

December 2018

# The Good News

The monthly newsletter of Christ United Church

## Christ United Church

A federated church  
of the Presbyterian Church  
(USA) and the  
United Church of Christ

With Christ  
as our heart  
and God's love  
as our fire,  
we learn, we love,  
we care for all  
people.



## Appreciating the PCUSA

### Pastor Allan's Message

Last month I wrote about three things that I really appreciated about the UCC: its emphasis on unity; its celebration of diversity; and its strong social justice stance. This month I to write about three things I really appreciate about the PCUSA.

1. An Emphasis on Learning: I don't wear it, but the old-fashioned Presbyterian clerical garb of black gown and white tabs was originally taken from the dress worn by professors at the University of Geneva, founded by John Calvin in 1559. The outfit was meant to celebrate the learning of the clergy. Presbyterians have always commended education for both clergy and laity, believing that our faith is best formed when God's Word and God's World are studied in depth. Presbyterians point to Jesus' description of the greatest commandment in the Law: that you should "love the Lord your God with all your heart and with all your soul and with all your mind," to justify their celebration of scholarship in the service of the Gospel. Reformed theology says that humans are made to "know God and enjoy God forever."

2. A Commitment to Ongoing Reform: While the UCC's motto is "United and Uniting", the Presbyterian motto is "Reformata et semper reformanda", which is Latin for "Reformed and always in need of reform." What it means is that the church is always

unfinished, always needing to change to keep up with the times, and to hear the Spirit afresh. The church is reformed in that it follows the principles of the Christian faith as enunciated in the Reformation's return to Scripture as the source of faith. But the church is always in need of further reform because, like any human institution, our understanding of who God is, what God has done, and what God is doing, is time-bound and error prone.

3. An Understanding of God as Sovereign and in Covenant with us: As the PCUSA website puts it, this is an "affirmation of the majesty, holiness and providence of God who creates, sustains, rules and redeems the world." Believers can trust God because God has entered into a covenant with us. God's character guarantees God's faithfulness to the covenant; God's sovereignty over the world guarantees God's ability to carry out God's promises in the covenant; God's love guarantees God's desire to redeem the world through the covenant; God's call brings us into the covenant. Human salvation and wholeness depend, not on our fallible human understanding or our weak human wills, but on God's freely-given promise to redeem us.

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# Appreciating the PCUSA

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Of course, the PCUSA is also interested in unity, diversity and social justice, and the UCC is also interested in learning, continued growth and God's covenant faithfulness to us. Both denominations overlap in their commitment to all these areas, but their histories have made the denominations emphasize them differently.

Together, the two denominations complement each other well. ☩

## “Santa’s Helpers”

### Outreach Project planned for December

Since it began meeting several months ago, the Outreach K-cell has been exploring where and how CUC could minister to the immediate community.

From our own experience we know how difficult it is to do Holiday preparations—especially shopping with little ones in tow. The members of the K-cell have decided to offer two “Parent’s Nights Out” at the church on **December 4 and December 18**. The time will be from **5:30 to 8:30 pm** and a dinner will be provided. Other activities will include Holiday crafts and stories, games, a movie, and possibly help with homework. We are limiting the ages to 4 through 10. Our plans include publicity through AFDA and Church Street Ministries.

Since we will really have no idea about numbers, we are hoping to line up many congregational members either to be present or on call in the event our success is way beyond what we anticipate. It will be necessary for everyone to have a background check (if you need to get one, we will help that to happen). There is a sign-up sheet on the bulletin board opposite the office or you can contact any member of the Outreach K-cell: Diana Craig, Cathy Green, Corky Wilson, Regina Wolfe, Bobbi and Ogie White, Andee Whitsett. ☩

# 2018 Berea Jack Frost Festival Parade

Saturday December 1, **5:30 PM** (not 6 pm)

There are a few **time changes** from what you may have seen in the recent Sunday announcements.

Let's celebrate the start of the holiday season with a parade. It is a wonderful time to share our church with the surrounding communities. We will decorate our float and carry our church banner with pride and joy and distribute candy and church calling cards to the crowd.

