

弟兄姊妹們平安，  
Brothers and Sisters, peace,

有鑒於新冠狀肺炎在美國的發展趨勢，中岸教會執事會三月時議決用這渠道與會眾保持正面的溝通及分享應對策略。The Deacons Board resolved in the March meeting to gather the latest information on Coronavirus and inform our congregation directly of any recommended actions frequently as needed using this platform

1. 教會暫時停止小組聚會。除非小組長決定繼續。也可以考慮利用其他方式如電話、微信、視訊等媒体，彼此連絡關懷，互相代禱支持。若肢體們有特殊需要，也可告知牧者。

The church temporarily stops small group gatherings unless the hosting family decides to continue. Nevertheless, the small group can use WeChat, telephone, text, etc. to contact and care for each other. Let's pray for one another. If there is a special need, please inform Pastor Chen.

2. 主日學，崇拜，午餐目前將繼續如常進行。(3/22 起暫停午餐)  
Worship, Sunday school, and lunch gathering will continue at this time.  
(will stop lunch gathering starting 3/22)
3. 若感冒或咳嗽，請待在家中。若必須來聚會，請戴口罩，和用拱手問候代替握手問候。

Please stay at home if you have a cold and coughing. If you have to join please put on a mask. Avoid shaking hands to greet friends. Use the ancient oriental way of touching your palm to your fist instead.

4. 若有流感症狀或發燒 37.5C 以上，請待在家中。  
Please stay at home if you have a flu or if you have a fever over 37.5 C
5. 正確洗手

用水弄濕雙手，用肥皂揉搓雙手最少 20 秒(手掌> 手背> 指隙> 指背> 拇指> 指尖> 手腕)，勿忘用水沖洗乾淨，擦乾。唱生日快樂兩次差不多 20 秒。  
Correct way to wash hands: Wet your hands with clean, running water and apply soap. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry them.

6. 請大家記得，敬拜神、聆聽神的話語，是信徒的本份所以，不管是來教會，或是在家中，都請記得要將主日的一段時間分別為聖，用來敬拜神，保持主日崇拜的好習慣。

Please remember that it is the main responsibility of believers to worship God and listen to His word. Therefore, whether you come to church or at home, remember to sanctify the time of the Lord's day, to worship God.

7. 最後，我們要謹慎，做好一切的防範，但不要恐慌，不要忘記了耶穌的話，「在世上我們有苦難，但在祂裡面我們有平安」。神才是我們最終的倚靠和盼望。如同聖經所預言的，將來世界還會有更多的挑戰和動盪，若是這病毒就叫我們心中慌亂，跟世人一樣，將來我們如何去面對更大的挑戰呢？我們要來更多的倚靠神，更多默想神的話，勇敢起來，把自己和家人更深地交託在恩主手中。我們彼此鼓勵！

Finally, let us be careful and do prepare, but do not panic. We need to remember the word of Jesus, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." God is our ultimate trust and hope. As the Bible prophesized, there will be more challenges and turmoil in the world. If this virus will cause us panic, like the world, how can we face greater challenges in the future? We will come to rely more in God, meditate on God's word, be brave, and put ourselves and our family more deeply in the hands of the Lord. Let's continue to support and encourage each other!

請參閱美國疾病控制與預防中心更多的資訊 Please visit the CDC website for additional information such as

<https://www.cdc.gov/coronavirus/2019-ncov/index-Chinese.html>

and

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>