



Bethlehem Herald

Monthly Newsletter of the
Bethlehem Moravian Church



To Educate & Outreach

Volume II. No. 14, January 2020

'Keeping Your Word'

Submitted by Sis. Lorna Miller

"So the Lord made a covenant with Abram that day and said, 'I have given this land to your descendants, all the way from the border of Egypt to the great Euphrates River.'"

Genesis 15: 18.

Some of us live in Covenant Communities which are governed by a Homeowners' Association. The Association controls what happens within the Community. There are consequences for violating the rules that govern these communities. A covenant is a legal contract. During our lifetime we will sign or pledge verbally to uphold several covenants. Some contracts are for a short period of time, like a one-year lease of an apartment, or a three-year lease of a car. Others, like a marriage may last a lifetime, until death ends the relationship.

In Genesis 15:18, God established a covenant with Abram. God chose Abram and established a relationship with him with the expectation that Abram would honour the relationship. That covenant stipulated what God would do for Abram: (1). God promised to be Abram's God. In return, Abram was required to worship this God of Promise. (2). God promised Abram that he would be the father of many

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nations. (3). God promised Abram a homeland for him and his descendants forever. (4). God expected Abram's descendants to keep the covenant that He had established with Abram. (5). Failure to keep covenant with God could result in the loss of the homeland and even their freedom.

Like Abram, God desires to covenant with us. God desires to bless us and make us a blessing for others. God's promises are realized when we honour him with our worship and our outreach to the poor, orphans and widows. Like the Good Samaritan we share God's love with those in need.

Prayer: *Heavenly Father, all we are and have comes from you. Strengthen us as we strive to keep our covenant with you. Thank you for your promise of forgiveness and salvation; through Jesus Christ. Amen.*



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"Our Lamb has conquered; Let us follow Him"

ALERT! 2019 Novel Coronavirus	
<i>This is a rapidly evolving situation.</i>	
Symptoms:	Fever, Cough, Shortness of breath.
Prevention:	No vaccine. Avoid being exposed.
Treatment:	No specific antiviral treatment recommended.
<i>(more information on back cover)</i>	



From the Pastor's Desk

Rev. Roslyn Hamblin
Strategy For SHIFT

Our new/current Provincial Theme is *"Advance the Kingdom: SHIFT"*. It calls us to study Nehemiah in his quest to rebuild the walls of Jerusalem. Let us explore Nehemiah's Strategy for Shift.

PERCEIVE

Nehemiah enquired of the state of Jerusalem and the Jews there. (1:2-4)

In any undertaking one needs to know what the situation really is.

PRAY

Nehemiah prayed immediately and prayed frequently. (1:4-11; 2:4; 4:4)

There is always the need to keep in touch with God to seek guidance, courage, strength, cleansing.

PORTRAY

Nehemiah's countenance showed that he was troubled; and the king enquired and helped (2:1-6)

It is useful to portray the situation so that others can know and help.

PREPARE

Nehemiah acquired letters for his safe passage (2:-8); and he surveyed Jerusalem privately (2:11ff)

There is always the need to view the situation and see what is necessary for approaching it.

PERSUADE

Nehemiah was able to influence others to help in the task (2:17-18)

The support and help of others is often vital.

PLAN

Outline of the approach to the work – who should work where (3:1-32)

This shows us the need for a plan and strategy before attacking any task. "Proper Prior Planning Prevents Poor Progress."

PRIORITISE

ie. Set things in their right perspective. Nehemiah saw the plot of the enemy and devised a strategy against their scheme (4:10-23)

There is always the need to be perceptive, to ponder circumstances, and to set things in perspective, so as to be pro-active; ie. to consider options and determine the best for the particular or peculiar situation.

PERSEVERE

Nehemiah had great opposition from Sanballat and Tobiah, and other enemies (2:10; 2:19ff; 4:1-3; 4:7-15; 6:1-19) – many taunts, as well as invitation to be distracted and diverted.

It should always be a case of "If at first you don't succeed, try, and try, and try again".

Within our congregation, then; yea within our Conference and our Province, we can employ this strategy, to achieve the Shift that is so vital – to make progress and to advance God's Kingdom. Above all, we must pray continuously and we must 'keep swimming'.

