

THE ANGELUS

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Christ Episcopal Church • Winchester, Virginia

November 2018

From the Rector

Dear People of Christ Church,

It is hard to believe that we are into the month of November looking ahead to Advent and the start of the next church year on December 2. As the current church year comes to an end, November offers us much on which to reflect given the events coming up. We have the welcoming of new people to the faith with baptisms on November 4; we conclude our focus on stewardship celebrating the community of faith we have with our Oktoberfest as well as the community of faith we hope to be in our future programs and ministries with the symbolic action of the ingathering of our pledge cards; and we end November with the holiday of Thanksgiving on November 22 typically marked with lots of food, perhaps a good bit of family and time off from work. Then we shift to the season about preparation for that greatest gift God bring into humanity.

One of the themes in all of this November hustle is around the idea of being thankful. It is one of those statements that we may often say without considering what we mean in saying it. We can be really good at receiving gifts and support from others and saying “Thank you” for the gift or the action. That is perhaps one of the most important statements for us to say, not only in appreciation for the gift, but also to let the person know we do not take them for granted. While I cannot overstate the importance of saying thank you, there is more for us to consider with the idea of “thanksgiving.”

To say thank you for receiving something can be seen as a passive action. In that case, you and I are recipients of the gift and then we reply. However, if we look at “thanksgiving” as “to give thanks,” that makes me think of this being an active event on our part. It is more than just an expression of appreciation for what we get.” It actually challenges us to give to others out of what we have received. It is not to be a consumer of gifts, but rather to be active givers inspired by and able to give to others out of what we receive.



The giving of thanks with families is the opportunity to give the time to make sure we see one another. The giving of thanks for what God gives us can be the action of helping those in need. An even greater opportunity is the notion of giving thanks by giving up something important to us to make the love of Jesus known even further in the world through our time, talent or treasure. It can be an hour a day or a week tutoring children, visiting a nursing home, building with habitat. It can be serving in WATTS or cooking a meal for youth group or helping at one of our shelters. It can be giving of you time to be at church in worship and fellowship, or helping to welcome others to the parish. For me, giving thanks by giving out of what I may be tempted to keep for me reminds me that Jesus reveals God’s love expressed between humanity and God, but also expressed between one another as people.

A friend of mine used to pick on his wife saying, “What is mine is mine, and what is yours is mine.” It is easy to say “Thanks” when greed is the motivation. I believe that it is far more fulfilling when we look at the action of giving thanks as our way to give out of what we have received to others. It becomes even more fulfilling when our giving is an action that demands something of us where we give

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From the Rector

knowing that we give up something we might keep for ourselves.

November is a month to make the giving of thanks an active event in how we give to God and to the world. I offer the challenge to give thanks by giving of something you would otherwise keep for yourself, or a sacrificial act of giving. I know for myself, I always have room to grow in my ability to live everyday as a day of thanksgiving. As we engage this season of Thanksgiving hurtling towards Christmas, may we all grow in being active givers of thanks to God through the giving of ourselves to one another.

Faithfully,



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

All Abilities Worship

"Better together" is a phrase that arises often in ministries with which I work at Shenandoah University. It reminds all of us that our community is stronger when we reach across lines of difference to work toward our common goals. We grow in our relationships while forming new ones.

In that spirit, the Alleluia Singers shared with our friends at the All Abilities Worship service for October. The children had improvised a song in rehearsal that included singing and drumming. Each choir member had an opportunity to share a short theological phrase such as "Alleluia," "God is special," "Jesus loves us," "God saves us," "God is with us," and "We're forgiven." The other choir members drummed the accompaniment and repeated the phrase.

Those who worshiped with us on Monday evening participated by singing and drumming along, as well, using new drums purchased especially for this service. What a wonderful way to share with one another each ministry, which means so much to the participants! Our lesson time, along with our prayer time, included lots of interaction from many—of all ages—in attendance.

All are welcome to attend the All Abilities Worship service on the second Monday of each month at 6:30 pm. Come and see how you can contribute to being better together!