**Float decorating** will be in our church parking lot at **3:30 pm** on **Dec. 1**. Gather in the City Hall parking lot at **5:15 pm to join as a parade walker** or float rider. We need help with float decorating and parade participants to carry the church banner, walk or ride and distribute candy on the parade route.

Children love parades...especially when they participate. It makes them feel important and engrains a lasting memory. So, gather your children and grandchildren and join us for a short walk through downtown Berea and stay for all the fun, games and rides and yes fireworks, too! ☩

## Live Nativity

On **December 21 and 22**, Christ United Church will share a message of love and new beginnings to the community with a live outside Nativity. To make this event a success, we need the usual Mary, Joseph, Wise men or women, and



Shepherds. Two shifts are needed starting at 6 and continuing until 8 pm. Auditions are not required. Costumes will be provided.

In the past, our cast has included members, relatives and the general community. It is impossible to leave this event without having a closer understanding of that initial Nativity that happen over 2,000 years ago. Sign up lists will be available soon. We will also be looking for volunteers to provide cookies and hot chocolate. For questions, contact Rich Spinner. ☩

# Using Gifts to Bring Joy

by Kate Stocker

With the Christmas season approaching, I was contemplating ways to both use my crafting skills and give back to the community. With prompting from friends and family, as well as prayers to God and my grandparents in heaven, I've created an Etsy business called AngelicArtistryKS.

As a number of our church members are aware, I learned how to cross-stitch as a child, and have even showcased some pieces in the Fall Arts Show hosted at Christ United Church. As an adult, I branched out into other art styles, such as blanket and pillow making, and beaded artwork. My business currently sells blankets, but it will branch out as time goes on.

In the spirit of the holidays and passing my gifts on, "AngelicArtistryKS" has an added angle. When you purchase one of my blankets, you can buy a "Special Order" version for a few extra dollars. Those additional funds will be used to create blankets for Cleveland's Ronald McDonald House, which gives shelter for families whose funds go primarily for the hospitalizations of their children, as well as bringing joy and the prayers of healing for the children themselves. Once my other listings are up, the additional funds for those items will be donated to St. Jude Children's Research Hospital, to aid in the treatments for children with cancer and other life-threatening diseases.

After praying about my decision to create this online business through Etsy, God showed me the imagery of an angel, reminding me that I don't have to be anything more than be who I am and create what I can to bring joy and smiles to those who need it. I would love to send out my crafts for the world, bringing as much joy and peace as I can, but I can't do it alone; I believe that together we can bring joy to the world (excuse the Christmas pun), and it all starts with just one blanket, made with love and hope for the future. ✚



# Thinking Outside of the Box: Pledging Options

by Chris Landers, Treasurer

The masterful Stewardship sermon delivered in early November brought forth the idea that there could be more creative ways to complete our pledge to Christ United Church (CUC). Writing a check is the traditional method. But are there other methods that would achieve the same goal? Let's explore some common strategies that could work in your favor. However, before moving forward with any of these ideas, please consult with your financial/tax advisor to determine if the methods would be right for you.

**Required Minimum Distribution (RMD)** If you own a retirement account (IRA, 401-K) and were born prior to July 1, 1949, the tax law requires that a minimum taxable distribution be made each year. That income is added to any other taxable income you are receiving and thus effects both Federal and State adjusted gross income (AGI). However, if you instruct the trustee of your retirement account to send all or a portion of your RMD directly to CUC to meet your pledge, then that amount is exempt from inclusion in your AGI. This may result in a lower tax liability at the end of the year. Some members are currently taking advantage of this method.

**Gift of appreciated stock** If you are fortunate to own stock which has appreciated in value over the years, you are able to donate the stock to CUC and receive credit for the full value on the date received by CUC. No need to sell the stock first and donate the proceeds. This could trigger a potential capital gains tax liability to the owner. Because CUC is a charitable organization, any realized gain is not a taxable event to CUC. Thus, donated stock to CUC leaves more value to meet all or a portion of your pledge to CUC.