"KEEP SWIMMING"

(author unknown)

Two frogs fell into a deep cream bowl;
The one was wise, and a cheery soul.
The other one took a gloomy view
And bade his friend a sad *adieu*.
Said the other frog with a merry grin,
"I can't get out, but I won't give in;
I'll swim around till my strength is spent,
Then I will die the more content."
And as he swam, though ever it seemed,
His struggling began to churn the cream
Until on top of pure butter he stopped,
And out of the bowl he quickly hopped.
The moral, you ask? Oh, it's easily found!
If you can't get out, keep swimming around.

Worship Hours at Bethlehem:



- ❖ Sunday School:
 - Adults @ 9:00 am
 - Children @ 10:45 am
- ❖ Divine Worship: Sundays @ 10:00 am
- ❖ Holy Communion – every 1st Sunday @ 10:00 am
- ❖ Bible Study:
 - Daytime (resumes Feb. 5th) – Wednesdays @ 12:30 pm
 - Evening – Wednesdays @ 7:30 pm
- ❖ Prayer Meeting, Fasting – 4th Wednesday, 7:30 pm
- ❖ Office Hours: Fridays – 10:00 am to 12:00 noon

Announcements

- ❖ Assisting with this month's Worship experience:
 - ❖ The **Stewards** with Cleaning and Preparing the Sanctuary.
 - ❖ The **Men's Fellowship** with Readings and Prayer.
- ❖ **Liturgical Dance Rehearsals** – Interested? Contact Sis. Clauzel Forde (Saturdays @ 3:00 pm)
- ❖ **Learn to Drum** – Interested? Contact Bro. Kevin Yarde (Fridays @ 6:00 pm)
- ❖ **Retreat for the Faith & Bethlehem congregations** — Saturday, February 1st at 9:30 am at Bethlehem (CPM Hall).
- ❖ **Installation of Church Officers** – Sunday, February 2nd, 2020 (*reminder to wear white*)
- ❖ **Our Sunday School Teachers' Workshop** — Saturday, February 29th at Bethlehem.

Announcements cont'd

- **Holy Communion to Sick & Shut-In** – February 4th, 2020.
- **Elder's Meeting** – Tuesday, February 4th, 2020 at 7:15 pm.
- **Stewards' Board Meeting** – Thursday, February 6th, 2020 at 7:15 pm
- **Women's Fellowship Meetings** – 2nd Tuesday @ 6:00 pm.

Reminders

- **Pantry Ministry** — Receiving canned food, dried goods and toiletries for the less privileged. The contribution barrel is in the Church. Kindly verify quality and expiration dates.
- **Daily Texts are available** — please receive your copy from the Treasurer or a member of the Elders' Board. Costs: \$27 large print; \$23 small print.
- **Caribbean Moravian Praise Hymnals** are still available — cost: \$70
- **Calendar of Events** are available.
- **Moravian Almanacs** are available

Province/Conference Events

- **Moravian Voice Broadcast** — LIFE 97.5 FM every Wednesday @ 8:00 pm.
- **Mt. Tabor's Market Day** — Saturday, February 1st
- **Harvest Festival** — today at Fulnec, next Sunday (Feb 9th) at Calvary — 3:30 pm; Upcoming: (Feb 16th) Dunscombe; (Feb 23rd) Clifton Hill
- **PEC Meeting and Superintendents' Conference** — February 3rd to 6th in Antigua
- **Men's Prayer Breakfast (Conference)** — Saturday, February 8th, 2020 at 7:00 am at Sharon. Speaker — Rev. Anderson Kellman. Tickets are available at \$20
- **Lay Academy** resumes Mondays from February 10th, 2020 at 6:00 pm at Calvary. Registration Forms are available.
- **Youth Movie Night** — February 14th at 6:30 pm at Fulnec — \$2. Bring a blanket or folding chair. Snacks on sale.
- **Island Council's Women's Prayer Breakfast** — Saturday, February 15th, 2020 at Divi South Winds at 7:00 am — \$60.
- **We Gatherin' Barbados 2020** for the month of March is St. Thomas and so our four (4) Moravian congregations in St. Thomas will be participants in the We Gatherin' Service on Sunday, March 1st at 4:00 pm at the Lester Vaughn Secondary School.

Special Envelopes:

REMINDER: INITIAL OFFERING (*any outstanding*)

UPCOMING: UNITY OFFERING (MARCH 1ST)

Unity Offering: Sunday, March 1st, 2020 is Unity Sunday. The Moravian Church celebrates the Church's birthday on this day (in 1457). We ask for your continued prayers for the work and witness of our Church. A special Unity offering will be taken in all Moravian Churches worldwide on that Sunday, for the continued mission of the church.