Rev. DeLyn Celec
Director, Alleluia Singers

Music News

Kriewald Scholarship Awarded

Christ Episcopal Church established the Kriewald Scholarship Fund in 1996 to honor the then 25 years of service of Dr. James Kriewald as the Director of Music of Christ Church. The community honored Dr. Kriewald in this way because of his commitment to the integrity of worship and music, which inspired both members of the congregation and scores of students as well.

Christ Church awards a grant from the Kriewald Scholarship Fund to a student of Shenandoah University who contributes to the musical life of a congregation in Winchester. The grant is awarded to the student to assist the student with their tuition and expenses. It was awarded this fall to Christos Kokkiis. He is singing with Christ Church's Adult Choir.

Christos Kokkiis is a senior vocal performance major at Shenandoah Conservatory of Music. He is from Burke, Virginia. He went to Lake Braddock High School and is a member of St. Catherine's Greek Orthodox Church in Falls Church, Virginia. He is a third-year member of the *Nu Psi* chapter of *Phi Mu Alpha Sinfonia*, the professional music fraternity for men in music.

After an injury preventing participation in sports, a friend invited him to join the high school choir. He had no musical training but impressed with his splendid voice. Christos started to realize how powerful music was and how important it could be in his life and in the lives of those who heard him sing. Taking a huge chance, since he still did not even know how to read music, he applied to Shenandoah University and, much to his surprise, he was accepted. Fortunately for him, he was placed in the studio of Dr. Byron Jones who has been his friend, teacher, and mentor ever since. Christos has since not only learned how to read music, but also learned that he has perfect pitch!

Last year, his junior year, Christos won the lead role of Count Danilo in the opera at Shenandoah, *The Merry Widow*, by Franz Lehár. This year, Christos was chosen for the lead role, Ferrando, in *Così fan tutte*.

Christos was raised by a single mom who immigrated from Greece to the United States in 1975 as a young girl who knew hardly a word of English but believed in the American dream. She worked hard and studied, becoming a senior financial analyst at one of the biggest defense companies in the world, without a college degree. This was the example she set for her son.

While he has been a student at the university, Christos has taken part in *Mills Music Missions*, missions which give the brotherhood of *Phi Mu Alpha Sinfonia* occasion to share their joy of music with others. Over the last three years, Christos has participated in numerous *Mills Music Missions* which have included singing "oldies but goodies" at the Evergreen Assisted Living Facility and selections from *The Merry Widow* opera at Westminster Canterbury.

Dr. Kriewald says, "Christos is an extraordinarily fine musician and his life is a testimony to service, doing for others."

Christian Formation

Sunday School News

Sign-ups/casting for the annual Christmas Pageant at the 4:30 pm service on Christmas Eve will begin Sunday, November 11. Check the bulletin board in the Commons or contact the Church Office (540-662-5843). There's an opportunity for everyone who wants to participate – animals to angels, visiting grandchildren, friends, etc. Rehearsals will take place in December. As always, volunteer help is encouraged and welcome!



Classes and Children's Chapel will all observe a regular schedule Thanksgiving weekend. The first Sunday of Advent is December 2 this year.

Adult Forum in November

On Sunday, November 4, please join us on for a report on the Diocese of Virginia Annual Convention by the clergy and delegates. We will update you on the reports and events of the convention, as well as the results of the bishop transitions with Shannon Johnston retiring and the arrival of a new provisional bishop.

On November 11 and 18, we will conclude the program, "The Challenge of Paul, Paul and Justice" from the publisher "Faith and Reason." In "The Challenge of Paul," John Dominic Crossan gives us the benefit of his lifelong search for the Paul of history to create a new understanding that sheds new light on Paul and why he is more relevant than ever today. While we encourage all to attend our adult forum regularly, these programs are self-contained so you can learn and participate in discussion even if you miss a previous Sunday.

So please join us on Sundays at 9:30 am in the Tilford Room. Coffee always provided!

Youth Group



The Youth Group has been busy this fall. While Christ Church youth have a reputation for getting lost in the corn maze, they made it out relatively unscathed on a hot day in October.

Thanks to the parents and the youth who helped the Youth Group assemble 239 hygiene kits to be added on to the parish-wide kit packing event! All hands made it possible for the event leader, Linda Miles, to experiment with most efficient ways to pack the kits before having the whole parish try it.



