

BERN LUTHERAN CHURCH

820 West Leesport Road

Leesport, PA 19533

Address Service Requested



Enter his gates
with THANKSGIVING
and his courts with
praise; give THANKS
to him and praise
his name. PSALM 100:4

HAPPY
THANKSGIVING



MAILING ADDRESS:

Bern Evangelical Lutheran Church
820 West Leesport Road
Leesport, PA 19533
Phone: 610-374-4343 / Fax: 610-374-1014
Email: bernlutheranchurch@gmail.com
Website: www.berchurch.org
Facebook Page: <https://www.facebook.com/Bern-Lutheran-Church-103625754955228>

WORSHIP:

In-Sanctuary Worship on Sundays at **10:00 a.m.**

MINISTERS:

ALL THE MEMBERS EVERYDAY

PARISH SECRETARY:

Korinne Hotzman, 610-790-7195 (cell)
Office Hours: Tuesday 8:00 a.m. - 2:00 p.m.
Wednesday 12:00 p.m. - 4:00 p.m.
Thursday 8:00 a.m. - 1:00 p.m.

MUSIC DIRECTOR:

Jane Battaglieri, Phone: 610-370-0965

COUNCIL MEMBERS:

Brenda Reichart, President
Richard Gruber, Vice President
Theresa Shurr, Secretary
David Hartman, Treasurer
Pat Yocum, Financial Secretary
Jane Battaglieri
Christopher Becker
Michael Braucher
Richard Greener
Linda Lash
Erin Readinger

BUILDING PRINCIPLES:

- Devotion to Jesus as Lord and Savior
- Compassionate Sharing and Community Service
- Persistent Faithfulness
- Courageous Witness
- Flexible Leadership

PURPOSE STATEMENT:

God's purpose for our congregation is to:

Learn God's mission

Share God's love

Witness through Word and Service

Welcome all to a fellowship of forgiveness and thankful praise

Bern Bugle's Newsletter Sponsor

The *Bern Bugle* newsletter for November is sponsored by Pat and Harry Yocum in honor of their wedding anniversary.

Council Meeting Highlights

The following discussions took place and decisions made at our Council Meeting on Monday, October 21st:

- Approved sale of gas appliances in the kitchen and set minimum prices for each item.
- Approved purchase of assisted listening devices. Will confirm with Worship & Music that their endowment allocation can be used for the purchase.

The next Council Meeting will be held on Monday, November 18, at 7:00 p.m.

Electronic Newsletter Mailing

If you are receiving the monthly newsletter in the mail and would like to just receive it electronically, please let Secretary Korinne know so she can update your preference.

Daylight Saving Time Ends

Yes, it's that time of year again. Daylight Saving Time ends on **Sunday, November 3, at 2:00 a.m.** Time to "fall back." Remember to turn your clocks back 1 hour before going to bed on Saturday night.

Food and Faith Worship Service

Epler's UCC will be holding their monthly Food & Faith worship service on **Friday, November 1st**. The theme for this month is "Time for Unity." The theme will be the need for unity and care for each other as we come upon election day as well as the hatred and division that is seen in our country and in our world. Please join us and bring your prayers for peace and care for each other. The meal will be held at 6:00 p.m. with worship following at 7:00 p.m. All are welcome!

All Saints Sunday

On **November 3, All Saints' Sunday**, we will remember those who have gone before us to the triumphant church in heaven. Members for this year are Myra L. Bernhart, Beatrice L. Kauffman, Arlene M. Lengel, Timothy D. Moyer, and Joan L. Reber. Family members and friends are David L. Burkey, Betty M. Gruber, and Esther M. Moyer. We believe they surround us even now as we continue our course on earth. They support and cheer us on. You are invited to bring framed pictures of your loved ones who have gone before us to be displayed around the sanctuary, reminding us of their presence with us. A candle will be lit and a bell will toll as the names of those who have died this year are read. If you have a loved one who passed away since November 2023 and whose funeral was held somewhere else, please contact the church office if you would like their names included. Please remember to take home your pictures after the worship service. This will be a day of both remembrance and celebration.

