

THE ANGELUS

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Christ Episcopal Church • Winchester, Virginia

April 2019

From the Rector

Dear People of Christ Church,

As we rapidly approach Holy Week and Easter, I need your help with two items. First is to be aware and share with neighbors the various service times that we have during the week. From Palm Sunday through Easter Sunday, the service times and events are different. Some additional services are often overlooked through Holy week such as the additional noonday Eucharists Monday through Wednesday as well as the noon ecumenical Good Friday service which is held at Wesley Methodist this year. While service times are posted, those new to the Christ Church community may not know all that goes on.

The other request is for everyone in the parish to consider yourselves members of the Christ Church Welcoming committee. If there were ever a time of year to celebrate this opportunity of being a member of the Welcome committee, Easter is the time. We have good news to share of God's redemptive love revealed in the life, death and resurrection of our Lord, Jesus. We have people who are visiting, family and friends sitting all around us. We have baptisms, timpani and brass, and the gift of singing our praises to our Lord Jesus for what he has accomplished for us. With so much celebration, it is easy to greet one another, welcome those you do not know and make the love of Christ known in the world.

As members of the committee, you also get that basic training in welcoming people. While it may seem obvious how to welcome, I offer minor, and some not so minor, points to consider. When you greet someone whom you may not recognize or know, please offer your name and ask them how they are doing. Please do not lead off with the question, "Are you new here?" or "I have not seen you here before; is this your first time?" Such questions make people defensive: new people feel awkwardly pointed out, and people who have been here long before you feel like you are judging them.

The offering of your hand and name is also the chance to say that you do not know if you have met them before, and you are happy to meet them. In that conversation, if the person says that they are visiting or new, please be sure they have the bulletins, and point out or hand them the tall "Welcome to Christ Church" brochure in the pews. This brochure contains a good bit of information about the church facilities, and other basics. While we do not have our coffee hour following the Easter services, please tell them you hope they'll come back the next Sunday when we have our coffee hour.

I know this all seems obvious, but I do not want to assume everyone knows about our being part of the welcoming ministry. The Paschal mystery is one of those seasons when people may risk coming to worship to experience God's love in a community. With kids, we often times say that it takes a village to raise a child. While that may be true, an addition to that saying could be, "And it takes a village to welcome a guest." Before

Continued...



Contents

1 From the Rector	7 Birthdays & Anniversaries
2 Worship	8 Finance News
3 Worship	9 Outreach News
4 Christian Formation	10 Parish News
5 Christian Formation	11 Parish News
6 Calendars	12 Nurse's Musings

Worship

getting involved in Christian formation, outreach, choir, properties or other parish activities, people want to be known by name and welcomed for who they are. We greet one another in our Lord's name. We look out for one another, and we need to practice what the old saying promotes: "There are no strangers in this place, only friends I have not gotten to know yet."

May you have a most blessed and wonderful Easter. The Lord is risen indeed, Alleluia, Alleluia.

Faithfully,



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

Standing Committee? What's That?

“The Standing Committee of the Diocese shall consist of twelve members, six from the Clerical order, and six from the Lay order, each of whom shall be a confirmed communicant in good standing as defined in General Convention Canon 1.17 of the Church of this Diocese and eighteen (18) years of age or older.”

(Constitution and Canons Protestant Episcopal Church in the Diocese of Virginia).

Responsibilities of the Standing Committee include: 1. Approval of each transaction involving the sale, mortgaging, or encumbrance of church-owned real estate, which leads to a review of any construction or transfer of real property of any church in the Diocese. 2. Consent to the election of Bishops anywhere in the Church, which leads to concern for the structures and distribution of authority in the Church. 3. Consent to certification of Canonical Requirements met for Ordination to the Diaconate or the Priesthood. 4. Serve as a Council of Advice for the Bishop in such matters as the Bishop may choose to bring before the Committee; and, rarely, of matters which the Diocese, through the Standing Committee, wishes to bring before the Bishop. 5. Serve as the Ecclesiastical Authority of the Diocese in the case of prolonged absence or disability of the Diocesan, if there be no other Bishop to whom authority has been temporarily given.

Well, that's interesting! Moreover, it truly is.

