

Dear Valley Church Family,

You may be feeling concerned about the coronavirus, also known as COVID-19, that has been in the news. If so, you are not alone. The uncertainty of this outbreak is creating anxiety in our workplaces, schools, and day-to-day activities. In Psalm 46, we are reminded that it is God who is our refuge and strength, and our ever-present help in trouble. So, don't fear, but with confidence use this opportunity to be the hands and feet of Jesus through our prayers and our care for others.

We want to care for our congregation in all respects, including the physical well-being of our community. Here are some specific measures from the California Department of Health and the CDC you can take to protect yourself and your loved ones:

- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. (Alcohol hand sanitizers are also effective.)
- While asymptomatic travelers from high alert areas are not mandated to be quarantined, we urge you to consider refraining from attending church events, classes and services until the 14-day time frame has been observed. While you are out, you can access the sermons by Monday afternoon each week at [valleychurch.org/v/teaching-intro/](http://valleychurch.org/v/teaching-intro/)

In addition:

- Avoid close contact with people who are sick.
- Try not to touch your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces.

We want you to know that we do have ongoing protocols in place to keep and maintain a clean and sanitized campus due to the fact that we host large groups of people. Given the heightened concerns around the coronavirus we will double down on our efforts to ensure that our staff and teams are taking all appropriate steps to effectively wash/sanitize their hands while maintaining cleanliness to prevent the spread of this virus. Our Children's Ministry Director, Louise Winsor, is sending an email to all parents with the additional precautions we are taking with our children.

While the Bible tells us to greet one another, we are given freedom on exactly HOW we do that. Don't expect to get a "holy kiss" at church this Sunday. Give everyone the freedom to wear gloves or face masks or not to shake hands. Instead, use a fist bump, slight bow, elbow bump, etc. We are planning on changing our communion distribution later in the month, as well as taking other preventive measures.

Finally, we ask you to join us in taking to heart God's word in 2 Timothy 1:7 "God has not given us a Spirit of fear but of love and of a sound mind." To that end, we must remain vigilant to ensure that the Gospel of Jesus Christ goes out and is never made a slave to fear. We will continue to meet together in worship and at the same time use wise practices as we do so.

Blessings,

Kurt Jones, for the pastors and elders of Valley Church