Veterans Day

During our worship service on **Sunday, November 10, 2024**, we will be recognizing and honoring our veterans and those currently serving in the military.

Annual Congregational Meeting

We invite you to join us for worship on **Sunday, November 10, at 10:00 a.m.** Our Congregational Meeting will take place immediately following our worship service. At this meeting we will be voting on the Proposed Budget for 2025 and electing new members to council.

Sunday School

All children are invited to join us for Sunday School after the worship service from 11:00-11:30 a.m.

PLEASE NOTE: There will be no Sunday School on **Sunday, November 10**, due to the Congregational Meeting.

Harvest Home Service

Our Harvest Home worship service will be held on **Sunday, November 17th**. We will be collecting donations for the Schuylkill Valley Food Pantry.

Newsletter Deadline

Articles for the December *Bern Bugle* are due by **Tuesday, November 19th**.

November Social Hour Sign-up Sheet

Join us for our social hour on **Sunday, November 24**, after the worship service. We need a host and one more contributor. Please sign up on the sheet in the hallway if you are interested in hosting and/or contributing any desserts. Thank you!

Office Closed

The church office will be closed on **Thursday, November 28**, in observance of the Thanksgiving holiday. The office will reopen on Tuesday, December 3rd.

Free Community Meal

Bern UCC is sponsoring a free community meal on **Tuesday, November 19, from 5:00-6:00 p.m.** Bring your family, friends, and neighbors and anyone who could use a good free meal. The next community meal will be on Tuesday, December 10 at St. John's Gernant's Church from 5:00-6:00 p.m.

Epler's UCC Bible Study

You are invited to join Pastor Gary Rarick for an hour-long Bible Study using the "First Nations Version of Scripture" which is an Indigenous translation of the New Testament. Familiar Bible stories will be used to compare this translation to others and discuss their meaning. The Bible Study is held on Thursday mornings from 11:00 a.m. to 12:00 p.m. There is no need to pre-register and there is no required reading ahead of time. You can attend as much or as little as you want.

The schedule is as follows:

- November 7 Acts 2:1-21, Pentecost
- November 14 Philippians 3:1-6, Flesh Cutting Ceremony
- November 21 Matthew 6:9-13, Lord's Prayer

Wreaths Across America

We will be taking orders for wreaths to remember our military veterans. The laying of the wreaths will take place on Saturday, December 14th. A service will take place before the laying of the wreaths at 1:00 p.m. at Bern UCC. Please come into the church building at 1:00 p.m. for the service and your assignments. If you are interested in helping to lay the wreaths, contact Barry Shurr at 610-372-7229. See the order form included in this newsletter for more details and to place your order. **The deadline for orders is Sunday, December 1st.**

Christmas Kick-off

Please plan to join us for a pot-luck luncheon immediately following worship on **Sunday, December 1st**. Hot dogs and hamburger BBQ will be provided. There is a sign-up sheet on the bulletin board for those who would like to contribute a side dish, drinks, or dessert. There is also a sign-up sheet for those planning to attend so that we know how much food to prepare. We are hoping to spend some time together before everyone is caught up in the busyness of the holiday season. There will be food, fellowship, and some holiday activities.

Christmas Camp

Epler's UCC, 1151 W. Leesport Road, is hosting their free Christmas Camp on **Saturday, December 7, from 9:00 a.m. to 3:00 p.m.** Parents can drop off their kids for the day and wrap presents, go shopping, clean, or just take a break from the holiday rush. Potty-trained children through age 17 can spend the day playing games, doing crafts, listening to stories, singing, and more! Even though the camp is free, registration is still required. No forms will be accepted after Monday, December 2, so get your forms in early. Registration forms are available on their website at www.eplerschurch.org or by emailing Pastor Gary at pastorrrarick@gmail.com. If you have any questions, contact Brea Rarick at 570-441-1980 or brea.rarick@gmail.com.

