

# Moving Forward



## **Your guide to the 10:00am services at Blackford Parish Church from Sunday 6th September 2020**

Quite a few things will look different, and change will be ongoing as we serve and worship God together.

This little leaflet shares what to expect to help you plan in a more informed way for worship.

You may also wish to take a walk through the building this Saturday morning between 10am and 11am.

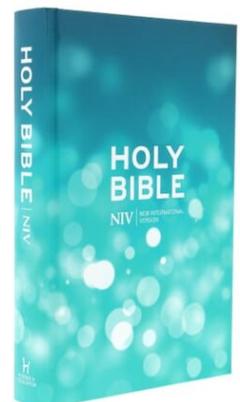


## What should I do before deciding to come to worship?

- ◆ Pray that you would meet with God whether or not you attend
- ◆ Assess your own health and use the attached “Individual Assessment Tool” that we were urged to share with you to help you make a well-informed decision on whether or not to attend our physical gatherings
- ◆ Check for any COVID-19 indicators such as temperature or fever, sudden or unexplained loss of taste and/or smell or persistent dry cough. Do not come if you or a member of your household displays these symptoms
- ◆ Wash your hands and collect your face covering

## What can I expect when I arrive at church?

- ◆ A warm, non-physical welcome outside the building from an elder or other volunteer
- ◆ To comply with NHS Scotland Test and Protect, we’ll note your name and phone number or address
- ◆ There will be hand sanitizer to use as you go in and at various other points in the building
- ◆ To be shown to an area for sitting which maintains physical distancing from those who are not of your household. All pew cushions have been removed to aid cleaning
- ◆ The opportunity to make your offering as you go in—we’ll not be passing the plate round
- ◆ You’ll have the opportunity, in time, to take and keep a new congregational Bible for your use as pew Bibles are removed; please bring your own for the time being.
- ◆ No printed Orders of Service will be handed out
- ◆ Signs on the walls and floors reminding us of physical distancing and good hand hygiene



## What can I expect during the service?

- ◆ To worship God, to hear his word read and taught, and to share fellowship with others
- ◆ Although we will use music, we'll not be singing for the time being
- ◆ Hymn lyrics will be on the screen to help us reflect on those words. Please do that instead
- ◆ The wearing of face coverings for the congregation is mandatory under Scottish Government legislation other than for the exemptions on age or underlying health
- ◆ Mairi and others who lead us from the chancel at the front will not use face coverings while leading
- ◆ To tell one of the duty elders or volunteers if you feel unwell during a service
- ◆ It might not be all that warm as good ventilation is a part of managing indoor gatherings; the three outside doors will therefore stay open.



## What happens at the end of the service?

- ◆ We'll make time to help folk talk together while maintaining physical distancing either inside or outside the building
- ◆ Leaving the service will therefore be led in a structured manner using all three available exits
- ◆ There will be hand sanitiser to use again as you leave
- ◆ We'll only start to offer tea and coffee when this is permitted and we are satisfied that it can be provided safely with physical distancing maintained



## **Does this mean that all other church activities or outside groups are meeting as well?**

Church services have a limit of 50 people from any number of households; all other indoor gatherings have tighter restrictions (currently up to 8 people from up to 3 households) and are therefore unable to re-start as yet.

## **Can I sit in the seat that I usually sat on?**

Bear in mind that we've removed the front five rows of pews and bought in single arm chairs to use in that space encouraging us to move forward. We have to sit 2m apart and clear of the aisle so most people will sit in an adjusted place as we gather to worship together

## **Who should not come to Sunday worship? Anyone who:**

- ◆ is in the "extremely vulnerable" health category or scores highly on the attached self assessment tool.
- ◆ is displaying symptoms of Covid-19, or is self-isolating due to living with someone who is displaying symptoms
- ◆ as a result of NHS contact tracing or other quarantining (after international travel for example) is staying at home to minimise the risk of spreading Covid-19

## **How can I be involved in the life of the church if I cannot attend Sunday worship?**

- ◆ Use the weekly pattern of Bible readings within the Link
- ◆ Request a visit from your elder; if they are not able to visit we will arrange an alternative visitor
- ◆ We'll record services on video and post them onto the church website. We'll also have printed orders of service to deliver
- ◆ We will look into the viability of internet coverage to allow Zoom connections online or via telephone landline

## Assessment 'Tool' for individual and group health risks

The assessment 'tool' overleaf helps you to see how different risk factors may combine to give serious health complications should you catch the COVID-19 virus. It does not include the factors that may make you clinically extremely vulnerable, where you should be following the guidance for those who were 'shielding'. It includes the factors where there is significant statistical evidence but does not include any rarer conditions which you may have, so this only offers a starting point. You may want to discuss the results with your doctor or with those who have expectations about your involvement with church life.

This should be read alongside the full text of other government or local advice about staying safe. Neither we nor the Church of Scotland nationally who provided it, are claiming medical expertise in sharing this way of scoring your risk but giving a way to show how serious catching the virus may be for you.

Circle the score next to each one that applies to you and then add up your score.

- ◆ A score of under 3 indicates a lower risk, but you should still be following the guidance for staying safe.
- ◆ A score of 3-5 suggests a greater risk and you should consider ways of reducing your risk by taking additional precautions or avoiding some activities.
- ◆ A score of 6 or more suggests a high risk and indicates that you should continue to work or participate in church life from your home.

The scoring is based on an article from the British Medical Association website. Risk Stratification tool for Healthcare workers during the CoViD-19 Pandemic; using published data on demographics, co-morbid disease and clinical domain in order to assign biological risk.

Risk Factor		Total Score
Age	50-59	1
	60-69	2
	70-79	4
	80 and over	6
Sex at birth	Male	1
Ethnicity	Caucasian	0
	Black African Descent	2
	Indian Asian Descent	1
	Filipino Descent	1
	Other (including mixed race)	1
Diabetes & Obesity	Type 1 & 2	1
	Diabetes Type 1 & 2 with presence of microvascular complications or HbA1c $\geq$ 64mmol/mol	2
	Body Mass Index greater than or equal to 35 kg/m <sup>2</sup> online BMI calculator: <a href="http://www.nhs.uk/live-well/healthy-weight/bmi-calculator">http://www.nhs.uk/live-well/healthy-weight/bmi-calculator</a>	1
Cardiovascular disease	Angina, previous heart attack, stroke or cardiac intervention	1
		2
	Heart Failure	
Pulmonary (lung) disease	Asthma	1
	Non-asthma chronic pulmonary disease	2
	Either of the above requiring oral corticosteroids in the last year	1
Malignant neoplasm (cancer)	Active malignancy	3
	Malignancy in remission	1
Rheumatological conditions	Malignancy in remission	2
Immunosuppressant therapies	Any indication	2
<b>Total Score</b>		