As your part-time, short-term, interim assistant rector, I will be completing the term of a member of the Standing Committee, who has accepted a call to another Diocese. I put my name forward at Diocesan Convention last November. I was next in line to be called to fill the slot of a member who would not be completing their term. Therefore, I am on the Standing Committee until our next Diocesan Convention in November 2019.

With the retirement of Bishop Shannon Johnston in November 2018, the Diocese of Virginia engaged in a period of transition. Bishop Goff is the Ecclesiastical Authority of the Diocese. One of the responsibilities of the Standing Committee is to serve as a Council of Advice. From my experience serving on the Standing Committee before, this is more than being a “sounding board.” The members of the Standing Committee, elected by the people of the Diocese, have been entrusted with the care of the Diocese. It is an honor to serve you. If you have any questions about the Standing Committee, please let me know.

Abundant blessings,

The Rev. Jane Piver, Interim Assistant Rector

Worship

Shrine Mont Parish Weekend

Our annual Parish Weekend at Shrine Mont will be May 10-12—Mother's Day weekend. Our theme this year is "What makes Shrine Mont Shrine Mont?" Part of our time will be to learn and see pictures of the amazing building and creation of Shrine Mont, from the outdoor Cathedral Shrine of the Transfiguration to the old pool, and facility growth from Kirk Gibson, the Director of Development for Shrine Mont. This will include the chance for the children (and perhaps an adult or two) to build versions of the Shrine with available materials. The rest of the weekend is to do research and experience Shrine Mont. This includes opportunities to sample the wonderful cooking, hike the various trails, rock on the porch with friends, do a puzzle, or take a nap.



This is the opportunity to retreat from daily routines and enjoy fun and fellowship and experience the hospitality of Shrine Mont. To encourage families to come this year, we are fortunate to be able to have all parish youth and children come with no expense to parents. That shows how important the ministry of this retreat is to the parish.

Registration forms will be in the back of the church, in the Tilford Room and on the website. If you'd like to learn more about parish weekend, the Church Office is happy to put you in contact with families who have attended previous years. We will have a meeting for anyone interested in helping organize the retreat on Sunday, April 7, in the Parlors, following the 10:30 am service. This is also an opportunity for anyone who has not gone on the retreat before or has questions about Shrine Mont to come and learn more!



Procession for the Blessing of the Palms

On Palm Sunday, April 14, please plan to meet at the Parish Hall at 10:15 am for our traditional march to the downtown mall for a brief service of the Blessing of the Palms with other Winchester churches.

We will return to the church together and rejoin the 10:30 am service.

Sunday School will run only from 9:30 am until 10:00 am so children can meet their families for the procession.

The 10:30 am service will begin at the usual time in the church for those who do not walk downtown.

*The annual community **Good Friday Ecumenical Service** is at Wesley United Methodist Church, 527 Van Fossen Street, Winchester, on Friday, April 19. The hour-long service will be at noon.*



Christian Formation

Preparation for Bishop's Visitation

Christ Church welcomes The Rt. Rev. James "Jim" R. Mathes on Sunday, September 8, 2019, and will have the opportunity for baptisms, confirmations, receptions for those Christians joining the Episcopal Church from other denominations, and reaffirmations for those Episcopalians wanting to renew or deepen their faith and understanding of the Episcopal Church. To prepare those interested in this opportunity, and as a chance for those unsure to learn more, we offer our **Enquirers' Classes** beginning the process of preparation and learning over the summer.

Baptism is one of the two main sacraments (the other is Holy Eucharist), which were passed down from our Lord in scripture. It is the sacramental action whereby an individual is fully brought into the body of Christ, the Church. Baptism is a one-time event, so if you were baptized at any point in your life with water, in the name of the Father, and of the Son, and of the Holy Ghost, you are a member of the Holy Catholic Church. If you were not and wish to be, then the Bishop's visitation is a wonderful time to do that.

The other sacramental actions in our tradition involving our bishop's visitation are as follows:

Confirmation is the rite in which we express a mature commitment to Christ and receive strength from the Holy Spirit through prayer and the laying on of hands. To be confirmed, it's required that you have been baptized, are sufficiently instructed in the Christian faith, are penitent for your sins, and are ready to affirm your confession of Jesus Christ as Savior and Lord. At Christ Church, adults and youth in 10th grade and older who have not been confirmed by a bishop before are asked to consider participating.