Traveler's Christmas Eve Worship

Do you travel for Christmas and are unable to attend Christmas Eve worship? Epler's UCC is offering an opportunity to experience Christmas Eve worship in person on **Thursday, December 19 at 7:30 p.m.** This service will be exactly the same as the December 24th service and will include all of the regular Christmas Eve worship experiences including a choir anthem, singing Christmas hymns, hearing the Christmas Story, and the candlelight singing of Silent Night. All are welcome to join in this service.

Hymn Sing

On **Sunday, December 29**, we will be having a Hymn Sing. We are asking members of the congregation to write down their favorite Christmas hymns with your 2 favorite verses and place in the container on the table in the narthex.



IN OUR

Thoughts and Prayers



MEMBERS:

Tina Hissinger, Berry Hey, Sally Koch, Margaret Hey, Richard Greener, JoAnn Ketz, Robert Hissinger, Donna Marks, Pauline Shuman, Lisa Miller, and Ruth Keeney.

FAMILY AND FRIENDS:

Family and friends of Betty Gruber, Randy Shurr, Jean, Mary, Family and friends of Esther Moyer, Charles Trophe, Delores Kistler, Kathy Sutphin, Heather Baum, Debra Kennedy, Eddie Kissling, Bill Manus, Terri Hine, Ziomara, Nick Odagis, Lara Pappas, Danielle Roberts, Sheri Mafeo, Eleanor, Glenva, Warren, Courtney Davis, Giselle Davis, Joanne King, Tim Brown, Robin Brown, Matt DeLeon, Pastor Joyce Seip, Philip Triantis, Mike, Peggy Deemer, Joe and Karen Young, Brian, Jamie Hey, Glenn Jones, Kailey, Renee Fullmer, Patrick, Susan, Joyce, and Rev. Fred Foerster.

(If you would like to add anyone to our prayer list, please contact Korinne in the church office. Please also notify her of anyone that could be removed.)

thank you

To my Bern Church Family, thank you for your cards and concern on the recent passing of my mother. –

Rick Gruber

Dear church council and congregational members, thank you for the gift card in celebration of Pastor Appreciation Month. Your kindness and thoughtfulness is very much appreciated. I believe it will be three years this coming January that I began supplying at Bern Church when Pastor Phyllis retired. It has become a time that I look forward to each Sunday I am scheduled to be Presiding Minister. I find the congregation to be especially welcoming and very appreciative of my being there. I enjoy supplying at Bern Church and hope to be able to continue doing so as long as you need me. May God continue to be with us now and in our time together for the future. Your servant in Christ,
Pastor Kenneth Gould

ALTAR FLOWER. BULLETIN. AND NEWSLETTER SPONSORSHIPS

You can sponsor Altar Flowers for \$35.00/week, Bulletins for \$20.00/week, or our monthly Newsletter for \$40.00/month.

Altar Flower Sponsors:

November 3 – Barbara Auchenbach
November 10 – Beverly Moyer
November 17 – David and Beth Hartman
November 24 – Phil and JoAnn Ketz

Bulletin Sponsors:

November 3 – Barry and Terri Shurr
November 10 – Jay Field
November 17 – Jay Field
November 24 – Jay Field

Newsletter Sponsor:

Patricia and Harry Yocum

Church Openers:

November 3 – Erin Readinger
November 10 – Brenda Reichart
November 17 – Richard Gruber
November 24 – Christopher Becker

Church Greeters:

November 3 – Barbara Auchenbach
November 10 – Beverly Moyer
November 17 – Barbara Speicher
November 24 – Nancy Malandra

Lectors:

November 3 – Donna Marks
November 10 – Barbara Braucher
November 17 – Tracey Leh
November 24 – Richard Gruber

Communion Assistants:

