



HeartLight Spiritual Center COVID-19 Safety Measures Updated: November 13, 2020

The HeartLight Board of Trustees considers the safety of those attending events at HeartLight a top priority. To that end, we are following the North Carolina Health and Human Services guidelines for Places of Worship which were recently updated.

Here are the changes:

Reduced Seating in Sanctuary:

The most recent guidelines offer clarification on the recommended number of people for indoor gathering at places of worship to 30% of fire capacity.

The HeartLight Sanctuary has a fire capacity of 75. 30% is 22 people.

As of November 22, 2020 the number of chairs in the Sanctuary will be reduced to 18 plus the 4 staff members = 22. This is a reduction from the 25 chairs plus staff that we have been doing.

Anyone arriving after capacity has been reached in the Sanctuary will be invited to watch the live stream next door in the Light House with coffee available.

Stronger Mask requirement:

The NC Guidelines still state that masks should be worn anytime 6' social distancing is not possible. That is what we have been doing. However, new evidence that 6' may not always provide protection indoors, especially during singing, masks will now be required to be worn over the nose and mouth anytime you are in the Sanctuary. If you feel you need a break from the mask for a short time, that will be allowed during David's message only since we will be 6' apart and not singing. This is in keeping with the guidelines and new evidence regarding singing without having to "regulate" masks coming up and down during interactive parts of the service.

What you can do:

Reminder that a strong immune system is your best defense against the more severe complications of Covid-19. Vitamin C, Zinc, and Vitamin D can be of assistance in boosting your immune system. We implore you to do your own research and develop a personalized program to boost your protection. <https://www.healthline.com/nutrition/immune-boosting-supplements>

There is light at the end of the tunnel – we just have to make it through the tunnel! Since, on average our membership tends toward the more mature and higher risk groups, thank you for your cooperation in helping us co-create a safer environment during these challenging times.

Original Guidelines from August 2020 (with minor updates to reflect changes above)

Here's what we are doing to create a safer environment:

- 1) **UV Lights** have been installed in both HVAC Systems which are designed to help eliminate viruses, bacteria and allergens.
- 2) **Air Doctor Ultra-Hepa Filter Machines** have been installed in each building to circulate and filter the air. (Tested to filter items as small as .003 microns.)
- 3) We run an **ozone machine** before and after events in the sanctuary.
- 4) The **facility is thoroughly cleaned** with recommended cleansers before events.
- 3) We have **automatic (non-touch) soap dispensers** and paper towels for hand washing or **hand sanitizer** available for use when hand washing isn't an option.
- 4) **Chairs will be spaced six feet apart** allowing closer sets for families (anyone attending from the same household can sit together).
- 5) **Attendance will be limited to 22 people** for the Sunday Celebration Service in the sanctuary.

Here's what we need from you when you attend in person:

When you are ready, you are invited to join us in person at HeartLight with the following guidelines:

- 1) **Masks:** Per *North Carolina Guidelines*: When 6' Social Distancing is not possible, you will be required to wear a mask. Even when seated during the service masks will be required during the interactive portion (singing etc) of the service. Masks may be lowered while seated during the minister's message only.
- 2) **Temperature:** For your peace of mind and ours, your temperature will be taken with a non-contact device. Per CDC guidelines, anyone over 100.4 will be asked to not to enter.
- 3) **Overflow:** If more people show up than we can accommodate in the Sanctuary, the Light House is set up with the Live Stream for the 11:15 Sunday service.

If you are sick or been around someone with Covid19, we encourage you to join us via online streaming at www.heartlightcharlotte.org

Although no business or spiritual center can guarantee a virus free environment, with your cooperation, we can be together again a safer environment that we co-create. And finally, while you are at the center, we encourage no-contact greetings: **Namaste 6 feet away!**

We declare that when this is finished, we will hug again!

Peace and Love, Rev. David and the Board of Trustees