



HOLY CROSS  
LUTHERAN CHURCH

# The Quest

*Transforming the world & ourselves,  
together in community,  
fellowship and faith.*



## November 2022

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# JUST A LITTLE *Reminder*

The deadline for inclusion in the December 2022 edition of the Holy Cross Newsletter, Quest, is Monday, November 14.

Articles can be emailed to the Church Administrator at:  
[admin@holycrosslutheranchurch.net](mailto:admin@holycrosslutheranchurch.net).

The deadline for inclusion in the Weekly Update  
is noon on Tuesdays.

Thank you,  
Virginia Muller and Sarah Schulmeyer  
Church Administrators

Holy Cross Lutheran Church  
1090 Sterling Road  
Herndon, VA 20170  
703-437-1883

## Find us online!

[www.holycrosslutheranchurch.net](http://www.holycrosslutheranchurch.net)

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 Holy Cross Lutheran Church, Herndon VA

## STAFF



This year has been one marked by a series of homecomings and new beginnings. Some comfort and solace from the past is often wed with the spice and the freshness of the new. This is the gospel at work in our midst--old life embraced, and yet, enhanced by the new. Resurrection claiming new bodies from the old, a New Creation making all thing new.

Perhaps no better example captures this evangelical dichotomy than our communal worship life. Last fall, we began the process of slowly returning, albeit with caution and excitement, to in-person gatherings. After two years, this homecoming was a cause for celebration of homecoming and yet, it was also a time to wonder at new beginnings.

Through the past year, our worship services did indeed begin to have more and more people in the pews, some with masks and some without, while still maintaining the virtual outreach of live-streaming. In this, we began to live out what some church leaders are calling the “new normal” of the hybrid expression of

congregational life. Even now, a year removed from that watchful returning, this mixture of embodied and electronic attendance is still a real and vital aspect of our worship, leadership, and educational life together. It is most likely to be this way from now on. Fortunately, we have positioned ourselves well to meet that possible reality. Thanks to Sam Carter, Bob Thompson, Sylvia Moran, and others who have been such an important part in putting together the technology and the material necessary to make it possible. This gift made it possible to continue to reach out to those who cannot gather with us in person for whatever reason, those who are geographically far from us, and those who are curious who we are and what we are all about. By this, the gospel is being proclaimed in new and familiar ways.

As personal gatherings began to be possible again, in the late fall we were presented with a new opportunity to join a life-giving ministry for our community at large. “Lunch for the Soul”, a



ministry previously supported for over ten years by three local congregations (Trinity Presbyterian, Riverside Church, and *Alianza Christiana y Misionada* - Christian Missionary Alliance) was looking for a new place to host their lunches. Lunch for the Soul is an outreach to

the men who are day workers and often gather between the McDonald's and 7-11 on Eldon Street. They too had been on hiatus during COVID and were eager to return. With our congregation being less than ¼ mile away from where the men gather, it seemed like a perfect location. So, since December, this new beginning of a long-awaited homecoming has been a part of our congregation's mission as we work with our siblings in Christ in this outreach to our neighbors in need. Lunch for the Soul gathers anywhere from 25-50 gentlemen (depending on the season) for food, fellowship, Scripture, and prayer. It has been a

blessing for me and others from our congregation who have committed to help in this opportunity to feed and be fed along with these, our siblings, and our neighbors. Another new beginning is that some of us are doing our best to learn some conversational Spanish, which will be an on-going asset since approximately 1/3 of our neighbors speak Spanish as their first language.

As we speak of homecomings, I must highlight what a joy it was to go through both the Advent/Christmas and Lent/Easter seasons with so many people worshipping in-person again. The past years have been hard on all of us, including your worship leaders. It was soul-warming to see so many candles lit on Christmas Eve, and to celebrate the Resurrection with so many again at Easter. Homecomings that point us to new beginnings! It is good to gather to worship our God, and good for us to be gathered in that worship. Perhaps it took a pandemic to remind us of just how precious and precarious a gift that is. Perhaps a new beginning might be to not forget what we lost, and to hold ever more dear, what we have in the gift of gathering in God's name.

