

MORNING PRAYER

LENT FOUR

MARCH 14, 2021

PRELUDE: HEINRICH SCHÜTZ – SICUT MOSES SERPENTEM IN DESERTO EXALTAVIT

(English translation of the setting: *As Moses lifted up the serpent in the desert, so must the Son of Man be lifted up: that all who believe in Him should not perish but have everlasting life.*)

OPENING SENTENCE

Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil. *Joel 2:13*

THE DECALOGUE (chanted)

Hear the commandments of God to his people:
I am the Lord your God who brought you out of bondage.
You shall have no other gods but me.

Amen. Lord have mercy.

You shall not make for yourself any idol.

Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.

Amen. Lord have mercy.

Remember the Sabbath Day and keep it holy.

Amen. Lord have mercy.

Honor your father and your mother.

Amen. Lord have mercy.

You shall not commit murder.

Amen. Lord have mercy.

You shall not commit adultery.

Amen. Lord have mercy.

You shall not steal.

Amen. Lord have mercy.

You shall not be a false witness.

Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbor.

Amen. Lord have mercy.

CONFESSION OF SIN

Let us confess our sins against God and our neighbor.

Most merciful God,

we confess that we have sinned against you

*in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.*

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. **Amen.**

THE INVITATORY AND PSALTER

V: Lord, open our lips.

R: And our mouth shall proclaim your praise.

**Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.**

VENITE PSALM 95:1-7

The Lord is full of compassion and mercy: Come let us adore him.
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Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
**Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.**

For the Lord is a great God, *
and a great King above all gods.
**In his hand are the caverns of the earth, *
and the heights of the hills are his also.**

The sea is his, for he made it, *
and his hands have molded the dry land.

**Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.**

For he is our God, and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

The Lord is full of compassion and mercy: Come let us adore him.

**Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.**

THE PSALMS APPOINTED:

PSALM 66 *Jubilate Deo*

- ¹ Be joyful in God, all you lands; *
sing the glory of his Name; sing the glory of his praise.
- ² **Say to God, "How awesome are your deeds! *
because of your great strength your enemies cringe before you.**
- ³ All the earth bows down before you, *
sings to you, sings out your Name."
- ⁴ **Come now and see the works of God, *
how wonderful he is in his doing toward all people.**
- ⁵ He turned the sea into dry land, so that they went through the water on foot, *
and there we rejoiced in him.
- ⁶ **In his might he rules for ever; his eyes keep watch over the nations; *
let no rebel rise up against him.**
- ⁷ Bless our God, you peoples; *
make the voice of his praise to be heard;
- ⁸ **Who holds our souls in life, *
and will not allow our feet to slip.**
- ⁹ For you, O God, have proved us; *
you have tried us just as silver is tried.
- ¹⁰ **You brought us into the snare; *
you laid heavy burdens upon our backs.**
- ¹¹ You let enemies ride over our heads; we went through fire and water; *
but you brought us out into a place of refreshment.
- ¹² **I will enter your house with burnt-offerings and will pay you my vows, *
which I promised with my lips and spoke with my mouth when I was in trouble.**
- ¹³ I will offer you sacrifices of fat beasts with the smoke of rams; *
I will give you oxen and goats.
- ¹⁴ **Come and listen, all you who fear God, *
and I will tell you what he has done for me.**
- ¹⁵ I called out to him with my mouth, *
and his praise was on my tongue.
- ¹⁶ **If I had found evil in my heart, *
the Lord would not have heard me;**
- ¹⁷ But in truth God has heard me; *
he has attended to the voice of my prayer.
- ¹⁸ **Blessed be God, who has not rejected my prayer, *
nor withheld his love from me.**

PSALM 67 *Deus misereatur*

- ¹ May God be merciful to us and bless us, *
show us the light of his countenance and come to us.
- ² **Let your ways be known upon earth, *
your saving health among all nations.**
- ³ Let the peoples praise you, O God; *
let all the peoples praise you.

- ⁴ ***Let the nations be glad and sing for joy, *
for you judge the peoples with equity and guide all the nations upon earth.***
- ⁵ Let the peoples praise you, O God; *
let all the peoples praise you.
- ⁶ ***The earth has brought forth her increase; *
may God, our own God, give us his blessing.***
- ⁷ May God give us his blessing, *
and may all the ends of the earth stand in awe of him.

***Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.***

THE LESSONS

A READING FROM NUMBERS 21:4-9

From Mount Hor they set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the LORD sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the LORD and against you; pray to the LORD to take away the serpents from us." So Moses prayed for the people. And the LORD said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

The Word of the Lord.

