

East St. Olaf Lutheran Church

6200 County Road 3 SW - Byron, MN

Nineteenth Sunday after Pentecost

Holy Communion

Sunday, October 15, 2017

Pastor Paul Thompson Organist: Pat Nelson



INTRODUCTION

In Isaiah we are given a vision of the great feast to come, when God will wipe away death forever. In Jesus' parable about a great banquet, those invited do not come, so the invitation is extended to others. In our liturgy God spreads a table before us. Even amid anxiety and hardship we rejoice in the peace of God that surpasses all understanding. With great joy we feast at the table of the Lord, and we go forth to share the wonderful invitation with others hungering and thirsting for the abundant life of God.

ANNOUNCEMENTS

CONFESSION AND FORGIVENESS

Blessed be the holy Trinity, † one God, who forgives all our sin, whose mercy endures forever. **Amen.**

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may

perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord. **Amen.**

Let us confess our sin in the presence of God and of one another. Most merciful God,
we confess that we are captive to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name. Amen.

In the mercy of almighty God, Jesus Christ was given to die for us, and for his sake God forgives us all our sins. As a called and ordained minister of the church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the † Son, and of the Holy Spirit. **Amen.**

GATHERING SONG *Gather Us In* (ELW 532)

GREETING

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.
And also with you.

KYRIE (ELW p. 184)

*Kyrie eleison, on our world and on our way,
Kyrie eleison, ev'ry day.
For peace in the world, for the health of the church,
for the unity of all;
for this holy house, for all who worship and praise,
let us pray to the Lord, let us pray to the Lord
Kyrie eleison, on our world and on our way,
Kyrie eleison, ev'ry day.
That we may live out your impassioned response
to the hungry and the poor;
that we may live out truth and justice and grace,
let us pray to the Lord, let us pray to the Lord
Kyrie eleison, on our world and on our way,*

*Kyrie eleison, ev'ry day.
For peace in our hearts, for peace in our homes,
for friends and family;
for life and for love, for our work and our play,
let us pray to the Lord, let us pray to the Lord
Kyrie eleison, on our world and on our way,
Kyrie eleison, ev'ry day.
For your Spirit to guide; that you center our lives
in the water and the Word;
that you nourish our souls with your body and blood,
let us pray to the Lord, let us pray to the Lord
Kyrie eleison, on our world and on our way,
Kyrie eleison, ev'ry day.*

CANTICLE OF PRAISE (ELW p. 185)

*Glory to God in the highest, the highest,
and peace to God's people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you,
we give you thanks,
we praise you for your glory.
Glory to God in the highest, the highest,
and peace to God's people on earth.
Lord Jesus Christ,
only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
Glory to God in the highest, the highest,
and peace to God's people on earth.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ, with the Holy Spirit,
in the glory of God the Father.
Amen. Amen. Amen.
Glory to God in the highest, the highest,
and peace to God's people on earth.*

*Glory to God in the highest, the highest,
and peace to God's people on earth.*

PRAYER OF THE DAY

Let us pray.

Lord of the feast, you have prepared a table before all peoples and poured out your life with abundance. Call us again to your banquet. Strengthen us by what is honorable, just, and pure, and transform us into a people of righteousness and peace, through Jesus Christ, our Savior and Lord. Amen.

FIRST READING: Isaiah 25:1-9

A reading from Isaiah.

After a hymn of praise acknowledging God as a shelter for the poor, the prophet portrays a wonderful victory banquet at which death – which in ancient Canaan was depicted as a monster swallowing everyone up – will be swallowed up forever. The prophet urges celebration of this victory of salvation.

¹O LORD, you are my God;

I will exalt you, I will praise your name;
for you have done wonderful things,
plans formed of old, faithful and sure.

²For you have made the city a heap,
the fortified city a ruin;
the palace of aliens is a city no more,
it will never be rebuilt.

³Therefore strong peoples will glorify you;
cities of ruthless nations will fear you.