Last fall, as COVID restrictions eased, Jeremy and I were able to present a musical recital—organ and voice--where again, a good number of people were able to join, both in person as well as online. We were also privileged to host a concert by Master Singers of Virginia, a highly acclaimed local group who needed space after their original venue canceled due to COVID restrictions. It is, as as the concert was, a glimmer of a new beginning. The arts have long been an important part of



who we are at Holy Cross and a vital ministry we offer to the community. In a world full of discord and dissention, the arts invite us all to envision an alternative reality that, recognizing the often-times discordance of life, still seeks to create a curative space of beauty and harmony. This is a healing, life-giving ministry. It is not merely fancy music, dance, or visual arts, but an opportunity to show the beauty of God's Creation through the embodied expression of order and grace, in the midst of all that is chaos. This is a strength of our congregation, one we are invited to inhabit as both a homecoming and a new beginning, and as a call from the Holy Spirit who has given us these gifts as a



way of praise and service. These new beginnings may move us in directions that challenge us to ask, "how might we use the gifts we have been given, to be a place of healing and grace, in a world so beset and besmitten by strife and discord?" The arts, God's gift and asset to us as co-creators, is also an opportunity to create safe and healing spaces within and for our local community. Celebrating the homecoming of what is more familiar, we also may be called

to envision how we might help to continually re-create, and to envision The Arts as a new beginning of welcome and homecoming for our neighbors. What might that look like? That's to be determined, but it may be both a revival of events of the past, as well as, a welcoming of some things new.

Throughout this past year, there has also been the expression of ongoing grace and mission in the community. The Word has been proclaimed, as the gospel writer expresses, "full of grace and truth." Jesus, our Lord and Savior, stands firm and welcoming in the center of who we are as the people of grace. The Holy Spirit breathes and moves within us, and through all of our expressions of God's love. The Creator holds us fast to the grounding and lifegiving foundation of who we are. Through our worship – the

celebration of the Sacraments and the Proclamation of the Gospel – we are connected and embraced by the One who Created, Redeemed, and Sustains us. That is no small-time happening, but rather what the Apostles term the “power of God”, a life-affirming, transformative event given to us each and every time we gather. In Jesus, God is present *for us*, and we are invited to be present *for the community* in Jesus’ name. That is both a homecoming and a new beginning.

On a personal note, one most important homecoming for me has been Shelly’s coming home to our new home here. As of June, she is fully retired and will live here full-time with me. After three years mostly apart, this too will be a journey of both coming home and renewed beginnings. In that dynamic dichotomy, we look forward eagerly to service with and alongside you, in Jesus’ name, for years to come.

Peace to you all,

Pastor Martin





## ***Confirmation is Back!***

**Note From Pastor:** I LOVE

Confirmation! It's one of the most fun and rewarding things I do as a pastor! Last year I had hoped to begin a new Confirmation class, but the complexities of COVID variants and trying to get our congregation's worship and programs up and running again simply overwhelmed those ambitions. This fall, we are in a very different place, and I want to offer this important opportunity to our young people and their families. I am hoping we can do this in an in-person classroom setting, but I also realize that we will likely need to have a hybrid option. The great news is that we have the experience and capabilities to do both!



This fall we will be offering Confirmation instruction. Confirmation is typically a two-year program of spiritual and faith development offered to Middle School members (7<sup>th</sup> and 8<sup>th</sup> grade, especially, although we can go younger or older, if needed) that offers a deeper exploration into the basics of Christian faith and our Lutheran heritage, expression, and worship.

The first year introduces the learners to the Bible and highlights the key stories of God and God's people, especially the central saving event of Jesus the Christ and his reconciling work for us all. Year two highlights the story of Martin Luther, a 16<sup>th</sup> century Augustinian monk who struggled to find peace with God. The story of his encounter with God's grace and unconditional love and the subsequent Reformation it began, is deeply woven into our theology and practice today. During this second year, we will use Luther's Small Catechism and his teachings on the basics of Christian faith.

If you have a young person who is ready for the journey of Confirmation instruction, please let Pastor Martin know. Details as to how we meet (virtual, in-person, or both) and when will be worked out later.

## Director of Music and Liturgy



**Now thank we all our God with hearts and hands and VOICES**

Every year at Thanksgiving most families sit down to dinner and start one by one stating something they are thankful for. During November the family of Holy Cross Lutheran Church will spend time giving thanks to God and certainly singing, “Now thank we all our God with hearts and hands and voices!”

