



Braddock Street United Methodist Church

THE COMPASS

July 2021

COVID 19 Update

On June 30, the Governor of Virginia is ending the state of emergency regarding COVID-19. As of this writing, both the City of Winchester and Frederick County are considered to be [areas of low transmission \(safest\)](#) by the [Center for Disease Control](#). Therefore, our Healthy Church Team is relaxing our COVID-19 protocols, effective July 1. Here are the major changes. You can read the 2 page document on our church's website [here](#).

Worship:

If you are fully vaccinated, you need not wear a mask while you are not singing. The [Virginia Department of Health](#) has [determined](#) that singing is safe for those who are vaccinated, but highly dangerous for those who are not.

We encourage everyone to keep a respectful distance from those not in your own household. You do not know other people's health conditions, nor their own comfort level.

We will continue to not use items that are passed among people (hymnals, offering plates, etc.).

We will continue using pre-packaged communion service through September.

Adult and Youth Small Groups:

Masks are not required for those who are fully vaccinated. We encourage everyone to keep a respectful distance.

Children's groups:

As children under 12 are not yet approved to receive vaccines, children and their leaders are to remain masked.

Food Preparation and Service:

Any food must be prepared ahead of time or purchased and placed on tables so that people only touch one plate.

We encourage everyone who is eligible to get vaccinated. If you have concerns, speak with your physician. If it is helpful, here is [an article from University of Missouri Health Care](#) about how vaccines are tested and tracked, including any long-term side effects.

Do what you feel is best for you to feel safe and to keep yourself from harming others. Feel free to continue to wear your mask if you like. Feel free to continue to worship with us online at 10 or 11:15 AM each Sunday.

July Sermons

July 4

Rebuilding: Celebration
Ezra 6:19-22

July 11

Bridges: The Reason We
Exist- Matthew 28:16-20

July 18

Bridges: Where do we
begin?-Acts 1:1-11

July 25

Bridges: Building on
Existing Social Circles
Matthew 9:9-13

SERVICE WORSHIP July 4th in the Fellowship Hall from 9:30 AM - 1 PM



Rise Against Hunger (formally Stop Hunger Now) food bag preparations! We will be preparing bags of dried food for emergency needs - 12,900 of them! Families, classes or individuals can all participate - those from ages 3-99! You will need to wear a mask, hair net and gloves (all provided for you if you don't wish to bring your own mask) as this involves food preparation, but we will be spread out and sanitized for comfort and convenience. A great thing to invite friends and neighbors to as well. You are encouraged to dress for the event - especially comfortable shoes.

Come and stay as long as you like after each of our morning services and help be someone's support during a difficult time in the name of Jesus!
Let's rebuild by serving others!



Worship

Small
Groups

Growth

Serving

Staff Directory

Ministers

The BSUMC Congregation

Lead Pastor

Rev. Kirk Nave

kirk@braddockstreetumc.org

Associate Pastor

Rev. Ahnna Lise Stevens-Jennings

ahnnalise@braddockstreetumc.org

Visitation Pastor

Rev. Frank Sherman

frank@braddockstreetumc.org

Minister of Music

George Amos

george@braddockstreetumc.org

Organist

Bill Baber

bill@braddockstreetumc.org

Director of Youth Ministries

Kristin Beall

kristin@braddockstreetumc.org

Director of Children's Ministries

Patty Singhass

patty@braddockstreetumc.org

Budget & Finance Administrator

Rachel BeDell

rachel@braddockstreetumc.org

Worship Video Arts

David Titus

david@braddockstreetumc.org

Building Superintendent

Randy Willems

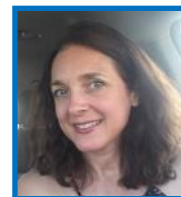
randy@braddockstreetumc.org

Secretary

Deya Hamilton

deya@braddockstreetumc.org

Youth Ministry



Director of Youth Ministries
Kristin Beall

July Calendar:

6-9— Winchester Mission Camp!



9—Vacation Bible School



25— Ice cream and devotion summer check-in at
Sweet Frog in Winchester - 7 PM

The youth will be hard at work in July serving our community and having fun!

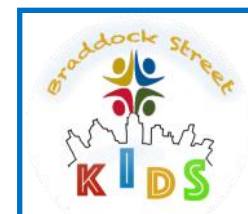


Projects our Youth will be working on include yardwork, art projects (for both VBS and Literacy program), filing and sorting, cleaning and organizing, and general kit building and Vacation Bible School preparation including furniture moving and decorating. On Friday note we are all helping run our Vacation Bible School in the morning! We will be helping our own church, Our Health, Literacy Volunteers, Sinclair Health Clinic, Laurel Center, CCAP, and Evans Home! Thank you for your on-going support of our youth ministries!

Children's Ministry



Director of Children's Ministries
Patty Singhass



PRESS ▶ PLAY
GET IN THE MIX

VIRTUAL VACATION BIBLE SCHOOL:
July 5, 2021 - July 8, 2021
OUTDOOR/INDOOR LIVE VBS Day:
July 9, 2021 10 AM - 12:30 PM

"From our Parish Nurse, Debra Miles"

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



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