

A Letter from the Pastor:

by Pastor Jay Anderson

I know that you all are chomping at the bit to know how I'm doing with my New Year's Resolution to read LESS this year, so I thought I would take a moment to share with you about what is in my currently reading list. First, though, I should share with you how I structure my reading time (Yes, I have a structure to it, and Lynn is rolling her eyes as she reads this sentence). I ALWAYS have something I am reading for devotional purposes. It is not always an actual devotional, but I read it in a devotional way, small parts on a daily basis that I read and reflect on, sometimes journal about, but that I read in order to grow or expand my faith or my ministry in some way. Currently that book is an older book by Brian McLaren titled Everything Must Change: Jesus, Global Crises, and a Revolution of Hope. I was first introduced to McLaren's writings while in seminary and have read many, but not all, of his books about emerging and emergent Christianity. I've also heard him speak in person a couple of different times and have a strong appreciation for the evangelical/progressive balance in his approach to faith and the church. If you have never read McLaren, I would be happy to recommend some books for you.

Secondly, I'm nearly always reading something simply to teach or inform me about something or someone. Whether it's a biography, a memoir, a history or some other non-fiction book, I read in these genres to try to satiate my endless curiosity (it also helps when playing along with "Jeopardy" on TV at night!).

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Currently I'm listening to the audiobook of historian Jon Meacham's recent release, *His Truth is Marching On; John Lewis and the Power of Hope.* I'm about half way through this book and have enjoyed hearing about Lewis' upbringing and his account of his experiences inside the Civil Rights movement of the 1950s and 1960s. That's where I am in the book currently and look forward to learning about his later life, including his time serving in the U.S. House of Representatives.



Lastly, right now I'm reading a book that I will use as a church-wide Lenten book study, Entering the Passion of Jesus: A Beginner's Guide to Holy Week, by Dr. Amy Jill-Levine. Dr. Levine is a highly respected New Testament Professor from Vanderbilt University, author of the much lauded The Misunderstood Jew, and who happens to be Jewish herself. Her perspective on Holy Week, on how the four Gospels tell of the events of that week, and what those varying means of portraying the final week of Jesus' life can mean for how we approach Holy Week ourselves has been illuminating for me and I look forward to sharing that with you as well. More information will be coming shortly about what that study will look like and I hope you'll plan on participating.

So that's my reading list right now. I have read five books so far this year, albeit a couple of them pretty light weight reads. I do have books that I read just for fun or escapism, and I'm waiting for a book to arrive in the mail by author Michael Connelly, who generally writes crime and police procedural stories, some of which have been adapted for television and movies. These are my go-to, get-lost-in-a-good-story type of reads. And then because Lynn and I are in book club with some friends, and we are choosing different genres to read each month, what that selection will look like is always up in the air. For February we are reading from the genre of "classics" in literature, so will be reading either Bram Stoker's *Dracula*, or

Mary Shelley's Frankenstein. Sounds like fun doesn't it?

And not inconsequential, and while it doesn't go on my reading list in the "Goodreads" app on my phone, but I also spend time in scripture nearly every day, both for my personal spiritual needs and for sermon preparation, now or in the future. Scripture keeps me grounded, keeps me focused on my faith and how I live out that faith, and I hope, makes me a better husband, father, grandfather, friend, and pastor. In the end, that is the more important reading, and I put it at the end of my article, not as an afterthought, but so that that might be the final thought you have from this article. If the saying that "you are what you eat" is transferrable to reading as "you are what you read," then it's important that as followers of Jesus Christ we spend time reading the good news about him, reading the teachings by him, and then living into them with and for him. That's what it means to be a disciple, or follower, of Jesus Christ, and reading CAN be a wonderful spiritual discipline for all of his followers!

Good reading!

Pastor Jay

Health Cabinet Huddle- Covid-19 Vaccine Information

Written by Laurie Bowman BSN, RN

After 10 months of quarantine, it is exciting that hope is not only on the horizon but already here! I'm talking about the Covid-19 vaccine! Many healthcare workers, residents and staff at nursing homes, people 75 years + and people with chronic medical conditions have already received or will soon get the opportunity to receive the Covid-19 vaccine. Newly announced on Tuesday, January 26th 91,000 school personnel will be eligible to get their Covid-19 vaccine starting February 1 and this includes our Westerville City School district employees!

The current timeline for the rest of Ohio to be eligible to receive their vaccine is as follows:

- Feb. 1, 2021 Ohioans 70 years of age and older; employees of selected K-12 schools
- Feb. 8, 2021 Ohioans 65 years of age and older

Feb. 15, 2021 – Ohioans with qualifying congenital, early-onset or inherited condition (Per the Ohio Dept of Health website, local boards of developmental disabilities will reach out to individuals who meet eligibility requirements to coordinate vaccinations.)