Reception is when a person who has made an adult profession of faith in another denomination is received into the Episcopal Church. We recognize this by the person receiving prayers from the bishop in front of the congregation. The time of preparation is a wonderful way to learn more about Christian living, the Episcopal Church, and personal service to our Lord.

Reaffirmation is for Episcopalians who would like to reaffirm their faith and service to Jesus Christ. While Holy Baptism happens only once, people find the need at various times in their life to reflect and renew their awareness of how they are called to live out their baptism. The process of preparation focuses on renewal. Those seeking reaffirmation will also stand before the bishop to receive prayers.

Webster will meet with those interested **Sunday, April 28, in the Parlors after the 10:30 am service**. All ages should attend so we can plan for materials and scheduling. Webster and Jane are always available to answer your questions concerning any part of the bishop's visitation or baptism, confirmation, reception.

Adult Forum in April

Our Lenten program using the Instructed Eucharist has generated questions from the congregation, which we are not able to discuss in Lent. We will continue the discussion of your questions into April. We are setting up the discussions as individual units to help anyone join us, even if you were not able to be at the Lenten program. Please join us in the Tilford Room at 9:30 am on Sunday mornings.

The schedule in April for Adult Forum:

- Sunday, April 7 - Regular Adult Forum
- Sunday, April 14 - Adult Forum from 9:30—10:00 am, followed by the Palm Sunday procession and Blessing of Palms on the downtown mall prior to church
- Sunday, April 21 - Easter Sunday, no Christian formation programs
- Sunday April 28 - Regular Adult Forum

Christian Formation

ROAR! Life is wild. God is Good.

Vacation Bible School is coming July 8-12! Learn about God's love through story-telling, games, activities, music, and even snack! Registration forms will be distributed in Sunday School classes after Easter and will be available on the church website and in the Tilford Room. There is no cost to attend.

This is a **major children's outreach for the parish**. Together, with our neighbors at Grace Evangelical Lutheran Church, we make it one of our primary goals to reach out to the children of the whole community, not just the children of our two congregations. Two year-olds through current 6th graders are welcome – neighbors, cousins, children of co-workers... all are welcome! Our program is three hours each day (9:00 am until noon) with no fees.

Vacation Bible School always needs support from **adults of the parish**. Offer your time, talent or treasure to help kids grow spiritually! We offer a huge, energy-filled, fun experience in which every parishioner can play a role and virtually everything is provided and, if you teach, plans, materials, all kinds of support, and lots of fun. This is a great opportunity to make an impact in only one week of volunteering.

And, we would love to have **youth** who are currently in 7th grade, or older, serve as helpers in the classrooms and at games. Call or text Margery Wingenschach (540-667-0386) or email wingenschach@comcast.net.



Lenten Mite Boxes

Our Sunday School classes are planning to support four projects this year through Episcopal Relief and Development. Help your child remember to bring in that offering! And remember, you don't have to have young children to participate yourself. Thanks for your help! We will make a final tally of our Mite Box offering on April 28, the Sunday after Easter.

- **CARE FOR MOMS AND NEWBORNS** provides newborns and expectant mothers, who are the most vulnerable to infectious diseases, with basic medicine and nutrition to survive and build the foundation for lifelong health.
- **CLEAN WATER** provides families with life's most basic necessity by building water systems and offering the education needed to practice good hygiene.
- **MOSQUITO NETS & TRAINING** empowers families with the tools and education they need to keep their children healthy by providing for the distribution of insecticide-treated nets and training on how to use them, how to recognize malaria symptoms and when to seek treatment.
- **A FLOCK OF CHICKENS** helps train families and community groups to raise poultry and sell surplus stock and eggs in the marketplace while providing a sustainable source of food & income.

