MOUNT VERNON PRESBYTERIAN CHURCH

Growing Followers Of Christ Since 1902

The Grapevine

I am the vine; You are the branches.

John 15:5

Year 119, Issue 6 June-August, 2021

It's an exciting time in the life of Mount Vernon Presbyterian Church as we move forward to a bright future in so many ways: ministries that have been online only for the last year or more are beginning to meet in person again, renovations to the sanctuary are moving forward, and we're stepping into an exciting new leadership model!



After more than a year of limited activity, our various mission teams are meeting in person again to serve the community. The Friendship House team is serving food to the hungry of Mount Vernon and the Care Pals team is once again sharing crafts with those in long term care. The children and youth ministries have been getting together for outdoor movie nights, youth group, kid's group, and more. The "Fireside Small Group" met in the church yard and other groups have met at people's homes. The Summer hikes have started offering opportunities for connection in creation. And we will host Sunny Summer Sundays on the church lawn with an all ages Sunday School and Worship Watch Party. It's a great time to figure out how you'd like to connect and get involved with a group or activity at MVPC!

Renovations continue on our beautiful church building, moving from the outside, which now has a new roof and new siding, to the inside; upgrading the sanctuary, and the communications. The design team has already begun to survey the congregation as they make decisions about specific improvements in the sanctuary. The communication infrastructure is being upgraded in the church building so that we don't have to let go of some of the good things which have come as a result of this time of distancing. The "Pause Prayer Group," for instance, is among at least a few who have decided that meeting online is a better fit for what they're doing. Soon we should have everything in place so that most meetings of the church can be hybrid - which means, once we finish the improvements and renovations, whether you prefer to attend in person or from the comfort of your own home, the beach while you're on vacation or a hospital room after surgery, you'll be able to participate in the life and ministry of MVPC from wherever you are!

MVPC is also stepping faithfully into an exciting new leadership model. We've shifted the role of Session to really allow them to focus on leadership. The Book of Order says that Session's primary role is to discern the will of God for the congregation and measure the fidelity of the congregation's ministry to the word of God. Session is the group that holds the big picture and sets the direction for the congregation's ministry; but they are not the only ones who make decisions about what we do... far from it! Many of the day to day and week to week decisions will be in the hands of ministry coordinators whose role it is to work with the staff of the church to empower the congregation to use their gifts to minister. As Dean Strong (the stated clerk of our presbytery) points out: Jesus said "Go and make disciples" not "go and meet in meetings."

So if you like to plan worship services, come be part of doing that! If you like to make or serve meals, excellent, we have a role for you! If you like to work behind the scenes counting money and doing financial reports, wonderful! If God's put it on your heart to start a support group, fantastic! If teaching is something you love, awesome! Whatever gifts you want to use for the benefit of the ministry of MVPC and our witness in the community, we want you to use them! A big part of the goal is to allow more people to use their gifts in the manner they would like to in order to serve God's mission through the church. And we don't have all of the coordinators identified yet, so take a look at the broad brush description of the ministry areas on the next page. See if there's anything that sparks your interest for leadership or participation. If it's not there, I wonder what it might be? Get in touch and let me know. After all, the purpose of shifting our leadership model is, simply put: to make it easier for people to engage in ministry in a life giving way so that we'll all move forward to a bright future.

Thanks and blessings,
Pastor Dan

Sunday Worship 10:30 am Zoom Meeting Room 1

Go to zoom.us/i enter Meeting ID: 360 424 7675 Passcode: MVPC

Broad Brush description of Ministry Areas

<u>HOSPITALITY</u>: Creates a welcoming atmosphere as they make arrangements for receptions and special events for the congregation. They connect people and food, for example—a special meal for OPOP to celebrate a new achievement, a visiting group who is being welcomed by MVPC, and congregational meals. This ministry keeps the kitchen clean and supplied, runs the Espresso stand, organizes greeters at the door and the fellowship time on Sunday morning.

