

Should I be going to Mass?

Deciding whether or not to go to Mass may be a tough choice. Your love of the Lord, your desire to be nourished by the Eucharist and to be with our community is life giving during these difficult days. At the same time, you must weigh the risk to your own health and that of those around you. Attending Mass may create fear and anxiety during the pandemic.



Participating at Mass is a health risk for any individual.

Before deciding, we encourage you to ask yourself these questions.

- Am I elderly and therefore in a group more vulnerable to COVID-19?
- Does my health make me more vulnerable to becoming ill from the virus?
- Do I live with someone who would be considered a vulnerable person?
- Have I been exposed to someone with COVID-19?
- Am I experiencing COVID-19-like symptoms?

If your answer to any of these questions is "Yes" we urge you to remain at home. Bishop William Joensen has suspended the Sunday obligation to attend Mass for everyone during the pandemic, not just those who may answer "Yes" to any of the questions above. For those who do not attend Mass during this time, know that **God's infinite grace and mercy remain abundantly available.**

If you choose to remain at home, there is a way you can join us spiritually.

- Use the Prayer of Spiritual Communion (For those who may wish but for whatever reason are unable to receive holy communion)

Jesus, I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there and unite myself wholly to You.
Never permit me to be separated from You. Amen



Guidelines provided by the Diocese of Des Moines based on recommendations from the Centers for Disease Control and Prevention.