⁴For you have been a refuge to the poor,
a refuge to the needy in their distress,
a shelter from the rainstorm and a shade from the heat.
When the blast of the ruthless was like a winter rainstorm,

⁵the noise of aliens like heat in a dry place,
you subdued the heat with the shade of clouds;
the song of the ruthless was stilled.

⁶On this mountain the LORD of hosts will make for all peoples
a feast of rich food, a feast of well-aged wines,
of rich food filled with marrow,
of well-aged wines strained clear.

⁷And he will destroy on this mountain

the shroud that is cast over all peoples,
the sheet that is spread over all nations;
8he will swallow up death forever.

Then the Lord GOD will wipe away the tears from all faces,
and the disgrace of his people he will take away from all the
earth, for the LORD has spoken.

9It will be said on that day, Lo, this is our God; we have waited
for him, so that he might save us.

This is the LORD for whom we have waited;
let us be glad and rejoice in his salvation.

Word of God, word of life.

Thanks be to God.

PSALM: Psalm 23

1The LORD is my shepherd;
I shall not be in want.

2The LORD makes me lie down in green pastures
and leads me beside still waters.

3You restore my soul, O LORD,
and guide me along right pathways for your name's sake.

4**Though I walk through the valley of the shadow of death,
I shall fear no evil; for you are with me; your rod and your staff,
they comfort me.**

5You prepare a table before me in the presence of my enemies;
you anoint my head with oil, and my cup is running over.

6**Surely goodness and mercy shall follow me all the days of
my life, and I will dwell in the house of the LORD forever.**

SECOND READING: Philippians 4:1-9

A reading from Philippians.

*Though writing from prison and facing an uncertain future, Paul calls
on the Philippians to rejoice and give thanks to God no matter what the
circumstance. God's peace is with us and binds together our hearts and
minds in Jesus Christ, especially when things around us do not seem
peaceful.*

1My brothers and sisters, whom I love and long for, my joy and
crown, stand firm in the Lord in this way, my beloved.

2I urge Euodia and I urge Syntyche to be of the same mind in
the Lord. 3Yes, and I ask you also, my loyal companion, help these
women, for they have struggled beside me in the work of the

gospel, together with Clement and the rest of my co-workers,
whose names are in the book of life.

4Rejoice in the Lord always; again I will say, Rejoice. 5Let your
gentleness be known to everyone. The Lord is near. 6Do not worry
about anything, but in everything by prayer and supplication with
thanksgiving let your requests be made known to God. 7And the
peace of God, which surpasses all understanding, will guard your
hearts and your minds in Christ Jesus.

8Finally, beloved, whatever is true, whatever is honorable,
whatever is just, whatever is pure, whatever is pleasing, whatever
is commendable, if there is any excellence and if there is anything
worthy of praise, think about these things. 9Keep on doing the
things that you have learned and received and heard and seen in
me, and the God of peace will be with you.

Word of God, word of life.

Thanks be to God.

GOSPEL ACCLAMATION (ELW p. 188)

Alleluia. Lord, to whom shall we go?

You have the words of eternal life. Alleluia.

Alleluia, alleluia. Alleluia.

Alleluia, alleluia.

GOSPEL: Matthew 22:1-14

The holy gospel according to Matthew.

Glory to you, O Lord.

*Jesus tells a parable indicating that the blessings of God's kingdom are
available to all, but the invitation is not to be taken lightly.*

1Once more Jesus spoke to them in parables, saying: 2“The
kingdom of heaven may be compared to a king who gave a
wedding banquet for his son. 3He sent his slaves to call those who
had been invited to the wedding banquet, but they would not
come. 4Again he sent other slaves, saying, ‘Tell those who have
been invited: Look, I have prepared my dinner, my oxen and my
fat calves have been slaughtered, and everything is ready; come to
the wedding banquet.’ 5But they made light of it and went away,
one to his farm, another to his business, 6while the rest seized his
slaves, mistreated them, and killed them. 7The king was enraged.
He sent his troops, destroyed those murderers, and burned their

city. ⁸Then he said to his slaves, 'The wedding is ready, but those invited were not worthy. ⁹Go therefore into the main streets, and invite everyone you find to the wedding banquet.' ¹⁰Those slaves went out into the streets and gathered all whom they found, both good and bad; so the wedding hall was filled with guests.