**Bequests** CUC has been the fortunate recipient of several gifts from the estates of members and friends. A will should be a living document, for situations in life are fluid. Periodically review documents with your trusted advisor and make the appropriate modifications. Remembering CUC in your Will is greatly appreciated. ✚

## Children's Participation in Communion

Both the PCUSA and the UCC denominations encourage all persons who have been baptized to participate in the Sacrament of Communion and this includes our children. The Faith Formation Committee of Christ United Church discovered at its October meeting that not all the church family was present during the celebration of communion at Sunday worship. Our policy will now be to end the children's faith formation class and return children to their parents prior to the Communion Service. This change is actually not new; something similar obtained in both former congregations. Here are some corollaries to this policy:

- The Faith Formation class on the day of communion will include an explanation of what will happen.
- Baptized children who have not yet joined the church participate in communion only with their parents' permission.
- You will not be asked to show a Baptism certificate for your child.
- If a parent wishes their child/children to remain in the Sunday school classroom and not return to the Sanctuary, this needs to be communicated to the teacher.
- Toddlers will remain in the nursery. If parents wish a nursery age child to participate, a parent will need to retrieve them from the nursery.
- The Faith Formation Committee will provide information for both parents and children on participation in communion and what it means. This will likely be in a written form rather than in a workshop or meeting.
- It is always appropriate for concerned adults to have a discussion with the pastor or members of the Faith Formation Committee about this policy.

Remember the Communion Service begins with the words, "This is the joyful feast of the people of God!" What is more joyful than the laughter of children? †

## Pastor's E-mail Address

When you need to e-mail Pastor Allan, please use [Pastor@ChristUnited.Church](mailto:Pastor@ChristUnited.Church). Be aware however, that we are finding issues with this address: not receiving messages, replies not being received, messages being spammed. So, if you have e-mailed Allan and expect a quick response, you may need to check that he received your message with a phone call to his cell at 513-417-1537.

You may hesitate to use this address because when you pull it up in your address book or into your message, you see Gary Halstead's name. Messages to this address ARE NOT going to Gary. They are (hopefully, see above) going to Pastor Allan. It is a glitch in the storage system either at your end or ours. Pastor Allan has tried to fix this with our server by changing the information associated with it to his name, but you may still see Gary's name. You may need to fix this at your end. We have done everything we can to fix it here. †

### Advent Faith Formation Class:

## The Writings of Father Richard Rohr

On the four Sundays in Advent, beginning **December 2**, an Advent series of Adult Faith Formation Classes will be held following worship. The class will be a discussion led by Ogie and Bobbi White on each week's daily meditations from Richard Rohr.

Richard Rohr is a Franciscan Father and a founder of the Center for Action and Contemplation located in New Mexico. He has written numerous books and made many podcasts. Our interest is in his daily meditation available by e-mail to anyone who signs up. He begins each theme on Sunday and ends with a synopsis of the week on Saturday. A number of people in the congregation subscribe and read them on a daily basis.

If you are planning to attend the class (or even if you are not), you will need to sign up to receive a daily e-mail. Go to [CAC.org](http://CAC.org) and click on Reflect and Sign Up. If you encounter a problem or don't do e-mail, contact the Whites for help.

We look forward to an interesting and lively discussion. †

## Feel Called to Help in Worship?

Do you enjoy public speaking? Miss those thespian days of old? Enjoy reading scripture out loud? If you answered yes to any of these, please consider joining our Liturgist Ministry Team. You would lead sections of the service and read scripture in worship about four times a year and choose which Sundays you are not available. All materials are sent to you from the church office prior to the Sunday on which you will read.

The schedule for 2019 is being set this month so please let Betsy in the church office know you are interested. Call 440-234-0150 or [Office@ChristUnited.Church](mailto:Office@ChristUnited.Church). †

## Martha Circle is Calling All Bakers!

When you are baking your Christmas cookies, please add an extra dozen or two. Martha Circle will meet at CUC at **10 am December 12** to package cookies for the homebound and staff. Lots of willing hands would be appreciated.



