

# THE ANGELUS

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Christ Episcopal Church • Winchester, Virginia

August 2015

## Ashley Bingaman Reports from General Convention



A few weeks ago, I attended the Episcopal Church's 78th General Convention in Salt Lake City, Utah. It was a thrilling experience to be present for the full two weeks of Convention, but this Convention was particularly exciting as our church voted for a new Presiding Bishop and discussed a variety of interesting resolutions. While there, I served in two main capacities: as a representative of the Young Adult Service Corps (YASC) and assisting the Mission Personnel Office with the international interfaith and ecumenical visitors that were in attendance.

In my role as a YASC representative, I spent time at the Domestic and Foreign Missionary Society booth in the main exhibit hall, answering questions about our program and sharing stories of my experience in Haiti. Along with time in the exhibit hall, I attended an assortment of events and gatherings, at

which high schoolers and young adults were present, to help them understand that YASC is an option for them to serve in our church. The other "YASCers" present and I also sat for interviews for different blogs, magazines, and Episcopal News Service (ENS), as well as testified in hearings to advocate for continued support of the YASC program. I'm happy to report that these targeted endorsements, along with conversations prior to Convention, did lead to a budget increase for YASC and an overall better understanding and awareness of this program that is so vital to our church.

Assisting with our international interfaith and ecumenical visitors was a particular highlight of my time at Convention! The visitors included bishops, archbishops, and leaders from Brazil, Mexico, El Salvador, Cuba, England, Scotland, Sweden, Israel, Palestine, Armenia, West Africa, Japan, Taiwan, and the Philippines. During my time spent assisting our guests, I learned more about the individual ministries happening within each of their communities and I attended events and receptions with them at which I met people from the varying Episcopal church organizations. I loved my conversations with each of them and it was truly a blessing to have an opportunity to learn from them!

Some of my other favorite moments from Convention included listening to our nominees for Presiding Bishop, being in attendance for the announcement of our new Presiding Bishop Elect Michael Curry, watching the inner workings of our church at large, Flat Jesus, and every worship service (each and every service was amazing!). Most of all though, I was happy to have to opportunity to reconnect with my friends within the Episcopal Church from around the world and all of the people I had the chance to meet while there. If you would like to learn more about

my experience at General Convention, please feel free to get in touch with me. If you are interested in learning more about details of the 78th General Convention, I recommend exploring Episcopal News Service's website (<http://episcopaldigitalnetwork.com/ens/>).



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## From the Assistant Rector

Dear Friends in Christ,

It is hard to believe that it is time for us to begin our fall programming. It seems as if summer has flown by again. Despite how quickly summer has come and gone, I can't help but love this time of year! As the summer heat starts to subside and back-to-school preparations are at their peak, I can't help but visit the school supply section to see what new and wonderful treasures I might find! The beginning of the program year here at Christ Church brings me that same sense of joy. Excitement fills the air as we look to the fall. For me, fall is a time I instinctively think more about what it means to learn and grow.

Recently, I was reading through the Gospel according to Matthew and found myself struck again by Jesus' words, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and revealed them to infants; yes, Father, for such was your gracious will." During the time of Christ, it was those who were the people in positions of power and authority who considered themselves wise, who were missing the simplicity of the Good News that Jesus came to share; that God's love was bigger than they could imagine and that God loved all. As I pondered these verses and what they held for us today in an age in which we've been taught since preschool that "knowledge is power," I found myself repeating the phrase, "I want to be an infant for God!"

Infancy is a time of constant growth and learning, testing the waters and our own strength, leaning on others when we can't stand on our own. Infancy is not proud of crying for help, or laughing and smiling just because. Infancy approaches each day asking God and the world to teach us something new, to call us to different and exciting things. Every step is a new adventure in infancy. Yes, I want to be an infant for God! I want to learn and grow in new ways and not place any limits or expectations on that growth.

We tend to think of learning and growing as measurable terms. We complete a grade in school and move to the next. A group grows larger and needs more space to meet. Learning and growing as hallmarks of our faith cannot be measured. It is not as if there is a measurable goal for us to attain at which point we say we are done. Rather, God urges us to be ever open to the guidance of the Holy Spirit. To be changed as we learn and grow more fully into who God calls us to be.

