

Worship Wellness Checklist

As you prepare your mind and spirit for worship Sunday morning, take a few minutes to assess your physical wellbeing. In this way we can offer our bodies as living sacrifices, holy and pleasing to God (Romans 12).

Have any of your family members experienced any of the following symptoms in the 24 hours preceding service? (unrelated to seasonal allergies, asthma, or a chronic condition)

- Fever
- Cough
- Shortness of breath
- Loss of taste or smell
- GI symptoms (vomit, nausea, or diarrhea)
- Chills
- Headache
- Muscle pain
- Sore throat
- Fatigue
- Congestion or runny nose

If any of your family members have experienced any of these symptoms in the 24 hours preceding service or have been in contact with someone with a confirmed case of COVID-19 in the last 14 days, please join the congregation for classes via Zoom or worship via livestream. Also, reach out to the shepherds and deacons so they can pray for you and help you in any way they can.