

VOL 3, ISSUE 5 MAY 2021

# RENEW

Official Newsletter of Church of the Master

WELCOME  
BACK

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## **A Letter from the Pastor: by Pastor Jay Anderson**

*“Who was that masked man?”*

If you're old enough, or retro enough, you might recognize that question as having come from the old “Lone Ranger” television show. The Lone Ranger, the old-west-white-hat-wearing-white-horse-riding ultimate good guy/hero of his day would battle bad guys from town to town, wearing a small black eye mask that truly wouldn't disguise your identity if your life depended on it. Yet there he was. At the same time, on another network, there was Superman, “able to leap tall buildings in single bound,” yet although maskless, when he put on a simple pair of eyeglasses became unrecognizable as the “mild-mannered” Clark Kent. Hmmm.

In the 1960s Adam West portrayed a very campy version of “Batman” who, along with his sidekick Robin, also wore masks to protect their identities as they battled arch-villains like the Joker, the Penguin, and Catwoman in Gotham City. Batman's full-headed cowl and cape provided a much more complete disguise for the millionaire-turned superhero Bruce Wayne as he “Bammed,” “Kapowed,” and “Zonked” his way through entanglements with the worst of Gotham's criminal underworld.

As a child I used to love to watch and mimic professional wrestling. Long before there was WWE, there was Big Time Wrestling and other knock-offs that brought both “good” and “bad” guy wrestlers into our living rooms for entertainment that the most diehard fans would swear was authentic. There were also a variety of wrestling magazines, available at the local drugstore for about the same amount as this ten-year old boy's allowance, one of which carried the serialized cartoon adventures of the superhero wrestler, The Patriot, who donned a stars-and-stripes emblazoned mask as he pursued justice against the unknown evil masked wrestler who had, years earlier, killed The Patriot's wrestler father.

All of this mask-wearing we have had to do over the past year plus has engaged my memory and my imagination in thinking about the idea of masks and their purposes. In the memories I recounted above masks were almost always used to protect one's identity from discovery, either for altruistic or nefarious purposes. In the midst of our current pandemic, even with guidelines seemingly changing on a daily or weekly basis, there is still sense of altruistic caring evidenced in the wearing of a mask over one's nose and mouth - a caring for the health and safety, not so much of one's self, but for others. There is certainly a sense of personal responsibility that is present in the decision but there is also a sense of caring for family, for friends, for community that is there as well. The Centers for Disease Control this week announced that if you are fully vaccinated you could safely unmask while outdoors, if not in a crowd of other people. Previously they announced that fully vaccinated people could safely gather indoors with other fully vaccinated people without having to wear a mask. And while that is all well and good, the latest statistics this week also indicated that only 30% of Ohioans have received the vaccine, so 7 out of 10 people we encounter on the sidewalks Uptown, in the grocery store, at the gym or Community Center, are NOT yet vaccinated. Nobody under the age of 16 has access to the vaccine at this point, so for all of our families with children or younger teens at home, they are only partially protected. Things are progressing without a doubt, but this pandemic isn't over yet and we should not act as though it is.

We will return to in-person worship this week for the first time in over a year. Some of you, I know, are of the belief that with Franklin County having been moved to Level 4/Purple, we should wait before we return. Others of you, I know, believe we should have returned to in-person worship a long time ago. Our Church Reopening Task Force has met continually throughout the pandemic and has wrestled with these issues and questions, the data about caseloads and hospitalizations, and much more, and has determined that NOW is the appropriate time to return. I concur in that determination and we plan on returning in as safe a manner as we can. We will take temperatures at the doors of the building, we will not be handing out printed worship folders, we will have hand sanitizer prominently positioned for your use, we will limit seating in the sanctuary in order to safely distance, and we will wear masks - vaccinated or not - for both our indoor and outdoor services. Why? Because first we seek to do no harm. That is one of the central tenets of Methodism, right after Do Good. *(The third, by the way, is to stay in love with God, which we demonstrate partly in how we abide by the first two.)* Jesus' Great Commandment was to love God and love our neighbor. If we love God, we will love our neighbor, and how we love our neighbor is how we love our God. And in this season of our lives, one of the ways we love our neighbor, and thus our God, is by donning our masks even when don't want to, even when we feel it's not necessary, because there are still many, many vulnerable people in our community, in our church family who, for various reasons, have not yet been vaccinated and need us to continue to be masked superheroes for just a little while longer.

