

Dear Faithful of the Diocese of Salina,

The Coronavirus (COVID-19) has been on everyone's heart and mind during these past few weeks. We trust the situation to Our Lord who desires to heal us and bring us His peace. We trust that there will be a vaccine sometime soon.

According to the Center of Disease Control, the risk to most Kansans from COVID-19 is **low**, but it is still important for us to take simple steps to ensure that we do not spread any viruses or bacterial illnesses to others. There are 4 Stages of Virus Endangerment:

- Stage 1 – Don't Worry, Be Smart
- Stage 2 – Extra Precautions
- Stage 3 – No Unnecessary Events
- Stage 4 – City/State Mandated Quarantine

We are in Stage 1, where endangerment is next to none. Right now, stay calm.

I would like to offer a few recommendations for individuals. As with any virus, please be mindful of yourself and others. If you are sick, stay home! Make sure to cover your mouth and nose should you sneeze or cough, and regularly wash your hands with soap and hot water.

While at Mass, I ask that you please refrain from: physical contact during the Sign of Peace, drinking from the chalice, receiving Communion on the tongue, using Holy Water fonts, and holding hands during the Lord's Prayer.

Additionally, I have sent out a list of recommendations to all the priests within the diocese. Should you have any parish related questions, please feel free to address them to your pastor.

As I previously said, the risk to most Kansans from COVID-19 is currently **low**. We hope it remains this way. I ask that you continue to remain calm and keep informed. If the threat of COVID-19 progresses past Stage 1, I will be sure to reach out with updated recommendations and directives.

We continue to pray for those affected by the coronavirus, for their families, and for the healthcare professionals who are serving those who are ill. We must remember that God is in control and desires us to trust Him.

In Christ's service,

Most Reverend Gerald L. Vincke
Bishop of Salina

An Act of Spiritual Communion

My Jesus

I believe that You are present in
the Most Holy Sacrament.

I love You above all things,
and I desire to receive You into my soul.

Since I cannot at this moment receive You
sacramentally, come at least spiritually into my
heart. I embrace You as if You were already
there and unite myself wholly to You. Never
permit me to be separated from You.

Amen