

# "IT IS WELL"

## SIMPLE STEPS TO STAY PHYSICALLY, SPIRITUALLY, & EMOTIONALLY WELL IN AN AGE OF THE CORONAVIRUS.

In a time of uncertainty surrounding the newly discovered coronavirus, **one thing remains constant: God is good!** Although we boldly proclaim that "God is good," we know that anxieties and fear can be heightened as information unfolds about the corona virus. That's why we want to help with these **simple steps to stay physically, spiritually, and emotionally well.**



### 1. SAFE HYGIENE

- Wash hands frequently and before eating with soap and running water, for at least 20 seconds. Don't forget to scrub between your fingers and under your nails.
- Use hand sanitizer when soap and water are unavailable.
- Cough or sneeze into a tissue and dispose of it immediately, or cough or sneeze into your elbow.



### 2. STAY HOME

- If you feel sick, or are running a fever, please stay home!
- If you are an immune-compromised person, consider the risks involved with being around people in public places.



### 3. STAY CONNECTED

- Avoid shaking hands or hugging when you greet others. Instead offer a hand over your heart, a nod of the head with a big smile, or praying hands.
- **Water's Edge** worship services can be viewed via FaceBook Live, the link is available on the Water's Edge Faith Community website.
- Keep up all of the ministries of the church through your giving by signing up for automatic withdrawals
- Give online through our website, by phone—text **MYCHURCHGIFT** to **73256**, or by mailing a check to the church.
- Visit our website at **WatersEdgeOB.org**
- Visit our Facebook page for up-to-date news.



### 4. CHURCH LEADERS AND VOLUNTEERS

- If you are unable to serve, please reach out to the church staff to find a substitute.
- If concern requires canceling gathering, meetings may be conducted via video conferencing. Information will be provided for details.
- If you are healthy and would like to serve those in need, call the church office to volunteer to provide meals, run errands, offer prayer and encouragement through phone calls, or help in other ways.



### 5. TAKE CARE OF YOURSELF

- Eat healthy. Stay hydrated and well rested.
- Call your doctor, urgent care, or 911 for emergency care.
- If you are sick, please let the church know through the church office, 619-297-4366. An answering service will let an on-call pastor know of all off-hours emergencies.
- Let your small group or Sunday School class of your physical, spiritual, and emotional needs.
- Keep calm and rest in God's presence.
- Remember **Philippians 4:6-7**—"Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus."
- Let us know how you're doing! Keep us informed of changes to your health and overall wellness by emailing **Rev. Jessica**, [revjess@watersedgeob.org](mailto:revjess@watersedgeob.org).



*Diving Deep in Community, Pouring Out God's Love*