

A Positive Path for Spiritual Living

These Covid-19 policies are intended for everyone's well-being. They are set by the elected Board of Trustees with the help of advisors and are made through prayerful consideration, discussion, and follow the most current data and recommendations of our county health department. You will find a prayer at the end of this document.

Vaccination Policy

- Whether vaccinated or unvaccinated, you are welcome to attend any in-person events, classes or services held at Unity of Walnut Creek.
- Singers/wind instrument players are required to be vaccinated and to test negative within days of their performance.¹
- Speakers are required to be vaccinated in order to unmask on the Sanctuary platform.
- COVID-19 vaccinations are recommended by the Contra Costa County health department, the Centers for Disease Control and Prevention (CDC), and most healthcare professionals.

Masking Policy, Beginning Monday April 4, 2022

- Masks are recommended but will be optional indoors for the 9:30 AM and 11:30 AM Sunday Services in the Sanctuary.
 - Speakers must be vaccinated to speak from the platform.
 - Guests called up to the platform must be vaccinated or wear a mask.
 - Singers and wind instrument players are allowed perform as long as they are vaccinated and have tested negative within a few days of their sharing¹.
 - Please wear your mask properly – over your nose and under your chin.
- Masks will be required ***while singing indoors*** for those in the congregation who wish to sing along with the music.
- Children masking will be optional. Teachers and their care givers will still need to be vaccinated.
- We will not be conducting a greet your neighbor time during the service and discourage handholding with non-household members during the Peace Song.

¹ We request any members with spare rapid Covid-19 tests kits donated them to UWC so they are available on a "just in case" basis so that music for that particular service can proceed as scheduled.

UNITY'S COVID POLICIES, FAQ's & PRAYER

- Masking is optional for all other indoor gatherings of groups, classes, and events in all indoor spaces at Unity.
- Our Lessee (tenant school) will be permitted to make masking decisions for themselves in accordance with their contract.
- Masks are optional outside.
- Our Lessee (Sonder Creek Academy) will be permitted to make masking decisions for themselves in accordance with their contract.

Community Building Food Policy (Beginning Monday April 4, 2022)

- The Kitchen will be open for food preparation for the community and events and serving allowed both indoors and outdoors.
 - Careful cleaning of all touched surfaces is required at the end of any events with approved disinfectant wipes or solutions.

Physical Distancing Policy

- Speakers are distanced 6' from the audience while singers/wind instrument players are distanced 12' from the audience. Ribboned areas are present in the Sanctuary to create this seating distance.
- While physical distancing from other participants is not required, signs are available to create more space around your seating area during services, classes, and events as desired. Please see an usher for a sign.

FREQUENTLY ASKED QUESTIONS

- *We are a loving, inclusive community, expanding and living our Divinity, in sacred service for all.*

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

- Educate yourself about COVID-19 and best practices, safety protocols and guidelines.
- Plan to bring a mask. N95 masks have proven to be the most effective, KN95 are second best, and cloth masks third. Gator type masks and scarves are not recommended. Disposable masks are available at Unity if you forget to bring your own.

2. What if I feel sick?

- Please stay home and check in with your doctor or an advice nurse regarding the symptoms you are experiencing.
- You may be directed to have a COVID-19 test. If you test positive, you will be asked to quarantine for at least five days. Please wait to return to campus until 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?

- Wearing a mask at all times while inside will be optional beginning Monday April 4, 2022, except for when singing indoors for those in the congregation. Note: If you happen to forget your mask, and wish to wear one, we have one available for you.
- Wash your hands and use hand sanitizer. We encourage you to bring your own hand sanitizer and it is also available at the entrance to the Sanctuary and always outside the bookstore.
- Request a distance seat sign from an usher if you'd like to create more physical space around you.

4. Will we be able to hug friends?

Please ask others before hugging or shaking hands in consideration of comfort levels. Namaste bows and elbow bumps work too! When in doubt, be more conservative in your greeting. Currently, we are not having a greet your neighbor time during the service and discourage handholding with non-household members during the Peace Song. We welcome you to socialize on the patio after service or visit our bookstore.

5. Why are we not singing during services?

Because COVID-19 is airborne, singing indoors is one of the activities that cause the greatest spread of infection. Many of us love music and love singing. Beginning Monday April 4, 2022, congregational singing indoors will be allowed if you are masked. Otherwise, let's focus on the good and celebrate that we have live music back and hum along for now.

6. What if someone at the campus refuses to wear a mask while singing indoors. the congregation – or wears it improperly? Who do I talk to or what can I do?

You may gently remind the person of the precautions or communicate the situation to a staff member or a volunteer working the event, class, or service. If you are not

comfortable initiating a conversation, a volunteer or staff member will have a conversation with the person or people involved.

7. 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 our 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.

8. How are the county, state, and CDC, involved in decision making?

These sources provide the foundational information for our decisions, as they are based in science, and provide guidance for the safest scenarios for all involved.

9. Why wear a mask?

For preventative purposes. COVID-19 is transmitted through droplets in the air and masks have been proven to minimize transmission. Beginning Monday April 4, 2022, Masks are recommended, but will be optional indoors.

10. What are some helpful internet links to help me educate myself on COVID-19 guidelines?

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

11. 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

13. Where do I get vaccinated and tested for COVID-19?

We encourage you to talk with your doctor and to educate yourself about COVID-19. Below is information from the Contra Costa County Health Department. We also encourage you to research other reputable sites on the internet.

Testing

<https://www.coronavirus.cchealth.org/get-tested>

Vaccinations

<https://www.coronavirus.cchealth.org/vaccine>

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

Feel free to contact Felicia McBarton in the UWC office:

(925) 937-2191 office@unityofwalnutcreek.org

15. What if I need support? Who can I talk with?

- Please call (925.937-2191) or email (office@unityofwalnutcreek.org)

the UWC office.

- Prayer chaplains are also available for support.

<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!