Faith formation is indeed a lifelong journey with Christ, in Christ, and to Christ. Whether gathered together for worship, study or play, at home, work or school, daily we are being formed as the people of God. Encompassing the many ways by which we live into our Baptismal Covenant, formation is everywhere and anywhere.

In this issue of *The Angelus*, you will find many opportunities for us to engage our faith and know one another in community. Educational, fellowship, and worship possibilities abound for everyone. I encourage you to find ways to connect and consider trying something new. Maybe you've considered hosting Coffee Hour for the first time. Or maybe you feel called to serve as an acolyte. Whatever it may be, know that you are welcome. Whether you explore a discussion group, volunteer for a committee, or suggest something new for us to try, be engaged and be formed.

Blessings,



The Rev. Bridget Coffey, Assistant Rector  
bcoffey@christchurchwinchester.org

## Worship

### Bishop's Visitation

On Sunday, September 20, we will have our annual bishop's visitation. The Rt. Rev. Susan Goff will join us at the 10:30 am service. This is our opportunity to welcome the bishop and to share with the bishop in baptisms, confirmations, receptions, and reaffirmations.

The Rt. Rev. Susan E. Goff is bishop suffragan of the Diocese of Virginia. She first joined the Bishop's staff as Canon to the Ordinary in January 2010. Bishop Goff was consecrated on July 28, 2012. As bishop suffragan, she oversees mission churches, in addition to multicultural and ethnic ministries.

Bishop Goff came to the Diocese from St. Christopher's, Springfield, where she served as rector for 15 years. She was also an adjunct instructor in liturgics and a trainer of seminarian supervisors at Virginia Theological Seminary. Her prior positions were as rector of Immanuel, Old Church, in Mechanicsville; chaplain of St. Catherine's School in Richmond; and chaplain of St. Margaret's School in Tappahannock. During her 31 years of ordained ministry in the Diocese of Virginia, she was a deputy to three General Conventions, served on the Standing Committee for two terms, was dean of two regions and chaired or was a member of numerous diocesan committees and task groups. Bishop Goff earned her master of divinity degree, with distinction, from Union Theological Seminary in New York City. While a seminarian, she directed Eagle's Nest, the summer camp of the Diocese of Newark, for three summers. During a two-year leave of absence from seminary, she lived and worked among Arapaho people as a missionary on the Wind River Indian Reservation in Wyoming.

Bishop Goff is married to the Rev. C. Thomas Holliday, an interim ministry specialist who has served many congregations in the Diocese.

For those of you who are interested in engaging the Christian life and service through the Episcopal Church in a more committed way, by being confirmed, reaffirmed, or received, please contact Bridget in the Church Office (540-662-5843) by Monday, August 10.

For the rest of the congregation, we will need your help! Martha Roberson and the Parish Life committee and the Vestry will need your help with the reception, so please be generous when asked for help preparing for this special Sunday!



### Highlights from July's Vestry Meeting

- The Education Committee reports that 250 children attended Vacation Bible School and it was a success. Christian Formation programs will begin on August 30.
- The Outreach Committee reports that the collection of school supplies for the Evans Home went very well. The Panda Pantry ministry is organizing for the upcoming school year and received a gift from the Kiwanis Club.
- The Communications Committee reports that a organ renovation slideshow is available on the website.
- The Vestry approved a motion to send \$3000 from our WATTS General Operating budget to the WATTS organization for the coming season's ministry.

## Christian Formation

# Sunday, August 30, 2015

## Begins a new year of Christian Formation for all!

### Sunday School Resumes

Sunday School classes for children and youth begin on Sunday, August 30, at 9:30 am. Classes for the younger children meet in the classrooms surrounding the Commons on the second floor of the Parish Hall. All middle and high school students should meet in the Pilgrim's Chapel for this first Sunday. Classes run for 45 minutes, concluding before the 10:30 am service begins. Parents are invited to spend this time in the Parents' Oasis—with wifi and coffee.

**Registration Forms** are available online at [www.christchurchwinchester.org](http://www.christchurchwinchester.org), in the Tilford Room, and may be returned to the Church Office or in the Sunday collection. Registration may also be done in person at the ice cream social on Thursday, August 13 or on Sunday, August 30, before classes begin.

