



Center Brunswick United Methodist Church

Latest news and bulletin updates

Fall 2024

A quarterly publication being re-energized

Hello CBUMC community!
 We are bringing the church newsletter back to life. We are currently planning on quarterly publication. It's a bit thin right now, and we welcome any additional columns, notes, or news of upcoming events.
 Submit them here cbumc990@outlook.com. We hope our project grows and we hope you enjoy it.
 Happy reading!

Meetings and Events

Topic: Bible Study
Time: Thursday 10:00 am
Join Zoom Meeting
<https://us06web.zoom.us/j/92077854707>

Administration Meeting
Thursday Sep. 12, 7:30 p.m.

Pig Roast SATURDAY Oct 5. 3:00 - 5:00 pm.
Call Lori: 217-493-1861 to place order

What? Another One?????

By Jeanine Santelli, PhD, RN, AGPCNP-BC, FAAN

The Food and Drug Administration (FDA) just approved a new COVID vaccine for this Fall. It is formulated from the amino acids of the current strain of COVID. Anyone over six months of age is recommended to receive this vaccine.

We also need the seasonal flu shot which is formulated based on the strains of influenza that have been affecting the southern hemisphere during their winter (which is our summer).

It is safe to get both the

COVID and the flu shots at the same time.

Get the shots as soon as you can if you are:

- Over 65 years of age
- Immunocompromised
- Have a chronic disease

The rest of us will want to wait a while. If you recently have had COVID, you will maintain immunity for a few weeks to a month, so you can wait until your immunity ebbs. Peak flu and COVID season will be in the winter months. The



immunity that the shots offer will peak about a month after you receive them, so you may want to wait until October to stretch your immunity coverage over the winter.

If you have any questions or concerns, be sure to talk with your primary care provider.

Be well and live well.

Explore the Word with Pastor Joel

This fall, join us on Sunday mornings at 9 am, in person or virtually, and/or Thursday mornings at 10:30 am virtually to discuss and explore Wisdom Literature. In September we will be following the road less traveled by delving into scripture that looks at the world in which we live. These passages include the underrepresented

voices in the Bible, areas such as the feminine voice and wisdom-driven decision-making. October will find us getting a few more steps in as we Walk with Jesus. All

are welcome to join us and learn more.



Stay Safe Online: How to Avoid Phishing Scams

By April Snow



Phishing scams are more sophisticated than ever, targeting your personal information through deceptive emails, texts, and websites. Here's a quick guide to help you stay one step ahead and protect yourself from falling victim to these fraudulent schemes.

1. Be Skeptical of Unsolicited Messages

Not sure why you received that unexpected email or text? Check the sender's address carefully. Scammers often use email addresses that look nearly identical to legitimate ones. Be on the lookout for poor grammar, odd phrasing, and suspicious attachments.

Pro Tip: Never share sensitive information like passwords or credit card details via email or text.

2. Think Before You Click

If a link looks suspicious, don't click it! Hover your mouse over links to reveal the actual destination URL. If it doesn't match the site it claims to be, avoid it. When in doubt, type the website URL directly into your browser.

Pro Tip: Use search engines

to verify website legitimacy instead of trusting links from unsolicited emails.

3. Watch Out for Urgency Traps

Phishing emails often try to create a sense of panic, telling you your account will be locked or that you owe money. Don't fall for it. Legitimate companies rarely ask for immediate action through email or text.

Pro Tip: Take your time. Verify urgent claims directly with the company using official contact methods.

4. Check for HTTPS

Before entering sensitive information on a website, check that it has "https://" in the URL and shows a padlock symbol. This indicates a secure connection.

Pro Tip: Avoid entering any personal info on websites that show certificate warnings or lack secure encryption.

5. Enable Multi-Factor Authentication (MFA)

Add an extra layer of protection to your online accounts by using MFA, which requires both a password and a secondary verification method

like a text code.

Pro Tip: MFA is a strong defense, even if someone gains access to your password.

6. Keep Software Up to Date

Regular updates for your operating system, browser, and antivirus software patch vulnerabilities that scammers might exploit.

Pro Tip: Enable automatic updates to ensure your devices stay protected with the latest security features.

7. Share What You Know

Phishing techniques evolve quickly. Stay informed about the latest scams and educate others in your circle to do the same.

Pro Tip: Forward suspicious messages to your email provider or report them to the impersonated company to help fight phishing.

By staying alert and following these simple steps, you can protect yourself from phishing attempts and keep your personal information secure. Always be cautious when you receive unexpected requests for sensitive details. Stay safe out there!



Annual Church Conference

On 10/12/24 beginning at 11:30 am, the Center Brunswick United Methodist Church will be hosting six other churches in the region for the Annual Church Conference. Agenda

items for this meeting will include the election of officers and a discussion to move to a committee of the whole structure. Please join us for this important church business and fellowship.



Have an idea for an article? Please create the article and send to: cbumc990@outlook.com