As more vaccines are produced and become available, more Ohioans will become eligible to receive the vaccine and more locations will be able to offer the vaccine. At this point vaccine recipients must be age 16 or older to be eligible for the Pfizer vaccine, and age 18 or older to be eligible for the Moderna vaccine.

Common Questions

How do I get the vaccine?

There are several ways to get the Covid-19 vaccine once you are in an eligible group. *All locations are currently requiring appointments for the vaccine and will not take walk-ins.* In my opinion, one of the easiest ways to sign up for a vaccine appointment once you are eligible to receive the vaccine is to call one of the three major hospital systems in Central Ohio.

OhioHealth- sign up via MyChart if you have an existing account or call (614) 533-6999

Mount Carmel- available appointments for eligible people will be listed at https://www.mountcarmelhealth.com/health-and-wellness/covid-19/vaccine-scheduling

OSU Hospitals- sign up via MyChart if you have an existing account or call (614) 688-8299 (VAXX)

Additional sites/pharmacies which are receiving/distributing vaccines are listed on the Ohio Department of Health website and can be viewed by county and zip code at https://vaccine.coronavirus.ohio.gov/

As an important note, both Pfizer-BioNTech and Moderna vaccines require 2 doses. You will be scheduled to for your second dose when you receive the first. It is important that you get both doses of the vaccine.

Will I have a reaction to the vaccine? Can the vaccine give me Covid-19?

When you receive the vaccine, you can expect to have mild side effects like when you receive any other vaccine. These include soreness, redness, or swelling at the injection site; fever and/or chills; headache; fatigue; muscle or joint pain; and nausea. These side effects can linger for a couple days. There have been very rare allergic reactions to the Covid-19 vaccine itself, but much like when you get your flu shot you will be monitored for several minutes after you receive the vaccine.

None of the Covid-19 vaccines contain any live or inactive virus so there is NO chance of getting a Covid-19 infection from the vaccine. Instead, the vaccine contains mRNA molecules which teach your immune system how to build antibodies to attack Covid-19 if it enters your body.

Can I go back to normal life after I am fully vaccinated?

Not quite. Even after receiving your Covid-19 vaccine you will still be required to wear a mask since there is still limited information about whether someone who has been vaccinated can still transmit the Covid-19 virus without having symptoms. You will also still need to continue social distancing and continue good hand hygiene

How much does the Covid-19 vaccine cost?

The vaccine itself is being paid for by taxpayer dollars. Some providers may charge an administration fee which should be covered by your insurance. When you schedule your first vaccine appointment the provider will be able to tell you what costs there may be.

What if I have more questions?

There are a lot of resources for you to get more information on the Covid-19 vaccine. In addition to the websites below, you can reach out to your primary care physician or local health department.

Ohio Department of Health https://coronavirus.ohio.gov

CDC https://www.cdc.gov/vaccines/covid-19/index.html



News Release January 28, 2021

Contact

Mitzi Kline, Franklin County Public Health, mitzikline@franklincountyohio.gov; 614-374-1924

Franklin County Public Health to Open Scheduling for Next Phase of 1B

Franklin County Public Health (FCPH) will receive 1,000 doses of the Moderna COVID-19 vaccine which will be used for two clinics scheduled on Thursday, February 4, 2021 and Friday, February 5, 2021. These two clinics are open to adults 70 years of age and older who would like to receive a COVID-19 vaccine, by appointment only.

To schedule an appointment, residents (70 years of age and older) can call 614-525-5225 from 1 p.m. – 4 p.m. on Friday, January 29, 2021 or by visiting bit.ly/vax2normal to schedule online.

While our vaccine supply is limited, the good news is that many other providers also have limited doses of vaccine for Phase 1B. We encourage eligible residents to also check if their primary care provider, hospital system, or pharmacy have vaccine available. To locate another vaccine provider, visit The Ohio Department of Health's website at https://vaccine.coronavirus.ohio.gov/.

FCPH Appointment Information

Thursday, February 4, 2021 – BY APPOINTMENT ONLY (no walk-ins) Friday, February 5, 2021 – BY APPOINTMENT ONLY (no walk-ins)

Location: 1700 Morse Road, Columbus, 43229

Hotline - (614) 525-5225 (open 1 p.m. - 4 p.m. Friday, January 29, 2021)

Website - bit.ly/vax2normal

Happy American Heart Health Month!

This month is also Go Red for Women- We celebrate to increase awareness about women's heart health by wearing red the first Friday in February, this year February 5.