We continue to strive to offer the best opportunities for faith formation of our children and youth. Our curriculum for ages 2½-grade 5 is *Weaving God's Promises*, an Episcopal curriculum with lots of options for presentation of Bible stories and activities to help children make them their own. Quoting from the curriculum description, it is “designed to provide children with the basic knowledge of Church teachings in Christian education, workshop and service. The great stories of the Bible from both the Old and New Testaments are central to the lessons with emphasis on the life and teachings of Jesus. In addition, children learn about the Episcopal Church and its practices as well as the application of principles and practices of Christian living and its importance in fostering a growing faith.”

Also on Sunday morning, our **Children's Chapel** is an option for young parishioners **ages 3 through 7** during the first portion of the 10:30 am service. It has a simple child-sized liturgy with activities and games to get the wiggles out before joining parents in the Sanctuary at the Peace. A rotating team of parent leaders offers this ministry. There is no registration. Children are invited to participate every Sunday or from time to time as their parents choose. The Children's Chapel is also on the second floor of the Parish Hall, at the back of the Commons area.

As parents, we are called on to set the model of regular attendance for our children and to participate in their faith formation. If you are not called to be a teacher, consider being a substitute and/or helping with Children's Chapel, in the nursery, or with the younger ones during coffee hour. Children see where we place our values by what we do. Don't overlook those opportunities listed on the registration form!

### Adult Forum Kicks Off!

Christian Formation for adults also kicks off the year on Sunday, August 30. Our Adult Forum topic is: “Dysfunctional Family” is a Redundant Statement: a Scriptural Witness. Using various stories from Scripture, we will explore various ways of God's interaction with us, humanity, and how we have done. In the process, we will look at what we can learn about ourselves, and also the reassuring miracle of what God continues to do, which is to remain faithful to us. We will meet in the Tilford Room beginning at 9:30 am with our coffee. Please join us.



## Christian Formation

### A Great Week of Vacation Bible School

On behalf of all the children who laughed, learned, ate, and sang their way through this year's Vacation Bible School, THANK YOU to all who made the experience happen! Each July, our VBS is an ever-lively celebration of God's love that plants seeds of faith which bring children back year after year. This year, our theme was *Hometown Nazareth: Where Jesus Was a Kid*. The simple message to the children is that Jesus grew up, lived among us, and understands our every experience. No matter our individual strengths and weaknesses, we all matter and can always count on God's love for us. Certainly that's good news for summer or any time!



Reaching out to children from Christ Church, Grace Evangelical Lutheran Church, as well as to the 250+ from our community at large, takes many, many hands and all generations. We are especially grateful this year for the following volunteers and supporters: Olivia Adams, Gardner & Kathy Bates, Ashley Bingaman, Michael Cipiti, Riley Creamer, Kimmie Gronauer, Bill Jones, Gil Kesser, Kayla Lanouette, Betsy Pondelik, Theresa Seitz, Amy Stock, Marty Tabaka, Amy Whipkey, Tuffy Whitacre, Judy Whiting, David Wingenbach, Molly Young, Roger Zebarth, and, of course, Bridget and Webster, *in absentia*. Thanks, too, to all you parents, grandparents, and friends who shared the children with us during our fabulous week.

Next year's dates are July 11-15, 2016. Put the dates on your calendar now and plan to be part of the fun!

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**A new year of Youth Group is beginning!**  
**Youth in grades 6-12 are welcome. Watch for details to come!**

### Adult Daytime Faith Study

Our Adult Daytime Faith Study begins again for the fall on Thursday, August 27, at 10:00 am in the Parlors. The Thursday morning series continues with the lecture series by Professor Luke Timothy Johnson called, "Jesus and The Gospels." This is from the lecture series description: "*Veteran Teaching Company Professor Johnson has designed this course to examine the Gospels as literary productions. The lectures seek to encounter not the Jesus behind those compositions, but the Jesus found within them.*"

We will be studying the Gospel of John. While Matthew, Mark and Luke are sometimes called "photos" of Jesus, John's gospel is called a "painting." Come and see why John's Gospel is different from the other Gospels in some ways, but also part of the same witness of Jesus.

