



St Mary's
Charlton Kings

**Attending Holy Communion at St Mary's
During Covid -19 restrictions**

It has been announced that we can as a church community once again gather in St Mary's to worship God. This gathering is subject to precautions that limit the scope of what we can together undertake. Things have changed and it is important that we protect everyone by following some simple guidelines.

Before you come to church:

- If possible please bring a small piece of paper with your contact details on. On this paper should be names and address of everyone in your party. This is so we can comply with NHS contact tracing requirements. **Please place your piece of paper in the box marked by the west door where you enter. Or scan the NHS App QR code at the entrance.**

Please take social distancing requirement seriously. Do not come to church if you have:

- A new cough
- A temperature
- A loss of sense of smell or taste

You must wear a mask or face covering at all times in the church building, and it would be good to bring with you your own hand sanitiser. These are good items to have but do not replace good social distancing practice.

When you arrive:

The church doors will open **20 minutes before the service starts**. You will be asked to sanitise your hands on arrival and will be **escorted by a sides person** to an appropriately socially distanced seat for your party. If there is not enough seating you may be asked to remain standing at the west end of the church. Please remain in

your seat and do not wander around the building or approach other people – except when invited to move when taking Holy Communion.

During the Service:

- The service sheets will be given to you when you arrive. Please keep your service sheet and bring it the next time you come to church.
- The 10am service will from this point forward be lived streamed. The streaming service can be accessed via the parish web site <https://www.stmarysck.org.uk>.**
- There is no singing** during the service due to droplet spread concerns. There will however be periods of reflective music or prayer.
- During **the Peace** you are encouraged to wave or bow to anyone not in your household.
- During the distribution of Holy Communion you will be invited to come forward by a **sides person** row by row. The priest will sanitise their hands and put on a visor during the consecration prayer. When receiving no words will be spoken (although I acknowledge this will be very difficult). **The elements will take the form of a consecrated wafer with a dab of wine on it. These will be prayed over and consecrated.** Communion will be from one standing station at the head of the nave. Please come forward when asked by a sides person but maintain your distance at all time whilst moving.
- If you do not wish to take communion for any reason this is perfectly fine. However if instead you wish to receive a blessing please come forward when invited and with your service sheet and place your arms in front of you in the shape of a cross.**

Leaving the service:

At the end of the service the clergy and worship leaders will leave the Nave, a **Sides Person will ask you to leave one row at a time** via the south transept door. If you wish to remain for a few moments for prayer that is fine but please be aware you may need to remain in your seat until everyone else has left the pews.

- Please take your service sheets home for use the next week
- There will be a retiring collection please place your kind donation on the plate provided or preferably use the contactless donation point at the back of the church.
- Please be careful not to block the exit for people wishing to leave St Mary's.

If you test positive for Covid-19 up to three weeks after this service please make sure you tell us by either ringing The Vicar 01242 253402 or emailing on vicarcharltonkings@gmail.com or vicar@stmarysck.org.uk.