

## SUNDAY MASS OBLIGATION

Minnesota's Catholic bishops have reinstated Catholics' obligation to attend Sunday Mass and holy days of obligation, **beginning the weekend of July 3-4**. The Minnesota bishops note however that "the Church has always recognized that certain circumstances can excuse a person from the requirement to observe the obligation," the bishops noted in their joint statement.

Those circumstances include:

- 1) You have reason to believe your health would be significantly compromised if you were to contract a communicable illness (meaning, you have underlying conditions or are in a high-risk category).
- 2) You exhibit flu-like symptoms.
- 3) You have good reason to think you might be asymptomatic of a contagious illness (for example, you were in recent contact with someone who tested positive for a contagious illness such as COVID or influenza).
- 4) You care for the sick, homebound or infirmed.
- 5) You are pregnant or you are 65 years of age or older (per the Centers for Disease Control's recommendation for high-risk individuals).
- 6) You cannot attend Mass through no fault of your own (no Mass is offered; you are infirm; or, while wanting to go, you are prevented for some reason you cannot control, such as your ride did not show up).
- 7) You have significant fear or anxiety of becoming ill by being at Mass.