



SAMMAMISH  
Presbyterian Church

Dear SPC family,

We want to update you on what's happening at SPC in light of the coronavirus (COVID-19) outbreak. Like you, we've been following this evolving story with great concern. We've also reached out to local city officials, the health department and pastors in the area to gain perspective on how to best move forward. Please read through this entire email as it contains detailed plans for keeping our campus safe, and how you can help.

**This afternoon we learned we have a confirmed COVID-19 positive individual who was on our campus for worship in the last 14 days.** In light of that news, we have made a number of decisions to preserve the safety and well-being of our whole community, included below, and also posted on our website.

### **THIS WEEK**

We are closing the campus, effective immediately, while our cleaning service comes to do a deep cleaning in all buildings, with special attention to sanitizing all surfaces and high traffic points. All activities for tonight, tomorrow, Friday and Saturday have been cancelled. Our Senior Leadership team is in conversation multiple times a day to incorporate any new information and respond to it as promptly and wisely as possible.

### **SUNDAY WORSHIP**

We want to come together as a community of faith to worship this Sunday. So, following a full cleaning, we plan to have worship as usual in the Sanctuary at 10am. However, we are cancelling Sunday School (all ages) and any meetings before or after worship. We encourage families to worship together. Here is what else to expect this week:

- Offering plates will not be passed, but baskets will be located at the back of the sanctuary, to be received as people pass. Remember, you can also [give online](#).
- We will not be passing friendship pads, or handing out bulletins during worship. We will refrain from shaking hands when greeting one another in worship, and encourage warm hellos instead.
- We will continue to provide additional hand sanitizer stations around campus and in the pews for everyone to use. Feel free to bring your own, as well.

- For families with kids: In addition to keeping our campus clean, we will be taking extra care of our kids' spaces. Our classrooms and toys will be cleaned and sanitized.
- If you are not feeling well, fall into a high-risk group, or would feel more comfortable not coming to campus, please go to the SPC website to listen to any of our past [sermons](#). You can access our [Lenten Spotify list](#) as well, for great worship music on our website.
- The Leadership Team will decide on Sunday afternoon what the campus closures may look like for next week.

## HOW CAN WE HELP

It's important to find ways to serve in this kind of situation. Here are three ways you can help:

1. **Pray** – Pray for those impacted by the virus, as well as their families and loved ones.
2. **Give** – In the coming weeks, much like your generosity in response to the flooding, we will be looking for specific ways to help those affected by the virus. If you'd like to join us, we will communicate soon the ways you can help – you can always [give online!](#)
3. **Serve** – Be praying and thinking about ways we can be a light, together, for our neighbors in the midst of this crisis. If we can put together care packages for overworked hospital staff, or provide relief for families who are isolated by this illness – we will let you know.

If you'd like to share your thoughts, concerns, questions, and ideas with us as we navigate our response to this situation, we'd love to hear from you. Your input and feedback are truly important to us. Please email us ([jlincicome@spconline.org](mailto:jlincicome@spconline.org) or [kelly@spconline.org](mailto:kelly@spconline.org)) with any questions or comments.

While we cannot control the virus, its spread or the impact it has in our community, we're doing everything we can to make our campus as safe and clean as possible. We appreciate your cooperation and commitment to help us do just that. We also want to remember: God has called us to not live in fear, but in faith. As the Apostle Paul wrote in 2 Timothy 1:7, *"For the Spirit of God does not make us timid, but gives us power, love, and self-discipline."* Our prayer is that God will fill all of us with these three gifts, regardless of what comes our way.

Faithfully,

**Jeff Lincicome & Kelly Hostetler**  
*Senior Pastor      Pastor of Care and Families*

## **FROM YOUR SPC PARISH NURSE:**

At SPC, we want to care for our congregation in all respects, including the physical well-being of our community). Here are some recommendations from Lyn Langdon, SPC Parish Nurse, about staying healthy and knowledgeable in the midst of this outbreak, in keeping with the guidelines sent out by the Washington department of Health and the CDC.

- Symptoms of COVID-19 primarily include fever, cough, and shortness of breath. These symptoms appear 2 to 14 days after exposure.
- COVID-19 spreads between people who are in close contact with one another (within about 6 feet) via coughs or sneezes. It may also spread by touching a surface or object with the virus on it.
- If you aren't feeling well, stay home. People are thought to be most contagious when they are the sickest, though some spread is possible prior to this.
- Prevention starts with practicing good personal health habits: stay home when you're sick, cover your coughs and sneezes with a tissue, wash your hands often with soap and water, and clean frequently touched surfaces and objects.
- Getting plenty of rest, drinking fluids, eating healthy foods, and managing your stress may help you prevent getting COVID-19 and recover from it if you do.
- Stay informed about local COVID-19 activity through the Department of Health website: [doh.wa.gov/coronavirus](https://doh.wa.gov/coronavirus) and not through the grapevine.

**Lyn Langdon**  
*SPC Parish Nurse*