



Presbytidings April 2020

An outreach of St. Andrew Presbyterian Church

Words from Your Pastor

Ever since March 11, when the World Health Organization declared the coronavirus a pandemic, I have felt like I just woke up in a “Twilight Zone” episode or a global disaster movie. Those are the only touchstones I have with which to compare our present reality. Medical personnel in hazmat suits, businesses shuttered, schools closed, panic buying at gun stores and supermarkets, public events cancelled, people working from home or getting laid off, infectious disease researchers in labs trying to develop a treatment and a vaccine, public officials trying to manage a global public health crisis. All of these images that I have associated with fictional television shows and movies are now part of our real, everyday lives on planet earth! Welcome to the new normal!

I have faith and confidence that we will get through this. I hope and pray that the many precautions we are taking (washing hands, social distancing, limiting travel, closures, cancellations, quarantines) will slow the spread of the virus and flatten the curve of infections enough that hospital ICUs will not be overwhelmed with seriously ill patients.

I don’t know how long it will be before this pandemic is behind us. I don’t know how many people will be infected with the COVID-19. And I don’t know how many will die. But I believe that the vast majority of us will survive this global health crisis. Together, we will get through this. We will survive. Even the global economy will recover, though it may take years, as it did following the Great Recession (2007-2009).

Through it all, God will be present with us, supporting and upholding us. As the Psalmist reminds us, “God is our refuge and strength, a very present help in trouble. Therefore we will not fear . . .” (Psalm 46:1-2). With the apostle Paul, “I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, **nor anything else in all creation [even the coronavirus],** will be able to separate us from the love of God in Christ Jesus our Lord” (Romans 8:38-39).

Worship Services Live Streamed

Given the Governor’s ban on gatherings of more than 5 people, St. Andrew will be live-streaming our 9:30 a.m. worship service on our church’s website, www.standrewabq.org, for the foreseeable future. **Please do not come to church unless you are directly involved in the live-streamed worship service.** If you have joys and concerns to share during our Prayers of the People, please email them to me by the end of the day on Saturday (pastor.standrewabq@aol.com). We encourage you to mail your tithes and offerings to the church office or contribute online at the church’s website: www.standrewabq.org. During Holy Week, our Maundy Thursday service has been cancelled, but our Good Friday service will be live-streamed at 7:00 p.m.

Neighborhood Friends Ministry Continues

We will continue to offer bag lunches TO GO to our Neighborhood Friends, as well as personal hygiene items, and socks/underwear on Sundays (11:00-11:30 a.m.). Donations of socks/underwear are welcome and can be dropped off at the church during office hours (Wed.-Fri., 9am-5pm). Please contact Bob Busch if you would like to help.

Peace,
Roger

Pastor
Rev. Roger Scott Powers
Email
pastor.standrewabq@aol.com

Office Hours
Monday - Thursday
By appointment

Administrative Assistant
Marie St.Claire
Email
adm.standrewabq@aol.com

Office Hours
Wednesday-Friday
9:00 am - 5:00 pm

Sunday Worship - 9:30 am

Phone/Fax
505-881-9626/505-884-9636

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Excerpts from a Pastoral Letter to the Presbyterian Church (U.S.A.)

Dear Siblings in Christ,

These are truly trying times for all of us as we face a rapidly spreading virus, panic buying that has left grocery shelves nearly empty and supplies in great demand. We have seen the worst in people and the best. Yet, through it all, we take hope in Christ and the promise to never leave us.

We are holding each of you in prayer. Like the rest of the country, our Presbyterian communities are physically separated, but we are still deeply connected through our common humanity, spirituality and strong faith in God.

We are not only with you in prayer and solidarity, we are also here to serve you. . . .

We are all in this together as we learn to cope with our new normal. . . .

