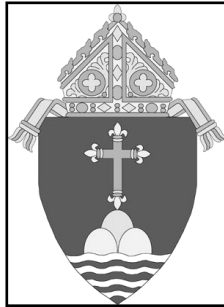


**NEWS FROM THE OFFICE OF WORSHIP AND SPIRITUAL LIFE
IN THE ARCHDIOCESE OF BOSTON
REGARDING THE H1N1 FLU AND LITURGICAL PRACTICE**



The Office of Worship, in consultation with local health authorities and the Archdiocesan Office of Risk Management, continues to encourage the clergy and faithful to observe necessary standard precautions to protect the health of others during this flu season, and especially with the risks related to H1N1 influenza. The best way to prevent the spread of contagious disease is to practice good hygiene.

In addition to practicing good hygiene, the Cardinal directs the following for the celebration of the Sacred Liturgy and for flu prevention:

The distribution of the Precious Blood for the faithful is suspended, with the exception of those who must receive from the cup due to medical reasons. The faith of the Church teaches that Christ, whole and entire, is received even under only one species.

The exchange of the Sign of Peace is to be offered without any physical contact. As the priest celebrant extends the invitation for the sign of peace, the faithful, instead of a handshake, may bow to the persons nearby.

Parishioners are reminded that if they are ill or suspect they are ill with a contagious illness, they are not bound by the Sunday Mass obligation. They should remain at home and return to church when they are well.

These directives are effective Saturday, October 31, 2009 and remain in effect until the cold and flu season has come to an end. We thank you for your understanding and support of these directives, which aim to protect the health of our people.