



# 'Till We Meet Again!

Week of January 30 and 31, 2020



## REFLECTION FOR THURSDAY, JANUARY 21, 2020

***<sup>27</sup>Then you will know that I am among my people,  
that I am the Lord your God, and there is no other.***

***Never again will my people be disgraced.***

***<sup>28</sup>"Then, after doing all those things,  
I will pour out my Spirit upon all people.  
Your sons and daughters will prophesy.***

***Your old (women) and men will dream dreams,  
and your young men (and women) will see visions.***

***<sup>29</sup>In those days I will pour out my Spirit  
even on servants—men and women alike.***

### **Joel 2:27-29**

Greetings and peace my friends!

Every once in a while, as a people, we are "moved." Sometimes these "moves" happen physically, other times these "moves" are emotional, and sometimes these "moves" are spiritual. Often, we are "moved" unexpectedly, by a singular event, even a singular person. These events and people transcend all the barriers that would serve to separate us. Gender, race, ethnicity, age, culture, religion, all seem to fade into the background as the gravity of a moment rises and God's Word and Will arise.

This happened for me yesterday when the first young poet laureate, Amanda Gorman stood behind a podium in front of the capital

building in Washington D.C. and shared the following poem for the world.

### **"THE HILL WE CLIMB"**

**Amanda Gorman**

*When day comes we ask ourselves,  
where can we find light in this never-ending shade?*

*The loss we carry,  
a sea we must wade*

*We've braved the belly of the beast  
We've learned that quiet isn't always peace*

*And the norms and notions*

*of what just is*

*Isn't always just-ice*

*And yet the dawn is ours*

*before we knew it*

*Somehow we do it*

*Somehow we've weathered and witnessed  
a nation that isn't broken*

*but simply unfinished*

*We the successors of a country and a time  
Where a skinny Black girl*

*descended from slaves and raised by a single mother  
can dream of becoming president*

*only to find herself reciting for one*

*And yes we are far from polished*

*far from pristine*

*but that doesn't mean we are*

*striving to form a union that is perfect*

*We are striving to forge a union with purpose  
To compose a country committed to all cul-*

*tures, colors, characters and*

*conditions of man*

*And so we lift our gazes not to what stands  
between us*

*but what stands before us*

*We close the divide because we know, to put  
our future first,*

*we must first put our differences aside  
We lay down our arms  
so we can reach out our arms  
to one another  
We seek harm to none and harmony for all  
Let the globe, if nothing else, say this is true:  
That even as we grieved, we grew  
That even as we hurt, we hoped  
That even as we tired, we tried  
That we'll forever be tied together, victorious  
Not because we will never again know defeat  
but because we will never again sow division  
Scripture tells us to envision  
that everyone shall sit under their own vine and  
fig tree  
And no one shall make them afraid  
If we're to live up to our own time  
Then victory won't lie in the blade  
But in all the bridges we've made  
That is the promise to glade  
The hill we climb  
If only we dare  
It's because being American is more than a  
pride we inherit,  
it's the past we step into  
and how we repair it  
We've seen a force that would shatter our nation  
rather than share it  
Would destroy our country if it meant  
delaying democracy  
And this effort very nearly succeeded  
But while democracy can be periodically delayed  
it can never be permanently defeated  
In this truth  
in this faith we trust  
For while we have our eyes on the future  
history has its eyes on us  
This is the era of just redemption  
We feared at its inception  
We did not feel prepared to be the heirs  
of such a terrifying hour  
but within it we found the power  
to author a new chapter  
To offer hope and laughter to ourselves  
So while once we asked,*

*how could we possibly prevail over catastrophe?  
Now we assert  
How could catastrophe possibly prevail over us?  
We will not march back to what was  
but move to what shall be  
A country that is bruised but whole,  
benevolent but bold,  
fierce and free  
We will not be turned around  
or interrupted by intimidation  
because we know our inaction and inertia  
will be the inheritance of the next generation  
Our blunders become their burdens  
But one thing is certain:  
If we merge mercy with might,  
and might with right,  
then love becomes our legacy  
and change our children's birthright  
So let us leave behind a country  
better than the one we were left with  
Every breath from my bronze-pounded chest,  
we will raise this wounded world into a wondrous one  
We will rise from the gold-limbed hills of the west,  
we will rise from the windswept northeast  
where our forefathers first realized revolution  
We will rise from the lake-rimmed cities of the  
midwestern states,  
we will rise from the sunbaked south  
We will rebuild, reconcile and recover  
and every known nook of our nation and  
every corner called our country,  
our people diverse and beautiful will emerge,  
battered and beautiful  
When day comes we step out of the shade,  
aflame and unafraid  
The new dawn blooms as we free it  
For there is always light,  
if only we're brave enough to see it  
If only we're brave enough to be it  
May we all be "moved" to "see" the light and  
to "be" the light.  
Until next time,  
Keep trusting God, washing your hands,  
and bear witness to the light in this world.  
PJ*



