

The Voice of **St. Margaret's**

The Official Newsletter of St. Margaret's Episcopal Church

Volume 4 Issue 39 Nov-Dec 2020

Mission Statement

The Mission of St. Margaret's Episcopal Church is
To worship, to serve, and to form the spiritual growth
Of individuals according to the teachings of Jesus Christ



THE RECTOR'S DESK

People of Thanksgiving and Gratitude

The day before Thanksgiving an elderly man in Phoenix called his son in New York and said to him, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; 45 years of misery is enough. We're sick of each other, and so you call your sister in Chicago and tell her."

Frantic, the son called his sister, who exploded on the phone. "Like heck they're getting divorced," she shouted, "I'll take care of this." She called Phoenix immediately and said to her father. "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" The man hung up his phone and turned to his wife. "Okay, honey. The kids are coming for Thanksgiving and paying for their flights."

On Thanksgiving Day, we will all be gathering together with our family and friends and hopefully we will remember to do more than eat a meal and watch football or make a mad dash for the mall. The Thanksgiving Holiday gives us the perfect opportunity to transform our lives from those of griping and dissatisfaction to lives of joy and gratitude.

Service Schedule

Sundays
8:am
Holy Eucharist Rite I
(No Music)

9:15 am
Adult Formation Bible Study

10:30am
Holy Eucharist Rite II
(With Music)

11:00am
Sunday School

Prayers for Healing
Following the 10:30 am Service

Wednesday 12 Noon
Bible Study

God wants nothing more than for us to be people of thanksgiving and gratitude. Psalm 118:1 says, "Give thanks to the Lord for he is good, his love endures forever."

There are many ways being a grateful person can benefit you. Being a grateful person can INCREASE YOUR PERSONAL HAPPINESS. Most of us think that our happiness is determined by our circumstances. If I asked you, on a scale of one to ten how happy you are right now, you might say, "Well, I'm about a 2 on the happiness meter because of my circumstances."

We've been taught that our happiness is somehow dependent on how well things go for us. But really our happiness is determined by attitude. It is really in how we see things. The apostle Paul wrote these words from prison (yes prison). "Rejoice in the Lord always," he wrote, "and again I say it rejoice." (Philippians 4:4). Paul was happy despite being in prison and how, he learned to thank God in everything he did. It was really his perspective on life.

Being a grateful person can also IMPROVE YOUR WITNESS FOR CHRIST. Having a noticeable countenance of thankfulness and joy will certainly make us better witnesses for Christ. What is sad is that most Christians are the most negative, sour people in the world. Mean spirited and ungrateful mannerism. We act like we have been baptized in vinegar not in the Holy Spirit. It is no wonder people don't want to have anything to do with us. But when we are thankful, joyful, upbeat people we attract the lost with our spirit of gratitude because the world is so dark and depressing and ungrateful. Have you looked at this world lately? People are so discouraged. Yet if we can learn to be different, upbeat and thankful, we will attract them.

Being a grateful person will also ENHANCE YOUR RELATIONSHIPS. There is one thing I notice about some married couples. After awhile many of them become ungrateful and

Rector's Desk...

unappreciative of their spouses. Over time they take each other for granted. Husbands imagine about how much your marriage would improve if you came home one day with some flowers and just told your wife how thankful you are for all she does. You might give her a heart attack.

Wives, just think about how much your marriage would improve if you told your husband how much you appreciate him once and awhile. Kids, think about how much better things would go for you in the home if you told mom and dad once and awhile how grateful you are for the money they spend on you and the stuff they get you, and the things they do for you?

Just imagine how much better our church relationships would be if we expressed our thanks for each other from time to time. Instead of picking at each other's faults so much, what if we just stopped and became grateful for each other.

Do you know how the apostle Paul began most of his letters in the Bible? To the church in Rome he wrote. "First, I thank my God for all of you." To the church in Corinth. "I always thank God for you. To the church in Ephesus, "I have not stopped giving thanks for you; remembering you in my prayers." To the church in Philippi, "I thank my God every time I remember you." To the church in Colossi, "I always thank God when I pray for you." Paul made sure that he let people in the churches know that he was thankful for them. Imagine how much better our church and our relationships would be if we expressed our thanks for each other.

By: Fr. Ben Speare-Hardy II



Who's Who...