We are compelled by our faithfulness to Christ's charge to love our neighbors. During this crisis, we are mindful of our denomination's commitment to Matthew 25, and urge compassion for others by not purchasing more supplies than we need, and by speaking out against the racism being directed at some of our Asian siblings. Jesus makes it clear that how we respond to our neighbor is of paramount importance to him. These tough times call for the best of Christian character and actions. . . .

Please note that we will hold an online Easter service from the chapel of 100 Witherspoon in Louisville for those of you who would like to be part of a national experience. Easter is a new way of life — in which we are “dead to sin and alive to God in Christ Jesus” (Rom. 6:11) and called to “walk in newness of life” (Rom. 6:4). There is much *new* happening in the world around us. We pray for God's comfort and grace as we walk forward together during these uncertain times.

Finally, the past week has been full of high anxiety and mounting fears. We have heard from government leaders and health experts. Now let us turn to the Scriptures to find out where biblical people found faith, hope and courage in the face of pestilence. Over 100 times the Bible tells us, “Don't be afraid.” In Psalm 27:1, David tells us why:

“The Lord is my light and my salvation;
whom shall I fear?”

The Lord is the stronghold of my life;
of whom shall I be afraid?”

Yours in Christ,

Rev. Dr. J. Herbert Nelson, II
Stated Clerk of the General Assembly of the
Presbyterian Church (U.S.A.)

Rev. Dr. Diane Moffett
President, Executive Director
Presbyterian Mission Agency

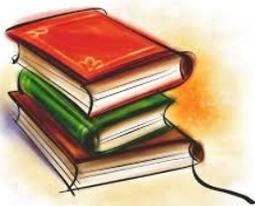
ADULT CHRISTIAN ED

HELP NEEDED: The Adult Education committee is looking for someone with a background in Joseph Campbell's studies of mythology and/or the analytic psychology of Carl Gustave Jung. We need help in designing and teaching a series of adult ed classes on the power of mythology and story as well as what is meant by "Christian mythology." If you are at all interested, please contact Max Bartlett, elder for Adult Education. We are also searching for members of the committee more generally. Once again, please talk with Max. Thanks!



The Book Group meeting, scheduled for Wed., Mar. 25, at 4 pm will be cancelled in light of the coronavirus virus. That gives us an extra month to read *A Spool of Blue Thread*. "Wash your hands!" Our next meeting will be Wed. April 22nd at 4 pm.
--Joe

Church Librarian Needed



The St. Andrew Church Library is in need of a Church Librarian. Our Church Library is in pretty good shape right now, but we need someone to help keep it that way (primarily organizing and processing new books that are donated to the library.) You don't need to have had prior experience as a librarian. Any book lovers out there who would like to volunteer? Contact Pastor Roger.

Do you play bridge?

Want to join a fun group of people who play bridge semi-seriously, but for fun? We have the opportunity for you! St. Andrew's bridge group meets the first Saturday of the month and has a lot of fun playing cards, visiting, and snacking! Catch Suzanne Busch, Beverley McArthur or Bob Busch for more details!



St. Andrew will provide lunch for 40 **Habitat for Humanity** workers on Wednesday, April 29th. A main dish, salads and desserts will be needed. If you would like to contribute food or help serve the food to the Unity IV crew at the build site on that day, please see Marilyn Stoops or call her at 265-8358 or email her at mstoops@swcp.com.



**Habitat
for Humanity**[®]

Presbyterian Women will also be postponing their monthly bible study until the church begins to meet again. Pastor Roger is willing to meet with us during the summer if our bible study can resume safely then. PW is also planning a trip to Tender Love Ministry but that outing is postponed as well. Stay turned and stay healthy!

--Karen

Health Ministry

Physical medicine and rehabilitation is also known as physiatry. Physiatrists are medical doctors who lead an interdisciplinary team of physical, occupational, recreational and speech therapists, nurses, psychologists and social workers, each called into play as the need exists, to treat patients with many different impairments.