**IT'S VACCINE TIME, VACCINE TIME, VAC VAC  
VACCINE TIME!**

**(SUNG TO THE 1958 HIT SONG "SUMMERTIME,  
SUMMERTIME")**

It's me again! Set for another story of "In the beginning..." This time we're looking at the history of vaccines. Evidence exists that shows the Chinese employed small pox inoculations in the year 1000: telling us that vaccines to prevent disease in humans is certainly nothing new.

Reliable documentation exists detailing an influenza-type illness in 1510. Documentation also exists that shows the "1st" pandemic, fitting the symptomatology of influenza, occurred in 1580. Fast forward 309 years to 1889, when Spanish physicians thought diseases were caused by a number of scenarios: cannon fire on the western front, the building of the Madrid underground, air pollution, sun spots, or smoking poor quality tobacco.

It would be another 43 years when, between 1932-1933, English scientists 1st isolated the influenza A virus in the nasal secretions of an infected patient. The 1st clinical trial of a flu vaccine was documented in the mid-1930's. Influenza B was discovered between 1942-1945. As of the 1940's the stated objective of the flu vaccine was two-fold: to protect against influenza & to achieve a vaccination rate that would serve to protect UNvaccinated people. (Hold on to those objectives!)

Finally, in the late 1960's a flu vaccine was licensed for use in Europe. In the United States the vaccine was recommended for peo-

ple at risk of complications of the flu: 450 years after written documentation of the 1st flu-type illness. Vaccines have, over the ensuing years, come a long way, baby!

Types of vaccines, that we are familiar with today, include:

- Killed, (inactivated) whole organism vaccines. These vaccines are what they sound like; vaccines where the actual disease causing organism has been killed in a lab by chemicals, heat or radiation. This type of vaccine results in a moderate immune response; it therefore requires booster shots. The injectable polio vaccine is an example of a killed, whole organism vaccine.
- In the 1950's advances in tissue culture techniques led to the development of live attenuated vaccines. Live what? Live attenuated. These are vaccines that contain a disease causing organism which has been weakened in a lab so that it is incapable of causing disease. (Picture a virus the size of a pin head, being smacked on the noggin with a 2x4 the size of the pin. It knocks the virus loopy so that it can't remember how to be infectious! It helps our immune system "learn" to fight against that organism if it is encountered in the future.) This type of vaccine stimulates a strong, long lasting immune response that typically does not require a booster. Live attenuated vaccines include those for smallpox, measles/mumps/rubella, & chicken pox.
- Recombinant/conjugate vaccines. These vaccines use a specific piece of a disease causing organism: a protein, sugar, or capsid molecule. This type of vaccine typically produces a very strong immune response to a targeted part of the disease causing organism. However, a periodic booster may still be necessary. Types of recombinant/conjugate vaccines include those for whooping cough & shingles.
- Toxoid vaccines. Some disease causing organisms produce toxins. A toxoid vaccine

creates immunity to the parts of that organism that cause the disease, rather than the organism itself. The immune response is targeted to the toxin produced by the organism, rather than the organism itself. With toxoid vaccines booster shots may be necessary. Examples of toxoid vaccines include those for diphtheria & tetanus.

Now that we've taken a trip Back to the Future of vaccines, let's make the jump to hyperspace for an introduction to a newer technology vaccine.....mRNA vaccines.

What is mRNA? The acronym stands for "messenger ribonucleic acid"; it is one piece of genetic material in a biologic system. mRNA was discovered by Jacob, Sydney Brenner & Matthew Meselson in 1961 at Cal Tech.

mRNA vaccines appeared on the horizon in the early 1990's. mRNA vaccines have been studied for use in such diseases as: rabies, Zika, CMV (cytomegalovirus), & influenza. mRNA has also been used in cancer research to trigger the immune system to target specific cancer cells. So while mRNA certainly isn't as old as the previously listed vaccine types, in science circles it isn't really a new technology. mRNA technology is what has been used to create the Pfizer & Moderna COVID vaccines.

