

UPDATE: CORONAVIRUS (COVID-19)

Amidst concerns surrounding the coronavirus (COVID-19), we want to let you know how Unity of Gaithersburg is responding.

We are carefully and continually monitoring this situation as we follow the direction of experts in science and local authorities in how to deal with the situation. We are committed to doing everything we can to provide a safe environment for our spiritual community and surrounding Gaithersburg community.

IS UNITY OF GAITHERSBURG GATHERING THIS SUNDAY?

NO. We will not gather for Sunday Celebration service on March 15 or Sunday, March 22. We will let you know if Sunday Celebration will be held on Sunday, March 29, after accessing the status of the virus in our community. Please check our website for the latest updates. We encourage you to tune in to our YouTube channel as our Sunday Celebration services will be broadcast online. Here is the link: <https://www.youtube.com/channel/UCcAK0-BHPINqXGulkuOjJcg/live>

IS UNITY OF GAITHERSBURG OPEN ON WEEKDAYS?

All weekday group activities at Unity of Gaithersburg are cancelled through Friday, March 27.

WHAT PRECAUTIONS CAN PEOPLE TAKE AT THIS TIME?

We encourage everyone to take specific steps to protect themselves and others from the coronavirus, flu, and other illnesses, including:

- Frequently washing your hands with soap and water for at least 20 seconds;

- Using hand sanitizer when soap and water is not available;
- Not touching your eyes, nose, or mouth with unwashed hands;
- Avoiding close contact with people who are ill;
- Staying home if you are ill;
- Cough or sneeze in your bent elbow or tissue;
- Disinfecting objects and surfaces regularly.

HOW CAN I BETTER UNDERSTAND THE CORONAVIRUS (COVID-19)?

Coronavirus is a type of virus that causes respiratory illness — an infection of the airways and lungs. COVID-19 is a new strain of coronavirus. It is part of the same family of coronaviruses that includes the common cold. The coronavirus outbreak was first identified in Wuhan, China, in December 2019. Since then, the virus has spread to other countries.

The most common early symptoms appear between 2 and 14 days after infection. Symptoms can be mild to severe. They include fever, cough, and shortness of breath. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention. Like many other viruses, the coronavirus (COVID-19) seems to spread from person-to-person through a cough, sneeze, or kiss.

As new developments unfold, the Center for Disease Control and Prevention (CDC) will update their website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus). You can also find more information from the [World Health Organization](https://www.who.int).

HOW SHOULD I RESPOND SPIRITUALLY TO THE CORONAVIRUS (COVID-19)?

- In the midst of this virus out-picturing, we hold steadfast to the truth that we know: The inherent nature of our world and each other is Wholeness, Infinite Life and Love. We lift each other and those who are

ill in the light of this knowing. We lift in Infinite Wisdom and Strength the medical staff who are supporting those who are ill, along with the researchers and scientists who are working diligently to contain and eliminate this virus.

- We release fear and any panic and instead put our faith and trust in Infinite Life and Wisdom fully expressing. We hold spiritual truth and see ourselves completely infilled and surrounded in healing light, and at the same time, wash our hands and take the external precautions given to us. This allows for any gaps in consciousness we might experience in our humanness!
- We continually look for opportunities to love and lift up others.
- In light of the origination of this virus in Asia, it has been hurtful to see a rise in racist incidents against the Asian community. So just as we do in any circumstance, we open our hearts to love and oneness and release any tendency toward prejudice or racism in thoughts, words, and actions.
- Even when we are unable to gather at certain times, stay closely connected to each other through prayer, text, email and phone and participate in Sunday Celebration services online.
- Continue to faithfully give financial offerings online [HERE](#) or by mail so that our ministry thrives all the more in the midst of these times.
- Remember to reflect often on the beauty of life and how much we have to be grateful for each and every day. Stay steadfast in your knowing. Take care of each other.

Bless you all!

(Adapted from McLean Bible Church)