



# St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

Pastoral Assistant: Mr. Con Diver

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<https://www.stcm.org.uk>

Parish Secretary: Mrs Margaret O'Donovan



## 17th Week in Ordinary Time (Year A)

### *Mass Times and Intentions:*

#### *Sunday 26<sup>th</sup> July – 17<sup>th</sup> Sunday in Ordinary Time*

Vigil Mass – Saturday 25<sup>th</sup> July:

6.30p.m. James McKeon R.I.P.

9a.m. Intentions of Primrose Gunuratnam

11a.m. For the Parish Family

5 p.m. *Adoration, Benediction and Spiritual Reflection*

#### *Monday 27<sup>th</sup> July – Votive Mass of St. Joachim and St. Anne*

10a.m. Chiara Muscas R.I.P. (1<sup>st</sup> Anniversary)

#### *Tuesday 28<sup>th</sup> July – Votive Mass of Our Lady Of Knock*

10a.m. For Mary McCoy's Family

#### *Wednesday 29<sup>th</sup> July – Feast of Saint Martha*

10a.m. Fr. Paddy Murtagh R.I.P.

#### *Thursday 30<sup>th</sup> July – Requiem Mass (Funeral)*

10.30a.m. Eddie O'Neil R.I.P.

#### *Friday 31<sup>st</sup> July – Feast of St. Ignatius of Loyola, Priest*

10 a.m. Helen Obukwelu (Birthday Intention)

#### *Saturday 1<sup>st</sup> August*

10a.m. For Your Special Intentions (Only online)

Vigil Mass 6.30p.m.:

Nixon Selvakumar Selvarajah R.I.P. (Only online)

#### *Sunday 2<sup>nd</sup> August – 18<sup>th</sup> Sunday in Ordinary Time*

9a.m. For the Parish Family

11a.m. Living and Deceased Members of the Lyons and Diver Families

5p.m. *Adoration, Benediction and Spiritual Reflection*

*Our Church will be open for Mass on:*

*Sundays* at 9a.m. and 11a.m.

*Weekdays* at 10a.m.

see [below for details](#)

*but no longer for PRIVATE PRAYER* on Friday and Saturday

### **Pope Francis**

#### **Prayer for protection from Coronavirus**

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas - we who are put to the test - and deliver us from every danger, O glorious and blessed Virgin.



St Teresa's School, Montacute Road, Morden.

Tel No 020 8648 1846

Headteacher; Mr Justin Dachtler.

Merton Catholic Deanery

[www.mertoncatholics.org.uk](http://www.mertoncatholics.org.uk)



## **To all parents of children who are preparing for their First Holy Communion:**

Please see the letter below detailing ongoing plans for the Sacrament of Reconciliation and First Holy Communion. We take this opportunity to express our grateful thanks to all our catechists and keep them in our prayers.

Dear Parents,

We hope this letter finds you and your families safe and well in these challenging times.

You will recall having been contacted recently by your child's First Holy Communion Group leader. The purpose of that call was to gauge who would be around during the month of August were we in a position to carry out some First Communion Masses.

We are well aware that it is some time since the children began their journey in this programme, and also since Group 1 & 2 received the Sacrament of Reconciliation in March. We acknowledge too that some parents are anxious for their child to receive the sacrament of Holy Communion without too much further delay. However, Government rules surrounding the re-opening of churches specify that Holy Communion services are considered as "life cycle ceremonies". For the purposes of those rules, and to maintain the recommended 2 metre social distancing required, no more than 30 people can be in attendance at such a ceremony.

We have therefore decided that given the amount of children and families we need to accommodate, it is not logistically practicable to have meaningful Holy Communion services for the children during the month of August, and will meet again to review the position at the end of August. We hope and pray that by then, there may be some positive relaxation of the rules such that we could look at carrying out the Holy Communion services in September/October.

Group 3 and 4 First Confession (Sacrament of Reconciliation). It has been decided that these will go ahead on Saturday, 1st August 2020 for the children who are able to attend. Please read carefully the guidelines below as to how this will take place.

