

Covid 19 Requirements

Our Church Covid 19 protocols follow requirements made in consultation with Premier John Horgan, Minister Adrian Dix and Dr. Bonnie Henry.

- No more than 50 people are permitted to gather at any one time. At this time church members who do not have access to the internet are attending. If you feel that social distancing is having a negative impact on your mental health you can attend services.
- All people attending must provide their names and contact information. This list will be released to Interior Health if anyone visiting the church develops symptoms. This will allow contact tracing should it be needed.
- You should not come in if you have a cough, or are feeling sick, have traveled out of the country in the last 14 days or have been in contact with someone with Covid in the last 14 days.
- There will be no singing during the service because this is one of the ways super spreading of the virus occurs. Our music director plays exceptional music and you are encouraged to make silent music with your hearts.
- You can enter the church by the back door. Masks and hand sanitizers are available. Our local church leaders have decided people must wear masks when entering and leaving or if you are less than 2 meters away from another person.
- Our services are being live streamed and beginning on August 30th you will be able to access the service through our church website:
<http://godshouse.ca/>
- Social contact is essential to mental and spiritual health. We encourage you to have frequent phone contact with church members and elders. You can also attend our prayer group Wednesdays at 7:00. The group is small in number and maintains social distancing. You do not need to pray out loud. Praying silently with your heart releases the flow of healthy hormones and neuro-transmitters which reduces the negative mental health effects of social distancing.