

January 2024

The Messenger

*A Newsletter for Members and Friends of
Immanuel Lutheran Church of Saratoga*

IMMANUEL LUTHERAN CHURCH OF SARATOGA 14103 SARATOGA AVE.,
SARATOGA CA 95070 PH: 408-867-0822 WWW.ILCSARATOGA.ORG

***** BUILDING PEOPLE, SERVING GOD *****



Immanuel Lutheran Church
of Saratoga

Coming Events

Jan 6: 8.00 AM Men's Breakfast@ Effie's in Campbell(1st Sat of the Month:
Feb 3, Mar 2, Apr 6)

Jan 20 , 8:30 AM: Women's breakfast @ Effie's in Campbell

Worship-*Traditional – 9.00 AM *Contemporary Service - 10.45 AM
Online Service - <https://ilcsaratoga.org/live.php> (Live stream)

Jan. 28: Single Service Sunday, 10:15 AM, followed by the annual
congregational meeting and refreshments.

Phantom of the Opera with Organist Walt Strony @7 pm-Jan 20, 2024-Pg 21

The Quilt - Inspirational Christian Story – Page 17

Bible Crossword Puzzle–Pg 8, Bible Wordoku–Pg 12

Bible Coloring for Therapy–Pg 18, Bible Word search puzzle–Pg 19

CDC Covid 19 vaccine update 09/29/2023– Page 23

Sign-up for Sunday Service Altar Flowers–Page 9 ✨

"Volunteer to Serve on Sundays!"

Please sign up for weekly Altar Guild **

Shelter Meals Schedule: Please Sign up to cook or serve**

****Serving at Family Supportive Housing: January 21, 2024 - Pg 9**

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God's River of Life will be a coherent, integrated journey. As we journey together, we'll stop at different ports along the river and see different sights along the way. We'll meet many people in the pages of God's Holy Book; and we'll experience with them trials and tribulations, victories and accomplishments, times of sorrow and occasions of praise and joy. We'll explore and discover God's amazing grace...

Each Sunday morning in our time of worship, we'll stop at a new Port of Call. We'll explore and consider the importance of the Port, meet the unique people there, and see how it holds meaning in our lives here and now. In our Diving Deeper class on Wednesday nights, we'll spend time preparing ourselves for next Sunday's excursion. We will, to follow the analogy, get off the boat and check out the lay of the land at that particular Port. We'll read different biblical passages, spend time in discussion, and again: see how it all connects to our lives. If you cannot attend the class, in-person or online, or prefer to work alone, there will be handouts available at church.

Monday through Saturday we'll do some sightseeing together – from the ship. Daily Devotions will be shared in our daily communiqué, observing sights we're passing, as we journey chronologically through the Bible.

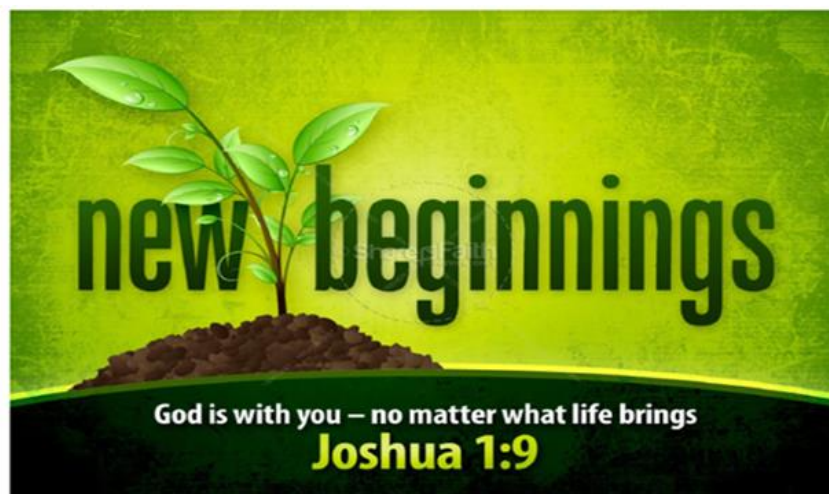
In our Mid-week Bible Study, we'll explore together secondary Ports of Call. You can join us in-person or online Wednesdays at 10:00. If this time does not work for you, study sheets will be available at church so that you can explore the port of call on your own.

As in everything: the more you put into it, the more you'll get out of it. We will have wonderful, powerful opportunities at Immanuel in 2024, for your own personal growth in faith and also something worthy and exciting to which to invite your friends and neighbors.

Will you resolve to make time in your life to worship regularly and to join our God's River of Life journey in 2024? It will be an unforgettable adventure.

Thanking God for the opportunity to serve in your midst,

Pastor Derek J Engfelt



THE MESSENGER

People Helping People !

An experience by congregation member – 1. Man on the Median – Our member was

driving and was about to make a left-hand turn at Saratoga and Prospect/West Campbell Ave when he saw a man with a sign asking for food or money. Our member rolled down his window and showed him the People Helping People clear bag so he could see what was inside. He then told the man " Our church, ILC, made the bags to help people. The man said that he could really use this and then that he and others lived under the bridge on Prospect Ave. near Lawrence and that he was also collecting food and money for them. Our member gave him two bags and he thanked him profusely and said God Bless.