FLOCK OF CHICKENS

Provide a sustainable source of food & income



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

April

- 7 Parish Weekend Planning Meeting (see p. 3)
- 8 All Abilities Worship
- 11 Lenten Program & Potluck Supper
- 13 Parish Keep Day (see p. 10)
- 14 Palm Sunday Procession, Brunch
- 15 Apple Blossom Parade Ticket Sales begin
- 21 Easter Sunday
- 28 Enquirers' Class meeting (see p. 4)

Committee & Group Meetings

Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:50 am
Contemplative Prayer	Wed: 1:00 pm
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



**CHRIST EPISCOPAL
CHURCH** WINCHESTER, VIRGINIA



**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**

April Birthdays

- 2 Martin Tabaka, Dan Wall
- 3 Larry Pettinger
- 4 George Gunnell
- 6 Toni Sloan
- 7 David McWhorter, Stewart Wiley
- 8 Mary Rodriguez, Scott Collie
- 12 Nora Garber, Brock Whipkey
- 14 Dixon Whitworth, Elizabeth Raymond
- 16 Sylvia Petrie
- 17 Dennis Wise
- 18 Kevin Kennedy, Kathy Nerangis
Maria Nelson
- 19 Michael Mohn, Dan Troup
- 20 Leslie Harper, Tom Wise, Don MacDonald
- 21 Diedra Kriewald
- 22 Laken Whipkey
- 23 Ruth Gregory
- 24 Joan Claybrook
- 25 Marie Kingdon
- 27 Melissa Ferguson, Nicholas-Ryan Herrington,
John-Henry Herrington



April Anniversaries

- 8 Larry & Connie Pettinger
- 19 Bernie & Rosemary Swope
- 26 Scott & Leslie Harper

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.

Holy Week & Easter 2019

Palm Sunday • April 14, 2019

- 8:00 am Holy Eucharist Rite I
- 10:15 am Procession of Palms
to the downtown mall
- 10:30 am Holy Eucharist Rite II

Holy Week Services

- Holy Week Noonday Eucharist:
Monday, April 15—Wednesday, April 17
in the Pilgrim's Chapel
- Maundy Thursday Service—
April 18 at 7:00 pm
- Good Friday Ecumenical Service —
April 19 at noon at Wesley UMC
- Good Friday Liturgy—April 19 at 7:00 pm
- Easter Vigil — April 20 at 7:00 pm

Easter Sunday Services • April 21, 2019

- Ecumenical Service at 6:30 am
at Mt. Hebron Cemetery
- Services at 7:30 am, 9:00 am , and 11:15 am
in the Sanctuary



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

Finance News

Ahead of Budget

Year-to-date through February, we are still ahead of budget by almost \$25,000!

The table below shows results through the first two months of 2019 by major category of the operating budget:

2019 YTD through 2/28/19	Actual	Budget	Difference
Pledged	\$105,089.01	\$ 86,300.00	\$18,789.01
Unpledged	\$ 7,854.00	\$ 6,200.00	\$ 1,654.00
All Other	\$ 50,202.95	\$ 49,963.00	\$ 239.95
Total Revenues	\$163,145.96	\$142,463.00	\$20,682.96
Personnel	\$ 71,708.41	\$ 73,609.00	\$ (1,900.59)
Utilities	\$ 6,237.08	\$ 6,300.00	\$ (62.92)
Property/Maintenance	\$ 6,308.09	\$ 7,950.00	\$ (1,641.91)
Office Expenses	\$ 4,353.09	\$ 4,148.34	\$ 204.75
Christian Education Expenses	\$ 657.33	\$ 980.00	\$ (322.67)
Music Expenses	\$ 75.00	\$ 385.00	\$ (310.00)
Worship	\$ 58.02	\$ 120.00	\$ (61.98)
Stewardship	\$ 62.99	\$ -	\$ 62.99
Outreach	\$ -	\$ -	\$ -
Pastoral Care	\$ -	\$ -	\$ -
Parish Life	\$ 136.96	\$ 210.00	\$ (73.04)
Communications	\$ 289.26	\$ 280.00	\$ 9.26
Total Expenses	\$ 89,886.23	\$ 93,982.34	\$ (4,096.11)
Net Position	\$ 73,259.73	\$ 48,480.66	\$24,779.07

Revenue:

- We are still ahead of budget due mostly to about \$24,500 of late 2018 year-end giving of 2019 pledges that was carried over into 2019 in the Pledged Revenue Actual column.
- Unpledged is slightly ahead through February.
- As reported in last month's Angelus, there is a "2018 Carry Over/Budget Challenge" amount of \$46,653 in the 2019 operating budget. This \$46,653 amount is in both the Budget and the Actual columns and contained in the "All Other" revenue line item.

