

HEALTH & SAFETY PANDEMIC RESTRICTIONS FOR CHURCH ATTENDEES

Guardian Angels Roman Catholic Church, Brampton, Ontario

In these unique days of the pandemic, following reasonable restrictions to contain the virus is a matter of faith, charity and justice.

The Archdiocese of Toronto has provided guidelines based on the restrictions from the health authorities to mitigate the spread of COVID-19. Every reasonable precaution has been and will continue to be taken by the Archdiocese of Toronto to protect your health and safety. However, there can be NO guarantees of complete protection as there will always be risks of contracting viral infections through large gatherings.

In working to foster a safe environment for everyone, we request all who will be joining this celebration of the Sacrament of First Holy Communion to comply with the following restrictions:

1. Before coming to church,
 - **Wash** your hands with soap and water
 - Take your body temperature. If it is **at or above 37.5°C**, stay home and seek medical help.
2. Upon arriving in the church, we request the parents to register at the entrance desk with their child/children receiving First Holy Communion.
3. For contact tracing purposes, the parents of the child receiving First Holy Communion are responsible for keeping a list of their family members and guests who will be in attendance.
4. While inside the church, everyone above 2 years old **MUST wear a mask at all times** (except when consuming the sacred host during communion) that comfortably fits one's nose, mouth and chin.
5. **SANITIZE** your hands as you enter the church.
6. Follow the instructions of the ushers or parish volunteers.
7. **Maintain 2 meters or 6 feet physical distancing** from others who are not within your household.
 - The red or white marks on the floor and the marks on the pews are to guide you in maintaining the 6 feet distancing requirement.
 - Follow the signs for One-way traffic only.
8. If within 14 days of attending, you learn that you or someone in your family who attended this Holy Mass with you has tested positive for COVID-19 or has been in contact with a COVID-19 positive individual, you are asked to:
 - a) Self-Isolate
 - b) Contact the Ontario Public Health Authority

9. We will not pass the collection baskets during Mass. Please drop off your offerings or donations in the drop boxes as you exit the church.
10. We ask you NOT to sing with the choir. There will be **NO SINGING BY THE CONGREGATION.**
11. Please do not socially congregate in the church or the Narthex after the Holy Mass as we need to immediately disinfect the pews.
12. Please listen carefully to the following instructions when receiving communion:
 - please follow the directions of the ministers of hospitality who will guide you one pew at a time to line-up for communion. Maintain 2 meters or 6 feet physical distancing from others who are not within your household.
 - the CONFIRMANDs will receive Holy Communion from Fr. Jan. The rest of the congregation will receive either from Fr. Jan or the Extraordinary Ministers of Holy Communion (EMHCs)
 - Stop at the red X in front of the priest or Extraordinary Minister of Holy Communion who will hold up the host and say *“The Body of Christ”*.
 - You will respond *“Amen”*
 - Then move forward and hold out your hands to reverently receive the sacred host.
 - When you receive the sacred host, move to the red square, remove your mask and place the sacred host in your mouth while in front of the Altar.
 - DO NOT RUSH. Please make sure that you place the sacred host in your mouth, then wear your mask before returning to your seat.
 - Only practicing Catholics in the state of grace can receive Holy Communion. If you are not Catholic or if you are a non-practicing Catholic we kindly request that you also join the communion line and when you reach the front, cross your hands over your chest to receive a blessing from the Priest or the Extraordinary Minister of Holy Communion.

May we remind you that the church is a sacred place. Please set your phones on silent mode and maintain silence out of respect, honor, and reverence for the real presence of our Lord in the Tabernacle.

We recognize that these may be an inconvenience, but we are still in the middle of a pandemic and need to take appropriate steps to minimize any potential spread of COVID-19 as we should all be committed to caring for our neighbour and those around us.

Thank you for your cooperation as we do all that we can to take care of one another and keep our community safe and healthy.