Did you know that cardiovascular disease is the number one cause of death for women killing almost 1 in 3? The good news is that nearly 80% of cardiac events can be prevented! If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately. **Every Second Counts.**



Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. The warning signs are:



 Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

· Shortness of breath. This may occur with or without



- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **(P)**
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.



Stroke Warning Signs

chest discomfort

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- · Sudden, severe headache with no known cause

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke. The letters stand for:



Face dropping — Ask the person to smile. Does one side of the face droop or is it numb?
 Speech difficulty — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the

sentence repeated correctly? Are they unable to

speak, or are they hard to understand?



 Arm weakness — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?



 Time to call 911 — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

The American Heart Association and National Heart, Lung, and Blood Institute are working together for women, for healthy hearts.

Prevention and Early Detection are Key for Heart Disease!

In addition to yearly checkups with your doctor, talk to your doctor ASAP if you start experiencing any of the following symptoms:

Extreme fatigue or being less able to complete daily activities

Fast heart rate (above 100 beats per minute)

New, irregular heartbeat

Chest pain or discomfort during activity that goes away with rest

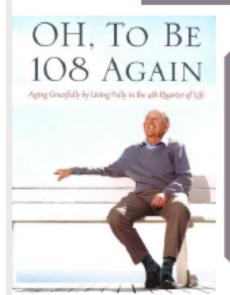
Trouble breathing during regular activities or at rest

Changes in sleep patterns, such as trouble sleeping or feeling the need to sleep a lot more than usual

Constant (or new!) dizziness or lightheadedness

As a reminder, you should be able to feel comfortable having conversations and asking your family doctor questions. Having a good relationship with your doctor is important! You can also find more information at https://www.goredforwomen.org/ and https://www.heart.org/

AN OPEN INVITATION TO MEMBERS & FRIENDS



Oh, To Be 108 Again: Aging Gracefully by Living Fully in the 4th Quarter of Life is the title of a newly published book by Rev. Jim Wagner, a member of Church of the Master. A study/discussion group is now being formed that will be presented via Zoom and taught by the author starting around February 1, 2021. This book, with 15 short chapters, focuses on questions raised by older adults, such as: What do we mean by 'soul and spirituality'? Why is the Bible so hard to understand? What evidence do we have of an 'afterlife'? Why is it so difficult to forgive those who hurt you? Why is laughter considered a good medicine? Salvation and being saved? Coping with grief? What is the emerging church in the 21st century? Questions for the reader to ponder conclude each chapter.

JAMES K. WAGNER

AUTHOR:



Jim Wagner, a graduate of Otterbein University and United Theological Seminary (Dayton, OH), served churches in Ohio for 31 years as a Pastor and was a staff member of The Upper Room in Nashville, TN for 9 years, where he developed resources for prayer and healing ministries. He is the author of seven books on holistic health and Christian spirituality. Jim was as the Associate Pastor at Church of the Master 1962-1964 when it was called the First EUB Church of Westerville. He served at Director of Music, Youth, and Christian Education. Mary Lou, his loving wife of 58 years, died in 2014. Jim's growing family includes three adult children and their spouses, twelve grandchildren and five great grandchildren. He presently resides at Friendship Village Columbus where he is learning about the unique spirituality of aging.

TO REGISTER: Call the church office 614- 882-2153 from 9:00 a.m.-2:30 p.m. with your name, phone, and email address. The study/discussion book is available at the church for \$10 each. (cash or checks payable to James K.Wagner).

Please indicate your preference for daytime or evening group sessions. More detailed information will be coming soon. Any questions call Rev. Jim Wagner at 614-208-0055.

Promo Invitation for a Church Study by John Hinton

In "Oh, to Be 108 Again..." Rev. Jim Wagner does an exceptional job of creating a book of spiritual pondering, and intentionally developing, the three phrases: aging gracefully, by living fully, in the 4th quarter of life. As Jim explains very well, living fully, addresses all dimensions (physical, mental, emotional, spiritual), not only physical aging. Some pertinent questions of essence are: "Are we paying attention to our soul and our relationship with our creator?" Jim asks, "what are some ways that I {you} can be more intentional, more aware, and more responsive to the spiritual dimensions of life?" "What are some ways {many cited, listed, developed} to shape and develop my {your} spirituality and learn to live more gracefully?" On our spiritual journey, "are we transitioning beyond self-centered living into a more God-centered life?"