Spiritual Advisor

Benjamin Speare-Hardy II, Rector
837-7741

Priest Associate

The Rev. George Kamani

Staff

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Barbara Bass
Office Manager and Assistant to the Rector

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Director of Music/Pianist

Volunteer Receptionists

Thora Holder, Barbara Scott,
Lucille Scott, Nancy Butler

St. Margaret's Episcopal Church

5301 Free Pike

Trotwood, Ohio 45426



Vestry

Agnes George, *Senior Warden*
Steven George, *Junior Warden*
Joyce Stone, *Church Treasurer*
Monty Reece, *Assistant Treasurer*
James Bolden, *Assistant Treasurer*
Barbara Hudson-Banner, *Secretary*

Mac Howard Barbara Bass
Nancy Butler
Thora Holder
Beatrice Ramsey
Ellen McDaniel
Karen Schuster-Webb
Brenda Cochran
Mitchell Lucas

Regular Contributors to the Voice

Fr. Benjamin Speare-Hardy II,
Brenda Cochran, Judy Wilson

Webmasters: Barbara Banner,
Beatrice Ramsey

The Voice is Published Monthly

Deadline: 18th of Month

Please e-mail all articles to:

phyllisbrunson1042@att.net



November

- 4 Marcus Thompson
- 5 Daryl Smith
- 7 Linda Combs
- 8 Lucille Scott
- 9 Samuel Hodges
- 10 Gloria Johnson
- 11 Barbara Scott
- 12 Elizabeth Stratton
- 14 Carol Prewitt
- 16 Crystal Carden
- 17 Aaron Fletcher
- 18 Gilbert George
- 20 Elizabeth Cromartie
- 21 Bette Coleman
- 24 Charles Davis
- 24 Annie Wilkes
- 26 Patricia Dungy

December

- 5 W. Judith Wilson
- 11 Ruth Dunson
- 11 Lee Parks

Anniversaries

December

- 4 Gilbert & Agnes George

Due to the Covid-19 Pandemic the Brotherhood and ECW have suspended their meetings until further notice. We hope to resume our fish fries soon. Stay safe, continue wearing your mask and practicing social distancing.

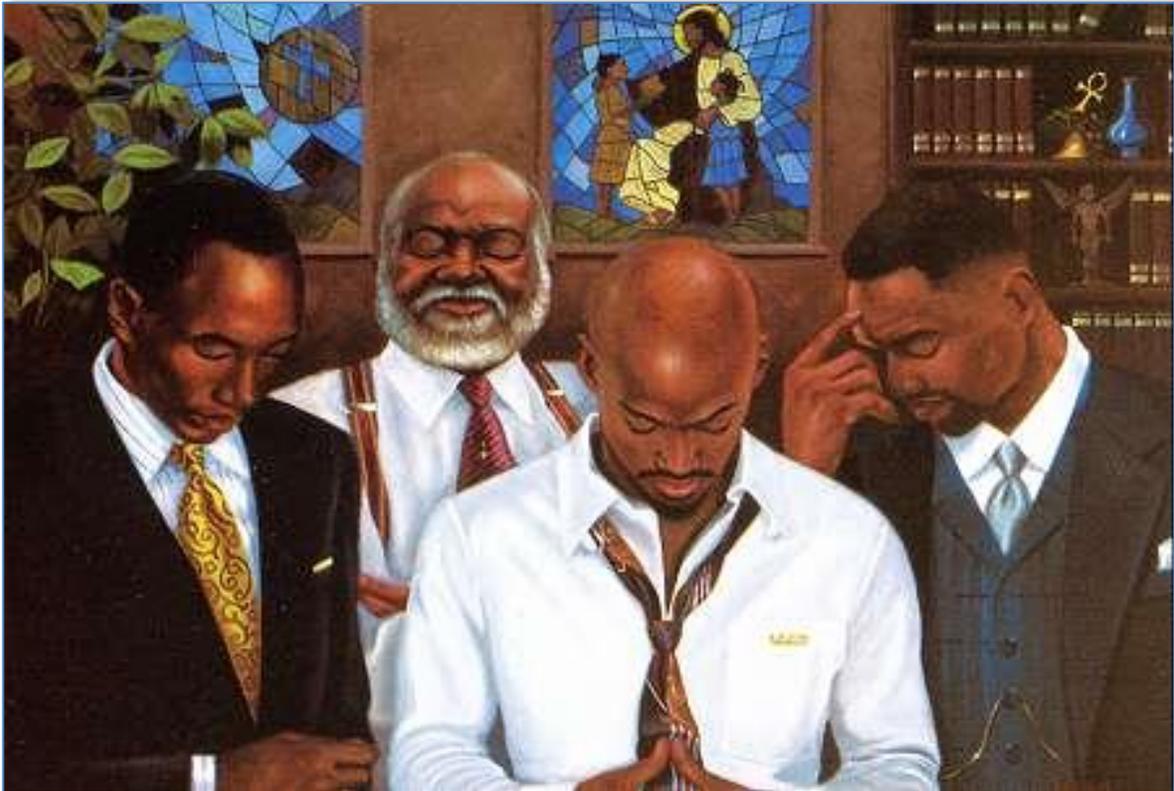
Worship Leaders

**We've been extended for another indefinitely!! 🙏🙏🙏
Seriously Rock Star Readers, until further notice, I will prepare schedules monthly. Please let me know of any days not workable for you. We will need all readers each month. See Judy for schedule. 🙏 Stay safe, stay home, stay patient. *Judy Wilson, Coordinator***

The Altar Guild is selling the 2021 Church Liturgical Calendars. Cost \$5.00 ea. Please contact Phyllis Brunson to order. 937-305-9005. Thank you!!!!!!