So sign up to come to 11AM indoor worship, show up to come to 9AM outdoor worship, but mask up to come to either, and show your love for God in how you love your neighbor.

Grace & Peace,

Pastor Jay

P.S. If all of this sounds a bit "preachy," my apologies. That's one of my superhero powers as "The Sermonator."



## **Return to In-Person Worship, May 2nd**

**We are so excited to welcome you all back for the return to in-person worship in the sanctuary on May 2, 2021. There will be two opportunities for you to worship in-person with us, a 9:00 a.m. outdoor worship service and an 11:00 a.m. indoor worship service. Due to limited seating, RSVP will be required for the indoor worship service only.**

**The sign-up genius link is available for you to RSVP for the 11:00 a.m. indoor worship service beginning on Monday morning until Friday at 12:00 p.m. We don't expect to have to continue sign-up long term, but initially we need to have an idea of how many people to expect for the 11:00 am indoor service.**

**Please note:**

- Masks are required for both services.**
- Bring your own chairs for the outdoor worship service.**
- If there is rain at 8:00 a.m. on Sunday morning, assume the outdoor service is cancelled. You will also be notified by email that the service is cancelled.**
- The 11:00 a.m. worship service will also be available via Live Stream on YouTube.**
- Families are encouraged to worship together for the first two weeks of the church's reopening. Nursery and children's programming will begin May 16th.**
- Please also review the Church Reopening Guidelines on the next page to be well informed on the additional safety measures put in place to keep us all safe. See you soon!**

# Church Reopening Guidelines



## ACCESS TO THE SANCTUARY

When we return, please use the eastern most doors on Main Street closest to the parking lot. For those who

cannot negotiate the stairs the handicapped entrance on the south side of the building will be available. If you come in from the south side entrance, sit on that side of the sanctuary. We would ask that if a member of your family needs to use the handicapped entrance that all members of the family use this entrance so as to stay together. This will minimize congestion in the Gathering Space and allow for the ushers to more easily seat your family together.



## RESERVATIONS

A link to reserve seats will be sent out on Monday and you will have until Friday at noon to reserve your spots. If you do not have access to email, please call the church office before Friday at noon to reserve spots. Understand that once capacity in the sanctuary has been reached, overflow seating is available in the fellowship hall.



## WORSHIP TIMES

We will return to in-person worship services on May 2, 2021. There will be a 9:00 a.m. outdoor service and an 11:00 a.m. indoor service. Masks are required at both worship services. If weather permits for the outdoor service, we request you bring your own chair. Parking in the church parking lot is unavailable until the conclusion of the outdoor service.



## WELLNESS

Anyone who is sick, coughing, has a sore throat, or a fever is asked to remain

home. We're committed to continuing to provide worship online, so anyone who needs to remain at home whether due to illness, being in a vulnerable group, or other reasons can still join us in worship.

As we enter the building, we will use no-touch thermometers to take everyone's temperatures. Anyone with a temperature of 100.4 or higher will need to return home where you can worship with us online.

Everyone over the age of 3 will be required to wear a mask. If you forgot your mask, we'll provide one to you. If you're unable to wear a mask, we ask that you continue to worship with us from home until masks are no longer needed.

Everyone who enters the building must sanitize their hands with provided hand sanitizer, unless a health condition prevents it.

At this time, coffee service will not be available. Please limit use of the restrooms to emergencies only and limit occupancy to one person (and a parent or aide) at a time if at all possible. A changing table will be available in the Nursery room.



## WORSHIP

Our services will be designed to be as touchless as possible by holding doors open, eliminating paper bulletins and

hymnals, individually packaged communion elements, and using offering collection boxes after worship instead of passing the plate. Masks will be required for the entire service and during liturgy and singing.



## CHILDREN

Rainbows, Dewdrops and Nursery care will be available during that 11:00 a.m. service starting on May 16<sup>th</sup>. Families attending the outdoor service are encouraged to

worship together. Nursery care will not be provided during the 9:00 a.m. outdoor service. Ongoing Children's Ministry activities will continue throughout the summer. To be added to the Children's Ministry email list please contact Erin Flory ([chidren@chmaster.org](mailto:chidren@chmaster.org)).



