

16 July 2020

Our Lady of Mount Carmel

Dear Friends,

We are grateful to announce that **we will begin a regular schedule of *both* indoor and outdoor Masses at MQP this week!** Our staff and many other ministers have worked very hard to prepare the parish for this. Please join me in thanking them for their dedication and commitment, which made this possible!

When Can I Attend Mass?

We will continue the Summer Mass Schedule we began last month.

- Sunday Masses
 - Saturday Vigil at 5:00 p.m. (**outdoors** in Plaza)
 - Sunday morning at 9:00 & 11:00 a.m. (both **indoors** in Church)

- Daily Masses
 - Monday-Saturday at 9:00 a.m.
 - (Wednesdays **outdoors**)
 - (All other days **indoors**)

- Live-stream Mass every day at 9:00 a.m. on our parish YouTube channel.

This schedule continues to be a starting point for us. As we go along, we will consider adding additional Masses and/or adjusting times. Thank you for your understanding that we aren't yet able to offer all the same Mass times we did previously.

Both Indoor & Outdoor Options

As you can see in the schedule above, most Masses will be indoors, but we are providing two options for those who prefer outdoors:

- Two Masses each week will be outdoors in the Plaza:
 - Saturday Vigil at 5:00 p.m. & Wednesday at 9:00 a.m.
- Outdoor Plaza seating is available for indoor Masses
 - Speakers will be set up in the Plaza so that you can hear and participate
 - Please select "Outdoor Plaza" when signing up for an indoor Mass
 - Please bring your own chair, umbrella, hat, jacket, etc.

Should I Come to Mass?

Please know that Archbishop Etienne has extended the dispensation of the obligation to attend Sunday Mass. This means that **there is no obligation and no sin in not coming to Mass during this time**. If you have *any* reason for not wanting to come (health concerns for yourself or a loved one; not feeling comfortable; just not ready)—please know that this is OK!

Also, please know that staff and volunteers are working very hard to provide the safest environment we can. However, **there is still a risk in coming to Mass**. This risk could be increased for someone over 60 years of age or someone with underlying health conditions. Please carefully consider the risks involved, and make the decision that is best for the health and safety of you and your loved ones.

Finally, if you or someone you have close contact with is not feeling well or experiencing any symptoms, please do not come to Mass. **Before coming, please do this self-assessment:**

- In the last 14 days, have I experienced...
 - ...a fever or chills?
 - ...a cough, sore throat, congestion, or runny nose?
 - ...shortness of breath, or difficulty breathing?
 - ...a new loss of taste or smell?
 - ...fatigue or new severe muscle or body aches?
 - ...nausea, vomiting, or diarrhea?

If you or someone you have close contact with answer “yes” to any of these questions, please take care of yourself and others by staying home and not coming to Mass.

If you are not able to come to the Church in person, **please continue to join us for live-streamed Mass on our parish YouTube channel, every day at 9:00 a.m.** (recordings available any time after).

How Can I Attend Mass?

Our capacity for indoor Mass is limited to approximately 130 people. Everyone who would like to attend **must register and receive a confirmation message that they have registered**. Please understand that if have not registered ahead of time, there may not be any spaces available in the Church to seat you in.

There are two ways you can register for a Mass:

1. Please go to our parish website for a link to sign up for Mass (www.mqp.org).
 - Fill in your name and email address.
 - We will save this information for 30 days, in the event that we need to do contact tracing.

- If you prefer not to give your name/email address via the sign up program, please call the Parish Office for assistance.
 - Select which Mass you would like to attend.
 - If the Sunday Masses fill up:
 - Please select a weekday Mass —and/or—
 - Please send a message to massrsvp@mqp.org and we will place you on the list for the next available Sunday.
 - **Important: You must indicate the total number of people coming in your group.**
2. **If you are not able to use the website method:**
- Please call the Parish Office for assistance: 425-391-1178 ext. 113.
 - Or send a message to massrsvp@mqp.org

Please **arrive 30 minutes early** so that we can check everyone in and get settled before Mass begins. When you arrive, please look for the welcome tables to check-in and receive additional instructions. **Please maintain six-foot spacing** from other people while waiting to check in.

What Should I Bring with Me?

If you are attending **indoor Mass**, please bring the following:

- **Mask or face covering.**
 - This is required for everyone, except very young children or those with a medical condition that prevents them from wearing a face covering. Please contact Parish Staff if you have questions or concerns about this.

If you are attending **outdoor Mass**, please bring the following:

- **Your own chairs.**
 - This will be a big help to save time sanitizing chairs between Masses.
 - After you check in, staff/volunteers will direct you to your area for Mass.
 - Please remain in your area and at least six feet away from other people/family groups.
- **Jacket, hat, umbrella, etc.**
 - Mass will go on, whether it's sunny, cloudy, windy, or rainy.
 - Mass will be cancelled if the weather turns threatening, such as lightning/thunder.
- **Mask or face covering.**
 - This is required for everyone, except very young children or those with a medical condition that prevents them from wearing a face covering. Please contact Parish Staff if you have questions or concerns about this.

What Will Mass Be Like?

This will not feel like Mass that we're used to. This might cause a mixture of emotions in us. On the one hand, it is a great joy to be in person at Mass and receive the Eucharist sacramentally. On the other hand, it could be upsetting to miss Mass in the way that we're familiar with, or to miss the people that we haven't seen in a while.

Please be patient with and kind toward yourself and one another as we all will be processing different emotions and feelings. Also, please pray for our brothers and sisters who aren't able to come to Mass at this time. Finally, please understand that we are doing the best we can to begin celebrating Mass together again. There might be mistakes, adjustments, changes, oversights, opportunities to improve. Thank you for your prayers and support as we all work on starting this together.

In order to limit the amount of time that we're exposed to other people, while still maintaining the core identity of the Mass, you will notice the following temporary differences:

- **Mass will not last as long:**
 - There will be no processions.
 - Cantors will sing fewer verses of songs.
 - Homilies will be shorter.

- **We will limit physical contact with one another:**
 - **Mask or face covering** worn at all times (not required for very young children or those with a medical condition).
 - **Congregants should not sing out loud** – please join in the song with your heart.
 - **Maintain minimum six-foot distance** from other people or family groups.
 - We will not hold hands during the 'Our Father'.
 - There will be no 'Sign of Peace'.

- **Communion will be at the conclusion:**
 - Only the priest and deacon will receive Communion immediately after the consecration.
 - After the final blessing, the priest and other ministers will distribute Communion.
 - They will sterilize their hands.
 - They will wear a mask or face covering.
 - As you prepare to receive Communion, please:
 - **Follow guidance** of staff and other ministers.
 - **Maintain six-foot spacing** from other people or family groups.
 - **Remove your face mask** (and gloves, if you are wearing them).
 - **Hold your hand flat and steady** to securely receive the Body of Christ.

- This will help to avoid contact between your hand and the minister's hand.
 - We will not distribute the Precious Blood for the time being.
 - If you have an intolerance to gluten, please contact us so that we can make accommodations.
- **Once you have received Communion, you are welcome to either leave immediately, or return to your pew or chair to pray privately for a brief time.**
 - When you are ready to depart, please do not stop in the hallways or plaza to socialize.

Come, Holy Spirit!

Please keep praying for the Holy Spirit to guide and protect us, and for our parish, Church, and world to experience a New Pentecost! Your prayers and support are so helpful and efficacious. Please keep them up! **Thank you!**

Mary, Queen of Peace, pray for us!

Jr. Chad Green