

From: First Parish of Sudbury office@fpsudbury.org
Subject: You are on our minds
Date: March 10, 2020 at 6:38 PM
To: jch@jch.com

TA



Dearest Friends,

I am reaching out to you today because if you are listening to the news, reading emails from the town or letters from the school you will know that Coronavirus (aka Covid 19) has arrived in New England. There are folks with Covid 19 being admitted to Emerson hospital, and people who are testing positive popping up in towns all over Metrowest and the state. Today, I read that it is becoming more difficult to trace the root of the virus as it shows up across Massachusetts towns and so the leadership of First Parish of Sudbury wanted you to know that we have been very proactive over the last month (lots of soap, hand sanitizer and lysol are available pretty much everywhere), and we discussed our steps at last weeks Board meeting. The Board of Trustees has been planning for the challenges that this virus might bring while still working towards the best possible outcome for our members, friends, and visitors. The key is to remain positive while staying vigilant.

DECISION: Based on our Board conversation we have decided to take our queue from local schools and mimic what they are doing as far as gathering and messaging. Today, a letter went out from Sudbury Lincoln Regional High School and Bella Wong cancelling specific non-essential events or taking them online instead. Also, many colleges including Harvard have asked all of their students to attend classes exclusively online. These two messages are inspiring us to make some initial changes in how we do things.

STAY SAFE: What you can do to be safe and not succumb to the virus or spread it if you are sick—We talked about this several weeks ago in worship, but it begins with washing our hands (min 20 seconds—as the Brits say the time it takes you to sing Happy Birthday twice), and keep your hands away from your face. This is harder to do than one might think. Several folks have been recommending “Namaste” bowing to one another instead of hugging, an interesting idea. Since one may have the virus but not be symptomatic yet we recommend giving one another some distance, standing in lines, sitting near one another. If you are an elder, which is the hardest hit group with regard to Covid 19, we would like you to stay safe and to do so you may need to curtail your group socialization. I am not saying not to come to the Meetinghouse but I am asking you to be mindful of how you are feeling; this is for your care and safety. We understand that connection as a congregation is critical so we are beginning to implement different plans that members, friends, and visitors will have access to that will keep us connected and safe.

PLANS: Starting this Sunday, Celebration/Pledge Sunday, we will be live streaming on our website. What does that mean....You will be able to watch the worship service on the First Parish of Sudbury website. The service will still be conducted at the Meetinghouse, and the same festivities will be offered as planned. If you are concerned about gathering, or not feeling well or have a cough, please note the information that will be available in this weeks enews, and tune in to experience worship safely online.

MEETINGS: This morning the staff did a test run of meeting remotely via ZOOM. It

MEETINGS: This morning the staff did a test run of meeting remotely via ZOOM. It is an easy way to video conference or call in from a phone. The staff was equally as productive, and the meeting was shorter than usual, which is always good. I am offering this opportunity to meet remotely to any committee that feels compelled to do so. WAG and PAG will be invited to meet this way as well.

IF YOU ARE NOT FEELING WELL: If you have a temperature or are not feeling well please let me know. I have begun the regimine of checking my temperature every morning, and if it goes up I will consider the fact that my body may be fighting something—so I will stay home and do my work remotely. If you need to get hold of me, please do not hesitate. Just reach out via email, text, or call me. I am considering making myself available for specific meeting times on ZOOM as a drop in for anyone who wants to check in or needs to connect. Most likely I will do this daily as regular “ZOOM office hours.” Reach out if you are interested, and I will supply you with the call in information.

*****IF YOU ARE ALREADY SICK - RUNNING A FEVER***** Please do not leave your home unless you are going to the hospital, in which case make sure that you call the hospital ahead of time to let them know that you are coming, so that they can prepare. Also, if you are sick it is advised that you wear a mask on your way to the hospital and until you are seen by a physician.

As I mentioned at the beginning of this email, the key is to remain positive while staying vigilant. Do all of the things you would normally do during the flu season to stay healthy. Please know that I am here for you whenever you might need me!

In Love and Light,

Rev. Marjorie

fpsudbury.org • meetinghousesudbury.org • office@fpsudbury.org

978.443.2043



First Parish of Sudbury | 327 Concord Road, Sudbury, MA 01776 Ph: 978-443-2043.

Unsubscribe_jch@jch.com

[Update Profile](#) | [About Constant Contact](#)

Sent by office@fpsudbury.org in collaboration with



Try email marketing for free today!