¹¹"But when the king came in to see the guests, he noticed a man there who was not wearing a wedding robe, ¹²and he said to him, 'Friend, how did you get in here without a wedding robe?' And he was speechless. ¹³Then the king said to the attendants, 'Bind him hand and foot, and throw him into the outer darkness, where there will be weeping and gnashing of teeth.' ¹⁴For many are called, but few are chosen."

The gospel of the Lord.

Praise to you, O Christ.

SERMON

HYMN OF THE DAY

Oh, Happy Day When We Shall Stand (ELW 441)

CREED

**We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God, eternally begotten of the Father,
God from God, Light from Light,
true God from true God, begotten, not made,
of one Being with the Father;
through him all things were made.**

**For us and for our salvation he came down from heaven,
was incarnate of the Holy Spirit and the virgin Mary
and became truly human.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again
in accordance with the scriptures;
he ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory
to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,*
who with the Father and the Son is worshiped and
glorified, who has spoken through the prophets.
We believe in one holy catholic and apostolic church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

*Or, "who proceeds from the Father." The phrase "and the Son" is a later addition to the creed.

PRAYERS OF INTERCESSION

Open to the gifts of the Holy Spirit, we pray for the church, the world, and all of God's creation.

You rejoice in your church, gracious God. Welcome your children to the table you have prepared and send us forth to share the saving mercy we meet in Jesus Christ. Today we pray especially for these synod churches: St. John Lutheran Church, Montgomery ~ Vista Lutheran Church, New Richland ~ St. Paul's Lutheran Church, Waseca ~ Bethel Lutheran Church, Rochester ~ Ikhanoda Lutheran Church, Tanzania ~ Mazoezi Singa Lutheran Church, Tanzania ~ and Nguony Keel Lutheran Parish, South Sudan. Hear us, O God.

Your mercy is great.

You rejoice in your good creation. Provide moisture for parched places, wind and sun for flooded lands, and shelter and sustenance for creatures of every kind. Hear us, O God.

Your mercy is great.

You rejoice in the people and places of the world. We pray for nations who cannot sit at table together, for leaders distracted by anxiety and fear, and for refugees unwelcome in their homelands. Hear us, O God.

Your mercy is great.

You bring peace that surpasses understanding. We pray for all who cannot worship with us this day: those who are homebound, hospitalized, imprisoned, or working, *especially...* East Prayers: Maryann Schultz, Heidi G., Dianne, Sharon, Cecelia, Dale, Vern, Kevin, Bill, David, Patricia, Sally, Roland, Carol, John, and Harris. West Prayers: Loretta H., Boyd P., Francis B., Al E., Joanne L.,

Joann T., Gene H., Robert, Danny, Veronica, Philip, and Matt Miller. Comfort their hearts and ours with your healing presence.

Hear us, O God.

Your mercy is great.

You rejoice in this congregation. We pray for its ministries of hospitality: for ushers, greeters, wedding coordinators, and all who welcome guests in this place. Hear us, O God.

Your mercy is great.

You promise an eternal feast. We give thanks for the saints of every time and place (*especially Teresa of Avila, whom we commemorate today*). Hold us in communion with them until all are united at your heavenly banquet. Hear us, O God.

Your mercy is great.

Into your hands, gracious God, we commend all for whom we pray, trusting the power of Christ and the gifts of the Spirit.

Amen.

PEACE

The peace of Christ be with you always.

And also with you.

OFFERING (ELW p. 190)

*Let the vineyards be fruitful, Lord,
and fill to the brim our cup of blessing.*

*Gather a harvest from the seeds that were sown,
that we may be fed with the bread of life.*

*Gather the hopes and the dreams of all;
unite them with the prayers we offer.*

*Grace our table with your presence,
and give us a foretaste of the feast to come.*

OFFERING PRAYER

Let us pray.

