

From Monday, 19 July 2021 all restrictions are lifted – but how does that affect us in the Alde River Benefice?

I would like people to continue to feel safe as we make some changes.

We will have plenty of fresh air in our churches as we will leave the door open in the summer. The buildings have high roofs and there is plenty of air flow.



Face Coverings – there is no requirement to wear them but if you prefer to, please feel free to continue with this practice.

Hand sanitising on entry – a good idea – please continue to do this (and if you have your own, perhaps, another sanitisation before receiving Holy Communion)

Record of who is present – we will no longer keep a record of who comes to a service for test and trace purposes.

Social Distancing – this is no longer required but please feel that you can ask to sit distanced from others if you would like that. Speak to the churchwarden who will help you find a suitable seat. We don't want anyone to feel worried.

Singing – we can sing now. So from Sunday, 25 July we will be singing hymns as a congregation and joining in all the sung responses in Holy Communion services.

Tea and Coffee and CAKE – this is now permitted, so please feel free to stay after church to catch up with old friends and make new ones.

There is one change I thought we might delay for a few weeks:

Holy Communion – from 25 July we are permitted to receive Holy Communion in two kinds again, to share the common cup, to kneel at the altar rail

but

I suggest we continue as we are for a little longer, that is, the congregation receiving the sacrament in one kind, the wafer, the Body of Christ.

We will continue with the current system of coming up to receive - but there is now no need to wait for the one ahead of you in line to return to their seat when coming up, you can queue and pass each other in the aisle if you are happy to do this. I suggest you don't wear a mask when coming up to receive Holy Communion but I am happy with whatever suits you.

We can then review how things go in a few weeks.

Rev Rachel