



ST. THOMAS'S EPISCOPAL CHURCH

SECOND SUNDAY IN LENT, YEAR A

Service of Holy Eucharist

March 8, 2020 10 A.M.

If you are new or visiting ...

Welcome! After the service, please come to Coffee Hour (in the Lounge on the 2nd floor) for food and fellowship. Please consider filling out a blue visitor information card (located in the pew rack). You can use the form to request a nametag, and next Sunday it will be waiting for you on the table just inside the main church entrance.

Families with small children: Three seating areas at the front of the church are reserved for families with small children: the area under the array of paper cranes (for children age 3 and under), and the areas in front of the two front pews (for children age 10 and under). For safety, every child should be accompanied by a caregiver.

Education for All Ages takes place from 9 to 9:45 A.M. on most Sundays during the academic year.

Wireless access in the Sanctuary is accessible by connecting to wireless network STEC – Guest. Your device will open a web browser and St. Thomas's website. Sunday bulletins are posted on the website's Bulletin Archive. We aim to reduce printing by encouraging worshippers to use their smart devices to follow the order of service.

Restrooms for men and women are located on the second floor. Go through the red double doors at the front of the church, up the stairs to the left, and to the far end of the hallway. An **all-gender restroom (with baby changing table)** is in the Vesting Room, located opposite the red double doors at the front of the church.

All are invited to receive Holy Communion. Baptism is not required; church membership is not required. **Gluten-free bread** is available at each communion station; **non-alcoholic wine** is available from the chalice bearer at the center. Any difference will be explained during the announcements.

To receive Holy Communion hold out your hands, and the server will place bread in them. If you wish to receive wine, please sip it from the common cup, using both hands to guide the chalice to your lips.

To follow along with the service you will need this service bulletin as well as The Hymnal 1982 (the blue book in the pew racks).

The Ministers and Choir will enter in silence. Please remain seated.

ORGAN VOLUNTARY

Kyrie — Fugue — Recit
François Couperin (1668–1733), *Mass for the Parishes*, 1690

INTROIT

Lamentations of Jeremiah

Incipit lamentatio
Jeremiae prophetae.

Here begins the Lamentation
of Jeremiah the Prophet.

ALEPH.

ALEPH. [*The first Hebrew letter.*]

Quomodo sedet sola civitas
plena populo
facta est quasi vidua
domina gentium

How lonely sits the city
that once was full of people!
How like a widow she has become,
she that was great among the nations!

princeps provinciarum
facta est sub tributo.

BETH.

Plorans ploravit in nocte
et lacrimae ejus in maxillis ejus
non est qui consoletur eam
ex omnibus caris ejus
omnes amici ejus spreverunt eam
et facti sunt ei inimici.

Jerusalem convertere ad Dominum Deum tuum.

She that was a princess among the provinces
has become a vassal.

BETH.

She weeps bitterly in the night,
with tears on her cheeks;
she has no one to comfort her
among all her lovers;
all her friends have dealt treacherously with her,
they have become her enemies.

Jerusalem, return unto the Lord thy God.

Words: Lamentations 1:1-2 Music: Thomas Tallis (c1505–1585)

At the ringing of the bell, please stand.

OPENING ACCLAMATION

Presider: Bless the Lord who forgives all our sins.

People: God's mercy endures for ever.

Presider

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these." *Mark 12:29-31*

THE CONFESSION OF SIN

Presider

Let us confess our sins against God and our neighbor. [*Silence is kept.*]

Presider and People

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.**

Presider

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
Amen.

Leader
Ky - ri - e

Ky - ri - e e - le - i - son. Ky - ri - e

Chri - te

e e - le - i - son. Chri - ste, e - le - i -

son. Chri - ste, e - le - i - son. Ky - ri -

e e - le - i - son. Ky - ri - e e - le - i - son.

(♩)

Music: Betty Carr Pulkingham (1928–2019), *Freedom Mass*, 1989. Based on traditional African melodies.

SALUTATION & COLLECT OF THE DAY

Presider: The Lord be with you.

People: And also with you.

Presider: Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

All are seated.

THE FIRST LESSON

GENESIS 12:1-4

The LORD said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless

you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.”

So Abram went, as the LORD had told him; and Lot went with him.

Reader: The Word of the Lord.

People: **Thanks be to God.**

PSALM 121 (*sung by the Choir; the People respond with the Antiphon*)

Tone V.1



My help comes from the LORD, the mak - er of heav - en and earth.

- 1 I lift up my eyes to the hills; * from where is my help to come?
- 2 My help comes from the LORD, * the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep. [**Antiphon**]
- 4 Behold, he who keeps watch over Israel * shall neither slumber nor sleep;
- 5 The LORD himself watches over you; * the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, * nor the moon by night. [**Antiphon**]
- 7 The LORD shall preserve you from all evil; * it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and your coming in, *
from this time forth for evermore. [**Antiphon**]

THE SECOND LESSON

ROMANS 4:1-5,13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”)—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Reader: The Word of the Lord.

