

Reformed Church BOX HILL

Grace Alone • Christ Alone • Faith Alone • Scripture Alone • Glory to God Alone

13 March 2020

RCBH and COVID-19

We are all aware of the spread of the new corona virus COVID-19, both globally and in Australia.

Session is monitoring national responses and government advice and, if and when necessary, any restrictions on gatherings and other activities. To date, advice has been to maintain normal activities in organisations such as churches, but to do so with particular care and recognition of the risks of spreading disease. We will continue to monitor such advice.

Session therefore recommends that:

- We continue to meet for public worship and for fellowship, prayer and bible study in our established small groups.
- If you are unwell, especially if you have any kind of snuffle or cough, please do not attend church meetings, but seek medical advice. We are approaching the time of year when colds and flu are normally on the rise, and not all infections are equally dangerous. But please don't assume that an infection is OK – take it seriously and have it checked. And strictly follow any advice given by your doctor. If 'self-isolation' is advised, please do it. That is a mark of respect for one another – as well as your legal obligation.
- We encourage you to restrict or avoid personal physical contact. We are accustomed to greeting one another with a handshake or hug, but in the present environment we suggest a warm smile and words of greeting and blessing.
- We will continue to serve tea and coffee after the service, and packaged biscuits. At present, we won't serve home-prepared food, or food which needs to be sliced or cut (cakes, etc.). Where biscuits and drinks are concerned, please follow the rule that 'if you touch it you eat it', and please promptly dispose of any uneaten food. Don't leave food lying around.
- There are soap dispensers in the ladies and gents' toilets, and paper towels. Please use them to maintain hand hygiene, especially before and after eating.
- At the Lord's Supper we provide both a common cup and individual small glasses. We recommend using the individual glasses at the present time. We will take extra care in filling the individual cups and in slicing the portions of bread. Please take care when picking a portion of bread to avoid touching other portions on the plate.
- Be particularly conscious of each other – especially those who are 'shut in' through age or sickness. Keep regular contact by phone, and keep encouraging each other in the faith.

And pray for one another, especially for those who are most vulnerable to infections.

If, for a time, you need to be isolated from others and so prevented from attending the meetings of the church, use the time wisely:

- In our busy lives, it should be a blessing to have more time for prayer and bible study. Treat the isolation as a provision from God to do more of what we often have too little time to do.
- Our web site – rcbh.org.au – has recordings of recent sermons. Strengthen your faith by listening to them again.
- Listen to sermons and addresses from other reliable on-line services (such as sermonaudio.com)
- Read well – there are good Christian books available in the Library, and the library catalogue is on our web site. Ask to borrow some worthwhile books – we'll arrange for them to be dropped off to you.
- Watch one of the many videos from the Video Library. The Video catalogue is also on the web.

Let each of you look not only to his own interests, but also to the interests of others. Philippians 2:4