Do NOT use the front door to the Church, please see below -

Group 3 – arrive for 11.00am. Use Lady Chapel entrance door near Parish Hall/Car park

Group 4 – arrive for 11.45am. Use Lady Chapel entrance door near Parish Hall/Car park

Please read carefully

- Only 1 parent to attend with the child.
- Masks are optional.
- Observe 2 metre social distancing in car park whilst waiting your child's turn.
- Entrance will be by one door only; the Lady Chapel, this is the doorway near the parish hall.
- Your child will stand in front of Canon Michael to briefly confess their sins, and receive a blessing. Please see attached the sheet (which children already have) for the logistics of blessing themselves and confessing their sins. Please practice the examination of conscience with your child and discuss the meaning of confession.
- Canon Michael will give child Absolution and child will say the "sorry prayer". Please also see below – child should bring this with them.
- Canon Michael will ask them to say their favourite prayer for Penance.
- Child should leave by the door on the opposite side (lectern side) and go to the grotto for the purpose of saying their Penance prayer.

Please note that Stewards/First Holy Communion volunteers will be on hand to guide you and your child.

We recognise that this is not ideal and is far from how we had imagined your child's First Confession and First Holy Communion to be, but we are giving every thought and consideration to your safety and ours, and will endeavour to make First Holy Communion as meaningful as we possibly can when the time is right.

Have a blessed summer and know that we will be back in touch at the end of August/early September.

Kind regards

Catechist Team

### **Sorry Prayer:**

*O My God because you are so good*

*I am sorry that I have sinned against you*

*and with your help, I will try not to sin again. Amen*



## **May They Rest in Peace**

- **EDWARD PATRICK O'NEIL R.I.P. Funeral Mass: Thursday 30<sup>th</sup> July 10.30a.m.**
- **ERIKA BERTA MATIN R.I.P. Funeral Mass: Wednesday 5<sup>th</sup> August 10a.m.**

The O'Neil family gather this Thursday to lay to rest a much-loved member of the family. Our Requiem Mass starts at 10.30a.m. on Thursday. Eddie was father to five children. His wife Rosemary was called to Eternal Life back in 2009. They were blessed with wonderful grandchildren. The family were close friend with Fr. Joe Gill. Baptisms, weddings and other special moments in the O'Neil family were lived out here at St. Teresa's. Eddie left for Paradise from his family home with his family around him. His call to meet our Heavenly Father came on 10<sup>th</sup> July, in his 82<sup>nd</sup> year.

*May He Rest in Peace and Rise in Glory.*

Erika Matin expressed a wish to leave life on earth as a Catholic. Her daughter, Anita, and her son-in-law are honouring her wishes. Her funeral Mass will be at 10.a.m. on Wednesday 5<sup>th</sup> August. Her parents were Swiss. Erika was born in Furtwangen in the heart of The Black Forest in Germany. Erika's parents blessed her with eight brothers and sisters. In the 1930's/1940's she had to ski to school through the forest and mountains in winter. She is survived by two brothers and one sister, living in Germany.

With her husband Abdul, she settled in London in 1961. He was an author and international journalist. We keep Erika and her husband Abdul in our prayers and send out a blessing to all branches of the family.

*May She Rest in Peace and Rise in Glory.*

*Lord Jesus, we love you and wish to prayerfully remember all our loved ones and friends who have been called to Eternal Life. Our parish wishes to reach out to one and all. Please give them comfort and hope and may they be at peace knowing that they will rest in God's arms eternally. Thank you for our sweet memories of them and for the good times we shared. Without hesitation we commend their holy souls to your Mercy. We keep them in prayer, in love and ask Our Blessed mother to intercede for them. May they reach their Heavenly destination. May we too stay close to You and may our soul in a state of Grace reach its final resting place. Amen.*

## **Compassion for the Sick**

Several families are facing difficult challenges ahead. When sickness comes through the door, life changes. We reach out in spiritual support to the One who is sick and carrying the Cross of Suffering. We also desire and ask Our Lady to hear our prayer for all the family and the friends of the family.

Can I encourage you to keep all the sick in prayer; those at home, in hospital, in nursing and care homes. We also send out a blessing across the diocese to all who are on the sick lists of all parishes, including those in hospice care.

This Litany is the one we pray on First Fridays at our Mass for all those who are sick. Can I encourage you and your family to become "Prayer Warriors" for the sick in their hour of need? Thank You!!

## **Litany of Compassion for the Sick**

V: Lord have mercy.      *R: Lord have mercy.*  
V: Christ have mercy.    *R: Christ have mercy.*  
V: Lord have mercy.      *R: Lord have mercy.*  
V: Christ hear us.        *R: Christ graciously hear us.*

[Repeat 'Lord, be close to give your comfort' after each phrase.]

