

## Contact

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**Web Page:** [sidneyadventist.ca](http://sidneyadventist.ca)

**Facebook:** [Rest Haven SDA Church](https://www.facebook.com/RestHavenSDAChurch)

**Twitter:** [twitter.com/resthavenchurch](https://twitter.com/resthavenchurch)

**Livestream:** [livestream.com/resthaven](https://livestream.com/resthaven)

**WIFI Password:** Resthaven!

## June Birthdays

**2 Stephanie Sutherland 16 Erin Sutherland**  
**3 Brian Allen 20 Darlene Wyness**  
**3 Brent Kettner 21 Shirley Oakley**  
**15 Geoff Manzon**

Sunset next week - 9:10

# Rest Haven Seventh-day Adventist Church May 30, 2020 Announcements

**To join us on Zoom you will need a computer with a camera, microphone and speakers. It will also work with Ipads or Androids, but you will have to download an app. For both, Apple and Android, the app is called: Zoom Cloud.**

**To join our Sabbath School 10:00 AM** you will need to click on the link <https://zoom.us/j/130969938> if you are asked for a meeting ID, here is the number: 130 969 938

**We are joining forces and resources with the Victoria church** and presenting a combined worship service. Join us for the at 12:00 PM. Here is the link: [https://www.youtube.com/channel/UCAH9yja2dgbM4J\\_RFisWGFg](https://www.youtube.com/channel/UCAH9yja2dgbM4J_RFisWGFg) Speaker Jose Cua

**There will be a Church Board Meeting** on Tuesday evening at 7:00 PM to discuss the "relocating" of the church. Here is the link for you to attend the meeting: <https://zoom.us/j/95134889263>  
Meeting ID: 951 3488 9263

**Prayer meeting will be on Wednesday evening starting at 7 PM.** Here it is the link: <https://zoom.us/j/725970083>

## Treasurer's Corner

**April 2020**  
**Offerings 5,767.50**  
**Expenses 7,028.64**  
**Deficit -1,261.14**

## Prayer Requests:

Pray for all of our church members that have to continue to work during this time.

Pray for all of our schools that are teaching on line during this time. There are many challenges for the teachers and students.

Pray for those who can not work and their income has stopped.

Pray for all of our families and their children that live in area's that have a lot of the virus.

Pray for the "Discover Bible School".

**If you want to donate your tithe and offerings,** you can do so through our church website. <https://www.sidneyadventist.ca>

**If you are not able to donate online, then you can send us your donations to:** Rest Haven SDA Church, PO Box 2126 STN Main, Sidney BC V8L 3S6  
**The offering this week is for Canadian French Ministries**

## Restart Plan For BC Conference Churches

The BC Conference will implement Phase 2 of the BC Restart Plan June 1, 2020. We endeavor to support clergy, workers, members, families and visitors in staying safe and healthy as we enter into the "New Normal." The challenge for all church members and friends will be to modify behaviours and implement protective measures to allow for greater interactions without putting the health of our loved ones at risk.

No gatherings or events of more than 50 people may take place. If you are planning a smaller event, it is important to ensure that physical distancing is possible – so people are able to maintain at least two metres (or 6 feet) between them at all times.

1. Church Services may continue as long as each event is set up for safety and has a written plan to keep people safe. Here are the risk-reduction measures to be implemented:

a. A group no greater than 50 people may congregate in one place.

b. Practice 6-foot physical distancing (including Praise team), including entering and exiting the church, going to and from the platform, etc.

