



March 5, 2020

Dear brothers and sisters in Christ,

All of us are very aware of the present crisis and concern for the COVID-19 virus which is now present here in the United States. In order to care for ourselves and one another, I am asking that the temporary liturgical changes be implemented immediately until further notice:

- Suspend holding hands during the Lord's prayer
- Suspend the shaking of hands at the Sign of Peace
- Suspend the use of the Chalice for the distribution of the Precious Blood
- Everyone is strongly encouraged to receive Holy Communion in the hand, as opposed to receiving on the tongue

Please remember that the Faithful who are sick or are experiencing symptoms of sickness are not obliged to attend Mass, and out of charity they ought not to attend (CCC 2181).

Lastly, let us keep in our prayers all who have already been impacted by the Coronavirus, especially those who have lost their life. Likewise, we pray for all medical professionals who are and will be dealing with anyone suffering from this illness. May St. Junipero Serra and Our Lady of Bethlehem intercede for us during this time.

In Christ,

+Most Reverend Daniel E. Garcia
Bishop of Monterey