

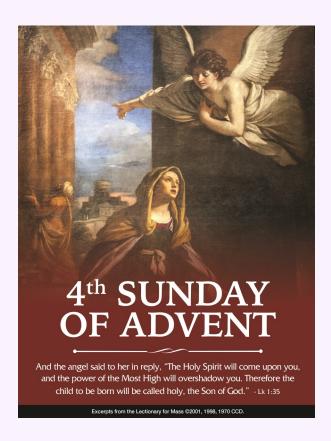
400 Saratoga Road, Glenville, NY 12302

Hours: Monday-Friday 9-12 & 1-4

Office / Rectory 518-399-9168 Parish Center 518-399-9210 Fax 518-384-3278

> Email icchurch400@gmail.com Website www.icglenville.com

> > Find us on Facebook



CALENDAR OF EVENTS					
4TH SUNDAY OF ADVENT	MONDAY	TUESDAY			
12/20 Expectant Family Blessing 9 am public mass streamed on Facebook Attendance by registration. MAIL YOUR DONATIONS	12/21 9 am public mass streamed on Facebook Escorted to seat. No pre-registration. Doors open at 8:30 am	12/22 9 am public mass and adoration streamed on Facebook Escorted to seat. No pre-registration. Doors open at 8:30 am			
WEDNESDAY	CHRISTMAS EVE	CHRISTMAS DAY			
9 am public mass streamed on Facebook Escorted to seat. No pre-registration. Doors open at 8:30 am	12/24 4 pm public mass streamed on Facebook Attendance by registration. 7 pm public mass Attendance by registration. MAIL YOUR DONATIONS	12/25 9 am public mass streamed on Facebook Attendance by registration. MAIL YOUR DONATIONS			
SATURDAY	SUNDAY	UPCOMING			
12/26 Feast of the Holy Family	12/27 Feast of the Holy Family	Parish Offices Closed Dec 28, 31 & Jan 1			
Reconciliation 4 pm 5 pm public mass Attendance by registration MAIL YOUR DONATIONS	9 am public mass streamed on Facebook Attendance by registration. MAIL YOUR DONATIONS	Limited Office Hours Dec 29 & 30 New Year's Eve Mass at 6 pm			

PASTORAL STAFF

Pastor Rev. Jerome R. Gingras

ic4oosaratoga@gmail.com

Director of Music Ministries

William Jon Gray

music.immaculateconception@gmail.com

Pastoral Associate for Administration

Fran Rossi Szpylczyn

Pastoral Associate for Administration

Kathy Friscic

Bishop's Appeal Coordinator

Patricia Schorr

Pastoral Associate for Faith Formation

Madeline Fretto

Assistant for Faith Formation

Michele DeLorenzo

Pastoral Associate for Youth Ministries

Christine Goss

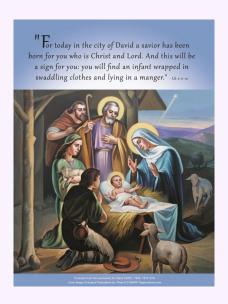
Pastoral Care Coordinator

Rachel Winters

pastoralcareic@gmail.com

Facilities Maintenance

Christoph Belrose



Scheduled Mass Intentions Dec 19-27

SAT 5:00 pm December 19

+Angela, +Ted and +Thomas Pradelski - Barbara & Tony Schietromo +Jim Kelley and +Jack Kelley

+Al Angelino (5th Ann) - wife, Norma

+Thomas S. Robb - family

+Helen and +Paul Treis - daughter, Nancy +Deceased members of the Dame, Kasson & Jordan families - Mary Agnes Dame

Sunday Mass is celebrated at 9 am only.

All Sunday intentions recorded below will be remembered at 9 am.

