

The Midweek

Wednesday, March 10, 2021

## **One Year**

The first mention of the Coronavirus on my Facebook feed happened one year ago today. I was traveling through the Atlanta International Airport on my way to a conference. While there were yet to be many cases in the United States, I brought along Clorox wipes, hand sanitizer, and even gloves. I remember sitting as far away from people as I could and walking the length of the terminal because I did not want to ride the tram with other people.

One year later, there have been 525,000 deaths related to the Coronavirus here in America. We have had to adapt our way of life. Some of us have gone months without hugging loved ones, eating a meal with friends, or attending worship. People we know and love have become infected with the virus and some have died. We lament the loss of life and the mental and emotional strain that the pandemic has caused.

While we lament, we can also give God praise for the ways in which we have grown over the last twelve months. Many of us have used the pandemic to deepen our personal disciplines as we walk with God. Some of us used the time to check in on our community members through phone calls and writing cards. As a church, we have learned to adapt by doing worship digitally which has led to reaching out to new people. We regularly have people worshipping with us from Florida, Illinois, and as far away as Mexico! During the season of Lent we lament, confess, and repent of our sin and turn back towards God. As the season moves forward, we are inching closer to Easter Sunday when we celebrate the resurrection of Jesus. This season of identifying with sin and suffering turns to joy and celebration as we live in Christ's resurrection power.

I want to invite you to spend some time this week thanking God for God's grace and blessings over the last year. Thank God for the trials, too, for the help to make us more mature in our faith. As new life springs up around us, let us invite the Holy Spirit to bring new life into our community, our families, and especially our hearts.

Grace and Peace,

Parto Steve



#### ANNOUNCEMENTS

**WORSHIP ON SUNDAY:** Worship is held each Sunday in-person or online at 9:00 a.m. (Traditional) and 10:30 a.m. (Contemporary). We are streaming the morning worship services on our Facebook (facebook.com/avenueumc) and Youtube (youtube.com/c/ avenueunitedmethodistchurch) pages.

GIVING AT AVENUE is possible through multiple ways.

- You can give your offering in-person
- You can snail mail your gift to: 20 N. Church St. Milford, DE 19963
- You can give online through the red "give" button on our homepage
- You can text "avenueumc" to 77977 and follow the prompts
- You can download and use our "Avenue Church DE" App on your smart phone

**PLEASE MAKE YOUR WORSHIP RESERVATION:** As we continue to adapt our worship services to meet the State guidelines and best practices in the midst of a pandemic, we are asking each person/family planning on attending worship to make a reservation.

On Thursday afternoon we will be sending out an email with the reservation link.

By following the link, you can make a reservation for service you plan on attending (9:00 a.m. or 10:30 a.m.) and you will be able to choose to sit in the sanctuary or in overflow seating in Fellowship Hall. You can access the link at: <u>https://avenueumc.thersvpapp.com</u>

If you do not make a reservation, it is possible you will be seated in Fellowship Hall if the sanctuary has reached capacity. You will need to do this every Sunday you plan on attending worship. Please call the church office at 422-8111 if you cannot make the reservation online.

HOLY WEEK SCAVENGER HUNT REGISTRATION: Avenue will be hosting a socially-distanced family scavenger hunt on Sunday, March 28<sup>th</sup> beginning at 1:00 p.m. Families will use the Holy Week story of Jesus to navigate their way to stations around town and learn together about God's love for us. Please register your family by <u>clicking here</u> or going to (<u>https://tinyurl.com/4tzr9aet</u>).

If you would like to assist in planning and running the Scavenger Hunt, please contact Andrea LaMotte at <u>lamotte.andrea@gmail.com</u>

CANDY DONATIONS FOR SCAVENGER HUNT: We are seeking donations of Easter Candy to give to families who complete the Scavenger Hunt. Easter Candy should be <u>individually</u> <u>wrapped</u> and brought to the Church Office no later than Sunday, March 21<sup>st</sup>.