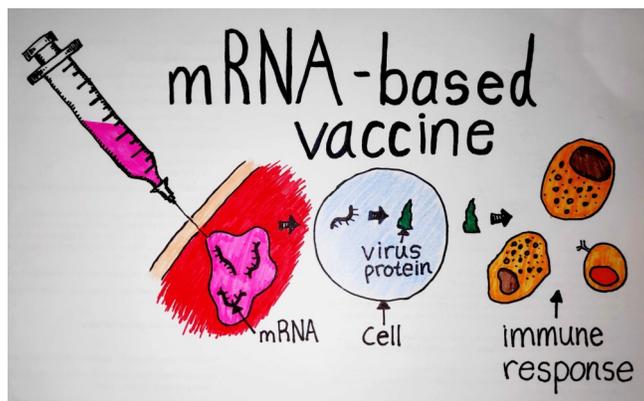
mRNA vaccines are developed in a lab using readily available materials. mRNA vaccines do NOT contain any disease producing organism. Let me repeat that...mRNA vaccines do NOT contain any of the organism that is capable of causing the disease it is designed to fight. Ergo, the Pfizer & Moderna COVID vaccines do NOT contain any part of the SARS-CoV-2 virus. One CANNOT get COVID from these vaccines.

The process used to produce mRNA vaccines is able to be standardized & therefore can be scaled up quickly in order to make vaccine

development faster than the processes to develop the vaccine types above. When COVID hit our world, & researchers had the necessary information about the virus' genetic code, work began on designing the mRNA instructions needed for a vaccine to attack the spike protein on the virus' surface.

So how does an mRNA vaccine work? It teaches our cells how to make a protein, or part of a protein, that will trigger an immune response. That immune response produces antibodies. It is those antibodies that protect us from becoming infected if we are exposed to the SARS-CoV-2 virus.

Is the vaccine 100% effective at preventing me from getting COVID? Unfortunately, no. Many factors play into how effective any vaccine



is: age, prior exposure to the disease, amount of time that has elapsed since receiving the vaccine, type of vaccine received, comorbidities (diseases that existed prior to vaccination such as: diabetes, obesity, kidney disease). Additionally we have to remember that we are dealing with a novel (new) virus AND a novel vaccine. It will take, in all likelihood, years before we know all there is to know about COVID & how well the current vaccines have worked against it. Remember, we are flying this plane while we are in the process of building it. But in all honesty, the current situation is still much better than waiting 450 years for a vaccine to combat COVID-19. I, for one, don't think I can wait that long!

What is the goal of the COVID vaccines, then? Do you remember the 2 goals from the 1940's for the 1st influenza vaccine? The goals are to protect against COVID & to achieve a vaccination rate that would serve to protect UNvaccinated people.

What about the side effects that have

been in the news? Allow me to be perfectly blunt here. There is no drug known to man that does NOT have side effects. A side effect is an effect of a drug that is not the intended therapeutic outcome. These include things such as: headache, body aches, tiredness, elevated temperature, & soreness at the injection site. Side effects are different than adverse reactions.

An adverse reaction is an unintended pharmacological effect, such as: hives, skin rash, fast heart rate, swollen tongue. Have there been adverse reactions to the COVID vaccines? Yes. Again, I'm rather certain there are no drugs known to man that have not caused an adverse reaction to someone, somewhere, sometime. Why is that? Because while we may all be built the same, we are not all built the same.

Going forward I would encourage everyone who is able to get a COVID vaccine. That being said I will also say that the best defense is a good offense. Have a conversation with your doctor if you have any misgivings about receiving the COVID vaccine. Have a conversation with your doctor if you have any on-going health issues. Your family physician knows you! He or she is the person best able to guide you in this matter.

I am reminded of a cartoon I recently saw. A young girl was talking with her mother:  
*Girl, "Mommy, what's that little round scar on your arm?"*  
*Mom, "That's my smallpox vaccination."*  
*Girl, looking at her arms, "I don't have one of those."*

*Mom, "That's because it worked!"*

Information gleaned from:

- CDC (Centers for Disease Control)
- WHO (World Health Organization)
- Nature.com
- www.vaccines.gov
- HHS (Department of Health & Human Services)
- NIAID (National Institute of Allergy & Infectious Diseases) – you know, Dr. Fauci!