People: **Thanks be to God.**

All stand.

SEQUENCE HYMN

Lift high the cross (473, *The Hymnal 1982*)

THE GOSPEL

JOHN 3:1-17

Presider: The Holy Gospel of our Lord Jesus Christ according to John.

People: Glory to you, Lord Christ.

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?"

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

Presider: The Gospel of the Lord.

People: Praise to you, Lord Christ.

All are seated.

THE SERMON

All stand.

THE NICENE CREED

Presider and People

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: was incarnate of the Holy Spirit and the Virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father, who with the Father and the Son is worshiped and glorified, who has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

THE PRAYERS OF THE PEOPLE

Presider

The season of Lent reminds us that seeds of life are present in even the most barren desert. With faith that the Holy Spirit is with us, we offer our prayers for the church and for the world.

Intercessor and People

We pray for Christ's one holy catholic church, that all who minister in Jesus' name may find unity of purpose in service to him. Lord, have mercy; **Christ, have mercy.**

We pray for all in authority around the world, and especially for the elected officials of this nation, that they may see in every person the image of God. We pray especially for: Donald, our president; Ned, our governor; and Toni and Curt, our mayors. Lord, have mercy; **Christ, have mercy.**

We pray for all that you have created and named good, especially the land, sea, sky, and life surrounding us, that it may be cherished in the present and preserved for the future. Lord, have mercy; **Christ, have mercy.**

We pray that our nation will continue the turning necessary to resolve its sinful legacy of slavery and racism. We pray especially for the continuing season of racial healing, justice, and reconciliation, that it may open eyes, hearts, and minds throughout the Episcopal Church in Connecticut. Lord, have mercy; **Christ, have mercy.**

We pray for St. Thomas's Church and Day School, that we may help one another to cultivate our unique gifts for making this a better world. During this period of Lenten preparation, we pray especially for our inquirers: Greg, Jesse, Joann, and Bob. Lord, have mercy; **Christ, have mercy.**

We pray for the children and youth of this and every community, that they may know love and safety, and grow in wisdom and kindness. Lord, have mercy; **Christ, have mercy.**

Presider

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

SANCTUS AND BENEDICTUS

256, *Lift Every Voice and Sing II*

The musical score is written in 6/8 time with a key signature of one flat (B-flat). It consists of four systems, each with a vocal line and a piano accompaniment line. The first system is marked '(piano)' and 'Leader'. The lyrics are: 'Ho - ly, Ho - ly, ho - ly, ho - ly Lord, God of pow'r_ and might, heav - en and earth are full of your glo - ry. Ho - san - na in the high - est. Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.____' The piano accompaniment features a steady eighth-note bass line and chords in the right hand.

Music: Betty Carr Pulkingham (1928–2019), *Freedom Mass*, 1989. Based on traditional African melodies.

Presider

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ,

your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Presider and People

Christ has died.

Christ is risen.

Christ will come again.

Presider

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.
AMEN.

THE LORD'S PRAYER

And now, as our Savior Christ has taught us, we are bold to say:

You are invited to say the Lord's Prayer in the language of your choice.

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,**

**as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.**

THE BREAKING OF THE BREAD

The Presider breaks the consecrated bread. A period of silence is kept.

FRACTION ANTHEM

270, *Lift Every Voice and Sing II*

Lamb of
God, you take a - way the sins of the
world: have mer - cy on us. Lamb of
God, you take a - way the sins of the
world: have mer - cy on us. Lamb of
God, you take a - way the sins of the
world: grant us peace.

Music: Marjorie Landsmark-DeLewis (b. 1930), 1990

Presider: The Gifts of God for the People of God.

All are invited to receive Holy Communion at God's table in this church. Baptism is not required; church membership is not required. Please proceed to the most conveniently located station to receive communion, and then return to your seat via a side aisle. Gluten-free bread is available at each station; non-alcoholic wine is available from the chalice bearer at the center. To receive a blessing instead of communion, approach the priest with your arms crossed over your chest.

COMMUNION ANTHEM

Psalm 121

Päeval ei pea päikene sind vaevama,
ega öösel kuu.

Ma tõstan oma silmad üles mägede poole,
kust minu abi tuleb.

Mu abi tuleb Jehoova käest,

So that the sun shall not strike you by day,
nor the moon by night.

I lift up my eyes to the hills;
from where is my help to come?

My help comes from the LORD,

kes kõik on teinud, kõik taeva, maa, on teinud.

the maker of heaven and earth.

Jehoova on kes hoiab sind,
Jehoova on su vari sinu paremal käel.

