

GUIDELINES (for the resumption of divine services)

- **Fever, Cough, Shortness of Breath, Fatigue, Muscle/body aches, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea (per CDC)—STAY HOME!!!!!!!!!!** Call your physician.
- If you have attended a **service at another parish**, you must **self-isolate** from this parish for **10 days**.
- If you have traveled from a high risk state you must have a **negative test** within 72 hours of return or **quarantine for 14 days**. For a list of lower risk states that are exempt, please check: <https://www.mass.gov/info-details/covid-19-travel-order#lower-risk-states->.
- If you are a **medical professional** or **care for those suffering from COVID-19** or **for those most at risk**, you need the **approval of the bishop** before attending services. Let me know your desire to attend and I will petition on your behalf. God bless you in your labors.
- **Face masks or face shields are mandatory for all except children under the age of 2.**
- **Social distancing is mandatory.** One family counts as one person.
- **For Vespers, access the parking lot from Walcott St. ONLY.** If you are heading north on Rt. 27, Walcott is the first right after Prospect St. If you are headed south on Rt. 27, Walcott is the left turn right across from the gas pumps at Cumberland Farms. **For Divine Liturgy, access the parking lot from Prospect Street.** Please **park nose-in** to the cones starting from the uphill end. Park close together so that we can squeeze as many cars into the space as possible. If you anticipate needing to leave early, park in the neighborhood. Parking is also available in front of the parish building on Prospect St.
- **Upon entering the designated worship space, you must sign in.** This will enable contact tracing should that be necessary.
- **Choir will stand downwind of the faithful flanking the celebrant.**
- **No kissing/touching icons.** Bow three times, say a prayer and move on.
- **No kissing celebrant's hand.**
- **No hugging and kissing each other.** Elbow and fist bumps, virtual hugs and kisses are always welcome.
- **No candles**, at least initially.
- **Rest rooms will be available.** Keep in mind that while the restrooms are sanitized before the service, they are not sanitized between users.

Therefore, you **ENTER AT YOUR OWN RISK**. Please, **ONE AT A TIME**. **Wash your hands with soap in warm water for 20 seconds**.

- **The interior of the parish building is OFF-LIMITS except for the rest rooms.**
- **Reception of the eucharist:** at the beginning of the distribution, **form a single, socially-distanced line, most vulnerable, i.e., oldest and most at risk in front. Children should be at the end of the line** for now. When it is your turn to receive, **pull down your mask, bend your knees, tilt your head back, open your mouth as wide as possible, and hold your breath**. I will drop the particle into your mouth. There will be **no wiping with the cloth, no veneration of the chalice**. When you have received, **exit to your right**. The Metropolitan has granted a blessing to use the four spoons I have from various chalice sets. I will sanitize in 70% ethanol followed by a water wash periodically during the distribution. If you feel ill at ease receiving from a spoon used to distribute to another communicant in front of you, even though it does not contact any part of that communicant, let me know and I will switch spoons. The Metropolitan has stated: **No individual spoons**.
- **Confession:** all confessions will be heard **outdoors by appointment only**. There are two approved options: **oral or written**. **Oral** confessions will be heard in a socially distanced manner. **Written** confessions may be given to me to read in a low voice. After any further discussion, the written confession will be burned. It will be very difficult for me to hear any confessions immediately before the start of liturgy. Please plan ahead.
- **No Artoklasia** at Great Vespers.
- **No zapivka**. I will cut up any extra prosphora and place in small plastic bags and freeze until the following week for distribution to those who may want to take some home.
- **No coffee hour**. If you would like to bring something to eat and drink and stay to chat, that is fine. Whatever you bring, you must take home including trash.
- **No chairs** will be provided by the parish. If you would like a chair, please **bring one**. If you would like to bring a few extras for others to use, that is fine. You are responsible for sanitizing and taking them home.
- **No storage at the parish**.
- **Wear comfortable clothes**.
- **Wear comfortable shoes**.
- **Bring a small section of carpeting/mat/rug to stand on to cushion against the hard surface**.

- There is **good shade** in the morning and evening where we will be. That said, it may be prudent to bring some **sunblock** with you if you are sensitive to sun exposure.
- If you are bothered by insects, bring **insect repellent**.