

CORONAVIRUS SAFETY

Best safety practices at St. Thomas':

- Pass the peace by bowing or touching elbows—not fists. Hand to hand contact spreads the disease, and then we touch our faces, mouths or nose.
- Consider receiving the bread only for a while. Receiving in one kind is receiving in both in the Episcopal Church. It is especially recommended for those 60+ years, and toddlers through age 10.
- If you receive from the common cup, please do not intinct. Many people touch the cup with a part of their hand while intincting- or even touch the wine with their fingers. This spreads the disease.
- We will be only using cotton and linen purificators to wipe the cup. These fabrics dehydrate the virus as we wipe and turn the chalice, but polyester spreads the germs.

Please be considerate of others. If you are sick, please consider staying home. Some of our parishioners have diminished immune systems, and we certainly don't want to risk their health.

Be healthy: wash your hands this cold and flu and coronavirus season. Lisa+