**A Virtual Christmas Eve Service will Be held on December 24, 2020, 7pm
More info to come.**

**Welcome to St. Margaret's Episcopal Church
"Celebrating 128 years" 1892-2020**



**The Brotherhood of St. Andrew
St. Margaret's Episcopal Church Chapter
Men's Day "Virtual" Celebration Sunday, November 22, 2020 9:30am**

**"Honoring Our Spiritual Covenant with GOD, During the Pandemic:
"Faith Says It, Before We See It".**

**Rev. Rodger D. Stowe, Guest Speaker
Fr. Benjamin E.K. Speare-Hardy II, Rector**

**Dial -In 1-844-621-3956 Access Code: 172 999 8682
Video Meeting Access Code 172 999 8682
Meeting Passcode: 9jMgpp7SJM7**

Something to Consider

Are you Having Trouble Making The Most of Your Days?

Do you remember that several weeks ago, you wondered how you would find the time to do all the chores, projects, or fun activities you loved to do?

Things are very different since the challenges that we have experienced in the last few months.

There are several suggestions we have known in the past such as getting enough sleep so that we can wake up smiling, being organized, eating a good breakfast, etc. These suggestions are fine, but our days are quite different now.

There are a lot of things that we can do these days that doesn't sound that hard. The first example is spending more time on your couch. except for some people, the thought of sitting on their couch for days, weeks, or even months is not too pleasant or appealing. There are a lot of people who simply don't like to stay at home even during the winter.

Today is SOOO different – we're worried about catching or spreading a disease that we learn more about each day. Although there are many that might hate it, many are staying put inside as much as possible.

Perhaps there is a silver lining. Maybe we can turn a period of self-isolation into spiritual and intellectual improvement. We can do the things that we have been planning to get to, but just ever seem to have the time. Think about those books on your shelf that you have been looking at collecting dust or what about your favorite author you can pick up (quickly) at the library.

We can also connect with friends and family on face-time or by phone and just maybe we can come out of this whole period of time better, more emphatic, intelligent and fulfilled people.

Cont'.

Here is a guide to making the most of our days: I already mentioned the books that are gathering dust, the books that you received as a gift, the ones you actually bought, but never cracked open, or the ones you finally picked up at the library that have been getting a little dusty. Think about having a good-old readathon. You could even set a goal and decide to compete with a few friends.

We do have Netflix now and can get to know our favorite actor or actress. What about trying a new recipe? With many stores running out of frozen food or restaurant's shutting down, even though some are providing curbside pickups, this is a perfect time to try out new recipes.

Did you purchase an instrument, but you never learned to play it? Here is another time to wipe the dust off or get it out of the case and just try it. What about the things you have been planning to repair? Remember the door knob that you're always afraid will fall off?

Since we are spending more time at home, why not take this time to make some small improvements. You could paint a table whose color you've always hated, hang up art work that has been sitting in your closet, or reorganize the drawers in your kitchen. Here's a good one – start exercising – just because you are not able to go to the gym, you can still work out. You can even watch some workouts on television.

There are so many who have to go out. They are like the soldiers in this war against COVID-19. It hasn't been easy for them, but they persist even with the risks. There are so many who help us. It seems so important to try to stay calm and positive during this difficult situation. Staying calm will help us in facing this pandemic and supporting those who are providing necessary services to us.

Inspirational phrases can often help to shift our energy and improve our mood as well as meaningful and memorable words of wisdom that can have even more of an affect on us. They can give us a fresh perspective especially when we are feeling stressful and fearful.

Here is one by Martin Luther King. ***“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy.”***

Cont'.

Ralph Waldo Emerson's quote is: ***“What lies behind us and what lies ahead of us, are tiny matters compared to what lies within us.”***

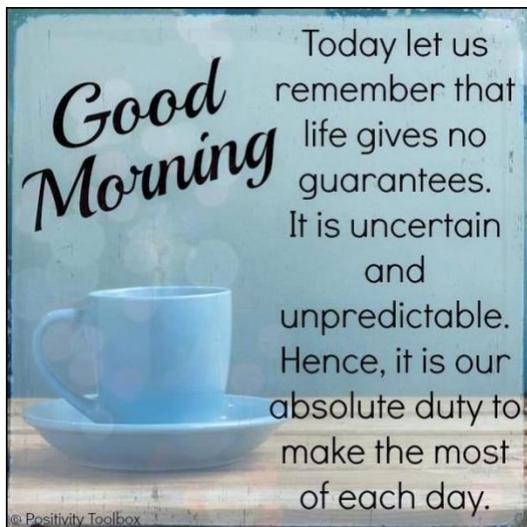
The following are some motivational thoughts:

1) Train your mind to see the good in everything. Positivity is a choice. The happiness of your life depends on the quality of your thoughts.

