

Holy Name of Jesus National Catholic Church
Covid19 (Coronavirus) Precautions

Dear brothers and sisters,

We face a time of particular challenge in today's world. We have heard how the novel COVID19 virus is spreading in various communities. A state of emergency has been declared in various states, including New York. In an abundance of caution and so to be prepared please note the following:

Being careful is simple: Good self-care practices are the best defense. This includes maintaining social distance from others (a space of about 6 feet); Frequent hand washing; Covering coughs and sneezes with your arm; Avoid touching your face; and Avoiding handshakes, hugs, social kissing, and unnecessary social gatherings.

FEAR! The greatest thing we have to fear is fear itself - a good quote to keep in mind. Anxiety and fear cause us to make mistakes and even to take actions unhelpful for ourselves and others. Panic buying - don't do it. Be aware, people are taking advantage. Criminals are already profiting off the situation and people's desire to learn more. There are now scams that attempt to steal personal information or to infect your electronic devices with malware and ads that peddle false information or scam products. Fear also causes people to discriminate against others. Remember, this virus will pass one day - but the virus of discrimination will set in and destroy us as people. When we feel fear, stop, breathe, and offer an intercessory prayer for protection and healing.

Stay informed through trustworthy sources including the United States Centers for Disease Control and Prevention at <https://www.cdc.gov/coronavirus/2019-ncov/index.html> and the New York State Department of Health at <https://health.ny.gov/diseases/communicable/coronavirus/>.

In church:

Holy Water will remain in place. Please remember that the use of Holy Water, while a pious practice, is not required or necessary. We encourage you to exercise appropriate caution.

The Sign of Peace is not a required part of the Holy Mass, it is optional, and will be discontinued for the time being. Greetings after Holy Mass will continue, but please avoid handshaking, hugs, and kisses.

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Holy Communion - we have been instructed by our bishop to implement extra sanitization measures prior to and after Holy Communion. Besides the several rounds of hand washing clergy already do, an extra step with sanitizer will take place before and after Holy Communion.

Spiritual Communion - no person should be subject to judgment should they not go up for Holy Communion. A pious practice, if one cannot go or needs to abstain from receiving is to make a spiritual communion. To do so, during communion, pray: *My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.*

Social Distance - our parish is and will always be a beautiful family. To protect each other, lets spread out more and as we do so, pray that we may continue to spread God's great power and love.

If you do not feel well - please remain home to recover. We broadcast Holy Mass on our Facebook page at <https://www.facebook.com/HolyNameOfJesusSchenectady/> and on YouTube at <https://www.youtube.com/channel/UCWUo-NZzSJVzk2Q9hchQaHg>.

Remember and gather assurance for our faith is in God Who is powerful to overcomes any challenge.