2. Young man sagging by the Store: Our member was shopping at Trader Joes and on his way out saw a young man looking very dejected with a sign asking for food. He sat next to the young man and asked him what was wrong. He answered that he had been living at the shelter and that the other day all his belongings were stolen from the shelter, including his cheap cell phone. He said he needed this in order to get around and look for a job. Our member mentioned about the food packages and that our church ILC was always trying to help people. The young man said that was very special. Before saying goodbye, our member told the young man to try to keep his spirits up and to go back to the shelter. He said he was but was trying to get some food and money to get another phone. They talked about positivity and using all the gov't services available. The young took the two bags and he thanked our member profusely.

Helping anyone even if it is just a little means so much to people who literally have nothing. God's grace.

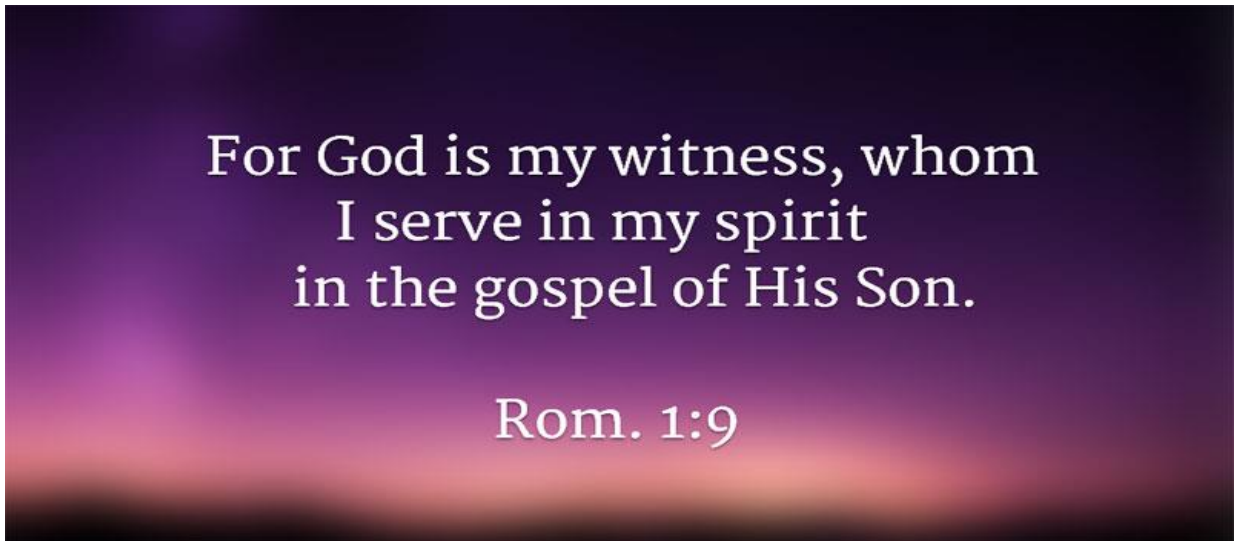
Come join us as we serve those in need in practical ways. As we do so, we're living into our ILC vision of "passionately responding to the grace we've received by joyfully serving others in the name of Jesus."

Sunday school provides a structure for teaching God's Word. Preaching isn't enough. A systematic teaching of the Scriptures – not just preaching (Acts 5:42) needs to occur through all age levels. Children, youth, and adults need opportunities for discovery, review, and interaction as they study God's principles. Sunday school meets needs!



THE MESSENGER

Volunteer to Serve on Sundays



Thank you for
Serving!

It takes many people to make Sunday mornings "happen". You're welcome to participate and be one of them!

Service Opportunities include:

Altar Guild: Prepare communion elements, prepare sanctuary for worship; clean up after worship.

Audio: Make sure our sound system is in good working order and monitor sound during the service.

Livestream: Control the livestream setup and camera during the service to support our "Church without Walls"

Coffee: Provide treats for fellowship time after service

Communion: Help distribute communion during service

Greeter: Warmly welcome people at the door and hand them a bulletin

Lector: Read lessons in church

Liturgist: Assistant leader in worship, chant the opening liturgy

Usher: Hand out announcement pages, take offering, light and extinguish candles



If you have questions about any of these Sunday Morning Activities, please email Alyssa McCoy alyssamccoy@comcast.net



Worship + Love + Serve



Children's Story



New Year's Gift



Little Johnny was very happy today. It was because he was going to market with his father on New Year's Eve to purchase various things, all of his own liking.

The market was quite lively and all the shops were decorated with light bulbs of different shades.

Just then, Johnny noticed a shop where a good number of birds were kept in a cage. They were repeatedly hitting their beak on the cage trying to get out. Many of them were bleeding.

Johnny felt pity for those birds. When he could not control himself any longer, he went over to the shopkeeper.

"Why have you trapped these innocent birds?" he asked him. "Why don't you let them free? It is not fair to restrict anyone's freedom."

"I don't enjoy this," the shopkeeper replied, "but I don't have any other source of livelihood. I also need money to feed my family."

Johnny looked at his father who put his hand inside his pocket.

