



# "New Day's Lyric"

Amanda Gorman

National Youth Poet Laureate of the United States Youngest Inaugural Poet in U.S. history

Poet Amanda Gorman reflected on 2021 and looked ahead to 2022 in a new poem; to view her performance, please visit: https://www.instagram.com/p/CYEpCgxBTAf/?utm\_source=ig\_embed &ig\_rid=952021de-68d4-4lb5-91e7-aeab65471017

May this be the day We come together. Mourning, we come to mend, Withered, we come to weather, Torn, we come to tend, Battered, we come to better. Tethered by this year of yearning, We are learning That though we weren't ready for this, We have been readied by it. We steadily vow that no matter How we are weighed down, We must always pave a way forward. This hope is our door, our portal. Even if we never get back to normal, Someday we can venture beyond it,

To leave the known and take the first steps. So let us not return to what was normal, But reach toward what is next.

What was cursed, we will cure.
What was plagued, we will prove pure.
Where we tend to argue, we will try to agree,
Those fortunes we forswore, now the future we foresee,
Where we weren't aware, we're now awake;
Those moments we missed
Are now these moments we make,
The moments we meet,
And our hearts, once all together beaten,
Now all together beat.

Come, look up with kindness yet, For even solace can be sourced from sorrow. We remember, not just for the sake of yesterday, But to take on tomorrow.

We heed this old spirit,
In a new day's lyric,
In our hearts, we hear it:
For auld lang syne, my dear,
For auld lang syne.
Be bold, sang Time this year,
Be bold, sang Time,
For when you honor yesterday,
Tomorrow ye will find.
Know what we've fought
Need not be forgot nor for none.
It defines us, binds us as one,
Come over, join this day just begun.
For wherever we come together,
We will forever overcome.



# Bible Verses to Help You Start 2022 on a Faithful Note New year, new faith-filled you.

Inspired by https://www.womansday.com/life/g30127990/new-year-bible-verses/

Entering the new year is like turning the page of a book, where new beginnings and unexpected twists await. Instead of dreaming up more lofty New Year's resolutions this January, why not turn to the Bible for guidance instead. The Lord's book is filled with plenty of New Year's Bible verses about love, hope, and overcoming obstacles, which might just inspire the way you want to live your life this coming year.

With these new year Bible verses on hand, you can pray for God's blessing in the months ahead, celebrate the life you already have, and walk confidently into 2022 with a fresh perspective.

<sup>17</sup> For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;

<sup>18</sup> While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

- 2 Corinthians 4:17-18

**The Good News:** Bad times always pass, and what awaits us in the future will always be more glorious than what we can imagine.

<sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead,

- 1 Peter 1:3

**The Good News:** Thanks to Christ's sacrifice, we have the power to always start fresh without the burdens of our past to weigh us down.

<sup>11</sup> Thou crownest the year with thy goodness; and thy paths drop fatness.

- Psalm 65:11

**The Good News:** God always wants our future to be bright, and His intention is to surround us with abundance and blessing. Have faith in that intention as you go forth into this new year.



# Omicron Variant: What You Need to Know

### Omicron in the United States

CDC is working with state and local public health officials to monitor the spread of Omicron. As of December 20, 2021, Omicron has been detected in most states and territories and is rapidly increasing the proportion of COVID-19 cases it is causing.

### What We Know about Omicron

CDC has been collaborating with global public health and industry partners to learn about Omicron, as we continue to monitor its course. We don't yet know how easily it spreads, the severity of illness it causes, or how well available vaccines and medications work against it.

#### Spread

The Omicron variant likely will spread more easily than the • original SARS-CoV-2 virus and how easily Omicron spreads compared to Delta remains unknown. CDC expects that anyone with Omicron infection can spread the virus to others, even • if they are vaccinated or don't have symptoms.

#### Severe Illness

More data are needed to know if Omicron infections, and especially reinfections and breakthrough infections in people who are fully vaccinated, cause more severe illness or death than infection with other variants.

#### **Vaccines**

Current vaccines are expected to protect against severe illness, hospitalizations, and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are • fully vaccinated are likely to occur. With other variants, like Delta, vaccines have remained effective at preventing severe illness, hospitalizations, and death. The recent emergence of Omicron further emphasizes the importance of vaccination and boosters.

#### **Treatments**

Scientists are working to determine how well existing treatments for COVID-19 work. Based on the changed genetic make-up of Omicron, some treatments are likely to remain effective while others may be less effective.