Contact Corky Wilson with any questions. Thank you!! †

## Thank you

During October, members of our congregation made gifts totaling \$957 for the two denominational offerings, the **PCUSA Peace and Global Witness** offering and **UCC Neighbors in Need** offering. Both of these special offerings are used to advocate for peace and justice through collaborative projects of education and Christian witness. \$478.50 has been forwarded to the Presbytery and the Association. †

## Faith & Film

Please come **Friday, December 7 at 6:30 pm** for a screening of the 2015 comedy film *The Intern*, starring Robert De Niro and Anne Hathaway. This is a fun story about a retired executive who decides to apply as a senior intern at an online fashion website. His "old school" charm and experience quickly attracts the attention and admiration of his younger generation co-workers. We will enjoy pizza, popcorn, and desserts as we discuss what the older generation has to offer the young folks. Hope to see you at the movies!

## Advent, Christmas and Epiphany: Coming Soon!

The season of Advent is just around the corner and all friends and members are invited to gather on **Saturday, December 1, 10 am to 1 pm** to help with the Greening of the Church as we decorate our sanctuary and church building for the season. Donuts and hot chocolate will be provided; all are welcome! We will begin our advent worship services the following day with our **first Sunday of Advent, December 2**.

The church will celebrate the birth of Christ on **Christmas Eve, Monday, December 24, with a 7 pm** family-friendly service including candlelight, communion, Christmas music and choir. An extended **30-minute musical prelude** will precede the service featuring musicians from CUC and our BW Choral Scholars beginning at **6:30 pm**

Our **Sunday, December 30, 10 am** worship service will mark the new calendar year and on **Sunday, January 6**, we will celebrate **Epiphany** with a special worship service in Friendship Hall including the receiving of **Epiphany stars**.

Mark your calendar and plan to join us on the Advent and Christmas journey as we remember and celebrate Jesus' birth. †

## Advent Devotional is here!

Pick up your copy this Sunday, Dec. 2 or in the church office during business hours, Monday – Friday, 9 am – 4 pm.

## January *Good News* Deadline!

Usually, when articles come to your editor a day or two after the deadline on the 15<sup>th</sup> of the month they can be included. However, due to the Christmas holiday, articles for the January issue of the Good News **MUST be received by** December 15! Thank you in advance for your cooperation. ✚

## Fellowship and Discuss

*For where two or three come together in my name there am I with them.*

*Matthew 18:20*

Come on **Thursday, December 6 at 7 pm** to the Crall home in Brook Park. We will share Christmas stories, traditions, or readings brought this evening by the group participants. Do not feel obligated to share but come join in the evening's Spirit of Christmas. We welcome people new to the group.

Contact Bonnie by phone (440-234-2202) or email bcrall@ameritech.net to let her know if you plan to attend. Bring a light refreshment to share (optional). Beverages are provided.

The Crall's home is at 6459 East Vancey Dr., Brook Park (off Sheldon Rd, two streets west of Donte's Restaurant which is located on the corner of St. Rt. 237 and Sheldon Rd.) ✚



## Special Offerings on December 24

Four times a year, each of our denominations sponsors a special offering to support specific mission areas. The next opportunity arrives at Christmas time. The Stewardship Committee encourages you to consider supporting these offerings. You may put your offering in a special envelope or simply include it in your normal envelope. If you use your regular envelope, indicate the amount and write "Special Offering." All gifts will be evenly split between the two special offerings.

**Christmas Fund** is a special offering of the United Church of Christ. Gifts to the Christmas Fund (sometimes called Veterans of the Cross) is an expression of appreciation and caring to those who served as clergy (and certain lay employees) who are now retired or disabled and financially strained. Your gifts are needed more than ever to help the growing number of retirees whose low-income annuities make it difficult to meet increasing living costs. This is your opportunity to participate in God's promise of renewal by enabling this ministry of compassion and care.