Thanks be to God.

THE SECOND SONG OF ISAIAH: *Quaerite Dominum; Isaiah 55:6-11*

Seek the Lord while he wills to be found; *
call upon him when he draws near.
***Let the wicked forsake their ways *
and the evil ones their thoughts;***
And let them turn to the Lord, and he will have compassion, *
and to our God, for he will richly pardon.
***For my thoughts are not your thoughts, *
nor your ways my ways, says the Lord.***
For as the heavens are higher than the earth, *
so are my ways higher than your ways,
and my thoughts than your thoughts.
***For as rain and snow fall from the heavens *
and return not again, but water the earth,***
Bringing forth life and giving growth, *
seed for sowing and bread for eating,

***So is my word that goes forth from my mouth; *
it will not return to me empty;***

But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.

***Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.***

A READING FROM EPHESIANS 2:1-10

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-- by grace you have been saved-- and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God-- not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

The Word of the Lord.

Thanks be to God.

SEQUENCE HYMN #691: MY FAITH LOOKS UP TO THEE

A READING FROM THE GOSPEL OF JOHN 3:14-21

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

The Word of the Lord.

Thanks be to God.

THE SERMON

THE APOSTLES' CREED

I believe in God,
the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ,
his only son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

THE PRAYERS

V: The Lord be with you.

R: *And also with you.*

Let us pray.

Our Father, *who art in heaven*
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.

*For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen*

PRAYERS OF THE PEOPLE

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world. We pray for Justin the Archbishop of Canterbury, Michael our Presiding Bishop, Sam and Anne our Bishops with all bishops, priests, and deacons. We pray for parishes in our Diocese, especially St. Luke's, Eden; Church of the Epiphany, Eden; and Galloway Memorial Church, Elkin. We also pray for Pastor Holman and Dickerson Chapel AME and for the Hillsborough Clergy Coalition, especially for Rev. Tony Boss of Piney Grove Missionary Baptist Church.

Silence

Lord, in your mercy

Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good. We pray for our President, our Congress, and our State Government.

Silence

Lord, in your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory. We pray for the work of the Eno River Association.

Silence

Lord, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us. We offer prayers of thanksgiving and joy for the birth of Caleb Bannister Huggins, who was born on Thursday, March 4th to Julia Sendor and Andrew Huggins. We pray for the poor, marginalized, and vulnerable in Orange County. We pray for inmates, first responders, and healthcare workers. We pray for educators, students, and parents of school-aged children. We pray for the work of Justice United and Durham CAN in our local communities.

Silence

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. We pray for those in our parish family, especially: Mildred, Lois, Tom, Molly, Jim, Rowen & Jan, Ann, Anne, Daisy, Tom, Champe, Keyon, Andy & Barrie, Laura, Sandra, Bartow, Robert, Tricia & Don, Nell, Ludie, Robert, Paul, Marion, Nancy, Jim, and Jean. We pray for those at Brookshire, both residents and staff.

Silence

Lord, in your mercy

Hear our prayer.

We commend to your mercy all who have died that your will for them may be fulfilled, especially Jackie Fredericks, and we pray that we may share with all your saints in your eternal kingdom.

Silence

Lord, in your mercy

Hear our prayer.

COLLECT FOR THE DAY

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

CLOSING HYMN #620: JERUSALEM, MY HAPPY HOME

Let us bless the Lord.

Thanks be to God.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. **Amen.**

2 Corinthians 13:14

SUNDAY FORUM: CHARLES IRONS: *ORTHODOXY IN BLACK AND WHITE*

THIS WEEK AT ST. MATTHEW'S

Sunday (3/14): Lent Four / Daylight Saving Time begins

Worship and Formation

- **Gathering** (Worship Zoom); 9:00am
- **Morning Prayer** (Worship Zoom); 9:15am
- **Sunday Forum** (Worship Zoom); 10:15am; Charles Irons: presenter
- **Growing in Christ** (Formation Zoom); 10:30am
- **Sunday Godspeed Group** (Worship Zoom); 11:15am
- **Youth Group** (Formation Zoom); 4:00pm

Monday (3/15):

- **Monday Godspeed Group** (Formation Zoom); 9:00am
- **Archives & History** (Meeting Zoom); 10am
- **Newsletter deadline**; 5:00pm
- **Education for Ministry** (Formation Zoom): 6:30p
- **Compline** (Worship Zoom); 8:30pm

