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CHURCH OF THE HOLY SPIRIT • 10001 Coastal Highway, Ocean City, MD 21842 Parish Office: 410.723.1973 • Fax: 410.723.5653 • E-mail: office@holyspiritoc.org • Website: www.holyspiritoc.org

SERVICES(The office sends a weekly email with links to the posted services.)8 a.m.In-Person Holy Eucharist Rite II and live-streamed and posted to YouTube10 a.m.In-Person Holy Eucharist Rite II and live-streamed and posted to YouTube

The Right Reverend Santosh K. Marray, *Bishop of Easton* The Reverend Joseph M. Rushton, *Rector* The Reverend Carl E. Mosley, *Interim/Supply* The Reverend Alisha M. King, *Deacon-in-Residence* Bonnie Rease, *Bookkeeper and Secretary to the Rector*

Monica Martin, *Senior Warden* • John Frombach, *Junior Warden* Kathy Elmer, *Sunday School* • Tim DeSilver, *Music Minister*

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Father Rushton - Update

Father Rushton continues to make progress. However, he had a setback and was readmitted to the hospital. His lungs filled with fluids, his blood pressure was high and his oxygen level was low. While in the hospital they were able to drain the fluids. His oxygen and blood pressure levels returned to safe levels and he was able to go home. The treatment team determined probable cause for the fluids in his lungs and have resolved that. He is feeling better and can walk with the assistance of a cane.

Monica spoke with Father Rushton. He was very positive about his progress and has a lot of faith in his treatment team. It is anticipated that he will need several more months for his recovery. He is very focused on recovery and although he misses us all, any visitors could potentially put his health at risk.

Please continue to keep Father Rushton, Nick, and the donor and the donor's family in your prayers!



Dear Church Family,

I want to take a moment to express my heartfelt gratitude for each of you. Your dedication to our church and its mission are always a source of inspiration. I encourage everyone to reflect on the blessings in your lives and to share your stories with one another. Together, we can uplift each other and strengthen our bonds as a community.

Join us for our upcoming services, events, and fellowship. Your participation makes a difference, and I am excited to see how we continue to impact our world, together.

As summer draws to a close and we look forward to a new school year, I am always reminded of Ecclesiastes 3:1-8:

For everything there is a season and a time for every matter under heaven:

- a time to be born and a time to die;
- a time to plant and a time to pluck up what is planted;
- a time to kill and a time to heal;
- a time to break down and a time to build up;
- a time to weep and a time to laugh;
- a time to mourn and a time to dance;
- a time to throw away stones and a time to gather stones together;
- a time to embrace and a time to refrain from embracing;
- a time to seek and a time to lose;
- a time to keep and a time to throw away;
- a time to tear and a time to sew;
- a time to keep silent and a time to speak;
- a time to love and a time to hate;
- a time for war and a time for peace.

Life is full of different seasons - everything changes. We may all be living in similar circumstances, but we all find ourselves responding in different ways. Be mindful of the rhythms of life. Each moment has its purpose; embrace the present and understand that change is a fundamental part of existence. There is wisdom in recognizing when to act and when to be still.

Thank you for your continued support and prayers. May you find peace and joy in the days ahead.

In Christ's love, Alisha



YTD

\$75,191

\$84,669

(\$9,478)

YTD Buget

\$75,075

\$84,643

(\$9,568)



PARISH PRAYER LIST

OUR PARISH: Our staff, our vestry and its officers, and our ministries and committees.

OUR PARISH FAMILY: Fr. Joe Rushton, Nick Codd, Bill Johnston, John Frombach, Sara Price, Jack Panuska, Rochelle Desimone, Bob Wauhop, Katherine Wauhop, Victoria DeSilver, Jane Florentino, Jane, Cris, Carol Lee Hensyl

OUR EXTENDED FAMILY: Joan Mallgrave, Terri & Ron Rickards, Gloria Lebling, Marie Duffy, Marisa Amberg, Jim, Janetta & Ron Mescola, Michael Wertz, Mary Pines, Pat Borkowski, Willem & Joyce, Kelly, John Haller, Chas Kinelski, Wendy Purnell, Claudia & Bill Troy, J. Paul, Jennifer Giro, Rosa Lee, Pam Barrier, Gen Haller, The Payne Family, Judah, Deanna Turner, Ron Jones, Ladd Layton, Alisha Kornfuehrer, Edith Vogl, Bob Spradlin, Flo Donoway, Steve Hall, Bobby Wertz, Ronin Kenneth Haines, Dee, Lane & Liam, Anne Grabenstein, Bruce, Nicki Ridenour, David, Phyllis, Sandy, Jim Popa, Marian Cannon, Linda Rolfes, Ziggy, Mary, Sabrina & Joey Helms, Margo Cahill, Nancy Meadows

Please notify the office or complete a yellow prayer card to include loved ones on our prayer list and to remove loved ones from our prayer list.