<u>WORSHIP</u>: Works with the pastor and staff to design inspiring worship services for Sunday morning and special occasions. Everything involved in worship, from music to visual aids to flowers, is part of this ministry. They provide seasonal decor for the sanctuary and narthex, assign elders and/or deacons to serve Communion, and organize volunteers to be liturgists and receive the offering.

MISSION and SERVICE: Encourages and supports local mission teams so that the hearts and hands of the congregation can be engaged in God's transforming work with the marginalized of Skagit County and beyond. Some current mission partners include: Friendship House, Family Promise, Underground Ministries, New Earth Recovery and Care Pals. The Mission ministry is also our link to Tansen Hospital in Nepal, which we support and the denominational offerings such as One Great Hour of Sharing.

<u>DISCIPLESHIP</u>: Develops opportunities for the members and friends of MVPC to grow spiritually. Current projects include: adult Bible studies, prayer groups, small groups of all kinds, seasonal groups, Godly Play for the children, and Youth Group for middle and high school students. Future possibilities include rotating Sunday School classes for all ages, Senior ministries, and more. This ministry area seeks to provide opportunities for people of all ages to grow in their faith.

MEMBERSHIP AND EVANGELISM: Communicates the wonderful things going on at MVPC to the congregation and the community. It is responsible for the church website, FaceBook page, Grapevine, bulletin boards, yard sign, and any ways to connect people to the church. They also make it easy for people to get involved at MVPC connecting folks with the congregation and organizing a membership orientation course.

MINISTRY SUPPORT: Maintains the building, grounds and systems of the church which make ministry possible in the 21st century. They work with staff to address communication and technical needs as well as organize work parties so that many people can make lighter work with regard to building maintenance and grounds upkeep. The ministry support team makes it so ministry is able to happen.

Letter from the Deacons

These are exciting and challenging times at Mount Vernon Presbyterian Church! Long discussed changes are happening that will empower us to better serve our Lord, our congregation and our community.

The May issue of The Grapevine (www.mountvernonpres.org/grapevine) contains an article that describes in detail the changes coming to our leadership model in both the Session and the Board of Deacons. This letter addresses the Board of Deacons specifically.

We are trying to make ministry and service roles clearer, smaller, and more manageable so that members and friends of the congregation will be excited to be part of the ministry that we do. Accordingly, the current Deacon roles are being separated to allow some people to **organize** the network of congregational care and others to **provide** that care.

The Board of Deacons is one of the roles. It will consist of six members whose primary ministry will be the "Coordination, Training, and Support of the Commissioned Deacons". Their terms of office will be three years, renewable once. The other role will be Commissioned Deacons. There can be as many as are needed to provide care for the congregation. Each will be ordained and commissioned to a particular task for a one-year term. Whether the task is caring for a small group, ministry or team (think choir), or sending cards or flowers, managing the meal train, welcoming newcomers, or many other bite-sized tasks, the one-year term can be renewed as long as it is lifegiving to the Deacon and fruitful for the congregation.

These changes are significant and we know they may be disruptive to some. During the time of reorganization, we expect "holes" in our care network. Right now, most people are assigned a Deacon. With the transition, some of those deacons will move on to other activities. For example, the six members of the Board of Deacons will typically not be the ones to contact individual members and friends of the congregation. Can they be called at any time? Yes, of course; but the task of making contacts will now fall to Commissioned Deacons. So, in the interim, should you need or want help from your church, we're still here for you! Please don't hesitate to contact any deacon, the church office, or the Pastor to make your needs known.

We ask for grace and patience as we all work through this exciting challenge. Yours in Christ, The Deacons

Sunny Summer Sundays!

We are excited to get together outdoors on the lawn of MVPC during the Sunny Summer Sundays in June, July, and August. Please bring an outdoor chair or picnic blanket and whatever coffee, water, or snacks you and your family might want to enjoy. Out of support for the kids who are not yet able to receive their vaccines, we are asking that people of all ages who are attending, please wear a mask. We will meet on the East Lawn, under the big tree. Please pray for sunshine (we will let you know in the weekly email if we are canceling due to rain). Please contact the church office or Rebecca Holland with any questions.