Fifteen chapters include topics such as: Soul and Spirituality, Solitude and Silence; Life after Life; Staying Healthy; Grace: God's Love in Action; and Gratitude and Appreciation just to name a few. This is not just a "head" book, but I would describe this creative composition as one of the best heart, mind, body, soul books that you will journey through! Each chapter begins with a very **relevant quote**; followed by a **leading question** for the focus of that chapter; followed by a **reflection**. At the end of each chapter there are four very thought provoking and different "**questions to ponder**" to "close" the chapter; they also serve as a springboard for many new "spiritual growth opportunities. YOU will be able to examine your own spirituality and health; and identify potential areas for further "cultivated holistic spiritual growth".

While the audience is targeted for those older adults (in their 4th quarter), I believe there is material here for any spiritual seeker, no matter what their age (whether it be chronological, biological, psychological or spiritual age). What a wealth of holistic meaningful material! Scholarly and spiritually oriented resources include St. Augustine, Richard Rohr, Teilhard de Chardin; the Dalai Lama, Martin Luther King; St. Francis of Assisi; Helen Keller—to name only a few. There over 100 validating footnotes dispersed through the book, and over 65 additional resources for "recommended reading" listed for further pondering/learning/growing.

Throughout the book, the author Rev. Jim Wagner not only tells, but also shares from his mind, his spirit, his body, his soul with many, many experiences. Jim also relies on the very relevant and personal experiences/comments/testimonials of other "seniors" in the exploratory focus groups for the inception and development of this book. To me this book is like a *humongous tapestry*...many, many threads, but all interwoven to provide for a very enriching experience of spiritual examination and growth! Hoping YOU enjoy this spiritual journey!

Children's Ministry News

by Erin Flory

Join us for Virtual M&Ms!

During our weekly virtual M&Ms, our children will continue to "Dig In" and explore the foundations of our faith. As we tackle both new and familiar stories we will contemplate the big question "Who is God?"

Our topics for February include:

Bible Story	Bible Point
God's Creation – Psalm 8	God is the Creator
God is David's Friend – Psalm 25	God is our friend
God's Special Home - Exodus 40	God is holy
God Promises and Gives a Son to Abraham	God is faithful

Children's Sabbath Preparations and Practice Times!

Our kids are busy at home preparing to lead the congregation in worship on **Sunday**, **February 28**^{th.} We hope you will plan to worship with us on this special Sunday!

Combined Cherub/Junior Choir Practice:

Thursday, February 4th 6:30 p.m. (Check your email for the Zoom link)

Skit Practices:

Children participating in a skit will practice on February 7 and 14th (Check your email for the Zoom link).

Skit	Practice Time		
A 911 Call	11:30 a.m. – 12:00 p.m.		
What's for Lunch	12:30 p.m. – 1:00 p.m.		
Man Overboard	1:00 p.m. – 1:30 p.m.		

Reading Parts and Instrumentalists:

Please send Miss Erin the recordings of your parts by February 11th (children@chmaster.org).

Cherub Choir Families:

Please send Miss Erin a video of your family singing and doing the motions for "May the Lord Bless You" by February 11th.

Youth Ministry News

Youth Ministry (Grades 6-12)

by Bev Pancoast

The Church of the Master Youth Ministry program is open to all youth in grades 6-12. Our Youth will meet (unless noted elsewhere) in 2 groups—Junior High (Grades 6-8) and High School Grades (9-12). Groups will start together and then break into the 2 groups for age level ministry time. While Franklin County is in the Covid-19 Purple level, we will meet via Zoom. The Zoom link will be sent out weekly via email and text. If you have youth aged students and do not receive youth ministry emails, please contact Bev at youth@chmaster.org or 330-416-4656.

Sunday Evening Youth—Outside & Together

At a recent Youth Ministry Task Force Meeting, the members decided that it is important for the youth to be together (masked and socially distanced of course). In the fall we had a few weeks of socially distanced bonfires that were very well received. As we are waiting for enough snow for our Snowman Palooza, we want to offer youth time that will allow us to be together. Both outside (as weather permits) and inside (following the guidelines from the CDC and the County Health department).

Note: We will be sending out an on-line form about times for youth as we return to in person meetings that have "caps" to the number of people we can have together.



Sunday, January 31st "Group Hike @ Sharon Woods Metro Park 5:15-6:30 p.m.

We will meet at 5:15 at Sharon Woods Metro Park (We will send out exact meet up location in an email) Dress accordingly for the weather. Masks are mandatory! Bring a water bottle and a flashlight.

Sunday, February 7th-Super Bowl—No Youth
Enjoy the Super Bowl with your families. We will see you next week

Sunday, February 14 "Game Night" 6:00-7:30 p.m.

Join us for an evening of games in "Zoom Land" We will have some new games to just spend time together!

