



GUIDELINES FOR RECEIVING COMMUNION

(no one is to receive communion on the tongue)

Receiving Communion during COVID...

As we continue to comply with the restrictions, directives and challenges the COVID-19 pandemic presents, one important aspect of attending mass is how to receive Holy Communion correctly, responsibly, and safely. For now, until restrictions are lifted, our Bishop has directed that ***everyone is to receive Holy Communion in the hand.***

When it is time for you to come forward, please remember to keep **SIX FEET** away from anyone not of your household, both as you exit your pew and as you come forward to receive. ***Please keep at least two pews between you and the person in front of you in the communion line.***

- Use your hand sanitizer, or allow the person in the aisle to spray your hands. Please rub them together enough so that your hands are dry to receive the Eucharist.
- Hold your hands flat so that the minister can place the Eucharist into your hands. Do NOT grab the host from the minister. Wait until the minister removes their hands before you move/take the host, avoiding personal contact with the minister. If personal contact is made, we must stop the distribution of Holy Communion to re-sanitize our hands.
- After receiving the host, step at least six feet to the side, lower your mask with your empty hand, consume the host and **REPLACE** your mask before returning to your seat.
- At this time, the Bishop's Office has directed that **no one is to receive communion on the tongue.** All clergy and Extraordinary Ministers of the Eucharist are required to follow this directive.

These guidelines are in place to minimize the possibility of spreading COVID 19, to keep all communicants, and the ministers of Holy Communion safe. Thank you for your understanding.

If you have questions, please contact Father Noesen.

Thank you in advance for your cooperation.

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