

Brothers and Sisters,

2 Timothy 1:7 *"For God does not give us the spirit of fear; but of power, and of love, and of a sound mind."*

In the face of this present health crisis, this verse rings out more powerfully than ever! We believe that our response is not to panic, but to be prudent in our response and loving in our attitude. A prudent response takes into consideration the physical and the spiritual well-being of each person. A loving attitude causes us to think about others over ourselves.

We also believe that we need to cooperate as much as possible with the requests of our municipal government before a point when we may be required to adhere to stricter policies. At times the messages are understandably confusing as all of us travel through unknown territory. But it is clear that they are asking that we limit larger gatherings and minimize travel for less exposure and possible infection spread.

Connected and Not Forgotten

As we make plans prayerfully and prudently, our goal is that each OCMer remains **Connected and not Forgotten**. We are entering a time when we may not be together physically, so we are looking at creative ways to keep connected spiritually. This will look different for each group. For younger fellowships it may be the use of social media to connect. For our seniors who are older it will be a biweekly "How are you doing?" phone call. Our goal for everyone is that we find the most effective ways for each group to show support and keep connected as an OCM community throughout this health challenge.

For the health and safety of our entire inter-generational OCM community, our leadership has decided to incorporate new guidelines for our fellowship groups starting **Sunday, March 15**. We anticipate that the government may further restrict our gathering together in large groups. We believe that it is best to begin now before we are at a more critical stage.

New Guidelines for our Fellowship Groups

Beginning this **Sunday, March 15th**, all fellowships will be asked not to meet as a large group and to intentionally plan and implement ways to support, encourage, and strengthen all fellowship members in alternative ways to large group gatherings until such time as the CDC lifts health guidelines for COVID-19.

This Sunday, OCM will be open for our regular worship services with the following guidelines:

- Please kindly use the hand sanitizer station upon entering OCM. Once inside OCM, we ask you to wash your hands throughout the day with soap and water in the restrooms to conserve our Purell supplies.
- Please avoid handshakes and hugs and greet one another with a holy elbow rub!
- Instead of passing an offering bag we will have offering boxes. For communion we will ask you to serve yourself when entering the sanctuary.
- If you are sick, or have traveled to the CDC restricted countries of Italy, Iran, South Korea, and China, please stay home for the benefit of all and please join us in worship with the simulcast. Some members have even gone so far as to self-quarantine after flights from the West Coast. The simulcast link is found on the home page of our website, ocmchurch.org.
- If you are pregnant, have an underlying health issue or are over 60 years of age, the CDC recommends that you avoid large crowds and stay home. Again, we want to stay connected

with you and are providing a simulcast of our services; Mandarin 8:15 a.m., Cantonese 9:45 a.m., English 10 a.m., and Mandarin/Cantonese 11:30 a.m. The church will close after the last service at 3:00 p.m.

- CE Classes will be taught online at different times and we encourage you to have your meetings using virtual apps. For example, the Tuesday night Chinese prayer meeting will continue using FreeConferenceCall app. You can join the Prayer Warriors and the Bible Class with Pastor Tingson.
- In order to minimize the cleaning and health risks, there will be no large meetings at the church on Sunday. We will be open for small groups of 10 or less people to meet on Friday evenings from 6pm-9pm and on Sundays from 8am-3pm. This will only be for prayer, Bible Study, and worship practice. Please be diligent how your personal health could affect others and do not attend if you are feeling sick or have been in contact with someone who has been exposed to the Corona virus.
- We have asked our Pastoral staff to work from home as much as possible, in cooperation with the request of the municipal government.
- We are beginning to hear of members who are self quarantined due to school and workplace closings. As far as we know today, there has not been anyone with direct contact. Please let us know if you are quarantined, self or imposed, so that first, we can pray for you and encourage you, and second, that we can take any necessary follow up steps that are needed for the safety of others.
- **Again, our overall attitude is to think of others over ourselves.**

Stay Connected, we are here for you. Please know our staff has church phones at home and you can connect with staff for any need or prayer request as usual by phone, email or various social media.

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Let's surround one another, our church, and our community in love and prayer at this time!

