

Practice Your Faith Safely

Instead of attending spiritual gatherings in-person this holiday season, safely view or listen to almost any form of spiritual service through:

- * Television
- * Radio
- * Podcasts
- * Online Video Recordings
- * Live Streams

Taking time to be mindful, meditate, and pray are other great ways to practice your faith individually or with your family.

For additional resources and guidance on how to safely practice or observe your faith, reach out to your spiritual community or spiritual leaders. View our [holiday guidance](#) for more ideas on how to celebrate safely this holiday season.

Avoiding in-person gatherings this holiday season can help limit the spread of COVID-19 in your community .