"What about all those things which you had planned to purchase, Johnny?" he asked.

Johnny felt puzzled for a moment, but he had decided that the freedom of those birds was more important than any celebration. He reached out and held his father's hand.

"Dad," he said, "I can enjoy New Year's Eve with my friends, but these birds will enjoy it better in the free sky."

His father handed over the money to the shopkeeper.

"You can set these birds free," he said to him, "and from tomorrow onwards, you can join me at the shop. I will convince the owner to give you a respectable job."

The shopkeeper felt happy and handed over the cage to Johnny, who opened the bolted cage door. All the birds started flying out one after another. Johnny started clapping.

"Dad, now they will also enjoy the new year with their family and friends. I am thankful to you, there could not have been a better gift for New Year's," said Johnny, relieved.

"You deserved that my dear," said his father as he hugged him.

THE MESSENGER

Men's Breakfast



Men's Breakfast is held the first Saturday of each month at Effie's Restaurant in Campbell (331 W. Hacienda Ave). We meet at 8:00am in the bar, share breakfast, fellowship, and engage in a free-wheeling, Bible topic discussion. We conclude by 9:30 am.

All men of the congregation – members and visitors – are welcome.

ILC Men enjoying a relaxing Saturday morning breakfast (photo credit: Pastor Derek)



Women's Breakfast

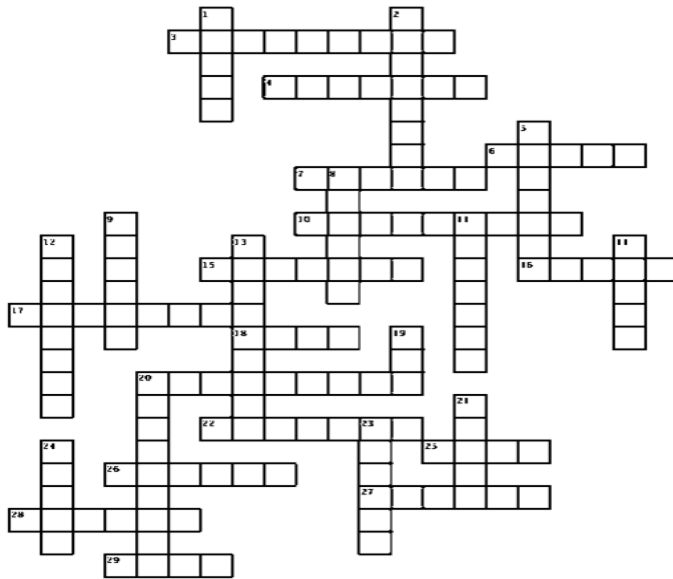
The Women's Breakfast is held the third Saturday of each month at Effie's Restaurant in Campbell (331 W. Hacienda Ave). We meet at 8:30am for a short devotion, after which we share breakfast and fellowship. We conclude by 10:00. All women of the congregation – members and friends – are welcome.



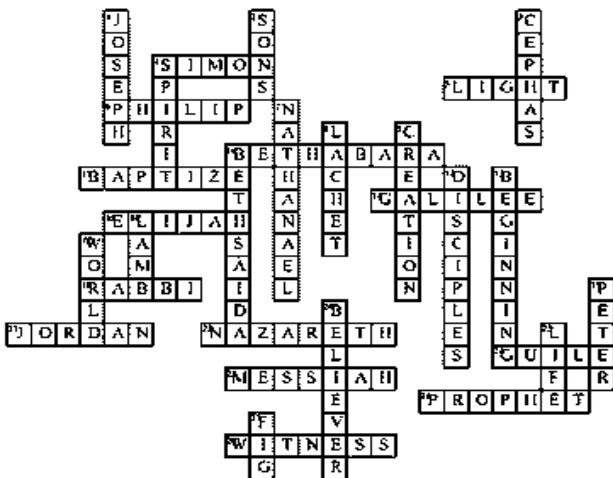
ILC ladies at the women's group meeting (photo credit: Cheryl Moorman)



Crossword Puzzle: In the beginning was the word



December Answers



Across

- 3 Bartholomew
- 4 John did this with water.
- 6 What the darkness could not comprehend.
- 7 What John saw descending from Heaven like a dove.
- 10 Andrew and Philip were this to John.
- 15 Ladder upon which Jacob saw angels ascending and descending.
- 16 The son of Jonah.
- 17 Jesus' hometown.
- 18 Born by the will of God.
- 20 When the Word was with God.
- 22 Region of northern Palestine.
- 25 What the Word was to men.
- 26 John unworthy to loose this.
- 27 Jesus' legal father.
- 28 Hebrew equivalent of Peter.
- 29 Animal Messiah is like.

Down

- 1 Master or teacher.
- 2 Who has power to become a son of God?
- 5 John gave this concerning the Word.
- 8 Probably Nathanael's brother (Lk. 6:14).
- 9 A river in Palestine.
- 11 Moses said Messiah would be one of these like himself.
- 12 Work the Word performed in the beginning.
- 13 Hometown of Philip, Andrew and Peter.
- 14 Made by the Word.
- 19 Jesus saw Nathanael sitting under this kind of tree.
- 20 One of the places where John baptized.
- 21 Nathanael had none.
- 23 Prophet that wore a leather girdle.
- 24 Andrew's brother.



