



Humility before God, Gentleness toward Neighbor

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Mass Guidelines for Phase One ~ June 5, 2020

The dispensation from the Sunday and Holy Day obligation to participate in the Mass remains in place for all Catholics until further notice.

Mass will continue to be live-streamed at 10 am on Sundays, to ensure that those who stay home still have Mass available and the recording will be posted online to be viewed at your convenience.

Those who are "vulnerable," or those for whom you care for who are vulnerable to infection, or serious effects of the virus are asked to avoid general public gatherings, including liturgical celebrations. Those who are considered "vulnerable" are over the age of 65; have existing heart or lung conditions; or have diabetes; or are otherwise immunocompromised. If you feel sick or have been in contact with someone who is sick, if you have a fever, cough, difficulty breathing, are frequently sneezing, or were exposed to COVID in the past 14 days, please stay home for your safety and the safety of our community. Fr. Metzger, based on his age, has decided not to participate in public gatherings, including Mass.

The only way you may attend any Mass is to sign up ahead of time. No walk-ins are permitted; this includes daily Mass. The Bishop asks that you do not attend liturgies at any parish at which you are not registered.

How to signup:

See email from OLG for link, call Parish Office 703.938.2828, email communications@olgcva.org or stop in the office Mon - Fri 9am - 1pm.

Information to signup for Mass was sent to all parishioners for which we have an email address. Those parishioners who we do not have an email address received a phone call or letter in the mail.

ARRIVAL: Please arrive at the Church 15-20 minutes before Mass time. Only the main doors of the Church near the bell tower and the doors between the Admin Building and Chapel will be open. Please be prepared to possibly wait outside in order to be checked-in, even in inclement weather. Porters will check you in, and ensure capacity and safety practices are observed.

No late arrivals will be permitted. The doors will be closed & locked 5 minutes before Mass begins.

Please be patient, understanding, and kind in following directions of all porters.

Daily mass at 8:30am use only the main doors near bell tower.

FACE COVERINGS: Face coverings of nose and mouth (masks) are mandatory for everyone age ten and older with no exceptions! The CDC says face coverings can help those who may not know they have the virus from spreading it to others. We understand that some may medically not be able to wear a mask, or for personal reasons choose not to do so, we respect and honor that, but for phase one and the safety of all, we require all to wear a mask once you enter and exit the OLG property.

HAND SANITIZER: You are expected to have your own hand sanitizer and should disinfect when entering the Church; you are encouraged to do so again immediately before and after receiving Communion. OLG has a limited supply.

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SOCIAL DISTANCING: The Diocese requires every parish to ensure social distancing with due respect for the reverent enactment of the sacred rites. Many pews will be blocked off; please follow the directions of ministers, as well as posted signs & markings. Families that live together may sit together, but need to be 6 ft away from non-household members. The only seating available is in the Church (cry room is closed, no pews are in the Narthex, and no standing is permitted). Although we know it is difficult not to visit with friends, please do not congregate before or after Mass for the sake of everyone's good health and to ensure that we can take the necessary steps to prepare the Church for the next Mass.

WORSHIP AIDS: No worship aides will be available (i.e., Missalettes or Orders of Service). You can bring your own, print the Order of Service ahead of time, or use your phone or tablet. No bulletins will be available; please visit the website.

COMMUNION: You are encouraged to disinfect hands immediately before & after Communion. Please follow the instructions of the Cantor. Since there may only be 1-4 ministers their locations may look different than before. Each section will be directed to the station nearest to them. Maintain social distancing and observe markings on the floor. This process will take some time.

- The church is divided in sections by color.
- It is not permitted to receive Communion while wearing gloves. No precious blood will be offered.
- **The Minister will say The Body of Christ. You respond Amen. Please out stretch your arms and hands. The minister will drop the host in your hand, making sure that touch is avoided. You then step to the side, raise or lower your mask and consume the Eucharist, place your face covering back in place and return to your seat.**

COMMUNION CONTINUED:

- **Out of profound Christian charity for the minister and entire OLGC Community, Holy Communion will only be distributed for Reception in the Hand. If you choose not to receive in the hand, you are invited to remain in your seat and make a Spiritual Communion.**
- If the EM accidentally touches a communicant's hand, they will need to remove any particles from their fingers with the purificator &/or ablution cup & thoroughly disinfect before continuing.
- If you have a gluten intolerance, you must note your need on the online signup so that we can make preparations before Mass. The precious blood will be available in a separate chalice at the tabernacle station for each person who has submitted the need. We ask you to sit in the section closest to the tabernacle.

COLLECTION: Collection Boxes are available at the exits of the Church or you can give [online](#) or text to give at 703-810-7674.

RESTROOMS: Should only be used for emergencies. The available restrooms are the ones closest to the main doors for the Church. The reason for this is that the restroom needs to be disinfected after each use.

DISMISSAL: Please stay in your places until the end of Mass. The Cantor will dismiss the congregation by sections and out particular doors. Please maintain social distancing of 6ft between families.

DISINFECTION & VENTILATION: Staff and Volunteers will disinfect and ventilate the Church to the best of their ability in between Masses.

HOLY WATER: Holy Water fonts have been removed. Holy Water bottles are available at the Parish Office Monday – Friday between 9 am – 12 Noon.