

March 13, 2020

Dear Unity San Diego Family,

Unity was founded on prayer. I want you to know myself, Reverend Karla, our Prayer Ministry and Prayer Chaplains are continuously praying during this time. I invite you to stay connected with our spiritual community in a new expanded way by joining us in this prayer consciousness, practicing our Unity principles to move from any fear or other feelings to trust during this public health crisis of the coronavirus. Please know we are closely monitoring what is going on in the county, state, and nationally. We are being informed and educated by medical professionals.

On Thursday San Diego County held a press conference in lieu of the Governor's office mandate Wednesday night. There are 6 identified cases of the Coronavirus in the county. During the press conference medical and county officials said residents aged 65 and older and anyone with chronic illness should stay at home and avoid any gathering. Gatherings over 250 are banned. They have requested all gatherings of less than 249 who are non-essential not to meet and if they do for people to have a social distancing guideline at least 6 feet distance from each other. This is to create more safety for the public.

Our Unity San Diego Board met last night, and due to the above, we have decided to keep our community safe by moving to an online presence until the end of the month. If anyone does show up Sundays we are asking everyone to keep a space of 10 feet for social distancing instead of the 6 feet suggested by the county.

The online lesson will be recorded in the sanctuary. Wrigley hall will be closed; with the exception of the restrooms. Childcare will not be available during this time. The sanctuary and restrooms will be totally disinfected before service Sunday in case some members still attend in person. We don't want to put anyone at risk of catching any virus, flu or cold so our immune systems can be strong. We encourage you to participate online through Facebook live:
<https://www.facebook.com/unitysandiego/>

or our NEW! Unity San Diego YouTube Live Channel:
<https://www.youtube.com/channel/UCSPF13i6IHsqZYFBgITk-g>

or our website live stream from our You Tube Live
www.unitysandiego.org

Last Sunday we made some minor modifications to our services and events to provide a safe environment as possible. Below are some of those as well as additional measures.

We encourage you to follow the recommendations from public health officials to keep our community, the areas where you live or visit safe and disease free, along with some recommendations I created specific for our community. They are the following:

- We are asking you to please stay home for the remainder of the month. We have created a larger online presence by livestreaming the entire service on YouTube and on our Unity San Diego website beginning Sunday, March 15th
- We will be broadcasting the entire service from church. If you come we will ask you to keep the board requested distance of 10 feet apart
- You may greet each other with a smile, a Namaste (folding your hands together with a slight bow) instead of a hug or handshake
- We are not holding hands in any way. During the peace song due to social distancing we will not gather together. You may put your hand on your heart or in namaste pose. You may raise your hands at the end where you are standing.
- We will forgo the meet and greet since we will be spread out.
- If you have a cold or feel ill, please stay home and participate in Service via YouTube or Facebook live. We are also working toward a live streaming on our UnitySan Diego website.
- If you are immune-compromised, have a chronic illness, please consider participating in Service via Youtube live or Facebook live, or LiveStream on our website. We will continue to make CDs to obtain later.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, ears, and mouth with unwashed hands
- Avoid close contact with people who are sick
- When coughing or sneezing cover your mouth and nose with flexed elbow or tissue
- Clean and disinfect objects and surfaces in your home, car, and office that are frequently touched (door handles, phones, keyboards, etc)

If you are able to watch YouTube live or our Unity San Diego Facebook live at 10:00am, you can connect and communicate with others by making comments as the service is happening. I understand it is not the same, but it will assist you with feeling more connected if you need to stay home for any reason.

We are claiming perfect health and wholeness for our Spiritual community, those we care about, our county, our state, the United States of America, and the world. We have lived through a health crisis before. We will this time also. Taking safety precautions is of most importance. This situation is teaching us to do so now and into the future.

We also ask you to continue your love offerings, tithes, and donations. Our staff will continue to work and the church will still be in operation. We are changing to PayPal to accept donations easier online. We are planning for this to be in place by Sunday. You may also mail in your donation or create a continuous automatic donation through your banking institution.

Please join me in this affirmation: **I am seeing beyond what is appearing with my Spiritual lens to perfect health, safety for all, releasing fear, and claiming God power.**

We will continue to monitor the situation closely and will keep you informed as to when new changes occur with our community. I invite you to call our Prayer Ministry at (619) 282-7609 Monday - Friday 12pm - 9pm or call Silent Unity at 1-816-969-2000 other times. You may certainly call me for prayer or any concerns at (619) 280-2501 ex. 107. Please know I will monitor my calls remotely when I am away.

With love, appreciation and prayer,

Reverend Edith Washington-Woods, MDiv.
Senior Minister