9:30 to 10:15 am All Ages Summer Sunday School

We will explore the Fruit of the Spirit this Summer with games, crafts, and more for all ages. Talk to Rebecca Holland to be added to the email list or just show up ready for fun!

10:30 to 11:30 Worship Watch Party

Everyone is welcome to enjoy watching and participating in worship together in the shade of the big tree. Feel free to linger after the worship service for fellowship with old and new friends!

MVPC Summer Hikes on 1st and 3rd Saturdays at 8 am!

Join new and old friends on the 1st and 3rd Saturdays of June, July, and August for an MVPC hike! Contact the church office or email Rebecca Holland if you are planning to come and would like to be on the email list for details, coordinating carpooling, and directions to the hike. Hikes are weather dependent so please let us know if you plan to come, so we can let you know if we end up canceling or changing the time due to rain. MVPC Hikes are a great way to get to know others in the congregation while also enjoying God's beautiful creation!

June 19th - Ebey's Landing on Whidbey Island
July 3rd - Little Mountain in Mount Vernon
July 17th - Leader's Choice - We need a volunteer to lead!
August 7th - Fragrance Lake Trail near Bellingham
August 21st - Sauk Mountain near Concrete



Thank you to:

- ♥ Our fearless leaders Pastor Dan and Rebecca Holland.
- ♥ Our MFOC for the "on-the-fly" check-ins.
- ▼ The MVPC family for positive support, encouragement, compassion and for being the 'hands and feet of Jesus'.
- ▼ Doug & Sarah Catton for security checks & fire extinguisher checks.
- ▼ Tom & Molly Howard for helping with nominating, deacons, grandchildren and keeping us strong during adversity.
- ♥ Bill DeHon for leadership of endowment committee and tireless dedication to wherever he is needed.
- ♥ All the tech folk, David Lorente, Aaron Kiesser, Brad Clure who make zoom work.
- The Holland kids for sharing their parents with the rest of us.
- ♥ Godly Play story tellers.
- ♥ Bob Rauch and David Reamer for leadership of the adult Bible study.
- ♥ All the folks who wrote Kind Notes during a challenging year for all.
- Leslie Braun for help in mowing and for keeping the financial records accurately.
- Anne Long for paying bills and helping with the landscaping.
- ♥ Pat Papadopulos for her amazing gift of prayer and encouragement.
- David Lorente for wonderful sense of humor and amazing skill in leading music
- Josh VerHalen for uplifting music each Sunday.

If you would like to acknowledge your gratitude for someone's role in the church in next month's newsletter please email Barbara in the church office. mvpc@mountvernonpres.org



MVPC Church Leadership



Session		Class Year	Board of Deacons		Class Year
Pat	Papadopulos	2022	Tom	Howard	2022
Bill	DeHon	2022	David	Reamer	2022
Joe	Seabott	2023	Arlene	Andersen	2023
Becky	Goodell	2023	Rosemary	Gale	2023
Bruce	Lavers	2024	Ward	Ernst	2024
Sarah	Maas	2024	Kitty	Willis	2024

May 2021 Session Notes

- * The session meeting opened with Awareness Examen prayer.
- * Approved the Proposal for Design and Preconstruction services for the sanctuary.
- * Postponed until next regular Session meeting more discussion on the Julia Gray Cook Trust fund.
- * Adopted the recommended composition of the personnel and nominating committee.
- * Noted that a Congregational Meeting is called for June 6, 2021 for electing Elders/Deacons etc and sharing progress on the Sanctuary Renovations.
- * Received the information that Ward Ernst is 'retiring' as Clerk of Session effective in July 2021.
- * Expressed appreciation for Gary Jones contributions to MVPC as the Jones move the end of June 2021.
- * The meeting was closed with prayer.

Assistant Financial Secretary

MVPC is in need of a volunteer who enjoys working with financial statements and computers to be trained by and work alongside Leslie Braun (our Financial Secretary) and assume the duties when she's out of town. This is a one year commitment renewable as long as it's working for the church and you're enjoying yourself!