The LORD himself watches over you;
the LORD is your shade at your right hand.

Words: Psalm 121:1-2,5-6 Music: Cyrillus Kreek (1889–1962), *Taaveti laulud*, 1915

After all have received communion, the People remain seated for a period of silence. Then all stand.

THE POSTCOMMUNION PRAYER

Presider: Let us pray.

Presider and People

**Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.**

THE SOLEMN PRAYER OVER THE PEOPLE

Presider

Bow down before the Lord. [*Silence is kept.*] Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

FINAL HYMN

How firm a foundation (**637**, *The Hymnal* 1982)

DISMISSAL

Presider: [*The Presider dismisses the People.*]

People: Thanks be to God.

ORGAN VOLUNTARY

Dialogue
François Couperin (1668–1733), *Mass for the Parishes*, 1690

*Unless otherwise indicated, all printed music and anthem texts are used by permission.
Reprinted using ritesong, Church Publishing Incorporated License #90148. All rights reserved.*



Serving Today

Presider & Preacher: The Rev. Keri Aubert
Choir Director: Hannah Goodwillie
Organist: Maria Coffin
Eucharistic Minister: Michael Dunlap
Chalice: Sally Edwards, Chris Martinez
Lectors: Don Edwards, Sally Edwards
Vestry Host: Bill English
Ushers: Mel & Judy Thompson
Sacristans: Claire Scully & Kids
Counters: Bill English
Coffee Hour Hosts: Catherine & Jesse Stricklan,
Max Ballardo

This Week's Prayer Intentions

Pray for those in any need or trouble, especially:

Drew, Dwight, John, Sally, Sue

Pray for those who have died.

In the Episcopal Church in Connecticut Cycle of Prayer, pray for:

St. Barnabas', Greenwich; Christ Church, Guilford;
St. John's, Guilford; All ministries to, with, and for
women and the Girl's Friendly Society

In the Anglican Cycle of Prayer, pray for:

the Province de L'Eglise Anglicane Du Congo

In the World Council of Churches Ecumenical Prayer Cycle, pray for:

Denmark, Faroe Islands, Finland, Greenland, Iceland,
Norway, Sweden

Leadership at St. Thomas's

Church Officers and Vestry

Kyle Holton (Senior Warden)
Denise Terry (Junior Warden)
Ricardo Chavira (Treasurer)
Linda Meyer (Clerk)
Greg D'Andrea
Bill English
Chris Martinez
Alexandria Robison
Catherine Stricklan
The Rev. Keri Aubert (Rector)

Church (Volunteer) Associate Priests

The Rev. Canon K. Dexter Cheney
The Rev. Jakki Flanagan

Day School Board of Trustees

Gina Panza (Head of School)
The Rev. Keri Aubert (President, Day School Corp.)
Gina Criscuolo (Chair)
John Forrest (Vice-Chair)
Tracey Meares (Treasurer)
Eileen O'Donnell (Secretary)
Alexander Babbidge
Christopher Cavallaro
Don Edwards
William English
Jeralyn Fantarella
Kenneth Paul
Tony Reyes
Kathryn Crabb Scherer
Denise Terry
Heather Tookes Alexopoulos

ST. THOMAS'S EPISCOPAL CHURCH & DAY SCHOOL

830 Whitney Avenue, New Haven, CT 06511

Church: (203) 777-7623 ♦ www.stthomasnewhaven.org

Day School: (203) 776-2123 ♦ www.stthomasday.org

The Rev. Keri Aubert, Rector ♦ k.aubert@stthomasnewhaven.org

Dr. Noah Horn, Music Director ♦ n.horn@stthomasnewhaven.org

Julie Kelly, Parish & Property Administrator ♦ j.kelly@stthomasnewhaven.org

Gina Panza, Head of Day School ♦ gpanza@stthomasday.org

Will Parker, Day School Chaplain ♦ wparker@stthomasday.org

It's Lent!

Early Christians observed “a season of penitence and fasting” in preparation for the Paschal feast, or Pascha (BCP, pp. 264-265). The season now known as Lent (from an Old English word meaning “spring,” the time of lengthening days) has a long history. Originally, in places where Pascha was celebrated on a Sunday, the Paschal feast followed a fast of up to two days. In the third century this fast was lengthened to six days. Eventually this fast became attached to, or overlapped, another fast of forty days, in imitation of Christ's fasting in the wilderness. The forty-day fast was especially important for converts to the faith who were preparing for baptism, and for those guilty of notorious sins who were being restored to the Christian assembly. In the western church the forty days of Lent extend from Ash Wednesday through Holy Saturday, omitting Sundays. The last three days of Lent are the sacred Triduum of Maundy Thursday, Good Friday, and Holy Saturday. Today Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, all Christians are invited “to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word” (BCP, p. 265). [“Lent,” *An Episcopal Dictionary of the Church*]

Lenten discipline? If you're looking for ideas, see the Enews. Remember, the traditional practices of almsgiving, prayer, and fasting. You might especially consider giving to hunger alleviation programs in our community.