Expenses:

- Almost all expense categories are performing better than budget (only Office and Communications have actual slightly over budget).
- Personnel and Property/Maintenance represent the majority of the better-than-budget total of about \$4,100.

Outreach News

Serving Up Dinners



After many years of successful dinners served at the Salvation Army in Winchester by volunteers from Christ Church, the Outreach Committee is transitioning the meal program to serve those who seek help from the Winchester Rescue Mission. A hot dinner is served at the downtown shelter seven days a week, 365 days a year, at 5:00 pm. The dinner is not only open to those finding shelter at the Rescue Mission, but is open to individuals and families of the Winchester community. Christ Church volunteers will provide dinner for 60-70 guests once a month (on the last Tuesday each month) at the shelter.

Pat Kofalt and Marty Tabaka are organizing the effort and are looking for team leaders who will be responsible for just one or two dinners per year. Team leaders will be responsible for creating a menu, preparing a shopping list, coordinating with a team of approximately five volunteers to cook and serve the dinner. Pat and Marty and staff/residents at the Rescue Mission will support team leaders—from suggestions to use food in their pantry to help putting drinks out to clean up.

Team leaders will need volunteers on their teams. Again, volunteers will only serve one or two times per year. There are no age requirements at Winchester Rescue Mission, so children and youth are welcome as volunteers, making this a great opportunity for families to serve together. Hours will be around 3:00—6:30 pm.

If you are interested in being a team leader or a volunteer, please contact Pat (patkofalt@gmail.com).

Donations Needed for CCAP

For April, CCAP asks us to continue to donate **Waterproof Tarps** and **Poly Rope** to secure the tarps. This need is fairly specific. These two items can be purchased at the Harbor Freight Tools store at 1131 Berryville Ave. The 4 mil tarp is the Blue Waterproof 11' x 17' size with grommets (cost \$12.99) and the Poly Rope comes in 100 ft. yellow lengths (\$3.99). We have collected 24 tarps and need 12 more! Please leave your donations on the shelves marked "CCAP Donations" in the foyer of the Parish Hall (under the window).

CCAP will again be giving away **Easter Baskets** to children in early April. Join the Outreach Committee's effort to supply Easter baskets to CCAP. We are asking you to bring donations to the Tilford Room. Needed items are individually wrapped Easter candy, children's Easter story books, seasonal coloring books and colored pencils, markers and baby-safe stuffed animals, as well as the baskets to be filled. Additional items for the baskets are fun socks, sidewalk chalk, a \$5.00 gift card to McDonald's or Five Below and baby-appropriate toys. The age range for the baskets begins at baby's first Easter to 12 years old. The baskets will be given away at CCAP. Help us by bringing in the supplies by Sunday, April 7. Please volunteer to help assemble the baskets on Monday, April 8, in the Baden Center.

If you have any questions or suggestions, text or call Jim Taylor at 703-403-5264.



Parish News

Apple Blossom 2019

It's that time of year again in Winchester and, once again, Christ Church will sell seats for parade-watching! This year's proceeds from parade seats will support youth pilgrimage. Each year, we are fortunate to not only earn money for a specific ministry, but to spend this time in fellowship and in our community.

Many hands are needed to assist before, during and after both parades. Chairs are set up on Friday morning, May 3, at 9:00 am. We also need help selling tickets, seating people, and picking up the chairs after the parades. If you can help, please visit the website to sign up (www.christchurchwinchester.org).

Parishioners are invited to purchase tickets beginning **Monday, April 15**, in the Church Office. Hours for ticket sales will be Monday through Friday from noon until 4:00 pm. Come early and pick your favorite seats! Tickets cannot be reserved. Payment by cash or check is required at the time of sale. Tickets will go on sale to the community on Monday, April 22.

Tickets for the Firefighter's Parade (Friday, May 3, at 5:30 pm) are **\$5**.
Grand Feature Parade (Saturday, May 4, at 1:30 pm) seats are **\$7**.

