



Sanctuary for Spiritual Living A Science of Mind Community

Pandemic Plan

Introduction

Our Board of Trustees and Ministers recognize the trust and responsibility our church congregation places in us to create a “vibrant, loving community” and be a “spiritual resource” at all times. For a community to be vibrant and loving it must also be a safe place for people to gather. We strive to create that space Spiritually with attitudes of Love and Acceptance, Mentally with Inclusive and Expansive thinking, and Physically with attention to the safety of our congregation in mind as we tend to our buildings and grounds.

Part of our desire is to respond to the current Pandemic in a way that continues to create a safe place for our congregation to be spiritually nourished by the Science of Mind. According to scientific studies done by the California Public Health Foundation attending church services has a positive effect on life expectancy and health in general. According to Dr. Lissa Rankin, M.D. (author of *Mind Over Medicine*) “The positive effect of spiritual community on the body’s health is dramatic, possibly because places of worship encourage socialization, and people who share religious beliefs tend to take care of one another...in addition faith in a higher power may also induce positive emotions, which counteract stress and contribute to the state of physiological rest necessary for the body to repair itself. People with faith in a higher power are also likely to experience better health because they are better able to find meaning in the face of loss or trauma.”

Our desire is to establish a progressive plan, which is able to respond to the changes that are happening on a consistent basis with the changing situation of the current Coronavirus Pandemic. While at the same time continuing to provide the spiritual and social support that promotes good health in our beloved congregation. To that effect your Board of Trustees have approved the following plan.

Plan phase 1 - While many of these things may already be happening in our church, when we are notified of the first stage of a flu outbreak or a pandemic we will begin to institute the following steps as needed:

1) Teach and practice Science of Mind

- Our Services, classes and workshops are centered on the teaching and deep practice of the Science of Mind. They are available to all both at the Sanctuary and online on our Facebook page on our website: www.SOMCHURCH.org
- Ministers and Practitioners are available by phone, FaceTime or whatever technology works for both the parties involved. We continue to pray for our entire congregation, knowing God’s Life is expressing perfectly through each member, friend and associate of our beloved Community. (Fees are individually set by the Minister/Practitioner for their sessions.) Submit a prayer request for our Ministry of Prayer at church, online at our website ([Prayer Request](#)), or call Kellie Mulhern Davis

or Terri Thayer and they will be happy to post your confidential request to the Ministry of Prayer group.

2) Encourage people who are unwell, concerned for their wellbeing, or in a vulnerable population to stay at home

- Stated in our communication tools, Friday Update, Facebook, Website, etc.
- Kindly ask anyone who shows up with obvious symptoms to return home
- Encourage joining live-streaming events of Sunday and Wednesday services on Facebook. Links to join Facebook and to the SSL Facebook group:
 - [Facebook site](#) (create your account)
 - [SSL Facebook Group](#)
- Continue to recognize that while the individual is experiencing dis-ease in the body, their eternal essence (what many call their spirit or soul) is part of the nature of the Divine and therefore Whole, Healthy and Vibrant.

3) Facility safety

- Connect with our Janitorial service about extra sanitized cleaning
- Bleach wipes in every bathroom
- Clean work areas before and after using with bleach wipes
- Continue to affirm that our church home is blessed and a blessing, doing all of our cleaning with a feeling of the love we have for each other.

4) Follow all the recommendation of the Center for Disease control

- Encourage people to wash their hands with soap and water, being sure there is soap in the bathrooms for this purpose.
- Encourage people to use hand sanitizer on their own and have hand sanitizer at door to sanctuary with a greeter being sure each person who enters get some. At the same time affirming the divine in each person, "Namaste."
- Encourage people to sneeze into their sleeve or if using a tissue to dispose of it and wash their hands after.
- Encourage people not to touch their hands to their faces.
- Encourage people to use "social distancing" keeping a space of 6 feet away from others. Remembering that while we may be physically separated at any time for those we love, we are always connected at the soul level, we are all One, Holy, Life.

5) Eliminate non-essential touching

- Use the Namaste greeting with a bow (remember it means "the Divine in me sees and acknowledges the Divine in you"), elbow bumps, etc. instead of handshakes or hugs
- Participating in non-touch circles sending energy during our welcome song and peace song

6) Food Handling

- Clean kitchen countertops & serving tables, etc with bleach wipes before and after each cooking event, while we affirm our love for the people we serve.
- Clean kitchen equipment (particularly handles) with bleach wipes.
- Serve food with a single person (volunteer) wearing gloves per dish handling the serving utensil.
- Replace salt and pepper shakers with individual packets.

- If the pandemic advances, discontinue food service, offering coffee in the lobby for those that come to the in person service.
- 7) As a popular talk show host advised, wash your hands and wash your minds. (Affirming that “This, too, shall pass.” “I release fear and choose Love, because I know God is Present right now.”)**

Phase 2 – if directed by authorities to cancel public gatherings

8) Follow all official instructions about public gatherings

- Our Leadership is to stay informed and educate themselves about the current situation, so we can respond appropriately.
- Our Sunday and Wednesday services will be shown online by either Facebook live-streaming or ZOOM conferencing technology - notify our Congregation about the technology and assist those learning it to the best of our ability. The Sunday service will be presented in the Sanctuary and anyone coming will be allowed to be in the audience within the guidelines of the CDC.
- Adapt classes to online technology, using Zoom conferencing. Registered Students for the classes will receive ZOOM invitations to join the class meeting. They will need to download the free ZOOM app from their App Store to attend the class online.
- Request staff to work from home. As possible our Administrative Assistant and volunteers will be asked to work at home. We recognize that some things may need to take place at the office (our accounting, and some office functions). If a staff person or volunteer is experience symptoms or in a risk group we loving ask them to stay home.
- We will actively request people to use the [donation link to PayPal](#) on our website to make donations, pay for classes, etc. However, we will also need to make weekly deposits of money received by the church and continue to have dual control over all financial transactions.
- Notify our Security Company for extra patrols to ensure protection of the church property, due to our absence from the office and the cancellation of events.
- Use Zoom technology for Board, Practitioner and any other volunteer meetings.

9) Cancel, postpone or modify community events as needed to comply with CDC recommendations.

- Communicate with our congregation about cancelled or rescheduled events, if we have a sign up list, email or call each person to notify of the change.
- Any fees that have been paid will in advance of the activity or event will be placed in a reserve account to cover the activity when it is rescheduled. If the congregant requests to have the funds returned to them it will be processed and returned by check as soon as possible. Our checks are issued during the week and are signed on Sundays. Refunds can be mailed.
- Some events will be rescheduled when the pandemic is lifted and normal activities return. Notifications will be given to people who have prepaid for the event.

10) Find ways to nourish our congregation and prevent isolation while we practice “social distancing.” Always remembering we are always “Soul Connected”

- Set up a method for our congregant to ask for connection by calling either our Office Administrator or Rev. Kris. Create a form that has address and contact information so a volunteer can connect to deliver items.

- Ask for volunteers to pick up and deliver service CD's for people who are staying home and do not have the technology to view services online.
- Consider a volunteer phone team, to be in touch with people who prefer phone calls to online contact.
- Encourage active participation in our church's Facebook page.

11) **Evaluate the effectiveness of this plan and adjust as needed.**

- Review plan both during the evolution of the pandemic and afterwards to see what worked and what we can learn from and improve.

Resources & Links:

- Facebook site (create your account): www.facebook.com
- SSL Facebook Group: [Sanctuary for Spiritual Living \(SSL Covina\)](#)
- Donate link: https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=5E72AFEW7UNRQ&source=url