINE MONT

October 28-31, 2019

The Tri-Diocesan Council on Aging hosts this wonderful four-day conference at Shrine Mont. This year's keynote speaker will be Philip Gulley, a Quaker pastor, writer, and speaker from Danville, Indiana. Gulley has written 22 books, including the *Harmony* series recounting life in the eccentric Quaker community of Harmony, Indiana and the best-selling *Porch Talk* essay series. Learn more and register online at: <https://fallcampatshrinemont.org/>

## Christian Formation

### Adult Forum in October

The Sunday Morning Adult Forum begins at 9:30 am in the Tilford Room in the Parish Hall. There is always coffee!

On Sunday, October 6, we will learn about outreach projects which take us through December.

Sunday, October 13, we will answer questions people have asked about the life and basics of the Episcopal Church, from terms like *apostolic succession* to *budget*.

Sunday, October 20, is Health Sunday which is a ministry shared with Grace Lutheran Church. This year, we will have a guest speaker, Barbara Hinline, on diet and nutrition. See p.7 for more information.

On Sunday, October 27, we will have the Rummage Sale final wrap-up with the remaining items and baked goods for sale, so no Adult Forum topic!

### Daytime Faith Study

Daytime Faith Study explores different ways for us to understand our faith, from social issues to Biblical sources and teachings. October will mark the conclusion of our studying the Christian and Jewish perspectives in the New Testament. We will wrap up our study of the book, *The New Testament: Methods and Meanings*, by Warren Carter and A.J. Levine, with the last chapters on the letters of John and the book, Revelation.

Our class gives a huge thanks to our guest speaker, lecturer, and occasional comedian, Rabbi Scott Sperling.

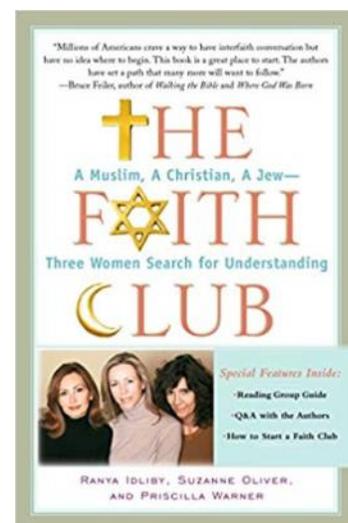
The group will begin our next book, *The Meaning of the Bible: What the Jewish Scriptures and Christian Old Testament Can Teach Us*, in January of 2020. Specific times for meeting will be announced in December.

If you have any questions, please email Webster at [rector@christchurchwinchester.org](mailto:rector@christchurchwinchester.org).

### Christ Church Community Book Study

This fall, the Christian Formation Committee invites everyone to participate with a community book study at Christ Church. We will purchase the book and read independently. In November, will gather for a culminating event (hopefully a dinner with guest speakers).

*The Faith Club: A Muslim, A Christian, A Jew- Three Women Search for Understanding* by Ranya Idliby, Suzanne Oliver, and Priscilla Warner is the book that has been chosen. Since 9/11/2001, there has been much discussion, opining, and misunderstanding of the similarities and differences among the three faiths of our one God. In *The Faith Club*, three mothers set out to write an interfaith children's book highlighting the connections between Judaism, Christianity and Islam. The endeavor becomes a journey of reflection and faith for each of the women within their own faith and resulting in the ultimate discovery of what unites them in God.



## Christian Formation

### Sunday School News



Our Sunday School year is off to a great start with old friends and new faces. Thanks to our hard-working teacher corps and the support of parents, it has been exciting to welcome a lively bunch each Sunday morning so far.

**Registration** doesn't end so if you haven't had the chance to fill out a form, just check with your teacher or the Sunday School office and we'll be happy to help.

Our Kindergarten-2nd Grade class is led by Mary Greene. Rose and John Eberhardt are with the 3rd-5th graders. Rebecca Gibson is our teacher for 6th-8th grades and is assisted by Barry Schnoor. And, Martha Griffin and Sue Jarvis work with the high school group. All are ready with energy and talent to minister to our young people wherever they are in their Christian formation!

We encourage and welcome volunteers to substitute. It's easy, a short commitment, and lots of help is provided. This year, we would like to have a couple substitutes lined up for the K-2nd and 3rd-5th classes for any occasion the need for a substitute arises. It is helpful to know ahead of time who is willing to help. Please contact Margery Wingenbach (540-667-0386 or [margerywingenbach@gmail.com](mailto:margerywingenbach@gmail.com)) if you would be an occasional substitute teacher. The WHIRL curriculum is very easy to lead and requires only brief preparation. Join in a couple of times during the year and be part of the formation of our children!

