

Dearly Beloved Constantia Park Baptist Church,

Just a few measures to keep in mind in the two categories of combatting the Covid-19 flu virus (which measures are Social Distancing and Personal Hygiene. And remember each has various levels):

In compliance with the Government's declaration of a State of Emergency, and the, by now, well-known "Lockdown" requirements, we are not able to continue with our customary Lord's Day public worship services, nor other public gatherings. Instead, we shall be live-streaming services here on our website at 10:00 and 18:00 each Lord's Day.

We encourage you to maintain the blessed practice of getting ready for, and going to public worship. I shall be appropriately dressed (with bow-tie 😊) for each service. The words to the hymns that we shall sing will also appear on the website.

We are not only fighting a plague pandemic, but also a panic pandemic. We need to fight both. Here, in our best judgement, are 12 protocols, for now, to follow in doing so:

1. Everybody remain calm.
2. Be faithful in participating in the live-streamed services.
3. If you feel sick, please see a doctor and inform pastor Willem.
4. If you fall in the high-risk category (over 70, or you have an underlying medical condition), be especially careful.
5. If you have recently been to a high or higher risk area outside of the country, please abide by the self-quarantine protocols of the Department of Health. You can find them on their website (link on this we site as per requirement of latest Government Gazette).
6. Spend time together as families. Use social media to reach out to the lonely ones, within prudent and temperate limits.
7. When you go to the shops for essential things, be cordial to everyone. Especially thank the cash register attendants, security personnel, etc. for being there for us. Ask them how their families are doing. "Tip" liberally those who guard your cars.
8. Sanitise your hands and purchased items and do not touch your face unnecessarily. Help the children with that.
9. Rely on and work with reports and measures from the Department of Health (see the link below). And don't spread fake news or panic.
10. Be anxious for nothing. Feel free to contact pastor Willem or any one of the elders if you have any pastoral i.e. material need.
11. Pray without ceasing. Keep your eyes on Jesus, the author and finisher of our faith.
12. Rely on and work with reports and measures from the Department of Health..

As your elders, in the midst of this crisis, we are constantly consulting with the best available minds and hearts at all levels. We understand that we are in the third phase of the spread of this virus (social gatherings). We understand that social distancing is crucial, right now, to flatten the curve of the spread of the virus, lest we contribute to putting unmanageable strain on our medical care resources. We understand that the STAY HOME

call is the most extreme measure of social distancing, which measure exacts an equally terrible toll on other aspects of our social, economical and, most of all, spiritual life. And so, we shall, one day at a time, endeavour to remain faithful and vigilant in our effort to shepherd you wisely and faithfully in the spiritual, physical and social realms. Please pray for us and for one another.

Above all: Be virtuous: Maintain faith, hope, love, prudence, justice, temperance AND fortitude. Love the Lord your God with all your heart, mind, soul, and strength, and love your neighbour as yourself.

Be fervent in prayer, and read Psalm 91.

Panic increases pain; It does not empower. Rudyard Kipling (loosely paraphrased) said: "One day people will ask you 'How did you respond when everyone around you were losing their heads'". We would add to that our heart, soul and spirit. May God grant that we will be able to say that we, as true Christians, responded like Luther did during the deadly Bubonic plague of the early sixteenth century. Here is a helpful link to a good summary of how he responded. Please read, rise up and rally together in the Lord:

<https://www.thegospelcoalition.org/blogs/evangelical-history/when-the-deadly-outbreak-comes-counsel-from-martin-luther/>

Yours in Christ,

Your loving elders.