

Covid-19 Precautions – December 2022

Advent Sunday marked the start of the new church year and, having regard to advice from our diocesan bishop, we have now returned to pre-pandemic arrangements for the administration of Holy Communion:

- We administer from the communion rail in the chancel and offer the consecrated wine from the common cup.
- Our bishop has asked all churches in the diocese to discourage the practice of ‘intinction’, or dipping the wafer in the chalice. We focus on the two actions of Christ at the last supper, breaking bread and sharing from the common cup, which ‘signify the community’s participation in Christ’ (International Anglican Liturgical Consultation, 1995).
- Those who wish to receive from the chalice will be invited to sip from the common cup. There is NO OBLIGATION to do so and it has long been the teaching of the church that anyone who receives either the bread or the wine of Holy Communion receives all the benefits of both the body and blood.

Anyone in good standing with a church of any denomination that subscribes to the doctrine of the Holy Trinity is welcome to receive Holy Communion in the Church of England. If you are not accustomed to receive Holy Communion we welcome you to come forward for a blessing. Please keep your head bowed and hands together if you do not wish to receive.

Please advise a member of the welcome team if you require a **gluten-free wafer** or if it would be helpful for you to receive Holy Communion **from your seat**.

The wearing of **face-coverings** is now a matter for individual discretion but we will continue to provide mask-only zones, clearly marked, in the north aisle.

We continue to provide **sanitiser** at the doors.

Anyone showing **possible symptoms of Covid-19** – which can include: a headache, runny nose, excessive sneezing, sore throat or any cold- or flu-like symptoms, with or without a high temperature; muscle aches; a loss of, or change in, your normal sense of taste or smell – should not gather anywhere, including church, until they have tested negative.

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We distribute our **weekly bulletin** electronically, and fortnightly by post to those without email. To join either mailing list please speak to a steward or contact office@steyningparishchurch.org

Please join us for refreshments after the service. You can collect (real!) coffee from the front of the north aisle, or tea by the war memorial at the back corner of the church. Or we can bring either to you in your pew.