



FOR IMMEDIATE RELEASE

## **Covenant of the Goddess' Statement Regarding COVID-19**

Covenant of the Goddess (COG) recognizes the extreme circumstances we find ourselves and our families as we navigate through the concerns and challenges surrounding COVID-19 Coronavirus. Our nation and the World must alter how we live and work through the suspension of schools, working remotely, canceling major events or seeing businesses suffer as we self-quarantine our nation.

Recent announcements by the World Health Organization (WHO) designating the COVID-19 virus a global pandemic and calling for specific measures to combat the spread of the virus have had an impact on all of us. As the world tries to contain the spread of this disease, COG members are encouraged to follow local country and municipality recommendations for maintaining health personally and in your community.

- During the foreseeable future through Beltane we support Local Councils and our members postponing COG-sponsored public events. This will be revisited to determine if additional time is needed.
- We suggest that all in-person meetings/rituals, including small group and one-on-one meetings, should be changed to Zoom meetings when possible. If face-to-face meetings need to be held, practice social distancing of a least 6 feet.
- All COG members are encouraged to follow healthy self-care practices to prevent infection and the spread of the disease.

Health care practices shared by the Center for Disease Control (CDC) include:

1. Washing your hands. If you're tired of singing Happy Birthday twice while you wash your hands, find a 20-second prayer or reflection that works for you. It takes 20 seconds to recite the first round of a loving-kindness meditation -- *I do this to strengthen the community. May we all be healthy and safe; may we all be happy and peaceful; may we be free from suffering and be free from the causes of suffering; may we cultivate love and kindness for all living beings.*
2. Avoid close contact. Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at a higher risk of getting very sick.

Most important of all, practice compassion. Before responding to stressful circumstances take a step back and put yourself in the other person's situation. While we find ourselves in similar

situations we are all unique human-beings and should have patience and compassion towards each other.

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About:

The Covenant of the Goddess is an advocacy organization that seeks to foster cooperation amongst Wiccans and Witches; to secure legal protection; to provide education through outreach and to nurture its members through dialog and community. The Covenant publishes a newsletter; issues ministerial credentials; sponsors a national festival; stands as a resource for information on Witchcraft and Wicca; engages in interfaith work, and local community outreach through its Local Councils.

Vision & Mission:

The Covenant of the Goddess envisions a world where all living beings are honored and cherished as manifestations of the Sacred.

We, the Covenant of the Goddess, through advocacy, education, interfaith action, and resource sharing, empower Witches and Wiccans to protect, strengthen, and enrich our religion, society, and the Earth.

FOR MORE INFORMATION, CONTACT:

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