Four parking tickets for the Baden Center lot are available for **\$50** each. They can be used Friday and Saturday, and each ticket includes two parking spaces—one in front and one in back. These tickets can be purchased on Monday, April 15, during sales hours in the Church Office.

If you have any questions about ticket sales, please call the Church Office at 540-662-5843.



Tip of the Month: Help with Spring Keep Day!



Parish Keep Day
Saturday, April 13
9:00 am until Noon
spring cleanup

The whole parish is invited to come and help us get ready for Easter at Christ Church. The Properties Committee has projects for all—inside and outside—and the more hands we have to help, the faster the work gets done. Cleaning supplies will be provided, but if you can bring rakes and short step ladders, that would be helpful. Keep Day is rain or shine.

Interior jobs include: DUSTING, cleaning sills and door panels, inside windows, clean windows and lights in Pilgrim's Chapel... Exterior jobs include: trash cleanup, remove leaves in window wells, clean up items in the courtyard, tidy up flower beds, rake leaves, clean gutters...

There's something for all ages and skills, so please come out and help!

Palm Sunday Brunch

Plan to attend a special Palm Sunday Brunch on
Sunday, April 14, 2019
hosted by the Outreach Committee.
Join us in the Tilford Room after the 10:30 am service.



Parish News

Men's Fellowship Meets

The Men's Fellowship will meet on Saturday, April 13, 2019 at 7:30 am. The Rev. Jane Piver will join the group for breakfast and discussion. All men of the parish are welcome!

Women's Lunch Group



The Women's Lunch Group meets on the first and third Thursdays of each month (April 4 & 18 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!

Easter Flowers

If you would like to help adorn our Easter altar in thanksgiving for or in memory of someone special, please take an envelope from one of the tables in the rear of the Sanctuary, complete it, and include your check made payable to Christ Church with "Easter Flowers" in the memo line. You may also request flowers via the church website: www.christchurchwinchester.org.

Minimum donation for Easter flowers will be \$12 each. You may put the envelope in the offering plate or bring it to the Church Office. **All envelopes must be received by Monday, April 8, 2019.**

Please contact the Church Office (540-662-5843) with any questions.



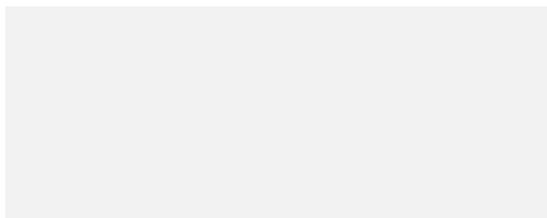
The Youth Group is getting their Easter eggs ready as we go through Lent (under the capable supervision of Barry Schnoor).



THE ANGELUS

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

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Parish Nurse Musings

Let's GET READY FOR SPRING by talking about what we need to do to protect ourselves from getting sick!

Pneumococcal Disease: It's acute infection in the lungs spread from person to person by droplets in the air. It can also affect other parts of the body. People over the age of 65 should get the pneumococcal shot. It can be given at the same time as the flu shot and you only need a single shot.

Tetanus and Diphtheria: Getting this shot is the best way to keep from getting tetanus or diphtheria. Tetanus (also called "lockjaw") is caused by bacteria found in dust, soil, and manure. It can enter the body through a cut in the skin. Diphtheria is also caused by bacteria spread from person to person. It can affect the tonsils, throat, nose, or skin. **This is a very serious illness.** Most young children get their first shots of protection. Adults should get a booster for protection. It's important to remember that this combination (Tdap) is good for ten years. Check with your doctor to see if you need a booster!

Shingles; If you had chickenpox as a child, the virus is still in your body. When older, the virus may become active again and you can develop Shingles. It is very painful as it causes blisters on the body or face. Good news! There is a new shot for Shingles that is not neomycin-based. Currently, it is in short supply. Check with your pharmacy to see if the shot is available.

Some illnesses or treatments can weaken your immune system. It is important to talk with your doctor or healthcare provider who knows your health history before taking any vaccine.

See you in church!

Your parish nurses, *Helen and Rosalie*