## SAFE DISTANCING

Individuals or families should maintain safe distancing in the sanctuary and Gathering Space. Seating and exiting will be guided by the pastor and the ushers.

We are all looking forward to seeing each other again and will naturally want to give each other hugs or handshakes; but during this season we will greet each other with smiles and waves that maintain 6 feet of safe distancing.

## THANK YOU!

We thank you all for working with us to take care of each other. You may not be someone who is in a vulnerable group or concerned about catching the virus, but these measures will help us to protect those who are. They only work if all of us buy in and do our part to keep each other safe. Thank you for putting the safety of our Church of the Master family members first! These guidelines serve as a roadmap for reopening the building based on currently available information. Nothing in these guidelines are to be considered absolute as the current COVID-19 situation is fluid and evolving.

# Children's Ministry News

by Erin Flory

## Welcome Back!

We are so excited to welcome all of our families back for in-person worship and activities!

Families are encouraged to worship together during the 9:00 a.m. outdoor service. We will have worship bags with activities to help your children stay engaged during the service.

Our Sunday morning children's church program (Sonbeams) and nursery care will reopen on May 16<sup>th</sup> during the 11:00 a.m. service. The nursery will be open for children six weeks-age 3.

**\*Please register your children for Sonbeams and nursery care when you sign up for worship each week.**

## Sonbeams

Our Sonbeams classes for our preschool and elementary age children will also begin on May 16<sup>th</sup>. Children will begin worship with their families and will be invited to meet their teachers in the Gathering Space after the children's message to transition to their classrooms. Children will be flexibly grouped each week based on the numbers and ages of children attending. All children age 3 and up will need to wear masks.

This month will be look at the book of Acts as we learn about the early believers.

Week	Lesson	Scripture
May 16	Choosing the Seven	Acts 6:1-7
May 23	Pentecost	Acts 2:1-41
May 30	First Called "Christians"	Acts 11:19-30

## Teachers Needed!

We are looking forward to reopening the nursery and our Sonbeams classes during the 11:00 worship service beginning on May 16. In order to do so safely, we need volunteers to help nurture and teach our young disciples. Please contact Erin Flory ([children@chmaster.org](mailto:children@chmaster.org)) if you would be willing to serve in the teaching rotation this summer.

## Calling all 2<sup>nd</sup>-5<sup>th</sup> graders!

Lighting the candles is an important part of our worship service and we need your help! If you would like to serve as an acolyte, please let Miss Erin or Miss Denise know so we can add you to the schedule for this summer. Never served as an acolyte before? No worries! We will have a training for new acolytes (and a refresher for those with lots of experience) so that everyone is comfortable.

## Save the Date!

Join us Saturday, June 5<sup>th</sup> at the Columbus Zoo for fellowship and fun with other Church of the Master families AND a fun photo scavenger hunt. More specific details coming soon!





# Love God, Grow in Christ, and Live to Serve at CLUB S.A.M. 2021!



## **About Club S.A.M.**

All rising 1<sup>st</sup>- rising 6th graders are invited.

It is a summer mission opportunity for the children of Church of the Master.

S.A.M. stands for Summer Acts of Mercy and the goal is to have the children participate in an act of kindness each time we meet.

Children can sign up for one date or all four.

Club S.A.M. will be Wednesday mornings, 9 a.m.–12:00 p.m. on the following dates:

June 2

June 16

July 7

July 21

Each CLUB S.A.M. session will have a special focus where the kids are actively engaged in projects to share God's love within our church and larger community. Each day we will have a Bible story, snack, mission preparation and activity. We will then walk to Alum Creek Park and return to the church for popsicles before dismissal.

## **Things to Note:**

Each child must have new Children's Ministry form on file. Miss Erin will give you the new forms to complete when you register for Club S.A.M.