Parents are welcome to sit in the comfortable "Parents' Oasis" during Sunday School and enjoy a cup of coffee. We also have an area for toddlers in the Sunday School Commons so they can stay busy while siblings are in Sunday School!

**Children's Chapel** is back in session on the second floor of the parish hall in the Sunday School Commons from 10:30 am until the Peace in the church service. We welcome children ages 3-7 who would like to attend every Sunday or on occasion. No registration is necessary. Children's Chapel is child-size and allows our young parishioners to explore the same gospel we hear in the sanctuary service with more opportunity to wiggle and talk. Parents, chapel leaders would love an extra pair of hands any Sunday morning you would like to join them!

**The children's choirs** also meet Sunday mornings. The Cherub Choir, led by Marsha Baden, is for kiddos in 1st grade or younger. They meet at 9:15 am. The Alleluia Singers, led by Delyn Celec, are 2nd-8th graders. They meet at 8:45 am in the Sunday School Commons. Both choirs sing at occasional church services. High schoolers are welcome to sing with the adult choir, which has rehearsals on Wednesday evenings. All voices are welcome!

Contact Margery Wingenbach (540-667-0386 or [margerywingenbach@gmail.com](mailto:margerywingenbach@gmail.com)) to offer your help or with any Sunday School questions.

### Youth Group Happenings

*Youth Group in the Tilford Room, 6:00 pm,  
on Sunday, October 13 & Sunday, October 27.*

Contact Martin at [mgeiger@christchurchwinchester.org](mailto:mgeiger@christchurchwinchester.org) for more information about Youth Group!

## Outreach Committee

### Hygiene Kits Project Coming Soon

The Outreach Committee will again organize an effort this fall to provide hygiene kits through Church World Services (CWS). Last year, the parish rallied around this project, donating supplies and showing up for a packing day in early November. Through CWS, we have learned that there is a great need for hygiene kits in many places around the world, but especially in refugee camps in the Middle East. Check out the CWS website for all the work they do: [www.cwsglobal.org](http://www.cwsglobal.org).



This year, we will ask the congregation to donate very specific items for inclusion in the kits. We won't ask for all of the items on the list from CWS, like we did last year. Please watch for announcements in October and November. Our hygiene kit packing day is scheduled for Saturday, November 23, 2019.

### Preparing for Angel Tree

On Sunday, November 3, we will be in the Tilford Room signing up volunteers to help with the annual Salvation Army Angel Tree ministry. Sunday, November 17, and Sunday, November 24, are the dates that parishioners will choose an angel to purchase gifts for from the Christmas trees in the Tilford Room. Volunteers are needed on these Sundays to assist folks in choosing their angels.

Our collection and delivery of gifts to the Salvation Army will occur on Sunday, December 8. On this day, we will need volunteers to check off gifts and those with SUVs or trucks to help move them from Christ Church to the Salvation Army's collection depot. If you would like to help with this joyful ministry, please contact Jim Taylor ([annjimtaylor@verizon.net](mailto:annjimtaylor@verizon.net) or 703-403-5264).

### CCAP Donations for October

In October, CCAP wishes for us to donate **Hearty Canned Soups (preferably with pop-tops)** for their elderly clients and those living in homeless camps. There is no limit to the soup they can use, so thank you for being generous. And, if you'd like to still give cotton t-shirts and men's boxer briefs (items from September), please do! Please place donations on the shelf marked CCAP under the window in the foyer of the Parish Hall.

CCAP (Congregational Community Action Project) is a ministry of 40+ worshipping communities in Winchester and Frederick County that have come together to support our neighbors in need with financial, material and other assistance. Thank you for your generous contributions every month.

There are many volunteer opportunities to help at CCAP—from working in the baby/toddler room to sorting clothes. It's a wonderful place to serve our community and meet people from neighboring congregations. If you have any questions about CCAP or would like to volunteer for them, please contact Jim Taylor ([annjimtaylor@verizon.net](mailto:annjimtaylor@verizon.net) or 703-403-5264).