MVPC Grapevine Now Quarterly and Mailed to Your Door!

Beginning with this issue, we will be publishing and mailing the Grapevine to correspond with the church seasons.

- Fall Issue deadline for submissions will be August 20th (Announcing Fall Programs and Reporting on Summer Fun).
- Advent Issue deadline for submissions will be October 20th (Advent, Christmas and January).
- Lenten Issue deadline for submissions will be January 20th (Ash Wednesday, Lent, Easter and Pentecost Information).
- Summer Issue deadline for submissions will be May 20th (Summer Programs).





The MVPC office is opening Monday June 14th

Beginning June 14, 2021 the office will be open on Monday, Tuesday, Wednesday, Thursday and Friday from 9 am to 3 pm. Please follow the protocol on the second page for stopping by to visit. You will need to sign the log on the table in the narthex entry for contact tracing as we are not "done" with this virus yet. We look forward to seeing you and welcome those drop-in check-in's we enjoyed in the past.

Children, Youth, and Family Corner:

Volunteers Needed for the 2021-2022 Children and Youth Ministries Program Year

The MVPC Nursery, Godly Play Program, and Youth Sunday School are recruiting volunteers who have a heart for God and a heart for the children and youth of MVPC. We will provide you with training and a wonderful team to work with as you help to spread God's love to MVPC children and youth! Please talk with Rebecca Holland if you are interested and she will help you discern the best fit for you!

Sunny Summer Sundays from 9:30 to 11:30 am

Check out the announcement on page 2 of the Grapevine about the Sunny Summer Sundays. Families are welcome to come as early as 9 am for playground, gaga ball, and family fellowship fun or feel free to stay after worship. Remember to bring water bottles for your kids, especially if it's a warm day and they will be running around. We hope to see you there!

MVPC Summer Hikes on 1st and 3rd Saturdays at 8 am

Join new and old friends on the 1st and 3rd Saturdays of June, July, and August for an MVPC hike! Contact the church office or email Rebecca Holland if you are planning to come and would like to be on the email list for details, coordinating carpooling, and directions to the hike. Hikes are weather dependent so please let us know if you plan to come, so we can let you know if we end up canceling or changing the time due to rain. See page 3 for hike locations

Youth Movie Nights 1st Fridays from 7 to 9:30 pm

Youth heading into Middle School and High School are invited for an evening of fun and fellowship as we enjoy movies together on MVPC"s East Lawn. Bring your own outdoor chair or picnic blanket and water bottle. Treats will be provided! Please RSVP with Rebecca Holland so she knows how many treats to get!