HOLY WEEK AND EASTER WORSHIP SCHEDULE: It has been two years since we have been able to celebrate Holy Week and Easter together. We are excited about the opportunity to celebrate Holy Week and Easter together. We want to invite you to join us during the week!

**Palm Sunday Service** is **March 28**<sup>th</sup> **at 9:00 a.m. and 10:30 a.m.** We will wave our palm branches and consider Jesus' journey into Jerusalem. Worship will be followed by a *Family Scavenger Hunt* at 1:00 p.m. Pre-registration for the Scavenger Hunt is required.

Holy Week provides two opportunities to worship. It is essential to slow down and spend time

at the Table and at the Cross before our Easter Celebration. **Holy Thursday** will take place on **Thursday**, **April 1**<sup>st</sup> **at 6:30 p.m**. as we remember Jesus' Last Supper with his disciples. **Good Friday** will also take place at **6:30 p.m. on April 2**<sup>nd</sup> in the Sanctuary as we linger at the Cross and consider Jesus' death.

**Easter Sunday** is **April** 4<sup>th</sup> and will begin with an outdoor Sunrise Service at 6:45 a.m. on the lawn along Front St. The 9:00 a.m. celebration will be a blended service indoors in the sanctuary. This service will be live streamed through our Facebook page and Youtube channel. At 10:30 a.m., we will have a combined service outside on the lawn to celebrate the Resurrection. **Please bring your own chairs for the outdoor services**. If the weather does not cooperate, the service will be held indoors.

**SPRING/SUMMER KICS LAUNCH**: We are looking to relaunch the Children's Ministry at Avenue Church in April by starting Summer KICS early as a way to continue to share the Good News with our children, ages 4 years up through 4<sup>th</sup> grade. (We believe 5<sup>th</sup> grade children and older can worship with their family) We are looking to begin Summer KICS on Sunday, April 11<sup>th</sup> at the 10:30 a.m. worship service. *To make this work, we need your help*! We need:

- ⇒ **Teachers:** We need 3-5 teachers who can commit to 1 Sunday a month to lead Summer KICS. We will provide a curriculum for Summer KICS.
- ⇒ Assistants: We would like to have assistants to help the teacher with the lesson and to build relationships with our children. We would like to have 8-10 assistants who could commit to participating once every two months.

The opportunity to serve in KICS is for all adults from either service. Your willingness to serve allows some of our families to fully participate in worship! If you're interested in helping, please contact Pastor Steve at <u>srlamotte@avenueumc.com</u>.

**UMW YARD SALE SURVEY**: Avenue UMC has an annual yard sale except for this past year (2020) due to the COVID-19 pandemic. We are hopeful that the annual UMW Yard Sale for 2021 can be held in August. Please help us determine if we would have your support to move forward with planning the yard sale. <u>The tentative dates are **August 5 -7, 2021**</u>.

Survey Links This one is can be clicked on: <u>Survey for Yard Sale</u> This Survey link can be copied or typed in: <u>tinyurl.com/avenueys</u>

**OFFICE OPEN- DOORS CLOSING:** With the increase in cases of COVID-19 in our area and in an effort to limit traffic in the church, we will be keeping the main entrance doors locked during the week even while the office remains open for the short-term. There is an intercom available at the main entrance should you need to get inside the church. We encourage everyone to utilize email and phone calls, when possible, to limit the need to come to church. We thank everyone for helping to keep our staff and volunteers safe during this time. <u>Church Office Hours are Monday—Friday 9:00 a.m.—3:30 p.m.</u>

**PASTORAL CARE:** If you or someone you know is in need of pastoral care, please call the church office at 422-8111 or contact a staff person directly. You can also email

<u>prayer@avenueumc.com</u> to have your name added to the prayer chain. We are doing limited face-to-face visits during this time, but would be happy to make contact any way that we can.

**HELP WANTED! AVENUE GREETER TEAM:** The Avenue Greeter team needs your help. We're inviting you to join and help serve in this ministry. No experience needed, just a friendly smile and some of your time (a few Sunday mornings throughout the year). If you're interested, please call John Horsman at (302) 222-6642.