## Calendar and Upcoming Events

### Church Services

#### Sunday

Holy Communion Rite I 8:00 am  
Holy Communion Rite II 10:30 am

#### Wednesday

In the Pilgrim's Chapel at noon  
(Healing Service 3rd Wed)

#### Second Monday

6:30 pm All Abilities Worship —Sanctuary



- 3 Women's Lunch Group
- 6 Blessing of the Animals at 5:00 pm
- 12 Men's Fellowship
- 14 All Abilities Worship
- 17 Oktoberfest Dinner
- 20 Health Sunday
- 25-27 Rummage Sale

### Committee & Group Meetings

Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:45 am
Daytime Faith Study	2nd/4th Mon: 10:00 am
Knit Unto Others	3rd Tues: 2:00 pm
Men's Fellowship	2nd Sat: 7:30 am
Outreach Committee	4th Tues: 7:00 pm
Properties Committee	3rd Tues: 7:00 pm
Treasure Box	Wed & Fri: 10 am-4 pm, Sat 10 am-1 pm
Women's Lunch Group	1st Thurs: 11:30 am
Vestry	2nd Tues: 7:00 pm
Women's Book Studies	Tues: 10:30 - Noon Thurs: 6:00 pm – 7:15 pm
Youth Group	Sun: 6:00-7:30 pm



**Look for  
Christ Episcopal Church Winchester  
and like us to stay up-to-date on the latest news!**

**The Rector's day off is Friday.  
The Assistant Rector's day off is Monday.  
Church Office Tel. 540-662-5843**

## October Birthdays

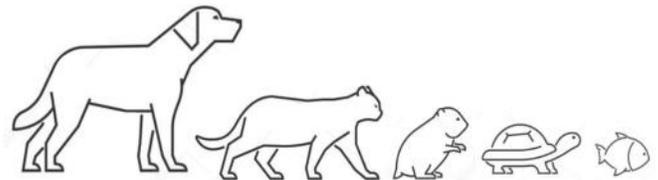
- 2 James Baden
- 3 Elena Conrad
- 4 Patricia Barnes, Martha Roberson
- 5 Gwynne Koonce
- 6 Deanna Pifer
- 7 Steve Johnston
- 8 Rosemary Swope, Pam Kennedy, Dan Gloster
- 9 Loretta Johnston
- 10 Pam DeBergh
- 14 Margaret Kesser, Edward Browning V
- 16 Dick Arculin
- 17 Mary Beth Compton
- 18 Pat Riley
- 19 Robert Riggs
- 20 Katy Schain, John Wiedower
- 22 John Applin
- 23 Barbara Austin
- 26 Bill Thompson, Tom King
- 27 Doris Trant
- 28 Cathie Waldie
- 29 Judy Whiting
- 31 Amy Stock, Frank Armstrong III, Sue Jarvis



## October Anniversaries

- 1 Bill & Maria Tedesco
- 7 Ned & Amy Stock
- 8 Dennis & Debra Shows
- 14 Bill & Sue Jarvis
- 18 Frank & Barbara Rupert
- 27 Robert & Marrea Riggs

### Blessing of the Animals in the Courtyard Sunday, October 6, 2019 at 5:00 pm



## Health Sunday 2019

On Sunday, October 20, 2019, again in partnership with our neighbor, Grace Lutheran Church, we will celebrate healthy living and health professionals with our annual Health Sunday. A special program and activities are planned, along with healthy and delicious refreshments. This year, the focus is on healthy eating with a presentation planned from Barbara HineLine, owner of Fresco Kitchen in Winchester.

During Adult Forum that morning, we are invited to hear from Chef Barbara about whole foods and a journey to great nutrition and healthy choices. She will share recipes and maybe samples! Check out her website: <https://fitfood.kitchen/> to see everything Chef Barbara does.

Our Parish Nurses will also be available to give flu shots. Please watch for more information in the weeks to come!



The Treasure Box Thrift Shop is open  
Wednesdays and Fridays  
10 am—4 pm  
Saturdays 10 am—1 pm  
at 114 W. Boscawen St.

### Please Note:

We will publish birthday and anniversary information only with explicit permission. Please contact the Church Office if you wish to be added to or deleted from these lists. Please keep the Church Office informed of any changes to your address, phone numbers and e-mail addresses.

## Finance Committee

### Operating Budget Performance

**For once, we are NOT going to look at Actual vs. Plan!**

The numbers shown below have been ADJUSTED to REMOVE the carry-over \$46,653 from the 2018 surplus that was used to balance the 2019 budget.

The summary of the ADJUSTED Actual vs. Budget through the first eight months of 2019 is shown below:

Through 8/31/19	Actual	Budget	Difference
Total Revenues	\$428,677	\$386,503	\$44,736
Adjusted Total Revenues	\$382,024	\$339,850	\$44,736
Total Expenses	\$394,565	\$403,043	(\$14,230)
Net Position	(\$12,541)	(\$63,193)	\$58,966

**This table clearly shows that the real \$382,023.90 Total Actual Revenue received this year is less than the \$394,565 Total Actual Expenses year-to-date by about \$12,500!**

**Revenues:** Even after adjustment, we still show that Actual revenues are way ahead of budget.

Remember, once again, that about \$24,000 of 2019 Pledge Revenue was received at the end of 2018 and carried over into 2019, and that some Unpledged Revenue has been received in lump sums earlier in 2019 than was budgeted (a timing difference).

