



## DIOCESE OF ARLINGTON

### Prevention and Response to the Coronavirus

The Diocese of Arlington has been in consultation with the Centers for Disease Control and Prevention (CDC) and is actively coordinating with county public health departments to ensure that all diocesan parishes, schools, ministries, and charities are responding appropriately to the spread of the coronavirus (COVID 19). With active cases of coronavirus present in Maryland, Washington DC and Virginia, the Diocese is taking additional precautions.

#### **Parishes:**

Along with our previous recommendations to help prevent further transmissions, Bishop Burbidge directs all parishes, and high school and campus ministries to take the following measures:

- Suspend the use of a common chalice during Holy Communion
- Omit or suspend the Sign of Peace
- Empty Holy Water fonts
- All liturgical vessels should be cleaned with soap and water after each Mass, including any pyx that will be taken to a nursing home, hospital, the homebound, etc.
- Surfaces in our churches, offices, and other facilities are to be cleaned as frequently as possible

*\* Public health experts assisting the Diocese have advised that receiving Communion on the tongue does not pose a greater risk of spreading illness than receiving Communion on the hand.*

Pastors have also been instructed to encourage parishioners who are showing common symptoms of illness (fever, cough, body aches) to avoid coming to Mass or any parish activity until 24 hours after symptoms abate.

Until further notice, Bishop Burbidge has granted dispensation from the Sunday Mass obligation for those segments of the community who are most vulnerable to the effects of coronavirus (those 60 years old or older, those with chronic illness, and those with immune system deficiencies), as well as those who provide for the care of a person with such a condition, and individuals with concerns about being in public gatherings.

Those who are exempted should check with their parish or the diocesan website regularly for updates.

Note: Those who refrain from attending Mass due to illness should, if possible, devote time to prayer, observe Mass on television or the internet, and/or pray a Rosary. While nothing can replace attending and participating in Sunday Mass or receiving Holy Communion, those who refrain from Sunday Mass due to illness have not committed a mortal sin. When sick, observing the Sabbath with another holy devotion and prayer demonstrates good will and sincerity.

#### **Preventative Measures:**

All expert opinion highlights the critical need to wash hands regularly with soap and water for at least 20 seconds; avoid touching your eyes, nose, and mouth as much as possible; and covering your mouth with a tissue or sleeve (not your hands) when sneezing or coughing. Diocese of Arlington leadership is coordinating actively with public health officials. We are monitoring the situation on a daily basis and will take additional measures as circumstances change.



# ST. ELIZABETH ANN SETON

ROMAN CATHOLIC CHURCH

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March 13, 2020

Dear Parishioners of Seton Lake Ridge,

With active cases of coronavirus present in Maryland, Washington D.C. and Virginia, the Diocese of Arlington, as well as our parish, are taking additional precautions to protect the health and safety of all. Those who serve in or are served by the diocese and the parish, as well as the broader public, are of a primary concern to us. All our actions are aimed at maximizing social distancing while still allowing the celebration of our Catholic Faith.

Therefore, I want to call to your attention the following schedule and event changes:

- Lenten Soup Suppers have been **cancelled** until further notice
- Friday Stations of the Cross **will proceed** at 5 p.m. and 7 p.m. until further notice
- Lenten Night of Music and Adoration led by “The Restless” **has been cancelled**
- On-site Religious Education classes are **suspended** until further notice. We ask that our students continue to do the online lessons each week and to use this time to catch up on all of the lessons they might have missed.
- Religious Education Faith Fair scheduled for April 25th/26th is **postponed** until May 2nd/3rd.

Beginning **Monday, March 16<sup>th</sup>, 2020** ALL parish activities and events will be cancelled or postponed until the end of March, *with the exception of Liturgical practices*, (ex: Mass, Confessions, Stations of the Cross, Tuesday all-day Adoration, Friday Divine Mercy Chaplet). As of today, the Parish Office will remain open during regular office hours. This is all subject to change, and we will reassess the situation for events scheduled in April and beyond. Please visit our web-site [www.SetonLakeridge.org](http://www.SetonLakeridge.org) for the most up to date parish notices and the Diocese of Arlington web-site [www.ArlingtonDiocese.org](http://www.ArlingtonDiocese.org) for additional information on Diocesan Catholic Schools, Catholic Charities and latest press releases.

I also strongly encourage everyone to pray daily for a quick resolution to this pandemic through the powerful intercession of our Blessed Mother, Mary; remembering those who are affected by the Coronavirus; the sick, the deceased, their loved ones and all of our civil leaders and health care workers. Please also join me daily in reciting the diocesan prayer below so that the Diocese can be unified in prayer during this time.

Sincerely in Christ,

Reverend Brian G. Bashista,  
Pastor

### A Prayer to Jesus for Healing and Guidance

Jesus, Son of God, you were sent by the Father to bear our weakness; be with us in this time of crisis.

Merciful Savior, heal and comfort the sick, so that, with health restored, they may give you praise.

Divine Physician, accompany our caregivers so that, serving with patience, they may heal wisely.

Eternal Wisdom, guide our leaders so that, seeking remedies, they may follow your light.

Christ, the Anointed, protect us in body and spirit, so that, freed from harm, we may be delivered from all affliction.

Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever, Amen.

*“For God has not given us a spirit of fear, but of power and of love and of instruction.  
God didn't give us a cowardly spirit but a spirit of power, love, and good judgment.” -2 Tim. 1:7*