November 3 – Donna Marks
November 10 – Dianne Leiningner
November 17 – Linda Lash
November 24 – Dianne Leiningner

Supply Pastor Schedule:

November 3 – Pastor William Fryer
November 10 – Pastor Kenneth Gould
November 17 – Pastor Kenneth Gould
November 24 – Pastor David Kistler



(* Denotes 80 years young)

- 1 Nathaniel Lash
- 4 Jane Schaeffer *
- 6 Nathan Braucher
- 8 Donald Greenwood
- 9 Shyann Parks
- 12 Ryan Readinger
- 13 Arlene Ensinger *
- 16 David Greenwood
- 16 Carl Lash
- 17 Carol Ann Gould
- 17 Darryl Schlappich
- 18 Ashlin Long
- 18 Jeffrey Schucker
- 21 Richard Gruber
- 28 Lisa Miller
- 28 Margaret Reagan *



- 5 Marke and Jamie Wismer (19 years)
- 11 Harry and Patricia Yocum (52 years)

ATTENTION LADIES!

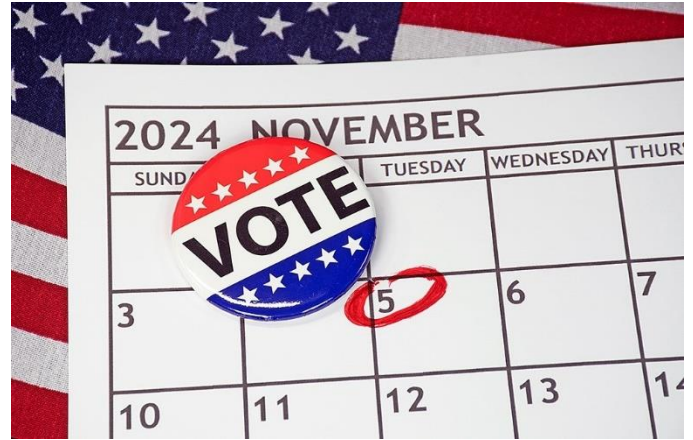
BYOL (Bring Your Own Lunch)

On Monday, November 4, at 12:00 noon, the ladies of the congregation will meet in the Social Hall to enjoy each other's company. So, pack your favorite sandwich and drink and join us for an afternoon of fellowship.



A PRAYER FOR THE UPCOMING ELECTION

Holy Trinity, one God, you show us the splendor of diversity and the beauty of unity in your own divine life. Make us, who come from many nations and many languages, a united people that delights in our many different gifts. Guide our citizens as we vote in the coming election. Defend our liberties and give those whom we have entrusted with authority the spirit of wisdom, that there might be justice and peace in our land. We pray in the name of Jesus Christ, our sovereign and Savior. Amen. (ELW)



Thanksgiving Giving

Gratitude is the right attitude for November – the month when we take inventory of our blessings and thank God for them. And how much do you have to be thankful for this year? For many of us, it's a lot – a decent place to live, enough nutritious food, nice clothes and people who love us. These are the huge everyday blessings that many of us take for granted. Are you one of them? After all, though many of us sit down on Thanksgiving to a table brimming with turkey, mashed potatoes, green beans, cranberry sauce, pumpkin pie and more, lots of our neighbors will have a meager meal. This Thanksgiving, why not do more than just raise up a prayer of thanks. Instead, express your gratitude with a gift that would benefit someone who has much less than you? This year, thank God for your blessings and take the extra step of blessing someone else.

--Robert Blezard

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BERN EVANGELICAL LUTHERAN CHURCH PROUDLY RECOGNIZES AND THANKS THESE MEMBERS WHO HAVE SERVED IN THE FOLLOWING BRANCHES OF THE UNITED STATES MILITARY:

ARMY

Jay Field
Donald Greenwood
E. Berry Hey, Jr.
Robert Hissinger
Jack Kochan
C. Jacob Stricker

NAVY

Craig Myers
Gerald Pawlyk

AIR FORCE

Gary Drobnick
David Haas
Judy Haas
Shawn Hissinger
Harry Yocum, Jr.