When the healing process goes slower than hoped,  
When terrified by treatments or therapy,  
When it is hard to let go of long-held plans,  
When the feeling of alienation arises,  
When worn out and weary,  
When troubled by impatience and negativity,  
When loneliness adds to anxiety,  
When sickness makes it difficult to communicate,  
When discouragement or despondency sets in,  
When fear makes it impossible to face the future,  
When the ravages of disease attack self-esteem,  
When anger and resentment assail,  
When beset by worry or fretfulness,  
When it is hard to rely on others for care,  
When envy arises towards those who are healthy,  
When pessimism or cynicism holds sway,  
When anguish is intensified by the need for reconciliation,  
When sickness is mistaken for punishment,  
When loved ones are far away,  
When financial hardship from illness leads to worry or despair,  
When afflicted by the feeling of nothing to hope for,  
When weakness makes it impossible to even think,  
When friends draw back fearful of disease,  
When illness makes those who are suffering moody or irritable,  
When haunted by regret and the shame of past sins,  
When it is difficult to sleep,  
When there is a loss of appetite,  
When there is resistance to necessary change,  
When tempted by denial,  
When nobody seems to understand,  
When bound to home or restricted in movement,  
When listlessness and apathy threaten,  
When medication seems to make things worse,  
When all that is needed is a caring touch,  
When it is impossible to maintain familiar routines,  
When it is hard to find the strength to go on,  
When it becomes difficult to pray,  
When suffering of any sort becomes hard to bear,  
When death draws near,  
*Our Father...*

Let us pray:

*Most merciful Father, your beloved Son showed special compassion to lepers, tenderness to those long sick, and healing to the infirm. We place before you all those who are ill and in need of your healing grace.*

*May the love and mercy of the Divine Physician raise up all who suffer from sickness and restore them to health and peace.*

*We ask this through Christ our Lord.*

*Amen.*

We continue to keep in our prayers: Leonard James Connolly, Thea Haddad, Maureen Smith, Irene Ward, Jean Lue, Ruba Santiapillai, Baby Alexander Lynch, Joseph Lunn, Erika Geddes, Barry Falcon, Denise Waaldjk, Lena McBride and Valerie Somerset.



## **Vatican issues new guidelines for parishes: 5 things you need to know**

New guidelines for Parishes and Dioceses have been issued by the Vatican.

A close look at this new 22 page document will be summer reading for all our Bishops. Early reading of it to help guide our Vision for St. Teresa's is a must. These are some of the main points that catch the eye:

<https://www.catholicnewsagency.com/news/vatican-issues-new-guidelines-for-catholic-parishes-5-things-you-need-to-know-70410>

Pope Francis with pilgrims from the Italian dioceses of Bologna and Cesena-Sarsina in St. Peter's Square, April 21, 2018.

Denver Newsroom, Jul 20, 2020 / 01:20 pm MT (CNA.- The Congregation for Clergy on Monday published new guidelines for the world's parishes, which aim to encourage parishes to think of themselves as missionary communities of evangelization.

The guidelines do not publish new norms or policies for parish life, but they do encourage Catholics to think prayerfully about what their parishes are, and what they're for.

Here are a few themes and takeaways:

### **The parish is mission.**

The guidelines offer parishes "a call to go out of themselves, offering instruments for reform, even structural, in a spirit of communion and collaboration, of encounter and closeness, of mercy and solicitude for the proclamation of the Gospel."

"Since its inception, the Parish is envisioned as a response to a precise pastoral need, namely that of bringing the Gospel to the People through the proclamation of the faith and the celebration of the Sacraments," the document says.

To meet its mission, "a renewed vitality is required that favours the rediscovery of the vocation of the baptised as a disciple of Jesus Christ and a missionary of the Gospel." Especially in parts of the world where many people do not know or practice the faith, the document encourages parishes to

discern how to think of themselves as missionary communities, and how to focus on proclaiming the Gospel to all who will hear.

### **The Eucharist and the poor should be central to parish life.**

*"The celebration of the Eucharistic mystery is 'the source and summit of the whole Christian life' and accordingly, the essential moment for building up the Parish community," the guidelines instruct.*

The Mass should be the centre of parish life, the document says, and the place from which the parish receives its mission. In the Mass, the parish *"welcomes the living presence of the Crucified and Risen Lord, receiving the announcement of the entire mystery of salvation."*

And, the document says, the poor should be invited to the heart of parish life.