SCHOLARSHIPS: Avenue offers a number of scholarships each spring. Graduating Seniors can get applications from our website (<u>www.avenueumc.com/scholarships</u>). Then complete the applications on your computer and return them to Mrs. Hudson at <u>churchoffice@avenueumc.com</u>. Handwritten applications will not be accepted. **Please keep these two dates in mind:** 

- April 23<sup>rd</sup>, 3:00 p.m. deadline to return all Avenue Scholarship applications to the office.
- **May 9**<sup>th</sup>, 10:30 a.m. is when scholarships will be awarded, along with gifts and recognition for all the Class of 2021. **Please plan to join us.**

MILFORD COMMUNITY FOOD PANTRY: The Milford Community Pantry continues to operate on Tuesday's and Friday's from 10:00 a.m.—2:00 p.m. For the Diaper Closet we need <u>sizes 3</u> and 6 diapers and for the food pantry we need cereal. Thank you so much for your ongoing support, Tita and Diane.

#### **DISCIPLESHIP OPPORTUNITIES**

**SUNDAY SCHOOL FOR ADULTS:** The Sunshine Bible Class for adults led by Rev. John Van Tine, retired, is meeting in the Wesley Room at 10:15 a.m. Our study for March is "Holy Living." The lesson for March 14<sup>th</sup> lesson is "Nourishing Holiness" based on I Peter 2:1-10; March 21<sup>st</sup> lesson is "Physical Holiness" based on I Corinthians 6:12-20; and March 28<sup>th</sup> lesson is "Prayer and Holiness" based on Matthew 6:5-18. Feel free to join us in the Wesley Room

**HEALTH MINISTRIES:** Would you like to volunteer one Sunday morning to take temperatures or document names? Click on the following link to sign up. <u>https://tinyurl.com/yyg2uhek</u>. If you have any questions, please email Cindy Horsman at healthministry@avenueumc.com.

**VIRTUAL PASTOR'S BIBLE STUDY - THE SERMON ON THE MOUNT:** Pastor Steve will continue leading a Bible Study via Zoom on The Sermon on the Mount. We will be going deeper than we are able to go on Sunday mornings on Jesus's Master Class on Discipleship and focusing on how we can live out The Sermon in our everyday life. Please sign up by emailing <u>churchoffice@avenueumc.com</u>. **Next meeting is Wednesday, March 10<sup>th</sup> at 7:00 p.m.** 

### Witness to Our Faith

Each week in the Avenue Midweek, members and friends of Avenue UMC will be sharing their own personal witness of faith. This column will be coordinated by Janice Abbott who will be seeking volunteers and writers who are willing to share their stories. Each article is due one week in advance and should be sent to Kelly at the Church office so there will be time to add it to the newsletter. It will appear the following week. It will be inspirational to read each week how God has blessed each person/family today and through the years. If you would like to contact Janice to volunteer, please call her at (302) 943-7278.

#### From: Pat Fisher

As a regular Sunday school attendee at Media Presbyterian Church, I would gather with the other children to sing before going to our classes. "Trust and Obey" was one of my favorites, and often requested. The words still have meaning to me. Pastor Steve's sermon in January reminded us how important it is to follow this command from Jesus.

Presbyterians were a little reserved back in those days; and while my extended family also attended church regularly, faith was not something that was openly discussed. My Dad, however, taught the teen class, was active in the church, and served as a fine example of how a Christian should live and behave. My mother was also active in the church and set the path forward for me and my brother.

I was not much of a joiner and did not participate in youth group at the church, but continued to grow my faith through scouting and careful choice of friends and activities. While I have never had a dramatic encounter with the Lord, I feel that I have been nudged in what I call "God Moments". I have been blessed beyond measure throughout my life. I value people who live their faith, and was fortunate to find Don at college. Our journey to Mississippi and later to Virginia on military assignments gave us opportunities to sample some other churches; but when we moved to Milford in 1971, there was no question that Avenue would become our home church.

