

RESOURCE 7: DISTRIBUTION OF HOLY COMMUNION - OPTIONS

The distribution of Holy Communion is the point at which Physical Distance is more challenging, both because of the movement of the congregation and the proximity, even if only for a moment, between the priest / minister and the communicant.

Holy Communion can be distributed quite safely as long as hand hygiene is observed, close contact is limited and the celebrant / minister wears a face covering.

Every effort should be made to maintain the sacredness of the Sacramental moment. Taking into account the specific layout of individual Churches, the following options are recommended:

Option 1: Communion by Approaching the Altar

- a. Each priest/minister wears a face covering following the correct protocols. A perspex/plexi-glass screen, with an opening at hand level may also be placed at all Communion distribution points.
- b. People approach in single file, by seat row, and maintaining physical distance.
- c. Arrange for people to return to their places by an alternative route.

Option 2: Communion Brought to People in their Seats

- a. Holy Communion will be distributed to people in their seats.
- b. Priest/Minister wears face covering and makes their way through their assigned section.