KEEPING EACH OTHER VIRUS-FREE AT CHURCH - RECOMMENDATIONS and INFO FROM THE RECTOR:

In times like these our mantra should be "Facts over Fear; Reason over Emotion." In other words as we live through the next few weeks and months, let’s think and behave rationally based on what the scientists are telling us and with kindness and compassion for others based upon what our faith is calling us to do.

(1) To help with the facts, here is a link to the Summit County Health Department’s webpage on the Coronavirus........

https://summitcountyhealth.org/coronavirus

There’s a ton of good information there.

(2) Our St. Luke’s Community will gather this Sunday for worship, prayer and mutual support. While it is possible that we may need to cancel services at some point in the future, we are not there yet. We have always held services during Flu Season and according to the Summit County Health Dept., the risk of infection with the Coronavirus in our area is low.

Here is what the Center for Disease Control says about those who are at a Higher Risk:

"Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

"If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people’s risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

"If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease."

Each of us will make our decisions about going to the grocery store, the health spa, yoga classes and Sunday worship services based upon our particular circumstances and our tolerance for risk. Rightly so.....Do what you think is best, but try to not exaggerate or over-react because of Fear. Fear will take over your life if you allow it to do so.
(3) For those who come to St. Luke's on Sunday, we will be taking these steps to keep each other safe........

+ If you are sick, please stay at home until you are symptom-free. This may be the most important thing you can do to help others.

+ There will be hand sanitizer on the Baptismal Font and throughout the building. Signs will be posted asking you to please use it. As soon as you enter St. Luke's, please sanitize your hands either with the alcohol-based hand sanitizer or with soap and water in the bathroom. (Please bring your own pocket-purse size hand sanitizer with you and use it liberal throughout the morning.)

+ As weird as it feels, let's avoid shaking hands and hugging one another until this crisis has passed. Waving and "elbow bumps" are good substitutes.

+ By order to the Bishop, Holy Communion will be with bread only. We will not offer the chalice until this crisis is over. Those serving Communion will sanitize their hands prior to touching the bread.

+ Coffee Hour will be without food items for the time being. This is simply to reduce the number of items that may be touched by several different people. We will offer coffee, tea and bottled water during Coffee Hour until the crisis has passed.

(4) With respect to all St. Luke's small-group gatherings (classes, book studies, shepherding groups, etc.), it will be up to each group-leader and each group to decide if they want to meet. Let common-sense and the facts from the scientific community be your guides.

Wednesday's Beer & BS Discussion Group will continue to meet. If the situation becomes much worse, we will reevaluate and possibly cancel our group meetings until the crisis passes.

(5) Communications from St. Luke's will be duplicated in the "Weekly Magazine," the weekly e-newsletter and the church's website. We will also share appropriate info through the greeting messages of the office telephones. We will do our best to stay in touch with everyone as we make our way through this time of uncertainty.
(6) If you become isolated in your home due to illness or fear of exposure and you need someone to visit the grocery store for you or run some other important errand, please contact Charles+ at pastor@stlukespc.org or 435-901-2131.

FINALLY, if you have any questions, please do not hesitate to contact Charles+, pastor@stlukespc.org or Beckie beckie@stlukespc.org or 435-649-4900 Ext. 12 in the Church Office.

And remember....."Facts over Fear; Reason over Emotion." By faith, share your love, kindness and compassion with everyone you meet.

Gratefully,

Charles+

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