Special Greetings This Month

BIRTHDAYS – FEBRUARY

- 10 – Sis. Tara Holder
- 10 – Sis. Kristen Alleyne
- 12 – Sis. Charlene Forde
- 14 – Sis. Enid Harris
- 15 – Bro. Shane Alleyne
- 20 – Sis. Kirsten Edwards
- 21 – Sis. Marcia Jones



ANNIVERSARIES – FEBRUARY

- 17 – Joyce & Lisle Walcott
- 17 – Shane & Kristen Alleyne
- 20 – Desma & Wayne Linton



WALK-UP OFFERINGS:

- 1st Sun. Bethlehem's Building Fund
- 2nd Sun. "Youth With A Mission"
- 3rd Sun. 32nd Provincial Synod (clearing hosting expenses)
- 4th Sun. Bethlehem's Quota Arrears



Remember to call, visit and remember in Prayer our Sick/Shut-In/Recovering:

NAMES	CONTACT NUMBERS
Sis. Boothe Chase	246-428-6068
Sis. Mavis Chase	246-428-6258
Sis. Emily Forde	Golden Tower Nursing Home 246-437-6461
Sis. Cynthia Walcott	246-428-9768
Sis. Odessa Haynes	246-426-8663
Sis. Gloria Layne	246-428-7545
Sis. Muriel La Forte	246-428-7536

Continue in prayer for **families grappling with loss and impacted by the 2019 Novel Coronavirus**; our **PEC and our Superintendents** as they chart the path ahead.

Our Moravian Family News

Feel free to share your news with our Moravian Family to encourage and support each other — Academic, Sports, Entertainment, Career, Other.

CONTINUOUS IMPROVEMENT PROGRAMMES

Congratulations!

**K
Y
L
E**



**IDEA
DEVELOPMENT
WORKSHOP
BY
AAQUALITY SOLUTIONS**

**Certificate of
Satisfactory
Participation**

Programme in association with – The Apostolic Church – London Road Temple, Barbados (*part of the Church's Outreach Programme for 2019*)

Venue: Brittons Hill in St. Michael

Period: October 16 to November 27, 2019

Closing Procedures: Sunday, January 12, 2020

The Programme: Registration was open to members of the Church, relatives of members of the Church, and persons from the neighbouring community. This workshop was intended for, but not limited to, persons who needed to generate an income or increase their income (*these include persons leaving school, college or university – maybe even studying part-time, persons who are unemployed - perhaps recently laid off, persons who are currently receiving a low wage or income - perhaps they work a short week or every other week, or people who are retired*).

Participants were asked to identify ideas we were keen to pursue or investigate in order to turn them into a business or financial opportunity. This exercise was more geared to jumpstarting our entrepreneurial mind-set to not just rely on a job or our primary source of income, but also to seek or at least consider an alternative source; to get us focussed on identifying ideas we were keen to pursue or investigate in order to turn them into a business or financial opportunity. Contacts and planning were major elements in this course – what we needed to get, whether it be skills we do not already possess or equipment we do not have, even licenses, permits or certificates.

We were encouraged to be more confident in ourselves and the skills we already possessed. We learned new techniques, and the training got us moving on our ideas. The facilitator was very patient and wanted to make sure that we had 'all our ducks in a row' moving forward, that we understood what was being shared.

For the facilities to carry out our sessions – we had everything we needed and more. Commendations to The Apostolic Church - London Road Temple.

Submitted by Bro. Kyle Alleyne

WATCHNIGHT There is a special service bridging Old Year's and New Year's that is known as the Watch Night Service. The Watch Night services usually start approaching midnight on December 31st (11:00/10:30 pm are common start times) and the Daily Texts for December 31st are read at the beginning of the Service. The entire congregation is engaged in Silent Prayer leading into midnight, and as the clock strikes midnight the church bell is rung (if there is a church bell present), and the Daily Texts for January 1st are read. The time of silent prayer gives members the facility to further reflect upon the passing year, giving God thanks as relevant, and it affords the opportunity to commit the approaching year into God's hands.

