

RE: COVID-19 (Fifth Update from Faith Elders)  
Date: March 19, 2020

Dear Faith Family and Friends

We want to reiterate that **all in-person meetings have stopped. However, faith family will continue “church” through online meetings, email updates, texts, and phone calls.**

We pray you are doing well. In this update, we want to encourage you to **take care of yourself, family, faith family, and our world** by doing the following. Remember, “*we are all in this together.*”

## **PHYSICALLY**

*Immediately and continually do the following.*

- 1. HANDS** (wash them often and well with soap)
- 2. SOCIAL DISTANCING** (3-6 feet from people outside of your home and avoid crowds)
- 3. FEELING SICK** (if you have fever, cough, and difficulty breathing, stay home, goto <https://www.ontario.ca/coronavirus> or call 1-866-797-0000, Telehealth Ontario)
- 4. SUPPLIES** (looking ahead, consider purchasing a little extra medicine, food, and other household items.<sup>1</sup>)

## **MENTALLY/EMOTIONALLY**

*Do not ignore what you or others are thinking and feeling.*

- 1. PRAY** (talk to God, who is Sovereign)
- 2. SPEAK** (to family members about how everyone is doing, ask especially your children)
- 3. REACH OUT** (call someone outside of your family to connect)
- 4. WALK** (especially for those who are staying and/or working from home, get some fresh air)

*If you feel anxious and need to speak with someone immediately, please call pastor Sean*

*And/or if you want to read something to better understand anxiety, a small booklet called “Overcoming Anxiety” by David Powlison is available on our website [www.faithfamily.ca/overcome](http://www.faithfamily.ca/overcome) (pdf version is provided with permission from publisher).*

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<sup>1</sup> How much? That must be decided at your comfort level. But, plan ahead.

## **SPIRITUALLY**

*Let us continually grow.*

- 1. WORSHIP** (participate in our online Faith Family Sunday Worship)<sup>2</sup>
- 2. DEVOTIONAL** (do not stop, or what a great time to start)<sup>3</sup>
- 3. SMALL GROUP** (leaders are organizing online opportunities - more info soon)
- 4. SERVE** (this is not time to shrink back in loving God's people and God's world)<sup>4</sup>

Faith family and friends, ...

We were not meant to just make it through the day or this crisis.  
We were not meant to be shackled by anxiety, worry, and fear.

NO! We were meant for so much more.

We were meant to have life and to have it more abundantly. That is the promise.  
We were meant to know God and to make him known. That is the command.

Again, we love you very much. We will speak soon.

Elders of Faith Church

Sean Huh  
Will Shin  
Wayne Shin

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<sup>2</sup> Sunday worship details and reminder will be sent out to everyone.

<sup>3</sup> There are wonderful devotional resources, but the best is still read the Bible and pray.

<sup>4</sup> Find ways to serve, especially elderly you know in your life and in your neighbourhood.