2) Be strong because things will get better. Though it may be stormy now, it never rains forever.

3) During this coronavirus pandemic, stop thinking of what may go wrong and focus on what could go right.

Submitted by: Brenda Cochran



You Say..... God Says

<u><i>You Say</i></u>	<u><i>God Says</i></u>	<u><i>Bible Verses</i></u>
I can't figure it out	I will direct your steps	Proverbs 3-5-6
I'm too tired	I will give you rest	Matthew 1:26-30
It's Impossible	All things are possible	Luke 18:27
Nobody loves me	I love you	John 4:16
I can't forgive myself	I forgive you	Romans 8:1
It's not worth it	It will be worth it	Romans 8:28
I'm not smart enough	I will give you wisdom	1Corinthians 1:30
I'm not able	I am able	11Corinthians 9:8
I can't go on	My grace is sufficient	11Corinthians 12:9
I can't do it	You can do all things	Philippians 4:13
I can't manage	I will supply all your needs	Philippians 4:19
I'm afraid	I have not given you fear	11 Timothy 1:7
I feel so alone	I will never leave you	Hebrews 13:5

Submitted By: Brenda Cochran





TRAFLY 2020

WEARING A FACE MASK
IS AN ACT OF LOVE

Please remember our sick and shut-in with prayers, calls and cards

Erin Reece, Bill and Monty Reece's daughter

Barry Johnson, 3101 Valerie Arms Dr. #3D, Dayton, OH 45405 (Sylvia Wilson's son)

Bernadette Wills, 4821 Old Hickory Place, Trotwood, Ohio 45426

Bette & Harold Stratton, Grand Haven Living Center 3145 West Mount Hope Ave., Lansing, MI 48911, (860) 899-6633

Beverly Barker, 5012 Heatherton Dr., Trotwood, Ohio 45426, (937) 837-0949

Billy Jean Edwards, Bette and Harold Stratton's son's mother-in-law

Brenda Wise, 701 Rosamond Dr., Dayton, OH 45417, (937) 268-8059

Catherine Yancey, Sienna Woods Rm.312, 6105 N. Main Street, 45415, (937)853-5275

Connie Hudgens, 5790 Denlinger Rd., Trotwood, OH 45426, (937) 854-7864

Donna Wright, 413 Majestic Dr., Dayton, OH, 45417 (937) 263-3700

Harvey Toles, 5071 Dayton-Liberty Rd., Dayton, OH 45417, (937) 263-5728

Khalid Moss, 30 Forest Glen Ave., Dayton, OH 45405, (937) 259-8473

James Francis, 148 Copperfield Dr., Dayton, OH 45405, (937) 540-8206

Rev. Deacon Jeannie, 164 Community Drive, Riverside, OH 45404

Joyce Bolden, 2150 Poplar St., Obetz, Ohio 45307, (614) 491-7879

Joyce Dent, 2649 North Hartland Court Chicago, IL 60614

Joyce Emory, 725 Ellsworth Dr., Trotwood, OH 45426, (937) 546-3476

Kim Haley, Ave, 1726 Ravenwood Dayton, OH 45406, (937) 277-5676

Lillian Jones, Friendship Village, 5790 Denlinger Rd., Trotwood, OH 45426

Lucille Scott, 1438 Chadwick Dr., Dayton, Ohio 45406, (937) 275-0587

Madeline Moxley, 531 Belmonte Park North #905, Dayton, OH 45405, (513) 633-6659

Patricia Simpson, 3050 Valerie Arms Drive #304, Dayton, OH 45405, (937) 529-2189

Paula Ramey, Wood Glen Alzheimer's Community, Magnolia Unit, 3800 Mall Woods Dr., Dayton, OH 45449

Peggy Libecap, St. Margaret's Hall, #221, 19860 Madison Rd., Cincinnati, OH 45206