The major concern that physical medicine and rehabilitation addresses is the ability of a person to function optimally within limitations placed upon them by disabling impairment or disease process. A team approach is emphasized to better coordinate care of patients.

If you are in the hospital recovering from surgery, healing from and injury, or being treated for a disabling health problem, physical rehabilitation may be an important part of your treatment. You may need this type of treatment for any health problem that affects your nerves, muscles, bones or brain and is causing you temporary or permanent disability. This type of rehab may be needed at the hospital or in an extended care facility before you go home. It is most helpful if you will be alone at home, have stairs to climb or cannot function on your own at home.

Everyone's desire is to go home but it may not be the best place or the safest place immediately. Some of the practical questions to consider are: can you drive or get in and out of a car to get to medical appointments, can you fix meals yourself, can you get on and off the toilet seat and take care of your daily personal needs, can you manage your household affairs such as laundry, grocery shopping, write checks, pay bills? Functional ability and quality of life are the main goals of physical rehab. In-Patient Rehab is strongly considered if you have had a stroke, have a neuromuscular disorder, and especially, if there is a spinal cord or brain injury and this is where the interdisciplinary team comes into play.

As we age the areas addressed in recovery are those due to disuse and deconditioning, cardiovascular and skeletal problems. People often face emotional or cognitive changes that can affect level of function and well-being. Essential to geriatric rehabilitation is communication, specifically to improve any sensory impairments, including those related to vision and hearing. The prevention of falls and osteoporosis can improve a person's health and longevity. Addressing malnutrition can promote healing and vitalize a person to participate in a rehabilitation program. Cognitive impairment and depression can affect all goals and outcomes. The most effective modalities for the treatment of chronic pain can be addressed by therapists as well as an assessment made for assistive devices to aid in mobility and decrease falls.

An out-patient setting or home health care services are often called on to continue therapy and treatment. Help for families, friends, or caregivers is available to help them understand the best approach to caring for the elderly patient, or anyone with an impairment. Adherence to an on-going exercise program, or a balance class, influences frailty, speed, ability to live independently, and life expectancy. It is, definitely worthwhile.

--Edith Waugh-Feliciano

One Great Hour of Sharing

For the past few weeks we've been asked not to share – not to share handshakes, not to share in gatherings, not to worship together. We do this out of caring – so that we don't share a virus and potential serious illness. But this can make us feel isolated.

I'm not sure where we'll be on Easter Sunday April 12, but I do know we can join together in reaching out to people around the world through the One Great Hour of Sharing offering. What a wonderful way to feel a little less isolated; a little more hopeful.

The One Great Hour of Sharing is the oldest and largest of our denominational offerings. Through this offering we support:

PRESBYTERIAN DISASTER ASSISTANCE: Works alongside communities as they recover and find hope after the devastation of natural or human-caused disasters, and support for refugees : Receives 32% of funds raised

PRESBYTERIAN HUNGER PROGRAM: Takes action to alleviate hunger, care for creation, and the systemic causes of poverty so all may be fed : Receives 36% of funds raised

SELF-DEVELOPMENT OF PEOPLE: Invests in communities responding to their experiences of oppression, poverty and injustice and educates Presbyterians about the impact of these issues : Receives 32% of funds raised

To reach out, to join our efforts with many others, please consider giving generously to the One Great Hour of Sharing on or before April 12. You may send your check to the St Andrew office, noting that it is for OGHS.

Yours in Christ, Barbara Sanders (Mission and Social Justice Committee)

Dear Friends,

The Reverend Richard Avery died peacefully in the home of his friend in Santa Fe on Sunday night. He was surrounded by family and friends. We are thankful for the many people that cared for Dick in his last days.

Cindy Piatt, friend of Rev. Avery, shared these sentiments.

"He was called by God at a church youth camp when he was 14, and never stopped serving people after that. His 40 year ministry to the Port Jervis, NY church changed many lives through the years. And along with Donald Marsh, the Avery and Marsh partnership changed church music to a new kind of singing hymns that touched people where they were and offered God's Hope for their situations.