MARINES

Christopher Becker
William W. Kerns

AIR NATIONAL GUARD

Dennis Egan





Christmas Cards
for our
Homebound Members

You may have noticed a table with a basket on it in the hallway on your way into church. We are collecting cards to send warm wishes to our homebound members for Christmas and to let them know we are thinking about them. All you have to do is sign the card, put the member's name(s) on the envelope, place it in the basket, and we will take care of the rest.

Bern's homebound members are:

- Caroline Eichner
- E. Berry and Margaret Hey
- Ruth Keeney
- JoAnn Ketz
- Jack Kochan
- Ann Myers
- George and Jane Schaeffer
- Pauline Shuman
- Phyllis Stonefelt

Please have your cards to church by **Sunday, November 24th**. Thank you!

coming soon...

Angel Tree

We will again be participating in the Berks County Children & Youth Services Christmas gift program. We will have names of children to pick from. More details will be available in our December newsletter.

NEEDED!

The supply of cans used for the altar flowers is dwindling. If anyone has the 46 oz. cans please consider bringing them to church. If any questions, see Dianne. Thank you!



INCOME AND ATTENDANCE

<u>For the Week Ending</u>	<u>Income toward Budget Expenses</u>	<u>Attendance</u>
09/29/2024	\$1,320.30	41
10/06/2024	\$3,604.06	44
10/13/2024	\$1,230.00	36
10/20/2024	\$1,195.00	36
10/27/2024	\$1,765.00	41

\$3,259.19 is needed per week to meet 100% of the Budgeted Expenses

Budget Report – Year to Date

	<u>September</u>	<u>YTD</u>
Income	\$12,311.00	\$104,315.00
Congregational Fundraising	.00	3,566.00
Total Funds	<u>\$12,311.00</u>	<u>\$107,881.00</u>

Actual Income / Expenses	<u>September</u>	<u>YTD</u>
Budgeted Income	\$11,376.00	\$97,113.00
Non-Budgeted Income	935.00	23,524.00
Budgeted Expenses	6,078.00	74,488.00
Non-Budgeted Expenses	.00	8,629.00
Benevolence to be Paid	530.00	1,414.00
Surplus/Deficit	+5,703.00	+36,106.00

Benevolence	<u>YTD</u>	<u>2023 Pledge</u>
Synod and ELCA	\$1,412.00	\$3,000.00
World Hunger	756.00	1,500.00
Mission Field	756.00	1,300.00
W.B.M.D.	383.00	600.00
Other	363.00	.00

Capital Improvement Acct.	<u>September</u>	<u>YTD</u>
Member Contributions	\$175.00	\$1,195.00
Interest	112.00	734.00
Expense	<u>0.00</u>	<u>0.00</u>
		<u>\$46,200.00</u>

Savings Account	<u>September</u>	<u>YTD</u>
Thrivent Choice Dollars	\$.00	\$ \$721.00
Interest	.00	6,382.00
Expenses	.00	<u>.00</u>
		<u>\$253,529.00</u>

NOVEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* Wreaths Across America Order Forms Due December 1st</p> <p>* Christmas Kick-off – December 1st</p>					<p>1</p> <p>6:00pm-Epler's UCC Food & Faith meal and worship service</p> <p>6:00-8:00pm – Frog Pond</p>	<p>2</p>
<p>3</p> <p><u>All Saints Sunday</u> 10:00am-Worship 11:00am-Sunday School</p> <p>Opener: Erin Readinger Lector: Donna Marks Greeter: Barbara Auchenbach</p>	<p>4</p> <p>12:00pm-Bring Your Own Lunch (BYOL) Ladies' Fellowship Lunch at Bern Church</p> <p>7:00pm-Bern Township Supervisor's Meeting (Social Hall reserved)</p>	<p>5</p> 	<p>6</p>	<p>7</p> <p>11:00am-12:00pm- Bible Study, Epler's UCC</p>	<p>8</p> <p>6:00-8:00pm – Frog Pond</p>	<p>9</p> <p>Tentative Shower (Social Hall Rental)</p>
<p>10</p> <p><u>25th Sunday after Pentecost</u> 10:00am-Worship -Congregational Meeting after worship</p> <p>Opener: Brenda Reichart Lector: Barbara Braucher Greeter: Beverly Moyer</p>	<p>11</p> 	<p>12</p> <p>7:30pm-Bern Township Planning Commission Meeting (Social Hall reserved)</p>	<p>13</p> <p>6:00-8:30pm – Hawk Mountain Council (Social Hall reserved)</p>	<p>14</p> <p>11:00am-12:00pm- Bible Study, Epler's UCC</p>	<p>15</p> <p>6:00-8:00pm – Frog Pond</p>	<p>16</p> <p>Time TBD-Schuylkill Valley Football (Social Hall reserved) – Matt Kasisky</p>
<p>17</p> <p><u>26th Sunday after Pentecost</u> 10:00am-Worship -Harvest Home Service 11:00am-Sunday School</p> <p>Opener: Richard Gruber Lector: Tracey Leh Greeter: Barbara Speicher</p>	<p>18</p> <p>7:00pm-Council Meeting</p>	<p>19</p> <p>9:00am-Berks Quilters Guild All-day Workshop (Social Hall reserved)</p> <p>5:00-6:00pm-Free Community Meal, Bern UCC Newsletter Deadline</p>	<p>20</p>	<p>21</p> <p>11:00am-12:00pm- Bible Study, Epler's UCC</p>	<p>22</p> <p>6:00-8:00pm – Frog Pond</p>	<p>23</p>
<p>24</p> <p><u>Christ the King Sunday</u> 10:00am-Worship 11:00am-Sunday School -Social Hour after worship</p> <p>Opener: Christopher Becker Lector: Richard Gruber Greeter: Nancy Malandra</p>	<p>25</p>	<p>26</p> <p>8:30-10:30am-Bern Township Tax Sitting Hours</p> <p>4:00-7:00pm – Berks Festival of Faith (Social Hall reserved)</p>	<p>27</p>	<p>28</p>  <p>OFFICE CLOSED</p>	<p>29</p> <p>6:00-8:00pm – Frog Pond</p>	<p>30</p>

Flu shot: Your Best Bet for Avoiding Influenza

Getting a flu shot will often protect you from a serious case of the flu. And although the flu shot doesn't always provide total protection, it's worth getting.

By Mayo Clinic Staff

Flu, also called influenza, is an infection of the nose, throat and lungs, which are part of the respiratory system. The flu is caused by a virus. Most people with the flu get better on their own. But influenza can cause serious complications for some groups of people.

Getting a flu vaccine is the best way to prevent the flu and its complications for almost everyone. The flu vaccine can lower the risk of getting the flu. It also can lower the risk of having serious illness from the flu and needing to stay in the hospital or dying of the flu.

This year's seasonal flu vaccines each provide protection against three influenza viruses that researchers expect to be most common this flu season.

When is the flu vaccine available?

The flu vaccine is often available in the U.S. around September. The viruses that cause flu spread at high levels during certain times of the year in the Northern and Southern hemispheres. In North America, flu season usually runs between October and May.

It takes about six months for pharmaceutical makers to produce the flu vaccine. In the United States, shipments often begin in late summer. Once you get a flu vaccine, it takes up to two weeks to build immunity. So it's usually best for people in the United States to get the flu vaccine in September or October. But you can benefit from the vaccine even if you don't get it until later in flu season.

Why do I need to get vaccinated every year?

Flu viruses change quickly. Last year's vaccine may not protect you from this year's viruses. New flu vaccines are released every year to keep up with rapidly changing flu viruses. When you get vaccinated, your immune system makes antibodies to protect you from the viruses included in the vaccine. But antibody levels may decline over time, which is another reason to get a flu shot every year.