SUN 8:00 am December 20

+Vee Spadea - family +Mary M. Cintula - family +Angela Pauze - family

+Mary Lou Moskov - Tom & Diane Bigos +Rose Mauro (21st Ann) - daughter, Fran

11:00 am +Selma Gerasimovich - *Monaghan family*

+Helen Smrstik - family

+Dave Bielecki - Mary Beth Sankowski +Hank & +Joyce Maddalone - family +Joe & +Kelly Glasser - family

MON

9:00 am +Charlie Brown (1st Ann) - family

+Dave Bielecki - Month's Mind

+Mae Collisson - Ceil Ahearn

TUES 9:00 am 9:00 am

+Craig Nester - Fran & Mark Szpylczyn

4 pm and 7 pm

Christmas Eve

+Bill Kouzan (1st Ann)

+Connor Jacob Strain (2nd Ann) - family +Hank & Joyce Maddalone - family +Wanda & +Edmund Barnoski - family +Joseph A. & +Mary A. Cintula - family

+Deceased members of the Sacco & Pauze families

+Mary Jane & +Wilfred Clark - family +John & +Jennie Grecco - Darlene & Lou +Ron & +Julia Sheppard - family +Duane Brown - Mom & Cheryl

9 am

Christmas Day

+Henry (Mike) Pokrzywka - the Art Cardi family +Bob & +Eileen Bikowicz - the Art Cardi family +Fr. Tom Connery - Jim & Theresa Markowicz

+Joe & +Kelly Glasser - family

+David Nugent, +Gino & +Rosemary Pitucci, +Louise Roselle, & +Elsie Farone - Susan Nugent

SAT 5:00 pm December 26

+Reggie Less - family +Helen Smrstik - family +Aldona Salorio - family

+James David Scripa - loving family +Nancy Gaida - her sister, Carol

Sunday Mass is celebrated at 9 am only.

All Sunday intentions recorded below will be remembered at 9 am.

SUN 8:00 am December 27

+Joe & +Kelly Glasser - family

+Frank Bosher - wife

+Mary Lou Moskov - Tom & Joan Kudlacik +Luke Preci & +Rrok Preci - family

+Deceased members of the Lott & Suski families - family

11:00 am

+Selma Gerasimovich - Monaghan family

+Helen Smrstik - family

+Leonard Melsert (43rd Ann) - family +Caroline Narkiewicz - Missy & Peter Muro +Ronald C. Johnson - Ron & Mary Ann Johnson

+Hank & +Joyce Maddalone - family

Virtual Evening of Advent Scripture and Song

Are you preparing for Christmas?



Take time and prepare your heart for the coming of Jesus. Join Patty Neumann and Grace Fay for a Virtual Evening of Advent Scripture and Song on December 20 at 7 pm. It is open to all and appropriate for all. Email Grace at olgsjym@gmail.com to join the list to get the link.

Rosary Altar Society

We wish everyone a Holy and Happy Christmas Season and Healthy 2021 New Year. This is the time we would usually have our Christmas party and also when we needed to cancel our party last December due to 27 inches of snow.

We miss seeing everyone at our monthly meetings and time will tell when we will be able to resume having them again next year. We will be thrilled to let you know when we receive the official word. Marilyn is still accepting dues that can be put into the collection basket, mailed, or brought to the rectory.

Take care and stay healthy. God bless you.

Pat, Dorothy, Marie & Marilyn

A note from the parish office...

Please keep us posted if you have a new address, email address or phone number.



If you would like to receive weekly envelopes or to arrange for electronic donations or have other business concerns, please contact the parish office at 518-399-9168 or rectory400@gmail.com.

Contributions which you would like attributed to the 2020 calendar year must be received by December 31. If you wish to have a 2020 statement sent to you, please let us know.

Thank you for your continued unfailing support of our Parish and the Church in Glenville.

Our parish staff wishes everyone a beautiful Christmas!

We thank you for your support this year.



All offices will be closed December 24, 25, 28, 30 and 31 with limited hours on December 22 and 23.

We will be checking our emails and phones. Feel free to contact us if needed.

