

## **The Case for Covid Vaccination**

As a Family Practice doctor, I am a huge fan of prevention and I strongly encourage you to take advantage of the vaccine when it becomes available to you. Vaccines can be miraculous.

The Pfizer and Moderna vaccines now available have some reassuring qualities. Both contain no live virus. In fact, they don't even contain a fragment of the Corona virus. Both vaccines simply message our own bodies to prepare specific weapons against the virus ahead of time. How cool is that! Our own immune systems are warned and equipped before this sneaky silent and invisible virus is inhaled! Even better, because these vaccines specifically focus our bodies ability to fight against the "protein spike", it generates a stronger defense than you get by surviving a bout of Covid.

So how effective is this vaccination? Volunteers who received two doses were 95% assured of not being hospitalized in ICU or worse from COVID. I like those odds. Very much.

How safe is this vaccine series? Clinical trials of Pfizer vaccine have shown it to be safe to anyone over 16, and the Moderna vaccine to folks over 18. And as always, pregnant women should consult their personal health care professional before receiving a vaccination. Because these vaccines contain no actual virus protein, its adverse reaction profile is also impressive. To date, after hundreds of thousands of doses, only ten episodes of anaphylaxis and no deaths have been reported. When you receive the vaccine you may have arm soreness like a tetanus or flu shot after the first dose. Younger people can expect to feel crummy for a day or two after the second dose.

What does taking the vaccine mean for our communities? The Corona virus is passed from one to another simply by 'sharing air.' When 70% of us are vaccinated against this virus ('herd immunity'), our combined resistance deprives the virus its chance to linger on in our community. This will allow our health care workers and our broader

workforce to finally take a breath and get a reprieve from the threat they have been battling this past year, and gives our families hope from the sacrifices we have all been making for the greater good.

We can do this for one another!

Dr. Mary Wilkens MD

Member of Nordland's Regathering Task Force

## **In-Person Worship and Small Groups resume in February**

We will resume in-person worship in the sanctuary beginning Sunday, February 7 (Sunday's only as of right now). The same protocols we had last fall will be in place - i.e. distance-seating, no singing, etc. Also, small groups will be able to resume again in similar manner to last fall. Please refer to our website for all protocols pertaining to in-person worship and small groups. As of right now, during the season of Lent, there will be online worship only at 7:00 p.m. each Wednesday evening.

## **Book Study - 'Love is the Way'**

Our next book study via zoom will begin on Tuesday, February 16 at 7:00 p.m. (for three Tuesdays). Our book will be 'Love is the Way: Holding on to Hope in Troubling Times' by Bishop Michael Curry. From the description: "Walk the path of love with one of the warmest, most beloved spiritual leaders of our time, and learn how to put faith into action." You can find more info about the book online. We will have limited copies available from church office for \$15 - call if you would like to reserve a copy, or you can order your own copy online via Amazon, Barnes and Noble, etc. It is also available on Kindle, and as audiobook as well.

## **Outdoor Game Day**

All children and youth are welcome to come participate in a number of outdoor games at Nordland on Sunday, February 21 from 2:00-4:00 p.m. Hoping for good weather!

## **February Anniversary & Birthday List**

1. Jordan Drange, Jack Clark  
Grace Haagenson
2. Erin Schoumaker
3. Brady Hemingson, Andrew Hoglund
4. Marlis Chesness, Andrea Johnson
6. Caitlin McCool
7. Ben Thorpe
8. Michelle Holmgren
9. Melissa Olson
10. Ashley Hoglund
11. Mikayla Kummert, Ben Dahmes
12. Monica Nelson
15. Jared Brutger
16. Katie Holmgren
17. Nancy Drange
18. Michael Thompson, Allison Anderson
19. Jacob Holck
20. Kevin Gertgen, Ron Rowell
21. Don Powers, Madison Brey  
Gerald Chesness, Nathan Warriner
22. Dale Hislop, Jeff Roos
23. Avery Davidson, David Christle  
Lisa Wendlandt, Jeremiah Holmgren
24. Heidi Henderson, Kendra Hengel
25. Jeremy Deadrick, Kelly Jo Hanson  
Derrick Olson
26. David Percival, Jim Olson  
Mike Schoneman, Andy Streling
27. Allen Gilbertson, Laura Martinson
28. Nicholas Dahmes

## **Stay Connected**

We encourage you to stay connected with Nordland through our Facebook page and our Youtube channel, our website, or via phone. Even as we resume in-person gatherings, worship will continue to be found online, and if you prefer to receive a DVD of those please let us know and we will have one delivered to you every week.

## **Giving**

We continue to be blessed and humbled by the ongoing support from all of you! Thank you for your support.

Your contribution continues to matter! In this time, we encourage you, if you are able, to continue your regular giving through the following ways. You can mail in your contributions to the church, or use Simply Giving or the Give Plus app. These two will both allow you to set up your giving to take place automatically.

- Give Plus app - on this app you can designate to the General Fund or Benevolence Fund.
- Simply Giving - a number of you have signed up. The form can be found on our website, or can be mailed to you if you prefer.

## **College Scholarships**

Notice: Nordland members who will be attending a school of higher education for the 2021-2022 school year are encouraged to apply for a scholarship. Contact the church office or go to the Nordland website for an application. Please return application to the church office by April 15, 2021.

## **Prayer/Meditation Opportunities**

We all need time and space to ground ourselves in this time of darkness this winter season, further feelings of isolation, chaos in our world. To help us, the sanctuary will be made available for personal prayer and meditation a couple times a week. It will be an opportunity to sit quietly, reflect, meditate, pray, and listen to God's voice in your life. There will be materials available if you need some spiritual direction. This will be on Tuesdays and Thursdays, beginning Tuesday, February 16 from 4:30-5:30 p.m. and Thursday, February 18 at 10:30-11:30 a.m. There will be limited space available for 20 minute time slots - the host at the door will direct you.

