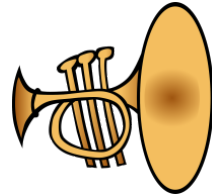


TRUMPET BLAST



Trinitarian Congregational Church

January 16, 2022

The Breath Before the Blast

"I think that almost all of us are surprised how our joy is enhanced when we make someone else happy...I've sometimes joked and said that God doesn't know very much about math, because when you give to others, it should be that you are subtracting from yourself. But in this incredible kind of way...you gave and then it seems like in fact you are making space for more to be given to you... In the end, generosity is the next way of becoming more and more joyful."

Desmond Tutu, from The Book of Joy: Lasting Happiness in a Changing World

Patter Field

The Breath - Pastor Rosemary – Do you enjoy the word of encouragement that greets you with each Blast? Can you offer something to the church family that could bring others hope or perspective? Share it in ‘The Breath’. Please send your thoughts to the office by Tuesday at 10:00 am.

Care Updates - Patter Field – Martha Morse is at home. She requests that you call her to set up visits ahead so she can plan. Ed Finch is permanently at Vernon Green since Rena's death. Gabe Gabriel is at home! and recovering well. Lillian Closson is recovering from a broken hip at Buckley. Lucinda Kidder came through her cancer surgery well, and is happy to be staying with family in Providence; she sends love to all. Chris Shepard is at Buckley after another fall; awaiting surgery later this winter. All would welcome cards.

Worship and Omicron - Pastor Rosemary – After a brief discussion in worship and music ministry we will continue to take steps to mitigate Covid’s impact. We will be taping off ‘closed’ pews to help folks keep 6 feet distance while sitting. We will continue to mask and sit at the blue markers. If you are feeling ill, please stay home (and let us know so we can care for you). And we all look forward to the end of the pandemic and its impact on the church. [[click here](#) to reach the web page where worship conditions in pandemic times are updated].

Ushers and Greeters - Heather Tower – A list of duties for the Ushers and Greeters, as well as those bringing Communion was decided and will be forwarded to those who have volunteered.

A brief discussion of COVID ensued, with a decision to continue to maintain our social distance, mask and limited speaking and singing. If someone is not feeling well, it is still requested they not come, and if they test positive, to let Rosemary know.

Rosemary and Helen will work on newspaper announcements. Heather will post things on NextDoor. Next meeting is January 24 at 4pm.



Offerings - Your offerings support the church. Please mail your checks to the office at 147 Main Street, Northfield, MA 01360. All donations will be processed on a regular basis in order to meet ongoing expenses.



Birthdays - Patter Field – If you have a birthday this month, don’t see it in your private copy of The Blast and would like us to add it, please contact Patter.

Comparing Cold, Flu, Allergies, and COVID-19

Symptoms	Cold	Flu	Airborne Allergy	COVID-19
Fever	Rare	Usual, high (100–102 °F), sometimes higher, especially in young children); lasts 3–4 days	Never	Common
Headache	Uncommon	Common	Uncommon	Common
General Aches, Pains	Slight	Usual; often severe	Never	Common
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks	Sometimes	Common
Extreme Exhaustion	Never	Usual, at the beginning of the illness	Never	Common
Stuffy, Runny Nose	Common	Sometimes	Common	Common
Sneezing	Usual	Sometimes	Usual	Rarely
Sore Throat	Common	Sometimes	Sometimes	Common
Cough	Common	Common, can become severe	Sometimes	Common, dry cough
Chest Discomfort	Mild to moderate	Common	Rare, except for those with allergic asthma	Common; can cause trouble breathing or persistent pain or pressure in the chest that calls for immediate emergency care
Loss of Taste or Smell	Rarely	Rarely	Rarely	Common
Treatment	Get plenty of rest. Stay hydrated. (Drink plenty of	Get plenty of rest. Stay hydrated. Aspirin (ages 18 and	Avoid allergens (things that you're allergic to)	NIH has developed guidance on treatment of COVID-19, which is regularly updated.

