

Worship Guidelines During COVID-19

As issued by the bishops (March 21 and 25, 2020) and summarized below for easy reference.

No in-person public worship services until May 31. (*Subject to further extension according to civic and health organization guidelines.*)

Online and live-streamed services from church buildings remain permissible, as long as *fewer than 10 people* are present, *physical distancing* is maintained and *strict hygiene measures* are observed.

If Holy Eucharist is celebrated for live-streamed services, the celebrant is encouraged to abstain from receiving (understood as sharing in the fast of all the people), or the celebrant alone may receive the sacrament (understood as receiving on behalf of all the people). Others present for the videotaping or broadcast should not receive. In place of the Invitation ("The gifts of God..."), the Prayer of Spiritual Communion, as used at Washington National Cathedral, is recommended. (See below.*)

Remote consecration of elements in viewers' homes **is not sanctioned**. Recommended alternatives include the Prayer of Spiritual Communion (see below*) or a creative observance of an Agape Meal, during which readings and prayers may be complemented by a simultaneous moment of enjoying one's own comestibles.

Suggested **forms for an Agape Meal** are available [here](#) and [here](#).

Morning Prayer, and other **services of the Daily Office**, are a strong and viable option for both individual and communal online worship

Private **funerals and memorial services** may proceed as long as *fewer than 10 people* are present, *physical distancing* is maintained and *strict hygiene measures* are observed. An outdoor graveside option is strongly recommended.

Expanded liturgical resources have been gathered by members of our Liturgy and Music Commission for use in homes and online worship. A letter from the commission leaders introduces a host of links to resources for praying the Daily Office, praying with children, formation podcasts, grace at meals and more. Find this compendium [here](#). Additional liturgy and formation resources have been compiled by the Episcopal Church Foundation [here](#).

***Prayer of Spiritual Communion**

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and 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.

Jesús mío, creo que eres verdaderamente presente en el Sagrado Sacramento del Altar. Te amo encima de todas las cosas, y te anhele en mi alma. Como

ahora no te puedo recibir sacramentalmente, entra al menos espiritualmente en mi corazón. Como si ya hubieras venido, te abrazo y me uno completamente a ti; nunca permitas que me separe de ti. Amén.

(St. Alphonsus de Liguori, 1696-1787)