The study is led by Webster and meets in the Parlors on the 2nd and 4th Thursdays of each month (August 27, September 10 & 24) at 10:00 am. Everyone is welcome to join us. If you have questions, please do not hesitate to call the Church Office (540-662-5843) or email Webster at [rector@christchurchwinchester.org](mailto:rector@christchurchwinchester.org).

## Calendar and Upcoming Events

### Church Services

#### Sunday

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

#### Wednesday

12:00 pm Pilgrim's Chapel  
(Healing Service 3rd Wed)

#### Second Monday

6:30 pm Special Needs—Sanctuary

#### Weekdays

7:30 am Morning Prayer Pilgrim's Chapel

### August

- 10 Special Needs Service at 6:30 pm
- 11 Vestry Meeting
- 13 Ice Cream Social (Community Fellowship)
- 22 Men's Fellowship (different weekend!)
- 23 Parish Cookout after 10:30 am service
- 26 Salvation Army Dinner at Ft. Collier Campus
- 27 Daytime Adult Faith Study Meets
- 30 Christian Formation programs begin

### Committee & Group Meetings

(Many groups are on summer vacation June to August.)

Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:45 am
Daytime Faith Study	2nd/4th Thurs: 10:00 am
Knit Unto Others	1st Mon: 7:00 pm 3rd Tues: 2:00 pm
Liturgical Bible Study	Wed: 10:30 am
Community Fellowship	2nd Thurs: 7:00 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
Vestry	2nd Tues: 7:00 pm
Women's Bible Studies	Tues: 10:45 - Noon Thurs: 6:30 pm – 7:45 pm
Youth Group	Sun: 6:00-7:30 pm

*The Church Office will be closed on  
Mondays from June 22—August 10.*

*To reach Bridget this summer in the event  
of a pastoral emergency,  
please call the Church Office at  
540-662-5843 or call her directly at  
443-466-8356 (cell/home number).*

**The Rector's day off is Friday.  
The Assistant Rector's day off is Monday.**

#### *Children's Chapel*

No Children's Chapel for the summer!

#### *Nursery*

Our nursery, on the 2nd floor of the Parish Hall,  
will be open but unstaffed during the summer.  
Parents are welcome to use as needed during  
the 10:30 am service.

## August Birthdays

- 1 Nancy Brown, Jody Wall
- 2 Margery Wingenbach, Kayla Richard
- 3 Gail Walsh
- 4 Jim Kriewald, Marjorie Lewis
- 6 Thomas Rockwood, Tracy Tilling
- 7 Lucia Thomas
- 8 Paula Opheim, Terry Ewell, Tyler Carroll,  
Elizabeth Browning
- 9 Katie McGilvray, Emily McGilvray
- 10 Barbara Johnston, Bart Hansen,  
Marsha Baden, Mary Gloster
- 11 Colleen Hamman, Zachary Barton
- 13 Emily Dodd
- 14 LaVerne Sargent, Shea Pearson
- 15 Kay Whitworth
- 16 Morgan Edmunds
- 20 Luke Lovelady
- 23 David Meade
- 24 Rosalie Lewis, Becky Romaine, William  
Major, Jr., Olivia McKelway, Dorothy  
Husted (Ann Taylor's mother)
- 25 Julia Menge, Nathan Cluss
- 26 Kay Keely, Mary Gage
- 27 Ellen Morgan, Clare Dame
- 28 Loring Holland
- 29 Nancy Mitchell, John Riley
- 30 Greg Hutchinson, Judy Pennypacker,  
Caroline Barnes
- 31 Donna Bennett, Caroline Cooper,  
Anna Foltz



## Wedding Anniversaries

- 1 David & Stephanie McWhorter
- 2 Chris & Melissa Ferguson
- 3 Jack & Marcie Kelly
- 6 Larry & Sue Correll
- 14 Roger & Helen Zebarth
- 17 Eric & Linda Seidel
- 25 David & Sara Bicking



**Rachel Shows, our seminarian, will be our  
guest preacher on Sunday, August 9.**

**Special thanks to her,  
the Rev. Dan Garrett,  
and the Rev. David Bicking  
for their assistance during  
Webster's sabbatical!**

