



Christ Lutheran Forest Hills, PA

Weekly News, April 15, 2020

400 Barclay Ave, Forest Hills, PA 412-271-7173

This special weekly newsletter is being sent to our congregation to provide worship/devotional resources, encourage everyone through this crisis, and keep our congregation connected.

Virus Outlook

We continue to monitor the situation to get an idea when we can get church life back to normal. Virus-related deaths climbed again last week, but it looks like things are going to be easing up in the near future. Perhaps we will need to use some kind of gradual reintroduction to church life, whatever that might look like. Hopefully that can start in May, but no promises. We'll keep you updated by means of this weekly newsletter.

Worship Helps

The view count for our **recorded worship services** on our YouTube channel is higher than our normal worship attendance. This phenomenon is being reported by most churches nationwide. We ARE exploring the possibility to continue on with some sort of recording on our channel even after we resume public services. As for now, everyone is encouraged to make use of these videos. The best place to go is our YouTube channel, Christ Lutheran Forest Hills PA. You can also see the latest video on our website (christlutheranfh.org) or Facebook ([christlutheranfh](https://www.facebook.com/christlutheranfh)). We also recommend Sunday

services from Worship Anew at worshipanew.org as well as other livestreams and videos from our sister churches. See the Eastern District website (lcmسد.org) for a good list.

Daily readings from **Portals of Prayer** are now available free on Concordia Publishing House's website - cph.org.

We have received positive feedback from including the **weekly bulletin** with this newsletter. The readings for Sunday as well as the Creed and prayers are there for your use and edification.

General News



Sgt. Leonard Funk Jr., left, Pittsburgh's most decorated war hero, waves to the crowd outside Piquette Station during a post-World War II parade. With him in the car is his aunt, Mrs. Herman Funk. At top, President Harry S. Truman decorates Sgt. Funk, at age 25, the "Soldier, Sailor" of the 500th Parachute Infantry Regiment, 82nd Airborne Division. At right the newly promoted Lt. Funk instructs the next generation of the parachute family. The photo illustration is brought together with an image of the Congressional Medal of Honor he received on Aug. 23, 1945.

The photo on the previous page was featured in a recent article of the Post-Gazette. Sgt. Leonard Funk was the **uncle of Sandy Uram**, a member of Christ Lutheran. The article starts out, "To this day, the Belgium government sends a box of its signature chocolates to the Braddock Hills home of Sandra Uram as a token of appreciation for what her uncle did 75 years ago." The caption under the picture reads as follows, "*Sgt. Leonard Funk Jr., left, Pittsburgh's most-decorated war hero, waves to the crowd outside Pennsylvania Station during a post-war parade. With him in the car is his aunt, Mrs. Herman Funk. At top, President Harry S. Truman decorates Sgt. Funk, at age 28, the 5-foot 5-inch "Dynamo" of the 508th Parachute Infantry Regiment, 82nd Airborne Division. At right the newly promoted Lt. Funk instructs the next generation of the parachute infantry. This photo illustration is brought together with an image of the Congressional Medal of Honor he received on Aug. 23, 1945.*" What an honor for the Uram family!

Zoom Zoom! – We have done a few meetings using the Zoom program where everyone is at their own home but can see and hear everyone else in the meeting. It is time to expand our use of this program to the Wednesday morning Bible Study, Christ Lutheran's (Re)Start new member class, and our Confirmation class. If you are interested in being part of the Wednesday Class or (Re)Start, please call the church office.

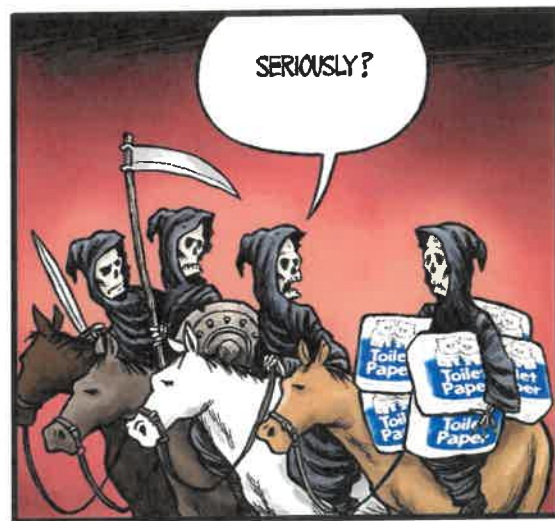
We are Family

Many are stuck inside as this virus spreads, and many are also experiencing anxiety, loneliness, etc. Others need groceries, medicine or supplies. If any of these describe you, please call the church office at 412-271-7173 or Pastor Breight at 412-926-7811. Pastor and a team of church members are standing by to lend help in any way they can.

