

## Holy Communion - Guidelines

The guidelines shown below are what we all need to adhere to when celebrating Holy Communion. This will keep everyone safe:

At the Service

- Always wear your face mask in church
- Always keep a 2 metre distance
- There will be no physical sharing of the peace or moving about.
- As a gesture of peace, why not wave or place your flat hand on your chest
- When invited form a distanced queue up to the front keeping down the left-hand side of aisle.
- At the screen, sanitise your hands at the dispenser on your left
- Make your way to the altar and form a distanced queue
- Remain Standing throughout and do not touch the altar rail
- Communion in one kind, will be distributed and received in silence
- Only when it is your turn to receive the wafer, remove your mask and hold up your hands to receive
- Place the wafer in your mouth and replace your mask and wait.
- Wait until invited to return to your seat
- Then make your way down the aisle keeping to the right- hand side and 2 metres apart.
- Sanitise your hands again, at the table to the right, before making your way back to your seat
- Follow the one-way rule
- Always keep the 2 metre rule.