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**Archdiocese of Los Angeles**

Office of  
The Archbishop

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June 12, 2021

*Memorial of The Immaculate Heart of the Blessed Virgin Mary*

Dear Brothers and Sisters in Christ,

The coronavirus pandemic has affected our world and society in ways we could never have imagined.

Early on in the pandemic, many people experienced great fears and anxieties in the face of tremendous uncertainty. We recognized the fragility of our human nature. However, it also brought us closer together as one family seeking the good and wellbeing of the other. Most importantly, through this pandemic, we came to recognize our deep reliance on God and the truth of God's abiding love for us, His sons and daughters.

We remain strong in our faith knowing that God will always be by our side.

Thankfully, we continue to make significant progress in our fight against the pandemic in the three counties of the Archdiocese. We can look forward to better days in which we can actively live our faith as the Body of Christ in our parish communities.

And so, on June 19<sup>th</sup> and 20<sup>th</sup>, I encourage the Catholic faithful of the Archdiocese of Los Angeles to return to in-person Sunday Mass and the celebration of the Sacraments, especially for those who are in good health.

By this letter, effective June 19, 2021, the dispensation from the obligation to attend Sunday Mass and Holy Days of Obligation in response to the coronavirus pandemic will be lifted for the Catholic faithful of the Archdiocese of Los Angeles.

Those who have serious and legitimate reasons (e.g., illness, underlying health conditions that renders them susceptible to illness, significant fears of becoming ill, etc.,) are dispensed from the obligation to attend Sunday Mass and Holy Days of Obligation.

In these cases, Pastors are to encourage the faithful to keep the Lord's Day holy by reading the Gospels, praying with their families, or joining themselves to the sacrifice of the Mass by making an Act of Spiritual Communion.

Lastly, Pastors are asked to refer to the Archdiocese's "Guidelines on Liturgical Celebrations and Religious Services" to help their parishes transition into this new phase of our life, ministry, and worship as a Church.

Know that I am praying for you, and I ask you to please pray for me and my ministry.

May Jesus, through the intercession of our Blessed Mother Mary and St. Joseph, bless us with good health, peace, and joy,

+ José H. Gomez

Most Reverend José H. Gomez  
Archbishop of Los Angeles