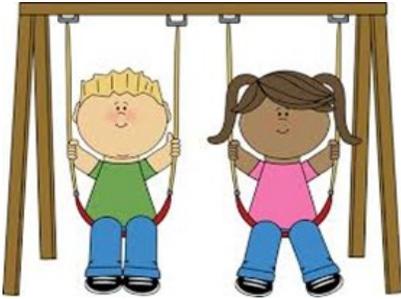
Children should wear a mask, bring a back-up mask, a water bottle and a beach towel (we will use for distancing)

**Cost:** \$5 per child per day - money due at sign in

**Registration:** All children should be signed up by the Sunday in advance of the CLUB S.A.M. session they are attending. Please contact Erin Flory to register ([children@chmaster.org](mailto:children@chmaster.org)).

## Church of the Master Park Hop!

Enjoy fellowship with other families as we explore different parks around Westerville this summer! Bring a blanket as we will enjoy some music, a story or a game together before we play! We will meet at 10:00 a.m. on the following Wednesdays.



Date	Park
June 9	Walnut Ridge Park
June 30	Huber Village Park
July 14	Alum Creek Park
July 28	Spring Grove North Park

Please wear a mask. We will have hand sanitizer available for before/after playing.

\*Please note this is an activity for children and their families. It is NOT a drop off activity.

### Join us on Adventure Island!

We have had a wonderful response for VBS/Day Camp and Survivor Camp this summer and already have 90+ kids registered! In order to continue to welcome kids from our community we will need to have some additional volunteers. Please reach out to Erin Flory if you might be able to help in one of the following ways.

- Help with a small group of preschoolers at VBS (9:00-11:30 a.m.)
- Help with a small group of elementary students at Day Camp (9:30 a.m. – 2:45 p.m.)
- Help with our middle school students at Survivor Camp (9:30 a.m.-2:45 p.m.)
- I'd be able to help with a special activity one day but can't commit to the whole week.

### Pop-Up Canopies Needed

Do you have a pop-up canopy that we could borrow the week of June 21-25? We are planning to hold our preschool VBS outside this summer and are looking for creative ways to create some shade and outside learning spaces for our little ones. Please let Erin Flory know if you might be able to help. Thank you!

### Adventure Island Donations

Check out the donation board in the Gathering Space to help provide some much need supplies for this summer. We are especially in need of empty, rectangular pop-up style tissue boxes. If you would like to make a donation to help with supplies for VBS but leave the shopping to us, please note "VBS" on your check on online giving. Thank you!

# Discovery on Adventure Island VBS/Day Camp/Survivor Camp

June 21-25, 2021



This year our theme is Discovery on Adventure Island. Together we will learn to shine God's light in the world! Kids will participate in memorable Bible-learning activities, create fun crafts explore amazing science experiments and serve God through mission projects. Plus, campers at Sugarbush get to enjoy the fun of traditional camping activities such as hiking, campfires and creeking! We are excited to return to "in person" VBS/Day Camp and Survivor Camp this summer. We will follow all current health guidelines (masks, small groups, social distancing, hand washing, etc). Pre-school VBS (for 3 year olds-rising kindergartners) will be held outside at the church from 9:00-11:30 a.m. Day Camp (for rising 1st-5th graders) and Survivor camp (for rising 6<sup>th</sup>-8<sup>th</sup> graders) will be held at Sugarbush Day Camp from 9:30 a.m.-2:45 p.m. We will also offer an "at-home" VBS option for our preschool and elementary families. Families who choose the "at-home" option will be able to pick up crafts, science experiment and Bible activities to do along with interactive videos for the week.

**Please complete the online registration:**

<https://chmaster.mycokesburyvbs.com/>

Once you complete the online registration, you will receive family paperwork and payment information in the mail.

The cost is VBS \$25.00, Day Camp \$35.00 and Survivor Camp \$35.00. There is a family cap of \$70.00 for children in the same family attending VBS and/or Day Camp.

The cost for "At Home VBS" is \$20.00/child or \$50.00/family.

Survivor Camp is not included in the family cap. Partial scholarships are available if needed.



## Nursery Worker Job Opening

Church of the Master has an immediate job opening for the position of nursery worker. The worker would be responsible for providing a safe, welcoming, inviting, and positive environment for infants (6 weeks) to kindergarten aged children in a church setting.

Nursery care is offered during the 11:00 a.m. service. The nursery worker will need to be present from 10:45 a.m.-12:15 p.m. on Sunday mornings.