**Christmas Joy** is a special mission offering of the Presbyterian Church (USA). Gifts to the Christmas Joy Offering provide assistance to current and retired church workers in their time of need and assist in developing future leaders at Presbyterian-related racial ethnic schools and colleges. Your gifts support the Assistance Program of the Board of Pensions, Racial Ethnic Schools and Colleges, and Racial Ethnic Leadership Development. ✚

## Happy Birthday

### December

- 1 Jessie Hinojosa
- 4 Elijah Whitsett
- 9 Jane James
- 10 Jon Wiborg
- 10 Marie Reyes
- 16 Joseph Lehky
- 21 Don Michaelsen
- 22 Carol Campbell
- 28 Kate Stocker
- 31 Nancy Van Ness



## Meet Our Artists

*The featured artist on the gallery wall in our hallway for Advent, Christmas and Epiphany is Kathy Patterson. We appreciate her participation in the artist series. Her biography tells a story of strong faith.*

I began coloring about six years ago. It started out as a therapy for anxiety and depression. I soon recognized that coloring was very calming, and I loved doing it. It then became an artform and a prayer-form for me, and as usually happens with practice, the more I colored the better I got.

Praying is a large part of my coloring, always praying for the person who may receive one of my pieces. It does not matter that I may not know who that is, it is the praying that counts. Coloring is a part of my spiritual journey.

My coloring started with using colored pencils, but I wanted the colors to be more striking and brilliant, so I switched to permanent markers as my main medium to achieve my goal.

Another creative outlet for me is designing and making greeting cards and note cards from discarded greeting cards, left over pieces from my coloring, and other recycled materials. The card making is also a way to help find one more use for things that otherwise would be thrown out. I have also done counted cross-stitch, including designing custom patterns and crocheting.

I have been a writer for 37 years. My writing began while we lived in Pennsylvania, prior to moving to the Cleveland area in 1990. I wrote a weekly column for three weekly newspapers for almost eight years. I have been published in *Country Magazine* and in *Horizons*, a publication of Presbyterian Women. My most recent writing has been for Christ United Church's Advent Devotionals. I am also working on my first book.

During my adult years, I have worked in the grocery industry, in my brother's real estate office, and then seventeen years in the funeral industry. I have been retired for five years. Hugh and I live in Parma. We have two grown sons, both married, and two teenage granddaughters. †

## Dollars and Cents

	October actual	Y-T-D actual	Y-T-D budgeted
Congregational Giving	\$ 21,952	\$ 245,207	\$ 245,677
Building Use/Misc.	\$ 1,135	\$ 11,343	\$ 10,062
Total Income	\$ 23,087	\$ 256,550	\$ 255,739
Total Expenses	\$ 23,127	\$ 243,460	\$ 260,685

As you can see, our Congregational giving is STILL almost 100% while total giving is over 100%. That is great! Thank you. Also, our expenses are down through September. The main reasons for lower expenses are a steady decline in Building and Grounds costs from the high winter costs and reduced budgeted committee expenses †

## A Special Invitation

Barbara Barkley and David Louttit extend an invitation for anyone able to come out to California for their wedding! They are not sending written invitations, but would love for any of you from their extended church family to attend. The wedding is January 1st, 2pm at Clayton Valley Presbyterian Church, 1578 Kirker Pass Rd., Clayton, CA 94517. Please let Barbara know if you are coming so they can help with transportation and accommodations (and so there is enough food at the reception.). They would be honored by your presence.



## Meet Our New Members

# Marsha Lundgren

Marsha Lundgren was raised in Strongsville and graduated from Strongsville High School (SHS) in 1967. She received a Bachelor of Arts degree from Baldwin Wallace in 1981 as a working, single parent. The degree in Humanities launched her into a 20-year career in fundraising at two universities after moving to Utah and marrying a sheep rancher. A side passion during those 20 years was conducting oral interviews with World War II and Korean War veterans, Utah ranchers, and many interesting individuals, including a Dutchman who lived in Holland during WWII, and a 102-year old German woman who attended the 1936 Summer Olympics hosted by Adolf Hitler.