Roy Parks, 510 Ketcham St., Dayton, OH 45431, (937) 258-1788

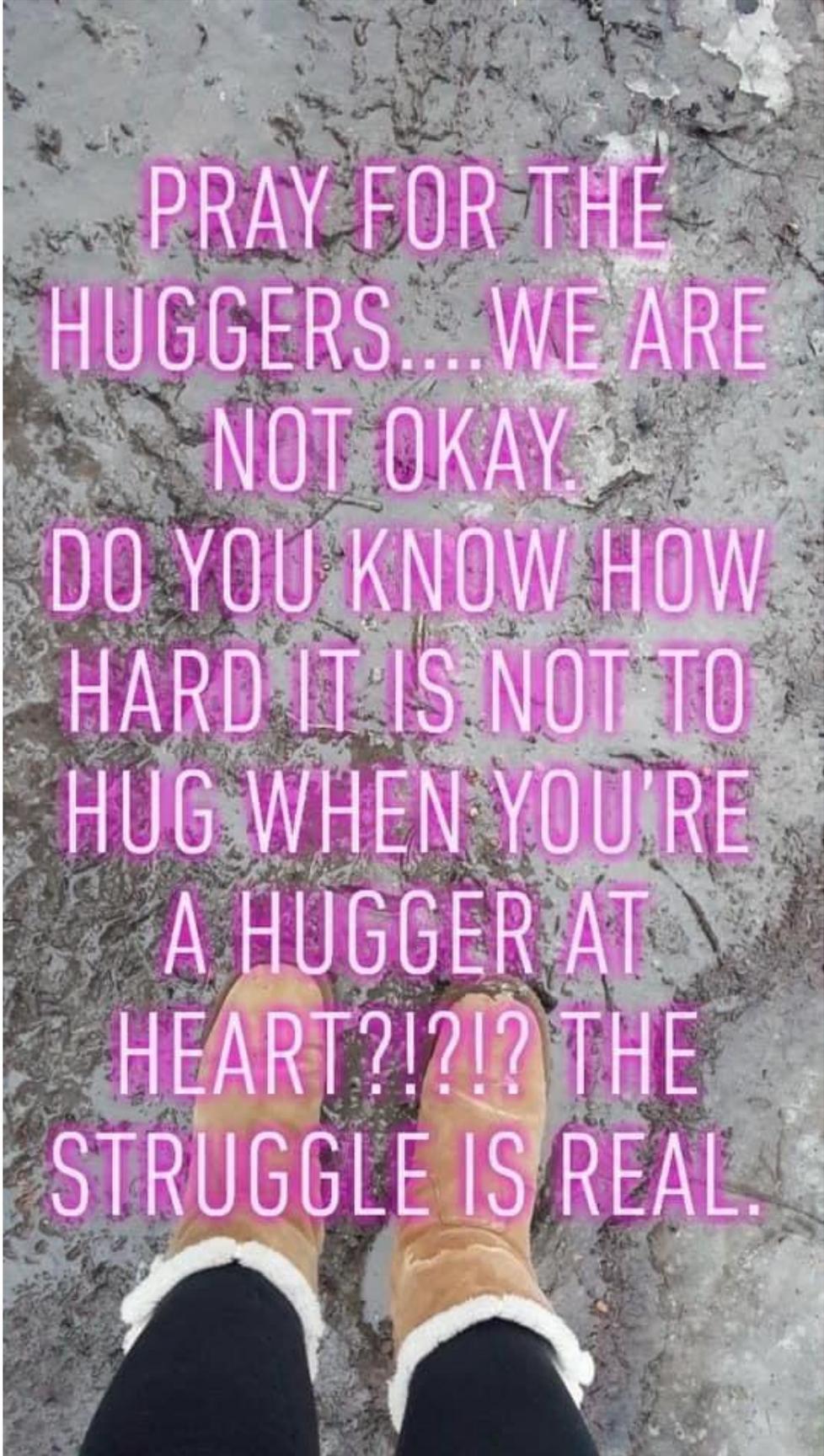
Ruth Dunson, 5119 Weddington Dr., Trotwood, OH 45426, (937) 837-8001

Shawn Sandridge, 917 Stolz Ave., Dayton, OH 45408, (937) 268-3967

Thasha Kuntz, Cynthia Kilby's cousin

Theresa Griffiths, Father Ben's mother who is in Liberia

Kevin Twyman, 73839 Mondrian Pl. Palm Desert, CA 92211



PRAY FOR THE
HUGGERS....WE ARE
NOT OKAY.
DO YOU KNOW HOW
HARD IT IS NOT TO
HUG WHEN YOU'RE
A HUGGER AT
HEART?!?!? THE
STRUGGLE IS REAL.

October 16, 2020

Dear Friends in Christ:

The weekly [Ohio Public Health Advisory System](#) updates were announced Thursday by Governor DeWine showing a significant increase in counties in the Red Zone (Level 3 Public Emergency). 29 Ohio counties are now in the Red Zone, with more than half of them in the Diocese of Southern Ohio. Please refer to the county map to determine if in-door, in-person gatherings are permitted in your county.

Churches located in those counties in the Red Zone should return to Phase I which would prohibit in-person worship inside a building. Outdoor worship with masks and social distancing is permitted. These guidelines would apply to all outside groups using the church building.

Blessings,
The Rev. John Johanssen
Canon to the Ordinary

Resource links:

- [Ohio Public Health Advisory System](#)
- [FAQs regarding return to increasing parish life](#)

Cc: Diocesan Council, Standing Committee, diocesan staff

'Get out and vote'

Your Voice. Your Vote.
Election 2020



NOVEMBER 3, 2020

Bishop Breidenthal: 146th annual convention to be virtual

November 7, 2020 9:00am – 3:00pm via Zoom

Bishop Breidenthal, e-Connections

Dear sisters and brothers in Christ,

Although we don't know what November will be like in terms of the pandemic, it seems highly unlikely we will be ready for 300+ people to gather in the nave of Christ Church Cathedral for this year's convention on November 7. After prayerful consideration, discussion with Diocesan Council and my staff, I have come to the conclusion that this year's convention (and pre-convention) needs to be held virtually.