Inspiration Corner

Liam Elkind, a junior at Yale University, and his friend, Simone Policano, enlisted over 1,300 volunteers to help deliver food and medicine to seniors and other vulnerable groups in New York City—where panic buying was at its peak after the city essentially shut down. Calling themselves Invisible Hands, the group offers the elderly the option of filling out a delivery request form and having their shopping done and delivered to their door. Awesome!!

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
Philippians 4:6



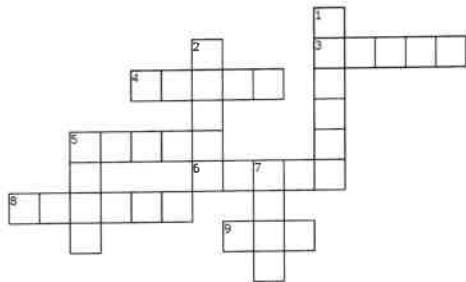
Health News

Masks have been recommended as a precaution to help spread the coronavirus. Officials have requested we leave the N95 masks for medical staff, etc. and make our own. The next page shows one method to make a mask. If you have other mask resources please let the church office know!

Believe It or Not

Y J M N P S M B J D J Y D J S
 C X I T A T F M L H O Y W A X
 W X R K N Y G X P O F O M E D
 X M A D V Y G E A X C O R E H
 R X C C J V D R L X H K V S A
 T L L U V E D A E T N E E D M
 T K E S H E H I R C I N S D S
 O X S C W B A S S L O C Y N T
 G R U O L K N Z E C L R G D N
 E O H D Q Z D B H J I I D E P
 T S I U J J S A S R S P F E Z
 H N T F E K D P I A M I L B D
 E T W U S N K D D U L G E E E
 R S R N U K P S E S L V H N S
 R P T V S V D O U B T I N G B

JESUS	TOGETHER	DOUBTING	RECORDED
MIRACLES	SIGNS	SHOWED	BELIEVED
DOORS	LIFE	HANDS	DISCIPLES
TOUCHED	THOMAS	SIDE	LOCKED



ACROSS

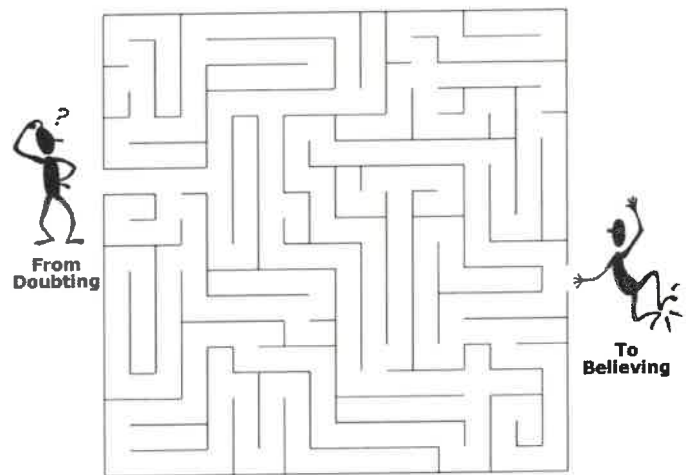
3. To be in a state of pleasure, satisfaction, joy or delight
4. Free from conflict; getting along with others; opposite of war
5. To be undecided or unbelieving that something is true
6. The body parts at the end of the arms
8. Not open
9. To break God's law

DOWN

1. The disciple who would not believe without seeing
2. To believe in something for which there is no proof
5. An entrance into a building or room
7. A thin piece of metal with one pointed end and one flat end which you hit with a hammer

PEACE	DOOR	HANDS	FAITH	HAPPY
NAIL	THOMAS	CLOSED	SIN	DOUBT

Stop Doubting and Believe



THE CORONAVIRUS

For a live blog with the latest news, go to inquirer.com/coronavirus

WHY YOU SHOULD MAKE AND WEAR A FACE MASK

On Friday, Pennsylvania officials said residents should all wear a mask when we leave the house. The CDC issued similar guidance later the same day, reflecting a rapidly growing consensus that covering our faces can help slow the spread of the coronavirus.