ILC EVENTS / ANNOUNCEMENTS

THE FOOD CART - Please consider adding a package or two of food to the cart whenever you shop. The hunger problem seems always to be with us, and all donations help. Thank you for keeping this in mind when you shop! The Community Service Committee

Community Support: Thank you for your continued donations of clothes (placed in bags), food, and children's books. The collection bins are located alongside the church office parking lot, and you can drop items (non-perishables) in the bins at any time. Your generosity is appreciated!

If you would like to make an E-Donation to ILC, then either download the Givelify App on your smartphone, or go online to <http://ilcsaratoga.org/give>. Givelify gives you a beautiful, easy-giving experience using your smartphone, tablet, or PC. There are no frustrating web forms or text-to-give codes to memorize. Even better, it's free to download and use. It's safe and secure, and for tax time, you have one-tap access to your complete donation records.

Serving at Family Supportive Housing: January 21

Would you like to prepare food? Serve it with a smile? Please contact JoAn Lambert, chairperson of the Community Service Committee. You can reach her at 408-867-6237 or at jgdblaml@earthlink.net



Each Sunday, we adorn our altar in the sanctuary with flowers. If you would like to purchase flowers in honor of a special birthday or anniversary, please email Ann, our administrator, at office.ilc.saratoga@gmail.com.

Also are available for sign-up in honor or memory of someone -

Easter Lily plants for Easter  and Poinsettia plants for Christmas! 
*These flowers adorn the sanctuary for these special services!

Memories at ILC

EASTER



LADIES RETREAT



Habitat for Humanity



Summer Concerts In the Park



Thanksgiving Interfaith Service



Tree Decorating



Christmas Concert



Children's Christmas Play



Worship Offerings

We offer three worship experiences – traditional, contemporary and livestream.
<https://ilcsaratoga.org/live.php>. Please check website for each week's Livestream start time.

Wednesday Bible Study: God's River of Life

Join us Wednesday mornings in at 10:00 AM as we journey down *God's River of Life*. All are welcome.

We meeting in person in the Fireside Room. Treats are served at the conclusion of the class (11:30). If you're unable to meet with us in person, you can join via Zoom by clicking here:

<https://us02web.zoom.us/j/83250020639>

Note: We will NOT be meeting on Jan. 3.

If you would like to participate or for more information regarding the material we are using, please contact Pastor Derek at pastord63@gmail.com

Thursday Morning Study

Thursday morning Bible study (Yokefellows) meets each Thursday morning at 6:30 AM in the church Fireside Room. Refreshments are served. We are continuing our study on the *Gospel according to Mark*. If you're unable to join us in person, you can participate from the comfort of your own home by clicking here: <https://us02web.zoom.us/j/87581100281?pwd=dEgrblEwUFZlaU5NQy91RE9sWlNlQTo9>

Note: we will not be meeting in person on Jan. 5, but will meet virtually. Please use the Zoom link above to participate.

Diving Deeper: Wednesday evenings at 7:00 PM.

All are welcome to attend a Wednesday evening one-hour gathering, at which we will read and study the Scriptures that will be read in church the following Sunday. Not only will this event prepare you for a more meaningful experience on Sunday, it will also give you a chance to provide sermon input. And, of course, it's always meaningful to share in fellowship with others around the Word. Can't join us in person? Participate from the comfort of your home by clicking here: <https://us02web.zoom.us/j/87353776510>

Note: We will NOT be meeting on Jan. 3.

Enter the Bible

Luther Seminary has created a powerful, free resource to break down each book of Scripture to give you an in-depth overview of its background and context, its author and setting, the issues and themes you can find in it, and so much more.

Click here to get access now: <https://enterthebible.org/free-account-registration/>

THANK YOU!

The staff at Immanuel thanks you, dear congregational members, for your contributions to the special gift we each received this Christmas.

It's a joy to serve in the ministry of our Lord in our wonderful faith community.

With Heartfelt Gratitude,

Alyssa McCoy - Ministry Assistant

Ann Wallace, Church Administrator

Annie Yung, Minister of Music - Chancel Choir

Anthony Fulgar - Contemporary Team

Anton Nel - Minister of Music - Contemporary Team

Elisabeth Pintar - Minister of Music - Organist & Bell Choir

Mike Day - Contemporary Team

Stu Horton - Contemporary Team

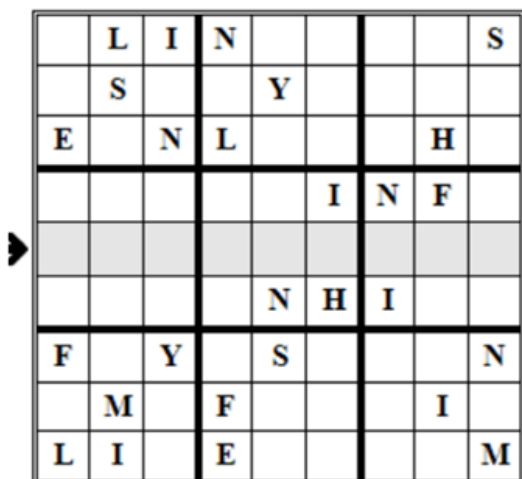
Derek Engfelt, Pastor

Wordoku has the same rules as regular Sudoku, but uses letters instead of numbers:

- Each of the nine rows is nine cells wide, and must contain the 9 letters used in the puzzle. So, each letter must appear once and only once in each row.
- The same is true with the nine columns. So, each letter must appear once and only once in each column.

