



Albany United Methodist Church

“Everyone is somebody and Jesus Christ is Lord”!

September 2020

The Methodist Message

Pastor Tom

“You are lost. Hope is gone. But you must go on and do the next right thing...take a step, step again . . . it is all that I can do...the next right thing.” Anna from Frozen II

Back when 2020 was still being anticipated with excitement, I recall the pleasant moments of going with our family to see the movie, Frozen II. The more I reflect on the values of that movie, the more I appreciate how it prepared us for 2020. In this sequel, the two sisters, Anna and Elsa, are continually facing complex issues and conclude that their tool for solutions is, “What is the next right thing to do?”

This is such a great solution for how we can face the difficult problems of this upcoming Fall. As Anna reminds us, there are too many problems to take on at once. That is why it is important to simply focus on, “The next right thing.” Of course, Hollywood did not invent this idea. This idea comes to us originally from scripture. Multiple times Jesus speaks to people in a huge life transitions and simply gave them one task: the next right thing. For example, read about the leper in Luke 5:14 or the paralytic in Luke 5:24. You see the same concept in Our Lord’s encouragement to Martha in Luke 10:38-42 and in John 14:1 & 7. This is also an important teaching of Paul to the church at Philippi in Philippians 3:13.

As you anticipate the Fall, I am suspicious that, like Anna and the Biblical accounts, you, too can understand these words of Anna:

I won’t look too far ahead,

It’s too much for me to take

but break it down to this next breath, this next step . . .

the next right thing.”

Blessings,

Pastor Tom

Starting September 13, 2020 our Albany UMC worship service will be held at 10:00 a.m. Looking forward to seeing you!

Food Pantry



Because of lack of use. The Albany UMC food pantry will be closing January 1, 2021. For several months there has been very little to no use of the food pantry. We are not completely shutting down our connection with the food pantry. You may still make donations of food to the Albany UMC and they will be distributed to Food Pantries around our area. If down the road the need arises, we will open a discussion to review reopening the food pantry. We would like to thank everyone who has generously donated time, food and money to the food pantry.



2020 Melodies of Love

September – Nami (National Alliance on Mental Illness)

November – Shop with a Cop

December – Big Brothers, Big Sisters of Green County

September's Melodies of Love is NAMI (National Alliance on Mental Illness). 1 in 5 live with a mental health condition, so chances are you or someone you know has been affected. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. They are an association of more than 500 local affiliates who work in Green County, throughout Wisconsin, and across the country to raise awareness and provide support and education that was not previously available to those in need. Your generosity is greatly appreciated.



Family Promise is still currently on hold. They are in the process of making some changes.



Sunday School News

There are many exciting things happening in the Education Department at Albany UMC, and we are looking forward to a great time of learning! **Sunday School begins September 13th!!**

Please join us! We want to include all families in our church community. If you or someone you know is not presently attending Sunday School but would like to attend, please contact the church office (608) 862-3206 to provide your contact information. An email address is needed so that you can participate in Age 3-Grade 8 virtual Autumn Sunday School programs.

Out of concern for safety, we have decided to make some changes in the delivery of some of our educational programs.

Pre-School thru Grade 5 Students:

- Sunday School will begin virtually with plans to transition to in-person Sunday School when it is safe and appropriate.
- Virtual via Zoom (as a group) on **Sunday morning 8:45-9:15 a.m.**
 - Teachers will be involved in leading the on-line SS lesson and activities
- Sunday School materials will be delivered monthly to SS families

Grades 6-8

- Sunday School will begin virtually with plans to transition to in-person Sunday School when it is safe and appropriate
- Virtual via Zoom (as a group) on **Sunday morning 9:15-9:45**
 - led by Middle School SS teachers
- Sunday School materials will be delivered monthly to SS families

High School

- Students will be meeting in-person utilizing social distancing and wearing of masks
- More information will be coming from your teachers