*Memorial Cards are available through the Parish Office

In the unfortunate event that a member of your family requires hospitalization or other acute care, notify the parish office at 410.723.1973 or Father Rushton at 410.279.2582.

OPERATING INCOME

NET INCOME (LOSS)

OPERATING EXPENSES



SEPTEMBER BIRTHDAYS

09/03Josh Dougherty09/07L. Christopher Martin09/10Jonathan Brevard09/16Helene Clifton09/16Timothy Jacob DeSilver09/20Carolyn Johnston09/26Pat Panuska

If we have missed your birthday or anniversary, please notify the church office so we can update our files.

SEPTEMBER ANNIVERSARIES

09/20 Cris Rattay & Jane Alexander

00 00 00 UP	COMING MEETINGS/EV	VU VU VU V
SEPTEMBER	Childhood Cancer Awareness Month Disaster Preparedness Month Hispanic Heritage Month (Sept. 15 to Oct. 15) National Food Safety Education Month National Literacy Month Suicide Prevention Month World Alzheimer's Month	
09/02	Labor Day	
09/08	Three-Parish Picnic Stephen Decatur Park, Berlin	4 - 6 p.m.
09/14	Wedding	TBD
09/15	Baptisms (Rev. Frieda Malcolm)	10 a.m.
09/15	Hope4Recovery	4 p.m.
09/16	Vestry Meeting Parish Hall	7 p.m.
09/21	Century 1 Condo Meeting	1 - 3 p.m.
09/21	Parish Picnic Showell Park, Berlin	3 p.m.
09/28	Sungate Condo Meeting	10 a.m 1 p.
HOLD THE DATE		
10/06	Crab Feast	2 - 5 p.m.
10/13	Pancake Breakfast Returns!	10 a.m.
AA MEETINGS (Parish Hall)	Every Wednesday evening at 6 p.m. Parish Hall is reserved from 5:30 - 7:30 p.m. Every Thursday evening at 7 p.m. Parish Hall is reserved from 6:15 - 8:30 p.m.	

OPERATING INCOME/PENDING VESTRY APPROVAL

\$10,713

\$16,111

(\$5,398)

July

YOUR VESTRY

2024: Ann Dougherty, Barbara Wachter2025: Birgitt Brevard, Sue Flaherty2026: Marena Konoski, Monica Martin

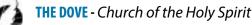
Monica Martin, *Sr. Warden* John Frombach, *Jr. Warden* Melanie Konoski, *Treasurer* Jackie Carey, *Registrar* Bonnie Rease, *Bookkeeper/Secretary* Tim DeSilver, *Music Minister* Kathy Elmer, *Sunday School*





Open the camera app on your phone. Hold your phone so that the QR code appears in view. Tap the notification that has popped up. Now you are linked to the church's website.



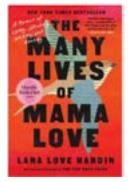




Church Of The Holy Spirit Crab & Chicken Feast

(Limited tickets available at the door.)

	(Ennice texes available at the user)
DATE:	Sunday, October 6
TIME:	2 - 5 p.m.
WHERE:	Church of the Holy Spirit 10001 Coastal Highway Ocean City, Maryland 21842
COST:	\$45 (Adults)\$20 (Children 6 - 12)Free (Children 6 and under)
DINE IN:	Includes crabs, fried chicken, corn on the cob, hush puppies, desserts, and drinks. (<i>Please bring your own mallets!</i>)
CARRY OUT:	Includes 6 crabs, 2 pieces of fried chicken, corn on the cob, hush puppies, drink, and dessert.
١	Crabs are medium-large to large from Rippon's Seafood and the fried chicken is provided by Higgins Crab House. CHANCE AUCTION & 50/50 RAFFLE
TICKETS:	Contact Monica at 443.235.8942 or purchase at 8 and 10 a.m. services.
PROCEEDS:	Benefit Church of the Holy Spirit
REFUNDS:	Provided only in the event we need to cancel the crab feast.



