



Galena UMC Recovery & ReTurn Report

October 21, 2020 Week #19

Galena's ReTurn Team

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Weekly Update ... *from Dale*

In churches, the lockdown has highlighted some concerns that had gone unnoticed before the lockdown. We need to be aware of people in our congregation and community who are on their own. We need to be aware of those who are technologically isolated. Isolation and loneliness did not just suddenly materialize in the last few months – single people and the elderly struggle with or without this lockdown. We need to be more involved with the community as a congregation, really be there for people as they try to navigate the new world during and after Covid.”

This situation can make us more aware of others in the future. Just one example: as we move forward, we can help high-risk people

during a regular flu season by taking some precautions that we have been doing now: washing or sanitizing hands more frequently, staying away when we are sick, modified social distancing when there are outbreaks in our communities, etc.

Finally, one important lesson we may have learned is that we have been taking worship for granted. There are times when fellowship is a burden and being in community with other sinners is “messy”. “Has absence made the heart grow fonder?”

A LITTLE HUMOR in a time when we need it.....

We have definitely entered “THE COVID WORLD” when we realize that coughing is more offensive than passing gas!!!

Medical Tip of the Week ...*from Dennis* ***Refer to FAQ page 1 for more detailed answer***

If I have been infected with Covid19, am I protected from getting it gain? Am I immune?

While long-term immunity has not been shown, people who have recovered from Covid19 have sufficient levels of neutralizing antibodies for at least 2½ months after recovery. It may be longer. However, immunity, even short-term, is not a given. There have been documented instances where someone who has recovered from the virus did get reinfected with a genetically different strain of Covid19. Whether or not a vaccine will be better than natural immunity remains to be seen.



Update from the County ...from Jay County placed on the warning list for fourth time

Jo Daviess County was listed for the fourth time on the Illinois Department of Public Health's (IDPH) warning list. The county first made the list at the end of July as the county hit three of the metrics that trigger the issuance of the warning.

The metrics that Jo Daviess County reached, for the week ending Oct. 10, were:

- 267 cases per 100,000–The target is less than 50 cases per 100,000.
- 460 tests performed–Testing is sufficient when test positivity is less than or equal to 8 percent.
- 10.9 percent positivity–The target is less than or equal to 8 percent.

Jo Daviess County is one of 34 in the state that were issued warning levels by the IDPH on Friday, Oct. 16.

IDPH also reported two deaths of Jo Daviess County residents on Friday, Oct. 16. According to IDPH, one was a male in his 80s and the other was a male in his 90s.

Earlier in the week, another death was reported in Jo Daviess County, a woman in her 90s. Those three deaths more than doubled the previous total in Jo Daviess County.

As of Monday, Oct. 19, Jo Daviess County has seen 416 positive cases. Five residents have died from COVID-19.



Steeple Work Continues

Notes ...from Charlene ... I'm finding that "staying in touch" seems to be the only good thing coming out of this pandemic. The more we can hold our church family close, the better it feels, whether it's by phone calls or notes. We really are all in this together.

Blessings ... from Pastor Catiana

May we continue to let "Do No Harm" guide us. May "Do No Harm" become a practice of kindness, compassion, and care for all. Sounds simple but sometimes challenging especially when we have COVID 19 fatigue. Practicie "Do no harm" until it's second nature. Again, "we are committed to keeping people safe remembering those whose immune systems may be compromised in any way".

With God's help, committed to remembering that when one suffers, all suffer; when one rejoices, all rejoice, may we continue to strengthen our relationship with God, each other, and our neighbor.

Please keep each other and our community in prayer. The virus has already touched our families and friends. As an exercise of love, take your directory and "pray" it. Let your prayer and love encircle each face and send your love into your community and into our world. Remember we are Christ's hands and feet and voice. Share your gift of love. As followers of The Way (the followers of Jesus), we will continue to grow and learn and share all aspects of a living, vital community of faith living out the Gospel of Christ here in Galena and beyond. God bless you and keep you!

Pastor Catiana

Remember: Do No Harm ... Do Good ... Stay in Love with God!

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit. Romans 15:13