While high-quality N95 respirators and disposable surgical masks should be left to health-care workers who desperately need them, officials now recommend cloth masks that can be made at home with some fabric and basic sewing materials.

Because the virus is primarily transmitted through respiratory droplets — such as from sneezing or coughing — homemade masks might help catch those droplets when we're around others. Wearing a mask is more about protecting other people from you than protecting you directly. (Many people may have mild or even no symptoms even if they are infected and contagious, so habitually wearing a mask could keep you from unknowingly passing the virus along to someone else.)

WHAT TO DO IF YOU DON'T HAVE SEWING MATERIALS

Remember, homemade masks aren't perfect. So don't worry about doing everything exactly as we suggest — the point is to create a covering that goes over your nose and mouth. Instead of sewing, you can use safety pins or clips to keep the fabric and ties together. Staples also work in a pinch.

Don't have any way of connecting the fabric and ties? The CDC has no-sew options at bit.ly/2UJMOD3. Or scrap the mask and use something else. A scarf or bandanna can be used if you can't make or buy a mask, the Pennsylvania Department of Health said.

SOME THINGS TO REMEMBER ABOUT YOUR HOMEMADE MASK

Disinfect the mask between every use. The easiest way is to wash it with the rest of your laundry, in hot water and with soap or detergent, and then run it through the dryer. You may want to make more than one mask, depending how often you go outside.

Masks don't provide perfect protection.

Wearing a mask does not give you more freedom to come in contact with others or otherwise engage in risky behaviors. Continue to stay home as much as you can and maintain physical distance from others when you do go outside.

The mask should fit snugly around your nose and mouth.

Do not touch the mask when in use, which risks transmitting the virus to your face.

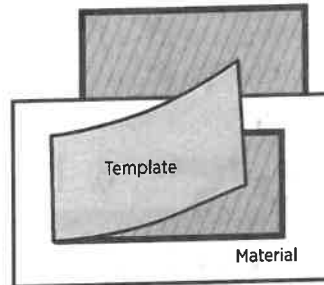
How to make a face mask

By Jonathan Lai

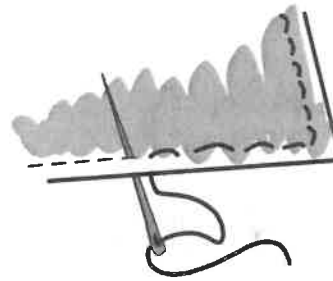
Illustrations: Cynthia Greer

Here's a template (on page two and three of this pdf) and a step-by-step guide to making your own mask, based on the guidance from the Pennsylvania Department of Health. And if you don't have materials like a needle and thread, we have options to help.

Here are instructions:



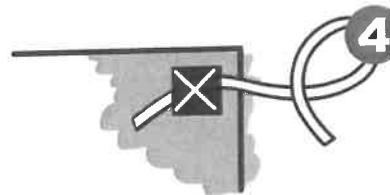
- 1 Measure and cut two pieces of fabric in a rectangle pattern to fit snugly around the face. (This template is 12 inches by 6 inches, standard for adults).



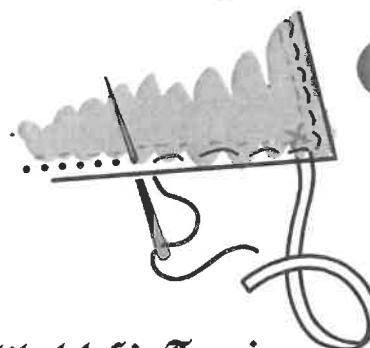
- 2 Place the template on top of the two fabric layers and tightly sew everything together along the dashed line.



- 3 Cut fabric ties or elastic to the appropriate length. Shoelaces work, too.



- 4 Sew the ties to the inside of the mask in the marked boxes in the corners.



- 5 Resew the sides, along the dotted line, to ensure a tight seal between both pieces of fabric and the ties.