*"A 'sanctuary' open to all, the Parish, called to reach out to everyone, without exception, should remember that the poor and excluded must always have a privileged place in the heart of the Church," the document says.*

*"The Parish community evangelizes and is evangelized by the poor, discovering anew the call to preach the Word in all settings, whilst recalling the 'supreme law' of charity, by which we shall all be judged."*

### **Territoriality matters, but can't be a limit.**

Most parishes are defined by territory. With few exceptions, a parish is, properly speaking, the communion of the baptized within the limits of a certain territory, which is defined by the bishop. In the West, that concept has mostly been forgotten, Catholics tend to go to Mass at the parish where they feel most welcomed or fed, and despite encouragement from some bishops, many Sunday Mass-goers don't know about parish boundaries.

The Congregation for Clergy's guidelines recognize that reality. *"Increased mobility and the digital culture have expanded the confines of existence," the guidelines state, "people are less associated today with a definite and immutable geographical context, and digital culture has inevitably altered the concept of space, together with people's language and behaviour, especially in younger generations."*

But the document insists that territoriality matters. That *"interpersonal relationships risk being dissolved into a virtual world without any commitment or responsibility towards one's neighbour."*

The parish is not a self-selected or self-defined community, but a set of people with obligations to each other, and the guidelines warn against losing that sense.

Because the parish is intended to encourage in neighbours a sense of Christian responsibility for one another, the document is clear that parishes building plans for evangelization and missionary work must take into account *"those who actually live within the territory. Every plan must be situated within the lived experience of a community and implanted in it without causing harm, with a necessary phase of prior consultation, and of progressive implementation and verification."*

Still, the guidelines say, a parish's mission doesn't end at its territorial boundaries. In light of a changing world, *"any pastoral action that is limited to the territory of the Parish is outdated."*



In short, the guidelines urge Catholics to think of their parishes as a community, with obligations of neighbours to one another, who share a mission to proclaim the Gospel, together, beyond the limits of their own community.

### **Structures are for mission, but bureaucracy kills.**

The guidelines emphasize that while the parish needs policies, programs, and structures to fulfil its mission, it must "*avoid the risk of falling into an excessive and bureaucratic organisation of events and an offering of services that do not express the dynamic of evangelization.*"

To overcome a tendency towards bureaucratization and formalization of the Church's sacramental and catechetical life "*conversion of structures, which the Church must undertake, requires a significant change in mentality and an interior renewal, especially among those entrusted with the responsibility of pastoral leadership.*"

The guidelines also urge dioceses to consider developing new structures and roles that can coordinate activity between parishes, especially those in close geographic proximity to each other.

Responsibility for the parish mission belongs to everyone, but each has a role to play.

The document emphasizes the co-responsibility of clergy, religious, and laity for the mission of the parish in the world. But the document also emphasizes that each person work for the Kingdom in the role to which he is called by baptism and vocation.

The guidelines emphasize that the parish pastor is entrusted with the full "*care of souls*" in the parish, a role unique to priests.

The document acknowledges a canonical provision that allows lay people to be entrusted with pastoral care in a parish because of a shortage of priests, but emphasizes that such a situation should be rare, and "*a temporary and not a permanent measure,*" that can only be used when there is a true lack of priests.

*"We are dealing here with an extraordinary form of entrusting pastoral care, due to the impossibility of appointing a Parish Priest or a Parish Administrator, which is not to be confused with the ordinary active cooperation of the lay faithful in assuming their responsibilities."*

*"Furthermore, it would be preferable to appoint one or more deacons over consecrated men and women or laypersons for directing this kind of pastoral care,"* the guidelines suggest.

The document takes care to urge against the "*clericalization of the laity*" so frequently warned about by Pope Francis, in which laity are urged to take up roles more typically occupied by priests.

At the same, the document says that laity are called to give their lives to the mission of the Gospel and the work of the Church.

Laity are called "*to make a generous commitment to the service of the mission of evangelisation, first of all through the general witness of their daily lives, lived in conformity with the Gospel, in whatever environment they are in and at every level of responsibility; in a particular way, they are called to place themselves at the service of the Parish community.*"

The guidelines also encourage a vision of deacons as ministers of service, rather than as assistants to parish priests, and of religious men and women as contributors to the evangelizing mission of a parish through the witness of their religious consecration.