As church worship and activities return to a more “normal” schedule this fall, nursery workers could add additional hours on Sunday mornings and also on Thursday evenings for our mid-week children’s ministry program.

Applicants must meet the following qualifications:

- Be 18 years old or older
- In good health
- Have the ability to relate well with parents and children
- Have up-to-date training and certification in CPR and first aid (or willing to get certified asap)

Interested parties should submit a resume and 2 references to Erin Flory, Director of Children’s Ministries either through the mail at 24 N. Grove St., Westerville, OH 43081 or via email at [children@chmaster.org](mailto:children@chmaster.org).

## West Ohio Camps Scholarships

The West Ohio Camps WILL be offering summer camp options this summer with new health protocols and limits on capacity to ensure the safety of all campers. There are options for family camp, shorter partial week sessions and full week-long camp experiences. For more information about the West Ohio Camps visit their website.

<https://www.westohiocamps.org/camp/>

Church of the Master recognizes summer camp plays an amazing role in the faith formation process of our kids and youth and provides camp scholarships to assist with the cost of camp for any Church of the Master child or youth attending a West Ohio Camp. These scholarships are available to all children/youth of church members and are not based on need.

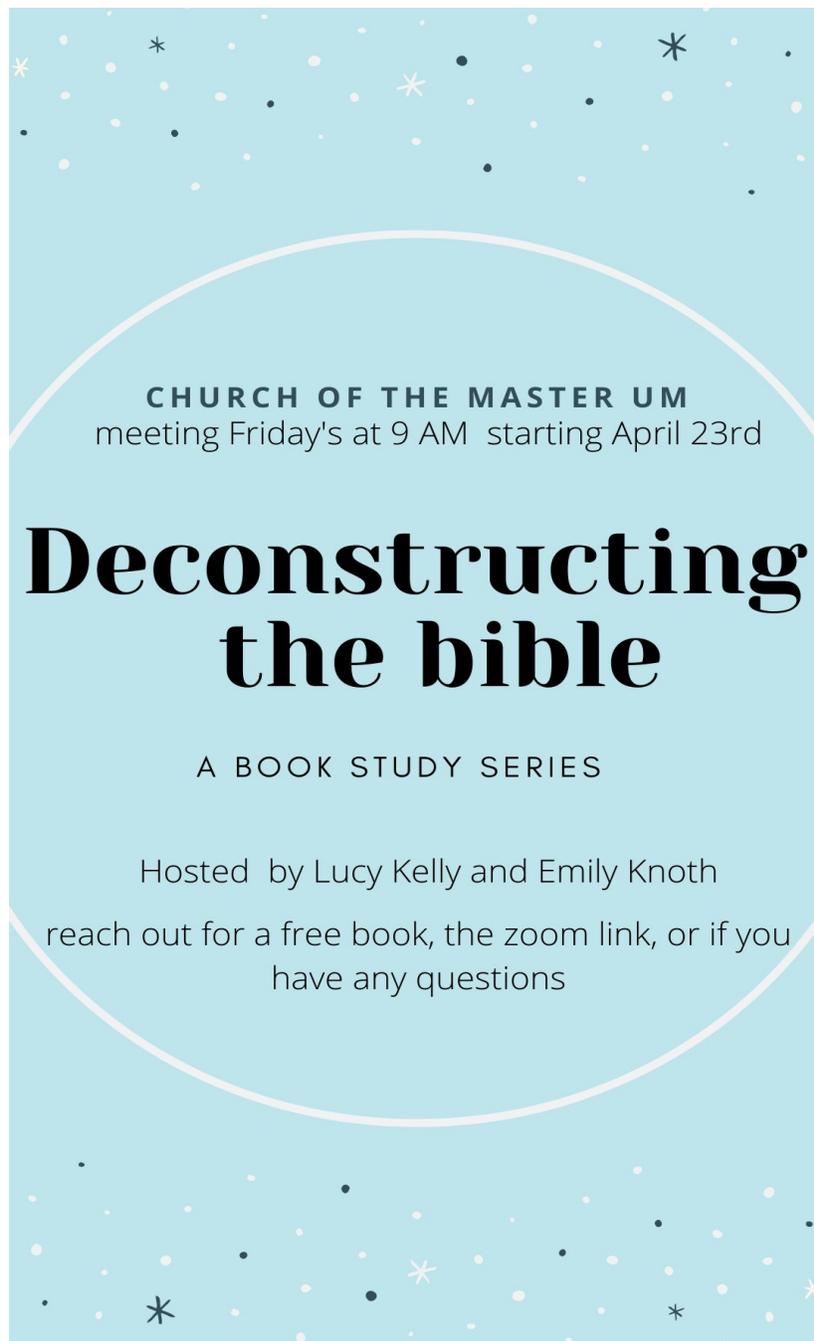
If your child is attending a West Ohio Camp this summer, you must let Erin Flory know by June 1, 2021 in order to be eligible for the Church of the Master camp scholarship.