And special thanks to Theresa Seitz, our bookkeeper and expert escape room designer, for all of her work planning a Youth Group Escape Room on Sunday, October 21.

After a Halloween party, we get ready for November with movies, Angel Tree shopping, and other events. Parents can keep up with events through our weekly youth email. Please let the Church Office know if you are not receiving it.

Outreach News

Angel Tree 2018

It's time to go Christmas shopping! The Outreach Committee invites the entire congregation to join in the ministry of the Angel Tree. It's an opportunity to give a Merry Christmas to children in our community who have little or nothing. **This year you can pick up your "Angels" in the Tilford Room on November 25 and December 2.**

Participating in the Angel Tree ministry with the local Salvation Army is a traditional opportunity and blessing for parishioners to help families in need by providing gifts at Christmas. The Salvation Army, through an interview process, registers children who reside in Winchester, Frederick, or Clarke counties to receive holiday assistance. The Salvation Army expects there will be more than 900 children in our community who qualify this year. Many of these children have a parent or parents who work, but can barely feed and clothe them, and cannot provide anything extra at the holidays. To support this community need, individuals and families at Christ Church will have the opportunity to select the name of a child or children "to adopt." We do not try to handle all 900 children, only about 15%.

"Angel" cards, with the children's first names, ages, and some gift suggestions, can be picked up in the Tilford Room on Sunday, November 25, and Sunday, December 2, following both services. Members of the Outreach Committee and volunteers will be available to help with your selection, offer suggestions, and answer questions. It is suggested that each child receive some new warm clothing and a few toys – board games, books, riding toys, doll babies, purses for little girls, trucks, etc. Please do not think poorly of the children if their toy requests are "pricey items." Remember the effect of television advertising and how it targets certain high-ticket items throughout the holiday season, and what children hear from each other. The suggestions are just that – guidelines – and each Christ Church participant can decide what they purchase. Speak with Ann or Jim Taylor about any questions you have about a particular "Angel." Some families or individuals may even team up together to provide for a single child to keep your costs reasonable.

Final collection day of the gifts is Sunday, December 9, when you return and check in your "Angel's" gifts in the large clear plastic bag (which is provided to you). The number on the "Angel" should be prominently displayed inside the bag that you return to the Tilford Room. Please do not wrap the gifts. You may include rolls of wrapping paper to help the Salvation Army.

We can also accept donations by check in the collection plate on any Sunday. It is important that you place the note "Angel Tree" in the memo line. Donations will be used to purchase additional gifts.

Volunteers are needed after both services on November 25 and December 2 to assist the distribution of "Angel" cards. On December 9, we need volunteers with cars, large vehicles or pickup trucks to transport the gifts and bicycles to the Salvation Army collection center. A big "Thank You" to all of the volunteers who helped so generously in previous years! Join us again, please.

Please sign up to help in the Tilford Room (look for the Christmas tree!) beginning November 4. Contact Jim Taylor at his cell phone number (703-403-5264) or Ann Taylor (703-622-7059) to offer your time to assist with this generous ministry. Bill and Maria Tedesco will be signing up volunteers in the Tilford Room on Sunday, November 11, as well as November 18. If you have any questions, please call so that we can give you the proper answer. Thank you for helping us and making Christmas a wonderful time for the children!



Outreach News

Hygiene Kit Project

Saturday, November 3, will be “kit packaging day.” People have donated so many supplies for the kits, it is wonderful. Also, because of the financial generosity of people in the parish and other groups, we have purchased additional supplies to make even more kits to send. However, we need your help to assemble the kits. We only need people on November 3; we will provide the supplies. Beginning at 9:00 am in the Tilford Room, we will organize everyone into different assembly groups to put kits together and package the kits so we can ship them to the distribution center. We are not sure how long this will take since we have not done this before, but we hope to be done by noon. Hope to see you there!



WATTS Training Offered

Christ Church will host WATTS from December 8 to 15, 2018. During this host week, we will welcome 35 homeless adults from our community into the Christ Church parish hall for shelter and meals. This will be our tenth year of hosting WATTS and we have enjoyed wonderful support from the parish for this very worthy program.