Rev. Richard Avery will be missed by so many. His departing prayer would be a challenge to those of us who have more life ahead of us to use our energy to help others, care for those less fortunate, and do so with a song in our hearts."

Information about services is forthcoming.

With Gratitude,

Presbytery of Santa Fe



Worshiping with Laguna United Presbyterian Church

Opportunities to worship with our Presbyterian sisters and brothers on the Laguna Pueblo continue this year. If you would like to accompany Catherine Robinson (May 17, or June 21) or Kay Huggins

CONGREGATIONAL MUSINGS

The conclusion of Holy Week is called the Easter Triduum. A triduum is a space of three days usually accompanying a church festival or holy days that are devoted to special prayer and observances. The Easter Triduum begins Thursday evening of Holy Week with Eucharist, in celebration of the Last Supper Jesus had with his Disciples, and concludes with evening prayers on Easter Sunday. Traditionally, there is no communion observed on Good Friday. Rather it is a day of mourning and remembering Jesus' arrest, pain, and journey to the cross. A common service for Good Friday is Tenebrae, Latin for shadows or darkness. This service ends with the Christ Candle being carried out of the sanctuary, symbolizing the death of Jesus, and a loud noise, symbolizing the closing of Jesus' tomb. Worshipers then leave in silence. An ancient tradition dating to the first centuries of the church calls for no food of any kind to be eaten on Holy Saturday. Holy Saturday is a time of reflection and waiting, a vigil, a time of weeping that lasts for the night while awaiting the joy that comes in the morning. Alleluia!

--Edith Waugh-Feliciano

Easter Triduum



Sam Montoya is in need of a car.



shutterstock.com • 370138256

If you or someone you know has a car that they are no longer using, which Sam could drive temporarily, or permanently take ownership of, please be in touch with him directly at 505-721-0945.

Memorial Cancelled

Because of the deadly situation which we are all in, we have decided to cancel the memorial service for Kathleen Gavey on April 15th. We hope to hold one at a later date when it will be safe for all of us. Please follow through on letting people know of the cancellation. I will notify the PEO AU chapter know of the decision.

Thank you for all the time you have spent in helping us plan it. Please save the emails we have exchanged for the possibility that we can make it happen sometime in the future. Peace be with you. Bruce and Charlotte

Session April 2020

Session musings from Suzanne (Clerk of Session):

We had a successful teleconference for our Session meeting on St. Patrick's Day, March 17, 2020. We talked about how the COVID-19 virus is affecting our lives and ministry. So we had to approve that unless things change, we will continue having our worship services streamed even through Easter. We will stream a Good Friday Service, but cancel the Maundy Thursday Service. We approved getting a license to stream our services.

We had a successful first streaming of 63 people/families watching on March 15!

We approved continuing to provide a sack lunch and hygiene and socks to our neighborhood friends. Bob Busch is heading this up, please let him know if you can help!

We approved two building uses: the New Horizonband of Rio Rancho on June 7, 2020 and Astrith growth for a piano recital on Sunday, May 17, 2020 pending the end of the pandemic.

We approved that small groups and church committees would be asked to wipe the tables they use before they leave with disinfectant.

Treasurer's Report:

<u>February 2020</u>	Current Month	Year-to-Date	Budget
Total Income	27,660	76,663	329,300
Total Expenses	23,496	59,181	336,766
Difference	4,164	13,318	-7,466

Average attendance in February – 92

Membership as of February 29, 2020 – 171

Small Groups at St. Andrew

Under normal circumstances, during the week many small groups use our church building (PW, Historical Jesus, Spiritual Formation, Stroke Club, AA). During the coronavirus pandemic, we are leaving it up to each small group (under 10 people) whether they wish to continue their meetings at the church or not. We will have disinfecting supplies in the Church Library and the Adult Christian Education Room and ask that any group meeting in one of those rooms wipe down hard surfaces (tables, chair arms, and door handles) at the end of their meeting before they depart.