FAITH FORMATION 518-399-9210

Madeline Fretto: faithformation@icglenville.com Michele DeLorenzo: faithformationasst@icglenville.com



YOUTH MINISTRY 518-399-9203

Christine Goss youthministry@icglenville.com

FOURTH SUNDAY OF ADVENT

The fourth week of Advent can be challenging. We are ready for Christmas and we're getting very excited and becoming anxious. This week however, we must look at how to live Love. Love is the third and greatest virtue after Faith and Hope. Love is also called Charity.

Charity is explained by calling it "Good Will to All." To live Love is to head into the Christmas Season holding on to the examples Jesus gave us. It is to keep in mind those who need us, and those who have less than us, and not to forget to choose love for them. There is nothing wrong with getting excited about Christmas, and anticipating the surprises it can bring, as long as we remember to Love beyond our own interests.

NO SESSIONS 12/20/20 through 1/2/21 for Christmas Break

Classes will resume on Sunday, January 3, 2021 at 10:15 am with Mrs. Wemple and Mr. Zukas.

THE WINTER SESSION PICK UP is scheduled to begin on December 21 and run through January 7. All bags will be labeled and contain all of the resources your children will need for their classes. When stopping by to pick up the bags, please keep holiday hours in mind.

"Maybe Christmas," he thought, "doesn't come from a store, maybe Christmas.....perhaps.....means a little bit more." ~DR. SEUSS

We wish each and every family a Blessed and Joyful Christmas Season! May the New Year bring Good Health and Happiness to you, and those you love. We look forward to being together again in the new year. God bless you!

Your children's catechists, and Mrs. DeLorenzo & Mrs. Fretto

We pray for those who have died recently, especially +Tom Trull, son of Madeline Trull and brother of Laura (Scott) Weaver, Veronica (Terry) Czech, and Debra (Dave) Schultz. Now absent from the body; they are present with the Lord.

Remember in your prayers all who are sick or suffering in any way - mind, body or spirit. We remember especially:

Stuart Staude, Victor, Jim Havasy, Tom Gregory,
Tommy Carpino, Barbara Mlodzianowski, Gloria Cuomo,
Pauline, CM, Debbie, John K, LM, BC, Kevin, Charlie Ryder,
Patrick, Susan Kopchik, Martin Pfeiffenberger, Dawn Vitti,
Stephen, Deacon Mark Leonard, Michelle M, Bill Howard,
Natasha L, Gary McPherson, Carolyn Perez, Elizabeth & Lily,
Elliot, Barbara, Pete Sheridan, Marie Stern, Linda & Patrick R,
Bill V, Kathleen Brown, Mark F, Paul A, Clem LaBrie,
JoAnn Masterson, Owen, Lisa Bovino, Sue Jones,
Brittany Pellerin, Jeffrey, Connie Janack, Anna, Christian B,
Brian Troiano, Joe Barnick, Karen Rhodes, Valerie Saenger,
Tina Masterson, Ron Wood, James, Patrick Richardson,
Madeline Trull, Darlene Polsinelli, Milly Morgan, Erin Hecker.
Names remain for two months; call the rectory for additions.

The Youth Ministries Office will have modified office hours from December 23–January 3, 2021.

We will be responding to messages – both voice and email – but encourage you to call ahead before planning to stop in.

Thank you!

In an abundance of caution --- Youth Ministries has decided to pause in-person gatherings until at least mid-January.

MINI-COURSES

Topics that were scheduled to meet in December have been postponed. The new meeting dates for the topics below are January 25, February 1, and February 8 for these topics.

7TH GRADE – "CONVERSATIONS WITH GOD"

8TH GRADE – "MIRACLES OF JESUS"

9TH GRADE – "RELIGION AND SCIENCE"

10TH GRADE - "WAITING, WATCHING, WONDERING"

Wednesday topics that are scheduled to meet beginning January 13 will continue as scheduled.

7TH GRADE – "MASS AND ME"

 8^{TH} Grade – "Exploring the Sacraments"

9TH GRADE – "THE LITURGICAL YEAR"

10TH GRADE – "ANSWERING GOD'S CALL –WHAT IS A VOCATION?"