The third unit, the region, is a « 3 x 3 » square bordered by a thick line, and it must also contain the 9 letters used in the puzzle. So, each letter must appear once and only once in each « 3 x 3 » square.

When the grid is completed, the grey squares will reveal a nine-letter word or sentence at the center of the puzzle, between the two arrows.



Hint
The carnal nature of man

The 9 letters to use :
E F H I L M N S Y

December Answer

PURE THING

Did You Know ?
«Whatever things are pure, (...) meditate on these things.» (Phil. 4:8). Pure things refer to the state of the mind and the acts of the body. We have to esteem them highly, recommend them heartily, and practice them fervently.



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ENROLLING**

Immanuel Lutheran Church
14103 Saratoga Ave, Lower Fellowship Hall, Saratoga, CA 95070
Tel: 408.781.7874, info@ButterfliesAcademy.com

Please Call us at above number to schedule a tour

www.ButterfliesAcademy.com





THE MESSENGER

Weddings at Immanuel Lutheran Church, Saratoga



Judy Onton is our ILC wedding coordinator.

To find out more, take a brochure from the pew rack, or check out our website: www.ilcsaratoga.org/weddings. Follow us on Instagram: ILCsaratogaweddings. Share with family and friends of this beautiful and charming sanctuary to hold their matrimony.



Many couples have joined hands to their lives at quaint church and its tranquil surroundings



FROM THE EDITOR'S DESK



Coronavirus: I have put together hotline numbers and some useful and informative websites!

Coronavirus Hotline for Seniors - The hotline number is **1-833-544-2374**.

Call **2-1-1** in 150 languages. 24/7

Text **211211** to receive texts on updates

<https://www.kcra.com/article/gov-newsom-coronavirus-update-march-31/31983378>

<https://www.sccgov.org/sites/phd/news/Pages/covid-19-call-211.aspx>

Emotional Listening Support Contact 24/7 Helpline: **1-800-932-4616** (Toll Free)

[Warm Line - Mental Health Association of San Francisco \(mentalhealthsf.org\)](http://www.contacthelpline.org/emotional-listening-support)

<http://www.contacthelpline.org/emotional-listening-support>

Santa Clara County (SSC) Update on Coronavirus - www.sccphd.org/coronavirus.

<https://www.sccgov.org/sites/phd/DiseaseInformation/novel-coronavirus/Pages/home.aspx>

Covid-19 on CDC - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

State of California hotline to deliver services & help for older Californians - **1-833-544-2374**.

Anyone interested in reporting a possible violation - Can email pubhealthreferral@dao.sccgov.org or call 408-792-2300 to leave a voicemail.

For more info, please go to the following websites. 1. <https://covid19.ca.gov/> 2. <https://covid19.ca.gov/safer-economy/>



A Sheepish Recovery

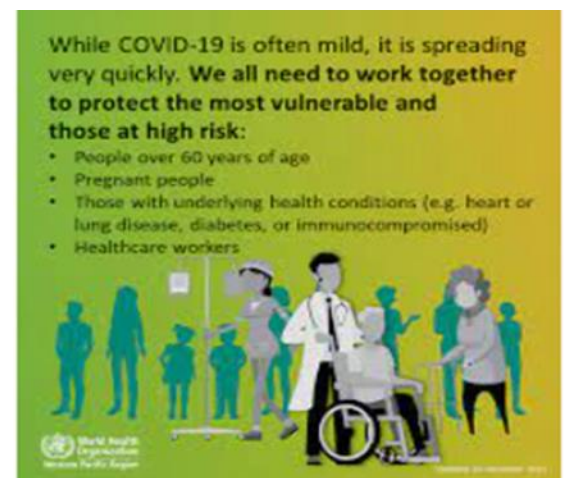
A devout old shepherd lost his favorite Bible while he was out looking for a wayward lamb. Three weeks later, a sheep walked up to him carrying the Bible in its mouth. The shepherd could not believe his eyes. He took the precious book out of the sheep's mouth, raised his eyes heavenward and exclaimed, "It's a miracle!"

"Not really", said the sheep. "Your name is written inside the cover."

"Covid Coach" for self-care and mental health: App found in Google Play in Android phone, and Apple Store in iPhone or iPad
<https://mobile.va.gov/app/covid-coach>

Show empathy to those still susceptible to Covid-19. Some have more than one high-risk factor making them vulnerable to the Covid-19 viruses and new sub-variants. Feeling more isolated and unable to partake in most human interactions, these people can do with a smile, a compassionate glance, or a kind nod that gives comfort, support, and encouragement!

God Bless, and Stay Safe!
Vaskie Turner



THE MESSENGER

The Quilt - Inspirational Christian Story



As I faced my Maker at the last Judgment, I knelt before the Lord along with the other souls. Before each of us laid our lives, like the squares of a quilt, in many piles.

