



## Sierra Vista United Methodist Church Weekly Newsletter July 24, 2020

The Jaunt is a weekly newsletter that reports on upcoming events and highlights church activities.

For information on many of our programs, visit our website: [sierravistamethodist.org](http://sierravistamethodist.org)

SVUMC Facebook Page: <https://www.facebook.com/SierraVistaUnitedMethodistChurch>

### The Prayer Word: Resilience

Lord, may we be buoyed by our faith in Jesus Christ.

Love God. Love People. Spread the Love of Jesus.



— Upcoming Service ~ Available on Facebook and Zoom —

July 26: Music Prelude at 10:15 AM

Worship Service at 10:30 AM - Live stream



**BLOOD DRIVE**  
*Just 1 pint of blood may save up to 3 lives!*

**GIVE**  
THE GIFT  
OF *life*

## Doing Ministry in a Covid World

We are sponsoring a blood drive with the American Red Cross on Monday August 10th from 9:00 AM to 3:00 PM. Reservations are required to avoid crowding and may be made at [www.redcross.org](http://www.redcross.org) using the sponsor code: Methodist. Or call 1-800-733-2767 (1-800-redcross). The bloodmobile will be parked on our campus close to the Activity Center. More information inside this Jaunt.

The church office remains closed until further notice but Nicole still operates the Food Pantry from 10 to Noon Monday through Friday and will accept donations during that time period. Sunday's worship service will be streamed each week on Facebook and Zoom at 10:30 and a video of the service will be available on Facebook thereafter.



# FACEBOOK

To watch the Sunday Worship Service live or after the broadcast:

1. Go to:

<https://www.facebook.com/SierraVistaUnitedMethodistChurch>

2. Select "Video" in the list of options on the left of your screen.

3. Click on "Live" or the video you want to watch.

A Facebook account is not needed so there is no login or password.

# ZOOM

To watch the Sunday Worship Service live

Go to: <https://dscumc.zoom.us/j/398498097>

OR

1. For audio only, phone 669-900-6833.

2. When prompted, enter ID number: 398498097

3. When prompted, enter "#"



## Sonrisers Men's Bible Study

The Sonrisers meet on Zoom every Wednesday at 8:00 AM and discuss the previous Sunday's sermon. Join us, it will lift your spirits!

Click on the link below at the meeting time.

Topic: Sonrisers Meeting

Time: Wednesday, July 29, 2020, 08:00 AM Arizona

Join Zoom Meeting:

<https://us02web.zoom.us/j/82517550879?pwd=S2ZaSOJwYXhoWjltVmU2MmFuUW9sQT0>

Meeting ID: 825 1755 0879

Password: 012549



## Meal Train for Carol and Maurice Salminen

An email from Carole and Maurice's daughter:

"If anyone is making a low cholesterol meal for dinner, could they make a little extra for my parents? I think my mom could use a break from meal planning while she's caring for my dad. I'll get salads for them, and they have all the extras, but just a small dish of food for an entree would take a load off. I could pick them up, or people could leave them outside their door. My dad's medication makes him tired so he sleeps sometimes during the day. My mom even took a nap yesterday!

I'm making dinner tomorrow and will cook up some spaghetti sauce to keep here when they are ready. Freezable disposable containers would be just great. Again, just a small amount.

Thank you so much! Please use me as a contact so they aren't disturbed. My number to text is 785-212-1034."



**COVID-19 in Cochise County**  
**Confirmed Case: 1,298**  
**Active Cases: 361 Deaths: 30**

WELL DONE!



A round of applause for all of those involved in the weekly production of our Sunday worship service. The broadcast quality has steadily improved thanks to the live-stream team. Those who are in front of the camera are doing great! Pastor Carl is doing a remarkable job of delivering his sermon in an empty sanctuary to a congregation he cannot see and has never met. *Thank you all and keep up the good work!*



MARY STAFFORD

It is with great sadness that we announce the loss of Mary Stafford, who passed away Tuesday morning, at 4:10am. Services will be at Veteran's Cemetery on Friday, however due to restrictions from COVID-19, only immediate family members may be present.

In lieu of flowers, donations in her memory may be made to the American Cancer Society.

FOOD PANTRY



Help support our food pantry. Every item helps! Donations accepted at the church office from 10 AM to noon, Monday through Friday.



Need a Mask?

Kathy Marvin is making masks for the Pandemic. They are available free for the asking and come in 2 sizes: men's and women's. If you are interested, let her know what color you like, light or dark, and which gender. You will be able to pick up the masks in the church mailbox for the UMW #44 Monday through Friday from 10-12 pm.

There is no cost because Kathy is doing it as a mission to save lives during this pandemic. Call her at 803-6697 if you are interested. If you would like to make a small monetary donation, to the UMW or the church, that would be appreciated. ~Kathy



FAYE BONE

We are saddened to say that Felizitas (Faye) Bone passed away on June 7 in Citrus Heights, CA at the age of 99. She was a lovely lady and attended our church for some years. One of her sons is Dr. David Bone who owns the Sierra Animal Hospital, 900 S. Highway 92, Sierra Vista.



There will be no POWWOW in July, August, September, and October. POWWOW produce outreach will be up again on the third Saturday in November!

Live-Stream Team



Church will come again soon. Before it does, we're looking for a few people to help launch our new live-stream team! We'll train you, so don't let fear keep you in your seat!