## "Outgoing Dynamism."

The guidelines conclude with a call for "outgoing dynamism" that directs parishes toward an evangelizing mission, the task of the entire People of God, that walks through history as the "family of God" and that, in the synergy of its diverse members, labours for the growth of the entire ecclesial body.


It urges that "the Parish might rediscover itself as a fundamental place of evangelical proclamation, of the celebration of the Eucharist, a place of fraternity and charity, from which Christian witness can shine for the world."



## Pope Francis' Five-Finger Prayer:

Using the fingers on your hand, start with the thumb and pray these intentions in order:

**POPE FRANCIS' FIVE FINGER PRAYER**



- 1) The closest finger is the Thumb. Start praying for those close to you. It is easier to remember them. Praying for our loved ones is a "sweet obligation"
- 2) The Index finger: pray for those who teach you and heal you. They need support and wisdom to show direction to others. Always keep them in your prayers.
- 3) The following finger is the tallest. It reminds us of our leaders, governors and those in authority. They need God's guidance
- 4) The ring finger, surprisingly is the weakest finger. It reminds us to pray for the weakest, the sick & those plagued by problems. Keep them in your prayers.
- 5) The smallest finger, finally, reminds you to pray for yourself. After praying for others you can see your own needs but in the proper perspective. You will also be able to pray for your needs in a better way.

## Mass at St. Teresa's

Over the past few weeks our Parish and many others have worked diligently to implement the health and safety protocols necessary to welcome back our congregations.



I am truly grateful to our Parish Reopening Team. They have made it possible for us to go from private prayer to the public celebration of Holy Mass.

At this time, we are limited to 40 attendees per Mass. Our thanks to our parishioners for their patience and the responsibility they have shown to others attending Holy Mass. The pandemic is still with us and so the following guidelines are still in place:

### **St. Teresa's Parish General Protocols.**

The Cardinal and the Archbishop wish to reassure you that THE DISPENSATION of the faithful from the obligation to attend SUNDAY MASS remains in place for the time being. **NO ONE IS OBLIGED to attend Holy Mass** whilst dispensation is in effect.

- All **Sunday and Weekday Masses will continue to be Streamed Live** on the Internet via the usual link.
- Attendees and volunteers from demographic groups at a greater risk of serious illness, such as people 65 years of age or older and individuals with chronic medical conditions, are encouraged to stay safe by avoiding public gatherings, but are not prohibited from attending Mass if they so choose.
- Anyone attending Mass does so at their own risk.
- All attendees are strongly encouraged to wear a mask before entering the church, until they leave. Each person should bring their own masks.
- **Another reminder:** ANYONE who has even the slightest symptoms or feelings of sickness must remain home.
- THE MAXIMUM CAPACITY, (at this time), at Holy Mass is JUST 40 to be compliant with physical distancing guidelines issued by The Bishop's Conference and the Government
- Until further notice: Our Parish will adopt a **FIRST COME, FIRST-SERVED** approach at all our Masses.
- Please watch out for signage. Separate points of entry and exit will be clearly designated.
- **We are required to keep a register of all attendees. So please put your name, address, contact telephone number, email address (if applicable) and the Mass you are attending on a piece of paper which you will hand in on entrance to the church.**
- All attendees will be directed to their own special seat so as to monitor occupancy.
- Two benches will be designated for families.
- Infants and children should remain with their parents **AT ALL TIMES**.
- It is O.K. to wear disposable gloves. Those cleaning or altar cloths, replenishing candles or handling the parish collection should wear disposable gloves.
- We will have one point of entry in order to control the number of people entering. Once the maximum number of attendees is reached, no one else will be allowed entry.
- Doors will be locked until 25 minutes before Mass begins.
- If weather permits, all doors will be propped open before Mass as you arrive so that you do not need to touch the handles or doors to enter.
- At the end of Mass, exits will be signposted and indicated by the parish priest to expedite the guided departure and minimise chances of people encountering one another. In all cases, **PHYSICAL DISTANCING MUST BE OBSERVED**.
- I will be delighted to see you back, but please note that I must refrain from greeting you personally at the end of Mass. I must not impede or delay the orderly and rapid departure of you and your family.
- The Parish Church is closed at the end of each Mass for a special cleaning. Our thanks to the parish team.
- Please be aware that there will be **NO** toilet facilities.