Adults

The previous teachers of our Adult Sunday School Class will be moving to another area and will not be available. Thank you to Jeff and Jane Gibbons for their past leadership. Pastor Tom has volunteered to lead the Adult Sunday School Class in a study of the Book of Philippians. The class will be held on **Sunday at 8:45 in the Fellowship Hall.**



The Adult Bible Study will be using “Life Lessons from Philippians” by Max Lucado. You can order a copy of this book from:

- Cokesbury (\$6.99 paperback) <https://www.cokesbury.com/9780310086505-Life-Lessons-from-Philippians>
- Amazon (\$9.89/paperback or \$5.99/Kindle) https://www.amazon.com/Life-Lessons-Philippians-Max-Lucado/dp/0310086507/ref=sr_1_1?crid=J60IV5I2KD00&dchild=1&keywords=life+lessons+from+philippians+max+lucado&qid=1597957453&s=books&sprefix=Life+Lessons+from+Philippians%2Caps%2C277&sr=1-1
- Or use Study Guides provided each week.



T-Shirts Coming Soon!!
More information will follow...

You will want to be a part of our Education Ministry!! Here's a summary:

Sunday morning:

Age 3 – Grade 5: Virtual via Zoom 8:45-9:15 a.m.

Grade 6 – Grade 8: Virtual via Zoom 9:15-9:45 a.m.

High School: In-person 8:45-9:45 a.m.

Adults: In-person 8:45-9:45 a.m.

(All in-person activities will utilize social distancing and use of masks.)

Then plan to stay for the Worship Service at 10:00 a.m.!!

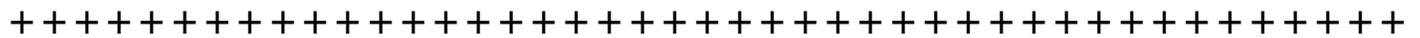


Just a note about our Albany UMC Choir. Choir will not be holding practices or gathering at worship to sing because of the Coronavirus. Instead the choir will be featuring individual choir members singing from time to time. Watch our webpage and your emails for dates.



Quilting Group

Be looking for our quilting outreach ministry to start up this fall. If you are a beginner or an experienced quilter, anyone interested in helping quilt in a safe environment to help reach out to others can call Terrie Blumer @ 608-558-8685, Barb Briggs @ 608-558-3973 or Julie Wanless @ 608-426-4892. The quilts made this fall will go to local nursing homes etc... Please come and join us. It is a great time.



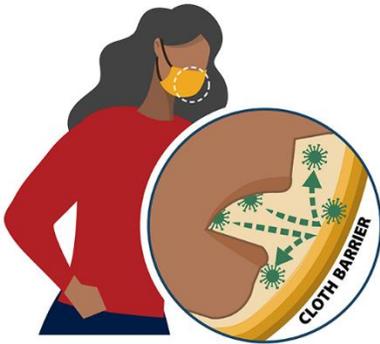
Blood Drive
August 27th from
12:30 p.m. to 5:30 p.m.
at the Albany Lions building
402 Cincinnati St. Albany

(From the Green County Health Department)

Considerations for Wearing Masks

Help Slow the Spread of COVID-19

- CDC recommends that people wear masks in public settings and when around people who don't live in your household, especially when other [social distancing](#) measures are difficult to maintain.
- Masks may help prevent people who have COVID-19 from spreading the virus to others.
- Masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.
- Masks should NOT be worn by children under the age of 2 or anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- Masks with exhalation valves or vents should NOT be worn to help prevent the person wearing the mask from spreading COVID-19 to others (source control).



Evidence for Effectiveness of Masks

Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes

COVID-19, paired with [emerging evidence](#) from clinical and laboratory studies that shows masks reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain. CDC's recommendations for masks will be updated as new scientific evidence becomes available.

Who Should Wear A Mask?

General public

- CDC recommends all people 2 years of age and older wear a mask in public settings and when around people who don't live in your household, especially when other [social distancing](#) measures are difficult to maintain.
- COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That's why it's important for everyone to wear masks in public settings and practice [social distancing](#) (staying at least 6 feet away from other people).

