



MOST REVEREND RICHARD J. GARCIA, D.D.
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MEMORANDUM

To: Priests, Deacons, Parish Offices, School Principals and School Offices
From: +Most Reverend Richard J. Garcia, D.D.
Bishop of the Diocese of Monterey
Subject: Flu Awareness and Liturgical Changes
Date: January 10, 2018

Once again, we are in the midst of the flu season, which is quite widespread. I would like to encourage pastors to make temporary liturgical changes, if you deem it necessary, as we attempt to do our part to reduce the likelihood of the flu's spread.

Please remind the faithful that they are never obliged to attend Sunday Mass when they are sick and not feeling well. If they are at Mass and are not feeling well, they should be considerate enough to avoid receiving the Precious Blood from the communion cup. Receiving from the cup is always optional. If at all possible, emphasizing reception of the consecrated host in the hand instead of the tongue for this period of time is recommended as well.

The suggestion can also be made that if someone is not feeling well that they should avoid holding hands during the Our Father, and also shaking hands during the Kiss of Peace.

Reminding Extraordinary Ministers of the Eucharist to wash their hands before Mass begins or to use hand sanitizer prior to distributing communion is also important.

These suggestions are only temporary and can be implemented by pastors and parish staffs at your discretion for as long as you believe it to be necessary.

If you have any questions please call our office or call Sr. Barbara Long, Diocesan Director of Divine Worship at 831-423-4973.

I am praying for a blessed New Year for you all.
In Christ's love,

+Most Reverend Richard J. Garcia, D.D.
Bishop of the Diocese of Monterey