**Expenses:** Total Actual Expenses through eight months are still about \$14,200 below budget (the same as reported after seven months).

Remember, as well, that most of the Actual Expenses under budget is in the Personnel expense line item because our Interim Assistant Rector left about a half month earlier than we had budgeted and our Music Director retired, which was not planned in the 2019 budget.

Even though received revenues are higher/better than budget and expenses are lower/better than budget, **the reality is that more money has been spent than has really been received in 2019.** The carry-over \$46,653 that was needed to balance the 2019 budget has been distorting actual 2019 cash flows reported all year.

# Finance Committee

## Annual Budgeting

Quick Summary: Recent Angelus Finance articles have examined revenues and expenses with their six-year trends...

- Discounted Pledge Revenue totals over the past six years have remained relatively flat with a modest total increase of about 3.6% (about 0.6% per year on average).
- Expenses have increased about 11% over that same time period (about 2% per year on average), mostly due to modest annual personnel wage and benefit increases.
- Three large expense categories make up 95.5% of all expenses—Personnel 68.9%, Outreach & Diocesan Pledge 10.6%, and “Fixed” 15.9% (Utilities, Property & Maintenance and Office).
- The remaining 4.5% of expenses contain all other programs.

It is now time to focus on **programs**. Most programs have had completely flat budgets – no real increases – in the past six years!

These expense categories (Christian Education, Music, Worship, Stewardship, Outreach, Pastoral Care, Parish Life, and Communications) cover many of the things that occur outside, during, or in support of Sunday services.

*\*Note when the true “Outreach” budget (not including the Diocesan Pledge) is combined with all other programs, the 4.5% value of total expense detailed in recent Angelus articles and shown above will now represent about 7% of the annual total expenses.\**

Unfortunately, when budgeting, these “Program” categories always are the last to be considered. The priorities are to pay our staff, pay our upkeep bills (utilities and property), pay our Diocesan pledge, and run our office (pay for computers, phones, etc.). The money that is left over is then applied to these program expenses.

HOWEVER, these program expenses are vital! They support our worship services (everything from music to altar guild) and our time together as a congregation (the website, the coffee in the parish hall, outreach projects, Sunday School, and so much more).

*Next month:*

*Looking toward 2020 and the annual budget, we would like to grow these “program” categories. To do that, and still meet our other expense obligations, we need to increase our Total Revenue. Will that be possible?*

## Stewardship Committee

### Why Pledge to Christ Church?

“Give them an inquiring and discerning heart, the courage to will and to persevere, a spirit to know and to love you, and the gift of joy and wonder in all your works. *Amen.*”

I could write a book about my baptism as a nine-year-old. I had no real idea why I was doing what I was doing, except that I wanted to partake in the quarterly passing of the brass plates – one of which contained cubed white bread, the other mini-shot glasses full of grape juice. I could not participate until I was baptized. So, at the appropriate time, I was. The fact that I was fully immersed in a chest-high pool of very cold water situated behind the choir and altar made the event very real and more authentic than those who were baptized as infants with a sprinkle... At least, that’s what I thought then.

After John and I were married and I was in veterinary school, we attended an Episcopal church. The 8:00 am service allowed for church with coffee and studying afterwards. In all, we attended for six years before our son, Jack, was born. We were “almost” confirmed in Winchester when Jack arrived early. My view on baptism matured exponentially after he was born. I could not wait for him to be baptized, to be part of a community of family, who not only believed what we believed, but lived it, too. His baptism was the most emotional occasion of my life – so deeply moving and inspiring. I knew that at that moment, he would be surrounded always by God’s love in ways known and unknown. And I felt God’s love deeper than ever before.

So, I started digging deeper, swimming deeper into my own faith. Eventually, with Christ Church’s love and support, I went on the first of four mission trips to the Dominican Republic. I still look at this first trip as a turning point in my life. I came home with a deep desire to do more meaningful work every day. That desire does not go away and I have yet to figure it out.

With the support of this congregation, I have completed the four-year Education for Ministry program. The most important lesson I learned from EfM is that I still have even more questions, and that’s okay. And, now our child has flown, and the support he feels from his home church is great. You have played a huge part in his development and understanding of what God’s love looks like, and for that I am thankful. His baptism as an infant has never excluded him from any part of our faith journey.