Presiding Bishop Michael Curry's Lenten Message: A Call to Prayer, Fasting, and Repentance Leading to Action. As the season of Lent approaches, Episcopal Church Presiding Bishop Michael B. Curry invites Episcopalians to turn and pray on behalf of the nation: “In times of great national concern and urgency, people of faith have returned to ancient practices of repentance, prayer and fasting as ways of interceding with God on behalf of their nation and the world. This is such a moment for us in the United States.” To watch the video or read the full text, pick up the link in the Enews or Google the Episcopal News Service.

Communion In the Pews. On the Sundays in Lent, the congregation will stay in the pews for the Eucharistic prayer. Our practice has become to do this during Advent and Lent. Lent is the season of penitence, so cushions are available for folks who wish to kneel. We will have communion in the pews on Easter Sunday as usual (due to the large congregation), and return to communion in the round on the Sunday after Easter.

And don't forget... Our liturgical alleluias have been put away until Easter. They will return at our Vigil service.

Announcements

Stay in touch! Subscribe to the Weekly Parish Enews and “like” St. Thomas’s on Facebook.

Revolution of Values: Reclaiming Public Faith for the Common Good – Soup Supper and Conversation, Part 2, March 25 (Wednesday) at 6:30 p.m. in the Lounge. Hosted by our Racial Justice and Reconciliation Committee, we will share a simple meal of soup/bread/salad and also share conversation and reflection while we read *Revolution of Values: Reclaiming Public Faith For the Common Good* by Jonathan Wilson-Hartgrove. Additional details are in the Enews.

Year-Round Stewardship: March Check-In Coming Soon. You may remember that one of our goals last fall was to shift our stewardship program away from a single huge fall drive and to a year-round model. To that end, look out next week for our March check-in via a special edition of the Enews.

Community Easter Egg Hunt? A group of parishioners is considering hosting an Easter Egg Hunt here at St. Thomas's for children of the Church, the Day School, and the broader community. Details are yet to be determined. If you're willing to help plan and host, contact Catherine Stricklan (catherine.stricklan@gmail.com). This is part of a broader initiative to interact with our neighborhood in new and creative ways. Look out for more to come!

Loaves & Fishes. Please donate non-perishable food items.

Our Little Free Library always needs books. Just pop them in yourself.

For more information and announcements, see our website and last week's Weekly Parish Enews.

St. Thomas's Episcopal Church
Parish Enews Special (March 3, 2020)
Parish Response to Coronavirus (COVID-19)

Dear Friends of St. Thomas's,

As COVID-19 continues to spread in the United States, know that the leaders of St. Thomas's Church and Day School are committed to doing what we can to help contain the risk.

I'm writing most specifically about St. Thomas's Church. Last week ECCT Bishops Ian Douglas and Laura Ahrens emailed clergy with information about coronavirus precautions. On Sunday we instituted several new protocols for worship that will remain in effect indefinitely. Here is what we are asking of you:

- **When you arrive for worship, use hand sanitizer.** Infectious disease experts continue to emphasize that the first line of protection is hand hygiene, including handwashing and hand sanitizers. For your use, there are large bottles of hand sanitizer at all church entrances.
- **During the exchange of the peace, do not touch others.** Instead of a handshake or a hug, you might offer a slight bow or a "peace sign."
- **When you receive communion, do not intinct.** That is, do not dip the bread/host into the wine/juice. For the time being, you may still sip from the cup. (While it may seem counterintuitive, intinction is considered much riskier than sipping. A person's hands come into contact with a lot more surfaces than do their lips and are therefore much more likely to carry viruses.) After you receive the bread/host, you may either (1) sip from the cup; (2) reverence the cup by stopping in front of it while the server says "The blood of Christ, the cup of salvation"; or (3) proceed directly to your seat. Remember, communion in one kind (in this case, bread) still "counts" as communion.

Note that your communion servers will be even more intentional about hand hygiene (which already included the use of hand sanitizer). Know also that the cleaning regimen in the Church spaces includes daily disinfection of frequently-touched surfaces such as restroom door handles and stairway handrails. We are currently evaluating whether additional measures are necessary.

I encourage you to take the good-sense steps that will help keep you - and by extension your extended community - safe. Many reliable online sources have posted information about COVID-19. Please use your browser to check them out and act accordingly.

We will continue monitoring the situation as time goes by. We plan to follow any developing public health recommendations.

Thank you for your understanding and support. Please don't hesitate to reach out if you have any questions or concerns.

Yours in faith,
Keri+