### 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.**

**Please let the office know the school  
addresses of our college students.**



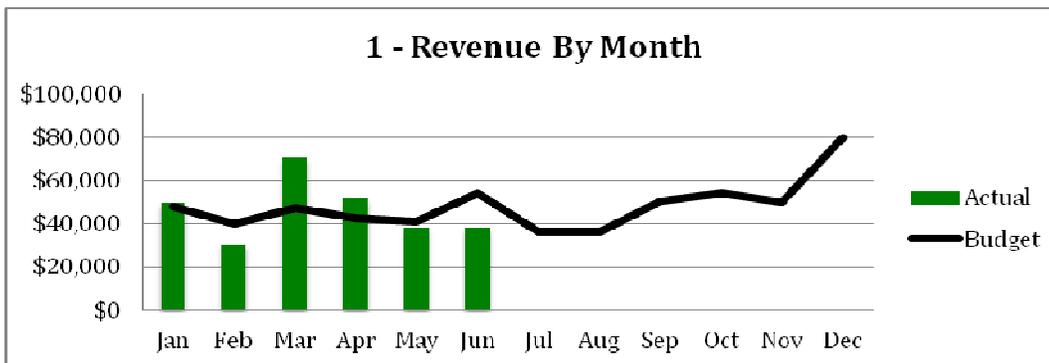
**Look for Christ Episcopal Church Winchester  
and like us to stay up-to-date on the latest  
news!**

# From the Finance Committee

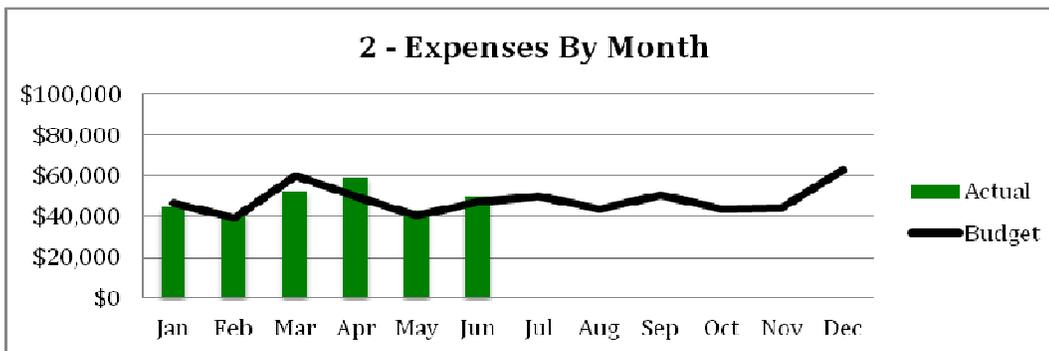
## 2015 Budget & Actual

Below are three of the graphs presented to the Vestry each month. They provide a quick picture of how we have done year-to-date by month (the bar columns), as well as what our budget expects by month for the entire year (the line).

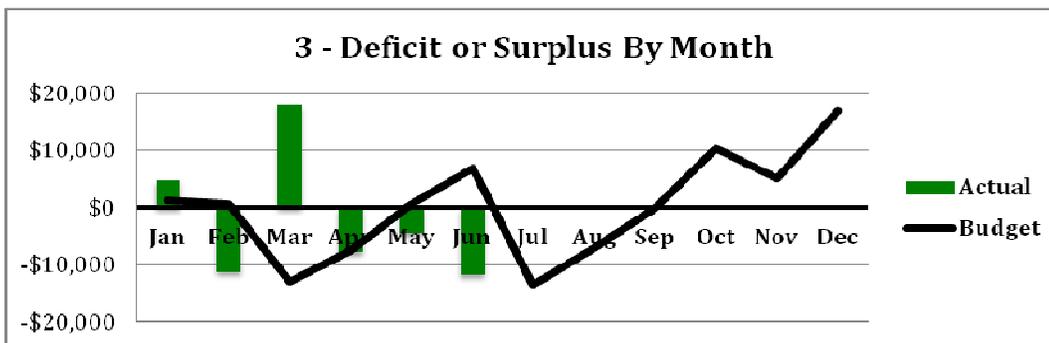
The summer months of July and August are expected to be the lowest revenue months for the year due to lower summer attendance. Expenses during the summer, including a quarterly payment of our pledge to the Diocese, result in several months with an expected deficit. This pattern of revenues and expenses is one we have experienced historically, and one we have planned for in 2015. It means that we expect to be operating at a deficit that will increase in total for the next few months. As the revenue line increases in the last quarter and at year-end, the plan is to once again break even for the year.



