

Message to the Congregation Related to Coronavirus

Bishop John M. Williams, Jr.

Sunday, March 29, 2020

Message To The Membership

Greetings, my brothers and sisters,

I pray that you and your families are well, following the CDC recommended guidelines and taking the necessary precautions to stay safe and healthy.

Due to the Coronavirus (COVID-19), all in-person Sunday services and weekly activities are suspended until the quarantine is lifted.

Please join us on Facebook at 12:00 noon each Sunday morning.

In addition to what you are already doing, I would like to share some additional precautions.

Coronavirus (COVID-19)

This virus is characterized by obstructing respiratory pathways with thick mucus that solidifies and blocks the airways and lungs.

As Christians, we are instructed not to live in fear, but we must also remember that God gives each of us common sense and knowledge. Our faith does not filter for the COVID-19 virus. Please read Psalms 27:1-4

We must take this seriously and take the necessary measures to protect our families and others.

Precautions For Our Church Family

- Do not share toothpaste unless it is with your spouse. Each person should have their own tube of toothpaste if possible.
- Change your toothbrush weekly if you can.
- Shop for groceries to sustain you for at least 1 - 2 weeks.
- Do not allow salespeople to enter your home.
- Have your cloth material furniture cleaned when possible.
- It is a good practice to remove your shoes when you enter your home.

Precautions for Church Business People – Barbers and Hairdressers

- Use rubber gloves. Do not touch anyone skin-to-skin.
- Clean all of your utensils after each customer and change your gloves
- If available, always wear a mask. Change your mask after each customer if possible. If supply does not allow for this, place your mask under a sterilizer after contact with each customer.
- Do NOT touch any money with your bare hands.
- Change your clothes at the end of your shift. Bathe or shower when you get home. If possible, wash the clothes you wore to work right away.

Church In General – How To Protect Yourself

- Drink lots of hot liquids (coffee, soup, tea, warm water).
- Gargle with an antiseptic and warm water such as such vinegar, salt or lemon every day if possible.
- The virus attaches itself to hair and clothes. Any detergent or soap will kill it. You should take a bath or shower when you come home from other places.
- Wash all surfaces and then disinfect them as the virus can remain viable on surfaces for days.
- Do not smoke
- Wash your hands every 2 hours with any soap that foams. Wash your hands for 20 seconds and wash your hands thoroughly.
- Be sure to wash your hands after using the bathroom, before eating, and after blowing your nose, coughing or sneezing.
- Use a sanitizer that contains at least 60% alcohol.
- Eat fruits and vegetables. Try to elevate your Zinc levels, not just your Vitamin C levels
- Animals do not spread the virus to people. It is person to person transmission.
- Try to avoid getting the common flu as this also weakens your immune system. If you are sick, please wear a mask around others.
- If you feel any discomfort in your throat or a sore throat coming on, attack it immediately with the above methods. The virus enters the system this way and remains for 3 or 4 days before it passes into the lungs.

Monitor Yourself

- Lastly, if you think you have been exposed to COVID-19, contact your healthcare provider immediately.
- If you have a fever, cough and experience trouble breathing, please call your doctor to determine if you should get tested.
- Go to www.CDC.gov for more information.
- If you have additional suggestions to share, please call the church at 231.830.0900. If no one is in the office, please leave a message.
- Please visit our Facebook page at [www.facebook.com/Church-of-the-Living God Muskegon](https://www.facebook.com/Church-of-the-Living-God-Muskegon) and our website at www.cotlasmuskegon.org for ongoing updates.

Tithes and Offerings

The entire world is suffering from the COVID-19 epidemic. However, we still have a place of worship that requires our financial support. Every member is asked to contribute via one of the following methods:

- CashApp: \$ChurchOfLivingGod
- Call the church at 231.830.0900
- PayPal on our website www.cotlgmuskegon.org
- Drop off your offering at the church Tues. – Fri. 1p – 5p
- U.S Mail – (checks only please. No cash): 4249 S. Quarterline Road, 49444
- Please call the church if you need a deacon or trustee to come by and pick up your tithes and offering. All necessary precautions will be taken but **no one will be allowed to enter your home** due to compliance with the Executive Orders for the State of Michigan.

Final Closing Messages

- Census 2020 – Everyone needs to be counted. You can reply online at my2020census.gov, via phone or complete and return the form you received in the mail.
 - Census results help determine how billions of dollars in federal funding flow into states and communities each year.
 - The results determine how many seats in Congress each state gets.
 - It's mandated by the U.S. Constitution in Article 1, Section 2: The U.S. has counted its population every 10 years since 1790.
- Let's continue to pray for one another and our country as a whole.
- Thank you to everyone for committing to the stay-home-stay-safe order. We pray that we will see each of you on the other side of this epidemic.