	fluids.) Decongestants. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches and pains	up), acetaminophen, or ibuprofen for aches, pains, and fever Antiviral medicines (see your doctor)	Antihistamines Nasal steroids Decongestants	The FDA has approved one drug, remdesivir, to treat COVID-19.
Prevention	Wash your hands often. Avoid close contact with anyone who has a cold.	Get the flu vaccine each year. Wash your hands often. Avoid close contact with anyone who has the flu.	Avoid allergens, such as pollen, house dust mites, mold, pet dander, cockroaches.	Get the COVID-19 vaccine, recommended for everyone age 5 and older. Wear a mask in indoor public places. Avoid crowds. Wash your hands often and avoid touching your eyes, nose, and mouth. Get tested if you think you might have COVID-19.
Complications	Sinus infection middle ear infection, asthma	Bronchitis, pneumonia; can be life-threatening	Sinus infection, middle ear infection, asthma	Pneumonia, respiratory failure, acute respiratory distress syndrome (fluid in lungs), sepsis, cardiac events (e.g., heart attack and stroke), multiple organ failure, inflammation of the heart, brain, or muscle tissue, death

Mission Meeting - Joanne McGee – Reminder: there is a meeting of the Mission Ministry on January 17th at 3:00.

Here's the way I see it: Don't talk to me about what others should do with their wealth. Talk to me about what you are doing with yours.– Roy Patno

Calendar Dates to Remember - Gatherings are shifting from Zoom to the church. Please contact the Chairperson to find out where.

January 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Worship 10:00	3	4	5 AA 7:00 Fellowship Hall	6 350 th Committee 6:30 Fellowship Hall	7 AA 7:00 Fellowship Hall	8
9 Worship 10:00	10	11 Cabinet Meeting 3:00	12 AA 7:00 Fellowship Hall	13	14 AA 7:00 Fellowship Hall	15
16 Worship 10:00	17 Mission Ministry 3:00 Lounge	18 Trustees 4:00	19 AA 7:00 Fellowship Hall	20	21 AA 7:00 Fellowship Hall	22 Pam's Table at Food Pantry 10:00 – 1:00
23 Worship 10:00	24 Worship Ministry 4:00	25	26 AA 7:00 Fellowship Hall	27	28 AA 7:00 Fellowship Hall	29
30 Worship 10:00 Annual Meeting	31 Life and Care Ministry 3:00					

Standing Times for Ministry Teams:

2nd Tuesday – Cabinet 3:00

3rd Tuesday – Trustees 4:00

4th Monday – Worship 4:00

Last Monday – Life and Care 3:00



Congregational Life and Care Ministry - Patter Field and Michele Lawler – The Congregational Life and Care Ministry meets the last Monday of the month at 3:00 at the church. Contact Michele Lawler for an invitation. We welcome your participation and ideas!

Come Pray With Us! - Michele Lawler – In your own space and at your own time, of course. If you would like to be part of our prayer ministry, please contact Michele Lawler [contact information is in your private copy of The Blast]. If you have a prayer request, let Michele know. All requests will be held in confidence by the prayer ministry members. Please request prayers for anything you wish - big or small. We will also be happy to offer prayers of praise!

Patter Field and Michele Lawler - If you know anyone who would appreciate a regular check-in call, or needs immediate help or support, please call Michele or Patter [contact information is in your private copy of The Blast]. Also, if you would appreciate a call now and then, or need some support or help, feel free to call or text us. Phone calls and cards make a difference, lift moods, and bring smiles! Be well, be safe, and blessings to you.

Loaves and Fishes - Cathy Hawkins-Harrison – If you or a Northfield neighbor need assistance with groceries, oil/propane, or funding for an essential expense, please contact Cathy at 413-498-2038. Please pass the contact information on to a Northfield neighbor who may need assistance.

Announcements for the Trumpet Blast - Helen Adams – Please send your articles and announcements by Tuesday at 10:00 am to the church office, busoff147@gmail.com. Printed copies will be sent to members who are not online.

Pastor Rosemary's Contact Information

Those who receive private eblast copies of The Blast will find it there. Others should call the church office (see below).

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Website Administrator
Ted Thornton