Confirmation Candidates and Families: If you have not been receiving email (families) and text (candidates) updates from our office, please be sure to reach out to us and verify that we have accurate contact information on file. We want to be sure that you are receiving updates in a timely fashion!

CATHOLICISM 101 - COMPLETELY VIRTUAL LEARNING

Mark your calendars for Virtual sessions!

Our Virtual Discussions are held via Zoom on the dates below:

7th/8th graders will meet virtually from 6:45–7:30 pm

9th/10th graders will meet virtually from 7:45–8:30 pm

JANUARY 10 - FEBRUARY 7 - MARCH 14 - APRIL 18

An email with the link to the Zoom meeting will be sent the Wednesday prior to each session. You should have received an email with the details to join the Zoom meeting.

FAMILY FOUNDATIONS OF FAITH

Details for each activity are available by emailing the YM Office. As you complete an activity, please be sure to email your written or video reflection to us. Additional suggested activities will be posted on the website in January.



KEEP SCHENECTADY WARM MINISTRY

Hats, mittens, scarves warm garments made with yarn are needed for the infants, children and adults, especially the elderly, served by Salvation Army and

City Mission. Select yarn and drop off finished garments in the box in the gathering space. Contact Donna Lagasse at dlagasse@nycap.rr.com or 518-399-0547.

This year, due to the Covid-19 crisis, we are only accepting newly made and brand new items.

"Whatsoever you do for the least of my brothers, that you do unto me!" MT 25:40



Invest just five minutes a day, and your faith will deepen and grow

Sunday, December 20, 2020 Fourth Sunday of Advent O KEY OF DAVID

Unlocking every door

Those who have been incarcerated know exactly what it means to face a locked door. So do folks who have been institutionalized with mental illness. But even those of us who have not been behind a literal door may find ourselves living under a sentence of fear, bitterness, depression, or unforgiveness. We may be locked out of relationships that are important to us because of resentment or past actions. Poverty is often a prison that keeps opportunity and hope out, while also fostering despair within. O Jesus, Key of David, unlock every door that keeps us from experiencing your freedom!

READINGS: 2 Samuel 7:1-5, 8b-12, 14a, 16; Romans 16:25-27; Luke 1:26-38 (11). "Do not be afraid, Mary, for you have found favor with God."

Monday, December 21, 2020 ADVENT WEEKDAY O RADIANT DAWN

Just before dawn

They say it's darkest just before the dawn, and today we've reached that moment on the darkest day of what has been a very dark year. Our hope in the worst of circumstances reaches a crescendo in today's O Antiphon: "O Radiant Dawn,/splendor of eternal light, sun of justice:/come and shine on those who dwell in darkness and in the/shadow of death." We've reached the edge of a dramatic precipice in our waiting. Have faith and get ready—daybreak is coming.

READINGS: Song of Songs 2:8-14 or Zephaniah 3:14-18a; Luke 1:39-45 (197). "Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."

Tuesday, December 22, 2020 ADVENT WEEKDAY O KING OF ALL NATIONS

The unexpected king is arriving

Today's O Antiphon heralds the Messiah's long-expected arrival as king. But clearly Jesus is not a typical king—because God's kingdom is not a typical earthly kingdom. Jesus will later proclaim, through the Beatitudes, that the kingdom of God is the inverse of what we humans expect. "Blessed are the meek," he insists—and the poor, the persecuted, and those who mourn. In fact, according to Saint Matthew's version of the Final Judgment, Jesus will be the king wielding harsh judgment against all who've neglected the "least of these." How will you serve our expected-but-unexpected king today?

READINGS: 1 Samuel 1:24-28; Luke 1:46-56 (198). "He has cast down the mighty from their thrones and has lifted up the lowly."

Wednesday, December 23, 2020 ADVENT WEEKDAY O EMMANUEL

Do not doubt-God is with us

As we the church celebrate Evening Prayer—whether in monasteries or in our own homes, the domestic church—tonight we pray or sing the seventh and final O Antiphon of Advent with these words: "O Emmanuel, our king and giver of law, come to save us, Lord our God." The name *Emmanuel* means God-with-us. As the season of Advent longing comes to a close, in a world that is in need of God's compassionate and saving presence, let us pray tonight for eyes to see and hearts to embrace the presence of God-with-us in the events and conversations of these holy holidays. Indeed, O come, O come Emmanuel.