The Spiritual Formation Group *meets every 1st and 3rd Thursday of the month from 10:00 to 11:30 in the St. Andrew library.* We aim to take a deep dive into scripture, opening our minds and hearts to whatever God may convey to us through the Word. We usually choose passages from the daily lectionary, reading each aloud and discussing what meanings we find in them. We also make use of the excellent Bible study resources in the library to better understand the original language, context, and meaning. **All who are interested are welcome and you won't be a newcomer for long.** Questions? Talk to Max Bartlett, Bill Miller, Mary



Lectionary Schedule

Lent

1st Sunday in Lent/Mar. 1

Genesis 2:15-17; 3:1-7
Psalm 32 Romans 5:12-19
Matthew 4:1-11

2nd Sunday in Lent/Mar. 8

Genesis 12:1-4a
Psalm 121
Romans 4:1-5, 13-17
John 3:1-17 or Matthew
17:1-9

3rd Sunday in Lent/Mar. 15

Exodus 17:1-7
Psalm 95
Romans 5:1-11
John 4:5-42

4th Sunday in Lent/Mar 22

1 Samuel 16:1-13
Psalm 23
Ephesians 5:8-14
John 9:1-41

5th Sunday in Lent/Mar. 29

Ezekiel 37:1-14 Psalm 130
Romans 8:6-11
John 11:1-45



BIRTHDAYS THIS MONTH

April

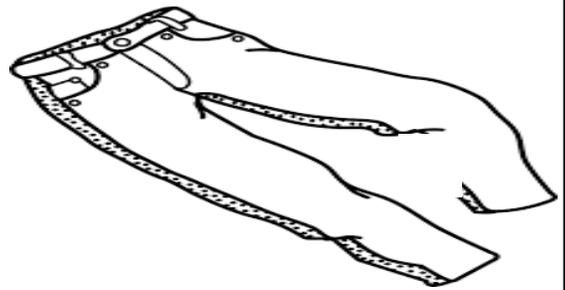
- 1 Andrecia Washington
- Jennifer Moore
- 6 John Dean
- Ann Harrison
- 7 Eleanor Milroy
- 8 Bill Renfro
- 9 Judith Wilde
- Max Templeton
- Michael Molony
- 11 Mary Boughton
- 14 Tad Haynes
- Keri Soliz
- 15 Sarah Montoya
- 19 Agnes Franzak
- Daniel Wishart
- 21 Michael Gaylor
- 27 Walker Yates
- Ann Weeda
- 28 Pierce Green
- 29 Sonia Lersten

Clothing Ministry

Men's and women's clothing are needed. We continually run out of men's long jeans and khakis! If you don't have any to donate, perhaps you could buy some used clothing to help in this ministry.

And don't forget, we always need socks (new or very gently used)!

Due to space limitations we can only use "in season" clothing appropriate for the time of year. Bring your donations into the church office or place in the yellow tub outside the door. Thank you!



Presbyterian Women will be postponing their monthly bible study until the church begins to meet again. Pastor Roger is willing to meet with us during the summer if our bible study can resume safely then. PW is also planning a trip to Tender Love Ministry but that outing is postponed as well. Stay turned and stay healthy!

--Karen

The Historical Jesus Group invites anyone interested in exploring the impact and implementation of God's word in the present time. Discussions range from current political, social, and economic issues to the founding tenets of Christianity. Selected books and articles provide the basis for lively discussion, differing opinions and ideas. The group typically meets on the 2nd and 4th Thursday mornings of the month from 10:00-11:30 a.m. in the St Andrew Library. It is open to others besides Presbyterians. For more info contact Dick Harrison or Max Bartlett.



