

## PLEASE ANNOUNCE AT EVERY MASS FROM MARCH 12 - 20, 2020

The Diocese of Calgary continues to monitor Alberta Health Services directives and our local situation regarding active cases of the coronavirus (COVID-19). At this time, Bishop McGrattan is requesting that all parishes immediately implement the following measures:

- At the Sign of Peace, refrain from shaking hands – a simple bow, nod, or “Peace be with you” to your neighbour is appropriate.
- Baptismal and Holy Water fonts are to be emptied and are to be sanitized with water and bleach
- Holy Communion will only be distributed under the Body of Christ (Host).
  - Only priests may distribute Holy Communion to those who choose to receive on their tongue at a designated area apart from the main aisle.  
Note: It has been shared by some public health experts that there is no indication of increased risk of infection in receiving the host either on the tongue or in the hand.
  - Those who choose to receive Holy Communion in the hand will be asked to approach the Extraordinary Ministers of Holy Communion or a priest who is not distributing Communion to those receiving on the tongue.
- Only priests are to consume the Precious Blood.
- Extraordinary Ministers of Holy Communion who feel uncomfortable distributing Holy Communion should be excused from this ministry.

These measures are effective immediately and will remain in place until notified otherwise by the Diocese.

Please also continue to practise healthy hygiene – wash your hands with soap or use hand sanitizer regularly, remain at home if you are sick, sneeze or cough into your sleeve, and avoid touching your eyes, nose or mouth. Let us continue to care for ourselves and one another as we pray for all those affected worldwide by COVID-19.

A MESSAGE FROM THE



ROMAN CATHOLIC  
**DIOCESE**  
*of Calgary*