Today, I’d like to take time and focus on the “voices” part of that phrase. As Director of Music and Liturgy, it makes sense that I would want to write about how we use our voices to give thanks and praise to God. However, there is so much more to giving thanks and praise to God with our voices than simply singing. We are Lutherans. We have (in my humble opinion) the best hymnody out there. We are known for our confident four-part singing of bold Lutheran chorales. We have the singing part of using our voices down. We must also give thanks to God with our voices by evangelizing!

Many of you remember Pastor Johnson’s time at Holy Cross. In her first sermon she mentioned the typical Lutheran method of evangelism. Simply standing in a boat and shouting, “Here fishy, fishy!” Many of us are afraid of evangelism because we think that means beating someone over the head with your religious beliefs

until they believe what you believe. It is understandable. That model of evangelism is seen in use all too often.

But at the heart of the word evangelism is the word *evangelion*. The Greek word for gospel, or “good news.” As evangelists we need to go out and share the good news. We need to tell others what God has done for us. We don’t need to worry about how many people we convert, but how often we share with others the things we are grateful for.

Everyone has days when they are depressed and feel like nothing could possibly go their way. God never promised us a perfect life. God promised us God’s self! Even in times of trouble we can always rest assured in the fact that we have God to lean on. That is certainly something we can give thanks to God for!

In addition to belting out all three stanzas of *Now Thank We All Our God* this November we also need to remember to use our voices as Christians in the community. Remember that you always have something to be thankful for and reminding someone else of that will more than likely cause them to think of more things they can give thanks and praise to God for.

Soli Deo Gloria!

Jeremy Shoop, Director of Music and Liturgy



## Now Thank We All Our God

*"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:18*

Martin Rinkart, a Lutheran minister, was in Eilenburg, Saxony, during the Thirty Years' War. This walled city became home to many refugees due to the war. After the Swedish army surrounded the city, famine and plague began to run rampant. Hundreds of homes were destroyed, and people began to perish. Pastors, who were already stretched to their limits, performed dozens of funerals a day. Not too long into the tragedy Rinkart was the only minister left in Eilenburg - performing more than fifty funerals a day (including his own wife's). When the Swedes demanded a huge ransom, Rinkart lifted the safety of the walls and pled for mercy. The Swedish commander was impressed by his faith and courage and lowered his demands. Soon after this event, the Thirty Year War ended, and Rinkart wrote the hymn *Now Thank We All Our God* for a grand celebration service. Rinkart was able to use his faith to lead him beyond his feelings of depression. He would often go to the Bible to find reasons to trust in God's presence. It is a testament to his faith that, after such misery, he was able to write a hymn of abiding trust and gratitude toward God.

*Now thank we all our God, with heart and hands and voices,  
Who wondrous things has done, in Whom this world rejoices;  
Who from our mothers' arms has blessed us on our way  
With countless gifts of love, and still is ours today.*

*O may this bounteous God through all our life be near us,  
With ever joyful hearts and blessed peace to cheer us;  
And keep us in His grace, and guide us when perplexed;  
And free us from all ills, in this world and the next!*

*All praise and thanks to God the Father now be given;  
The Son and Him Who reigns with Them in highest Heaven;  
The one eternal God, whom earth and Heaven adore;  
For thus it was, is now, and shall be evermore.*

# COUNCIL



Holy Cross Family –

## **The “In” Crowd**

By now you know that I have a fascination with ‘60’s music. One of the songs that was popular then was Dobie Gray’s “The In Crowd.” In addition to being a Top 40 hit, the song became a jazz classic due to a recording made here in Washington, DC at the Bohemian Caverns by the Ramsey Lewis Trio. The lyrics in the original describe how great it is to be in the “In” crowd. We’ve all seen that in our lives and know what it feels like to be either “in” or “out” of a group. In churches, cliques often form that exclude all but a select few. Fortunately, Holy Cross does not suffer from this problem. The closest we’ve got to an “in” crowd is the Church Council, and we’d like nothing more than to include some fresh faces in that group. This is my not too clever segue into letting you know that we need to fill some positions on the Council. I’m all too aware that the first thing which often comes to mind in being asked to serve is a fear of interminable meetings; in previous experiences sitting in meetings listening to people drone on and on I’ve often thought of the old adage, “so much time and so little to say.” I’m happy to say that has not been the case with this Council. We generally hold meetings once a month via Zoom, and they rarely extend beyond one hour – that’s it! Short and no commute! The people are collegial, and agenda items are handled efficiently. If you’d like to know more about which

positions are available or if you have a particular area of interest, please contact Pastor Martin or me. We look forward to welcoming you to the “In” crowd!

