



ROMAN CATHOLIC  
DIOCESE OF ROCHESTER  
**MEMORANDUM**

**To:** All Pastors and Administrators  
**From:** The Very Reverend Paul J. Tomasso, Vicar General and Moderator of the Curia  
**Date:** December 11, 2019, *Memorial of Saint Damasus I, Pope*  
**Re:** Flu Season

PJT

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The Center for Disease Control announced this week that “the 2019-2020 flu season is officially underway.” As our Diocese has done in the past, the following protocols for the celebration of the Holy Sacrifice of the Mass and related matters are offered for your consideration and to assist you in pastorally addressing this matter:

- 1) The **Holy Water** fonts are to be drained, cleaned with a disinfecting soap, and re-filled with holy water on a regular basis. Please note that old holy water should be disposed of in the sacrarium.
- 2) **Holy Communion** may be given under the one species of the Sacred Host. “Christ is ‘truly, really and substantially contained’ (cf. *Council of Trent*, session xiii) in Holy Communion. His presence is not momentary nor simply signified, but wholly and permanently real under each of the consecrated species of bread and wine.” (*Norms for the Distribution and Reception of Holy Communion under Both Kinds in the United States of America*, No. 8). As relates to the distribution of Holy Communion under both species, the *General Instruction of the Roman Missal* states: “Above all, they [the pastors] should instruct the faithful that the Catholic faith teaches that Christ, whole and entire, and the true Sacrament, is received even under only one species, and hence that as regards the resulting fruits, those who receive under only one species are not deprived of any grace that is necessary for salvation.” (*General Instruction of the Roman Missal*, No. 282). In instances where parishioners have Celiac Sprue (gluten sensitivity), the priest should offer the person the appropriate provision for receiving the approved low-gluten host for these cases or setting aside a chalice with the Precious Blood.
- 3) The faithful should be instructed that, using their best judgement, they may offer the **Sign of Peace** with a simple nod or bow of the head, and simply say: “Peace be with you,” and the response of the other being: “And with your spirit.”
- 4) Following each Mass, and subsequent to the purification of the **sacred vessels** by the priest or deacon (cf. *General Instruction of the Roman Missal*, No. 279), all vessels should be cleansed with hot water and mild soap.

During this time, our people should be encouraged to offer prayers for those afflicted by the flu and for all health care workers as they care for the infirmed and monitor influenza activity in the Diocese of Rochester. Be assured that all are remembered in my prayers, asking the Lord to heal His people and make us strong in His Holy Name.

*Lucifer in Possession*