- While masks are strongly encouraged to reduce the spread of COVID-19, CDC recognizes there are specific instances when wearing a mask may not be feasible. In these instances, [adaptations and alternatives](#) should be considered whenever possible (see below for examples).

People who know or think they might have COVID-19

- [If you are sick](#) with COVID-19 or think you might have COVID-19, do not visit public areas. Stay home except to get medical care. As much as possible stay in a specific room and away from other people and [pets](#) in your home. If you need to be around other people or animals, wear a mask (including in your home).
- The mask helps prevent a person who is sick from spreading the virus to others. It helps keep respiratory droplets contained and from reaching other people.

Caregivers of people with COVID-19

- [Those caring for someone who is sick with COVID-19 at home or in a non-healthcare setting](#) may also wear a mask. However, the protective effects—how well the mask protects healthy people from breathing in the virus—are unknown. To prevent getting sick, caregivers should also continue to practice [everyday preventive actions](#): avoid close contact as much as possible, clean hands often; avoid touching your eyes, nose, and mouth with unwashed hands; and frequently clean and disinfect surfaces.

Who Should Not Wear a Mask

Masks should **not** be worn by:

- Children younger than 2 years old
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance

Feasibility and Adaptations

CDC recognizes that wearing masks may not be possible in every situation or for some people. In some situations, wearing a mask may exacerbate a physical or mental health condition, lead to a medical emergency, or introduce significant safety concerns. Adaptations and alternatives should be considered whenever possible to increase the feasibility of wearing a mask or to reduce the risk of COVID-19 spreading if it is not possible to wear one.

For example,

People who are deaf or hard of hearing—or those who care for or interact with a person who is hearing impaired—may be unable to wear masks if they rely on lipreading to communicate.

In this situation, consider using a clear mask. If a clear mask isn't available, consider whether you can use written communication, use closed captioning, or decrease background noise to make communication possible while wearing a mask that blocks your lips.

- Some people, such as people with intellectual and developmental disabilities, mental health conditions or other sensory sensitivities, may have challenges wearing a mask. They should consult with their healthcare provider for advice about wearing masks.
- Younger children (e.g., preschool or early elementary aged) may be unable to wear a mask properly, particularly for an extended period of time. Wearing of masks may be prioritized at times when it is difficult to maintain a distance of 6 feet from others (e.g., during carpool drop off or pick up, or when standing in line at school). Ensuring proper mask size and fit and providing children with frequent reminders and education on the importance and proper wear of masks may help address these issues.
- People should not wear masks while engaged in activities that may cause the mask to become wet, like when [swimming at the beach or pool](#). A wet mask may make it difficult to breathe. For activities like swimming, it is particularly important to maintain physical distance from others when in the water.
- People who are engaged in high intensity activities, like running, may not be able to wear a mask if it causes difficulty breathing. If unable to wear a mask, consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others.
- People who work in a setting where masks may increase the risk of [heat-related illness](#) or cause safety concerns due to introduction of a hazard (for instance, straps getting caught in machinery) may consult with an occupational safety and health professional to determine the appropriate mask for their setting. Outdoor workers may prioritize use of masks when in close contact with other people, like during group travel or shift meetings, and remove masks when social distancing is possible. Masks are a critical preventive measure and are **most** essential in times when social distancing is difficult. If masks cannot be used, make sure to take other measures to reduce the risk of COVID-19 spread, including social distancing, frequent hand washing, and cleaning and disinfecting frequently touched surfaces.