READINGS: *Malachi 3:1-4, 23-24; Luke 1:57-66 (199).* "What, then, will this child be?"

Thursday, December 24, 2020

More than a song and dance

For many Catholics of Mexican heritage, today is the final celebration of Las Posadas, nine days of reenacting Mary and Joseph's search for *posada*, shelter. Each day the ritual is the same: Participants knock on doors, sing songs begging for shelter, while hosts respond with songs denying shelter, and finally end with the glorious moment when the door is opened wide and the Holy Family is given shelter for the night. The repetition drives home the desperation of the most famous migrant family and migrants of all times and places, including our own. Can you take some action in support of migrants and refugees this Christmas season?

ADVENT WEEKDAY

READINGS: Morning: 2 Samuel 7:1-5, 8b-12, 14a, 16; Luke 1:67-79 (200). "Here I am living in a house of cedar, while the ark of God dwells in a tent!"

Friday, December 25, 2020

SOLEMNITY OF THE NATIVITY OF THE LORD (CHRISTMAS) The Light shines upon us!

Today as we gaze upon a tiny infant born in difficult circumstances, we are also gazing upon a powerful love that has transformed the world—and us. Fragility and strength, new life and enduring love—these are not mutually exclusive. In the Incarnation, we encounter a God who has loved us since before the creation of the world and who longs to draw close and bring us life. This life is not to be "spiritualized" but to be incarnate in our whole life, including our places of pain and challenge. Saint Athanasius writes, "For the Lord touched all parts of creation, and freed and undeceived them all from every deceit." What is the freedom that God has begun to unfold within you?

READINGS: Vigil: Isaiah 62:1-5; Acts 13:16-17, 22-25; Matthew 1:1-25 (13); Night: Isaiah 9:1-6; Titus 2:11-14; Luke 2:1-14 (14); Day: Isaiah 52:7-10; Hebrews 1:1-6; John 1:1-18 (16). "The people who walked in darkness have seen a great light; upon those who dwelt in the land of gloom a light has shone."

Saturday, December 26, 2020 FEAST OF STEPHEN, FIRST MARTYR

Don't cloak your compassion

Even the greatest among us have their darkest moment. The great Saint Paul had such a moment before his conversion, when he looked on approvingly and guarded the cloaks of those who stoned the church's first martyr, the young and courageous deacon Stephen. Saul of Tarsus, as Paul was known before his conversion, no doubt was convinced that righteousness called for such a cruel and harsh death sentence. Be on guard for misguided righteousness wherever it rears its head, especially when that head is on your own shoulders. It rarely leads to compassion or mercy, God's signposts. Saint Stephen, pray for us.

READINGS: Acts 6:8-10; 7:54-59; Matthew 10:17-22 (696). "Stephen, filled with grace and power, was working great wonders and signs among the people. . . . They threw him out of the city, and began to stone him."

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Early Submission Notice for Parish Bulletin

Our bulletin printing company anticipates a holiday crunch. If you have something you wish to be placed in the bulletin, please look ahead and send your items in early.

Items for Jan 3 publication are due by Noon Dec 21. Items for Jan 10 publication are due by Noon Jan 4.

Inquiries may be directed to Kathy Friscic 518-399-9168, ext 227 bulletineditor@icglenville.com

From the Pastor:

Our season of waiting and fervent anticipation draws to a close. The promise of these four weeks, the coming of our Lord and Savior, will soon reach its fulfillment. The question we might all want to pray with this week is this; have we prepared a place in our hearts for the newborn savior? Have we focused more on how we might celebrate the holiday rather than on Christ? As we once again hear Mary accept the invitation to bear the Son of God, let us be inspired by her yes. She is a model of how we might accept God's invitation to bear Christ to one another.