Please make plans to participate in our Annual Meeting on ***Sunday, November 13, 2022, at 12:30pm, after the 11 O’clock Service.*** The meeting will be conducted both in-person in the Sanctuary as well as online using Zoom. The link and instructions will be distributed in advance of the meeting. We will invite you to join the Zoom call starting at 12:15, so we can get everyone “registered”. **If you cannot attend in person and wish to participate but do not have access to technology (computer, laptop, smart phone or tablet), please contact the office at (703) 437-1883, and we will work with you to make arrangements.**

I’m looking forward to our fall activities with the entire Holy Cross Family!

Yours in Christ, Sam



## CHRISTIAN EDUCATION



### **Adult Sunday Class—Join Us!**

Do you know that there are five books in the Bible that have only one chapter?

Did you also know that some of the smallest books in the Hebrew Bible served as a deep foundation for Jesus' preaching, teaching, and ministry?

While often overlooked and understudied, these smaller biblical writings have some big impacts. Based on that, we could title the next series of adult education in so many ways: "Majoring in Minors"; "Big Things in Small Packages"; or even, "Judge Me My Size, Do You?" In any case, working on a suggestion from one of our members, we are going to look through some of these lesser known, smaller books in the Bible. We began with the so-called "Minor Prophets" of the Hebrew Bible, then move on to the lesser-known books of the New Testament.

Adult Sunday Class meets on Sundays between services from 9:45 to 10:45 in Room 202. This room gives us both an ample area for distancing and the ability to incorporate a Zoom option for those unable to attend in person. *Everybody* is invited to these classes, no matter how much or how little you know about the Bible. Even if you don't have a Bible of your own, we have plenty to go around! Grab a snack, some coffee or tea and join us as we explore together!

## FELLOWSHIP

**Thank you:** Many thanks to Pam Darby for coordinating the nuts and bolts of the day for Marge Nafey's funeral luncheon, with help from Suzanne Baggett, Karen Faulkner, Roy Geiger, Vivian Jefferson, and Nancy Jones. Marge, we truly miss you!

### COMING UP:

**Sunday, November 13<sup>th</sup>:** Mark your calendars for Holy Cross's annual meeting. This will be a luncheon meeting with Holy Cross providing the main meal and drinks. Bring a dessert if you would like to do so.

**Wednesdays in Advent:** Advent soup & sandwich dinners with worship afterwards are restarting this year allowing us all to break bread together ahead of these services – Yay! The dinners will be at 6pm ahead of the 7pm Wednesday Advent services starting on November 30, 2022. Fellowship will provide the sandwiches.

We are asking the congregation to provide the soup for three of the weekly meals. The 12/21 dinner will be a potluck – see more info below.



- **Wed., 11/30 meal:**  
Church council is supplying the soups – many thanks to Karen Faulkner, Jeremy Shoop, and Cheryl Smith for volunteering to provide the soups for the “reconstituted” dinners 😊.
- **Wed., 12/7 & 12/14 meals:** Holy Cross families are being asked to provide soups for each these 2 services – that's 3 soups per meal. Please contact Anne Geiger if you are willing to provide a soup of your choice, and for which Wednesday you'd like to provide it at [fellowship@holycrosslutheranchurch.net](mailto:fellowship@holycrosslutheranchurch.net)



- **Wed., 12/21 meal & TIME CHANGE:** This will be a potluck dinner. Holy Cross is inviting our Lunch for The Soul participants AND its partner congregations to join us for **worship at 6pm** and **dinner following at 7pm**. What a wonderful opportunity to meet our Holy Cross neighbors and to eat foods from around the world!

As always, on most Sundays, you are invited to stop by the Fellowship Hall for some coffee, tea, juice, or water and good food (there is always fruit). There will also usually be a quilt for Lutheran World Relief to tie if you so choose. It's a great way to meet up with Holy Cross members and visitors.

Anne Geiger  
Fellowship Chair



## EVANGELISM

Many thanks to all those who volunteered and supported both of our events on October 8th. Both our Hospitality Table at Herndon's Homecoming Parade and the SterlingFest booth were a great success. A very full and busy day!