In preparation for our 2018 host week, there will be a short **WATTS refresher training update at noon on Sunday, November 4, 2018 in the Parish Hall.** We will be available to provide more extensive information for those new to or unfamiliar with WATTS. All are welcome to come learn about the program and how to help. Please plan to attend the meeting or contact Chris Ferguson (CFerguson@zwickerpc.com), Marty Tabaka (martin_tabaka@hotmail.com), or Pat Kofalt (patkofalt@gmail.com) if you have any questions.



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

November

- 3 Hygiene Kit Packing
 - 4 WATTS Training,
Daylight savings
 - 6 Election Day
 - 12 Veterans' Day—
Church Office Closed
 - 13-15 Parish Directory Photography
 - 17 Keep Day
 - 22 Thanksgiving Service 10:00 am
 - 23-24 Parish Directory Photography
- Advent begins Sunday, Dec 2.



Committee & Group Meetings

Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:50 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 & 3rd Thurs: 11:30 am
Vestry	2nd Tues: 7:00 pm
Women's Book Studies	Tues: 10:30 - Noon Thurs: 6:30 pm – 7:45 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.
Church Office Tel. 540-662-5843**

November Birthdays

- 2 Jody Armstrong-Jones
- 5 Stephanie McWhorter, Kenneth Vicchio
- 6 Charlie Gaynor, Benjamin Cluss
- 9 Mariel Becker-Welts
- 10 Delores Wheatley, Bill Jarvis, Scott Arthur
- 13 Nicole Francis, Jeffrey Dodd
- 14 Bill Old, Kim Pifer, Marrea Riggs
- 16 Jason Conrad, Ann Taylor
- 17 Farley Massey
- 18 Steve Martin, Koy Mislowsky, Wendy Breslin
- 19 Steven "Tuffy" Whitacre
- 20 Rosa Gibson
- 21 Joy Nesselrodt
- 22 Alex Waldie, Graham Giller
- 23 Arlene Hill, Christopher Ferguson
- 24 Emilie Pifer
- 25 Dorothy Gibson
- 26 John Rodman, III, Sally O'Neil
- 27 Dennis Shows
- 28 Shannon Dodd
- 29 Jay Russell, Marilyn Sanin
- 30 Ned Howard



November Anniversaries

- 10 Christopher & Adelaide Turnbull
- 28 Nick & Kathy Nerangis
- 28 Frank & Sandra Armstrong
- 30 Robb & Cathie Russell

celebrate!

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.



November Sale - 20% off everything!

**Treasure Box will be closed
Thanksgiving week.**

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

Finance News

Operating Budget Performance

2018 Budget Performance - Actual VS Budget

The trend that has been reported for the past several months continues! The combination of early donations (gifts received earlier than planned in the budget) along with lower than anticipated expenses (assistant rector has not been hired, but was budgeted for all of the third quarter, along with some other reduced expenses) has resulted in a positive net position at the end of the third quarter. See the table below for the summary figures:

Through Sep 30	Actual	Budget	Difference
Revenues	\$ 422,520.44	\$ 376,078.00	\$ 46,442.44
Expenses	\$ 377,084.97	\$ 408,672.59	\$ (31,587.62)
Net	\$ 45,435.47	\$ (32,594.59)	\$ 78,030.06

Ways to Make Payments to Christ Church

Over the next few months, we will present alternative ways to make donations to the Christ Church, hoping that everyone will find the method that works best for them. The first way is an “e-check.”

What is an e-check?

An e-check (or **electronic** check) is an **electronic** version of a paper check used to make **payments online**. Anyone with a **checking** account can **pay** by e-check at most any bank.

Christ Church currently receives e-checks from a few donors on a regular basis, and has done so for several years. Those donors who use e-checks say that it makes their donation automatic and regular without the hassle of writing a paper check and bringing it to church on Sunday. Whether you wish to donate weekly, once a month, once a quarter, or at some other interval, you can schedule that payment date and the amount to donate and your bank will make your payment by check to the church.

If you would like to learn more about e-checking for your donation, please contact Theresa Seitz at 540-662-5843 or TSeitz@ChristChurchWinchester.org.



