

WHAT'S HAPPENING AT ST. B'S

for the week beginning January 4, 2026



Sunday We celebrate the **Holy Eucharist** at 8:00 am and 10:30 am. Both services take place in the Church. You can join us for worship at **10:30 am** on [Zoom](#).

After both services, be sure to join us to enjoy **refreshments and fellowship**.

Child care is available in the Parish House Cribbery for children up to age 5 from 10:00 am through 12:00 pm. Please stop by and meet our wonderful Caregiver, Dona McIntyre.

Wednesday **The Prayer Shawls** group will meet at 7:00 pm in the Parish House.

Compline begins at 7:00 pm on Zoom Please contact Brigit Molony (brigitmolony@msn.com) for the Zoom link and more information.

Thursday At 7:30 pm, the **St. Bartholomew Choir (older youth & adults)** practices in the Undercroft.

Community Notes . . .

Please take this bulletin home with you!

5-10 volunteers are needed in the Parish House TODAY after the 10:30 service to staple MLK Day Food Drive flyers to grocery bags which will be delivered to surrounding neighborhoods on Sunday, 1/11.

Saint B's observes the **Martin Luther King Day of Remembrance** as a 'day on' for community service, not a 'day off' holiday. We will once again coordinate a food drive for the 40 West Assistance and Referral Center on MLK day – Monday, January 19, 2025. On that day, we partner with our local neighborhoods and other local churches to fill the pantry in our undercroft.

Have you been wondering how you best could serve St. B's in a leadership role? We have three open positions for which we need new leaders, and would love to hear from you! We need a new Treasurer, chair of the Stewardship Committee, and chair of the Christianity and Racism Task. Please contact Senior Warden, Amanda Harris: aharris1968@hotmail.com or 443-812-1341.

Monday through Saturday at 12:00 Noon, we hold a brief service of **Noonday Prayer** (at home). If you have specific prayer needs, please send them to Adam Barner (adam@stbs-md.org).

St. B's is producing a podcast! "Voices in the Vineyard" brings you sermons, musical offerings, prayer, and community updates in a short, 20-30 minute audio format every week.

There are many ways you can help us reach a larger audience:

- **Subscribe** to the podcast on [Spotify](#), or [Apple](#), or anywhere you get other podcasts.
- **Rate and review** us. This will put our content in front of more interested listeners.
- **Send it to a friend!**



Find us on your podcast platform of choice or scan the QR code to listen now. Questions or suggestions? Please contact Michael Mountain.

40 West is in need of boxes of cereal. **Help folks with nothing carry home something!** 40 West is always in need of reusable bags! Please, only clean and not torn bags.

A quick look at events in the coming weeks ...

January 17	Celebration of the Life of Wayne Selleck, 11:00 am
January 19	Martin Luther King Day of Service
January 24	Ministry Leaders and Vestry Retreat, 9:00 am - Noon
February 28	Empty Bowls fundraiser for 40 West, Noon to 2:00 pm

For additional information about our ministries and programs, please contact us at 410-945-7263, office@stbs-md.org, or visit our website at <https://stbs-md.org/>.

2026 Offering Envelopes

If you have made a 2026 pledge, please pick up your offering envelopes in the Tower Room.

Instructions for 2026 Online Giving:

ATTENTION: These instructions are for making an online donation (using a credit card or bank account) towards your 2026 pledge or any other ministry *using our new 2026 online giving platform*. If you haven't already made a pledge and would like to do so, please complete a pledge card first and return to the church, ATTN: Patricia Redsicker.

1. Scan the QR code - it will take you to ChurchTrac.com
2. On the landing page, click on "Sign in" and then "Create an account".
(If you do not wish to create an account, you will only be able to pay using a credit card, not your bank account.)
3. Once signed in, enter a dollar amount and state the category/ministry you are donating to e.g. Pledge, Altar Guild, Music etc. (You may also select to help cover the card fees).
4. On the next page you will enter your credit card or bank account details, and then follow the prompts to complete the transaction.
5. If you have any questions, please reach out to Patricia Redsicker (Assistant Treasurer) via email: predsicker@stbs-md.org or text: 410-972-1807



Important Winter Health Information

by Corinne Bowmaker, Parish Health Resource

It's that time of year. (*cough, cough*) Have you been hearing about a "Superflu? Some of our parishioners have come down with it. It's a new variant of Influenza A or H3N2. It's a fast-spreading mutated H3N2 strain called "subclade K". Because it spreads so quickly and is thought to cause more severe illness, some have given it the nickname "Superflu". This strain has changes in a key surface protein making it harder for the immune system to recognize. This year's flu vaccine doesn't perfectly cover this strain because it emerged and spread after the specific strains for this year's vaccine had been selected.