BOOK CLUB (Jackie Carey)

The Ocean Cluster of Churches, comprising St. Paul's Berlin, St. Paul's by-the-Sea, and Church of the Holy Spirit, is considering starting a book club. **Deb Shuster** was involved with one during Covid and would like to see one happen again. **She is the contact person if you're interested: 443.235.0547.** The club would meet either virtually or in person, and could meet on either Tuesday or Thursday afternoon, depending on what suits the group. Deb suggested the first book could be

"Many Lives of Mama Love" by Lara Love Hardin. If you're interested, she would love to hear from you by September 15.

► THE 3-PARISH PICNIC IS BACK! (Jackie Carey)

The Ocean Cluster of Churches (St. Paul's Berlin, St. Paul's by-the-Sea, Church of the Holy Spirit) is planning to bring back the 3-parish picnic. We had several of them before Covid put a stop to them, so we want to start having them again.

We're going to have the **picnic on September 8 from 4 to 6 p.m. at Stephen Decatur Park in Berlin.** It's going to be potluck, bring your favorite dish to share (and if it's all potato or pasta salad, it'll be great – all those new variations!). And the residents of **Hope4Recovery House** have been invited to join us. Since many of them say they they can cook, we can share in what they bring!

For more information, contact Jackie at 443.735.4275.

CAREGIVER HELP NEEDED FOR FELLOW PARISHIONER (Monica Martin)

Robert Wauhop, a parishioner who has attended the 8 a.m. service, was recently brought home from an Assisted Living Facility where he is doing better. His wife Katherine is seeking help for assistance with caregiving. Robert has dementia but is physically active. He is a retired fireman from the Philadelphia area. They live in Montego Bay and are in their 80s. Kathy has some physical limitations with mobility. She has reached out to see if a parish member would be willing to provide some caregiving for which they would be compensated. She is looking for some socialization for Robert and occasionally to take him out.

If this is something you may be able to help with, please contact Katherine Wauhop at 443.880.1710.







THANK YOU FOR SUPPORTING OUR CHILDREN

We were working with Worcester G.O.L.D. (Giving Others Lives Dignity) to provide school supplies for local schoolchildren in need. You went above and beyond to help make the first day back to school an easier transtion for many children.



UR CHILD BRING YO

Sunday school starts Sunday, September 8, the first Sunday after Labor Day.

Sunday School is offered at 10 a.m. (September - May). Gifted teachers present the Gospel of Jesus Christ for each child to understand. Parents are invited to join them. The children

return to the congregation for communion.

SPREADING THE WORD IN ENGLISH & SPANISH

Spanish. Help us spread the word about The Church of the Holy Spirit. Copies are available in the back of the church.



THE DOVE - Church of the Holy Spirit

► 2024 QUARTER AUCTION: ANOTHER SUCCESS! (Jackie Carey)

The quarter auction is in our rear-view mirror now, but that doesn't mean it's forgotten. **We raised the great amount of \$3049, and definitely had a record amount of fun.** Not to mention a lot of work!





I would like to thank everyone who donated items or money, solicited items, packaged what we got into attractive items, helped set up and take down, ran the kitchen, worked the door, took care of the money, gave advice. In particular, I want to thank Birgitt Brevard, Ann Dougherty, Diane Frombach, Marena Konoski, Melanie Konoski, Monica Martin, Martha Ann Stone, Barbara Wachter.

More thanks go to others who helped, in ways large and small: Nancy Ault, Bronwyn and Tyler Betz, Rudy Brevard, Katie Coffman (prize solicitor without equal), Jake Dougherty, Sue Flaherty, John Frombach, Carol Lee Hensyl, Marshall and Hon, Cathy Moody, Terry Moody (endlessly patient driver), Father Carl Mosley, Bill Mowell, Patty Mowell, Pat Panuska, Frank and Sara Price, Kay Saxon, Bette Schmidt, Melinda Stone.

And we are grateful to the merchants who succumbed to pleading for donations; support them if you can.