SOURCE: Pennsylvania Department of Health and Centers for Disease Control

The Philadelphia Inquirer

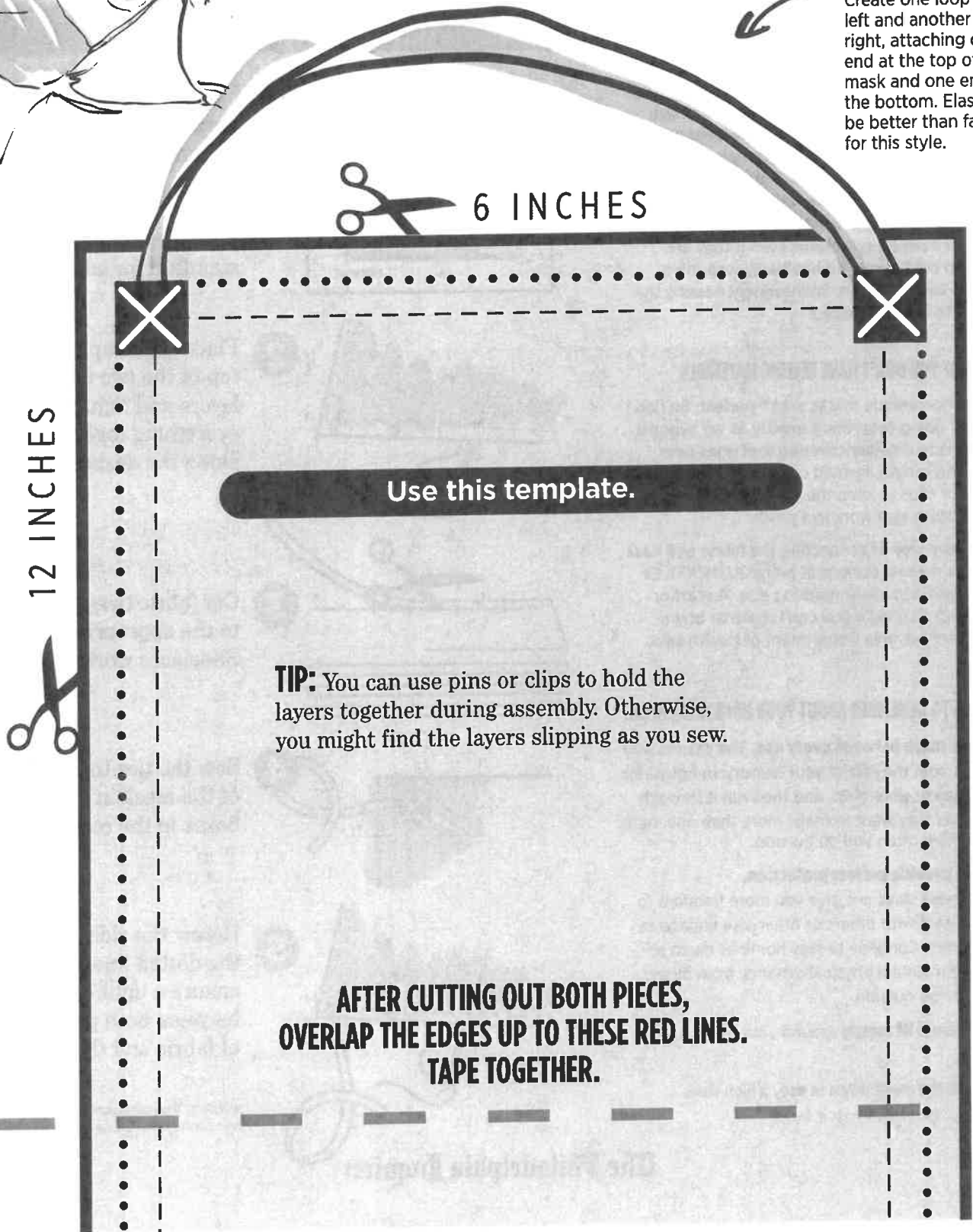


TIES OPTION: TIES BEHIND YOUR HEAD

Connect the ties horizontally, so the upper corners are connected to each other and the bottom corners are connected to each other.

TIES OPTION: EAR LOOPS

Create one loop on the left and another on the right, attaching one end at the top of the mask and one end at the bottom. Elastic may be better than fabric for this style.