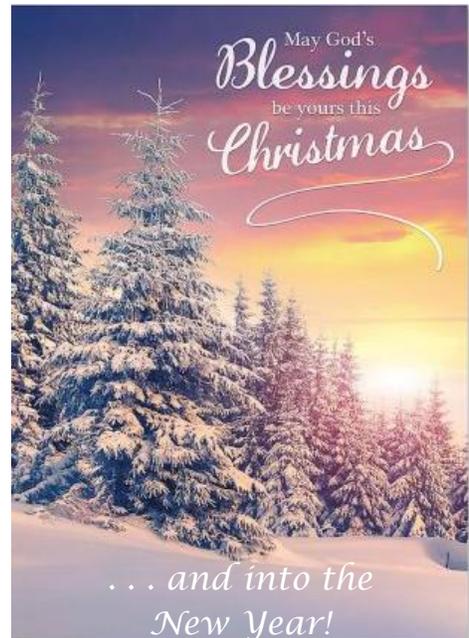
In 2012, there was a strong pull to return to her roots and move back to Ohio after living in Utah for 31 years. On route, she knew she was close to “home” when she saw corn growing in the fields of Iowa. She settled in Berea and retired from fundraising. Marsha has been heavily involved as an organizer for the SHS “Class of ‘67” 45<sup>th</sup> and 50<sup>th</sup> reunions, and many other classmate get-togethers.

Marsha has four children, five grandchildren and a great-grandson who turned one on November 10. She loves spending her free time writing, gardening, doing crafts, and exploring her family history.

When Marsha retired, she concentrated on three goals: to make a difference in this world; to help people (especially the elderly); and to have peace in her life. She feels she has achieved all three. Marsha strongly believes God has a plan for our lives and she trusts in the direction He has given her. She greatly appreciates the many blessings in her life and feels joining Christ United Church has been one of those great blessings. †

## Dates to Remember

- December 1 – Greening of the Church
- December 1 – Jack Frost Parade
- December 2 – First Sunday of Advent
- December 24 – Christmas Eve Service
- January 6 – Epiphany Sunday
- March 23 – Rise Against Hunger
- March 25 – Hosting PWR



*With love from the staff of  
Christ United Church*

*Pastor Allan Lane*

*Bryan Bowser*

*Janet Winzenburger*

*Betsy Clark*

Wider Church News:

## Being Compassionate Along the Border

by Don Michaelsen

Near the Arizona-Mexico border, upwards of 300 volunteers, who call themselves the Green Valley-Sahuarita Samaritans, conduct weekly searches to give aid to barely-alive migrants who are wandering. Over the last decade some 3,000 persons are known to have perished in this desert [see Ezekiel's 37:2-6 vision of dry bones that come alive]. The migrants are usually hungry, often lost, almost always dehydrated and desperate. This amid a harsh landscape of scorpions, tarantulas, rattlesnakes, vultures, and coyotes in a setting of suffocating heat. The Samaritans regularly put 55-gallon drums of drinking water around this arid wilderness [see Matthew 25:35]. However, US Border Patrol agents along with members of militia and hate groups regularly slash the drums or shoot them with many holes.

What has caused this mass migration north? In 1994 the North American Free Trade Agreement opened the way for the US to flood Mexico with heavily subsidized corn and other produce, undercutting livelihoods and forcing two million Mexican farmers to lose their land. Massive poverty resulted in Mexico and Central American countries that fostered an explosion of gangs, drug cartels, militia thugs, kidnappers, and thieves with their intense violence.

As migrants journey north to escape the violence, coyotes, human and animal, prey upon them in the desert. A human *coyote* is a smuggler who promises to guide migrants across the border. They work for the cartels that traffic in drugs and human beings. Another danger on the journey: 80% - 90% of women are raped.