If you or someone you know might be interested, contact Mark Racicot at [svumctechonology@gmail.com](mailto:svumctechonology@gmail.com), and let's get technical!



# Blood Drive

**Monday August 10th from 9:00 AM to 3:00 PM**

Donors can schedule their appointment by going online at [www.redcrossblood.org](http://www.redcrossblood.org) and using the sponsor code: Methodist

Here is a direct link: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=Methodist>

The Red Cross has begun testing all blood, platelet, and plasma donations for COVID-19 antibodies at all blood drives.

- The antibody test is authorized by the U.S. Food and Drug Administration and may indicate if the donor's immune system has produced antibodies to the coronavirus, regardless of whether they developed symptoms.
- The Red Cross hopes testing for COVID-19 antibodies will provide our valued donors insight into whether they may have been exposed to this coronavirus.
- We recognize that individuals and public health organizations desire more information about COVID-19, and as an organization dedicated to helping others, the Red Cross is fortunate to be able to help during this pandemic.

## Frequently Asked Questions

**Q: What is the COVID-19 antibody test?**

**A: An antibody test screens for antibodies in your blood. Antibodies are formed when fighting infection, like COVID-19. An antibody test assesses whether your immune systems has responded to the infection, not if the virus is currently present. Specifically, the COVID-19 antibody test used by the Red Cross is authorized by the U.S. Food and Drug Administration and may indicate if the donor's immune system has produced antibodies to the coronavirus, regardless of whether they developed symptoms.**

**Q: Are the quantity of antibodies an individual has related to how sick they were?**

**A: There are no definite data to suggest that the quantity or concentration of antibodies an individual has relates to how sick they were.**

**Q: How long are COVID-19 antibodies present after recovery from the virus?**

**A: Currently, medical experts do not know how long COVID-19 antibodies are detectable in blood after recovering from COVID-19 illness. However, based on previous data during other coronavirus outbreaks, such as SARS, antibodies remain detectable in blood for many months, but levels start to slowly decline approximately four months after resolution of infection.**

**Q: How accurate is the antibody test that the Red Cross is using?**

**A: The Red Cross is using the FDA-authorized Ortho Clinical Diagnostics VITROS® Anti-SARSCoV2 Total Test. The test has been shown to have acceptable performance criteria allowing the test to receive FDA authorization. Further testing will demonstrate the test's accuracy.**

# How to prepare for a **Great Donor Experience**



The American Red Cross wants your donation to be as safe and successful as possible. The following suggestions may help you prepare for your blood donation.

## **Between donations**

Give your body plenty of iron. When you donate whole blood or double red cells, your body loses some iron contained in red blood cells. Eat plenty of iron-rich food to replace these cells between donations. Foods rich in iron include:

- red meat
- fish
- poultry
- beans
- iron-fortified cereal
- broccoli
- spinach
- raisins
- prunes

Also, foods rich in Vitamin C (such as citrus fruit) help your body absorb the iron you eat. But avoid drinking tea, coffee and other caffeinated beverages with meals since caffeine can reduce iron absorption.

## **Before donation**

Sleep well. Get at least eight hours of sleep the night before you plan to donate.

Eat a good breakfast or lunch. This also will help your body be well prepared for giving blood.

Maintain a nutritious, well-balanced diet with foods rich in iron and high in vitamin C.

Make sure you are feeling well.

## **Day of donation**

Drink extra water and fluids before you donate to replace the volume of blood you will donate. You should continue drinking extra fluids after donation, too.

Eat the right foods. Having foods containing lean proteins or complex carbohydrates, such as bread, cereal, fruit or lean meat may make you feel more comfortable during and after donating.

Avoid fatty foods, such as hamburgers or french fries, before donating. The tests that are part of our vigorous safety screening can be affected by fatty materials that appear in your blood for several hours. When this occurs, testing cannot be performed, and we may not be able to use your blood.

Relax! Spend 10 to 15 minutes relaxing in the refreshment area. Have a drink and snack to rejuvenate yourself.



## **To be eligible to donate blood you must:**

- be at least 17 years old (16 with parental permission in some states)
- meet height and weight requirements (at least 110 pounds based on height)
- be in generally good health

## **Before donating you should:**

- get a good night's sleep
- drink plenty of fluids
- eat within 2-3 hours

## **Be sure to bring your:**

- donor card or a government issued photo I.D.
- parental consent form if you are a 16-year-old donor
- wear clothing with sleeves that can be raised above the elbow

# Health & Exercise Classes

Strength Training classes are offered by Nancy Buttke in the Fellowship Hall on Mondays and Fridays as shown on the chart below.

There is no fee. Donations are accepted. For more info contact Nancy at 520-678-0172.

|            |   |
|------------|---|
| 8:30 a.m.  | Strength Class: Lifting weights using dumbbells and ankle weights (about 1 hour)            |
| 9:45 a.m.  | Back/Abs Class: For people with back pain. Focus on strengthening their core (back and abs) |
| 10:30 a.m. | Senior Caregivers Class: Focus on strengthening their core (back and abs)                   |
| 3:00 p.m.  | 30 minutes  |
| 4:00 p.m.  | Senior strength class   |

**- Classes Suspended Until Further Notice - Stay Safe!**

## Sierra Vista United Methodist Church

3225 St Andrews Drive, Sierra Vista, AZ 85650. If you have questions or need assistance, please contact us.

Our church office is currently closed. The Food Pantry is open Monday-Friday, 10 a.m. - 12 p.m.

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