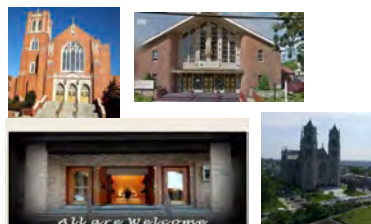


# Safely Returning to Mass

Each parish will do this differently. Call or check your parish website for specifics.



Preparing to go to mass or church to pray. Bring facemask. Sanitizer is also recommended.



Follow signs for where to enter the church.



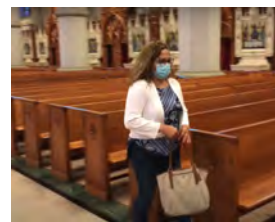
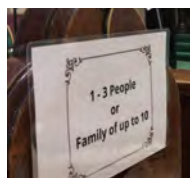
Restrooms may be closed unless it is an emergency.



As you enter the church, use the hand sanitizer at the entrance.



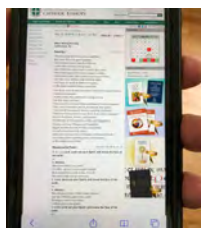
There will be limited seating, but family members can be closer. Each parish will provide guidance.



Maintain social distance during mass.



Readings are available at [www.USCCB.org](http://www.USCCB.org) under daily readings.



For the Sign of Peace, a bow, nod, wave or ASL sign for "peace" only please.



Holy Communion, will only be distributed by hand. Holy Communion will not be available by the Cup.



Walk forward to receive Holy Communion keeping safe distance.



Receive Holy Communion in your hand, step aside and put into your mouth under your mask, then continue.

1



2



3



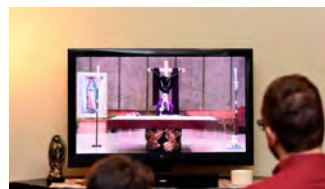
Your parish appreciates your support. Look for offertory basket, give online, mail or drop off at the office.



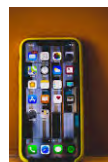
Stay Safe! If you are sick, have vulnerable health or are uncomfortable with the necessary safeguards, take care of yourself.



Stay home and participate in mass online or on television.



Stay in touch and stay informed: call your parish office, check website.



For questions and support contact:  
Patty Origer 515-237-5073 or [poriger@dmdiocese.org](mailto:poriger@dmdiocese.org)  
Check us out at [www.dmdiocese.org/disabilityministry](http://www.dmdiocese.org/disabilityministry)



A PRAISE Resource – Persons Recognized Affirmed Included by Spirit-led Energy  
Pastoral Ministry with Persons with Disabilities for the Archdiocese of Newark  
[www.rcan.org/disabilities](http://www.rcan.org/disabilities)

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