Families, Youth and Kids at Play



Congratulations to Graduates



Allison 3rd grade graduate



Eli 3rd grade graduate



Elias Elementary School graduate



Ben Elementary School graduate



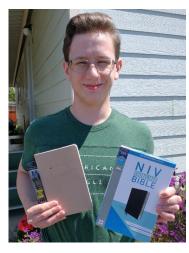
Kennedy Elementary School graduate



Avalon Middle School graduate



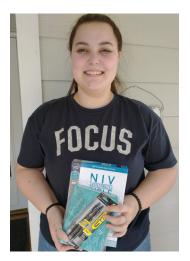
Gavin Middle School graduate



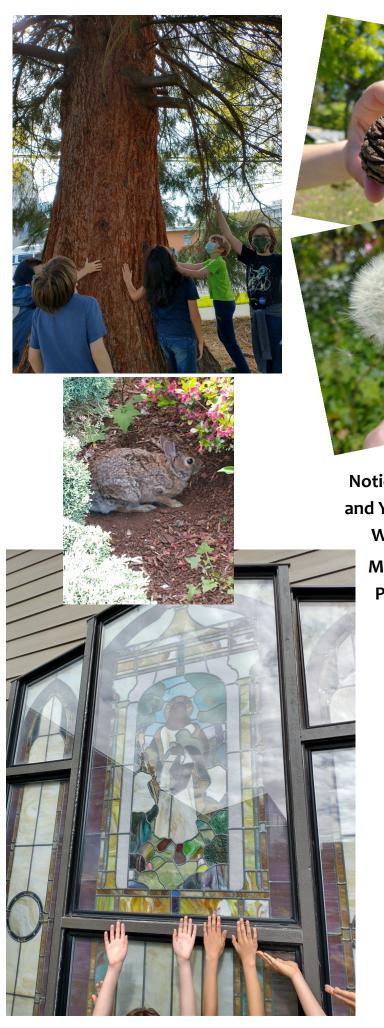
Ben High School graduate



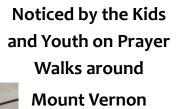
Cameron High School graduate



Courtney High School graduate







Presbyterian Church





Pause Prayer Group on Thursdays at 9 am

Do you want to learn more about prayer and take time praying with a loving, caring group of folks each week? You are invited to come to the MVPC Pause Prayer Group in MVPC Zoom Room One from 9 to 10 am on Thursdays. Please call the church office or talk with Pat Papadopolus or Rebecca Holland if you would like to find out more.



Deepening Life of Prayer and Discernment: Lectio Divina or Praying with the Scriptures

By Rebecca Holland, Director of Christian Education and Spiritual Formation

Lectio Divina is a way of prayerfully reading the Bible as the Living Word of God. Many of us approach the Bible through study of particular books or passages or simply as a daily practice to draw closer to God. Most of us have favorite Bible verses that we have memorized and hold in our hearts. These are all wonderful ways for us to draw closer to God and, if you find those ways helpful in your faith, you may find Lectio Divina helpful as well.

Lectio Divina provides an additional way to dive even deeper into God's word through contemplative prayer. Christians have been practicing this method of praying with the scriptures since the beginning of Christianity. It can be a powerful experience whether you practice it with a group (the MVPC Pause Prayer Group enjoys this form of prayer!) or on your own. Remember, as with any prayer practice, to take a few deep breaths and give yourself a lot of grace. God works through prayer, even when it's not perfect.

To practice Lectio Divina, find a comfortable, peaceful space and open your Bible to a Scripture passage. Take a few deep breaths and enter into a time of prayer, asking God to be with you as you prayerfully read the Scripture passage several times, with a slight shift in your prayerful focus each time. Take time to pray before you begin to prepare your heart, between each reading of the Scripture passage, and at the end of your practice as a thank you to God.

I have found the Contemplative Outreach (countemplativeoutreach.org) approach helpful:

1st Reading: Reading (Lectio): Read a Scripture passage listening with the "ear of your heart." What word or phrase captures your attention? Repeat it gently.

2nd Reading: Reflecting (Meditatio): Reflect on and relish the words. Be attentive to what speaks to your heart.

3rd Reading: Responding (Oratio): As listening deepens, allow responses to arise spontaneously - praise, thanksgiving, questions, petitions.

4th Reading: Resting in (Contemplatio): Simply "be with" God's presence as you open to deeper meanings of the Word of God for you.

Next Grapevine's Deepening Life of Prayer Focus: Centering Prayer

MVPC Leadership Enrichment on Thursday, June 17th at 7 pm

Everyone, especially MVPC Leaders of Small Groups, Teams, Programs, Bible Studies, AND anyone who would like to be a part of the conversation, is invited to Part Two (it's OK if you missed Part One) of Chris Hoke's "Brainstorming Symposium" on Thursday, June 17th at 7 pm. Leaders, please share the ministry focus discussion form with your groups before the meeting and bring their thoughts to the meeting. We would love to have at least one representative from all of the MVPC groups there (bonus if you can get more than one there)! Please contact Rebecca Holland with any questions or to find out more.

Thank you to all who sent their condolences

Our family wants to thank all of you who sent condolences by cards and flowers at the two deaths that have hit our family this year. Geof Bowser February 8th, Bill's son. Then my daughter on April 8th. This has really been a tough time for us. We are very grateful for what the church has done. Thank you and peace be with you.