Having a virtual convention may seem scary, but rest assured, my staff will do whatever it takes to ensure everyone can participate. The [diocesan convention page](#) will have many resources. If you believe you may have potential problems, go to the [convention page](#) and fill out the help form. One of my staff will contact you personally and do whatever it takes for you to be able to participate fully in our virtual convention.

I've watched as congregations across this diocese have risen up and met the challenges of this pandemic with creativity, ingenuity and fervor. I know we can also overcome the challenge of a virtual convention.

The Rt. Rev. Thomas E. Breidenthal
Bishop of Southern Ohio

Important dates and deadlines

- **August 10:** Proposed Constitution or Canonical changes due (90 days prior)
- **September 8, 2020:** Constitution or Canonical changes deadline (60 days prior)
- **September 23:** Nominations requested; Resolutions deadline (45 days prior)
- **October 23:** Nominations deadline
- **October 27:** Pre-convention meeting and Nominee Forum, 7 p.m. via Zoom
- **November 7:** 146th annual convention, 9 a.m. to 3 p.m. via Zoom

What You'll Need

If you are a delegate here's what you'll need to participate in a virtual convention:

- Access to reliable internet service
- A reliable computer
- An up to date web browser
- [Zoom downloaded](#) on your machine
- If you already have Zoom on your machine, make sure you are using version 5.0 or higher. [Update Zoom here](#).
- Ideally, a second device, such as a smartphone or tablet to vote. You can vote with your computer, but that means switching back and forth from Zoom to the voting software.

If you are not a delegate:

- Any device that will connect to the internet. (We will be sending out a streaming link as we get closer to the convention.)

If you have obstacles to being able to participate in a virtual convention, then click the red help button and a staff person will contact you.

[Help!](#)

Remembering St. Margaret's EC

You may make a bequest to St. Margaret's Episcopal Church by preparing a new will or by adding a codicil to your present will. To make sure your exact intentions are carried out wills and codicils should be prepared by or with the advice of an attorney.

The most useful bequest is an unrestricted bequest for the general purpose of the Church. This permits the Church to use your gift wherever it is needed at the time.

For more information on making a bequest consult your attorney or estate planner.

Membership in St. Margaret's Episcopal Church, Trotwood

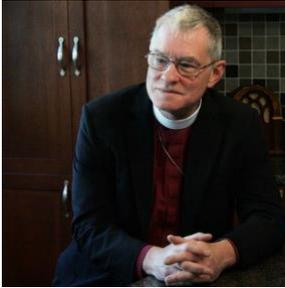
If you are currently a member of another Episcopal Church and would like to transfer your membership to St. Margaret's please contact the Parish Administrator at 937-837-7741 so that a request for a letter of transfer can be prepared for you.

If you are not currently a member of an Episcopal Church and desire to become a member we would welcome your commitment to God and the Church. All baptized Christians are welcome to receive Communion in the Episcopal Church and to participate fully in programs and ministries of the Church.

Individuals who have been baptized within any denomination can officially be prepared for membership by attending formal confirmation classes, which are conducted by the church. The Bishop subsequent to class completion will perform confirmation of prepared candidates. Dates for both classes and confirmation will be announced when they have been determined. If you would like additional information or baptism, please call the Parish Administrator at the church office 937-837-7741

Church Rental: Are you planning a reception or anniversary, celebration or just looking for a place to hold a meeting or musical concert? St. Margaret's can accommodate your needs. Contact the church office 937-837-7741 for complete details.





Dear Friends in Christ,

It seems such a long while since I last communicated with you directly. Early last month my office informed you that I would be released from hospital care into a residential skilled nursing facility. This was for physical therapy to recover my mobility after a debilitating infection. I am happy to tell you that the therapy worked. I am feeling strong and can walk again. I am so grateful for all your prayers and good wishes. They got me through.

More recently, I announced my retirement as of November 29, the first Sunday of Advent. I said I needed to spend time with family and discern next steps in my ministry, but there is more to the story.

During my time in the hospital it became clear that, apart from the health issues that brought me there, I had a problem with alcohol. With the help of family and senior members of my staff, I checked myself into an excellent residential treatment program. That is where I have been from September 23 until today, October 23. My reasons for retiring remain what they were when I first announced it, but the full explanation runs like this. It is time for me to focus on family and whatever God is calling me to next, but it is also time for me to give primary attention to my continuing recovery. In the meantime, I cherish the weeks I have with you between now and Advent.

This has been intense, at times painful, but ultimately spiritually restorative time for me. As anyone recovering from any kind of addiction knows, the spiritual work is never over. Recovery is a lifelong road lived one day at a time. I am blessed to engage the early steps of that journey in your midst, supported and inspired by your faithfulness as a diocese to Christ's call. I am thankful that we have these next few weeks to walk together in the strength of this call.