An Angel sat before each of us, sewing our quilt squares together into a tapestry that was our life.

But as my Angel took each piece of cloth off the pile, I noticed how ragged and empty each of my squares was. They were filled with giant holes! Each square was labeled with a part of my life that had been difficult, the challenges and temptations I was faced with in everyday life. I saw hardships that I had endured (which were the largest holes of all).

I glanced around me. Nobody else had such squares. Others had a tiny hole here and there. Other tapestries were filled with rich colors and the bright hues of worldly fortune.

I gazed upon my own life and was disheartened. My Angel was sewing the ragged pieces of cloth together, threadbare and empty, like binding air. Finally, the time came when each life was to be displayed, held up to the light and the scrutiny of truth. The others rose, each in turn, holding up their tapestries. So filled their lives had been.

My Angel looked upon me and nodded for me to rise. My gaze dropped to the ground in shame. I hadn't had all the earthly fortunes. I had love in my life and laughter. But there had also been trials of illness, death, and false accusations that took from me my world as I knew it. I had to start over many times. I often struggled with the temptation to quit, only to somehow muster the strength to pick up and begin again. I had spent many nights on my knees in prayer, asking for help and guidance in my life. I had often been held up to ridicule, which I endured painfully, each time offering it up to the Father in hopes that I would not melt within my skin beneath the judgmental gaze of those who unfairly judged me. And now, I had to face the truth. My life was what it was, and I had to accept it for what it had been.

I rose and slowly lifted the combined squares of my life to the light. An awe-filled gasp filled the air. I gazed around at the others who stared at me with eyes wide. Then, I looked upon the tapestry before me. Light flooded through the many holes, creating an image.

The face of Christ.

Then our Lord stood before me, with warmth and love in His eyes. He said,

"Every time you gave over your life to Me, it became My life, My hardships, and My struggles. Each point of light in your life is when you stepped aside and let Me shine through until there was more of Me than there was of you...Welcome Home, My Child"

-Author Unknown

The Hills Are Alive... with ILC Hikers!

Come join us, as we explore part of the wonderful nature that surrounds our neighborhoods.

These hikes are planned to be fun for the whole family. We're planning to venture out the Saturday after Thanksgiving... to work off some of that turkey... ☺ This will be a "no one left behind" hike. Invite your friends!

Jan. 13: Calero Reservoir: Main Entrance, 23205 McKean Rd., San Jose, CA 95120. This is an out-and-back hike, mostly flat with some moderate hills.



Getting There: Heading south on Highway 85, exit Almaden Expressway. Head south and continue on Almaden Expressway for about 5 miles (until it T's at Harry Road). Turn RIGHT. Then, in about 100 yards, turn LEFT on McKean Rd. Go 4.8 miles, and make a sharp right turn into the park. There's plenty of free parking available.

Time: 8:00 AM

Jan. 27: Santa Teresa Park: Fortini Trailhead: 22581 San Vicente Ave. San Jose, CA 95120. Moderate difficulty. A hilly, meandering loop hike.

Getting There: Driving south on Highway 85, exit Almaden Expressway. Head south, continuing on Almaden Expressway for about 4.9 miles to the end, where it "T's" at Harry Road. Turn RIGHT and go 0.1 miles to first stop sign. Turn left at McKean Rd. Proceed 1.3 miles, then turn left on Fortini Rd. and proceed to the end. Turn left. The staging area (parking) is on your right.