The Philadelphia Inquirer

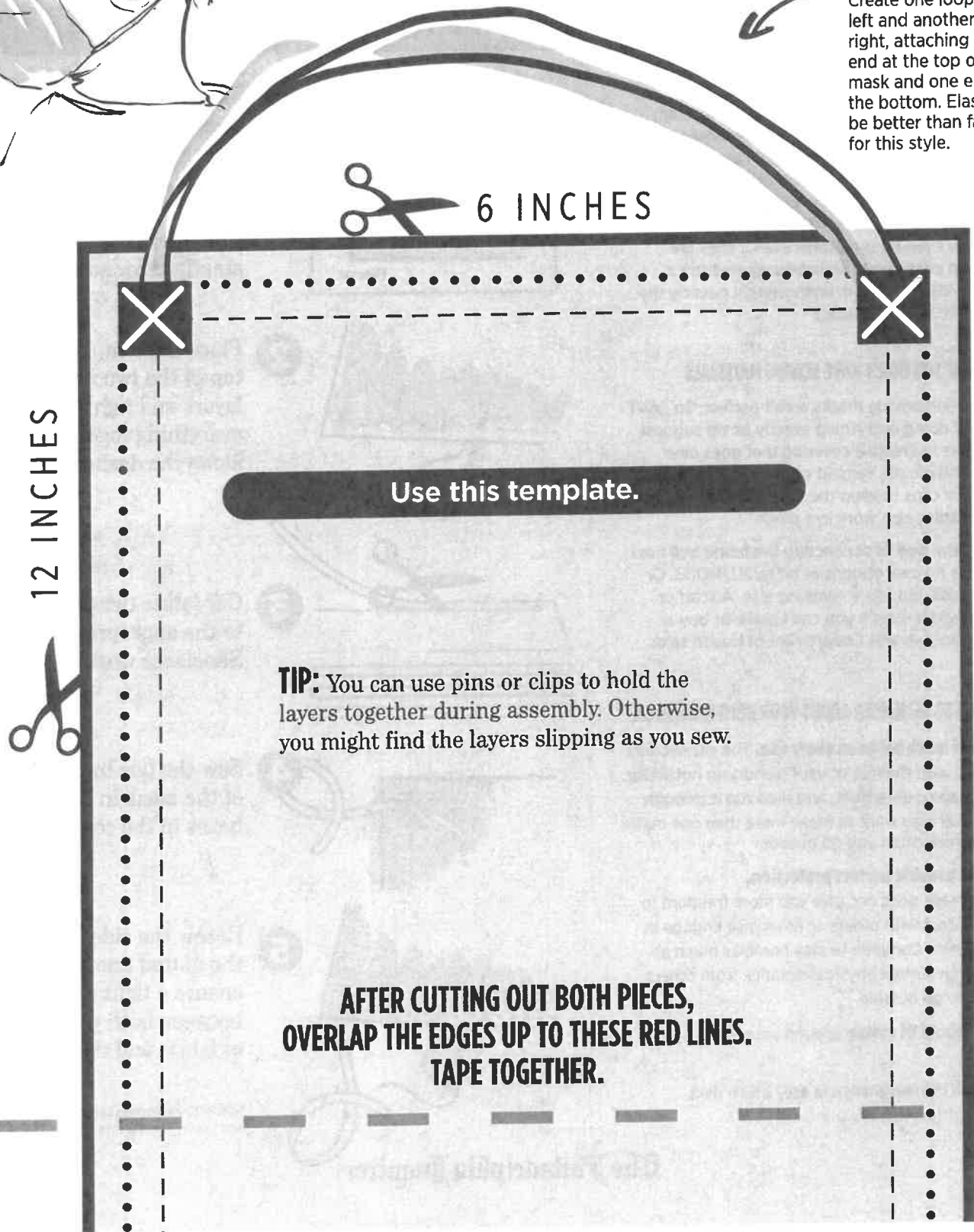


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Use this template.

TIP: You can use pins or clips to hold the layers together during assembly. Otherwise, you might find the layers slipping as you sew.

**AFTER CUTTING OUT BOTH PIECES,
OVERLAP THE EDGES UP TO THESE RED LINES.
TAPE TOGETHER.**