



"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one'".
Matthew 6:9-13

Coronavirus (COVID-19) Guidelines for River of Life Church

Our guidance is kept under constant review and will be updated as needed.

We would ask those attending church services and other activities or events at Christian Life Centre to following current Government advice as follows:

Individuals should follow [good hygiene practices](#) including:

- Carrying tissues and using them to catch coughs and sneezes, and binning the tissue;
- Wash hands with soap and water (for 40-60 seconds) or use sanitiser to kill germs.
 - Catch it – sneeze into a tissue
 - Bin it – bin the tissue
 - Kill it – wash your hands with soap and water
 - Do not touch your face unless you've washed your hands

Hand sanitiser will be on display at entrance to the centre (subject to availability) and a good supply of soap will be provided in cloakrooms, kitchen and other appropriate areas.

It is recommended everyone refrain from shaking hands, hugging or having close contact with others in the centre.

Anyone with cold or flu symptoms are asked to stay at home until symptoms pass.

Guidelines regarding Holy Communion will be issued in due course.

For travellers who have returned to the UK, please check the [latest government advice](#).

Anyone who has returned to the UK from an affected area in the last 14 days and develops symptoms of cough or fever or shortness of breath, should immediately:

- Stay indoors and avoid contact with other people as you would with the flu;
- DO NOT go to your GP, pharmacy or hospital.
Call NHS 111 to inform them of your recent travel to the country and take the advice given to you.

If however you have returned from a high risk area, we would ask you to refrain from attending services, activities and events at the centre, even if you are not showing any symptoms for 14 days, in order to protect those who are more vulnerable due to ill health or old age.

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7