### **SAFETY**

- Physical distancing of 6 feet or 2 metres is in place at all times and in all directions between people who are not of the same household.
- You will be led by a team member to your seat – please do not move or swap seats.
- **Reminder** – Volunteers and ALL members of the congregation should use the Medical Guidelines that have been issued before attending Mass. If you have ANY symptoms, such as a cough, fever, shortness of breath, runny nose or sore throat, please stay at home.
- All team members, welcomers and participants – please wear your own personal shield or mask,
- All who attend must observe proper hand hygiene from the point of entry, whilst inside and upon exiting the church.
- Hand sanitising stations are available by the doors of the church.
- Hand washing with soap and hot water for at least 20 seconds (say a prayer) is also strongly encouraged before arriving for Holy Mass.

### **HOLY MASS**

These are some of the main points to note:

- Sacred Vessels will be purified and washed by the parish priest after Mass. This reduces the risk and need to have sacristans and Eucharistic ministers in the sacristy.
- No singing of hymns and no musicians at this time. SORRY!
- Entrance and recessional processions are omitted. There will be a simple entrance by the priest.
- There will be only one lector and one reading.
- No Altar Servers so as to minimise the risk of exposure and to properly maintain physical distancing at all times.
- The chalice, paten, ciborium, cruets and lavabo will be on a small table beside the altar.
- Your parish priest will not be wearing a mask during the Liturgy of the Eucharist; therefore, all ciboria will be covered at all times. He will wear a visor if and when he distributes Holy Communion.
- No presentation of gifts will be made.
- No collection is taken up during the Mass. Instead, bins/baskets will be at strategic points for the faithful to make their offerings at the end of Mass. Secure vigilance will be in place over the donations.
- There is no Sign of Peace.
- There will be no Holy Water in fonts.
- All hymnals, missalettes, pew cards, pencils, donation envelopes and other loose items will be removed.
- Newsletters are only available on-line at the parish website.

### **Regarding the Distribution of Holy Communion:**

- The individual attestation at the distribution of Holy Communion (*“The Body of Christ, R: Amen”*) is eliminated. Instead, one general announcement (*“The Body of Christ”*) will be made by the parish priest, and one general response (*“Amen”*) is to be made by one and all before distribution begins. Then each person who wishes to receive the Blessed Sacrament comes forward in procession at a safe distance and receives in silence.
- The Precious Blood will not be distributed at this time.
- Holy Communion may only be received in the hand.
- For the common good, our Bishops around the world acknowledge that Communion on the tongue is the right of the faithful, ask you please receive ONLY in the hand until further notice. Thank you for your understanding and support.
- When needed, Ministers of the Eucharist may be invited to officiate at Holy Communion time. If called upon, Ministers of Holy Communion must sanitise their hands immediately

after receiving Communion BEFORE distributing Holy Communion to the faithful. They must also sanitise their hands immediately after distribution.

Should you have any questions regarding this information please reply by email: [morden@rcaos.org.uk](mailto:morden@rcaos.org.uk) or call our parish number: 020 8648 4113

Read [here](#) or [download](#) Archbishop John Wilson's **Pastoral Letter** - *Concerning the Reopening of Catholic Churches for Prayer and Services*

### **Holy Sacraments**

Please note because of the current situation, in regard to Baptism, First Holy Communion, Confirmation and Marriages – all will be deferred until such time as it is safe for all involved to get together in large numbers. For funerals please contact me by email – [morden@rcaos.org.uk](mailto:morden@rcaos.org.uk) or telephone- 020 8648 4113.

### **Sunday Collections**

During the current 'lockdown' situation, we would like to say a huge THANK YOU to the many of you who have kindly signed up to **standing orders**. This is so much appreciated and valued. If you wish to contribute by cheque in lieu of plate collections, this can be sent to the presbytery: St. Teresa's Church, 250, Bishopsford Road, Morden, Surrey, SM4 6BJ. They may be made payable to St. Teresa's Catholic Church.

Many thanks to those of you who have so kindly offered to set up standing orders in lieu of our Sunday plate collections. This is a most convenient method of planned giving (for all concerned); already used by so many at Morden – and is vitally important at this time. Regular standing orders can be for any amount, no matter how small – just give what you can afford. Please send a request to the parish priest as the parish office is closed for the foreseeable future.

