









Be devoted to one another in love. Honor one another above yourselves.

Romans 12:20

Respect for others and being mindful servants of God requires us to be considerate for others.

This document provides an overview of how everyone can Be Mindful when they enter the Old Bridge Church

Being Mindful of Others While at OBUMC

	Everyone is Expected To:	The Reason Why:
	1 Be mindful of your personal space and be self-aware of how close you are to others.	Maintain 6 feet at all times. This is for everyone’s safety and protection, including church members who may be caring for or visiting elderly family members or those with pre-existing conditions.
	2 Wear a mask at all times and keep your mouth and nose covered.	Wearing a mask is a protective measure and not a political statement. It is the most effective way to protect yourself and everyone in our church.
	3 Be mindful of your words and use a kind tone and have patience with others.	During these stressful times, avoid a negative tone or passive-aggressive behavior does not help the situation. An energetic hello is the best thing to say until we can return to using handshakes and hugs
	4 Refrain from all physical contact. Do not hug, touch, or shake hands with others, even if you know the person.	Assume the other person is also caring for someone with a pre-existing condition or lives with someone who is within a higher risk category.
	5 Be mindful those around you are dealing with stress, anxiety, and fear.	People cope with each of these in different ways.
	6 Ask others how they are doing and actively listen	Ask if they need help, need someone to talk with, or have some unmet needs. Work to connect them to those that can help.
	7 Be mindful to limit touching surfaces.	Touching surfaces increases the amount of cleaning that must be done after a meeting is over.
	8 Be mindful that you may already have COVID-19 and are not yet showing symptoms.	Stay home if you have a fever over 100.4°, cough, shortness of breath, difficulty breathing, fatigue, sore throat, headache, muscle pain, gastrointestinal issues, chills or loss of taste/and or smell.