Our federal government's response is harshness: Border Patrol agents continue preying through watchtowers, floodlights, electronic sensors, drones, horses, dogs, and helicopters. They impose zero tolerance to immigration and separation of children from their parents plus exploding the presence of the Border Patrol from 4,000 agents to 21,000. Also, there is implementation of a policy of "prevention through deterrence" --- indefinite detention, tricking and coercing migrants into signing voluntary deportation orders, stealing and

caging children. More than 300 parents have already been deported and are virtually impossible to find. †  
*SOURCE: Article by Rev. Joyce Hollyday, {author and a co-founder of the ecumenical congregation, Circle of Mercy, in Asheville, NC} in The Christian Century, November 7, 2018.*

## Hand, Foot and Mouth Disease (HFMD)

### Healthy Connections

By Shirley M. Gerecke

We've been hearing about outbreaks of Hand, Foot and Mouth Disease (HFMD) in the news. Our two young grandchildren, ages 2 and 5, came down with it and we were leery about being exposed to it. This is what prompted my article. Hand, foot, and mouth disease is a common viral illness that usually affects infants and children younger than 5 years old. *It can sometimes occur in older children and adults* and usually starts with a fever, reduced appetite, sore throat and a feeling of being unwell.

One or two days after the fever starts, painful sores can develop in the mouth. They usually begin as small red spots, often in the back of the mouth, that blister and can become painful. A skin rash on the palms of the hands and soles of the feet may also develop over one or two days as flat, red spots, sometimes with blisters. It may also appear on the knees, elbows, buttocks or genital area. Some people, especially young children, may get dehydrated if they are not able to swallow enough liquids because of painful mouth sores. You should seek medical care in these cases. Not everyone will get all of these symptoms. Adults may become infected and show no symptoms at all, but they can still pass the virus to others. Most people who get HFMD will have mild illness or no symptoms at all. But a small proportion of cases can be more severe.

HFMD is caused by viruses that belong to the Enterovirus 71 group. The viruses can be found in an infected person's nose and throat secretions, blister fluid, and feces. You can get exposed to the viruses that cause HFMD through close personal contact -- such as hugging an infected person; the air when an infected person coughs or sneezes; contact with



feces, such as changing diapers of an infected person, then touching your eyes, nose, or mouth before washing your

hands; and contact with contaminated objects and surfaces, like touching a doorknob that has viruses on it, then touching your eyes, mouth, or nose before washing your hands. It is also possible to get infected with the viruses that cause HFMD if you swallow recreational water, such as water in swimming pools. This is not very common and more likely to happen if the water is not treated properly with chlorine and becomes contaminated with feces from a person who has HFMD.

Generally, a person with HFMD is most contagious during the first week of illness but sometimes be contagious for days or weeks after symptoms go away. *Some people, especially adults, may become infected and not develop any symptoms, but they can still spread the virus to others.* This is why **people should always try to maintain good hygiene, such as frequent handwashing**, so they can minimize their chance of spreading or getting infections. You should stay home while you are sick with HFMD.

Hand, foot, and mouth disease is not transmitted to or from pets or other animals. There is currently no vaccine in the United States to protect against the viruses that cause HFMD. But researchers are working to develop vaccines to help prevent it in the future. You can lower your risk of being infected by doing the following: Wash your hands often with soap and water, especially after changing diapers and using the toilet. Clean and disinfect frequently touched surfaces and soiled items, including toys. Avoid close contact such as kissing, hugging, or sharing eating utensils or cups with people with hand, foot, and mouth disease.

There is no specific treatment for HFMD. However, you can do some things to relieve symptoms: Take over-the-counter medications to relieve pain and fever (Caution: Aspirin should not be given to children.)

Use mouthwashes or sprays that numb mouth pain

If a person has mouth sores, it might be painful for them to swallow. However, it is important for people with HFMD to drink enough liquids to prevent dehydration. If a person cannot swallow enough liquids to avoid dehydration, they may need to receive them through an IV in their vein.

Individual cases and outbreaks of HFMD occur around the world and at any time. But in countries like the U.S. with varying climates, cases occur more often in the spring to fall. Since 1997, large outbreaks of HFMD associated with enterovirus 71 have been reported mostly in children in East and Southeast Asia. In these outbreaks, most children have typical symptoms of HFMD and recover without health complications. However, a small number of people develop severe complications that require hospitalization or even cause death. Researchers are studying why these outbreaks occur and why some people have severe disease.

*This information taken from the Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov).*

## The Good News

The monthly publication of

**Christ United Church**

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