We will be happy to receive any offerings directly by on-line banking or by [standing order](#), which can be arranged through your bank, or by using the [DONATE](#) link here or on the parish website.

### **Do You Gift Aid?**

The value of your donation can be increased by 25% at no extra cost to yourself, simply by gift aiding it if you are a taxpayer. The parish learns nothing about your private financial affairs. The average weekly collection between plate and standing orders, is approximately £2,400 a week. If only half of that was GIFT AIDED, it would mean an extra £300 a week, or £15,600 a year to Parish funds. We are genuinely grateful to those who are Gift-Aiding. If you haven't been doing so, please print off a Gift Aid form from the parish website. At the present time the parish income is down about £5,000 each month. Hopefully, when parish life returns to normal, we will soon see these financial worries and concerns disappear.

***Last weekend's Offertory*** - Standing Orders: £738.46 Weekly Offerings: £422; Total: £1160.46

### **Parish Prayer:**

*With St. Teresa, Lord Jesus, we ask you to bless the people of our parish. Help us to know you in a new and deeper way. Help us to listen to your word in our daily lives. In the power of your Spirit, open our hearts to your healing grace that we may be more faithful in following You; "The Way, the Truth and the Life".*

*Lord bless all the families in the parish that may be experiencing hidden and special difficulties. Bless our parish school and the children and young people of our parish family and through the protection of your Blessed Mother deliver them and protect them from all that is evil. Bless the elderly, the lonely, the poor and the sick, the unemployed, those in need, those in sorrow and despair. Bless and protect us from the consequences of the Corona Virus. Please, bless and protect and bring back those who have lost their way. May Your love be upon us as we place all our hope in You. Amen.*



### **PERFECT CONTRITION AND SPIRITUAL COMMUNION**

What to do if you cannot go to Confession or Holy Communion due to the COVID-19 coronavirus:

If you have to self-isolate or are quarantined, you will be unable to receive the sacraments as normal. In these circumstances, there are devotions through which you can receive absolution for your sins (under certain conditions), and the consolation of Eucharistic grace.

The following devotions are officially encouraged by the Church and have been practised by saints.

#### **How to make an Act of Perfect Contrition**

Through an act of Perfect Contrition, you receive pardon for your sins outside of confession, even mortal sins, on condition that you are determined to amend your life and make a firm resolution to go to sacramental confession as soon as this becomes possible for you.

Perfect Contrition is a grace from God, so sincerely ask for this gift throughout the day prior to making your act of contrition: *'My God, grant me perfect contrition for my sins.'*


1. In reality or imagination kneel at the foot of the crucifix and say to yourself: "*Jesus, my God and my Saviour, in the midst of your agony, you remembered me, you suffered for me, you wished to wipe away my sins*"
2. Contrition is 'perfect' if you repent your sins because you love God and are sorry for having offended Him and causing the sufferings of Christ on the cross. Before the Crucified Christ remember your sins, repent of them because they have bought Our Lord His sufferings on the cross. Promise him that with His help, you will not sin again.
3. Recite, slowly and sincerely, an act of contrition focussed on the goodness of God and your love of Jesus: "*O my God, because You are so good, I am very sorry that I have sinned against You and by the help of Your grace I will not sin again. Amen.*"
4. Make a firm resolution to go to a sacramental confession as soon as practically possible.



### How to make a Spiritual Communion

The key to Spiritual Communion is to grow in your heart a constant desire for the Blessed Sacrament.


1. If you are aware of serious or mortal sin, make an Act of Perfect Contrition
2. Imagine the sacred words and actions of the Mass or watch online or on TV.
3. Make all those acts of faith, humility, sorrow, adoration, love and desire that you usually express before Holy Communion.
4. Desire, with earnest longing, to receive Our Lord present – Body, Blood, Soul and Divinity – in the Blessed Sacrament
5. Say this prayer of St. Alphonsus de' Ligouri:



**Prayer for  
Spiritual Communion**

My Jesus,  
I believe that You  
are present in the  
Most Holy Sacrament.  
I love You above all things,  
and I desire to receive  
You into my soul.  
Since I cannot at this  
moment receive You  
sacramentally, come at least  
spiritually into my heart.  
I embrace You as if You were  
already there and unite  
myself wholly to You.  
Never permit me to be  
separated from You.

Amen.



6. After moments of silent adoration make all those acts of faith, humility, love, thanksgiving and offering that you usually express through prayers after Holy Communion.