



## **FIRST EVANGELICAL COMMUNITY CHURCH**

**Cerritos, Fullerton, Oakland, and East Lansing Campuses**

January 12, 2022

Dear Sisters and Brothers in Christ,

As Pastor Lao wrote previously, the spiritual, physical, emotional, and relational health and safety of our congregants and the quality of the church experience continue to remain our paramount priority. The beginning of 2022 has brought us yet another challenging phase of the COVID-19 pandemic, and we understand that many of us are concerned about the spread of the Coronavirus and its many variants. The Omicron variant is significantly different than previous variants. Omicron is more infectious and faster-moving, but there is evidence of fewer cases of severe illness, particularly among individuals who have been fully vaccinated, including a booster. Current modeling indicates the next few weeks will see a continued high positivity rate and high level of community spread until we pass a peak point and cases begin to decline.

We are doing everything possible on our part to serve you and to share information with you about how we continue to operate safely and effectively. As of this writing, we will remain open for in-person services (masks are now required in CA, whether indoors or outdoors; Michigan has a public health advisory recommending everyone over age 2 to wear a face mask at indoor gatherings), though we will continue to stream our services on our congregations' respective YouTube channels. Our office will be open during the week to provide care and support for any need you may have, whether you need help accessing our online services, prayer for your health or other needs, or just a phone call to know you're not alone. Of course, we need the help of all our members to keep our community healthy. If you are not feeling well or have symptoms, please stay home. If you are unvaccinated and have been in close contact with someone who tested positive for COVID, please stay home.

Because of the changing COVID situation, note that the CDC guidelines for isolation and quarantine have also been updated. If you came into close contact with someone with COVID-19, is asymptomatic, and you are in one of the following groups, you **do not** need to quarantine:

- You are over the age of 18 and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.
- You are between the ages of 5 -17 years and completed the primary series of COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (you tested positive using a viral test).

You should wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0). Get tested at least 5 days after you last had close contact with someone with COVID-19. The CDC also recommends that you upgrade your masks to fitted surgical masks, KN95 or N95 masks.

You can find more details on the CDC's Quarantine and Isolation Guidelines page (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>). You can also find additional information in the health department of the county of your residence.

In this difficult season, let Paul's encouragement to the Romans be your encouragement: <sup>38</sup> *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers,* <sup>39</sup> *neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*" (Romans 8:38-39).

This is my prayer for all of you: *"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."* (3 John 2)

Blessings,

*David Tsai*

Pastor David Tsai  
Executive Pastor



# 蒙愛羅省基督教會

喜瑞都堂、福樂敦堂、義橡園堂 及 東蘭莘堂

二零二二年一月十二日

親愛的弟兄姐妹：

正如之前劉牧師所言，我們會眾的身心靈和人際關係的健康與安全、以及教會的屬靈光景仍然是我們最關注的事情。剛開始的 2022 年帶給我們另一波新冠病毒的挑戰，我們深刻的理解，我們會眾當中，許多人對於新冠病毒及其多種變異病毒的擴散感到擔憂。Omicron 與之前的變異病毒明顯不同，它傳染性更高且擴散速度更快。但研究數據顯示，Omicron 的重症病例較少，此一現象在已完全接種疫苗（包括加強針）的群體中尤為顯著。以目前的趨勢看來，在達到高峰並且病例開始下降之前，接下來的幾週內，感染 Omicron 的確診病例將持續迅速增加。

我們正盡全力維持教會之安全有效運作，為大家服務並分享與疫情相關訊息。目前，我們將繼續實體敬拜（加州規定，室內室外都須戴口罩；密歇根州的公共衛生公告則建議 2 歲以上在室內聚會時戴口罩），我們也繼續在 YouTube 頻道上提供各堂會主日敬拜的直播。教會辦公室保持開放，如果您有任何需要，無論是協助建立上網連結、或是透過電話、為您的健康禱告，或是能讓您不再感到孤單，我們都很樂意為您提供各項關懷和支持。當然，我們也需要大家的合作，共同保持我們教會群體的健康。如果您感覺不舒服或有症狀，請待在家裡。如果您未接種疫苗、並且與新冠病毒檢測呈陽性的人有過密切接觸，請待在家裡。

由於新冠病毒情況的持續變化，疾病控制中心的隔離和檢疫指南也已更新。與新冠病毒患者有過近距離接觸、但無症狀，且屬於以下群體之一者，**無需隔離**：

- 年滿 18 歲、已接種所有建議之的疫苗劑量（包括打完加強針；或針對某些免疫功能受損者之補強劑）。
- 年齡在 5-17 歲之間，並已完成新冠疫苗注射。
- 過去 90 天內，確診新冠病毒（病毒檢測呈陽性）。

最後一次與新冠病毒患者近距離接觸後 10 天內（最後一次密切接觸的日期為第 0 天），與他人接觸時須戴上密合口罩。最後一次與新冠病毒患者密切接觸至少 5 天後須接受檢測。疾病控制中心建議佩戴防疫效果較佳之手術用口罩、KN95、或 N95 口罩。

您可以在疾病控制中心的檢疫和隔離指南頁面 (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>) 找到更多詳細訊息。您也可以在您居住的縣衛生部門找到相關訊息。

在這個艱難的季節，但願保羅對羅馬弟兄姐妹的鼓勵，也能夠成為對你的鼓勵：“因為我深信無論是死，是生，是天使，是掌權的，是有能的，是現在的事，是將來的事，是高處的，是低處的，是別的受造之物，都不能叫我們與神的愛隔絕。這愛是在我們的主耶穌耶穌裡的。”（羅馬書 8:38-39）。

這是我為你們眾人的祈禱：“親愛的，我願你凡事興盛，身體健壯，如你的靈魂興盛一樣。”（約翰三書 2）

誠摯感恩地，

蔡宏嘉牧師

執行牧師