## Campus Ministry News

by Lucy Kelly

We began a new book study with young adults from Otterbein, Ohio University, and the University of Cincinnati. Emily Knoth and Lucy Kelly are leading a study on deconstructing the Bible with the help of Adam Hamilton's book, "Making Sense of the Bible." The study will run for 6-9 weeks and is conducted via zoom (like everything else these days). These young adults are eager to ask questions, dive deep into scripture, and wrestle with theology. We are excited to see where God will lead us in this journey.



CHURCH OF THE MASTER UM  
meeting Friday's at 9 AM starting April 23rd

# Deconstructing the bible

A BOOK STUDY SERIES

Hosted by Lucy Kelly and Emily Knoth  
reach out for a free book, the zoom link, or if you  
have any questions

## **Music Ministry News** **by Christopher Bowling**

As a musician during the pandemic, all I've heard about is one droplet study after another. Simplistically these studies document the aerosol we exhale when singing or playing an instrument. This includes how far droplets travel and the effectiveness of using a mask or bell cover when singing or playing. All of this to study how COVID-19 could be spread by singers and other musicians.

At the first there was a prohibition to singing of any kind, but as studies confirmed the use of masks and social distancing helped with droplet transmission, some groups gathered with these restrictions and began to make music again. In fact, standards devised and enacted by the Columbus Gay Men's Chorus were used as a standard for many professional and academic choirs across the country. These standards included adjusted rehearsal times, social distancing, and wearing masks while singing. Now, with the widespread distribution of the vaccine there is an additional layer of prevention and protection for both musicians and their audiences. So, with precautions in place I am now comfortable to bring the choir back to worship.

So, what will singing look like when we return to in person worship? All singing in worship must be done masked. Masks are our primary defense against droplet transmission so they must be worn by all singers, including the choir. Hymns will be shortened to two or three verses. The choir, masked and distanced, will lead music from the balcony as opposed to the chancel. There will be other protocols in place, but these are the primary defenses against droplet transmission.

I share all of this because one of the most asked questions I have received is, "what is going to happen to the choir?" While things will be different, for a time, the group will be present and leading worship and making plans for the fall. We appreciate everyone's prayers and support while we've been on pandemic-hiatus.

I want to share my heart felt thanks for all the musicians and singers who have served the congregation by sharing their talents over this challenging time. I could not have done it without you!

As we journey forward we are looking for new and exciting ways of sharing music with our congregation, and as always, the doors of our music ministries are always open to those who would like to share their talents with our congregation.

Keep a song in your heart!

Peace,

Chris

# Congregation Updates

## GRADUATE RECOGNITION IS COMING!



If you or someone in your family will be graduating from high school, college, graduate school, technical school or otherwise receiving a diploma, degree, or certificate this spring we want to recognize you! Please reach out to the church office at [office@chmaster.org](mailto:office@chmaster.org) and let us know who will be graduating, from what school, with what degree, and what future plans look like at this point. In early June we will celebrate all things graduation in worship and we want to make sure we include everyone. So please just drop us a note to let us know. Thank you!

### From the Mission and Outreach Committee

We would like to thank everyone for their support in the Church of the Master donation drive for household cleaning items/buckets in answer to the UMCOR call for help in providing cleaning items for recently flood-damaged homes in southern Ohio. Due to your generosity, we were able to donate twelve complete bucket kits, with an estimated value of \$900. Thank you!