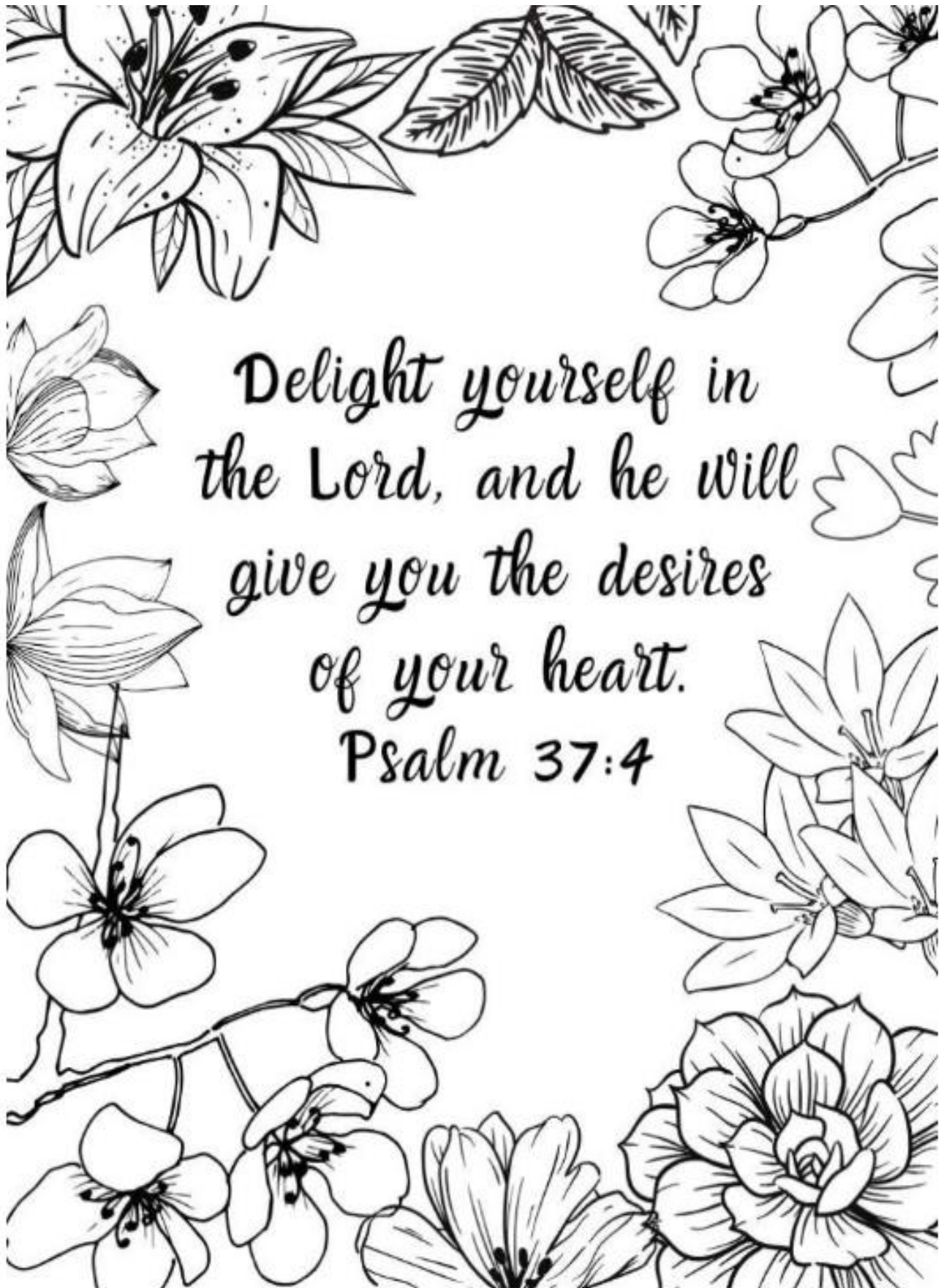
Plan to arrive for each hike by 7:45 AM. We'll gather our group and plan our hike. We'll hit the road at 8:00 and plan to return to our cars by 10:00.

Please RSVP so I know you'll be coming. In case of bad weather, I'll send a cancellation note to all who RSVP by 9:00 PM the evening before. Dress in layers, bring a water bottle, and wear comfortable and sturdy shoes/boots. You can RSVP by emailing me at pastord63@gmail.com or calling 408-499-4866.

Special Gift, Special Appeal: Results

Our church council decided again this year, to invite our faith community to make a special gift to Midtown Family Services. Among other things, Midtown assists those who are in-between paychecks and are in danger of being evicted from their residence. They also work with recent parolees, to assist them, as they re-establish themselves in the community to be productive members of society. They do their work in the name of Jesus for the glory of God. You can find more information here: <https://midtownfs.org/>

Our faith community responded with overwhelming support to raise \$20,000. **Thank you for your generous giving!**



*Delight yourself in
the Lord, and he will
give you the desires
of your heart.
Psalm 37:4*

YOUNG JESUS IN THE TEMPLE WORD SEARCH

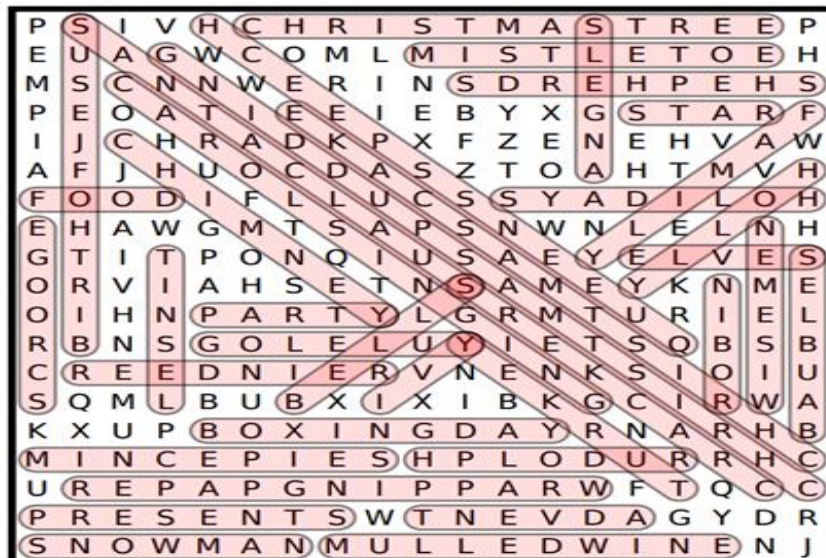


ASTONISHED
CARAVAN
FATHERS
FAVOR
FOUND
GOD
GROW
HOUSE

JERUSALEM
JESUS
JOSEPH
LISTENING
LOST
MARY
NAZARETH
PARENTS

PASSOVER
QUESTIONS
SUBMIT
TEACHERS
TEMPLE
TWELVE
UNDERSTANDING
WISDOM

December Answers



PERFORMANCE: PHANTOM OF THE OPERA

WALT STRONY ORGAN

Saturday, January, 20, 2024 at 7:00 pm.