Adapted from The Bulletin Board



Watch Night Service

There was thunderous fireworks at the stroke of midnight, coming from two different locations to the south, and both could be seen from indoors. It drew the attention of the young people in Church and there were a few of us. It also captured the attention of some of the adults as well. Actually, you really could not miss it. That's not what I remembered most about Watch Night Service though. The story shared by Rev. Hamblin in the message just prior to midnight was real – "Is there anyone up there?" It was funny - in fact the whole Church laughed. She said this man named 'Jack' was walking along a steep cliff and got too close to the edge and accidentally fell, grabbing a branch on his way down which broke his fall. Jack immediately began yelling for help, hoping that someone passing would hear him and lower a rope, or something. He yelled for hours: "HELP! HELP! Is anyone up there?" He was about to give up when he heard a voice. The voice identified himself as the Lord, and Jack asked God to help him. God said: "Let go of the branch. Just trust me." There was a really long silence and then Jack yelled, "HELP! HELP! IS ANYONE ELSE UP THERE?" That story is what I remember most.

Reported by Kayla Doughty

MORAVIAN CHURCH COUNCIL The legislative assembly of the local congregation is known as the Church Council. It is composed of all members in good standing of the local church. It meets at least once each year to hear reports and elect the officers of the congregation, but it may meet as often as is necessary to transact the business of the congregation, providing that the necessary advance notice is given. It also determines rules and principles for the management of the spiritual and temporal affairs of the congregation. Every member of the congregation has the right to be heard on any subject pertinent to the life and work of the congregation at a church council as long as he or she expresses that opinion in a spirit of love.

*Adapted from
John S. Groenfeldt: Becoming a Member of the Moravian Church*

Service of Dedication and Renewal

This Service was held in January, at the beginning of the new year, in both congregations. Its goal is personal re-commitment and the pledge of consecration and service. The following is part of the personal dedication undertaken by the members.

"We have a special relationship with God — a covenant relationship in which God promises to be our Guide and Protector, and never to leave us nor forsake us. We in turn enter this covenant by committing ourselves to Him and promising to serve Him faithfully. Today, we stand to renew this covenant with God and to dedicate ourselves wholly to Him, remembering that we have been bought with a price and are therefore not our own, but Christ's.

(Together)

Lord Jesus, ourselves we give to you in glad and humble surrender. You have purchased us for yourself. Make us willing to serve you as your own. May we find honour in doing whatever task you assign to us. We dedicate ourselves to your service now. With you as our leader we go forward in faith and pledge ourselves to be your witnesses through the help of your Holy Spirit."

LoveFeast celebrated at Faith

On January 12th, we at Faith celebrated the Lovefeast, the second one since we moved into our own sanctuary. The Lovefeast is an expression of our Christian fellowship which we have with our brothers and sisters in Christ. The highlight is the sharing of our bun with each other, as a symbol of this fellowship.

It was well attended, including members from our sister congregations, as well as members of the local community.

We thank all those who came and celebrated the Lovefeast with us.

Special thanks to Kayla from Bethlehem, who helped with the serving.

God's blessings to you all.



Submitted by Sis. Dillis Cumberbatch

Advice from a Medical Doctor to Women in 2020

A medical doctor decided to share some words of advice to ladies *via* WhatsApp. The advice is simple and straightforward.

1. You cannot finish all the house chores in one day. Those who did are 'stressly sick' and some are buried already.
2. Please create time to rest, it is not a sin to sit down, put up your legs on the table and pick popcorn while watching TV.
3. Please sleep – if need be that headache will go. Those who refuse to take vacation, or leave, time out or rest time, their families are missing them because they have gone untimely to their maker.
4. Stop taking sedatives to sleep, you are destroying your brain and organs. At a point you will begin to forget things. Relax the brain, worry less, think less, laugh more, and smile more. Everything will pass with time.
5. Sometimes go and sit outside quietly on your own, do nothing, say nothing, just admire God's handiwork, breath in fresh air calmly. Hurry not.
6. Stand by your mirror smile to yourself, laugh, dance, sing – that turns on positive aura around you so you can glow.
7. Go buy yourself a snack or two, or drink fruit wine if you so choose. Just do something for yourself, even if hubby does that for you so you offload the things in your head.
8. Get necessary home gadgets to ease your work in order to avoid stress. Stress is the highest silent killer of women.
9. If you are not feeling well – say it, do something about it, go to health centre, hospital or call a nearby nurse, do not sit around waiting for hubby to buy drugs. He may come back late. Your life matters.
10. Check your blood pressure and sugar level occasionally, whether you are sick or not. It has saved a lot of women in the past. Trust me on this.
11. Do not do self-medication, and after treating malaria for 3 months, please do extensive tests. A lot of sickness mask like malaria (eg: liver issues), be warned.

