



# UNITARIAN UNIVERSALIST

CONGREGATION OF FREDERICK  
Spirituality · Community · Justice

## **“In-person Option” for Sunday Services:**

### **Interim Plan, version 2.0**

(for Sunday, August 1 - September 4, 2021)

*We have revised our Covid policy for the “in-person option” based on the new CDC recommendations released on July 27, 2021. From week-to-week, we will remain flexible and be willing to modify our decisions as needed. Our “online-option” will also continue by live-streaming to Zoom from the UUCF sanctuary.*

Effective this Sunday, August 1, 2021, **masks are required for everyone inside the UUCF building**, except for children under age 2. A mask must completely cover your mouth and nose at all times when inside the building. A mask may only be removed if an individual is speaking from the pulpit as part of leading the Sunday Service or singing a solo as part of special music for the Sunday Service; afterward, that person will put their mask back on. **Please bring a mask with you to UUCF, and we will also have extra masks if anyone forgets one.**

This policy change is based on an important new caution from the CDC: **“To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of *SUBSTANTIAL* or *HIGH* transmission.”** This caution is based on the new finding that, “If you are fully vaccinated and become infected with the Delta variant, you can spread the virus to others” ([July 27, 2021](#)).

The CDC has four levels of risk for the Level of Community Transmission for Covid: (1) Low, (2) Moderate, (3) Substantial, and (4) High. Frederick County is currently at “MODERATE risk”; however, we recognize that Sunday Services are riskier than many other activities due to being in a large group for an extended period of time with

singing. Therefore, at the Moderate level, we are requiring masks inside the building. When Frederick County returns to a “LOW risk” level, we currently anticipate returning to a “masks optional” policy for anyone fully vaccinated. Data tracking details available from CDC [here](#).

It is also important to emphasize the significant good news that continues to be in the CDC’s updated guidelines:

- **“If you have been fully vaccinated, you can resume activities that you did prior to the pandemic.”**
- “COVID-19 vaccines are safe and effective at preventing COVID-19, including severe illness and death.”
- “COVID-19 vaccines are effective against severe disease and death from variants of the virus that causes COVID-19 currently circulating in the United States, including the Delta variant.”
- **“Infections happen in only a small proportion of people who are fully vaccinated, even with the Delta variant. When these infections occur among vaccinated people, they tend to be mild.”**

Full details available [here](#).

In addition to CDC guidance, our Interim Plan for the “in-person option” continues to be guided by commitments to Consent and Care.

**CONSENT:** Ask permission *before* physically touching another person, shaking hands, hugging, etc. Cultivating a culture of consent was an important part of our UU values prior to the COVID-19 pandemic, and this new phase is an opportunity to be even more intentional about respecting individual consent to touch.

**CARE:** Be gentle with yourself and one another. Whether you are cautious or comfortable, we encourage you to pause and offer yourself compassion. Acknowledge and honor your range of feelings in this current phase of the pandemic.

### **What To Expect**

- Full attendance possible for one Sunday Service at 10:30 a.m.
- ***Inside the UUCF building, masks are required for everyone***, except for children under age 2. A mask must completely cover your mouth and nose at all times when inside the building.

- A mask may only be removed if an individual is speaking from the pulpit as part of leading the Sunday Service or singing a solo as part of special music for the Sunday Service; afterward, that person will put their mask back on.
- Outside the UUCF Building, masks are optional; so you may remove your mask on the UUCF Grounds.
- Singing permitted during hymns, but masks must remain on. (Our Adult Choir always has the summer off, so choral singing will be specifically addressed in the forthcoming Fall 2021 plan.)
- Coffee will not be served, and **masks may not be removed to eat or drink inside the building. Please eat or drink outside.**
- “Online-option” will continue (live-streaming to Zoom from the UUCF sanctuary) for those who need or prefer digital accessibility. Indeed, in this “new normal,” we welcome UUCF Members who are unable to attend in person, but who actively participate in various online aspects of congregational life.
- If you are sick (fever or chills, cough, shortness of breath, fatigue, headache, muscle or body aches, new loss of taste or smell, etc.), please stay home and join us online.
- Committees, teams, and other groups can choose to meet either online or in-person as determined by each committee/team/group. While Frederick County is at “Moderate Risk,” masks are optional for small-sized group meetings for individuals who are fully vaccinated, and/or groups should seek consensus on the best policy for their group on a case-by-case basis.

### **Religious Education (R.E.)**

Because a vaccine is not yet available for children under 12, we are unable to offer nursery or childcare during the Sunday Service this summer. Instead, we are planning **R.E. opportunities this summer that are *outdoors* and *event-based***. Please save the date on your family’s calendar for the following:

**Sunday, August 1st at 4:00pm: Compassion Crew with Amie LaPorte (any age!)** Meet on the UUCF grounds near the front playground (weather permitting).

**Sunday, August 8 at 2:30-4:30pm: WATER DAY AT UUCF!!!** (All ages welcome!) Outdoor waterslide, water games, and fun on the UUCF grounds! All ages WELCOME!

**Sunday, August 22 at 11:30am: Popsicles on the playground** (All ages welcome!) Join us for a popsicle on the playground and story.