

A Positive Path for Spiritual Living

Our COVID-19 policies are intended for everyone's well-being. They were drafted by the elected Board of Trustees with the help of advisors. They follow the most current data and recommendations of the Contra Costa County health department and were created through prayerful consideration and discussion. There is a special prayer at the end of this document.

COVID POLICY as of 12/21/22

- **Vaccination** - Whether vaccinated or unvaccinated, all are welcome to attend in-person events, classes and services at Unity of Walnut Creek.
- **Masks** – Masks are optional indoors and outdoors at Unity. They are available along with hand sanitizer at both entrances to the Sanctuary.

FREQUENTLY ASKED QUESTIONS

1. What do I need to plan for to attend an in-person event, class or service?

- Please educate yourself about COVID-19 safety protocols, best practices and guidelines.

2. What if I feel sick?

- Please stay home and check with your doctor or an advice nurse regarding the symptoms you are experiencing.
- You may be asked to take a COVID-19 test. If you test positive, you will be instructed to quarantine for the current recommended duration. Please wait to return to the Unity campus until after you've completed the quarantine time, tested negative and are no longer experiencing symptoms.

3. What do I need to do while I am attending an in-person service, class or event?

- Consider wearing a mask for the safety of others.
- Request a 'seat sign' if you'd like to create more empty space around your seat.
- Wash your hands and use hand sanitizer. Sanitizer is available at the entrance to the sanctuary and outside the bookstore.

4. Will we be able to hug friends?

- We welcome you to socialize on the patio after service or visit the bookstore. Be considerate of others and ask before shaking hands or embracing them in a hug. Namaste bows, elbow bumps and fist bumps are all suitable substitutes!

5. Where do I find the most up-to-date information regarding services, classes and events?

- Please check the website for up-to-date information at www.unityofwalnutcreek.org.
- You may also enroll in the *Centerpoint Weekly* e-newsletter at the bottom righthand side of the homepage.
- Use your smart phone to scan the new QR code found on the poster at the entrance to the sanctuary and around campus. Open your camera app, hover over the code and then click the pop-up. Your phone will open to the complete event listing on the website. (This works the same way as a QR code menu at restaurants).
- Members are also sent periodic update emails.

6. What can I get up to date local information on COVID-19?

- We recommend visiting the site below for local information:
<https://www.contracosta.ca.gov/7766/COVID-19-Information>

7. What are the recommended health practices for COVID-19?

1. Prayer and meditation
2. Healthy habits (exercise, eating healthy, sleeping well, etc.)
3. Vaccinations and booster shots
4. Wearing a mask
5. Frequent hand washing

14. Who do I contact if I have specific questions or need more information?

- Please contact Felicia McBarton in the UWC office at 925-937-2191 or send an email to office@unityofwalnutcreek.org.

15. What if I need support?

- You can call the Unity office at 925-937-2191 or send an email to office@unityofwalnutcreek.org.
- Prayer chaplains are available for prayer support at <https://www.unityofwalnutcreek.org/prayer-request>

AFFIRMATIVE PRAYER

This pandemic, while bringing heartache and adversity in its wake, also serves as a teacher. I open my heart to feel what is real and true emotionally and to receive the lessons and blessings – even if they are concealed from me at this moment. I know that good is found in every challenge and spiritual growth comes when I engage the opportunity before me.

I affirm health, well-being, and wholeness for myself, my family, community and world. Awareness is growing as we all remember who we are as Divine beings. We are learning, growing, healing together. We are learning to slow down and care for each other. We are remembering our Oneness. We are one with Spirit, with our human family, and one with all life.

I affirm, I remember, I slow down, and take care. I contribute to the completed cycle of this virus – and the ongoing well-being of all life. And so it is!