

INSTRUCTIONS FOR ST STEPHEN'S PARISHIONERS – Updated March 26, 2022

ATTENDANCE AT SUNDAY MASS SERVICES

(WHILE COVID-19 PUBLIC HEALTH REQUIREMENTS ARE STILL IN EFFECT)

Pre-conditions for attendance

- In cases where people have health concerns of any kind whatsoever, they are exempt from the obligation to participate in mass, as are all people aged 65 and over.
- Are following the provincial [Instructions for self isolation](#) if you have been in contact with a person affected by COVID-19.
- Stay home if you have flu symptoms.

Before Coming to Mass

- No parishioner is allowed in the Sacristy before, during or after mass except to use the washroom on an exceptional basis.
- The Choir loft is closed to all parishioners.
- It is mandatory that all parishioners aged 10 and over wear a 3-ply mask (like the blue or white paper masks) inside the Church **at all times** except to receive communion. Exceptions will be according to the criteria published on the [Quebec.ca Coronavirus website](#).

Attending Mass

- The limits on the number of people who are permitted inside places of worship are set by the Government of Quebec and are subject to change as Covid-19 risk levels change. **Please check the St Stephen's website or contact the office to check on current attendance limits.**
- To accommodate all parishioners who would like to attend mass, a number of different approaches may be used depending on attendance restrictions. These will be announced on the St. Stephen's website and through the regular Newsletter.
- Parishioners are to park across the street in the church parking lot except those who have mobility/accessibility issues.
- Arrive about 10 to 15 minutes before the mass so that entry can occur in an orderly fashion.
- Enter through the west side door.
- Parishioners must disinfect their hands upon entry to the church and observe the rules of hygiene and physical distancing.
- Ushers will welcome and escort parishioner to their seats. Parishioners must sit in the seats assigned them for the duration of the service.
- Parishioners are to respect distancing when moving in and around the church and follow instructions and signage. Touch as little as possible in the church. Children must remain in their family pew.
- Communion will only be given in the hand and will be given via the centre aisle or in your pew depending on the public health guidance. People should only consume the host once they are no longer facing the priest.
- Singing is permitted but parishioners must do so softly, with a mask on.
- Parishioners can deposit their envelopes or cash donations during the collection OR they can donate online following links on the website.
- Exit will be through the centre doors.
- Please take all papers, masks, and other personal belongings with you when you leave. **Masks, gloves and tissues should be disposed of at home.**

WE NEED YOUR HELP

In addition to following the Instruction for Parishioners, we need volunteers to assist with:

- Becoming an usher to assist during services
- Cleaning the Church between masses and for other events such as funerals.

If you can lend a hand, please send an email to ststephens1879@gmail.com or contact a Warden or a member of the PPC listed on the weekly newsletter.

The protocols being followed have been established by the Archdiocese of Gatineau in conformity with broader public health direction from the Government of Quebec.

We are always willing to look to where improvements can be made, within the guidelines we have been given. If you have any comments or suggestions, please send an email to ststephens1879@gmail.com or contact either a warden or PPC member at the numbers listed in the weekly newsletter.