https://bigsta.net/account/ibugbe_ewa/?hl=tr

LOVEFEAST OR 'AGAPE' The 'Agape' or Lovefeast was practised in apostolic times but eventually died out. It was spontaneously revived in the Moravian Church following the rich experience of unity and fellowship in the Holy Communion Service of August 13, 1727. The love that filled the hearts of the members as a result of the Spiritual Baptism they experienced in that service made them reluctant to part from each other. So they gathered in groups outside, continuing in singing and prayer. In order that the fellowship could continue, their leader, Count Zinzendorf sent food to them.

The Lovefeast is celebrated in our church as a service expressing the fellowship which we have with our sisters and brothers in Christ. Thus, today we share in this Lovefeast to demonstrate and promote the fellowship of Christian believers through our fellowship with Christ.

Adapted from The Bulletin Board



In-reach to members and Out-reach to the wider community

Extract from Mr. Graham Clarke's Remarks at the Closing Procedures for the "Idea Development Workshop" at The Apostolic Church – London Road Temple in Britton's Hill *(A programme undertaken by one of our members)*

In his Feature Remarks, Mr. Clarke drew upon three major focal points from the book authored by Christopher JH Wright, PhD. "Living as the People of God", namely:

- ❖ **The Lord**, as the God of Israel (the **Theological Angle**);
- ❖ Israel themselves as **an elect People** in unique relation to the Lord (the **Social Angle**); and
- ❖ **the Land** Israel believed the Lord had promised and given to them (the **Economic Angle**).

These three pillars were like a triangle of relationships, each of which affected and interacted with both of the other factors *(as the people moved out of Egypt into the land)*.

In his analysis of this 'triangle' for our reality in Barbados, Graham Clarke shared the view that as a Church we do pretty alright with the **Theological Angle – God**. In his view we do stress the "dos" and "don'ts" of Christianity pretty well. For the **Social Angle – Israel, living as a community**, we do serve and help one another to some degree (visiting shut-ins, and looking out for the poor among us, etc.). But of course we can improve on this, see it as an integral part of our Ministry. Alas though, for the **Economic Angle – the Land** *(in that time)*, this is where we all tend to fall down.

Mr. Clarke noted that we have stressed the heavenly part, but of course we need resources to change lives. Money is not the master but it is the servant, and we need to build our capacity to earn, especially if we do not have the numbers. The land was critical to the children of Israel as an economic factor, but today, technology can and has taken us beyond our waters, taking the place of 'the land'. As a Church, the people of God, we should not ignore the economic angle of our faith. It is important to start changing the culture of how we view money and wealth, and begin to think differently about how we use our monies to advance the Kingdom of God.

He commended the Church and emphasised we needed to get children involved from an early age so that it would be inculcated in them as they see that there is a connection between their faith, their community and their money – that triangle exists. To change this world, we have to bring the principles of the Kingdom of God to touch the lives of all of us.

He commended AA Quality Solutions for the idea of the development workshop and for starting the initiative for taking entrepreneurs forward seeing it as a good avenue for the Church for influencing lives and influencing economic development.

He also commended the Graduates: For some, the course was a starting point, but no one knows where a good idea will end. He challenged them to take that

seemingly simple idea they had – and would like to see germinate and grow and become something of significance – and nurture it. He showed how one can stay right here in Barbados, even stay in your own room and make a difference. There are young people connected through the internet and are making dollars.

Mr. Clarke pointed out that the whole world was indeed changing. Whereas land might have been a factor of production for the early Church, today technology is part of the economic factor of production for us. If you do not have the numbers, then you have to extend or build your capacity to earn. The Church would benefit. If I am earning \$1,000 a month, but I can improve that capacity from 1,000 to 10,000 then I can definitely give more to the Church. So the Church also needs to focus on building capacity.

He concluded by sharing that he supported this initiative, given its potential for capacity building. He said, "You are on the right track. Thanks to all of you who participated and I wish you God's blessings."

