

Reopening Guidelines

Planning to Attend

- Attendance at Saturday and Sunday Liturgies is limited to 50 people. Weekday liturgies will also be limited to 20-25 people. Masks and social distancing are required.
- We will have two Divine Liturgies each weekend starting July 18 through August. Each Liturgy will begin at 9:30 as they normally do. See the Parish Calendar for dates of all liturgies.
- In order to assure your safety and those attending you must be present at the beginning of the service in order to attend. Plan to arrive at least by 9:15 in order to complete the entrance requirements of hand sanitizing, refresh of the health screening and seating.
- We will have “paperless” services. We will not have hymnals or bulletins. Please do not bring a service book or hymnal from home. If you have small children, you may bring books, coloring books, or other simple and quiet activities for them.
- You will need to register through an online process with an app called MESH. It is a simple application that will ask for your name, those in your household also attending and then completion of a health screening.
- St Demetrios Church has developed the MESH App in order for parishioners to make reservations for themselves and/or household members easily online
- For those parishioners unable to use the MESH App, reservations will be done via phone by calling the church office at 206-631-2500. After making the initial reservation request via phone, the requesting parishioner will be notified 48 hrs. prior to the requested service to complete the health screen questionnaire.
- You will be asked to complete a prescreening process when you register for a service. Again, this is for your safety and those around you. We will not retain or share health screening information. (see Addendum A)
- You will also be asked to agree to an informed consent which indicates you agree to comply with the guidelines established for participating in a service. (See Addendum A)
- If you or anyone in your household have a cough, a fever, feels ill, or have been exposed to the virus, please do not attend services in-person.
- If you are in a high-risk category for contracting COVID-19 (over age 65, pre-existing conditions, or the like), we ask you not to attend services in-person at this time.
- We will continue to provide streaming of our services via Facebook Live.
- Dates of services between July 12 through the end of August will be identified on the Parish Calendar <http://www.saintdemetrios.com/parish-calendar>

Registration

St Demetrios Church has developed the MESH App in order for parishioners to make reservations for themselves and/or household members on-line. To register, just send an email reopening@saintdemetrios.com with the following information:

- Your First and Last Name
- Your Email (this will be your username)
- Your Mobile Phone (required for registration)

An email will be sent to you with instructions on how to sign up and login.

For those parishioners unable to use the MESH App, reservations will be available by calling the church office at 206-631-2500. After making the initial reservation request via phone, the requesting parishioner will be contacted approximately 48 hrs. prior to the requested service.

Screening/Admission Protocol (See Addendum A)

- There will be 3 times when COVID-19 screening questions will be asked, informally or more formally, prior to attending church services, and includes:
 - The time of your initial reservation request (Individual or Household Reservation);
 - Reservation confirmation 48 hours prior to church services and
 - At the Welcoming and Screening Station prior to entering church on the day of services
- Parishioners making an individual reservation or those making a reservation for their household (i.e. “household reservation”), will be first asked to be familiar with COVID-19 screening questions when requesting a reservation on the MESH App or over the phone with a church staff member.
 - This will give the parishioners time to identify if there are currently any potentially sick persons included in their reservation and give the parishioners time to reach out to their primary care/medical provider or urgent care for further medical assistance.
 - A volunteer medical provider (doctor, nurse) from the St Demetrios Reopening Committee may be available to help answer questions, but cannot provide medical advice or treatment.
- A formal COVID-19 screening will take place 48 hours prior to the requested Church service. The person who initially requested a reservation will be notified by email.
 - At that time, the parishioner will be asked to complete the Health Screening for COVID-19 Questionnaire on the MESH App on behalf of himself or herself and all members of the household if making a household reservation.
 - This formal screening is important to ensure the person making the reservation, and/or his or her household members planning on attending services, have not developed any COVID-19 symptoms or been exposed since the time of the initial reservation request.
- Those with a “negative” screen will be able to confirm the reservation. Those with a “positive” screen will not be able to confirm the reservation or attend the requested service. Individuals with a “positive” screen should follow up with their primary care/medical provider.

- A third, brief health screening—including an external, non-touch forehead temperature check—will be completed prior to entering Church on the day of services, at the Welcoming and Screening Station.
- If a parishioner reports feeling ill, and or has an elevated temperature per the federal and county guidance, the parishioner and his or her household group will not be permitted to enter Church.

