

Dear Faithful and Friends of Saint John's,

Please read the following notes and share them with your family members.

Doubling Groups and Increasing "Strict" Groups

Beginning this Sunday we will have gone through one round of all of our Liturgy Groups and will begin to double up our Groups, except for the "strict" groups, which will stay single. The current "strict" groups will, however, increase in size by five people each. This means that if anyone has increased concerns about their own safety, they may switch from their present group into one of the "strict" groups. You should be able to do this on your own, but if you have any problem, send me an email and I will be glad to help you switch. We will create new "strict" groups as needed.

**Here is the link to sign up or change your Group: [Divine Liturgy Groups](#)
Here is the link to see the schedule of Groups through July 31: [Schedule for Groups](#)**

Keeping Our Parish Healthy and Safe

The recent spike in positive cases in Anchorage of Covid reminds us how infectious this virus still is. We want to do the best we can to not have our worship services become a place where this infection is spread among our parishioners.

Please remember these guidelines for attending Liturgy:

1. **Respect the concerns of others** who might be more cautious about their health.
2. **Do not attend Liturgy if you are sick** or if you think you may have been exposed to the virus.
3. **In "strict" Groups, wearing a mask inside the Church is required.** For other groups it is highly encouraged since a mask is effective in preventing the spread of the virus and therefore is considerate of other people.
4. **Sing simply and not with a big voice**, since it is known that this is one way the virus has spread in other gatherings. Again, wearing a mask will nearly eliminate this concern.
5. **Maintain a social distance of six feet** at all times. Especially pay attention to this when you come forward to receive Communion and also when you gather in the Narthex to depart.

The spirit behind all these precautions is to be as reasonably safe as we can and then always and again to commend our whole life into the care and providence of God.

Sincerely yours in Christ,

Fr. Marc