7-Eleven	Denny's	Ocean Lanes Bowling
A Bagel And	Domino's	Ocean Pines Assn./Ocean
Abi's Diner	Don's Seafood	Pines Aquatics
Alley Oops	Drummer Café	Old Pro Golf
Annabelle's BBQ & Creamery	East & Main	One Society Salon
Avenue Apothecary & Spa	Empire Gym	Original Greene Turtle
Baked Dessert Café	Fager's Island	Outback Restaurant
Barber's Alley	Fin's	Outten Delights
Barrio Tacos	Fisher's Popcorn	Papi's Taco Joint
Beach Gypsy	Food Lion, Berlin & Ocean Pines	Paradise Grill & Pizzeria
Beach Memories	Fox Theatres	Popce's Ice Cream
Berlin Auto Wash	Grab'n'Go Taco	Racetrack Auto
Berlin Pizza	Great Clips	Rippons Seafood
Blazer	Greyhound Indie Bookstore	Rise Up Coffee
Bleached Butterfly	Greene Turtle Sports Bar (West OC)	Rita's World of Wine
Blue Scoop	Heart of Gold Kids	Salty Yarns
Boho Bungalow	Home Depot	Second Wave Coffee & Social
British Rose	Jeffrey Auxer Design Studio	Seaside Country Store
Burley Oak Brewing Company	Jersey Mike's	Shell/Your Store Market
Capricho's Books	Kitty's Flowers	Shrimp Boat
Castle in the Sand	Ledo Pizza	Skye Bar
Cheers	Magnolia Rifle	Southside Deli
Crab Cake Factory West	Merry Haven	Staples
Crabs to Go	My Backyard	Sterling Tavern

Taylor's Restaurant Tractor Supply Treasure Chest Victorian Charm Viking Tree Vista Rooftop Warren Station World of Toys

... and now get ready for the next Quarter Auction on Monday, July 28, 2025! It's right around the corner.

See photos on pages 7 - 9

SHARE THE RIDE RESOURCE (Melanie Konoski)

I would like to create a **Share the Ride** resource for any parishioner in need. If you need a ride to and from church each or any Sunday, please **contact Melanie Konoski at 443.497.2163**. By the same token, if any parishioner would like to provide transportation to and from church each Sunday, please also contact Melanie Konoski.





























THE DOVE welcomes comments, suggestions, and articles. Contact Birgitt Brevard at bsbrevard@yahoo.com.

September 2024



















► THE STORY ABOUT YOU...

Every person has a story and we want to know. We would like to highlight one person per month in the DOVE. **So why don't you share your "life's adventure"?** Email your story to **bsbrevard@yahoo.com**. Either **type directly into your email** or **send as an attachment in Word**. Font size no larger than 12 points and no more than one side of an 8.5" x 11" page. Please also email a photo of yourself you would like us to use (high resolution jpg or png file). **Please label your email with "THAT'S MY STORY". Have fun!**

"...NEXT ADVENTURE: RETIREMENT..."

I, Kathy Elmer, was born in Baltimore, Maryland. I grew up in Reisterstown, Maryland, and graduated from Franklin Senior High School in 1975. After graduation I moved to Ocean City, Maryland, and I attended Salisbury State College for one year. In 1978, I met my husband, Jerry, and we were married in 1981. I lived and worked in Ocean City and worked at a few different businesses, trying to decide my career path. During that time Jerry and I started buying numerous apartment buildings and we started our own business in rentals.



We moved to our current home and started our family in 1987 with our daughter, Jessica. In 1994, I was asked by Father Bryan Glancey to help run the Sunday school at St. Paul's by-the-Sea in Ocean City and I accepted. During this time our family grew with our son, Zachary, born in 1996. In 2003, I transferred to the Church of the Holy Spirit in Ocean City where I have run their Sunday school and have also served on the Vestry.



While my children were young I was a stay-at-home mom but managed our growing rental business in Ocean City, Maryland. We expanded to Salisbury and owned a number of houses and commercial properties.

I started working at Ocean City Elementary school in 2005 as an Educational Assistant and worked with special needs children and

have been there for 19 years. This was my final calling as I realized with all the things I tried, I loved working with children the most. Most of this, I credit to Father Bryan who said I was a natural working with children, I just needed that push which he gave me.

Both my husband and I will be retiring in 2025 and we plan on doing some traveling.



