

DEAR PARISHIONERS:

Sunday Obligation

In order to continue assisting local public health efforts to limit the spread of COVID-19, the **obligation to attend Sunday Mass is lifted for everyone.**

Those **over the age of 65 are encouraged to stay home** rather than attending Sunday Mass, as are those who feel even remotely unwell and those who believe they might be genuinely at risk.

Those who do not attend Mass are encouraged to watch Mass online (<https://dailytvmass.com/> or on TV. or have a time of prayer, if possible with the readings of the Sunday, and a spiritual communion.

Sunday and daily Masses are still being offered. Attendance must be kept at or below the 50 people required by the Provincial Health Officer and the Ministry of Health and the “social distancing” of 2 metres is required.

Holy Trinity Church will remain open weekdays after mass until 6pm weekdays for private prayer. Please maintain social distancing of 2 metres.

Cancellations

Adoration Chapel will be closed as of Thursday March 19th at 9am. Adorers can continue adoration in the church from 9am - 6pm.

March 18th - Knights of Columbus Marion Devotion

All communal Penitential Services are cancelled.

Soup and Silence, Stations of the Cross and our Lenten Mission

April 1st - North Shore Pro Life Annual General Meeting

Reception of Holy Communion

Holy Communion will be received only in the hand.

What we should all do to help

According to the Provincial Health Officer, these are the recommended actions for British Columbians:

- Cleaning your hands regularly
- Avoiding touching your face,
- Coughing or sneezing into your elbow sleeve
- Disposing of tissues appropriately

Staying home and away from others if you are sick. Anyone who is concerned they may have been exposed to, or are experiencing symptoms of, COVID-19 should contact their primary care provider, local public health office, or **call 811.**

For updates please go to: rcav.org/corona

March 18, 2020