### Support WARM

Drop off your collections for WARM on **Sunday May 16th** after church between noon-1:00PM. We are happy to deliver your food or monetary donations (checks made payable to *Church of the Master* with *WARM* in the memo section). This is a great way to let the community know that Church of the Master is still actively engaged in caring for our community.

**Current needs at WARM include:** spaghetti sauce, pasta, sides: pasta-potato-rice, mustard/mayonnaise/ketchup, salad dressing, BBQ sauce, beef & tuna helpers; **Share Bac-A-Pac needs:** instant oatmeal, dried fruit/raisins, granola bars, mac and cheese boxes, pull tab ravioli/pasta, Ramen noodles (no pork please), apple sauce, fruit cups, canned tuna, chips, cheese crackers, snack-sized meat sticks, gallon-sized Ziploc bags.

### Greeters Needed

As we return to in-person worship in the sanctuary, we are in need of greeters starting May 23, 2021. If you are interested in signing up, please contact Becky Watson at [becky.watson@ameritech.net](mailto:becky.watson@ameritech.net). Thank you!



We've missed seeing you! As part of our planning for 2021, the Staff Parish Relations Committee wanted to take a minute to reach out to all of you in the congregation. Given the remoteness of the past twelve months, we realize that many of you may not have an opportunity to interact with our committee members or provide feedback regarding the things that are most important to you at Church of the Master. The committee has made every effort to stay connected to the staff and ensure that they have been doing ok and have the things they need during this pandemic year. This past year has required our staff to take on new responsibilities in many cases and learn to work differently in all cases. The committee has been very proud of the work that our staff has done and the extra effort that has gone into ensuring that we, as a congregation, have what we need to participate in the ministry of the church. As we pass the anniversary of our lockdown and start to think about opportunities to come back together, please feel free to reach out to any of us with questions, praise and opportunities. Below is the list of our current committee members and their contact information:

Bob Keep [bobkeep1@gmail.com](mailto:bobkeep1@gmail.com)

Brent Rogers [brntrgrs@gmail.com](mailto:brntrgrs@gmail.com)

Debi Wilson [dlwilson753@gmail.com](mailto:dlwilson753@gmail.com)

Harry Peat [hgpeat@columbus.rr.com](mailto:hgpeat@columbus.rr.com)

Judy Flippo [ohgraced1@gmail.com](mailto:ohgraced1@gmail.com)

Judie Salyer [judiems@aol.com](mailto:judiems@aol.com)

Megan Ford [meganeford27@gmail.com](mailto:meganeford27@gmail.com)

Michele Beach [mbeach@catlover.com](mailto:mbeach@catlover.com)

Riley Piper [sportsriley2001@gmail.com](mailto:sportsriley2001@gmail.com)

Subodh Singh [scooby\\_singh@yahoo.com](mailto:scooby_singh@yahoo.com)

Amy Heaton, Committee Chair, [amyheaton77@gmail.com](mailto:amyheaton77@gmail.com)

Happy Spring from the SPRC!

## Health Cabinet Huddle With Laurie Bowman, BSN RN

Happy May friends! Did you know that May is National Stroke Awareness Month AND High Blood Pressure education month? AND did you know that having a healthy blood pressure lowers your risk of having a stroke? Here are some quick facts about each of these important health conditions.

### Stroke

- In 2018, **1 in every 6 deaths** from cardiovascular disease was due to stroke.
- Someone in the United States has a stroke every **40 seconds**. Every **4 minutes**, someone dies of stroke.
- Every year, more than **795,000 people** in the United States have a stroke. About 610,000 of these are first or new strokes.
- About 185,000 strokes—**nearly 1 of 4**—are in people who have had a previous stroke.
- Stroke risk increases with age, but strokes can—and do—occur at any age. In 2009, **34%** of people hospitalized for stroke were **less than 65 years old**.<sup>3</sup>

### Good News for Stroke

The Good news is that you can lower your risk or even prevent having a stroke! The leading causes of stroke are high blood pressure, high cholesterol, smoking, obesity, and diabetes. All of these are considered modifiable risk factors and by working with your doctor and by leading a healthy lifestyle you can lower your risk of stroke! The other Good news is that a stroke is treatable- **FAST TREATMENT IS KEY!** (It is also important for you to notify your doctor if you have these symptoms but they go away after a few minutes- this can be a warning sign of a serious condition.)