Who should get the flu vaccine?

The U.S. Centers for Disease Control and Prevention recommends yearly seasonal influenza vaccinations for everyone age 6 months or older who doesn't have a medical reason to avoid the vaccine. Getting a yearly flu vaccine lowers the chances of having serious complications or dying of the flu. This is especially true for people who are at high risk of flu complications.

High risk groups include:

- ✓ Adults older than age 65.
- ✓ People in nursing homes or long-term care.
- ✓ Young children, especially those age 12 months or younger.
- ✓ People who plan to be pregnant, are pregnant or recently gave birth during flu season.

In the United States, some groups have a higher risk of needing treatment in the hospital for flu. Those groups include people who are Native American or Alaska Native, Black, or Latino. Other groups at high risk of flu complications include people with:

- ✓ Weakened immune systems.
- ✓ A body mass index (BMI) of 40 or higher.
- ✓ Conditions that affect the nervous system or how the brain processes information.
- ✓ And people with certain medical conditions have a higher risk of flu complications, such as:
 - People who have chronic illnesses, such as asthma, heart disease, kidney disease, liver disease and diabetes.
 - People who have had a stroke.
 - People who are younger than 20 years of age and are receiving long-term aspirin therapy.

Vaccines called high-dose or adjuvanted flu vaccines can help people have a stronger immune response against influenza. People over age 65 can get these vaccines. These vaccines also are recommended for people age 18 and older who have a solid organ transplant and take medicine to weaken their immune response.

Children between 6 months and 8 years may need two doses of the flu vaccine, given at least four weeks apart, the first time they get a flu vaccine.

After that, they can get single annual doses of the flu vaccine.

Check with your child's healthcare professional.



Also, check with your healthcare team before getting a flu vaccine if you had a serious reaction to a previous flu vaccine. People who have had Guillain-Barre syndrome also should check with a healthcare professional before getting the flu vaccine. And if you feel sick when you go to get the shot, check with your healthcare professional to see if you should delay getting the vaccine. If you have an egg allergy, you can receive any of the flu vaccines, anywhere the vaccine is offered.

What are my flu vaccine options?

The flu vaccine is available as a shot given with a needle, as a jet injection or as a nasal spray. For older children and adults, the flu shot is usually given in a muscle in the arm. Younger children may get the flu shot in a thigh muscle. If you are an adult under the age of 65, you can get your vaccine with a jet injector device. Instead of a needle, the device uses a high-pressure, narrow stream of fluid to go through the skin. The nasal spray vaccine is approved for people between 2 and 49 years old. The nasal flu vaccine isn't recommended for some people, including:

- ✓ People who had a severe allergic reaction to a flu vaccine in the past.
- ✓ Pregnant people.
- ✓ Young people who take aspirin or a salicylate-containing medicine.
- ✓ People with weakened immune systems and people who are caregivers or close contacts of people with weakened immune systems.
- ✓ Children between ages 2 and 4 years old diagnosed with asthma or wheezing in the past 12 months.
- ✓ People who recently took antiviral medicine for the flu.
- ✓ People with a cerebrospinal fluid leak or the potential for a leak, as with a cochlear implant.

Check with your healthcare team to see if you need to be cautious about getting a nasal spray flu vaccine.

Can the vaccine give me the flu or other respiratory diseases?

No, the flu vaccine can't give you the flu. And the flu vaccine does not make you more likely to get another respiratory infection based on available evidence. But you might develop flu-like symptoms — despite getting a flu vaccine — for many reasons, including:

Reaction to the vaccine. Some people have muscle aches and a fever for a day or two after receiving a flu vaccine. This may be a side effect of your body's production of protective antibodies.

The two-week window. It takes about two weeks for the flu shot to take full effect. If you're exposed to the influenza virus shortly before or during that time period, you might catch the flu.