Blessed are you, O God, maker of all things. Through your goodness you have blessed us with these gifts: our selves, our time, and our possessions. Use us, and what we have gathered, in feeding the world with your love, through the one who gave himself for us, Jesus Christ, our Savior and Lord. Amen.

GREAT THANKSGIVING: DIALOGUE

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

PREFACE

It is indeed right, our duty and our joy,
that we should at all times and in all places
give thanks and praise to you, almighty and merciful God,
through our Savior Jesus Christ;
who on this day overcame death and the grave,
and by his glorious resurrection opened to us the way of
everlasting life.

And so, with all the choirs of angels,
with the church on earth and the hosts of heaven,
we praise your name and join their unending hymn:

HOLY, HOLY, HOLY (ELW p. 190)

Holy, holy, holy Lord,

God of pow'r and might,

heaven and earth are full of your glory, full of your glory.

Hosanna, hosanna, hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna, hosanna, hosanna in the highest.

THANKSGIVING AT THE TABLE

In the night in which he was betrayed,
our Lord Jesus took bread, and gave thanks;
broke it, and gave it to his disciples, saying:
Take and eat; this is my body, given for you.

Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks,
and gave it for all to drink, saying:

This cup is the new covenant in my blood,
shed for you and for all people for the forgiveness of sin.

Do this for the remembrance of me.

LORD'S PRAYER

Gathered into one by the Holy Spirit, let us pray as Jesus taught us.

Our Father, who art in heaven,

**hallowed be thy name, thy kingdom come,
thy will be done, on earth as it is in heaven.**

**Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;**

and lead us not into temptation, but deliver us from evil.

**For thine is the kingdom, and the power, and the glory,
forever and ever. Amen.**

INVITATION TO COMMUNION

Come to the banquet, for all is now ready.

COMMUNION

The body of Christ, given for you.

The blood of Christ, shed for you.

Amen.

COMMUNION SONG (ELW p. 191)

*Lamb of God, you take away the sin of the world;
have mercy on us.*

*Lamb of God, you take away the sin of the world;
have mercy on us.*

*Lamb of God, you take away the sin of the world;
grant us peace, grant us peace, Lamb of God.*

COMMUNION DISTRIBUTION HYMNS

Let Us Break Bread Together (ELW 471)

O Bread of Life from Heaven (ELW 480)

PRAYER AFTER COMMUNION

Let us pray.

**Gracious God, in this meal you have drawn us to your heart, and
nourished us at your table with food and drink, the body and
blood of Christ. Now send us forth to be your people in the
world, and to proclaim your truth this day and evermore,
through Jesus Christ, our Savior and Lord. Amen.**

BLESSING

The God of all grace ☩ bless you now and forever. **Amen.**

SENDING SONG *Jesus Shall Reign (ELW 434)*

DISMISSAL

Go in peace. Share the good news.

Thanks be to God.

Copyright © 2017 Augsburg Fortress. All rights reserved. Reprinted by permission under Augsburg Fortress Liturgies Annual License #SAS019935. New Revised Standard Version Bible, copyright © 1989, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

WELCOME TO THOSE VISITING



If you are visiting today, we're glad you chose to worship with us. Please sign our guestbook in the narthex. Times for early/late services rotate monthly between East & West St. Olaf.



OCTOBER WORSHIP HOURS

WEST: Has early service at 9:00 am

BOTH: Have Sunday school at 10:00 am

EAST: Has late service at 11:00 am

THANK YOU TO THOSE SERVING US

EAST ALTAR GUILD: Anyone interested may join Altar Guild

October: Darlene Myhre & Sonja Mansfield

November: Diane Severson & Bev Brandt

TODAY'S HIGHLIGHTED ANNOUNCEMENTS

TODAY Everyone is Invited to "Sweet Treats at East"



Everyone from East, West AND the public is invited today right after East's church service (*so about a noon start-time*) for **Sweet Treats at East St. Olaf** featuring a bake sale & silent auction to benefit stained glass window repair fund.

