



# St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

Pastoral Assistant: Mr. Con Diver

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250, Bishopsford Road, Morden. SM4 6BZ. Tel. 8648 4113

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

Parish Secretary: Mrs Margaret O'Donovan



Our Church is open for Mass weekdays at 10a.m. and on Sundays at 9a.m. and 11a.m.  
Please see the Mass Attendance [Protocols](#) below

## 20th Week in Ordinary Time (Year A)

### Mass Times and Intentions:

#### Sunday 16th August – Feast of the Assumption of the Blessed Virgin Mary

Vigil Mass – Saturday 15th August:

6.30p.m. People of the Parish

9a.m. Linda and Tony Sam Yorke's 40<sup>th</sup> Wedding Anniversary

11a.m. Legion of Mary Intentions

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

#### Monday 17th August – Votive of Saint Faustina Kowalska

10a.m. Emie Chamosa R.I.P.

#### Tuesday 18th August – Votive of Saint Padre Pio

10a.m. Monica Eze R.I.P.

#### Wednesday 19th August – Votive of All Souls

10a.m. Karl Sandon R.I.P.

#### Thursday 20<sup>th</sup> August – Feast of Saint Bernard Abbot and Doctor of the Church

10a.m. Chiara Muscas R.I.P.

#### Friday 21<sup>st</sup> August – Feast of Saint Pius X. Pope

10 a.m. Boy Nano R.I.P.

#### Saturday 22<sup>nd</sup> August – Feast of The Queenship of The Blessed Virgin Mary

10a.m. For Your Special Intentions

Vigil Mass 6.30p.m. Devassy Pallipaltu R.I.P.


#### Sunday 23<sup>rd</sup> August – 21<sup>st</sup> Sunday in Ordinary Time (A)

9a.m. People of the Parish

11a.m. Nicole Cesar R.I.P.

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

**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)



## **MOST GRACIOUS LADY,**

*Mother of our Parish, help of the afflicted and hope for the heartbroken, in these times of distress we come to you for consolation. Pray for us dear Mother as we face in our times the threat of sickness and peril. Heal the hidden wounds of our heart and wash us in the precious blood of your Son, so we may be made new and whole again. As we honour your call to Heaven, we commend to your intercession those who have died in our families and our parish family. We also commend the soul of your priest and servant Fr. John Mulligan, as we approach the second anniversary of his call to Eternal Life. Amen.*



## **Fundraiser for Rays of Sunshine**

As you know, Joseph Lunn, one of our altar servers, continues to receive treatment for cancer. This year, 2020, he hoped to participate in a number of events, including the London Marathon, as his way of raising money and giving back to various charities that have supported him.

Covid-19 has meant most sporting events have been cancelled. However, he has decided to cycle 100 miles on Sunday 16<sup>th</sup> August, which was the date for the Prudential Ride London. So he will set up at home on his exercise bike and aim to finish his 100 miles in around 8 hours.

Joseph is raising money for *Rays of Sunshine*, a charity that has supported him and done so much for him and his family over the past 15 months.

Please consider making a donation at:  
<http://www.justgiving.com/fundraising/joelunn>  
as he cycles 100 miles for 1000 smiles.

Thank you from the Lunn family.

Good luck Joe!!



## **O MY GOD by Saint Maria Faustina Kowalska**

*When I look into the future, I am frightened  
But why plunge into the future?  
Only the present moment is precious to me.  
As the future may never enter my soul at all.*

*It is no longer in my power,  
To change, correct, or add to the past;  
For neither sages nor prophets could do that.  
And so what the past has embraced I must entrust to God.*

*O present moment you belong to me, whole and entire.  
I desire to use You as best I can*

*Although I am weak and small,  
You grant me the grace of your omnipotence.*

*And so trusting in Your Mercy,  
I walk through life like a little child.  
Offering you each day this heart  
Burning with love for your greater glory.*

Excerpt from the Diary of Saint Maria Faustina Kowaalska  
“Divine Mercy in My Soul”



### **Sad News**

Our prayers and spiritual support reach out to the Hynan family. The sudden death of Fleur, in her early forties, has come as a big shock. Her two young daughters Shona and Shannon and her parents, family and friends have our assurance of remembrance at Holy Mass as we journey to her funeral on Friday 28<sup>th</sup> August. *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.*

### **Mass Intentions**

At St. Teresa's we do our best to celebrate the Holy Mass you request on the day you ask for. This is not always possible. We have foundation Masses to honour and funeral Masses must take priority. We are almost full for the remainder of the year. We are not taking bookings for next year until later in the year.