September 2024



YOUR SCHEDULE FOR SEPTEMBER

USHERS/GREETERS

01	Birgitt Brevard & Jackie Carey	John Veldhuis	
08	Birgitt Brevard & Jackie Carey	Ann Dougherty	
15	Birgitt Brevard & Jackie Carey	Joe Dougherty	
22	Birgitt Brevard & Jackie Carey	Ann Dougherty	
29	Birgitt Brevard & Jackie Carey	Joe Dougherty	

LECTORS

01	Birgitt Brevard	John Veldhuis
08	Birgitt Brevard	Monica Martin
15	Birgitt Brevard	Joe Dougherty
22	Birgitt Brevard	Marena Konoski
29	Birgitt Brevard	Diane Frombach

ACOLYTES

СНЛ		
29	Jackie Carey	Diane Frombach
22	Jackie Carey	Marena Konoski
15	Jackie Carey	John Frombach
08	Jackie Carey	Monica Martin
01	Jackie Carey	Marena Konoski

CHALICE BEARER

01	Jackie Carey	Melanie Konoski
08	Jackie Carey	Carolyn Johnston
15	Jackie Carey	Diane Frombach
22	Jackie Carey	Monica Martin
29	Jackie Carey	John Frombach

3.1

ALTAR GUILD

- 01 Monica Martin & Diane Frombach
- 08 Sue Flaherty & Monica Martin
- 15 Diane Frombach & Barbara Wachter
- 22 Sue Flaherty & Monica Martin
- 29 Diane Frombach & Barbara Wachter

COUNTERS

- 01 Melanie Konoski & Barbara Wachter
- 08 Ann Dougherty & Barbara Wachter
- 15 Rudy Brevard & Sue Flaherty
- 22 Rudy Brevard & Ann Dougherty
- 29 Sue Flaherty & Melanie Konoski

COFFEE HOUR

- 01 Diane Frombach
- 08 Marena & Melanie Konoski
- 15 Marti McNiff & Suzi Windemuth
- 22 Diane Frombach
- 29 Monica Martin

QUALIFIED CHARITABLE DISTRIBUTION (Melanie S. Konoski)

Are you aware of the option to donate to the Church of the Holy Spirit as a Qualified Charitable Distribution?

A qualified charitable distribution (QCD) is a distribution from your individual retirement account (IRA) to a qualified charity. You must be age 70½ or older to make a qualified charitable distribution, which is not taxed and does not get included in your taxable income.

If you qualify, QCDs can also count toward your required minimum distribution (RMD) that anyone age 73 or older must meet each year if they have a traditional IRA. Also important: You don't have to itemize on your tax return to take advantage of a QCD.

To see if you meet the qualifications to process a QCD, please contact your tax preparer or your financial advisor. This may be a good opportunity for you to satisfy your pledge or make a one-time donation to benefit you and the church.



Sr)	THE DOVE - Chu	rch of the Holy	Spirit				September	2024
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		200	A A			THE		
	SUN	MON	TUE	WED	THU	FRI	SAT	
	EUCHARIST - 8 & 10 a.m.	LABOR DAY	1ST DAY OF SCHOOL WCPS	AA MEETING Parish Hall - 6 p.m.	AA MEETING Parish Hall - 7 p.m.			
	1	2	3	4	5	6		7
- 8 & 10 a.m.	ORD WITH HOLY M RESERVED SACRAMENT SUNDAY SCHOOL - 10 a.m. 3-PARISH PICNIC			AA MEETING Parish Hall - 6 p.m.	AA MEETING Parish Hall - 7 p.m.		WEDDING	
	- 4-6 p.m. Stephen Decatur Park 8	9	10	11	12	13	2	14
	EUCHARIST - 8 & 10 a.m. BAPTISMS (Rev. Frieda Malcolm) - 10 a.m.	VESTRY MEETING - 7 p.m.		AA MEETING Parish Hall - 6 p.m.	AA MEETING Parish Hall - 7 p.m.		CENTURY 21 CONDO MEETING - 1-3 p.m. PARISH PICNIC	
	HOPE4RECOVERY - 4 p.m. 15	16	17	18	19	20	Showell Park - 3 p.m.	21
	EUCHARIST - 8 & 10 a.m.			AA MEETING Parish Hall - 6 p.m.	AA MEETING Parish Hall - 7 p.m.		SUNGATE CONDO MEETING - 10 a.m1 p.m.	
	DEADLINE: OCTOBER DOVE 22	23	24	25	26	27		28
LITURGY OF THE W COMMUNION FROM - 8 & 10 a.m.	ORD WITH HOLY A RESERVED SACRAMENT							
	29	30						