With great affection,

A handwritten signature in black ink, appearing to read "Thomas E. Breidenthal".

(The Rt. Rev.) Thomas E. Breidenthal, D.Phil
Bishop of Southern Ohio

Holding on to Hope: A National Service for Healing and Wholeness

Presiding Bishop Michael Curry will lead a live-streamed prayer service from Washington National Cathedral, **Holding on to Hope: A National Service for Healing and Wholeness**, on All Saints Sunday, November 1, at 4:00-5:30 p.m. EST. In the midst of pandemic, racial reckoning, and a historic election, the live-streamed service will gather Americans for prayer, song, lament, hope, and a call to love God and neighbor.

The service will feature an ecumenical and multifaith array of voices, musical offerings, and prayers. Using a combination of live and visually stunning pre-recorded elements gathered from across the nation, the service will be live streamed in English and Spanish.

“The Washington National Cathedral has gathered Americans for prayer at the death of presidents, after terrible tragedies like 9/11, and in moments of joy and hope for our nation and our world,” says Bishop Curry, “As the people of the United States cast their votes for the office of president and many other offices throughout the land, we gather to pray to the God who is the Creator of us all. We pray that we might learn to stand and hold each other’s hands as the children of God.”

In addition to Bishop Curry’s sermon, the service will include reflections from Father James Martin, a noted Roman Catholic commentator on American life and values, and Valarie Kaur, an inspiring Sikh author, filmmaker and civil rights attorney. The gathering will be officiated by Washington’s Bishop Mariann Edgar Budde, Cathedral Dean Randy Hollerith, and Reverend Stephanie Spellers, Canon to the Presiding Bishop.

Prayers for the nation will come from leaders like Eboo Patel, founder and president of Interfaith Youth Core (IFY); Presiding Bishop Elizabeth Eaton of the Evangelical Lutheran Church in America; Rabbi Shoshana Conover of Temple Sholom, Chicago; and Shane Claiborne, speaker, activist, and best-selling author. Music from The Coro de la Cathedral of Christ Church Cathedral-Indianapolis and Washington National Cathedral will help to lift and open hearts.

A live prayer hotline in English and Spanish will be open during the service, staffed by Episcopal clergy and chaplains, in partnership with Virginia Theological Seminary and General Theological Seminary. The hotline will be open from 8:00 a.m. to 8:00 p.m. EST from November 1 to November 5.

[Watch the service here.](#)

A live stream embed code is provided on the web page and available to any congregation that would like to add the stream to their own website or Facebook page. Congregations are invited to host watch-parties as part of their All Saints’ Day observance and Election Day preparations.

To receive a reminder about this service, text HOLDING to 51555 (standard messaging and data rates apply).

Applications for 2021 ECM grants now available

Applications are now being accepted for **2021 Episcopal Community Ministries (ECM) grants**. The criteria and application process are delineated in the **application instructions**.



The submission deadline is October 31; after review by the **ECM Committee**, grants will be awarded in early 2021. Do not hesitate to contact Andrea Owens, ECM Administrator, at **aowens@dioso.hio.org** if you have any questions about the application.

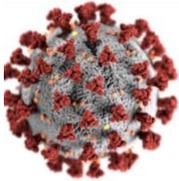
Donate to ECM

Please consider a donation to ECM! **Every dollar donated goes to local outreach ministries** serving local communities.



There's NO STORM
that God won't carry you
through. NO BRIDGE that God
won't help you cross.
NO BATTLE that God won't
help you win. Trust God
and NEVER Give Up.
Amen!

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- **Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.**
- **The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.**
- **COVID-19 symptoms can range from mild (or no symptoms) to severe illness.**

Know how COVID-19 is spread

- **You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.**
- **You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.**
- **You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.**

Protect yourself and others from COVID-19

- **There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.**
- **Stay home as much as possible and avoid close contact with others.**
- **Wear a cloth face covering that covers your nose and mouth in public settings.**
- **Clean and disinfect frequently touched surfaces.**

- **Wash your hands often with soap and water for at least 20 seconds, or use an alcohol- based hand sanitizer that contains at least 60% alcohol.**

Practice social distancing

- **Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.**
- **If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.**
- **Get deliveries and takeout, and limit in-person contact as much as possible.**

Prevent the spread of COVID-19 if you are sick

- **Stay home if you are sick, except to get medical care.**
- **Avoid public transportation, ride-sharing, or taxis.**
- **Separate yourself from other people and pets in your home.**
- **There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.**
- **If you need medical attention, call ahead.**

Know your risk for severe illness

- **Everyone is at risk of getting COVID-19.**
- **Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.**



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Important Information About Your Cloth Face Coverings

Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:

Stay at home as much as possible

Practice social distancing (remaining at least 6 feet away from others)

Clean your hands often

In addition, CDC also recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

How cloth face coverings work

Cloth face coverings may prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people may spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering may protect others around you. Face coverings worn by others may protect you from getting the virus from people carrying the virus.