1 – Bar ABOVE the line is GOOD.



2 – Bar BELOW the line is GOOD.



3 – Bar ABOVE the line is GOOD

## From the Outreach Committee

### Back to School with Panda Pantry

The Panda Pantry will once again help feed local children on the weekends here in Winchester this school year. Children who have been identified by Frederick Douglass Elementary School will take home bags of selected nutritious food items each Friday. The Panda Pantry program at Christ Church is named for the elementary school's mascot, the giant panda.

Over 60 volunteers helped with this Christ Church Outreach program last school year. The Rotary Club, other local groups, and the Marie Cooper Fund provided money and food.

There will be volunteer signup sheets in the Tilford room the first three Sundays in August. We need volunteers to pack the bags with food once a week, to help unload the cars once a month when large orders of food have been bought, and helpers to drive the bags over to the school once a week. If you would like to help but cannot get to church to sign up, please email Sara and David Bicking ([westbury106@comcast.net](mailto:westbury106@comcast.net)).



**Looking for another way to support Panda Pantry? We will soon have a program in place called Cash for Causes through Martin's. You'll be able to purchase Martin's gift cards at church to use for your grocery shopping and Panda Pantry will receive 5% profit on each gift card purchased. Watch for more information in coming weeks!**

## From the Finance Committee, Continued

The table below shows the current summary of revenues and expenses. Two lines have been added\* to highlight the brickwork expenses that have occurred year-to-date. The Finance Committee will move this brickwork Capital Expense charge and pay it out of a proper investment account after the committee has finished work on reviewing the investment accounts this summer.

The adjusted balance\* shows that we are now in a deficit for the year, but at about \$-1,276 we are actually doing better than the budget had planned (\$-10,810).

2015: Through June	Budget	Actual
Revenues	\$272,810	\$278,794
Expenses	\$283,620	\$290,975
Balance	(\$10,810)	(\$12,181)
Masonry Expense*	\$0	\$10,905
Adjusted Balance*	(\$10,810)	(\$1,276)

If you have questions about this financial information, please submit them by e-mail to Theresa Seitz at [tseitz@christchurchwinchester.org](mailto:tseitz@christchurchwinchester.org)

## Parish News

### Update from the Organ Committee

- We're about half-way through the process!
- Pipe cleaning and repair is coming nicely and is ahead of schedule.
- The swell mixture has been reworked and will fit more smoothly with the great division.
- The 32' pedal pipes are being constructed as well as their new wind chests.
- We are currently consulting about the proposed layout of the new stop knobs and the positioning of the manual, general pistons as well as the pedal toe studs.
- **Funds still required: As of July 22, we have raised \$151,536 in pledges and contributions.** Our fund goal is still \$165,000 to cover ALL of the renovation costs, as well as expenses while the organ is being installed back into the church. **If you have not yet made a pledge to the Organ Renovation but plan to, please send your pledge in soon. If you have already made a pledge and are considering increasing it to help us reach our goal, please let us know.**



### Christ Church

## Ice Cream Social & B-I-N-G-O



*with Dan Gloster as  
our Bingo Caller!*

Thursday,  
August 13, 2015  
7:00 pm  
Tilford Room  
(Admission Free!)

*End of Summer!*  
*Fun & Games!*

### Men's Fellowship Group Meets

The Men's Fellowship will meet two weeks later than their normal 2nd Saturday slot— on August 22, in the Baden Center, at 7:30 am. Our discussion will center around the Bible and its meaning for Christian men in today's society. Please join us for a healthy morning of dialogue and some famous Alabama grits prepared by our own Jud Breslin.

## PARISH COOKOUT!



Please join us on Sunday, August 23, after the 10:30 am service in the courtyard for a cookout hosted by the Vestry & Parish Life committee. Please bring a side dish or dessert to share!