Children's Sunday School



March was a beautiful and strange month. We were able to have in person Sunday school for only 2 of the weeks, before we began our "social distancing" in response to the Corona virus. After that, we have been had "Sunday school talks and lessons" by email. In week 2 of our March Sunday school lessons, we talked about heaven. We joined our angels Gabriel and Mikey as Gabriel escorted one of the people he watched over on Earth to heaven. As always, the author of this book has a wonderful imagination and what followed was what it might look like for a soul just entering heaven. The author

talked about the sad scene when someone dies, but how in heaven it is one of welcoming and celebrating as this beautiful soul comes home. This soul is greeted by their family and loved ones who have gone on before them. Most of our children have experienced loss and can relate to Gabriel and Mikey's story. It was fun to imagine what it would be like in heaven. Our book talked about getting your white robe (zippered pockets are preferred for when you do loopy loops and you keep things in your pocket), halos that have halo socks (for use at night so the light from your halo light doesn't keep you up) and your own personal cloud to rest on. We laughed a lot as we discussed having our own personal clouds! We will see what April brings!

--Laura Encino

A message from the Children & Youth CE Committee

A BIG Thank You to all the individuals, couples, and families who joined us at the latest Family Game Night in March. It was such a success with great attendance and a full night of board and card game circles, puzzles and ping pong. Thank you to all those who contributed desserts, fruit, and other goodies to share!! We look forward to planning another Game Night later in the year.

Regarding upcoming events in light of taking health precautions due to COVID, we have **cancelled upcoming gatherings** and will send out rescheduled dates once things return to normal.

*Postponed events include:

- Intergenerational Art Afternoon
- Annual St. Andrew Talent Show & Luncheon
- Famous Friends (until further notice)

Blessings, Children and Youth CE Committee

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

FACT 2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 4

You can help stop COVID-19 by knowing the signs and symptoms:

Fever

Cough

Shortness of breath

Seek medical advice if you

Develop symptoms

AND

Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT 5

There are simple things you can do to help keep yourself and others healthy.

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

[cdc.gov/COVID-19](https://www.cdc.gov/COVID-19)

Coronavirus disease 2019 (COVID-19) and you

What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC's web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

fever
cough
shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

People can help protect themselves from respiratory illness with everyday preventive actions.

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Continued...

What to do if you are sick with coronavirus disease 2019 (COVID-19)

...Continued

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all “high-touch” surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure, you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

www.cdc.gov/COVID19

April 2020 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:30 pm Social Justice/ Mission Committee	2 10:00 am Spiritual Formation 6:00 pm Worship & Music Com.	3	4
5 9:30 am Worship/	6	7 Announcements Due	8 6:00 pm Deacons	9 10:00 am Historical Jesus	10	11 
12 9:30 am Worship Service	13	14 7:15 am Finance Comm.. Announcements Due	15	16 10:00 am Spiritual Formation	17	18 
19 9:30 am Worship Service	20	21 9:30 am Presbyterian Women 6:00 pm Session Mtg. Announcements & Presbytidings Articles Due	22 4:00 pm Women's Book Group	23 10:00 am Historical Jesus	24 	25
26 9:30 am Worship	27	28 Announcements Due	29	30 		

St. Andrew Presbyterian Church
5301 Ponderosa Avenue NE
Albuquerque, NM 87110-1216

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St. Andrew Presbyterian Church

Building a community of faith unleashed into the world by the love of God.

Our Mission:

Proclaiming and living the Good News of Jesus Christ by:

- Listening to a loving God
- Celebrating our faith together
- Nurturing each other in Christian love and spiritual growth
- Working for social justice and peace
- Reaching out in compassionate service
- Being stewards of all God's gifts

Please contact us at:

Phone: (505) 881-9626

Fax: (505) 884-9636

E-mail: adm.standrewabq@aol.com

www.standrewabq.org

We are located at 5301 Ponderosa Ave. NE, one block east of San Mateo and across from Montgomery Park.

Worship Services: Every Sunday at 9:30 am