Stewardship News



NOW INTO THE WORLD

Turning in your 2019 Pledge Card helps us prepare the budget for next year. If you have not sent one in, please pick one up in the rear of the church, in the Church Office, or on the website under Stewardship.

At the beginning of October, Vestry member Christopher Francis gave a hugely impactful testimony during services in support of the stewardship campaign. His words are a powerful reminder to all of us and are available on the church website if you missed his talk. Here are just his closing remarks:

*“These are some examples of how the people at Christ Church demonstrate caring for others, welcome new comers, celebrate and support fellow parishioners. Clearly, God helped me through the people of Christ Church. Therefore, all that I have and my American dream success belongs to God. This inspires me to do the same in welcoming, supporting, caring and helping newcomers to our Church community. **When I see the many caring ministries at Christ Church, I’m reminded what is in Matthew, Chapter 25: It says, “I was hungry and you gave me food. I was thirsty and you gave me drink. I was a stranger and you welcomed me. I was sick and you visited me.”**”*

It is my commitment not only to pledge my talents and gifts, but also, to prayerfully consider my monetary pledge. I would encourage all members to prayerfully consider their pledge. This in turn supports the needy in our community, also beyond our community and strengthens this year’s Stewardship campaign theme “Now into the World.” In conclusion, I would say, “For Christ Church, love and compassion have no boundaries and no distance.”

Parish Directory

BE INCLUDED in our new family directory

To celebrate our church family and strengthen the bonds within our congregation, we welcome you to be a part of our **new parish directory**. In addition to providing easy access to contact information and helping us all connect faces with names, this new directory will preserve this special time in the life of our church and will serve as a lasting record of our current membership.



Lifetouch

We are partnering with Lifetouch for this project. Lifetouch provides the directory at no cost to our church. Every family photographed receives a complimentary directory and an 8x10 portrait. If you still need to schedule your photography session, please go online at our church website (www.christchurchwinchester.org) or call Noelle in the Church Office (540-662-5843).

PHOTOGRAPHY DATES

Tuesday, November 13, 2018 2:00 pm to 9:00 pm
Wednesday, November 14, 2018 2:00 pm to 9:00 pm
Thursday, November 15, 2018 2:00 pm to 9:00 pm
Friday, November 23, 2018 2:00 pm to 9:00 pm
Saturday, November 24, 2018 10:00 am to 5:00 pm

For your convenience, all photography and portrait viewing will take place in the Tilford Room with no sitting fee. You will have a variety of poses taken. One pose will be selected for the directory. In addition to your complimentary 8x10, you will have the opportunity to purchase additional portraits, which will be available before Christmas. Lifetouch's portrait price lists are available in the Church Office.

Contact information from the church database will be used in the directory. If you are NOT being photographed, please take a moment to confirm with the Church Office that your information is correct. If you are being photographed, you will be asked to verify name, address, phone and email when you arrive for your session.

Please call Noelle in the Church Office (540-662-5843) with any questions.

We need YOU to make our directory complete!



Properties News

Keep Day - November 17

Please mark your calendars for Saturday, November 17, from 9:00 am to noon for our Fall Keep Day. The Properties Committee needs your help in this twice-annual effort to tidy things up around the church. We will be organizing four teams of volunteers, so please consider where you would like to help out! Then, get in touch with that team leader so we can be sure to have sufficient supplies on hand. If you just aren't sure what you'd like to do, come anyway! We will find a place for you to help.

The teams are:

Leaf Removal/Tend Flower and Plant Beds - Team Leader: Barry Schnoor

Clean Windows (interior) Parish Hall (Tilford Room and Sunday School) - Team Leader: Bob Puttock

Clean Windows (interior) Old Rectory - Team Leader: David Wingenbach

Secure Cistern (This should be fun!) - Team Leader: Bill Pifer

(It seems that we have found an old cistern in the lot behind the Baden Center. Bill will be leading an exploratory team of shovel-wielding spelunkers to determine how best to secure and make safe this old plumbing relic.)

Overseeing our efforts will be James Baden. James is the chair of the Properties Committee, which means that he will be responsible for seeing that there will be a generous supply of donuts on hand!

The Altar Guild will also be having an "All Call" fall sprucing up that morning in the Sanctuary, including cleaning chandeliers.