Tuesday (3/16):

- **Morning Silence** (Worship Zoom); 7:30am Gathering for Silent Meditation
- **Staff Meeting** (Meeting Zoom); 11am

- **Food for All / Hugh Tilson's Team** (Fellowship Hall); 5:30pm
- **Vestry** (Meeting Zoom); 7pm
- **Tuesday Godspeed Group** (Formation Zoom); 7:00pm
- **Compline** (Worship Zoom); 8:30pm

Wednesday (3/17):

- **Morning Prayer** (Worship Zoom); 8:00am
- **Ecumenical Lenten Service** (Zoom Link in announcement); Noon
- **For Those Who Live Alone** (Meeting Zoom); 5:00pm / Margaret Brill hosting
- **Choir** (Meeting Zoom); 7:00pm
- **Compline** (Worship Zoom); 8:30pm

Thursday (3/18)

- **Breakfast Fellowship Group** (Meeting Zoom); 8:30am
- **Adult Bible Study** (Formation Zoom); 7:30pm
- **Compline** (Worship Zoom); 8:30pm

Friday (3/19)

- **Morning Prayer** (Worship Zoom); 8:00am
- **Awareness through Movement Class** (Meeting Zoom); 9:30am
- **In-Person Outdoor Eucharist** (Memorial Garden); Noon) health screening form required
- **Care & Discernment Group** (Meeting Zoom); 4pm
- **Compline** (Worship Zoom); 8:30pm

Sunday (3/21): Lent Five

Worship and Formation

- **Gathering** (Worship Zoom); 9:00am
- **Morning Prayer** (Worship Zoom); 9:15am
- **Sunday Forum** (Worship Zoom); 10:15am; Lauren Winner: presenter
- **Godly Play** (Formation Zoom); 10:30am
- **Sunday Godspeed Group** (Worship Zoom); 11:15am

Youth Group (Diocesan Gathering; Kim will provide the zoom link); 7:00pm

PLEASE MASK UP IF YOU COME INTO ANY OF THE BUILDINGS ON THE CHURCH PROPERTY!!

VESTRY CANDIDATE STRAWPOLL

A letter detailing the process of our "voting" for three new Vestry members was mailed on Monday. Our process around the Vestry is different this year as, due to Covid, we can't have an in-person Annual Meeting. So we are holding a "straw poll" to direct the Vestry on choosing the new members (based on what the Vestry hears from you). The ballots will allow you to choose three members from the six who have agreed to stand for Vestry service. The Vestry will be guided by these ballots and we have been in communication with the Diocese throughout the process. If needed, there will be a second poll taken.

Our outgoing members are Jim Charton (Junior Warden), Conrad Fulkerson, and Jehanne Gheith (Senior Warden). Continuing vestry members are: Maria Costello, Vera Shanley, Sonja Tilley, Elizabeth Hays, Steve Hutson, and Blythe Thompson. The Vestry candidates are: Patrick Cummings, Lindsay Efland, Paul Enquist, Madeline Liddicoat, Martha McCamy, and Edward Wright.

Please study their bios that were included in the mailing carefully for those qualities of leadership that will best facilitate the processes of living into this next season, as God willing, we begin to come out of the pandemic. The people who agree to stand for vestry election do us all a great service and it is also an honor and a trust to serve on the vestry. The vestry's job, first and foremost, is to represent you as it watches over and guides the ways in which we carry out our mission at St. Matthew's. Toward that end, I encourage you to stay engaged with vestry members, and perhaps consider serving in the future.

All resident members of the parish, who are 16 years of age and have been confirmed or received into the church are eligible to fill out a ballot. **The first ballot must be returned by Friday, March 26.**

Procedure for returning the ballots:

- Bring your ballot directly to the Parish House. There will be a box in the foyer for ballots.
- If the office is closed, place it in the mail box in the portico at the Parish House entrance. (The Parish House is where the offices are located.)
- Vote online at: <https://tinyurl.com/smstrawpoll>. You will need the ballot number located on the bottom right hand corner of this ballot to vote online.
- Mail it to St. Matthew's: PO Box 628, Hillsborough, NC 27278 (must be mailed in time to arrive by March 26)
- Phone—call the church office at 919-732-9308

OUR LENTEN OFFERINGS

LENTEN SUNDAY FORUMS:

Sunday Forums are set to explore the Gospel and how at times the Church has lost sight of its core meaning. Remaining presentations: 3/14: Charles Irons; 3/21: Lauren Winner.