Mass intentions can be scheduled for those who died, and on the occasion of a birthday, wedding anniversary, for healing, for the conversion of sinners, for the grace to face challenges in life, for success in a new job, for those serving in Church or serving the country at different levels, for good weather, for bountiful harvest, for world peace, in thanksgiving, for blessings received, etc. You can find many reasons to think about a Mass offering.

We offer the Mass for a specific intention because we believe in the immense spiritual value of the Holy Sacrifice of the Mass.

When you give offerings for Mass intentions the Parish Office has limitations on accepting several intentions from an individual or family; asking for specific dates. We have to oblige the needs of all parishioners.

Priority will be given to those who have lost loved ones in 2020. You may schedule up to five Masses in the year ahead – ‘Months Mind’, anniversaries; we will do our best to oblige. All others may limit it to two Masses per year.

Please take into consideration that we CANNOT accommodate everyone with your request for weekend Masses. The Church is required to celebrate one Mass per weekend for the people of the parish, therefore we are limited to the number of Masses available on weekends!

Should you wish the celebration of more than the allotted Masses, we are happy to forward those intentions we cannot accommodate within a one-year period to priests who can offer them more quietly.

*“Christian faithful who make an offering so that the Mass may be applied for their intention contribute to the good of the Church and by their offering take part in the concern of the Church for the support of its ministries and work”*(Canon Law 946)

The fruits of the Mass are the same whether we offer it in our parish or in another parish. When we forward the Mass intentions to others, like retired priests or to priests on the Missions, where they do not get enough Mass intentions, we are indirectly supporting those priests and the Missions.

THANK YOU FOR YOUR UNDERSTANDING

### **Sacrament of Reconciliation**

Monday – Friday following the 10a.m. Mass  
Saturday Morning – 11a.m.  
Sunday Morning following 9a.m. and 11 a.m. Mass



### **Blessing of Holy Water**

If you wish to bring your bottles or containers,  
I am more than happy to bless you and your water.



### **Going on Holiday?**

At home or abroad, we wish you well. May God bless you with every Heavenly blessing and give you a safe journey: wherever life leads you, may you find Him there to protect you and your loved ones. Get a good rest and we look forward to seeing you back in our midst at Mass soon.  
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 Waaldijk, Lena McBride and Valerie Somerset.



### **Government Advise on Face Coverings/Masks at Mass**

Face coverings are mandatory now in places of worship. Many of you already attend Holy Mass wearing one – Thank You!

From now on at St. Teresa's all who attend Mass or any other service must wear a face covering, unless they are exempt from doing so. This is for the good of all who gather in the Church for Mass as it is an enclosed public space where there are people from different households who do not normally meet.

### **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

#### Sunday Collections

During the current 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: £1159 Total: £1,897.46  
Thank you.

## **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.'*

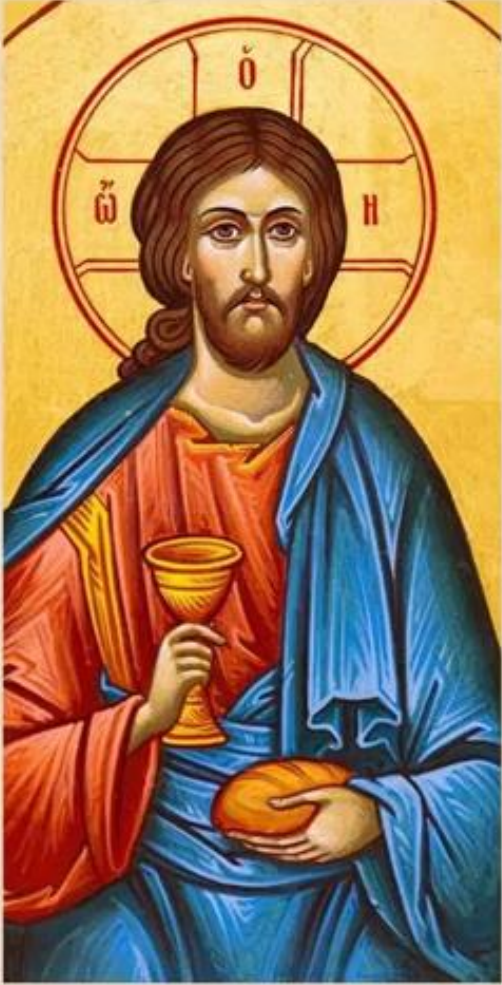
1. In reality or imagination kneel at the foot of the crucifix and say to yourself: "*Jesus, my God and my Saviour, in the midst of your agony, you remembered me, you suffered for me, you wished to wipe away my sins*"
2. Contrition is 'perfect' if you repent your sins because you love God and are sorry 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.