Parents of 2017 Confirmands

Please turn-in confirmation gowns as soon as possible - just hang them on the coat-rack at East or West. We have a gal who will launder all of them and put them away for storage. Thank you.

New Group for 6th Graders & Older... on Sundays!



Amy Jorgensen is reviving the youth group *Teens Living for Christ (TLC)* here at East St. Olaf. Grades 6 and older will meet each Sunday during the Sunday school time. ALL young people in that age range are welcome to attend. She'll be using a curriculum from Group Magazine that should be interesting for our youth. We'd also like to get involved in some service projects. We hope you will join us!

'Christmas Alive' Seeks Participants of All Ages



On our bulletin board, you will find information regarding this year's *Christmas Alive* production. As the letter states, they are looking for participants: children 1st through 12th grades, choirs, parents and other individuals interested in helping out with this wonderful live version of the story of Jesus' birth. Take an info sheet if interested.

EAST ST. OLAF LUTEFISK LUNCH/SUPPER ~ Fri., Nov. 3



Everyone is invited to come enjoy a wonderful meal and great fellowship **Fri., November 3, 2017** at East St. Olaf's Lutefisk supper! *Menu, cost, and meal times for supper are the same as last year.* Lunch

is served on a walk-in basis, but RESERVATIONS REQUIRED for the supper hour (take-out meals also available all day). Baked goods and beautifully sewn or quilted items available to purchase (or by raffle). CALL DIANE SEVERSON to make your SUPPER

RESERVATIONS at 507-365-8017. See poster on our website eaststolaf.org - just click on the "Bulletin Board" link at top/center of webpage. Also posters on church bulletin boards.

LUTEFISK WORK-DAYS FOR EAST MEMBERS:

- ~ **October 19 at 9:00 am:** Cranberry day with light lunch.
- ~ **October 29 at noon:** Set up kitchen for Lutefisk Supper.
- ~ **November 1 at 9:00 am:** Peel rutabagas AND fish comes at noon with noon potluck lunch.
- ~ **November 2 at 9:00 am:** Potato peeling day with noon potluck
- ~ **November 3:** LUTEFISK Lunch & Supper Day! Workers, please come early.

~ **November 4:** Cleanup day at East. Everyone is needed. Thanks!

Offerings & Attendance

(10/08) Attendance: 48. Current \$1,336.

Next Week's Readings: Isaiah 45:1-7, Psalm 96:1-9 [10-13], 1 Thessalonians 1:1-10, and Matthew 22:15-22.

HAPPENING TODAY & THIS WEEK

NOTE: Pasor Paul switched some office days this month, so he will... take his day-off tomorrow, Oct. 16 - then be IN the office Thurs., Oct. 19

10/15	9:00 am	West worship
	10:00 am	West JAM / East Sunday school
	11:00 am	East worship and communion - then...
	After church	ALL from East, West, and the public are invited to <i>Sweet Treats at East St. Olaf, a</i> bake sale & silent auction fundraiser, with funds raised going to repair stained glass windows at East
Mon.	-----	Pastor Paul's day off-work (<i>for this week</i>)
Tue.	10:00 am	East quilting and sack lunch
Wed.	-----	<u>NO class for Confirmation (due to MEA)</u>
Thur.	9:00 am	East cranberry day/light lunch at noon
	10:00-Noon	Pastor Paul at office (<i>for this week</i>)
	Noon	Deadline to submit
Fri.	10:00-Noon	Pastor Paul at office
10/22	9:00 am	West has communion
	10:00 am	West JAM / East Sunday school
	11:00 am	East worship with Baptism of RaeLynn Marie Rud
	-----	East supplies cookies for Season's Hospice

COMING UP AT EAST & WEST

OCTOBER

- **Oct. 24 (Tue.):** 10:00 am East Circle 4 meeting, then quilting/sack lunch

Oct. 25 (Wed.):

- 7:00 pm BOTH Confirmation class at EAST

Oct. 29 (Sun.):

- 9:00 am West worship
- 10:00 am West JAM / East Sunday school
- 11:00 am East worship... then after church – East sets up the kitchen for Lutefisk supper