Opportunities to Serve, Grow and Fellowship Together

Women's fellowship

Gather for Bible Study and Fellowship at 9:00 am the fourth Saturday of the month on Zoom Room 2 during the summer. Bring a friend and make more new friends.

We Need Your Help!

Summer is here. The grass is green and growing: so are the weeds.

Have you ever wanted to enjoy the peaceful solitude of driving a lawn mower in the morning sunlight or in the early evening? Enjoy some quiet personal time weeding in the garden? The church grounds team is looking for you! The lawn is mowed weekly until mid-summer and we are in need of people who can help fill in occasionally.

Weeding opportunities and outdoor projects are available year-round. If you, or a group, are interested in helping out on the grounds or adopting a small section of the church beds, or taking on a grounds project, we have many locations and projects available.

Projects are as small as a few hours of your time to several days long.

Reach out to Bruce Lavers or Dan Long. You can call, email or drop by the church Tuesday mornings. One of us is at the church almost every Tuesday morning working on the grounds.

"Living through cancer together"

There are cancer support groups available to all of us who are either dealing with active cancer or whose cancer, thankfully, is in remission. Many of us might feel more comfortable with groups of people we know. If that rings true with you, join Pete Papadopolus, Tom Howard, and Rosemary Gale, on Sunday, July 11th, via zoom after church. We will be discussing what a cancer support group would be for us at MVPC.

Please do not hesitate to call Pete, Tom, Rosemary or the church office 360-424-7675 if you have any questions before we meet.

Yard Helper needed

One of our congregants, living north of Sedro Woolley, needs help with all kinds of yard work. Please contact the church office (360-424-7675 or mvpc@mountvernonpres.org) or Connie Bowser if you know of a reliable someone who can assist in this manner throughout the year. Pay is negotiable.



CRAFTING by Patti Allen



The Crafting Fellowship will not be meeting this summer, June, July and August. Rosemary and I have decided to take a summer break and plan to resume meeting when the building is open in the Fall. Although in fact I never take a break from sewing and knitting I will also continue to hold crafters in my prayers. I am sending a photo of "The Girls" for the Crafting Fellowship.

Birthdays & Anniversaries

JUNE

5-Betty Washer

7-Jan Eerkes

7-Bill & Jan DeHon

8-CarolAnn Ross

9-Mabel Long

Don & Margo Wortham

10-Ron Vander Stoep

11-Lynn Grobschmidt

Bob Rauch

Don Riedel

Howard & Barbara Koozer

Bob & Colleen Highee

David & Ruth Neal

12-Bayon Olwete

15-Madeline DeLia

18-Bob Higbee

19-Miriam Cooksey

20-Bob & Glenda Mitchell

20-Larry & Carol Peterson

24-Dick Johnson

Carolyn Mattson

25-Linda Walser

26-Colleen Higbee

Tom Long

Gordon Mau & Dee Jobe

28-Iva Rauch

JUY

1-Gary Jones

7-Ken & Sandy Ball

Annie Rogers

11-Wendy Bartholomew

12-Tonnie Boer

13-Spencer Fox

Don & Danya Wolf

14-Abram Hoke

14-Jean Byron

19-Tom & Molly Howard

Barbara Koozer

20-Flaine McIvor

21-Sue Farrar

Don Semrau

24-Shayla Brown

25-Phil McLaughlin

26-Malik Sumareh

27-Debbie Parker

29-Peter & Karin Brown

Josh VerHalen

30-Doris Wygal

Larry Peterson

31-Bev Helton





AU9UST

1-David Reamer

3-Brad & Barb Clure

4-Toni Hulbert

5-Jim & Chris Johnson

Karen Lorente

9-Seaver Milnor

11-Mim Ambrose

Sarah Maas

Don & Margaret Semrau

12-Rob & Tracy Hall

14-Vicki Jones

15-Chris Hoke

15-Paul & Laurel Coalwell

18- Collie Ridgeway

19-Douglas Catton

20-Paula Rutledge

21-Tracy Hall

22-Pat Skelton

25-Peggy Feller

Ross Anderson

26-Ted Langrehr

Mike Weeks

Gayle Vyskocil

Dave & Rosemary Gale

27-Don & Marjorie Riedel

30-Britt Swanson

Alexandra Yerigan

31-Chris Johnson

Mission Partners

Please help with the next Family Promise Week August 1-7 2021

We need your help to serve the families experiencing homelessness through Family Promise the week of August 1-7. We are looking for volunteers to