*Donna Musselman, Parish Nurse*

## REFLECTION FOR TUESDAY JANUARY 26, 2021

### MOVING FORWARD!

The Evangelical Lutheran Church in America (ELCA) recently announced their vision for moving the church forward, the ELCA Future Directions 2025. There are five goals: A thriving church, an equipping church, a welcoming church, a visible church, and a well governed, connected, and sustainable church. Each of the five goals has priority action areas to reach the goal. Areas of leadership and congregational vitality are designed to help facilitate each of the goals.



Using data from the congregational vitality studies our leaders determined that vital congregations do three things:

1. Strengthen their relationship with God
  - a. Leadership articulates how God shows up in and through the congregation and its people.
  - b. The congregation has a clear understanding of God's larger mission and members know their purpose in this time and place.
  - c. The congregation can articulate that purpose and create a plan for implementation.
2. Nurtures relationships
  - a. Relationships among leadership, pastors and staff, and members create a loving community with good communication.
  - b. People work together respectfully through successes and challenges.
  - c. There is a sense of ownership and belonging that drives the commitment and engagement in the mission of the church.
3. A strong presence in the community
  - a. The congregation opens its doors to welcome the stranger and goes beyond its doors to share the love of Jesus Christ.
  - b. Creates and nurtures partnerships within the community to make a

positive impact on the strength of the community.

As I look at this list, I can see some things that we are doing well and some areas that need some attention. As you read this list what jumps out at you? Can you identify some areas where you see good progress? Can you identify areas where you see we need to grow? And finally, can you see how you fit into the vitality of our community of faith?

These are important questions as we move through our work together. I hope and pray that you see yourself as a valuable and needed member of our community of faith. I hope and pray that you will be willing to move forward, finding ways to grow together in God's love.

If you would like to read more, please see the ELCA website, [www.elca.org](http://www.elca.org) and look at the top for the future directions tab. All the info in my reflection is taken from the ELCA website. I encourage you to explore the ELCA website and look at what our national church is doing and calling us to do. I will be reflecting more on our Future Directions in the weeks to come.

In Peace,  
Pastor Suzanne

### **MAT MINISTRY**

We are no longer collecting plastic bags to make mats. We are pretty close to reaching our goal of 50 mats and there is a plethora of plarn balls AND plastic bags at Light of Christ. Thank you to everyone who has donated!

### **AARP TAX PREP**

AARP will be doing tax returns this year starting in February, however it will be virtual only. Call 484-935-3472 to get an appointment to get your papers scanned. When you call you will be told where to go to get your papers scanned.

### **CARD SHOWER**

Eleanor Moyer is turning 100 years old on February 1<sup>st</sup>. Please help her celebrate by



sending a card to:  
Eleanor Moyer c/o Robert  
Moyer, 4036 Maria Lane,  
Bethlehem, PA 18017

### **FROM THE MAILROOM**

January 16, 2021

For Pastor Jerry,

It's about time I say a very special "thank you" for having my best interest at heart - bringing me the device so that I'm able to see and hear our church services on Sunday mornings. Yes, the Christmas Eve service was very special. You and Pastor Suzanne work well as a team. I also appreciate the other information I find, concerning news and schedules, for the UPG and St. John's Lutheran Windish Church.

Thanks again,

With God's Blessings

Lorraine Kalamar

### **THIS WEEK IN THE UPG JANUARY 30—FEBRUARY 7**

#### **Saturday January 30**

4:45 PM Worship

("LiveStream" Facebook from St. P)

#### **Sunday January 31**

Worship available on YouTube

10:30 AM 46ers Zoom

#### **Monday February 1**

7:00 PM Coffee & Conversation (Zoom)

#### **Tuesday February 2**

9:00 AM Staff Meeting (Zoom)

#### **Wednesday February 3**

7:00 AM Fellowship Meeting

#### **Thursday February 4**

6:30 PM Bible Study (Zoom)

#### **Friday February 5**

#### **Saturday February 6**

4:45 PM Worship

("Livestream" Facebook from LoC)

#### **Sunday February 7**

Worship available on YouTube

10:30 AM 46ers Zoom