There were many Avenue folks in those early days who set the tone for what has become an important part of my life. Joyce Voshell suggested that I bring Cathy to Sunday school when we first arrived. Julie and Cara joined that path that led through classes with awesome teachers such as Maxine Turner, Kay Webb, Cheryl Pusey, Joe Lear, Jeff and Bonnie Carmine, Brenda and Gary Powers to name a few. MYF (the former Fusion) had inspiring and energetic leaders to guide our girls to good decisions and good friendships. The importance of Sunday school was duly noted, and when Dr. Moyer asked if Don and I would consider being Sunday School Superintendents, we agreed. It was a remarkably good experience for us, as Don was a great recruiter and I managed the other duties. I will never forget Florence Travers, a departed Saint, saying to me that God would provide the help if we would do the work. It was true.....for 20 years!

My most special involvement has been in the music area. While John Dressler was Director of Music, our girls were active in the wonderful pageants and musicals. At his urging, I volunteered to assist Nancy Hawpe with the formation of the Cherub Choir, and was the accompanist for many years. Harry Humes asked me to accompany the AveNotes, which was my spot for several years. I joined the Bell Choir and have loved playing under several different directors. Now I am delighted and honored to accompany Kevin, or to play duets with him. I have been most enriched in my knowledge of hymnody and proper church rituals by Kevin's patient tutelage. Through sharing his thorough knowledge, the order of worship has more meaning for me.

As head of the Altar Guild, I am pleased to be serving the Lord in caring for the altar with my team of dedicated folks who assist with decorating and making sure the sanctuary is ready for services. Before COVID, it had been my pleasure to share information in the worship folder about the meanings of symbols and colors used in the paraments on the altar. I plan to do the same with the windows once we get back to worshiping together IN the sanctuary. I feel it is very important to understand what gems we have in our church, and how they enhance our worship experience.

As Pastor Steve has been leading us in a series of sermons on the seriousness of Jesus' explanations of God's guidelines for us as Christians, it has proven to be a very good reality check on just where we are in our compliance with these very clear and important commands. I am learning again how much we have to learn....about ourselves and about our Christian commitments. We can do great things together as a church with the Lord's direction and guidance. Trust and obey is the key.

**ANNIVERSARY GREETINGS TO:** 

- Gary and Marti Seal who will celebrate their 64<sup>th</sup> anniversary on March 11<sup>th</sup>.
- Al and Linda Hanna who will celebrate their 49<sup>th</sup> anniversary on March 11<sup>th</sup>.
- Don and Pat Fisher who will celebrate their 54<sup>th</sup> anniversary on March 18<sup>th</sup>.

#### **SYMPATHYTO:**

- Sympathy to Bobby Bergez on the death of his aunt due to complications with COVID-19.
- The family and friends of Lida Wells who passed away on March 10, 2021. Lida joined Avenue on January 1, 1946.

#### PLEASE KEEP IN YOUR PRAYERS:

- Those affected by the COVID-19, Medical Staff, and those working on a vaccine
- The arrival, safety, and effectiveness of the recently approved COVID vaccine.
- Our local, national, and world leaders
- Our District Superintendent (Rev. Dr. Kyung-Hee Sa), Bishop Peggy Johnson, and The United Methodist Church
- The Pastors, Staff, and Leadership of Avenue United Methodist Church

