

FRIDAY, JULY 10, 2020

**SHP-SISTERS OF ST. FRANCIS
NEWS BRIEF**

DISCERNMENT AFFIRMATION:

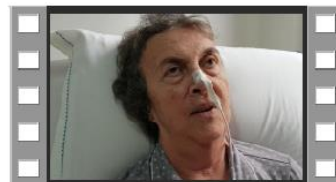
Sisters, you should have all received your ‘discernment affirmation’ packet that listed the names of the sisters who were raised up for leadership, along with a list of their gifts. Please send three of those sisters your personal affirmation letter by **July 15th**.

SHREDDING:

Sisters, if you have any personal or confidential papers that you would like to have destroyed/shredded, please bring them in a box to the office by **Wednesday, July 15th**. We will have them shredded by an outside resource company. (no plastic, no binders, no clips, no rubber bands)

PLEASE PRAY FOR THE FOLLOWING REQUESTS:

- Sisters in our congregation who are experiencing illness and struggles. (see attached)
- Rosie Palmer (Sr. Geraldine Clifford’s sister), prayers for her health.
- Sr. Disla Graff (home in Tanzania), for continued prayers. Attached is a brief video from Sr. Dilsa and it is amazing that she even lifts her right arm which was paralyzed and is speaking Portuguese and even laughs as she asks for chocolate. This is amazing grace and what joy to see her sharing.



SYMPTOMS?

COVID-19 SYMPTOMS MAY INCLUDE:

- Fever • Chills • Fatigue • Shortness of breath or difficulty breathing • Cough • Muscle or body aches
- Headache • New loss of taste or smell • Nausea or vomiting • Sore throat • Congestion or runny nose • Diarrhea

Please consult your medical provider for any other symptoms that are severe or concerning.

MILD SYMPTOMS
Manageable symptoms. Isolate yourself.

WORSENING SYMPTOMS
Continue to isolate yourself. Consider telehealth or nurseline.

SEVERE SYMPTOMS

- Trouble breathing
- Persistent chest pain or pressure
- Confusion
- Inability to wake or stay awake
- Bluish lips or face

CALL 911 - TELL DISPATCHER YOUR SYMPTOMS

TESTING FOR COVID-19

(from Colorado Department of Public Health and Environment)

COVID-19 testing is available statewide in Colorado. (Check your state for testing.) Anyone with symptoms — even mild — can get tested. Here's how:

<https://covid19.colorado.gov/covid-19-in-colorado/about-covid-19/testing-for-covid-19>

NEWSLETTERS: *(attached)*

- SFP, All About Us, Spring-Summer, 2020
- SFP, Prayer for Refugees & Migrants, June 2020

SR. SARAH MANCHESTER'S SCHEDULE:

July 23	Zoom: Chapter Prep w Facilitators
July 28-29	Council Meeting
August 11-14	LCWR Online
August 19	Zoom; Chapter Prep w Facilitators
August 24-25	Council Meetings
September ?	Zoom w Facilitators
September 14-15	Council Meeting
September 25-26	Pre-chapter Meetings, Westminster, CO
September 27-October 4	Provincial Chapter 2020 Meetings, Westminster, CO