Health Screening for COVID-19 Questionnaire

Health Screening Questions	“Yes” response to 1 or more questions defines a “positive screening”	“No” response to all questions defines a “negative screening”
Do you or any of your household member currently have a fever? Measured $\geq 100.4^{\circ}\text{F}$ ($\geq 37.8^{\circ}\text{C}$) or feel feverish	Yes	No
Have you or a household member tested positive for COVID-19 in the past 30 days?	Yes	No
Have you or a household member had close contact with a person with COVID-19 in the past 14 days?	Yes	No
Have you or a household member had a fever in the past 14 days? Measured $\geq 100.4^{\circ}\text{F}$ ($\geq 37.8^{\circ}\text{C}$) or feel feverish	Yes	No
Have you or a household member had new or worsening shortness of breath in the past 14 days	Yes	No
Have you or a household member had a new or worsening cough in the past 14 days?	Yes	No
Have you or a household member had flu-like body aches in the past 14 days?	Yes	No
Have you or a household member had a new or worsening sore throat in the past 14 days?	Yes	No
Have you or a household member experienced new loss of taste or smell in the past 14 days?	Yes	No

Entering the church

- Ushers/greeters who have been trained in the safety procedures will assist you during the process of entering as well as during the service and upon exit. We ask that you cooperate with them to assure your safety and that of others.

- Put your mask on before you enter the Church. Masks are mandatory for all parishioners over age 5 and strongly encouraged for children ages 2-4. Masks should not be worn by those age 2 and younger or those physically unable to wear a mask.
- You may bring your own mask/face covering. If you do not have one, they will be provided upon entrance.
- The clergy will wear masks only during Communion.
- These face coverings are a visible sign of your love for the people around you, and your willingness to protect them
- You must use hand sanitizer upon entering. There will be two sanitizing stations at the entrance of the church which will be via the side doors at the front of the Church. Sanitize your hands for 20 sec, the length of time it takes to say the Lord's Prayer or to say the Jesus Prayer six (6) times.
- We must maintain a six-foot physical distance between households. When you get to the door of the church, if there are people at the sanitizing station, wait until they move away before you enter the church. There are markings on the sidewalk to make it easy for you to maintain six feet of social distance between family groups.
- Show your love and respect for those who are not part of your household by bowing rather than by shaking hands, kissing, or hugging.
- A household includes only those persons who live under the same roof.
- You may light candles in the narthex as you usually do and will be handed a candle by a greeter. Wait to receive your candle before entering the Narthex
- Venerate icons by bowing reverently, without touching or kissing them.
- Please wait to be seated by a greeter.
- Six feet of physical distance is required between family groups. Pews are marked accordingly and you will be asked to sit in specific pews.
- Parents with small children must determine the ability of the children to remain in the seating area for their family. If you have young children, please determine their ability to manage the guidelines as sitting in one location, minimal movement, not talking with other children is a very different Church experience for our younger children.

Communion

The priest will be distributing communion in the same manner we are accustomed to however, it will be offered at the end of the service rather than the usual time during the service. Fathers will explain this during the service.

- When it is time for communion, an usher will lead you to the chalice.
- Fathers will be masked during communion only
- At the chalice, lower your mask to receive the Holy Gifts.

- Do not touch the communion cloth but if needed you may take a napkin provided to wipe your lips. Dispose of the napkin in the receptacle provided. They will be burned following the liturgy
- Do not touch or kiss the priest's hand.

To receive Antidoron, walk to the back of the church down the center aisle following Communion and hold out your hands. The Deacon/altar server will place a piece of Antidoron in your hands. Then exit the Church.

Leaving the church

- Parishioners will exit the Church following communion down or through the center aisle. Those not partaking will also exit down the center aisle and receive Antidoron upon exiting
- When you approach for communion take your personal belongings with you to avoid returning to your pew
- There will be no coffee hour or Sunday school for now.
- The children's playroom is closed as is the bookstore.
- Out of our love for one another and a desire to protect us from sickness we ask that all go directly from the church to our cars and then home. We know that may will be hard for people as we miss seeing one another. If you must talk with friends and loved ones before you leave, please do so outside, with masks, while maintaining at least 6 feet of social distance.

If you're not yet ready to return to church, or if you think the current requirements are too difficult for your family to meet, that's okay. Wait to attend services until you're ready. No one will judge you. If you're trying to figure out how to manage all of this with young children – we understand. We will continue to livestream services, so everyone can attend remotely.

Finally, let's continue to show our Christian love for one another through patience and forbearance.

If you have questions please feel free to email reopening@saintdemetrios.com or contact Fr Photios, Fr Daniel, or Barbara Trehearne.

+In Christ's service,

The Reopening Committee
reopening@saintdemetrios.com