Sunday, February 21 "Lost and Found" Time/Location TBA

People get lost for all sorts of reasons but sometimes we get lost because of decisions we make or

because of decisions that people make around us.

Teenagers need spaces and people who will help them find their way back when they find out that they are lost and welcome them home when they make mistakes. Jesus wanted everyone to know that these environments exist, especially with Him. With Jesus, lost things get taken care of and found things get celebrated. It's important to know when you feel lost, Jesus notices you. Jesus values you more than you know. Jesus always welcomes us back. And, the best news, Jesus invites you to the party.



Snowman Palooza 4:00 p.m. Date TBA

We have been waiting for enough snow to have out Youth Family Snowman Palooza. We are still planning on having this event, we are just waiting for enough snow.

Youth and their families are encouraged to come to Church of the Master and build a snowman together. Snow creations will be judged and we will award the top 3. Due to COVID19 restrictions we cannot have youth only teams build together unless they "share a bubble." Youth are welcome to build on their own as well.

Families are encouraged to add their own creative touches that will make their snowman unique. It does not need to be a traditional snowman. Build an animal, a sculpture, favorite movie character or favorite Ohio landmark! You may use accessories to add to your snowman. You will need to bring items form home. We will be asking participants to wear masks and uphold social distancing during this event.

Youth Family Lent in a Box "For Such is a Time for This"

Delivery the week leading into Ash Wednesday (Feb. 18) The irony isn't lost on us that this Lent, we are continuing to fast from our normal way of doing things. A year of masks, social distancing, and forced innovation has left us tired and longing for redemption and freedom. These 40 days leading up to Easter, we bury our hallelujahs and look with hope toward the resurrection.



During such difficult times, it has become crucial for us to rely on our toolbox of spiritual practices. During Lent, we are inviting youth families to explore the various ways you can experience and practice prayer in your daily lives. Prayer can engage all the senses as you connect with God, and our prayer is that you experience prayer anew using the suggested practices in this resource.

As we embark on this new season, be encouraged! Church certainly looks different this year, and the beautiful thing about it is we can share the Good News in new and fresh ways with our youth families.

Safe Sanctuary 2021

Emails will be sent out at the beginning of February to those who need to update their certification. We now can do the training completely on-line, so you can do it from the comfort of your own home and at the time of day that works best for you. You will simply watch the videos on each section and then answer a short quiz on the information you learned.

Note: We now have a new policy specifically on virtual meetings and social media. All volunteers within our children and youth programming will need to take this component whether it is time to recertify completely on the policy or not. I will be sending the link for this section out in February as well.

If you are interested to volunteering with the children or youth ministries in 2021, and haven't been trained on our policy yet, please contact me (youth@chmaster.org) so we can get you all set up to volunteer when we resume regularly scheduled programming.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY 2021	7:00pm-SPRC Meeting	2 10:00am-Staff Meeting	8:00am-12:00 pm- Organ Practice 10:00am-Reopening Task Force Meeting 6:00pm-Handeblls	4 6:30pm- Combined Children's Choir Practice 7:00pm-Youth Bible Study	5	9:00am-Worship Planning Retreat
9:00 am-Sunday School 10:00 am- Live Stream Worship 11:30am-Children's Sabbath Skit Practice 6pm-7:30pm- Youth	8 7:00m– ZOOM Finance Meeting	9 `10am– Staff Meeting	8:00am-12:00 pm- Organ Practice 6:00pm-Handeblls Rehearsal	7:00pm-Youth Bible Study	12	13
9:00 am-Sunday School 10:00 am- Live Stream Worship 11:30am-Children's Sabbath Skit Practice 6pm-7:30pm- Youth	7:00pm-ZOOM Trustees Meeting	16 10am– Staff Meeting	Ash Wednesday 8:00am-12:00 pm- Organ Practice 6:00pm-Handeblls Rehearsal	18 7:00pm-Youth Lent Bible Study	19	20
9:00am-Sunday School 10:00 am- Live Stream Worship 11:30am-Children's Sabbath Skit Practice 6pm-7:30pm- Youth Group 28 Children's Sabbath		10am– Staff Meeting 6:00pm-Missions/ Outreach Meeting 7:00pm-Health and Wellness Meeting	8:00am-12:00 pm- Organ Practice 6:00pm-Handeblls Rehearsal	25 7:00pm-Youth Lent Bible Study	26	27
9:00am-Sunday School 10:00am-Live Stream Worship 6pm-7:30pm- Youth						



LOVE GOD. GROW IN CHRIST. LIVE TO SERVE.

Find us on Facebook at "Church of the Master United Methodist"

Church office Hours

Monday through Friday

9:00 a.m.-2:30 p.m.

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