We know that nothing is impossible for God and that is certainly how I am approaching Christmas and the New Year. We will face some challenges as we go forth with our three parish communities, but I also believe that there will be no shortage of grace and gift as well. This might be a good way to transition from Advent into Christmas, with a prayer that we welcome and love whatever is being born in our churches.

If you missed the **American Red Cross Blood Drive** this past Saturday, there will be another one on **January 16**. There is a vital need for blood for donations right now. The gift of life is essential so that others may live. Registration will be open soon.

We have all been living with the challenges of the coronavirus. **Covid-19** has upended all of our lives in various ways, large and small. The latest news shows that viable vaccines are nearly ready and will soon be administered. There was some confusing news about the vaccines initially. The USCCB has responded to claims regarding Covid vaccines stating that they present no obstacles in regard to Catholic teaching. You can read their memo at the USCCB website at the following link, which will also be posted on our website: https://www.usccb.org/resources/memo-to-bishops-on-vaccines-for-covid-19.pdf

Don't forget that every **Hannaford Helps bag** that you purchase in the month of December brings in additional funding for our food pantry run by the St. Vincent de Paul Society. Maybe you can buy some non-perishables to donate and buy the bag to carry them in! Every little bit helps.

You will see that inserted below we have added a handy chart of **Mass Times and Places** that will help everyone know what time weekend masses are at all three of our parishes and how to attend. If you have any comments or questions on our new configuration, please direct them to the trustees at your particular parish.

I also want to urge everyone attending mass at Immaculate to **please use our online mass sign up system** whenever possible. We all love getting your calls, but the most efficient way to register is electronically. Remember that registrations now open on Monday mornings at 9 am and close when full or on Thursday at 8 pm (4 pm for call ins). Thank you for such vibrant support and attendance at all of our worship spaces.

Here at Immaculate Conception, we will have limited office hours between December 24 and January 1. Please give us a call before you come by.

By time the next bulletin is out, we will have celebrated our Christmas liturgies. Please be assured of my blessings and prayers for one and all. May you and your loved ones find joy in these days, and may the light of Christ warm and illuminate the world.

Joyeux Noel! Fr. Jerry

WEEKEND MASS TIMES AND PLACES

Church	Mass Times	Mass Reservations	Website/Contact	Phone
Immaculate	5:00 Saturday	by reservation	www.icglenville.com	518-399-9168
Conception	9:00 Sunday	online or phone		
St Joseph's	4:00 Saturday	walk-in	www.stjosephschurchscotia.net	518-346-2316
	9:00 Sunday	no reservation needed		
Our Lady of Grace	5:30 Saturday	by reservation	www.olgchurchbl.org	518-384-0109
	10:30 Sunday	phone or email	mayerd@nycap.rr.com	

For questions or suggestions, please contact a Trustee:				
Immaculate Conception	Maryann Haskell	518-331-6706	Maryann.Haskell@gmail.com	
	Frank Zilinskas	518 416-7891	<u>frzicg@yahoo.com</u>	
St. Joseph's	Carol Reynolds	518-901-9381	carolfreynolds@gmail.com	
Our Lady of Grace	Polly VanNostrand	518-369-5945	vannostrandp@gmail.com	
	John Lorenc	518-399-2973	john.lorencphd@gmail.com	

The Church of the Immaculate Conception,

in the Roman Catholic Diocese of Albany, New York, is a community of faithful Christians, who have come together under the wisdom of the Holy Spirit and the guidance of the Blessed Virgin Mary, to give witness to Jesus Christ.

Our mission is to celebrate the Eucharist; to joyfully proclaim the Good News; to care for those in need; to actively foster stewardship of time, talent and treasure; and, as a parish family, to grow in faith, love, and peace.