Masks with Exhalation Valves or Vents

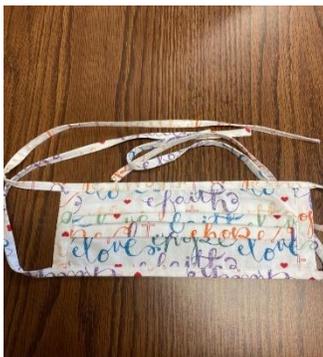
The purpose of masks is to keep respiratory droplets from reaching others to aid with source control. However, masks with one-way valves or vents allow air to be exhaled through a hole in the material, which can result in expelled respiratory droplets that can reach others. This type of mask does not prevent the person wearing the mask from transmitting COVID-19 to others. Therefore, CDC **does not recommend** using masks for source control if they have an exhalation valve or vent.

Face Shields

- A face shield is primarily used for eye protection for the person wearing it. At this time, it is not known what level of protection a face shield provides to people nearby from the spray of respiratory droplets from the wearer. There is currently not enough evidence to support the effectiveness of face shields for source control. Therefore, CDC **does not currently recommend** use of face shields as a substitute for masks.
- However, wearing a mask may not be feasible in every situation for some people for example, people who are deaf or hard of hearing—or those who care for or interact with a person who is hearing impaired. Here are some considerations for individuals who must wear a face shield instead of a mask:
 - Although evidence on face shields is limited, the available data suggest that the following face shields may provide better source control than others:
 - Face shields that wrap around the sides of the wearer’s face and extend below the chin.
 - Hooded face shields.
 - Face shield wearers should wash their hands before and after removing the face shield and avoid touching their eyes, nose and mouth when removing it.
 - Disposable face shields should only be worn for a single use and disposed of according to manufacturer instructions.
 - Reusable face shields should be cleaned and disinfected after each use according to manufacturer instructions or by following [CDC face shield cleaning instructions](#).
 - **Plastic face shields for newborns and infants are NOT recommended.**

Surgical Masks

Masks are not surgical masks or respirators. Currently, those are critical supplies that should continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. Masks also are not appropriate substitutes for them in workplaces where surgical masks or respirators are recommended or required and available.



Church Cloth Face Mask for Sale

We still have some face mask for sale. They are only \$5. Very well made by our very own talented Barb Briggs. I have a few cloth mask's, and this is by far the best one of them all. The fit is terrific. You don't have to worry about them falling down over your nose. They wash up very nicely. I encourage you to get one soon before they run out. All proceeds go to Albany UMC's Quilting Group for future quilting projects.

If anyone has any articles or meetings or any news items they would like to put in October's newsletter, please email (albanyumc@tds.net) it to the church office by Sept. 21st.



A few thoughts for September

Romans 15:13

May the **God of** hope fill you with all joy and **peace** as you trust in him, so that you may overflow with hope by the power **of** the Holy Spirit.

Proverbs 1:33

but whoever listens to me will live in **safety** and be at ease, without fear of harm.

Proverbs 15:18

A hot-tempered person stirs up conflict, but the one who is patient **calms** a quarrel

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, forbearance, **kindness**, goodness, faithfulness,
²³ gentleness and self-control.



Albany United Methodist Church

Sunday	Monday	Tuesday 1	Wednesday 2 Food Pantry 4:30 to 6pm	Thursday 3	Friday 4	Saturday 5
6 9am Worship <u>No Communion</u> 10 am taped service on Sunday School face book	7 Labor Day	8	9	10	11 	12
13 Sunday School 8:45 a.m. 10 am Worship 10 am live service on Sunday School face book Ad Council mtg. Following worship	14	15	16	17	18	19
20 Sunday School 8:45 am 10 am Worship 10 am live service on Sunday School face book	21 Newsletter Items Due	22 First day of Autumn	23	24	25	26
27 Sunday School 8:45 am 10 am Worship 10 am live service on Sunday School face book	27	28	29	30		

No Volunteer Schedule for September 2020

At this time, we will not be scheduling ushers or Communion stewards. We will keep you updated to when we will resume our volunteer schedule.

Albany United Methodist Church
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Phyllis Runaas

Financial Secretary:
Dave Gavin

Treasurer:
Fairy Elmer

Lay Leader:
Glenn Holtsapple



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