Oct. 31 (Tue.): 10:00 am East quilting and sack lunch

NOVEMBER

East early at 9:00, BOTH SS at 10:00 am, West late at 11:00 am

Nov. 3 (Fri.): East St. Olaf LUTEFISK LUNCH OR SUPPER

LIST OF LOCAL & SYNOD EVENTS

****See bulletin boards for any posters about these events****

Oct. 26 (Thur.): Lutefisk Dinner & Bake Sale at St. John’s Lutheran Church of Kasson. *See poster.*

TO REMEMBER IN PRAYER

West Prayers: Loretta Himle, Boyd Pew, Francis Bungum, Al Eastlee, Joanne Larsen (*mother of Dan Larsen*), Joann Tiegen, Gene Hyland, Robert Beaver, Danny Linbo, Veronica Riniker (*mother of Donna Larsen*), and Philip Senjem. **Long Term Need for Prayers:** Matt Miller (*nephew of Carma Bjornson and Julie Boyum*).

East Prayers: Maryann Schultz, Heidi Guenius (*cousin of Becky Brakke*), Dianne Kearns, Sharon Boelter, Cecelia Miller (*cousin of Yvette Dulohery*), Dale Boelter, Vern Exe (*Pete’s father*), Kevin Kubly (*friend of Yvette Dulohery*), Bill Fritts, David Distad, Patricia Lee, Sally Iverson, Roland Rivera, Carol Severson, John Heydt (*Pat Nelson’s brother*), and Harris Nelson (*Jerry Nelson’s cousin*).

CHURCH CONTACT INFORMATION

PASTOR Paul Thompson: (*Please call before driving to the office.*)

Phone: 507-273-8504 **Email:** pthomp821@gmail.com

Office hours: Monday, Wednesday & Friday (10:00 am–Noon... OR by appointment)

SECRETARY Gina Moser: (*Please call before driving to the office.*)

Office: 507-365-8222 **Cell:** 507-951-4964

Emails: eastwest@kmtel.com AND certainty@kmtel.com

Please send all emails for Gina to both of her email addresses.

Office Hours: Tues. & Thursdays 10:00 am-Noon

OUR WEBSITES: eaststolaf.org OR weststolaf.org

OUR JANITORIAL SERVICE: Becky Wilbourne 507-923-5845

COUNCIL CONTACT INFORMATION:

East St. Olaf

President: Bruce Peterson: 254-1822

Gary Kearns: 365-8487, cell: 254-5285

Bryan DeCook: 208-1590

VISITS FOR OUR MEMBERS

If you know of anyone who may like a call or visit from the pastor or another member, please contact an East deacon: Rhonda Leighty: 365-8047, Sonya Mansfield: 365-8663 or Amanda Pyfferoen: 208-0852.

HEALTH NOTE FOR THIS WEEK

October 15th to the 21st is **International Infection Prevention Week** and the **Number One infection prevention is still hand washing!** The Centers for Disease Control and Prevention (CDC) recommends a 5 step handwashing with soap and water:

1. *Wet* hands with clean running water and apply soap
2. *Lather* hands, rubbing hands together including backs of hands, fingers, and under nails
3. *Scrub* for at least 20 seconds (would you believe the average hand washing is said to be about 6 seconds? **20 seconds** is longer than we think, so sing or hum Happy Birthday **twice through** to see how long it should take!)
4. *Rinse* hands well under clean running water
5. *Dry* hands with a clean towel or air dry

If soap and water are not available, alcohol-based sanitizers with at least 60% alcohol can be used, but check the recommended amount on the label and rub hands, including backs of hands, fingers, and under nails until hands are dry. Wash hands before, during, and after preparing food, before eating, after using the toilet, changing diapers, or assisting someone to toilet, after blowing your (or someone else’s) nose, or catching a cough or sneeze, before and after caring for someone who is sick, before and after treating a cut or wound, after touching an animal, animal feed, or animal waste, after handling pet food or treats, and after touching garbage. Perhaps we should be singing Happy Birthday (twice) for ourselves and our families! See:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>