Thank you for your support! The Book Club members dropped off 147 bras and several checks to City Mission recently. Sr. Chris was very appreciative and plans to have a "Bra Party" to distribute the bras. Many of the women are new Christians and she plans to tell them that they are receiving a new foundation which will raise them up and they will be uplifted. Thank you to everyone for your support of these women. —Simone McGuinness



This month, proceeds from Hannaford Fight Hunger Bags will go to St. Vincent de Paul Society, although Hannaford calls it the Immaculate Conception Food Pantry. When shopping, please purchase a bag or two to give your support.



FOR THE WEEK of December 20

Saturday 5 pm and Sunday 9 am Reservations are required for weekend

mass attendance. To sign up, visit our website at icglenville.com - or call the parish office at 518-399-9168.

Monday, Tuesday, & Wednesday 9 am—no reservations needed.

4 pm and 7 pm Christmas Eve and 9 am Christmas Day. Reservations are required for Christmas Eve and Christmas Day.

To sign up, email: liturgy@icglenville.com

Sunday, Monday, Tuesday, & Wednesday masses are livestreamed. As are 4 pm and 9 am Christmas masses. See our website for details.

Go to our Facebook page and "like" us to follow us. During mass time, hit the live button next to videos to pray with us.

Not on Facebook? Visit our website and click on the Facebook live mass image. It will bring you there!

SNOW DAYS! In consideration for the safety of our parishioners, if Burnt Hills Schools are closed or delayed, there will be no morning Mass on weekdays. School closing info, can be found on Capital News 9, WNYT-TV, WRGB-TV and WTEN-TV, and on radio stations WFLY-FLY92 and WGY-810 and at www.timesunion.com. Or, check our website: [www.icqlenville.com].

Welcome! We welcome visitors to our community with great joy!

All Catholics who regularly worship at the Church of the Immaculate Conception, as well as those living in the greater Glenville area, are invited to become a part of our parish community.

Our church is equipped with audio devices for the hearing-impaired and is handicappedaccessible. Please see our ushers for assistance.

NOTES FROM THE PARISH NURSE Holiday Advice During the Pandemic - Christmas

This year has been a series of challenges, and many of us are now looking forward to the holiday season. Sadly, we are still in the throes of the pandemic, and this holiday season will look different

too. We cannot let down our guard, as the rates of COVID continue to rise, and in combination with the flu season causes more risks. The Centers for Disease Control and Prevention (CDC) are providing us with guidance to keep our families, friends, and loved ones protected.

The concern remains that the virus can be spread when a person has no symptoms. A reminder: symptoms include an elevated temperature, chills, cough, shortness of breath or trouble breathing, muscle or body aches , headache, new loss of taste or smell, sore throat, congestion or runny nose, nauseas or vomiting, and diarrhea. There can also be other symptoms that are unusual for you that can occur. If you experience any combination of these symptoms call your healthcare provider for advice about the need for testing. It can be difficult to tell the difference between COVID and the flu, as the symptoms are similar, which is why testing may be needed, and your healthcare provider can guide you in that decision.

There are some emergency symptoms that require immediate attention with a call to 911 (advise them that you think the person is showing signs of COVID) trouble breathing, pressure or persistent pain in the chest, new confusion, inability to wake or stay awake, and bluish lips or face. This is not an all-inclusive list, so if you have symptoms that are unusual to you call your healthcare provider for assistance.

When considering how you and your family will celebrate Christmas, be creative; maybe this is the year you donate food to the food banks, and shelters in your area. Face-time, use Zoom or other communication methods. What we learned from Thanksgiving, is that traveling, and being around others was, as predicted not advised. The result is that we are seeing higher COVID numbers than we did in early March, just as predicted would happen if we let down our quard. Many of those infected were because of large family gatherings. So, for Christmas, we need to heed the scientists, Infectious Disease specialists, and follow the advice to stay home. If you choose a gathering there should be no more than 10 people, CDC suggests that you bring your own food, drinks, plates, & utensils or consider one person serving everyone. If you are gathering indoors open windows for ventilation. Wear masks (ones that have at least two or more layers), store the mask carefully when removed for eating, socially distance, wash your hands frequently or use hand sanitizer (that contains at least 60% alcohol), and replace the mask as soon as dinner is finished.