So, I will be pledging and supporting our church financially again this year. I deeply value the space and the relationships that allow me to grow spiritually— to learn, to question, but most importantly, to know the wonder of God’s love. To know the gift of joy. ~ Mary Margaret Applin



*Stewardship 2020*

Information and Pledge Cards  
available online at  
[www.ChristChurchWinchester.org](http://www.ChristChurchWinchester.org)

### Christ Church 7th Annual



**Stewardship Fellowship Dinner**  
**Thursday, October 17, at 5:30 pm**  
**in the Tilford Room**  
**Please RSVP on the signup sheet in the**  
**Tilford Room.**

## Parish News

### Men's Fellowship Meets

The Men's Fellowship will meet offsite at Perkins Restaurant (US 50 at I-81) for breakfast and fellowship on Saturday, October 12, 2019, at our normal 7:30 am time. This will be a 2020 planning gathering of Men's Fellowship activities and programs. All men of the parish are welcome!

### Women's Lunch Group



The Women's Lunch Group meets on the first Thursday of each month (October 3) at 11:30 am at the Firefly Café and Bakery (3035 Valley Ave.). The food is excellent, the conversations are lively, and there is much laughter – everyone is welcome! No RSVP is necessary. Please come when you can!



Friday, Oct. 25, 4–9 pm

Saturday, Oct. 26, 8 am– 1 pm

### Many Hands Make for Light Work!



The Rummage Sale will be open for business on October 25 and 26 and we **need volunteers** for set-up and take-down of the Tilford Room the entire week, October 20-27. Continued help is needed at pricing sessions. During the sale, we need volunteers for many jobs, from greeters to cashiers to kitchen support. To volunteer your help, please call Chris Ferguson at 978-360-4501.

Some things to remember as we make our final preparations:

**1) All hands on deck** are needed starting Monday, Oct. 21. Come anytime from 9:00 am—6:00 pm that week to lend a hand. We need the whole parish to help!

**2) Our silent auction** will begin Sunday, Oct. 7. We have wonderful items - hand-made quilts, jewelry, pottery and fine porcelain pieces, just to name a few.

**3) The raffle** of a Patton's Furniture chair continues until noon on October 27, when the drawing will be made. The chair is on display in the Tilford Room. Raffle tickets are \$3.00 or 2 for \$5.00.

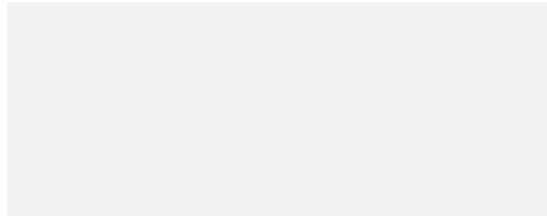
**4) Bake Sale** help needed! Pies, cakes, cookies, brownies, candies, breads all accepted! Please package smaller items three to a bag in baggies or plastic wrap with ribbon. Bring to the kitchen in the Tilford Room by Friday afternoon (Oct. 25). If you can help man the bake sale table during the sale, please contact Katie Harvard (klhwsh@yahoo.com or 757-999-3816).



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Christ Episcopal Church  
114 West Boscawen St.  
Winchester, VA 22601-4116

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*The Angelus* is a monthly publication of Christ Episcopal Church.

### Parish Nurse Musings

Two subjects for you to think about this month:

One is to stay away from the flu. First, getting your flu shot is very important, BUT that won't do it alone. Remember the flu vaccine is good for about six months so get it in October. The parish nurses will give flu shots on Sundays after each service in the Church Office at 114 W. Boscawen St. The cost is \$15.

Also, avoid close contact with those who are ill and stay away from others when you are ill. Stay home from work and isolate yourself at home so others don't become ill from you.

Cover your mouth and nose with a tissue that can be thrown away. Don't use cloth handkerchiefs that will stay contaminated in your pocket. If you get caught with a cough or sneeze, do it in your sleeve. Wash your hands often. Carry a hand sanitizer with you. Avoid touching your eyes, nose, and mouth, which may be contaminated. Practice healthy habits by drinking lots of water, eating healthy foods, getting enough sleep, being physically active, and pray daily for strength to recover and/or help others recover.

The second is distracted driving. This is not just texting, but eating, drinking, talking on your cell phone, putting on makeup, talking to people in the car, and thinking about other things than driving. Watch for others who may be distracted and be ready to slow down or stop until they are out of the way.

See you in church!

Your parish nurses, *Helen and Rosalie*

