

English speaking Catholic Mission,  
Archdiocese of Berlin

Dear Brothers and Sisters,

Regarding what we have been hearing about helping to prevent the spread of the regular seasonal flu or this new COVID-19 are pretty much common sense. The main concern is that we strike a balance between sensible precautions and mere panic and between facts and fancy. We all have the obligation to protect those under our care. Let us act with courage, hope and faith that we will get over this soonest.

There are general guidelines out there. I am sure you aware of them already:

- Wash hand regularly using soap. Twenty seconds is the best to insure they are clean (the soap actually has a chemical reaction that makes the virus break up and wash away)
- Try and avoid touching your face (eyes and mouth) as this is how the germs enter the body
- Cough/sneeze into a tissue or the crock of your arm.
- If you are sick (a cold, seasonal flu, whatever) stay home and avoid contact with others until you are well
- If you are sick, do not go to the doctor!! Call first and see if they want you to come in. In most cases unless you have extreme problems they are going to tell you to stay home and observe the steps above.
- Avoid large gathering so if you are infected (and probably don't know it) the virus is not spread.
- Be aware that if you or others get sick it might be a cold, the regular seasonal flu or the COVID-19. Don't panic

### **Guidelines for our liturgical celebrations**

- Exchanging of the sign of peace at mass through physical contact such as handshakes, hugs or kisses has been suspended.
- Communion in both species is suspended. Hand communion is recommended.
- Communion helpers please wash your hands (20 seconds) before and after communion.
- Holy water fonts are drained please don't use them.
- Coffee hour after mass is cancelled.
- If you are sick please stay home. If you have existing problems such as heart or lung damage together with age you are really at risk and need to avoid contact with anyone having a cold, seasonal flu. The archdiocese has indicated a TV channel where you can join mass from your home on Sundays: rbbkultur (Sundays and Feastdays) 10:00hr. You can as well check ZDF TV station every Sunday or EWTN every day.
- All celebrations with over 500 people should be cancelled.(just added today)

- Remember to add to your prayer intentions at mass those who are sick and those who are taking care of the sick. Pray also for the dead.
- Please constantly check the Archdiocesan webpage [www.erzbistumberlin.de](http://www.erzbistumberlin.de) for newest information.
- The time around the data shows that the danger from this COVID-19 is to older people. Over age 60 should be careful but from 70 up VERY careful.
- We need to keep an eye out for our family, neighbors and friends that fall into this older group. **Often they are alone.**  
Offer help, help bring items from the market and if they get sick see that they are cared for.

We wait for any further guidelines from the Archdiocese of Berlin. Keep safe and Healthy.

Yours Sincerely

Father Sylvester Ajunwa