*****A Weekly Newsletter of Nu‘uanu Congregational Church*

***NCC News***

**August 21, 2022**



***A P*rayer to End Gun Violence: a meditation—Part 2**

Last month we all read and prayed about gunviolence because of the inordinate number of mass shootings in our country. We spent all of July with a prayer printed in *The Caller*.

After a month of prayer, it is important for each of us to ask ourselves: *What did God show me as I prayed about the violence and death?*

Today, and for the whole month, there will be an index card in the Sunday bulletin. Please jot down any thoughts that come to you about this tragedy in our midst.

Here are some questions to help you focus:

***What are some of the causes of gun violence?***

***Do you know at least four other people who are willing to learn more about this problem?***

***Are you willing to bring them together to support one another, to share ideas and dreams of ways our church could help address this tragedy?***

Each week, the questions will be new, or a little different. You do not need to sign the card unless you want to. Later this year, we will spend some time looking at the thoughts we have shared, and we will discern together if there is some way in which our church is being called to bring God’s healing into our community.

You may leave your index card comments in the collection plate.

**Covid & Worship**

*By Judy Keith*

The Nuuanu Congregational Church leadership has worked hard to develop safe protocols to minimize the chances of Covid spread within our community.

Our hope is to return to worship as close to "normal" as possible. The health team continues to monitor the status of Covid in our community. The Diaconate is discussing options for communion. Because the latest research from the CDC suggests that surface transmission is unlikely to be a major route of Covid transmission, we feel that it is safe to resume passing the offering plate during worship. We will continue to monitor best practice recommendations to guide us in deciding when we can consider resuming the choir.

This has been a difficult 2+ years. Because of the age of our congregation we have chosen to be conservative in our recommendations. Thank you for your understanding as we continue to review the data and determine practices to keep us as safe as possible.

**Give Aloha**

**** We will be participating in this years Give Aloha program again. Give Aloha will be running from September 1, 2022 through September 30, 2022 at all participating Foodland’s, Foodland Farms, and Sack-N-Saves.

Nu‘uanu Congregational Church’s organization number is **78424**. There is a limit of up to $249.00 per Maika‘i Card number. Please make sure that you send us your receipt, either in the mail, with your donation, or email a picture of it to [nccadmin@hawaiiantel.net](mailto:nccadmin@hawaiiantel.net). The receipt must have your name and the amount so that we can credit the donation to the right person/family!

**Family Promise Meals**

*By Judy Keith*

We will be providing dinner on August 14th & 28th for the three Family Promise families staying on our campus. Two to three individuals or a group would be optimal for each meal. Sign up with Judy Keith. More information will be provided when you sign up. Thank you.

**Altar Flowers**

****Signup on the Flower Chart on Sundays, or call Mairi at the church office, (808) 595-3935, or email her at [nccadmin@hawaiiantel.net](mailto:nccadmin@hawaiiantel.net).

The following are available for the remainder of the year:

* + November 13, 2022
  + December 25, 2022



**Week of August 21**:  
Hilo Marshallese Ministry (Hawai‘i Island)  
Ola'a First Hawaiian Church (Hawai'i Island)

**Week of August 28**:  
Hokuloa UCC (Hawai'i Island)  
Ohana Niihau O Waimea Church (Kaua'i)  
Kapa'a UCC (Kaua'i)

**As Covid counts remain high, we ask you take precautions:**

*The following information is taken from an article*

*in the Washington Post by Dr. Lena Wen.*

Three things to consider:

* Do you have optimal protection?
  + Make sure you are up to date with your vaccines. If you have not had all your boosters, do not put off getting the next one till fall, hoping for a variant specific booster.
  + It is time to upgrade your mask. You should have a well fitting N95 mask. Every time you put it on, pinch around your nose to get a close fit. If your glasses fog, the fit is not tight.
* Have you stocked up on tests? Home rapid tests are very good at detecting covid. Test kits are covered by insurance. You should have two kits available for each member of the family. Here are three reasons to test:
  + You develop a cough, runny nose, sore throat, or generalized aching. If you test negative, but still feel sick, you should re-test in two to three days.
  + Test as a method to end isolation. Start testing regularly on day five to see when it is safe to be around other people.
  + Just before you will be visiting others in an indoor setting. This will help lower community spread.
  + False positive results are rare with the home antigen tests. You should not need to get a PCR test to confirm that you have Covid.
* Do you have a plan for what to do if you test positive?
  + Call your physician and see if they want to put you on medication. Do this right away, as the medication needs to be started within five days of developing symptoms.
  + Think about your home situation. Do you have a place where you can isolate at home? You should wear a mask when you are around family members.