



## Adjusted Covid Measures at La Côte Anglican Church

Due to national and regional changes in France and Switzerland, the following changes have been implemented.

**Mask wearing will now be OPTIONAL in all our churches and during services.**

### **MEASURES STILL IN PLACE:**

1. **If you feel unwell or have any symptoms**, please either test before coming, or stay away - and if available, join us online.
2. **Please sanitise your hands.**
3. **To help keep our community safe**, we encourage following the WHO advice on participating in the vaccination programme. This includes booster vaccination, which is available in our region.

For your safety and reassurance, we have a small working group following the Covid situation on a daily basis, and with council we are assessing our approach on a regular basis.

UPDATE - HOLY COMMUNION - On receiving bread and wine.

The Diocese in Europe, have updated their guidance and have re-introduced the offering of the common cup.

“We are now updating these guidelines, in light of the fact that Covid does not pose the same threat to our corporate health and wellbeing that it did last year.”

**As a result of this change we will now be offering communion wine, alongside the sharing of holy bread.**

We would like to emphasise that the Church’s teaching is that the body and blood of Christ may be completely received in one kind only. Nobody should feel under pressure to receive the cup if they are uneasy with this.

**PLEASE NOTE - If you are hesitating to come to one of our main services but would like Holy Communion or private prayer in person, please contact [Revd Carolyn Cooke](#).**

**For any prayer requests for yourself or others, please contact [Peta Tracey](#) who will share in confidence with our Tuesday prayer group where we pray for the needs of our world and community.**