Mismatched flu viruses. In some years, the influenza viruses used for the vaccine don't match the viruses spreading during the flu season. If this occurs, your flu shot will be less effective. But it may still offer some protection.

Other illnesses. Many other illnesses, such as COVID-19, also have flu-like symptoms. So you may think you have the flu when you actually don't.

Can I lower my risk of the flu without getting a flu shot?

The flu vaccine is your best defense against the flu. But you can take other steps to help protect yourself from the flu and other viruses, including COVID-19. Follow these standard precautions:

Wash your hands. Wash your hands well and often with soap and water for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Avoid touching your face. Keeping your hands away from your eyes, nose and mouth helps keep germs away from those places.

Cover your coughs and sneezes. Cough or sneeze into a tissue or your elbow. Then wash your hands.

Clean surfaces. Regularly clean often-touched surfaces to prevent spread of infection from touching a surface with the virus on it and then your face.

Avoid crowds. The flu spreads easily wherever people gather — in child care centers, schools, office buildings and auditoriums and on public transportation. By avoiding crowds during peak flu season, you lower your chances of infection. Also avoid anyone who is sick.

If you're sick, stay home until you feel better and have had no fever for a full 24 hours, and you haven't taken medicine for fever during that time. If your fever returns or you start to feel worse, stay apart from others until your symptoms improve and you are fever-free without medicine for 24 hours. Doing so will lower your chance of infecting others.



NATIONAL WREATHS ACROSS AMERICA DAY

Each December on National Wreaths Across America Day, our mission to Remember, Honor, and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 1,600 additional locations in all 50 U.S. states, at sea and abroad.

WHY WE DO IT

We understand we have Veterans Day in the fall and Memorial Day in the spring, but our service members sacrifice their time and safety every single day of the year to preserve our freedoms. In many homes, there is an empty seat for one who is serving or one who made the ultimate sacrifice for our country. There is no better time to express our appreciation than during the hustle and bustle of the holiday season. We hope you will join us at any of our more than 1,600 participating locations to show our veterans and their families that we will not forget. We will never forget.

Please help Bern Cemetery Company remember our military veterans by sponsoring a wreath in either Bern Cemetery or the Bern Historic Graveyard this holiday season.

The cost for each wreath is \$17.00. They are live wreaths from Maine and are 22" in diameter with a red bow. **The Wreaths Across America service will begin at 1:00 p.m. at Bern Reformed UCC, on Saturday, December 14, 2024.** Wreaths will be placed at the graves following the service.

Please make checks payable to "Bern Cemetery Company" and give to Barry Shurr or place in offering plate. Checks may also be mailed to: Barbara Reed, Treasurer, Bern Cemetery Company, 3 Brossman Lane, Wernersville, PA 19565 or Barry Shurr, 118 Berkley Street, Reading, PA 19605. **The deadline is Sunday, December 1st.** If you are interested in assisting with the laying of the wreaths that day, please let Barry Shurr know.

Please return this bottom portion with your check by Sunday, December 1st. Thank you!

Sponsor (your name): _____

Place on grave(s) of _____ or where needed _____

Number of wreaths _____

Total Amount at \$17.00 each: \$ _____



We are planning to adorn our sanctuary with red and white poinsettias for our Christmas Eve service. If you would like to order any plants, please return this form with your payment and place in the offering plate or mail to the church office by **Wednesday, December 11th**. The price for each plant is \$6.50. Thank you!

Number of poinsettias at \$6.50 each: red _____ white _____

Total Amount Enclosed: \$ _____

NAME: _____

PHONE NUMBER: _____

ENVELOPE #: _____

DEDICATIONS (*In Honor of, In Memory of, or To the Glory of God*):

In honor of:

In memory of:

Given to the Glory of God:

PLEASE NOTE: A minimum of 60 poinsettias are needed in order to decorate the poinsettia tree, with 25 of those being white for the cross in the middle.