



General instructions concerning Mass attendance in the Diocese of Helsinki, as of June 1st, 2020

General instructions



At this point, the faithful must register for Sunday Masses on the internet, or by calling the parish. When registering, please take into consideration parishioners who are unable to register online by leaving some vacancies for those persons. Your understanding during these circumstances is requested, as there are unfortunately no other options for the time being.



These instructions are general, and they may change or become more specific, should the government provide new directions. These instructions are also put into practice and modified in each parish in a manner that best corresponds to the realities of that parish. Thus, it may be beneficial to let the parish know about any suggestions for improvement.



How may I participate at Mass?

- ➔ According to the decision made by the government on May 6, 2020 there may even be over 50 faithful present at Mass (in addition to clergy, altar servers, an organist and a small choir) as long as proper distancing is followed. The precise number allowed depends on the size of the Church, and is declared by each parish.
- ➔ In order to attend Mass, all faithful must first register with the parish. Information about registering is given out by each parish.
- ➔ Only those without any symptoms of a cold or of Coronavirus may attend Mass. Those at higher risk are asked to remain at home.



How do I implement proper safety measures in church?

- ➔ Social distancing of at least 1 meter must be maintained at all times while in church.
- ➔ Only the marked seats may be used. However, members of the same household may sit together in the same row.
- ➔ One may use a mask in church. When sneezing or coughing, the faithful must cover their mouths with a handkerchief or sleeve.
- ➔ When entering church and before Communion all faithful must sanitize their hands, just as the priest does before distributing Communion.
- ➔ Holy Water is not available in church, and the Sign of the Peace by shaking hands is left out. There are no hymnals in use at this time.
- ➔ The collection is taken at the door at the end of Mass.
- ➔ After Mass has ended, it is not permitted to stay in the sanctuary in order to socialize.



How do I receive the Eucharist?

- ➔ Holy Communion is given only under the species of bread.
- ➔ After having sanitized his hands, the priest will give Communion first to those wishing to receive in the hand, and only after that to those receiving on the tongue. During this unusual time, receiving in the hand is recommended.
- ➔ Social distancing must take place while in line to receive the Eucharist.
- ➔ When receiving the Eucharist, the faithful must remain still and remain in place in front of the priest.
- ➔ There is no obligation to receive Communion at Mass. Those worried about contracting the virus may request to have Communion given to them outside of Mass.



How do I receive other Sacraments?

- ➔ For all other Sacraments (Baptism, Confession, and Matrimony) as well as to arrange a hospital visit or a funeral, please contact your closest Catholic parish.