Mr. Graham Clarke is Executive Director for the Barbados Coalition of Service Industries, a company set up to promote trade in services particularly, and focus on building exports). Submitted by: Sis. Verve Alleyne



We express condolences to Pastor David Ince and family on the death of his father, Alfred A. Ince. Mr. Ince passed into the nearer presence of God on Sunday, January 5, 2020. The Service of Thanksgiving for the life of Mr. Alfred Ince took place at The Chapel of Coral Ridge Memorial Gardens on Saturday, January 18, 2020 at 10:00 am, and proceeded to the Christ Church Cemetery for the interment.

We also express condolences to the Lynch family and the Fulnec congregation on the passing of Bro. Victor Lynch. The Service of Thanksgiving for the life of Mr. Victor Lynch took place at the St. George Parish Church on Thursday, January 16, 2020.

May they both Rest In Peace. Please remember in prayer the families, friends and the congregations where they lovingly served over the years as individually they now grapple with this loss.

Ideas To Celebrate Valentine's Day

- ❖ **Plan a Movie Marathon** *(determine and record your movies of choice)*
- ❖ **Have an Indoor Picnic** *(clear a space in the living room, spread out the cloth and cushions and enjoy)*
- ❖ **Go camping** for a few hours at night, in a location where the stars are visible and where it is safe *(your own front/backyard is an option)*.
- ❖ **Visit the Observatory** *(another way to safely enjoy the stars, and get guided support)*
- ❖ Have a friendly **Valentine's Bake-off Decorating** competition *(creatively use the colours red and white)*
- ❖ **Host a Wine and Cheese Night** for couples or a group of your friends. Have everyone bring their favorite bottle of wine, plus a cheese that pairs well, and enjoy, with charade and other board games. *(Just do not overdo the wine or the cheese!)*

Word Search

“Celebrating This Month”

C H E A R T S T T G V U B T K
 Q D T D F K S H L A X S W J U
 I C S N H R Y Y T Q P E J D W
 Z H G Z O M I R H F N S J I G
 F L H C R M J T A T E O G C F
 G F H H B U D V Y D E R U K J
 Q E X T K K C N V C B M O V Q
 T B N F T K I T O I L S A P B
 X R H J N N C H O C O L A T E
 K U L D E E T A R B E L E C V
 C A N D Y Y D H K N T S E U O
 T R A J B S A Z T E I T M T L
 Z Y I T O T K I U T F V D G S
 S P M E N V N S W O S N H X A
 Y M B L U E I X Q K Q U V N N

AMETHYST		HEARTS
BLUE		LOVE
CAKE		RED
CANDY		ROSES
CELEBRATE		SECOND-MONTH
CHOCOLATE		VALENTINE
FEBRUARY		VIOLETS
TWENTY-NINE DAYS		
REMEMBER, GOD’S LOVE FOR YOU IS UNCONDITIONAL!		

Teen/Youth/Young Adults Corner

Nuggets of Gold to try this month!

Hey Kids, here are some nuggets for you to try this month



NUGGET OF GOLD



John 13:35

A new commandment I give you. Love one another as I have loved you so you must love one another.

NUGGET OF GOLD



1 Corinthians 13: 4a

Love is patient. Love is kind.

Celebrating This Month: February is also recognised as “Black History Month”

Guidelines to avoid the spread of 2019 Novel Coronavirus, more specifically, a coronavirus (*aka.* 2019-nCoV)

Steps to help prevent the spread of 2019-nCoV if you are sick...

If you are sick with 2019-nCoV follow the steps below to help prevent 2019-nCoV from spreading to people in your home and community.

- **Stay home except to get medical care.** You should not leave your home, except to get medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis.
- **Separate yourself from other people in your home.** As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available.
- **Call ahead before visiting your doctor** and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the healthcare provider’s office take steps to keep other people from getting infected.
- **Wear a facemask** when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you.
- **Cover your mouth and nose with a tissue when you cough or sneeze**, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.
- **Wash your hands often and thoroughly with soap and water** for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Avoid sharing household items** – do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.
- **Monitor your symptoms and get medical care quickly** if your illness is getting worse (for example if you are having trouble breathing).
- **Do not handle pets or other animals while sick.** Although there have not been reports of pets or other animals becoming sick with 2019-nCoV, several types of coronaviruses can cause illness in animals and spread between animals and people.
- **Until we know more**, avoid contact with animals and wear a facemask if you must be around animals or care for a pet.

Visit <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Advancing the Kingdom : S.H.I.F.T.*

*S.H.I.F.T.: Seek and Submit, Hear and Heed, Imagine and Insight, Focus and Function, Totally Transformed