## Health Guidelines

## Thinking through church and disease

At the moment our church, region, country, and world is facing a new virus. In the face of acknowledgment and/or assurance you to know that we are praying for you during this time. Here at SCC we are moving forward with a sense of caution moderated by faith.

In times like this we are reminded that every day is a gift from God, and that while we have value - lack of control and tendency to think that we can control our life and wellness; illness, death, pain, and loss brokenness are all part of a broken world, one that we cannot hide from, even when we try. as norm

However, scripture reminds us we are not alone. No matter how bad it seems, evil, death, and destruction are not the end of the story. The resurrection of Jesus brings with it the of resurrection promise that even from the ashes of death and loss, life can and does come. A phone call or even a kind word – each brings with it a speck of light in the midst of seemingly overwhelming darkness.

If you are feeling particularly scared or overwhelmed right now we want to encourage you emotional support reach out. Don't walk through this fear alone. Our staff are here to lend an ear, call a friend, a therapist, a medical professional - anyone who might be able to journey with you and help give you a bit more peace of mind.

For now, until we get directives from King County Public Health or the CDC, we will continue to hold services and meetings as normal. Below you will find a few changes you can expect and some helpful guidelines for coming to church during an illness outbreak.

Please know you are in our prayers and that the staff is keeping a close eye on official, verified medical information as it is being released.

In Christ, Pastor Brenna

## **Guidelines for SCC**

Regarding COVID-19 and contagious diseases