Bishop Folda announces the following updates to the Covid-19 diocesan guidelines, effective immediately:

- The practice of offering the **Sign of Peace** may resume during the celebration of Mass.
  - As this ritual is not obligatory, even in ordinary circumstances, pastors are to use their discretion in implementing it.
  - Pastors are advised to assure their parishioners that if they are uncomfortable with a handshake during the Sign of Peace, they may use some other suitable word or gesture, as they so choose.
  - As a reminder, the *Roman Missal* directs the deacon or priest celebrant to use these words in the invitation to the Sign of Peace: *Let us offer each other the sign of peace.* Therefore, any instructions as to how this ritual should be carried out would best be placed at a previous time, such as in the introductory remarks to the Mass or during the homily.

- **Distribution of Holy Communion with the chalice** is still suspended at this time.
  However, a pastor *may* decide to offer Holy Communion under both species by the use of intinction, the practice of dipping the consecrated Host into the Precious Blood, and giving both to the recipient on the tongue. If this option is chosen, a few considerations are warranted:
  - Intinction must be given to the communicant on the tongue to avoid profanation of the Sacred Species.
  - The use of a Communion paten or plate by the altar server is especially warranted in this circumstance, to catch any drops of the Precious Blood that may fall from the Sacred Host. Cf. *Redemptionis Sacramentum*, 93.