General considerations for the use of cloth face coverings

When using a cloth face covering, make sure:

- **The mouth and nose are fully covered**
- **The covering fits snugly against the sides of the face so there are no gaps**
- **You do not have any difficulty breathing while wearing the cloth face covering**
- **The cloth face covering can be tied or otherwise secured to prevent slipping**

Wash your cloth face covering after each use in the washing machine or by hand using a bleach solution Allow it to completely dry.

For more information, go to:

[https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering)

If you test positive for COVID-19 TAKE STEPS TO
HELP PREVENT THE SPREAD OF COVID-19

STAY HOME.

Do not leave your home, except to get medical care. Do not visit public areas.

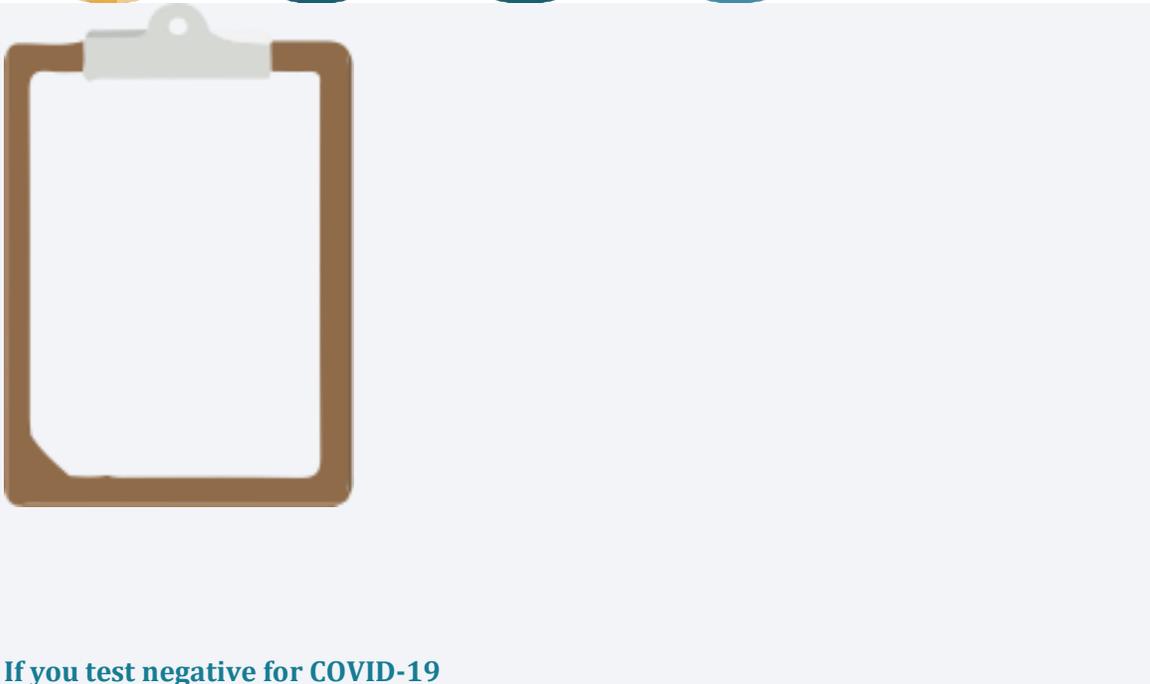
GET REST AND STAY HYDRATED.

Take over-the-counter medicines, such as acetaminophen, to help you feel better.

STAY IN TOUCH WITH YOUR DOCTOR.

SEPARATE YOURSELF FROM OTHER PEOPLE.

As much as possible, stay in a specific room and away from other people and pets in your home.



If you test negative for COVID-19

- You probably were not infected at the time your sample was collected.
- However, **that does not mean you will not get sick.**
- It is possible that you were very early in your infection when your sample was collected and that **you could test positive later.**

A negative test result does not mean you won't get sick later.

CDC.GOV/CORONAVIRUS

November



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 All Souls /All The Faithful Departed	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21 Zoom Vestry Meeting 9:30am
23	24	25	26 Thanksgiving Day	27	28
30					

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 2 nd Sunday of Advent	7	8	9	10	11	12
13 3 rd Sunday of Advent	14	15	16	17	18	19 Zoom Vestry Meeting 9:30am
20 4 th Sunday of Advent	21	22	23	24 Christmas Eve Virtual Service 6pm	25 Christmas Day	26
27	28	29	30	31 New Years Eve		

St. Margaret's Episcopal Church



Advent Season



Christmas Season

We will be Back Soon

The Congregation

Sunday Worship Service 9:30 A.M.

Via Teleconference Call in Number

1-844-621-3956 Pass Code: 172 999 8682#

Noonday Prayer Line 12:00 Noon Sun-Sat

**Via Teleconference Call in Number
712-432-6258 Pass Code: 810151#**

Living the Vision from Generation to Generation



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Notes