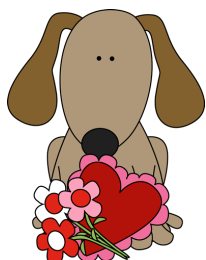


# February

## Happy Birthday to:

1 <sup>st</sup>	Joshua Scheffey
2 <sup>nd</sup>	Si Mandros
	Danielle Oatman
3 <sup>rd</sup>	Dot Polito
	Bob Hull
	Nanette Bertrand
	<b>Eleanor Kelley *</b>
4 <sup>th</sup>	Quentin Miller
5 <sup>th</sup>	Molly Rowen
6 <sup>th</sup>	<b>Dolores Byers *</b>
	Marshall Fink
7 <sup>th</sup>	Craig Rowe
8 <sup>th</sup>	Mark Swartz
9 <sup>th</sup>	George Mahler, Jr.
10 <sup>th</sup>	Earl Dinger
12 <sup>th</sup>	Jackie Myers
	Addison Kazmierczak
14 <sup>th</sup>	Joel D. Smith
16 <sup>th</sup>	Gregory Freiberg, Jr.
17 <sup>th</sup>	Bill Salzman
	Logan Miller
	Janet Neumar
	William Longenecker
18 <sup>th</sup>	Tara Commero
20 <sup>th</sup>	Roberta Myers
21 <sup>st</sup>	Tom Rowland
23 <sup>rd</sup>	Donna Sowers
24 <sup>th</sup>	<b>Harriet Good *</b>
25 <sup>th</sup>	Tina Horn
	Janca D'Agostino
26 <sup>th</sup>	Theresa Miller



## Happy Anniversary to:

5 <sup>th</sup>	Tom & Becky Schaum (50)
6 <sup>th</sup>	Adrienne & Dennis Oatman (18)
15 <sup>th</sup>	Hal & Janet Taback (57)
17 <sup>th</sup>	Lou & Joyce Loiseau (26)
22 <sup>nd</sup>	John & Jackie Myers (20)
28 <sup>th</sup>	Bill & Pat Cluley (49)
	Mark & Sue Swartz (52)

\*Designates shut-in



## Grace Health News / Mayo Clinic Healthy Living

### Valentine's Day Tips

Whether you plan to celebrate on your own or with someone special, use these tips to give a gift of health to you or someone you love on Valentine's Day and all year long.

#### Be heart-healthy.

- Make A Date With Your Heart! February is American Heart Month, and Valentine's Day is a great time to start taking steps to be heart-healthy.
- Prevent and control high blood pressure, high cholesterol, and diabetes.
- Avoid smoking and secondhand smoke.
- Limit alcohol use.
- Maintain a healthy weight.
- Be active.
- Eat healthy.



#### Be food-conscious.

- Consider making a healthy meal for Valentine's Day. Serve food lower in salt and fat content, provide more fruits and vegetables, and make less sugary sweets for an overall healthy Valentine's Day.



#### Spread love, not germs.

- Protect yourself from the cold and flu.
- Wash hands often.
- Avoid close contact when you or someone you know is sick.
- Get your flu vaccine.

#### Be prepared for travel.

- If you are going on a romantic getaway, be prepared.
- Are vaccinations required?
- Are there special items such as sunscreen or insect repellent that you will need?
- If you take medications, do you have enough for the trip?
- If you're going on a cruise, learn the sanitation inspection scores for specific ships. Know what's happening en route or at your travel destination.



#### Go easy on the bubbly.



If you drink alcohol, do so only in moderation. Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. It is also the third leading cause of preventable death. Don't drink and drive or let others drink and drive. Women who are pregnant or trying to become pregnant should not drink any alcohol.

# WORSHIP PARTICIPANTS FOR FEBRUARY

	Feb 6	Feb 13	Feb 20	Saturday Feb 26	Feb 27
<b>ASSISTANTS</b>	8:00 M. Worley 10:30 J. Young	8:00 V. Mumma 10:30 S. Will	8:00 J. Grove 10:30 P. Supeck	6:00 C. Dennis	8:00 R. Grove 10:30 H. Butterworth
<b>SOUND</b>	8:00 L. Labezius 10:30 W. Heidel	8:00 L. Labezius 10:30 J. Neumar	8:00 L. Labezius 10:30 W. Heidel		8:00 L. Labezius 10:30 J. Neumar
<b>READERS</b>	8:00 M. Worley 10:30 S. Mull	8:00 V. Mumma 10:30 C. Main	8:00 J. Grove 10:30 K. Moyer	6:00 C. Dennis	8:00 R. Grove 10:30 C. Hartman
<b>USHERS</b>	8:00 J. Pacelli 10:30 B. Linton	8:00 K. Payonk 10:30 B. Linton	8:00 J. Labezius 10:30 B. Linton		8:00 Z. Volker 10:30 B. Linton
<b>CHIMERS</b>	10:30 M. Kelly 6:00 S. Mull	10:30 J. Fritsch 6:00 K. Moyer	10:30 M. Foreman 6:00 N. Main		10:30 M. Foreman 6:00 S. Mull
<b>COMMUNION CARE</b>	8:00 S. Pacelli 10:30 J. Fritsch	8:00 V. Mumma 10:30 T. Horn	8:00 Nagley / Wissler 10:30 J. Fritsch	6:00 Schaum / Dennis	8:00 K. Douglas 10:30 L. & L. Bisignani

If you are unable to serve on your assigned Sunday—please make every effort to find your own substitute.  
If you would like to become a worship participant —please call the coordinator listed above or the church office at 397-2748

## Worship Volunteers

As we begin the journey back to a “normal” worship schedule, we need volunteers to: read the lessons, assist Pastor with communion, set up and clean up communion, sound and camera operators, ushers, and greeters.

Have helped in the past—would like to begin? All are welcome!  
Please call the office at 717-397-2748 to volunteer!

