“My dear Brothers and Sisters, it’s time to return to the Eucharist with joy. For those of you who have already resumed your practice of attending Holy Mass, welcome back! For those who have yet to do so, there is no time like the present. Jesus waits for you with His love beyond all measure!”  
**--Most Rev. Alexander K. Sample**  
  
**Introductory Statement**  
Over the last fifteen months, in the face of the coronavirus pandemic, we have adapted the ways we lived our daily lives, as well as the ways we worshiped as a Church. As restrictions are lifted and parishes more fully reopen, our priority, as it has been throughout this pandemic, is to continue to practice our faith while keeping people safe.   
  
Pastors are asked to implement these new guidelines with prudence, using sensible public health precautions, and with the safety and wellbeing of their parishioners in mind.   
  
These new guidelines, approved by Archbishop Sample and effective June 30, 2021, replace all previous pandemic protocols established by the Archdiocese  
  
**Dispensation from the Obligation to attend Mass**  
Effective Friday, July 16, 2021 Archbishop Sample rescinds the dispensation from the obligation to attend Holy Mass on Sundays and holy days of obligation. Canon Law still allows those who are vulnerable, sick, or who have other grave reasons, to miss Holy Mass if necessary. Those unable to attend the Sunday Eucharist for such reasons are asked to honor the Lord in another way that day by watching a livestreamed Mass, praying the rosary, reading sacred Scripture, or otherwise setting aside time to be with the Lord.   
  
**General Principles**  
All indoor liturgical celebrations and faith gatherings are allowed to take place without capacity limitations, social distancing, sign-up systems, or segregation between those vaccinated and those unvaccinated. **Masks may be worn but are not required.**  
  
**Liturgical Practices/Pastor Decisions**  
All previous liturgical restrictions are lifted, except for the following:   
1. The Precious Blood will not be offered to the faithful.   
2. The Sign of Peace will not be exchanged through physical contact.  
  
**Holy water may return to fonts.**  
**Presentation of the gifts will be brought forward.**  
**Collection will continue as it has been.**  
  
**Cleaning**  
Cleaning after Masses and gatherings is no longer required.  
  
**Social Gatherings**  
Wedding and funeral receptions may take place so long as sensible health precautions are taken.  
​  
**Livestreaming**  
Livestreaming of Masses continues to be encouraged.  
  
**Sacred Heart Live Stream**  
*Live stream Mass times continue for Wednesday-Friday 10:40 am Rosary with 11am Mass and Saturday, 4:30 pm as well as Sunday 10:00 am. You can participate on our Facebook page when we go “live.” Additionally,  all those who feel ill, or have a family household member who are ill, are asked to remain at home. Mass attendance is at your own risk.*  
  
**Live Stream**  
How do I join the Facebook Live Stream on Facebook, even if I don't have an account? Click this link: [https://www.facebook.com/SacredHeartPortland​](https://www.facebook.com/SacredHeartPortland).  Invite your friends and family to join the live stream and experience Mass with you. This helps us stay connected in the Body of Christ in light of social distancing, "stay at home orders," or if you are ill and in isolation.