OCEAN CITY EVENTS

09/01	7 - 9 p.m.	Sundaes In The Park With Fireworks Northside Park, 127th St., Ocean City
09/06	7 - 9 p.m.	Bruce In The USA: The World's #1 Tribute To Bruce Springsteen And The E Street Band
		Freeman Arts Pavilion
		31806 Lakeview Dr., Selbyville, Delaware
09/11 - 15		Ocean City Bike Fest
		Ocean City Inlet Parking Lot, Downtown
		802 South Atlantic Ave., Ocean City, Maryland
09/27 - 29		Oceans Calling
		Ocean City Inlet Parking Lot, Downtown
		802 Sout Atlantic Ave., Ocean City, Maryland



09/02	All Day	Labor Day Schools/Offices Closed
09/03	All Day	First Day of School
09/17	10:30 a.m. 4:30 p.m.	Board of Education Meeting

MORE INFO: https://www.worcesterk12.org



N

► LABOR DAY (More info here)

Labor Day is a federal holiday in the United States, celebrated on the first Monday of September, to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States.

Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the U.S. officially celebrated Labor Day.

NATIONAL CHILDHOOD CANCER AWARENESS MONTH (More info here)

While childhood cancer is rare, it is the leading cause of disease-related death past infancy in children and adolescents. Every September, advocacy organizations, healthcare institutions, patients, and families raise awareness for childhood cancer. The idea of National Childhood Cancer Awareness Month was first introduced in 1990 in a presidential proclamation by then-President George H.W. Bush. On September 26th, 2019, September was officially recognized as National Childhood Cancer Awareness Month.

► DISASTER PREPAREDNESS MONTH (More info here)

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

This September, Ready Campaign's 2024 National Preparedness Month will focus on Asian American, Native Hawaiian, and Pacific Islander communities. FEMA Administrator Deanne Criswell highlights why it is important for this diverse community to prepare for disasters and build resilience before disaster strikes.

HISPANIC HERITAGE MONTH (More info here)

September 15 to October 15 is National Hispanic American Heritage Month. The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society.

National Hispanic Heritage Month traditionally honors the cultures and contributions of both Hispanic and Latino Americans as we celebrate heritage rooted in all Latin American countries. During this month and throughout the year, the National Park Service and our partners share history, heritage, and accomplishments of Hispanic and Latino Americans of past and present.



► NATIONAL FOOD SAFETY EDUCATION MONTH (More info here)

For more than twenty years, September has been recognized as National Food Safety Education Month. The National Food Safety Education Month theme for 2016 is "Notorious Virus." So what better time to consider learning more about food safety and, in particular, learning more about food safety education in the school environment?

► NATIONAL LITERACY MONTH (More info here)

Reading is important for doing well in school and life. But learning to read doesn't happen automatically. And it doesn't start in elementary school. The words and conversations kids hear all throughout their early years, starting from birth, are what fuel their later reading success.

More than quantity, it's the quality of words and language that makes the biggest difference. Reading together and having back-and-forth conversations with your baby, toddler or preschooler is the key.

"Offer your child plenty of opportunities to talk and be listened to, to read and be read to, and to sing and be sung to," says Terri Clark, Arizona's state literacy director. "That kind of language-rich interaction also stimulates children's imagination and expands their understanding of the world."

SUICIDE PREVENTION MONTH (More info here)

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Month — a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

WORLD ALZHEIMER'S MONTH (More info here)

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems.

In the early stages of the disease, these can include:

Getting lost in familiar places. Having trouble handling money and paying bills. Repeating questions. Taking longer to complete normal daily tasks. Displaying poor judgment. Losing things or misplacing them in odd places. Displaying mood and personality changes



ABOUT THE CHURCH OF THE HOLY SPIRIT









SUBMISSIONS

The content deadline for the October 2024 issue of "THE DOVE" is Sunday, September 22, 2024.

Please submit your content in Microsoft Word document with text only, no designs. Email your letters, ideas, articles, comments, information, photos, questions - carefully labeled to **Birgitt Brevard at bsbrevard@yahoo.com.**

NOTE: Dates, times, locations mentioned in this newletter are subject to change. All information has been edited to the best of our abilities. Be kind and understanding. PEACE!

REMEMBER the September 22 deadline.



"Seeking Christ With Others While Sharing The Christ Within Us" Parish Office: 410.723.1973 • Website: www.holyspiritoc.org

- Barack Obama

Fold here ...

CHURCH OF THE HOLY SPIRIT 10001 Coastal Highway Ocean City, Maryland 21842

Place stamp here

QUOTE FOR SEPTEMBER

"To anyone out there who's hurting - it's not a sign of weakness to ask for help. It's a sign of strength."