The Broadway production of the Phantom of the Opera played to audiences for 35 years in New York with its final performance in April of 2023; a total of 13,981 performances.

Classically and theatrically trained organist, Walt Strony, has kept this production and tradition of the Phantom of the Opera alive – with a twist. Instead of a live cast on a stage, he uses remnants of the original score from the 1925 classic silent film Phantom of the Opera – playing that score on the organ. If you have never seen a production of the Phantom of the Opera – now is your chance to view this film and hear the music.



Walt Strony currently lives in Grass Valley, California. Besides being a church organist there, he has toured extensively in the U.S. presenting classical concerts, playing with symphony orchestras, and performing silent movie concerts. He has toured also in Australia, Japan, England, and Canada. In 1991 and 1993 he was awarded ‘organist of the year’ for theatre organs and was inducted into the American Theatre Organ Society Hall of Fame.

The event will take place at Immanuel Lutheran Church, 14103 Saratoga Avenue Saratoga, CA. Cost is \$20 on Eventbrite: <https://phantom-live.eventbrite.com> or on our church website <https://ilcsaratoga.org/> or \$25 at the door.

A reception will follow where you can meet and greet the wonderful Walt Strony. Hope to see you there!



THE MESSENGER

Vaccinations...



GOT YOUR SHOT? The latest updates on vaccine eligibility and how to schedule an appointment are available on the County's website at [sccfreevax.org](https://www.sccfreevax.org). In addition, residents without internet access or who need additional assistance can make appointments for the County Health System vaccine sites through the Valley Connection Call Center at 408-970-2000. The Call Center is open Monday

through Friday from 7 am to 9 pm and Saturday and Sunday from 8 am to 4:30 pm. Assistance is available in English, Spanish, Vietnamese, and other languages. If you have trouble making your appointment and need assistance, please let Pastor Derek know. We have people standing by ready to help. [Influenza \(Flu\) - Public Health - County of Santa Clara \(sccgov.org\)](https://www.sccgov.org)

CDC Recommends Updated COVID-19 Vaccine – 09/29/2023

CDC recommends that everyone ages 6 months and older get the updated 2023–2024 COVID-19 vaccine to protect against serious illness. The updated vaccine is safe and effective at protecting against COVID-19-related hospitalization and death, and it also reduces your chance of suffering the effects of Long COVID.

Getting vaccinated is especially important for people at highest risk for severe illness, including:

- [Older adults](#)
- People who have [certain health conditions](#)
- People who have a [weakened immune system](#)
- People who are [pregnant](#)

Read more about the updated vaccine and CDC's recommendation.

Use [CDC's COVID-19 booster tool](#) to learn if and when you can get boosters to stay up to date with your COVID-19 vaccines.

CDC recommends everyone stay up to date with COVID-19 vaccination, including all primary series doses and boosters for their age group.

The original COVID shots are no longer authorized in the U.S. That's the Pfizer and Moderna COVID-19 messenger-RNA vaccines based on the original strain of the SARS-CoV-2 virus that emerged in Wuhan, China, in late 2019 and were given as a two-dose primary series starting in December 2020. That strain has long been replaced by a series of variants, including the current omicron.

- **One shot gets you caught up.** Most people who haven't yet had a shot of the updated "bivalent" vaccine based on both the Wuhan and more recent omicron strains can now receive a single dose. That includes the 30% of Americans who didn't get vaccinated with the two-shot primary series of the original vaccine. Children 6 months to 5 years old who are unvaccinated or who had the original vaccine can receive multiple doses of the bivalent vaccine for kids.
- **Older and vulnerable adults can get another booster.** If you are 65 or older and already had a dose of the bivalent vaccine, you can now get a second booster of that shot after at least four months. Those with compromised immunity who had a dose of the bivalent vaccine also may receive another shot after at least two months, and additional doses at the discretion of their doctor. Most other people who already had the bivalent shot are not eligible for another.

Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection against COVID-19. **People who are moderately or severely immunocompromised have [different recommendations for COVID-19 vaccines, including boosters.](#)** [Stay Up to Date with COVID-19 Vaccines Including Boosters | CDC](#)

THE MESSENGER

Come Worship With Us!



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We're on the Web!

See us at:

www.ilcsaratoga.org

Traditional Service 9:00 a.m.
Come hear our wonderful choir, bell choir, and organist.

Communion is served each Sunday as part of the liturgy.

Visitors are always welcome!

Contemporary Service 10:45 a.m.

Features a more contemporary worship. Sing praises to the Lord with our Contemporary Worship Team. The music is uplifting and enjoyable for all ages. What a great way to start the week? Communion is served every Sunday.

About the Messenger

Please submit articles by the **15th** of the month, typed (preferably text or word processing file, but paper copy is ok too), and should be approximately **150 words**. If you are interested in submitting an article for publication in our Newsletter, please contact our office.

Editor: Vaskie Turner
Webmaster: Aart Bik

Publisher: Ann Wallace

https://ilcsaratoga.org/pdf/newsletter_2024_01.pdf

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