

Returning to Worship at St. Paul, Sunday June 7, (8am & 10:30am)

- If you, or someone in your household would be considered “high-risk” for complications related to COVID-19, please be safe and stay home. Or, if you are not feeling well, or if someone in your household is not feeling well, please be considerate of others and be safe and stay home. Included with this packet is a current description of “high-risk” categories.
- Recommend wearing a face covering/mask.
- Maintain social distancing (6-feet or more from others and no handshakes/hugs/etc.)
- Entering:
 - Sanitize your hands as you arrive please.
- Bulletin:
 - Pick up a bulletin at the table near the Welcome Center.
 - It is yours to keep! It contains the entire service including readings and hymns.
- Offering
 - Continue to make use of automatic giving via your bank or our website.
 - If you have brought your offering with you, place it in the basket as you pick up your bulletin.
- Seating
 - Every-other pew has been sectioned off. They have also been sanitized between services.
 - Please sit as a family unit with appropriate social distance between your family and others.
 - If we reach capacity in the sanctuary, we will provide additional seating in the Narthex and Fellowship Hall.
- Communion
 - Pastor and an assistant will have just washed their hands and will be wearing masks and gloves.
 - Ushers will dismiss one family unit at a time to come forward and receive communion.
 - Communion will be received standing at the bottom of the steps, as we have done from time to time.
 - Place your hand out flat so that Pastor can place the Body of Christ into your palm.
 - Then, you take an individual cup from the tray.
 - Place the empty cup into the basket and utilize the hand sanitizer provided, if you desire.
 - Return to your seat via the narthex around to the back of the sanctuary (instead of the side aisles).
- Leaving
 - Ushers will dismiss pews beginning at the back of the sanctuary.
 - Please limit your lingering in the Fellowship Hall but rather make your way directly to the parking lot.
 - You are welcome to remain outside to greet one another. Please continue to observe appropriate social distancing.

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact and stay at least 6 feet (about 2 arms' length) from other people.



Clean and disinfect frequently touched surfaces.



Cover your mouth and nose with a cloth face cover when around others.



Cover coughs and sneezes.

Call your healthcare provider if you are sick.

For more information on steps you can take to protect yourself, see CDC's webpage on [How to Protect Yourself](#)



cdc.gov/coronavirus