The work on waterproofing the church foundation continues along Washington Street. When finished, the city will replace the lumpy sidewalk on that side of the church.



Parish News

Men's Fellowship

The Men's Fellowship will meet on Saturday, November 10, at 7:30 am, in the Tilford Room, for breakfast and a discussion about "Introducing your Friends in the Marketplace to Jesus," and our responsibility as Christian men to do so. A full breakfast will be served and men of all ages are welcome to join the discussion.

Women's Lunch Group



The Women's Lunch Group meets on the first and third Thursdays of each month (November 1 & 15 this month) 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!

CCAP Collection Item for November

Christ Church is a most generous and loving family! The clients of CCAP rely on that generous spirit. Each month, we receive a special request from CCAP as to what is most needed. This month their request is for **LONG/THERMAL UNDERWEAR** in all sizes for men and women.

Please leave your donations on the shelves marked "CCAP Donations" in the foyer of the Parish Hall (under the window).

CCAP (Congregational Community Action Project) is a ministry of 46 worshipping communities in Winchester and Frederick County that have come together to support our neighbors in need with financial, material and other assistance.

Contact Jim Taylor 703-403-5264 with any questions. You may also email annjimtaylor@verizon.net.



Parish News

Community Thanksgiving Dinner

Christ Church will again participate in the **Community Thanksgiving Dinner** hosted by First Presbyterian Church in Winchester. Each Thanksgiving many volunteers from community churches and businesses, gather to give back. Giving back brings us great joy!

Christ Church has been tasked with providing 20 cooked turkeys for the dinner and cooked pies (apple, pecan, or pumpkin). We will coordinate donations of food from Christ Church in the coming weeks.

Volunteers are also needed for all types of jobs, including delivery drivers, turkey bakers, turkey carvers and many more. You can sign up directly online at fpcwinc.org/communitythanksgivingdinner.

Please do not sign up for food donations online. We will do that here at Christ Church.

Monetary donations are appreciated as well. Please make checks payable to First Presbyterian Church, with Community Thanksgiving Dinner in the memo line. We will forward any checks collected at Christ Church to First Presbyterian or you may mail them to First Presbyterian Church, 116 S. Loudoun St., Winchester, VA 22601.



COMMUNITY THANKSGIVING DINNER

AT FIRST PRESBYTERIAN CHURCH IN
WINCHESTER
FELLOWSHIP HALL

THURSDAY NOVEMBER 22
11:30 AM - 2 PM

DELIVERY SERVICE THAT DAY
11 AM - 2 PM



PLANS FOR NEW YEAR'S EVE YET?

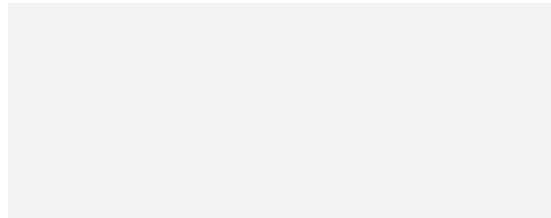
Christ Church participates each year in First Night Winchester, a day-long family celebration of the arts downtown. In the evening, we host entertainers and welcome guests in the Sanctuary. Volunteers are needed every New Year's Eve to be on hand for a short shift to check for tickets and answer questions. Volunteers also get free admission to all First Night performances! Plan now to join us as a volunteer for this fun evening. Jim & Ann Taylor can tell you all about First Night! Email them at annjimtaylor@verizon.net.



THE ANGELUS

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Parish Nurse Musings

Flu season is upon us. Thanks to everyone who got their flu shot. If you didn't get yours, ask us if we have any left to give. It takes more than just the shot to prevent flu. Coughing and sneezing in your sleeve is very important, as is washing your clothing often to prevent contamination. Drinking plenty of fluids (water) and exercising is important. As the weather gets cold, dress warmly and walk or exercise when the temperature is the highest for the day. Try to stay away from people infected with the flu. Send them a card or call, but don't visit them when they are ill!

Joyce Meyer gave us the best words we can have at this time of the year. She said, "I believe the greatest gift you can give your family and the world is a healthy you!"

Let us know if we can help you to stay healthy.

See you in church!

Your parish nurses, *Helen and Rosalie*