中宣會的弟兄姊妹：

「神所賜給我們的，不是膽怯的靈，而是有能力、仁愛、自律的靈。」(提後1:7，新譯本)

在面對現在疫情的危機，這節經文給我們適切的提醒和力量。我們的回應不是來自恐懼，而是帶著愛和審慎的態度回應眼前的境況。審慎的回應考慮到各人身體和靈性上的需要--整全的需要。愛的回應讓我們顧及別人的事多於自己的事。

市政府或將提出更嚴格的政策之先，我們需要按照市政府的要求作出適當的配合。關於到不同地方旅遊的人士是否需要隔離的資訊，往往令人感到困惑，這是可以理解的。但是，清楚不過的是，他們要求我們限制較大型的聚會，並儘量減少旅行，以減少接觸量和被感染的可能性。

連結，卻不遺忘

在禱告中，當我們審慎地計劃時，我們的目標是每個中宣弟兄姊妹依然能夠彼此「**連結，卻不被遺忘**」。我們將不能彼此面對面過團契生活。我們正在計劃如何透過種種的方法讓弟兄姊妹在靈裡繼續彼此結連。往後團契的生活將會有點不一樣，卻是短暫的。年輕的團契或會在網絡裡彼此結連。對於我們的長者，我們可以定期致電給他們，問候他們：「您好嗎？」在疫情的挑戰中，我們的目標是弟兄姊妹能有效地過團契生活，彼此支持和結連。

為了中宣這個大家庭的健康和安全的緣故，教會的領導層已決定在三月十五日（星期日）對所有團契實施新的指引。我們預計政府將會收窄對集體聚會的要求。在比較嚴峻的情況還未出現之先，我們現在作出準備。

對各團契的新指引：

由三月十五日（星期日）開始，所有團契不應再有大型聚會，直至「美國疫控中心」（CDC）除去對「冠狀病毒」的健康指引。但，我們鼓勵各團契思考和計劃用各種的方式彼此鼓勵和堅固我們所屬的群體。

這個主日，按照以下新的指引，中宣會的崇拜聚會如常開放：

- 請進入中宣大樓時使用洗手液。進入大樓後，我們鼓勵大家多洗手。洗手間和一樓的廚房哪裡有很多肥皂液。我們卻需要保存洗手液。
- 請避免彼此握手和擁抱。但我們卻要互相打招呼！
- 我們會轉用奉獻箱，而不會傳奉獻袋收奉獻。關於聖餐的餅和杯，我們會讓大家進入會堂的時候自行拿取。
- 如果您生病或去過「美國疫控中心」提及限制的國家/地區，例如意大利、伊朗、南韓、或中國等地，為了別人設想，請留在家中。有些弟兄姊妹更特別小心，由美國西岸回來也自行隔離。請通過互聯網與我們一起敬拜，該鏈接位於我們網站的主頁：ocmchurch.org
- 如果您懷孕，有潛在的健康問題或超過60歲，「美國疫控中心」建議您避免人群過多地方，並留在家中。再次，我們希望與您保持結連，提供網上崇拜直播：國語崇拜（8:15am）；粵語崇拜（9:45am）；英語崇拜（10:00am）；國/粵語崇拜（11:30am）
- 教會下午三時正關閉。
- 主日學課程將會在不同的時間在網上授課，鼓勵大家網上學習。例如：透過使用「免費電話會議」（The Free Conference Call）應用程式，星期二的中文禱告會將會繼續。星期二晚上的禱告會，請參加「禱告勇士」和丁牧師的查經班，請參加「聖經班」。
- 為了把清潔和健康風險減到最低，週日在教會內沒有任何大型的會議。星期五晚上（6:00pm-9:00pm）和星期日（8:00am-3:00pm），教會開放給少於10人的小組聚會。這些聚會的性質是禱告會、查經班和崇拜練習。請留意自己的身體健康，以免影響他人。若感到生病和與感染「冠狀病毒」的人接觸，請不要出席聚會和留在家中。
- 按照市政府的指引，教牧同工大部分時間在家中工作。
- 因著一些學校和工作地方的緣故，我們開始聽到一些會友需要自我隔離。現在，我們還未有與患病者直接接觸的事例，請放心。但，請讓教會知道，若你需要自我或被需要隔離。首先，我們能為你禱告和鼓勵你。第二，為了他人的安全，我們能作出適當的行動。
- 再說一遍，我們的態度是顧及別人的事，並不是顧及自己的事。

保持結連，我們在這裡。若有任何需要或代禱，請透過電話、電郵或各社交網絡讓教牧同工知道。

教牧同工的資料如下：

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在這時候，讓愛和禱告圍繞著我們、教會和社區！

