



Holy Cross Monastery  
P.O. Box 99  
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### Covid Safety Requirements for the Monastery Guesthouse

To all of our guests, retreat leaders, Associates, and friends:

We are excited to welcome you back on retreat at the Monastery!

In order to help ensure the safety of all guests, staff, and monks, we are requiring **BOTH**

1. That all guests present proof of vaccination upon arrival, and
2. That all guests present negative results from a Covid test from not more than 72 hours before your stay.

If you're bringing a group to the Monastery, please send Donna Mallory, our Guesthouse Administrator, a list of all retreatants in your group one week prior to your stay. Please instruct your group members to come directly to the Guesthouse Office upon arrival to provide the required documentation.

We recommend the use of a rapid test to ensure timely delivery of your test results. Rapid tests are available in most metropolitan areas and also at big box drug stores. The home rapid test is acceptable. Please see an example on page 2 of how to take a verification picture of your at home results to present upon arrival. We recognize that this new requirement may seem more burdensome to some than a vaccination requirement on its own, but it will allow us to mix more freely with guests.

Additionally, all guests are required to wear a mask in all public spaces in the Guesthouse. You are not required to wear a mask on the grounds or in the Refectory. You are not required to mask in your meeting rooms or in the upstairs hallways.

We invite you to participate fully in the Offices and daily Eucharist. Please wear a mask in the church. During the Eucharist, please offer a sign of peace to those around you without touching. You are welcome to receive Communion. Please wear your mask as you come forward to receive the bread. Then step to the side, pull your mask down, and consume the bread before returning to your place.

If you have any questions, please don't hesitate to be in touch.

Yours in Christ,

Br. Aidan Owen, OHC  
Monastery Guestmaster

If you choose to use an at-home rapid test, please **do not** bring your swab to the Guesthouse Office. Instead, take a verification picture of your results and present that photo in the Office. Your verification photo should include your name and the date of your results.

You'll find an example of a verification photo below.

