

Dear Parishioner,

Below are the instructions for the faithful to receive Holy Communion at both St. Mary Church and St. Joseph Church. Please be sure to read and ensure you understand the instructions so the distribution will be carried out in a reverent, orderly, and peaceful manner. Every individual is to be wearing a mask/face covering until the moment prior to and immediately following reception of the Eucharist. Hand sanitizer will be available as you come into the church and is to be used by everyone. The Eucharist may be received either by mouth or by hand, as is the norm. Reverential silence is to be maintained. If you have any questions or concerns about the instructions, please call the parish office between 8:00 AM to 1:00 PM Monday through Thursday.

St. Mary's

Holy Communion will be distributed by Fr. Shawn on Sundays only from **11:30 AM to 12:00 Noon**, or until the line is completed. The faithful are to enter through the main entrance in the front of the church. A single line should be formed with the appropriate 6-foot social distance between each person. If the line for Communion extends to the main entrance, please continue the line outside while maintaining the required social distance. Father will be standing in the middle aisle halfway to the altar. Once you have received Holy Communion, please turn to the right or the left and exit from one of the side doors at the front of the church (doors either by the stairs leading to the choir loft or doors near the bathroom). Per the Bishop's instructions, no one is to remain in the pews or anywhere in the church once receiving Holy Communion. Please continue reverential silence as you leave the church.

St. Joseph's

Holy Communion will be distributed by Fr. Arockia on Sundays only from **11:00 AM to 11:30 AM**, or until the line is completed. The faithful are to enter through the side door (facing the rectory). A single line should be formed with the appropriate 6-foot social distance between each person. If the line for Communion extends to the side door, please continue the line outside while maintaining the required social distance. Father will be standing close to the emergency door near the elevator. Once you have received Holy Communion, please exit immediately through the emergency door near the elevator. In keeping with the Bishop's instructions, no one should remain in the church (either upstairs or in the hall) once receiving Holy Communion. Please continue reverential silence as you leave the church.

Be reminded that Bishop Libasci has not yet announced the resumption of public celebrations of Mass in New Hampshire. He will continue to consult further information from federal, state, and local public health authorities in the course of his decision-making regarding when and how public celebrations of Mass will resume.

St. Mary Parish will continue to livestream weekend Masses on Facebook and St. Joseph Parish will continue to livestream Sunday Mass on YouTube. Parishioners are strongly encouraged to participate in an online Mass prior to receiving Holy Communion. It is important to remember that the obligation to attend Sunday Mass remains suspended, and likewise, there is **no obligation** to come to the church to receive Holy Communion this weekend. If you are vulnerable or at risk in any way, if you have been exposed to the virus, or if you are fearful for your own health, please stay home and continue to make a spiritual communion. Again, ***there is no obligation to come.***

It has been over two months since Holy Communion has been available, and you are encouraged to prepare to receive Holy Communion in a very special way after this long period. During this time of separation from the Eucharist, it is hoped that a renewed appreciation and love for Christ in the Blessed

Sacrament would result in all of our hearts. Part of preparing to receive Jesus for the first time in two months should include making a good confession, especially if you have committed any serious sins. In order to help facilitate this good preparation, be reminded that the Sacrament of Reconciliation is offered from 3:00 to 4:00 PM Monday through Friday and Sunday.

Below you will also find two prayers you may wish to use before receiving Communion and after receiving.

Prayer before Receiving Holy Communion

Almighty and ever-living God, I approach the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth.

O my God I am heartily sorry for having offended Thee and I detest all of my sins because of thy just punishments but most of all because they offend Thee, my God, who art all good and worthy of all my love. I firmly resolve with the help of thy grace to sin no more and to avoid the near occasion of sin. Amen.

Prayer after Receiving Holy Communion

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Suffer me not to be separated from Thee.
From the malignant enemy, defend me.
In the hour of my death, call me.
And bid me come to Thee.
That with Thy saints I may praise Thee.

Again, please call the parish office if you have any questions or concerns. This information will be posted on Facebook and the parish website.