



## ***DIOCESE OF EDMONTON SPECIAL SYNOD SCENE***

October 30, 2009

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Dear Friends:

With flu season now upon us there are steps that we should be taking as a community to prevent contracting and submitting both seasonal flu and H1N1. I am asking every parish to adopt the following required guidelines for worship:

- Hand sanitizer should be used visibly and frequently by those assisting in the service, particularly before dealing with the elements. This includes priests, deacons, chalice bearers, members of healing ministry teams, etc.
- Hand sanitizer dispensers must be made available for the members of the congregation to use, and all should do so before receiving communion.
- Until further notice, please refrain from shaking hands or hugging to exchange the Peace. Consider instead bowing, waving, or nodding to pass the Peace with your neighbour.
- The practice of intinction is not to be used in any parish. If anyone is uncomfortable in receiving the common cup, they are to be assured that receiving just the bread for communion is still full participation in the Holy Communion and is the best practice for those who are sick or who have compromised immune systems
- If you have a cold, the flu, or a cold sore, please refrain from using the common cup.
- Please display the attached posters.

I join with the Public Health Agency of Canada in requesting that people who are sick stay home until their symptoms have passed, and that all who are able, receive their flu shot as soon as possible.

These precautionary measures will not last for ever, but they are for now. Please remember those who are ill or unable to attend church services in your prayers.

In Christ,

+Jane

The Right Rev. Jane Alexander  
Bishop of Edmonton