西雅圖證道堂
Evangelical
Chinese Church
of Seattle

ECC COVID-19 UPDATE
9.10.20

Dear ECC family,

We hope that you have been doing well and staying safe during this difficult time with the COVID-19 pandemic. Unfortunately, it does look like the pandemic will take a long and protracted course. Many experts believe we will be struggling with this pandemic well into next year, perhaps mid- to late-2021. Because of this prolonged pandemic, we are concerned over the spiritual health of all of you, especially as people are feeling so isolated as we try to stay safe by staying at home.

Here's what we know:

Higher-Risk Activities

- Large indoor gatherings are at higher risk.
    - Unlikely to conduct large indoor worship services in the near future
    - Unlikely to have large fellowship group meetings in the near future
- Anything that causes expulsion of respiratory droplets and aerosolization: singing, forceful/loud talking, sneezing, coughing, rapid breathing, etc.
- Populations at higher risk of complications: 65 yrs and older, heart disease, lung disease, immunocompromised, diabetes, obesity, etc.
- Prolonged contact with someone infected with COVID-19: 15 min, less than 6 feet, no mask

What are effective ways to mitigate spread?

- Social distancing – 6 feet or greater
- Outdoor activities are safer
- Masking is helpful and recommended for all in-person activities
- Smaller groups of people, especially if each person limits contact with others ("Covenant of Safety")
- Frequent washing of hands
- Disinfecting frequently-touched surfaces
- Improve indoor ventilation (pulling in outside air, pushing inside air out), use of air filters (MERV 13 or higher, MERV 14 preferred; use of HEPA filters). Meet in the garage with the door open, open windows, strategic use of fans, meet on the deck, etc.
- Avoid food-related activities (outside, with a limited number of people and social distancing would be lower risk)

What are things we can do to improve our spiritual health? Our accountability?

- We encourage small groups/fellowships to meet in smaller groups ("bubbles") in person in a safe way (see above). WA state allows groups of 5 people to meet. These smaller groups can then connect online with others in the group.
- We encourage people to meet in small groups of 5 or less to worship during the livestream service

- Consider forming prayer/accountability partners to meet in person
- Fellowships/Congregations can meet outside for worship/singspiration
- Continue strategic use of streaming platforms
- Think creatively to engage spiritually! Our motto: Faith to Faith, Life to Life, Generation to Generation

Note:

- For all in-person meetings, we would still encourage people to implement all the ways to mitigate spread as above.
- WA state allows during Phase 2: Hold outdoor services on the organization's property (or immediately-adjacent property if explicitly permitted by the local jurisdiction) with up to 200 individuals, so long as six feet of physical distancing can be achieved between households. Cloth face coverings are required for all participants. This would need approval from the Executive Committee.

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."

Hebrews 10:24-25

May God bless you and keep you safe,

ECC Executive Committee