Here is some more information about Sunday's presentation by Charles Irons: *Orthodoxy in Black and White*. It is no secret that Sunday morning is still the "most segregated hour," and that white and Black Protestants in the United States not only tend to worship separately but also place different points of emphasis in their faith and practice. Charles Irons, Professor of History at Elon University and author of *The Origins of Proslavery Christianity: White and Black Evangelicals in Colonial and Antebellum Virginia*, will briefly trace the story of the segregation of Protestant churches and lead a reflection on some of the ways in which ecclesiastical separation by race has threatened the integrity of the Gospel message.

IN-PERSON, OUTDOOR EUCHARISTS

Our next in-person Eucharist will be Friday, the 19th at Noon in the Memorial Garden where we can accommodate 24 easily. To sign up, first fill out [the health screening form here](#). Masks are required and social distancing must be observed.

THE ST. MATTHEW'S LENTEN WAILING WALL

Please note the Wailing Wall that Kim Powell set up at St. Matthew's. At any point during Lent, we invite you to come to the church, and find the plastic box on the white bench outside the Hayden Building. Inside there are sharpies, ribbons, and a prayer card. Follow the prompt taped to the box and write your response on the ribbon. Tie (double tie) it to the railing where the other ribbons are (the railing closest to the Parish House) and pray the prayer on the card. Tie as many ribbons as you need, come back as often as you wish. Email Kim if you have any questions. (kim@stmatthewshillsborough.org)

HILLSBOROUGH ECUMENICAL WEDNESDAY LENTEN GATHERINGS, STORYTELLING, AND AGAPE

MEALS with other parishes in Orange County. These will be on Zoom on Wednesdays at noon, through March 24. One person from each participating parish will be asked to offer a five minute 'pandemic story' for a total of around five at each gathering, and we will conclude with an agape meal. This is being planned by the Hillsborough Clergy Coalition. Here is the link for this zoom service:

<https://nccumc.zoom.us/j/93569627154?pwd=TS9sYXBzOEhmcWJPOU9GVFdx0p0dz09>

The password is: agape

MORE INFO ABOUT THESE GROUPS THAT WE SUPPORT:

JUSTICE UNITED

Orange County Justice United is a broad based community organization that works with the civil sector to organize around issues to improve the lives of Orange County's marginalized residents.

DURHAM CAN

Durham CAN is based in institutions: congregations, associations, schools, nonprofits, community health centers, and neighborhood organizations that share a concern for families and a tradition of faith and democracy.

ORANGE CONGREGATIONS IN MISSION

Providing Beef Stew to Orange Congregations in Mission Food's Pantry is a commitment St. Matthew's has made and kept for years now. Bring your donated cans to the church anytime. Drop them in the basket under the alcove of the Hayden Building or leave them by one of the doors. So far this month we have received 52 cans of beef stew; our goal each month is 175. *Many thanks to all who gave so generously to our OCIM drive in February. We gave over 722 pounds of formula, diapers, wipes and food – nearly \$1,000 in Gerber formula alone. Thank you more than I can say. Carolyn Parsley*

"WARMING HEARTS" SHAWL MINISTRY CALENDARS AVAILABLE

Calendars (February 2021-January 2022) featuring shawls made by the Shawl Ministry are available in the Parish House for a donation of yarn, in any amount. They were made to honor our Shawl Ministry by member Dot Lansdown. Her son William photographed the shawls which he displayed on the pews of St. Matthew's. (Quantities are limited.)

CARE & DISCERNMENT GROUP FORMING

You are invited to practice listening with a group of four to eight fellow parishioners. During these challenging and divisive times we feel the pressure to take action. Learning to pay careful attention to one another is a way to act decisively and effectively. The structure of St. Matthew's Care and Discernment Groups provides a way to practice this work through mutual support. We take turns to narrate a query, challenge, or joy which is held in meditative attention through prayer, reflection and silence. We will meet for as many times as there are participants and our sessions last for 75 minutes. Active listening nourishes our mind, body, and spirit; it strengthens our friendship to one another and our service to the wider community.

We will begin the group on St. Matthew's Zoom Meeting channel on Friday, March 19th at 4 pm. If you are interested please contact Edward Wright at framesbyedwardwright@gmail.com or call 919-622-7082.