### **Other upcoming events:**

- **Trunk or Treat – Sunday, October 30 from 3:00 to 5:00 pm**



in the church parking lot. Don't forget to mark your calendar! Flyers were handed out at both of October's events encouraging folks to come out and join us. Several SterlingFest-goers commented how nice and friendly everyone was when they stopped by last year and they're looking forward to coming again. So,

let's have another great turnout with lots of decorated trunks, candy and spooky fun. See you there !!

- **Beer and Carols – Tuesday, December 13 – 6:00 to 8:00 pm**

One of HCLC's all-time favorite events . . . a fun night of Beer and Carols at Jimmy's Old Town Tavern in downtown Herndon! Be sure to invite your friends and neighbors to join you for a little merry-making as Jeremy leads us in a round of favorite carols and door prize winnings. If you'd like to donate something for our Door Prize drawing, please let Jeremy know. December 13th \*\* Beer and Carols at Jimmy's \*\* Don't miss it !!

Respectfully submitted, Karen Faulkner



# SterlingFest 2022





**JOIN THE FUN!!**

# **TRUNK OR TREAT**

**JOIN US FOR AN AFTERNOON OF DECORATED  
CARS, CANDY, AND SPOOKY FUN!**



**OCT. 30 @ 3:00 - 5:00 PM  
HOLY CROSS LUTHERAN CHURCH  
1090 STERLING ROAD  
HERNDON, VA 20170**



**HOLY CROSS  
LUTHERAN CHURCH**

## OUTREACH



As we prepare for the joyful season of Thanksgiving, I would like to stop and give thanks for the amazing Outreach Team of Holy Cross! We are so fortunate to have a great group of people who care deeply for our neighbors and their needs.

Thank you to Rachel Williams and Joy Heuer who serve on the Boards of the Closet and LINK, respectively. These important partnerships help us serve local neighbors with the most basic of needs – clothing and food.

Ever wonder how all your food donations get where they are intended? This is courtesy of our dedicated delivery drivers: The Roe family, Michael Faulkner, Dick Krapf, Cathy Pfisterer & Brian Virnelson. Thank you for getting our donations where they are needed!

During 2022 we joined the “Lunch for the Soul” ministry. Thank you to the dedicated team that have shopped, cooked, served and cleaned up for these monthly meals. Our team includes: Ellen Atwell, Suzanne Baggett, Pastor Eldred, Karen Faulkner, Suzanne Flegal, Anne Geiger, Vivian Jefferson, Virginia Muller, Judi Person, Sarah Schulmeyer, Jeremy Shoop, Cheryl Smith and of course our VBS participants who prepped, packed, and delivered lunches for us this summer. We continued to provide meal support to Embry Rucker, led by Barb Gouldey and Jo Roe.

Every year our quilting team again creates a beautiful collection of quilts which are shipped all over the world, depending upon where the need is greatest. This team meets regularly throughout the year. We give special thanks for the talented hands of the entire quilting group!

Entering our 20<sup>th</sup> year, our English Language Learner program provides a safe, affordable way for non-native English speakers to become familiar with the English language. Chip Edwards teaches “Basic English”. Ellen Atwell, Suzanne Baggett, & Jeanne Maysonett cover the intermediate course. Marcia Blanco and her daughter, Alejandra, teach the Beginners class. These courses are taught, using patience, humor, knowledge and grace in support of our all students.

And no Thanksgiving would be complete without thanking our hard-working staff and Council. They go above and beyond in so many ways! Thank you all!

“For food in a world where many walk in hunger;  
For faith in a world where many walk in fear;  
For friends in a world where many walk alone;  
We give you thanks, O Lord”

With gratitude for God’s many blessings,

Deb Reilly





## English Language Learners (ELL) Classes via Zoom



Our 2022 fall semester started September 14th and will continue through December 9th. We are still teaching online via Zoom, but plan to teach in our classrooms at church starting with our spring semester in January. We now teach three classes again, Beginners, Basic and Intermediate English. Thank you, Marcia, for teaching our Beginners class.

“Hello, my name is Marcia Blanco and I teach the ELL Beginners class. My family is originally from Bolivia. I work in the medical field. My daughter, Alejandra teaches with me via Zoom. Alejandra studies computer engineering at Virginia Tech. Our ELL class is small right now but we look forward to having more students join us. We both enjoy teaching our class and look forward to helping our students to speak and understand English.”

