

Stop! We ask that you comply with Maine's policies for visitors traveling from out-of-state. In order to attend church in person, people who are not Maine, New Hampshire, Vermont, Connecticut, New York or New Jersey residents must have already completed their 14-day quarantine in Maine or have received a negative COVID-19 test result. Maine residents who have visited states other than those listed above must also comply with this rule. We welcome you to visit us in person once you comply with these requirements.

Safety Precautions for people attending in person church services (Sunday Service, Support Groups, Discipleship)

In addition to our services being offered online, we are grateful that we can begin providing an opportunity to worship in person. Please take some time in prayer to decide if it is best for your family to worship in person or to continue to do so online. If you do not believe that it is safe or prudent for you and your family to attend in person services at this time, please continue to worship online with us. Just because the option for in-person services and activities are available, it does not necessarily mean you should attend. We will continue to work hard to provide services and teaching online, as well as continuing to look for other meaningful ways to connect with one another.

The following are the guidelines and instructions for our in-person services. Please read these carefully as they contain important information so that you can attend in person services safely. We understand there are aspects of this plan that are less than what we desire church gatherings to be, but we pray this will simply be the beginning of better things to come. The Sunday service will continue to be broadcast live through Facebook Live every Sunday at 9:30AM. The service is also available on YouTube by 4PM each Sunday afternoon. Please let us know if you have any questions and we will be happy to answer them!

Before you leave your home:

If you answer "Yes" to any of these questions, please be considerate of others and stay home. These questions also apply to each member of your family or individuals with whom you are living:

- In the last 14 days have you had: a fever (100.4 degrees or higher), cough, shortness of breath or difficulty breathing, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or other symptoms of COVID-19 identified by the federal Center for Disease Control and Prevention ("CDC")? (see <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)
- In the last 14 days, have you been in contact with someone who was confirmed or suspected to have COVID-19 or who has been ill with a respiratory illness or has exhibited any of the symptoms listed above?
- In the last 14 days, have you traveled internationally or to an area with a known COVID-19 outbreak?
- In the last 14 days, have you come into contact with anyone who resides in a community where community-based spread of COVID-19 is occurring?

In addition, we request that you take your temperature (or your family's temperatures, if applicable) on the Sunday morning of church services and stay at home if anyone has a fever (100.4 degrees or higher).

We also encourage those persons at high risk for COVID-19 to consider continuing to watch services online and to consider not attending in person services at this time. We will let you know when and if we add a drive-in option for you to attend safely. Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis

- People with liver disease

Reserving Your Spot for Sunday Service:

Please reserve your spot(s) by clicking the link below or visit our website www.messiahchristianchurch.org and go to the Upcoming Events on the Home Page or the Events Page and click on the Sunday Service you would like to attend.. Reservations for each Sunday Sanctuary will be open until Sunday morning, if not filled before then. If you make a reservation for Sunday but your plans change and you will not attend, please communicate @ (503) 914-9909 with us since we have limited spots available for each service.

We have three service options:

1. Sanctuary Service-Reserve under Sanctuary for the desired Sunday
2. Children's' Ministry in the gym for children ages 5-12 under Children's Ministry in the gym for the desired Sunday .
3. Fellowship Hall for overflow or parents with children ages 0-4. See mask requirement below. The Nursery is closed. Parents, please bring your own toys and snacks.

Entering the building:

If you wish to attend a church service, the following precautions and safety standards must be observed by every person at all times:

1. Services with the max of 50 people, consistent with current Maine State orders and guidelines, will be held in the sanctuary. We will let you know when our plans include providing an overflow space or additional services.
2. Services will be Sunday morning at 9:30-10:30. Please arrive no earlier than 15 minutes before the service.
3. For everyone's safety, please observe and adhere to all posted directions regarding safe conduct while in the church building.
4. Before entering the church, please observe social distancing guidelines but remaining a minimum of 6 feet from one another.
5. Messiah has posted questions in a prominent place to remind you of COVID-19 symptoms. If you answer "Yes" to any of these questions, please be considerate of others and return home and do not enter the building.
6. Please take your temperature (and your family's temperatures if applicable) before coming to the church to make sure no one has a fever (100.4 degrees or higher).
7. **Adults Masks: We ask for everyone to wear face masks or cloth face coverings while in the Sanctuary or Fellowship Hall. Children 2 and under are exempt from wearing face coverings. Please remember that face masks and coverings help keep OTHERS healthy.**
8. **Children Masks:** For children in the gym, we ask for everyone to wear face masks or cloth face coverings while arriving and leaving. (Extra masks will be available at the entrance). During certain Kids Klub activities, when physical distancing is not possible, children will be required to wear face coverings. We will try to maintain physical distancing in the activities as much as possible so that masks will not be required. We are following guidance that states the face coverings are necessary, "when practicable and age, activity and developmentally appropriate." This means that when children must be near each other and still for at least several minutes (15 minutes or longer), children will be required to wear masks. However, we endeavor to keep the children distanced. If children are outside or inside on inclement days, being physically active, and only temporarily near other, we will not require masks because it is not really practicable during that time. Where any direct physical contact is involved, masks will be required, as the discretion of the Children's' Minister. Children under 2 are exempt from wearing a face covering.
9. Hand sanitizer will be available at the entrance and in multiple places.
10. As you line up, an usher will escort you to the sanctuary doors, where a second usher will bring you to your seat(s). Each person, or a family group must be seated at least 6 feet from another person or family group. Those living in the same household may sit together without distancing between each other. Seating is at the sole discretion of the usher.
11. Because we are still producing a live service for on-line viewers, once seated you will be asked to remain seated.

During the Sunday Service:

1. **Stopping the Spread:**
 - a. Maintain social distancing of a minimum of 6 feet.
 - b. Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
 - c. Do not touch your eyes, nose, and mouth.
 - d. Keep your face mask/covering on when entering, exiting and singing!

- e. Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer often. Hand cleaner will be available at the entrance and in multiple place
2. **Greeting:** For the foreseeable future, we ask that we all avoid hugging and/or hand shaking. Messiah will develop its own virtual greeting!!!!
3. **Bathrooms** are emergency use only. If you need to use the rest room during the service, please signal to an usher before leaving your seat. Should you use the restroom, please follow guidelines for sanitizing the restroom before you leave it.
4. **Children/Youth:** There is no nursery at this time. The gym is also closed to general use. Children's ministry may be offered during the service. We will let you know about that each Sunday. All children must comply with the Children's Ministry In Person guidelines.
5. **Worship:** There is a significant risk to participants through the increase in aerosolized droplets during singing. Communal singing also increases risk of respiratory transmission of COVID-19 and is not recommended at this time. We ask for masks to be worn when humming or singing softly during the worship time. Keep in mind there are other amazing ways to demonstrate our praise to God through humming, dancing, clapping and various hand instruments. We will not require masks during the preaching because the seating will be socially distanced.
6. **Communion:** For the time being, we will be suspending in person communion. We will resume in person communion shortly.
7. **Offering containers** will be placed in the sanctuary and foyer for your convenience. Offering envelopes are available for your convenience.
8. **Contact Info:** Paper bulletins and visitor packets will not be available. Please consider completing the virtual Connect Card on Facebook Live or going to our website to complete the "What Can We Do for you" form if we do not have your contact information currently.
9. **Sanitizing:** The church has been deep cleaned and surfaces will be wiped down before and after services. Windows and doors will be left open to help air flow, except on very warm days when the air conditioned will be put on. Please bring a jacket if necessary. All filters have been changed to hep filters to cut down on the transmission of disease.
10. We have closed off the Cry Room, Locker Rooms and Studio during the service.

Exiting after the Service:

1. **Exiting the church:** We will exit starting from the back row and working towards the front, exiting one row at a time. We will exit directly out of the building – please do not loiter or stop in the foyer. At some future date, we will plan for outdoor fellowship, such as Post-service refreshments and BYOC (Bring Your Own Coffee) outside on the front lawn. More to come!
2. **Pastor Dan** will not be wearing a mask while preaching, so for his safety and that of the staff and essential volunteers who are running the service, we ask that you do not approach them.
3. **Sanitized:** The church will be sanitized completely after every building use.

After the Service:

We ask if anyone shows any signs of COVID-19 after attending a service, they contact the office immediately. (207) 985-9287 or at admin@messiahchristianchurch.org

There will be a list of all attendees for each service so we can communicate to everyone who attended if anyone shows signs of being sick.