This flu strain is the predominant one spreading in the US now and transmission is now high to very high in 32 states. Maryland is High. It has caused hospitalizations in the US to double in one week (CDC). We are nowhere near the peak and epidemiologists expect to see increasing cases for several more weeks, with illnesses

beginning to level off by end of January or February. 7.5 million have had flu since October with 3100 deaths. There have been 5 pediatric deaths. Infants and young children through age 4 are among the hardest hit.

It's not too late to get your flu vaccine if you haven't yet. It will help you avoid severe illness, hospitalization or death if you do catch the flu.

Symptoms are pretty much the same as former flu seasons. They start fairly acutely, with high fever, shaking chills, cough, shortness of breath and muscle aches being the most common. Some people are also experiencing nausea, vomiting and diarrhea. Symptoms are more severe in the elderly, unvaccinated and those with underlying chronic conditions. Complications include pneumonia, bronchitis, muscle breakdown and seizures (encephalitis).

Flu is spread through the air and also through fomites - items touched by infected people who leave virus particles behind. Virus particles can stay active and infectious on hard, non-porous surfaces for 24-48 hours and on soft, porous surfaces for 2-12 hours. So, to avoid the flu:

1. Wash hands often with soap and water or alcohol-based hand sanitizer (at least 60% alcohol).
2. Avoid touching your face.
3. Clean high touch surfaces frequently - doorknobs, phones, keyboards, countertops.
4. Cover coughs and sneezes.
5. Avoid sick people.
6. Wear a mask in crowded places, especially indoors.
7. Get vaccinated.

If someone is sick at home:

1. Isolate them into one room if possible.
2. Identify one caregiver to assist the sick person.
3. Frequent hand washing for the sick person and caregiver.
4. Disinfect high touch surfaces.
5. Avoid sharing personal items (towels, utensils).
6. Increase ventilation.
7. Wear masks in close contact with sick person.

To treat the flu at home:

1. Get rest.
2. Stay hydrated (water, broth, juice)
3. Ibuprofen and/or acetaminophen for fever and aches.
4. Humidifier and saline spray for congestion.
5. Over the counter cough medicine.
6. No aspirin for children or teens under 20 years (avoid Reye's syndrome).
7. Stay home for at least 24 hours after your fever is gone without using fever-reducing medication.

When to see a doctor:

1. See a doctor if you are high risk (young kid, older adult, pregnant, chronic conditions) within 48 hours for antiviral medication.
2. If you have serious symptoms such as trouble breathing, chest pain, dizziness, confusion, severe vomiting or symptoms that get better then worsen (can be a complication like pneumonia, bronchitis, sinus infection, inflammation of heart, brain or muscles)
3. Persistent high fever
4. Severe weakness or muscle pain
5. In children, fast breathing or retracting neck/chest muscles to breathe, gray or blue lips or nail beds, no tears when crying, reduced urination, fever or cough that get better, then worsen.

There are also multiple other viruses being spread this winter as usual. COVID is increasing, though still fairly low in Maryland presently. This may change after the holidays with the increased travel and mingling. RSV is

around. And of course the usual rhinoviruses (which cause 40% of the common colds) and coronaviruses (non-COVID). People like to conjecture what they've caught if they get sick, but the only way to be sure is by testing. Many symptoms overlap and are not specific for any particular virus. A prolonged cough, which some people are experiencing after the acute illness, can come from any of these infections due to airway inflammation and irritant buildup.

Best strategy is to avoid all of them! The best way to do that is by frequent hand washing and masking in crowded areas indoors.

Stay well!

Some 2026 Sacred Dates and Celebrations

January 19: Martin Luther King Day of Service
January 24: Vestry and Leaders Retreat, 9:00 am-Noon
February 2: Feast of the Presentation
February 8: Youth Sunday
February 15: HBCU Sunday
February 18: Ash Wednesday
March 29: Palm Sunday and Bishop Carrie's Visitation
April 5: Easter Day
April 19: Annual Parish Meeting
April 24-26: Women's Retreat
September 11: Flea Market Pre-Sale
September 12: St. B's Flea Market
September 20: Celebration of St. Bartholomew's Day
October 4: Blessing of Animals
October 31: Trunk or Treat
November 7: St. B's Christmas Bazaar
December 25: Christmas Day
December: Daughters of the King Quiet Day



CHOIR SCHOOL OF WEST BALTIMORE

4711 Edmondson Ave., Baltimore 21229



NOW ACCEPTING APPLICATIONS FOR WINTER/SPRING SEMESTER 2026

For all children in grades 3 - 8 (no experience necessary)

**Classes weekly on Thursdays at 5:30 PM
beginning January 15th**

Why the CSWB?

- + We are located in your neighborhood
- + You will build a foundation of music literacy, learn to read music and gain music theory skills, and be introduced to keyboard skills (*coming soon!*)
- + Vocal coaching and learning to sing in a group
- + Social events
- + It is free and it is FUN!!

FOR MORE INFORMATION or to register,

contact CORINNE BOWMAKER

410-599-3143 or zencorinne@hotmail.com