#### **PRAYER REQUEST:**

Dottie & Jerry Jackson	Laurel Pastor
Alvin Jarrell	Kris Perfetti
Dean Johnson	Jan Perkins
Linda Kemp	Millie Remick
Doris Koon	Roy Rigby
Rhoda & Greg Kurz	Dick Roberts
Jean Layton	Lorna Rosella Rulona
Lauren Lee	Phil Saint
Nancy Lee	Richard Sapp
Brittany Poore Little	Gary Seal
Lyn	Alice Sellers
Marian	Leo Shew
Jack & Zelda McDuff	Roland Simms
Ricki McGuire	Racheal Simesak
Jennifer McNamara	Gary Simpson
Frank Mentusky	Linda Singleton
Jennifer Hughes Miller	Linda Sockrider
Orville Mills	Nick Spurlock
Kathryn Avery Mitchell	Tom Susen
Tiffany Mitchell	Teresa
Stan Moody	Joan Tolbert
Jason Neall	Joe Valentine
Alex Oliveras, Sr.	Joan Wadman
Alex Oliveras, Jr.	Mary Lou Walters
Adriel Oliveras and family	Nancy Webb
Ariel Ownes	TJ Webb
Alan Parker	Betty Ziesel
Mary Ellin Parsons	
	Alvin Jarrell Dean Johnson Linda Kemp Doris Koon Rhoda & Greg Kurz Jean Layton Lauren Lee Nancy Lee Brittany Poore Little Lyn Marian Jack & Zelda McDuff Ricki McGuire Jennifer McNamara Frank Mentusky Jennifer Hughes Miller Orville Mills Kathryn Avery Mitchell Tiffany Mitchell Stan Moody Jason Neall Alex Oliveras, Sr. Alex Oliveras, Jr. Adriel Oliveras and family Ariel Ownes Alan Parker



March 4, 2021 – 12:30-1:00 PM Jackson Borges, All Saints' Episcopal Church, Rehoboth Beach

March 11, 2021 – 12:30-1:00 PM Michael Stefanek, Asbury United Methodist Church, Salisbury

March 18, 2021 – 12:30-1:00 PM *T. J. Thomas,* St. Peter's Episcopal Church, Lewes

March 25, 2021 – 12:30-1:00 PM Kevin B. Chamberlain, Avenue United Methodist Church, Milford

Please enter the Church wearing your face covering and register your attendance at the door.

Please observe social distancing practices while in the building. The sanctuary has been sanitized before the recital and an air filtration system is sanitizing the air.

Lenten Organ Recitals are part of the Concert Series of Avenue Church.

# Easter Flower Order Form

The Sanctuary is never prettier that it is when the spring flowers arrive for Easter. Placing Lilies and Tulips in the church in memory or honor of loved ones is a beautiful and cherished tradition.

This year we will again only be ordering 6" pots of Lilies and Tulips at \$8.00 each. All additional funds will go to the Parish Purse.

Sponsor's			
Sponsor's Name	 	 	
Memory of			
Honor			
of			

#### The cost of the Lily's and Tulips are \$8.00 each



Lily



Please use a separate order form

Tulip

For each name in memory of or honored **Please Print Clearly** 

Names of sponsors and those remembered and honored will be in the Easter Sunday Bulletin Please make checks payable to Avenue United Methodist Church

# Orders must be in no later than <u>March 31<sup>st</sup></u>

# **COVID INFORMATION**

BAYHEALTH IS OFFERING A WAITING LIST FOR SENIORS AGE 65+ WHO HAVE NOT RECEIVED THEIR FIRST DOSE OF THE COVID-19 VACCINATION

ONCE ON THE WAITING LIST BAYHEALTH WILL CONTACT YOU TO MAKE AN APPOINTMENT TO RECEIVE YOUR FIRST DOSE OF THE VACCINE

TO REGISTER, CLICK THE LINK BELOW: <u>https://www.bayhealth.org/covid-19/vaccine</u>

SELECT THE BLUE BOX TO ADD YOUR NAME TO BAYHEALTH'S WAIT LIST

IF YOU ARE UNABLE TO COMPLETE THE WAIT LIST REGISTRATION ON YOUR OWN, PLEASE CALL THE OFFICE AT (302) 422-3385 DURING OFFICE HOURS FOR ASSISTANCE.



#### **Colorectal Cancer Screening Basic Fact**

#### What Is Colorectal Cancer?

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

#### It's the Second Leading Cancer Killer

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. So if you are 50 or older, start getting screened now.

#### Who Gets Colorectal Cancer?

- Both men and women can get it.
- It is most often found in people 50 or older.
- The risk increases with age.

