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All:

Recently, Gov. Mike DeWine issued directions regarding the public assemblies within the state to help avoid the spreading of the COVID-19 virus. These directions exclude religious gatherings. The shepherds discussed the impact of the virus upon the Kettering congregation and we would like for everyone to carefully consider this guidance for this Sunday and the next few weeks. We fully understand your commitment and desire to worship each time we assemble in God's presence. In no way do we want to discourage anyone from worship however we believe it prudent to consider the following:

We ask that you stay at home Sunday if ...

- You have a cold (possibly you could have the virus and be contagious).
- You have sniffles and coughs.
- Your respiratory health is compromised.
- You have issues with your immune system.
- You are elderly. This is for your health protection. We don't want you out and possibly get infected in public places.

This virus is serious and is much more dangerous than the common flu. One doctor reports that "influenza tends to cause much more body pain and the COVID-19 virus tends to feel much more like the common cold with fever, cough, runny nose, and diarrhea. However, in a small portion of the population with either COVID-19 or influenza, symptoms progress to kidney failure and respiratory failure."

Bro. Max Dawson recently sent along an email with these recommendations that we felt were good to pass along. Here are some common sense things to do in response to the current health concern:

1. Get advice from trusted sources. Multiple sources are promoting fear and rumors. CDC.gov is a reliable site that is regularly updated with latest news and advice.

SHEPHERDS:

Rich Walker • George Wacks • Russ Robins

MINISTERS:

Matthew Allen • Cain Atkinson

2. Don't over react. Plenty of people are already doing that. We are not all going to die.
3. Don't under react. You help no one by acting like the coronavirus is nothing.
4. If you are sick, stay home (from school, work, church, etc.). Don't make others sick.
5. Cover coughs and sneezes. Use a tissue if you can, then flush it in the toilet.
6. Wash your hands regularly. Especially after using the bathroom, before eating, etc.
7. Use hand sanitizer. This is especially important if you can't wash your hands.
8. Keep your environment clean. Routinely clean surfaces and door knobs.

If you stay home, you can join us on Facebook live as we will be broadcasting our services. Our webcast on Facebook can be found at [facebook.com/ketteringchurch](https://www.facebook.com/ketteringchurch).

Also, we have asked Bro. Mark Ringle to address the congregation after closing announcements this Sunday to briefly speak about the virus and what we can do to prevent any respiratory disease caused by a novel (new) coronavirus.

Above all, trust in the Lord. Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you, Isaiah 41.10, 13.

For His Service,

Rich, Russ, & George