Our student population is low as we start the fall semester, but more students usually join classes as daylight gets shorter.

In the intermediate class, we teach vocabulary, grammar, reading and comprehension. We talk about American idioms and slang. Some

idioms are hard to grasp for our students and take much explaining but usually students come to understand their meanings. Some of our clipart causes much merriment. We strive to have interesting stories for our students. Most stories have many new words that have to be explained and put in proper sentences. We taught grammar in two out of the last three classes, then introduced a story about “Fat Bear Week” in Alaska. We encouraged our students to participate in the contest by voting for the biggest bear.

Ellen and the ELL Team – Marcia, Chip, Suzanne and Jeanne





## PROPERTY

Please mark your calendars for Saturday, November 12th, from 8 am to noon for the Fall Clean-up Day! There will be outdoor and indoor jobs to maintain the church grounds and facility or just come to socialize with other members.

Contact Gary Wolfe ([propertychair@holycrosslutheranchurch.net](mailto:propertychair@holycrosslutheranchurch.net)) with your interest. Thanks for your consideration.




## WORSHIP AND MUSIC

# All Saints Sunday

November 6 - 8:30 and 11:00 AM

As we celebrate the saints who have gone before us, we look at how we both stand on their faith as well as continue reforming God's church. Join us for a special time of prayer where names of loved ones who have passed will be read as you light candles in their memory.



*Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us.  
(Hebrews 12:1)*



We have some special worship services planned for November. As always, I am very grateful for the many people who volunteer their time and talent to serve in worship or on the altar guild.

**November 6<sup>th</sup>** - All Saint's Sunday. You will have the opportunity to light a candle in memory of a loved one.

**November 13<sup>th</sup> and 20<sup>th</sup>** – The sanctuary will be beautifully decorated with items to represent God's bounty in this season of thankfulness.

**November 27<sup>th</sup>** – The first Sunday in Advent. We will light the first candle on the Advent wreath as we prepare for the birth of our Lord.

**Beginning on Wednesday, November 30<sup>th</sup>**, there will be midweek Advent services at 7 PM in the Fellowship Hall following a soup and sandwich supper.



## STEWARDSHIP



We must keep the Church alive! If we aspire to keep Holy Cross Lutheran Church a thriving, serving community of God's people, we will each need to make a determined effort to ensure that our offerings sustain us. Your generosity makes all things possible.

Bring your offering with you to worship service at 8:30 or 11:00 am or to drive-thru communion on the 1st and 3rd Sundays at 12:30 pm.

### **There are three ways to give when you're not in the sanctuary:**

1. To give online, simply go to our secure website and click **"Donate"** to set up an automatic donation plan.
2. Download the free **Vanco Mobile** app. Once it's downloaded, you can use our Invite code, **24A7NT** to ensure you are linked to the correct church, and login with your current Vanco credentials (whether from the GivePlus app or the our website's Donation page. If you do not have an account, you will be prompted to set one up.
3. You can also mail a check to the church (Holy Cross Lutheran Church, 1090 Sterling Road, Herndon, VA 20170) or bring a check to the drive-through communion on the 1st and 3rd Sundays at 12:30 PM. An even easier method of sending a single or recurring check donation to the church is by using Bill Pay with your bank or credit union online account or mobile app. Those payments are guaranteed and are shown in your bank or credit union records. Also, there is no fee to you and to the church.

# Mask Guidance for HCLC



At the beginning of mask mandates, the Holy Cross Lutheran Church Council voted to follow the guidance of the CDC and local health authorities. Both Loudoun and Fairfax Counties have been determined to have **Low COVID-19 Community Levels** according to CDC guidelines. Accordingly, Council approved relaxing our mask requirement, and masks are now optional at Holy Cross. People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask. If you are immunocompromised, learn more about [how to protect yourself](#).

## What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

Community Burden Levels		
Low	Medium	High
<ul style="list-style-type: none"><li>• Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li>• <a href="#">Get tested</a> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>• If you are <a href="#">at high risk for severe illness</a>, talk to your healthcare provider about whether you need to wear a mask and take other precautions</li><li>• Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li>• <a href="#">Get tested</a> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>• Wear a <a href="#">mask</a> indoors in public</li><li>• Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li>• <a href="#">Get tested</a> if you have symptoms</li><li>• Additional precautions may be needed for people <a href="#">at high risk for severe illness</a></li></ul>



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