RACIAL JUSTICE AND RECONCILIATION BOOK DISCUSSION; TUESDAY, MARCH 23 AT 7:00PM

Caste: The Origins of our Discontent, by Pulitzer Prize-winning author Isabel Wilkerson, will be the

topic of the next book discussion sponsored by the RJRC on Tuesday, March 23 on the Meeting Channel at 7:00 p.m. Ms. Wilkerson writes about the surprising costs of the caste system on our physical and mental health, life expectancy, culture, and politics. She also suggests ways to move beyond the destructive separations in our country toward hope in our common humanity. This is a topic we must examine during these turbulent times of national discontent. Please join us as we explore this brilliant book exploring how America today, and throughout its history, has been shaped by a hidden caste system. Here is a link to an interview with Isabel Wilkerson, the author of *Caste*: <https://www.npr.org/2020/08/04/898574852/its-more-than-racism-isabel-wilkerson-explains-america-s-caste-system>

COMMUNITY EVENTS

THE CHAPEL OF THE CROSS LENTEN DAY OFFERING – Saturday, March 20, 2021 (*Registration Links forthcoming*): **Entering the Heart of Christ: Christianity as Participatory Mystery**

In a series of talks spaced through the day, The Rev. Matthew Wright will explore how to move beyond understanding Christianity primarily as a "belief system," inviting us to engage the Way of Jesus as a path of experience and transformation. We will explore our principal doctrines of Trinity and Incarnation as participatory mysteries that Jesus invites us to enter into, paying special attention to the "unitive" or "nondual" dimension of Christian faith, the recovery of heart-centered Christian contemplative practice, and pioneering Christian voices such as Teilhard de Chardin and Raimon Panikkar.

The Rev. Matthew Wright is an Episcopal priest serving as priest-in-charge for St. Gregory's Episcopal Church in Woodstock, NY. He is a well-known contemporary contemplative and a gifted retreat leader, nurtured in the Christian contemplative Wisdom tradition. He writes frequently for *Contemplative Journal*, and teaches for Northeast Wisdom and The Contemplative Society.

The day is expected to beginning around 9am and conclude by 5pm with a number of breaks and times for reflection interspersed throughout the day. Registration information will be available soon. There is a \$10 suggested donation to cover costs associated with the event.

COVID RELATED NEWS

SACRAMENTAL APPROACH TO VACCINES by our own David McDuffie has been published in Georgetown University's Berkley Center for Religion, Peace, and World Affairs. Here is the link for his excellent article:

<https://berkeleycenter.georgetown.edu/responses/on-life-grace-and-vaccines-a-sacramental-approach-to-public-health>

COVID VACCINATION NEWS

Group 3 Essential Workers are now eligible. Getting the COVID-19 vaccine gives you an added layer of protection against COVID-19 and may protect your church family. Here are some key points about COVID-19 vaccination:

- All COVID-19 vaccines available in the United States are very effective at preventing the disease.
- The most common side effects are pain in the arm where you got the shot, feeling tired, headache, body aches, chills, and fever.
- Stopping a pandemic requires using all the tools we have available—wearing masks, staying at least 6 feet from people who do not live with you, avoiding crowds and poorly ventilated spaces, washing your hands frequently, and getting vaccinated.

Essential Workers include:

- **Critical manufacturing** (including manufacturing medical supplies, medical equipment or PPE, manufacturing products needed for food and agricultural supply chains)
- **Higher Education** (including college and university instructors and support staff)
- **Essential goods** (including workers in stores that sell groceries and medicine)
- **Food and agriculture** (including meat packing workers, food processing workers, farm workers, migrant farm/fishery workers, food distribution and supply chain workers, restaurant workers)
- **Government and community services** (including US Postal Service and other shipping workers, court workers, elected officials, clergy, homeless shelter staff)
- **Public health** (including public health workers, social workers)
- **Public safety** (including firefighters and EMS, law enforcement, corrections workers, security officers, public agency workers responding to abuse and neglect)
- **Transportation** (including public transit, Division of Motor Vehicles workers, transportation, maintenance and repair technicians, workers supporting highway infrastructure)

Your health and safety continue to be our priority. Vaccine supplies are limited, we are seeing access increasing as more, and more providers come online in our area. Please see Vaccine Sign Up options below:

- **Orange County Health Department** — Visit the [GetYourShot](https://www.orangecountync.gov/2617/Vaccine) <https://www.orangecountync.gov/2617/Vaccine> page to sign up or call 919-913 8088 between 8:30 a.m. and 4:30 p.m. seven days a week.
- **UNC Health** — Visit the [Get Vaccinated](https://vaccine.unhealthcare.org/get-vaccinated/) (<https://vaccine.unhealthcare.org/get-vaccinated/>) page or call 984-215-5485 between 8 a.m. and 5 p.m. Monday-Friday.
- **Piedmont Health Services** — Visit the [COVID-19 Testing and Vaccination](https://piedmonthhealth.org/how-can-i-be-tested-for-covid19/) (<https://piedmonthhealth.org/how-can-i-be-tested-for-covid19/>) page or call 919 545-3452.
- **Hillsborough Pharmacy** — Visit their [Home Page](https://www.hillsboroughpharmacync.com/) (<https://www.hillsboroughpharmacync.com/>) or call 919-245-1212.
- **Duke Health** — Visit the [COVID-19 Vaccines Update](https://www.dukehealth.org/covid-19-update/covid-19-vaccine-update) (<https://www.dukehealth.org/covid-19-update/covid-19-vaccine-update>) page to join the waiting list. If you are a Duke MyChart user, you can check Duke MyChart regularly to view appointment availability.
- **Cone Health** — Visit the [COVID-19 Vaccine Information](https://www.conehealth.com/covid-19-information/covid-19-vaccine-information/) (<https://www.conehealth.com/covid-19-information/covid-19-vaccine-information/>) page to join the waiting list.
- **Durham Veterans Affairs Health Care System** — Call 919-286-0411 and dial 0 for the operator to schedule an appointment if you are a veteran at high risk or a veteran frontline essential worker. The VA will reach out to more veterans as additional supplies become available. See the system's [website](https://www.durham.va.gov/) (<https://www.durham.va.gov/>) for more information. (See the [COVID-19 Vaccine for High Risk Veterans](#) to see the listing of veterans eligible now for vaccination through the VA.
- **Walgreens** — there are five Walgreens in Orange County that offer vaccines:
 - 1670 Martin Luther King, Jr. Blvd., Chapel Hill
 - 1500 E. Franklin St., Chapel Hill
 - 801 Mebane Oaks Rd., Mebane
 - 1106 Environ Way, Chapel Hill
 - 200 US Highway 70 E, Hillsborough

To learn more:

- Orange County Health Department's Vaccine Page: www.orangecountync.gov/getyourshot

- NCDHHS Deeper Dive- Group 3 Frontline Essential Worker:
<https://covid19.ncdhhs.gov/vaccines/find-your-spot-take-your-shot/deeper-dive-group3>
- NCDHHS Vaccine Locator: <https://myspot.nc.gov>
- NCDHHS tool to find your group: <https://findmygroup.nc.gov>

PRAYER LIST

We pray for all who are sick, or in any need or trouble, remembering especially the following members of our parish family: Mildred Pruessing, Lois Horn, Tom Vail, Molly Zaragoza, Jim Fesperman, Rowen & Jan Grant, Ann Burdette, Anne Weaver, Daisy Huffman, Tom Sinn, Champe Davis, Keyon Hutson, Andy & Barrie Wallace, Laura Middlebrooks, Sandra Poffenbarger, Bartow Culp, Robert Fruehwirth, Tricia & Don Hill, Nell Schrader, Ludie White, Robert Locke, Paul Enquist, Marion Horn, Nancy Harris, Jim von St. Paul, and Jean Bartholomew.

And these others for whom our prayers are desired: Melanie Maupin, Betsy Zaragoza, Harry Dula, Arnold Thomas, Gail Clifford, Erin Vaughan, Bob Caldwell, Baylor Pisano, John Charton, Lucy Gradowski, Ken Foland, Savannah Fonvielle, Colleen Paisley, Ben Mueller, Richard Haase, Chip Joyner, John Logan, the Spurlocks, the Tuckers, Anna Lawrence & Dan Bass, Fred Edoughs, Timothy, Bob, Laura Merrill, Jeannine Beardslee, Brooke Harnisch & Dan Roberts, Amy, Evelyne Accad, Amalia, Maddie Powers, Allie, John & Rachel Hougom, Richard Stevens, Mary Beth, Karl & Janice Eicher, Knox Efland, Coleman Sale, Boardman Lloyd, the family of Chris Knotts, Bill, Chris Graebner, Tom Bloom, Michael Thompson, Andy, Drew, Sean Turnell, Matthew Arnold, Anne Cox, Sally Weaver, Steve Thomas, Alex Thomas, Joe Barnes, Tony Boss, and Millie Hinkle.

We pray for all doctors and nurses, service workers, inmates, and the unemployed. We pray for educators, students, and parents of school-aged children.