



**Do No Harm.**  
**Do Good.**  
**Stay in Love with God.**

As we phase into in-person worship & ministry, we call on John Wesley's "3 General Rules" to undergird our direction.

*These guidelines will be reviewed regularly and revised based on updated information. As we move through reopen launch phases, new guidelines will be communicated*

Dear CPUMC Members and Visitors,

We hope this email finds you well. We have missed seeing each and every one of you during our Sunday worship services and throughout the week at all of our events and small groups. We know that this time has been challenging in one way or another for most people and full of uncertainty for everyone.

We value community as a fundamental human need and as a crucial dimension in ongoing spiritual formation and growth into the likeness of Christ. Therefore, we continue to **find new ways of cultivating community and deepening our spiritual life** (Romans 12:2).

Our mission is grounded in the great commandment: "You shall love the Lord your God with all your heart, and with all your mind and with all your strength...You shall love your neighbor as yourself" (Mark 12:30-31). Jesus (and Wesley) put an emphasis on physical health, healing people wherever he went. Therefore, we value healing and wholeness for all. Jesus paid special attention to the marginalized and the vulnerable. We must hold to practices that prioritize the most vulnerable, in this case, those over age 65 and those with underlying health conditions.

**Our mission has not changed** (Matthew 28: 16-20). We are called to make disciples of Jesus Christ for the transformation of the world. This is still happening as we continue to find new ways to worship, connect, grow, serve and give in the age of COVID-19.

With that being said, I am cautiously excited to announce the reopening of CPUMC for in-person services on June 21st for both our **10am and 5:30pm Anthem** service. I say

*cautiously* because our reopening will look and feel different due the changes we put in place to protect the health and safety of our community. The safety protocols and procedures being implemented stem from the wisdom of science, medicine, and research and reflect input from the Florida Conference Re-Launch Task Force and our church membership.

I say *excited* because I cannot wait to see your faces and to worship with you in the same physical space. Never have I appreciated the powerful impact that the presence of others has on my worship than I do now. However, with this freedom of in-person worship comes some important choices in light of you and your family's personal safety needs and compatibility with the procedures.

In preparation for opening, we have cleaned and sanitized our entire facility. The church staff and leadership team have been working hard to ensure that we are prepared to return to in-person worship safely. Thank you for your understanding and patience as we walk together through these unprecedented times. Our highest priority is to keep our community healthy and safe. We are excited to see you but we are also cautious.

1. All attendees will be **required to wear a mask**, which covers nose and mouth, while inside any building at CPUMC. This requirement extends to all children attending service over the age of 2. Masks will be available for those who arrive without one (please see materials below for additional information on the use of masks in prevention of contamination).
2. **If you are experiencing any of the following symptoms, please stay home:**
  - Fever >100 F or Chills
  - Cough
  - Shortness of breath or Difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or Runny nose
  - Nausea or Vomiting
  - Diarrhea
  - Sore throat
  - Any recent unprotected contact with a known + COVID-19 patient
3. **Children's Sunday School and Nursery/childcare is suspended.** All children will attend worship in the sanctuary with their family.
4. Adult Sunday School and small groups are suspended until further notice.
5. **No paper bulletins or handouts.** You can find the Church Bulletin on our website as well as scrolling on the screens prior to service.
6. Individuals and family groups need to maintain a **6 foot distance** from others at all times. This includes entering and exiting the service as well as seating.
7. **Seating within each section will be pre-set** to reflect social distancing. We ask that you do not move chairs. Please select a seating unit that reflects the number of persons in your group. If you have a large or able bodied group please utilize the balcony.

8. **Seating will be limited** due to occupancy restrictions at 20% capacity.
9. **The sanctuary restrooms will be closed.** In the event there is an emergency, the courtyard restrooms will be open. Please be advised that we cannot disinfect between each use therefore you risk exposure to COVID-19 in the event the restroom has been infected since the last cleaning.
10. We will not be passing the **offering basket**. Please sign up for online giving at [cpumc.org/ways-to-give](http://cpumc.org/ways-to-give), paypal us at [paypal.me/cpumc](https://paypal.me/cpumc) or drop your check in the offering lock box stand in the narthex. Envelopes will be available at the narthex table.
11. **There will be no congregational singing.** Unfortunately singing expels great amounts of virus and if a person is unknowingly infected with COVID-19 they would certainly infect many in the sanctuary (please see materials below for additional information on singing and contamination rates).
12. The **doors will be propped open** to reduce high traffic touch zones. Please do not try to shut the doors.
13. **The coffee/snack station has been eliminated.**
14. **All services will continue to be streamed live online** and available on video replay.
15. We will serve communion in single serve portions on the first Sundays for 10am service and each Sunday during Anthem at 5:30pm.

### **Who Should Attend In-Person Worship Services?**

Congregants meeting the following criteria are recommended to attend in-person worship:

- People who are well (no recent contact with infected persons, not exhibiting flu-like symptoms)
- Clergy, worship team (technical and performing,) lay leaders, staff
- People who cannot attend online
- People who feel it is the right time for themselves or their family

I encourage you to prayerfully consider when it is the right time for you (and your family) to return to in-person service. Many individuals and families may decide that it is best to continue to join us via online for the time being and that is okay. The most important thing to remain connected to the church and to each other.

In His Love,

Merrill Frailey, Senior Pastor  
Craig Willson, Associate Pastor  
Wendy Carr, Office Administrator  
Suzan Pruter, Finance Committee Chair  
Mike Shortt, Facilities Manager  
Skye Chen, MD

**Please visit the websites below for information on how we've made our decisions:**

**On Singing:**

CDC: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6919e6.htm>

Nature.com article: <https://www.nature.com/articles/s41598-019-38808-z>

Webinar from National Association of Teachers of Singing:

<https://www.youtube.com/watch?v=DFI3GsVzj6Q&feature=youtu.be&app=desktop>

Shorter edited version of same webinar: <https://www.youtube.com/user/OfficialNATS>

Link to PDF and PowerPoints shared during webinar:

[https://www.nats.org/cgi/page.cgi/\\_article.html/Featured\\_Stories\\_/NATS\\_COVID\\_Resources\\_Page](https://www.nats.org/cgi/page.cgi/_article.html/Featured_Stories_/NATS_COVID_Resources_Page)

Article about the panel from NATS, ACDA, Chorus America, etc:

<https://www.middleclassartist.com/post/nats-panel-of-experts-lays-out-sobering-future-for-singer-s-no-vaccine-no-safe-public-singing>

Also note that the CDC original guidance for faith communities included these phrases: "recommendations that religious communities consider suspending or at least decreasing use of choir/musical ensembles and congregant singing, chanting, or reciting during services or other programming, if appropriate within the faith tradition." This was later redacted but with no scientific evidence as to why.

Why the church is a risky place:

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6920e2.htm>

**On Masks:**

Youtube from former head of infectious disease at UF:

<https://www.youtube.com/watch?v=OsymMAvEBGU>

<https://www.preprints.org/manuscript/202004.0203/v2>

Includes references about masks and the need for a new culture:

<https://www.newyorker.com/science/medical-dispatch/amid-the-coronavirus-crisis-a-regimen-for-reentry>

Letter from 100 prominent academics:

<https://masks4all.co/letter-over-100-prominent-health-experts-call-for-cloth-mask-requirements/>

How the virus spreads:

Youtube from former head of infectious disease at UF:

<https://www.youtube.com/watch?v=eQ6fjblhMhl>

On how to reduce the spread by wearing masks and contact tracing:

<https://arxiv.org/abs/2003.07353>