# We have the Tools to Fight Omicron

#### **Vaccines**

Vaccines remain the best public health measure to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging.



https://www.cdc.gov/coronavirus/2019-ncov/variants/omicron-variant.html

- COVID-19 vaccines are highly effective at preventing severe illness, hospitalizations, and death.
- Scientists are currently investigating Omicron, including how protected fully vaccinated people will be against infection, hospitalization, and death.
- CDC recommends that everyone 5 years and older protect themselves from COVID-19 by getting fully vaccinated.
- CDC recommends that everyone ages 18 years and older should get a booster shot at least two months after their initial J&J/Janssen vaccine or six months after completing their primary COVID-19 vaccination series of Pfizer-BioNTech or Moderna.

#### Masks

#### Masks offer protection against all variants.

- CDC continues to recommend wearing a mask in public indoor settings in areas of substantial or high community transmission, regardless of vaccination status.
- CDC provides advice about masks for people who want to learn more about what type of mask is right for them depending on their circumstances.

#### Tests can tell you if you are currently infected with COVID-19.

- Two types of tests are used to test for current infection: nucleic acid amplification tests (NAATs) and antigen tests. NAAT and antigen tests can only tell you if you have a current infection.
- Individuals can use the COVID-19 Viral Testing Tool to help determine what kind of test to seek.
  - Additional tests would be needed to determine if your infection was caused by Omicron.
  - Visit your state, tribal, local, or territorial health department's website to look for the latest local information on testing.
- Self-tests can be used at home or anywhere, are easy to use, and produce rapid results.
  - If your self-test has a positive result, stay home or isolate wear a mask if you have contact with others, and call your healthcare provider.
  - If you have any questions about your self-test result, call your healthcare provider or public health department.

Until we know more about the risk of Omicron, it is important to use all tools available to protect yourself and others.







# What' New in 2022

## ✓ Social Security

Monthly Benefits - The biggest change beneficiaries will see in Social Security in 2022 is a 5.9 percent cost-of-living adjustment (COLA) to monthly retirement checks and Supplemental Security Income (SSI) checks. The increase is the largest COLA since 1982. Although the 2022 increase is substantial, most beneficiaries won't see the full amount in their checks because Medicare Part B premiums are deducted directly from most Social Security retirement payments. Due to inflation (and because the 2021 Part B increase was limited by Congress), Medicare Part B premiums jumped to \$170.10 for 2022, an increase of \$21.60, from \$148.50 in 2021.

## $\square$ Inflation

Annual inflation rate in the US accelerated to **6.8% in November of 2021**, the highest since June of 1982, and in line with forecasts. Central bankers expect inflation will fall to 2.6 percent by the end of 2022 and 2.3 percent by the end of 2023, according to projections released at the Fed's policy meeting in December.

# ☑ Top 3 financial New Year's resolutions Americans will try to accomplish

#### Save More Money

- If you're looking to increase your savings in the new year, it helps to start small even if you're only transferring \$10 a week into your savings account.
- You may also want to consider automating that process instead of just manually moving money into your savings.
- Lastly, if you want to see your savings grow just a little faster, you can opt for a high-yield savings account instead of a traditional savings account.

#### Pay Down Debt

- One popular strategy for paying down debt is called the snowball method. It entails paying more toward your debt with the lowest balance while paying just the minimum on all your other debts. Once that debt is paid off, you can move onto the second lowest balance and repeat the process until you're debt-free. This allows you to knock out one debt faster, which can make you feel accomplished and more motivated to keep tackling the others.
- Consider using a balance transfer card to move high-interest credit card debt onto a card that offers an interest-free period. Make sure you have a plan to pay off the balance before the interest-free period ends, so you can avoid being whacked with high interest charges.

#### Spend Less Money

- The First and most important step is looking at where your money is currently going and reduce the
- Stop all unused subscriptions (gym, streaming, etc.).
- More drastic measures could mean moving to a city with a lower cost of living or getting a roommate to save on rent.

# From Page 2 Good News

<sup>22</sup> It is of the Lord's mercies that we are not consumed, because his compassions fail not. <sup>23</sup> They are new every morning: great is thy faithfulness.

- Lamentations 3:22-23

**The Good News:** God's love towards us is as certain as the arrival of a new day, and because He is unwavering even in the face of change, we can always rely on His mercy.

<sup>8</sup> And the Lord, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.

Deuteronomy 31:8

**The Good News:** You don't have to fear the uncertainty of the future and what lies ahead. Have faith that God is always with you and will steer you in the right direction.

- <sup>18</sup> Remember ye not the former things, neither consider the things of old.
- <sup>19</sup> Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.

— Isaiah 43:18-19

**The Good News**: It's easy to get stuck in the past and be held back emotionally by what happened yesterday, but the only way to truly welcome a fresh start is to look forward, not back. Take a deep breath, envision the future that you want, and take that first step.





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