### Stroke Symptoms

**F—Face:** Ask the person to smile. Does one side of the face droop?

**A—Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?

**T—Time:** If you see any of these signs, call 9-1-1 right away. Note the time symptoms started.



## High Blood Pressure (the quick facts)

Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States

Nearly half of adults in the United States (108 million, or 45%) have hypertension or are taking medication for hypertension

A greater percent of men (47%) have high blood pressure than women (43%).

High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart, brain, kidneys, and eyes.

BUT you can easily track your blood pressure at your local pharmacy, doctors office or with a monitor at home! An easy, downloadable log to track your blood pressures can be found on the CDC website at: [https://www.cdc.gov/heartdisease/docs/My\\_Blood\\_Pressure\\_Log.pdf](https://www.cdc.gov/heartdisease/docs/My_Blood_Pressure_Log.pdf)

You can also work on keeping your blood pressure in a healthy range by:

Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)

Not smoking

Eating a healthy diet, including limiting sodium (salt) and alcohol

Keeping a healthy weight

Managing stress

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

As always, for more information you can go to [www.cdc.gov](http://www.cdc.gov) 😊

## Walking for Water

Join us as Church of the Master “walks” to El Porvenir, Nicaragua during the Summer of 2021!

The Health Cabinet and Missions Committee invite you to come walk with us this summer 2021! We will be walking to raise awareness and money for clean water in El Porvenir, Nicaragua, a mission we have supported through the church for a number of years. We will begin collecting miles starting Sunday, May 2 through to Sunday, September 5 and our goal is to collectively walk 3,189 miles to El Porvenir! More information will be distributed at our May 2 in person worship and will also be available via email. To sign up, email Amber in the church office at [office.chmaster.org](mailto:office.chmaster.org) to be added to an email list and receive the link to report your miles. Then get moving!



**DO YOU NEED AFFORDABLE  
HEALTH INSURANCE?**

**ARE YOU INTERESTED IN FREE  
ASSISTANCE REVIEWING  
YOUR HEALTH INSURANCE  
OPTIONS?**

**Beginning**

**February 15th- August 15th 2021**

**eligible individuals and families will be  
able to enroll or change plans in the  
ACA**

***OUR TEAM***

**OFFERS FREE CONSULTATIONS FOR  
ANY INDIVIDUALS IN NEED OF  
HEALTH INSURANCE**

**CALL TOLL FREE @  
855-894-2711**

**EMAIL @  
NAVIGATORS@ASPIRION.COM TO  
SCHEDULE AN APPOINTMENT  
TODAY!**

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# May 2021

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						<b>1</b>
<b>2</b> 9am-Outdoor Worship 11am-In-Person & Live Stream Worship 6pm-Youth Group	<b>3</b> 7pm-SPRC Meeting	<b>4</b>	<b>5</b> 10am- Reopening Task Force Meeting 6pm-Handbells Rehearsal 7pm-Choir Rehearsal	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> 9am-Outdoor Worship 11am-In-Person & Live Stream Worship 6pm-Youth Group	<b>10</b> 7pm- Finance Meeting	<b>11</b>	<b>12</b> 6pm- Handbells Rehearsal 7pm-Choir Rehearsal	<b>13</b>	<b>14</b>	<b>15</b> 8:30a-4pm Admin Council Retreat
<b>16</b> 9am-Outdoor Worship 11am-In-Person & Live Stream Worship 12pm-Warm Dona- tion Drive Thru 6pm-Youth Group	<b>17</b>	<b>18</b>	<b>19</b> 6pm- Handbells Rehearsal 7pm-Choir Rehearsal	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b> 9am-Outdoor Worship 11am-In-Person & Live Stream Worship 6pm-Youth Group	<b>24</b>	<b>25</b> 6pm- Mission/ Outreach Meeting 7pm-Health and Wellness	<b>26</b> 7pm- Choir Rehearsal	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b> 9am-Outdoor Worship 11am-In-Person & Live Stream Worship 6pm-Youth Group	<b>31</b> <i>Memorial Day Holiday</i>					



**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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