*Thanks to all who participated in our Military Care Package Ministry! The Outreach Committee appreciates the support of the parish in signing the Fourth of July cards and supplying items to be sent to the men and women on our prayer list who are serving our country!*

## Parish News

### 4th Annual Christ Church ABC Rummage Sale

Our 4th annual rummage sale hopes to break the single fundraising event barrier of \$10,000 this October, working on momentum from the previous sales that have already raised close to \$20,000 for Christ Church ministries!

We need volunteers for:

- Set up and take down the Tilford Room—from October 18-24
- Pricing of items donated for sale
- Cashiers, greeters, and floor monitors to help customers
- Delivery volunteers for larger items
- Drivers to pick up and deliver large donations to the church
- Posting of advertising flyers in area businesses or your own business
- Support for and donation of baked goods for sale
- Kitchen support and clean up

Christ Church  
4th Annual  
Attic-Basement-Closet  
Rummage Sale  
Friday, October 23  
4 pm - 9 pm  
Saturday, October 24  
9 am—1 pm



As for donations, here is a list of what we **CANNOT** accept:

- Encyclopedias/yearbooks/textbooks/magazines (all other books are fine)
- Entertainment centers
- Gas grills
- TVs—except for flat screens in good working order
- Computer monitors or keyboards—unless they are tested to be in working order
- Most electronics—please see or speak with Chris Ferguson
- Large appliances such as washers, dryers, stoves, etc.
- Broken or badly stained collectibles or glassware

Please volunteer to help or make arrangements for the delivery of your donations by calling Chris Ferguson (540-662-4219, 978-360-4501) or bring items on any Sunday morning to the Tilford Room. Please box or bag your donations; please ensure they are secure; mark items “FRAGILE” to prevent breakage; and **only bring items that are CLEAN and in good repair.**

This will be a fun-filled, family event with food and baked goods for sale. Together, we can exceed last year’s take of \$8400 and meet the \$10,000 goal—an aggressive, but realistic one! Please see Webster, Bridget, or Chris Ferguson with questions or suggestions you may have.

## Treasure Box News

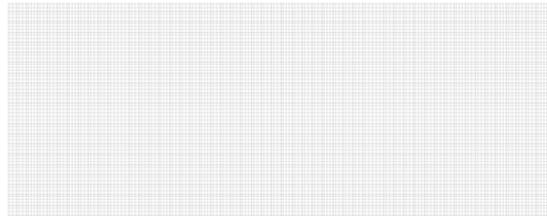
In August, the Treasure Box will be anticipating the close-out of spring and summer merchandise. That means big sales all month ranging from 50% off to \$1.00 per item the last week! The racks and shelves are still stocked with good quality clothing and household items thanks to our generous and ever-mindful parish donors. We invite all parishioners to come shop for great buys and help spread the word to family and friends of these late summer bargains. If you still need shorts or light slacks for a beach vacation or September heat wave, the Treasure Box may be one of the few stores around with a big selection of summer clothes this month. Come check it out for exceptional buys! We’re open on Wednesdays and Fridays from 10 am - 4 pm in the Smith Building at 114 W. Boscawen Street.





**THE ANGELUS**  
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.  
For weekly updates, please see *The Sunday Announcements* in the bulletin.

## Parish Nurse Musings

Many of us have high tech instruments that we use every day, like our smartphones and tablets. We would be lost without them! Keeping them clean not only keeps them in top condition, but keeps us healthy, too, since germs and bacteria build up rapidly on them. And, viruses can transfer between these devices and our hands and each other. Here are some tips:



- Remove cases and screen protectors. Use a microfiber cloth and tech-safe cleaning solution to clean. There are lots to choose from in the stores. Don't use regular household cleaners!
- Clean ports with compressed air safe for electronics.
- Clean devices often. Keep your hands washed and think twice about taking devices into the bathroom with you! There are special disposable sleeves you can purchase for use in the kitchen or healthcare settings.
- Ultraviolet sanitizers are available for those especially concerned. You dock the phone or other devices in it. They claim to kill 99% of bacteria.
- Minimize contact between your face and your smart phone by using either earbuds or a headset to avoid skin irritation or breakouts.

Thanks to Dan Wall for some of these thoughts! Be healthy and enjoy your technology. See you next month!

Helen Zebarth, Your Parish Nurse