#### Are You at High Risk?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- · You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.



\*\*\*People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be tested.

#### Screening Saves Lives

If you're 50 or older, getting a colorectal cancer screening test could save your life. Here's how: Colon Polyp

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can tum into cancer.
- · Screening tests can find polyps, so they can be removed before they turn into cancer.
- Screening tests also can find colorectal cancer early. When it is found early, the chance of being cured is good.

#### Colorectal Cancer Can Start With No Symptoms

Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.

#### Will Insurance or Medicare Pay?

Many insurance plans and Medicare help pay for colorectal cancer screening tests. Check with your plan to find out which tests are covered for you. To find out about Medicare coverage, call 1-800-MEDICArE (1-800-633-4227) or visit www.medicare.gov.

#### The Bottom Line

If you're 50 or older, talk with your doctor about getting screened. For more information, visit www.cdc.gov/screenforlife or call 1-800-CDC-INFO (1-800-232-4636). Submitted by; Deb Campbell RN

#### "And now, O Lord, for what do I wait? Myhope is in you." Psalms 39:7



# **Centers for Disease Control and Prevention**

#### Key Things to Know About COVID-19 Vaccines

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. But while COVID-19 vaccines can keep you from getting sick, scientists are still learning how well vaccines prevent you from spreading the virus that causes COVID-19 to others. So even after vaccination, we need to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Although the vaccine supply is currently limited, the federal government is working toward making vaccines widely available.

https://t.emailupdates.cdc.gov/r/?id=h3dc43e11%2C136087f7%2C1360bd8c&ACSTrackingID =USCDC\_2067-DM50192&ACSTrackingLabel=Key%20Things%20to%20Know%20About%20COVID-19%20Vaccines%20%7C%20COVID-19&s=viXquT3d0BroUirRjQZR7AtIakUMw6t11HJMkO4t218

To schedule your vaccine you can

- > Go on line to the Delaware.gov site to sign up for a vaccine.
- Contact your local pharmacy and/or healthcare provider to see if they are administering the vaccines.
- > Walgreens
- > Walmart
- > Milford Senior Center is also scheduling people for the vaccines



"Ask, and it will be given you; seek and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks, it will be opened." ~ Matthew 8:7-8



#### When You've Been Fully Vaccinated

#### How to Protect Yourself and Others Updated Mar. 8, 2021

<u>COVID-19 vaccines</u> are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic. We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking <u>precautions</u> in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

#### Have You Been Fully Vaccinated?

People are considered fully vaccinated:

- ✓ 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
- ✓ 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine

If it has been less than 2 weeks since your shot, or if you still need to get your second dose, you are NOT fully protected. Keep taking all <u>prevention steps</u> until you are fully vaccinated.

#### What's Changed

If you've been fully vaccinated:

- ✓ You can gather indoors with fully vaccinated people without wearing a mask.
- ✓ You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an <u>increased risk for</u> severe illness from COVID-19.
- ✓ If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
  - ✓ However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.



#### What Hasn't Changed

For now, if you've been fully vaccinated:

- ✓ You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
  - ✓ In public
  - ✓ Gathering with unvaccinated people from more than one other household
  - ✓ Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or
  - who lives with a person at increased risk.
  - ✓ You should still avoid medium or large-sized gatherings.
  - ✓ You should still delay domestic and international travel. If you do travel, you'll still need to follow
  - CDC requirements and recommendations.
  - ✓ You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick.
  - If you have symptoms of COVID-19, you should get tested and stay home and away from others.
  - ✓ You will still need to follow guidance at your workplace.

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html?ACSTrackingID=USCDC\_2067-DM51719&ACSTrackingLabel=When%20You%E2%80%99ve%20Been%20Fully%20Vaccinated%20%7C%20COVID-19&deliveryName=USCDC\_2067-DM51719



# PUSION

# MESSAGE THIS WEEK

# THE SUFFERING: Focus on the truth

# THIS SUNDAY 6 PM- 8 PM