- c. Wash your hands regularly and avoid touching your face. This is the most important COVID-19 preventions.
- d. Wash hands with plain soap and water OR an alcohol-based hand sanitizer (with a minimum of 60% alcohol content), before and after services, meetings, or events.
- e. Encourage members to greet each other with a smile and wave, as opposed to any direct person-to-person contact.
- f. Inform those over age 60, those having compromised immune systems, or underlying chronic medical conditions to take extra precautions.
- g. Cover your mouth and nose with your elbow when coughing or sneezing and avoid others who are unwell. Cough into your elbow or use a tissue to avoid coughing or sneezing into either your hands or into the air. Dispose of used tissues right away into an appropriate receptacle and immediately wash your hands.
- h. Hand shaking or hugs are not permitted
- i. Families from the same household can sit together.
- j. Fellowship meals, buffets, potlucks, or sharing of food or utensils are not permitted. Eating pre-packaged meals is permitted.**
- k. Recommended: Have dedicated “Entrance Only” and “Exit Only” doors.
- l. Household units may stay together.
- m. Communion services are not permitted. (Virtual Communion Services are encouraged)
- n. Remind members to stay at home if any of their direct family members (or people they have regular contact with) are unwell.
- o. When the offering is taken, all those who handle cash or coins must wash their hands frequently with soap and water. There is currently no evidence that COVID-19 can be passed on to others by touching or handling cash.
- p. Ideas:
  - i. Put offerings in a basket or baskets near exits.
  - ii. Hold services outdoors with groups no greater than 50, still with physical distancing of six feet.

- iii. Check with local authorities about meeting outdoors.
- iv. Have a reservation system so you know how many people are coming to church.
- v. Alternate Sabbaths: half the congregation comes on first and third Sabbaths; the other half comes on second and fourth Sabbaths.
- vi. For churches larger than 50 people in attendance have two services each Sabbath.
- vii. Have a person designated as a counter stationed at door (perhaps a deacon) counting the number of people entering the Church.
- viii. Could also have someone at the church entrance asking if the individuals have recently travelled and whether or not they have any symptoms.
- ix. Close off every second pew with ribbons or tape. If this does not allow for a six foot distance, close off two of every three pews.
- x. Present children’s stories with children remaining with their families.
- xi. Leave room for visitors

## 2. Non-Medical Masks or Face Covering

- a. Dr. Bonnie Henry, Provincial Health Officer, May 21, 2020: “With respect to masks, I don’t expect to make them a requirement in any settings.” Wearing a mask is an “additional layer [of protection] in some situations. . . particularly in enclosed or crowded settings where you might be indoors . . . where you may not be able to always maintain that [six foot] distance.”
- b. Recommended: In situations where reasonable physical distancing cannot be consistently maintained, and engineering controls are not available (e.g. plexiglass barriers). Since physical distancing is required at all church settings, masks are, therefore, not required.

## 3. Cleaning and Washroom Rules:

- a. Ensure increased cleaning throughout the day when in use. Clean and disinfect frequently touched surfaces such as doorknobs, countertops, bathrooms and other surfaces at least once a day. Regular household

- cleaning products are effective at eliminating COVID-19. Follow the directions on the product label.
- b. Place sanitizers at building entrances.
- c. Provide COVID-19 prevention supplies during services or events, such as plain soap, hand sanitizer that contains at least 60% alcohol, tissues, and wastebaskets.
- d. Ensure the washrooms are always well stocked with liquid soap and paper towels and that warm running water is available. Antibacterial soap is not required to prevent the spread of COVID-19.
- e. People must still stay six feet apart in washrooms, or one person (or members of one household) may be in the washroom at any one time.
- f. Have paper towels to open door with garbage can by door.
- g. Idea: Keep washroom doors open where possible.

## 4. Posters: Post BC Centre for Disease Control (BCCDC) posters on church doors (and bulletin boards where possible):

- a. In bathrooms and on bulletin boards:
  - i. <http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>
- b. On entrance doors and on bulletin boards (where possible):
  - i. [http://www.bccdc.ca/Health-Info-Site/Documents/COVID19\\_DoNotEnterPoster.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf)
- c. On entrance doors and on bulletin boards (where possible):
  - i. [http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_PhysicalDistancingPoster.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf)
- d. In bathrooms:
  - i. [http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_Handwashing%20Poster\\_MD%20offices.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf)

## 5. Vote this Restart Plan, or one with local needed additions, at your next church board meeting.