provide meals, volunteers to serve meals, and volunteers to be overnight hosts. We recommend that you be fully vaccinated. Please call the church office or talk with Ruth Neal or Dale Irvine if you would like to volunteer or find out more.

Join the MVPC Missions Team

Do you have a heart for missions, love local service projects, and want to serve others by helping to prayerfully discern the missions of MVPC? The Missions Team would love to have you involved! We meet on the 1st Thursdays of the month at 1 pm to support, encourage, and discern MVPC missions and local service projects. if you would like to find out more please call the church office or talk with David Gale.



Become a part of the MVPC Friendship House Team

The Friendship House Team is serving a delicious spaghetti dinner to those in need in Skagit Valley on the 4th Thursday of every month and we could use your help! We are looking for volunteers to come from 3:30 to 5 pm to help prepare the meal and from 5 to 6:30 pm to help serve the meal. We recommend that you be fully vaccinated. Please call the church office or talk with Laurel Coalwell to find out more details.

Care Pals

Care Pals volunteers have recently been able to return in person to Where the Heart Is. Craft projects were provided for residents throughout the past year. We are continuing the weekly craft meetings and looking for new ways to connect with more residents. We are all thrilled to be able to meet in person again!

Opportunity to Support Faith House

Part of living at Faith House is learning and sharing new skills. The women grow a garden of flowers and vegetables on their property. To support this project they sell subscriptions for beautiful and lasting bouquets. Consider this opportunity to support this remarkable group of women who are growing in their faith in God and relationships with others.



Reopening Update

In-Person Gatherings

(Revised 5/18/2021)

In-person gatherings for groups of 10 persons or less will be allowed to resume in the church building **Tuesday**, **June 1st, 2021.** (Subject to change as Skagit County recovery phases move.) Outdoor gatherings have already begun. Please read the information on this page to understand guidelines for in-person participation in MVPC gatherings.

If you are not currently fully vaccinated for Covid-19, please prayerfully consider participating online instead of attending in person.

Reopening for Small Groups

It is our goal to provide a meaningful, lawful and safe experience for those who attend, so we will follow some basic rules in accordance with COVID-19 restrictions & guidelines.

How Will Gatherings Be Different?

- Masks are PREFERRED but not required for the "fully-vaccinated." Masks ARE REQUIRED for any who are "not-fully-vaccinated."1
- The leadership of any event/gathering may REQUIRE masks based on specific circumstance.2
- Event/gathering leadership will log attendees and their responses to the REQUIRED self screening (below) for contact tracing purposes.

If you answer "YES" to any question below, please stay home to join us online and also promptly check with your health care professional.

- 1) In the past 5 days have you had:
 - Fever of 100 degrees or higher
 - Cough or congestion
 - Sore throat
 - Persistent tightness or heaviness in the chest
 - New loss of sense of taste or smell
 - Any of the following symptoms (not caused by another known condition): shortness of breath or difficulty breathing, chills, muscle pain, headache, nausea or vomiting, diarrhea
- 2) In the past 14 days have you been around anyone currently ill with Covid-19, or having symptoms like the ones above?
- 3) In the past 14 days has a healthcare professional told you to self-monitor, isolate, or quarantine because of concerns about a possible exposure or infection?
- 4) Have you had a positive Covid-19 test in the past 10 days, or are you awaiting results from a test?

¹ The CDC defines "fully vaccinated" as two weeks after receiving a second dose of a two-dose vaccine, or two weeks after a single-dose vaccine.

² Circumstances which may REQUIRE masks include singing, presence of not-fully-vaccinated persons (including children), comfort level of the leadership, health issues of participants, etc.