



St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

Pastoral Assistant: Mr. Con Diver

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



Our Church is open for Mass weekdays at 10a.m., on Saturdays at 5.30p.m. and Sundays at 9a.m. and 11a.m.
Please see the Mass Attendance [Protocols](#) below

Mass Times and Intentions:

Sunday 29th November – 1st Sunday of Advent

Vigil Mass – Saturday 28th November:

5.30p.m. Paul Nanaratnam R.I.P.

9a.m. Rev. Brendan Byrne R.I.P. Foundation Mass

11a.m. Living and Deceased of the Parish Family
The November Deceased List



Monday 30th November – Feast of St. Andrew, Apostle

10a.m. O'Kelly and Gillen Family Deceased
The November Deceased List

Tuesday 1st December

10a.m. Antony Sylvester

Wednesday 2nd December

10a.m. Deceased members of the Doherty Family

Thursday 3rd December – St. Francis Xavier, Priest (Day of Prayer for Migrants)

10a.m. Pacheco Family Intentions

Friday 4th December – First Friday

10 a.m. For All Who are Sick

Saturday 5th December – Our Lady

10a.m. The November's Deceased List
and for Your Special Intentions

5.30p.m. People of the Parish

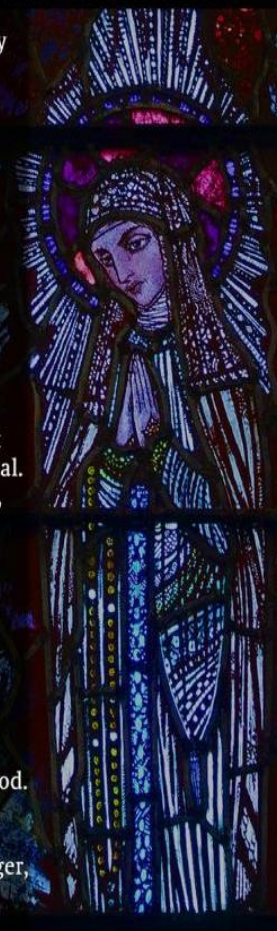
Sunday 6th December – 2nd Sunday of Advent

9a.m. Living and Deceased Members of the
O'Donovan Family

11a.m. Joseph Lunn and Family

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



Our Church Reopens on Wednesday 2nd December

It is good news that we can once again gather for the celebration of Holy Mass. We look forward to welcoming you back.

Please continue to wear a mask at all services in the church. As we journey together through Advent and the Christmas Season, it is incumbent on all who worship in our midst to play their part in keeping themselves and others safe by following all of the guidance requested of us.

Please see below for our Parish protocols. Thank you.

PARISH SUPPORT TEAM

A sincere word of thanks to our weekday and weekend Parish Re-opening Teams.

Your gift of time and support is valued and deeply appreciated. If you are NOT in a vulnerable category and would like to help out please let us know.



Thank You

Our Journey into Advent

This Sunday sees the beginning of the new Church Year. We begin with the season of Advent, a time of expectation when we look forward to celebrating the birth of Christ. This has been a tough year for us all. Our journey of faith has been interrupted with the suspension of public liturgy. Missing Mass, missing Holy Communion has not been easy for many. Our readings in the season of Advent will challenge us all. We must prepare the way of the Lord and we will do our best to do just that.

Let Jesus be your spiritual director in these weeks to come. Listen carefully to the Lord in prayer. Invite your Guardian Angel, with your patron saint, to take you into His presence. We have faced many distractions recently, we need to get back on track. If we listen carefully, He will show us what is really worth 'waiting in line' for: Eternal Life.



You are priceless, your souls are priceless. When God made us human beings, he made us for Himself, to be with Him for all eternity. That is why there is within every human heart a deep longing, which only God can fill. Advent reminds us of this by drawing our attention to the end of history, thus enabling us to keep in mind where we are going and what alone can fulfil our searching.

Jesus calls us to stay awake, to be always alert, for something that will never lose its attraction and joy. He asks each of us to remain awake to meet Him when He comes to take us to himself. This second Advent of the Lord will be either at the moment of our death or at the end of time; either of which can occur at an instant. This calls us to be "awake" not just through the night but at all times.

Clearly, Jesus is not asking us to give up all physical rest. He is calling everyone to get their priorities right - to avoid falsehood, to avoid temptation, to avoid complacency and distraction and to live sensibly in the light of the Gospel.

Grant Eternal Rest

Blessed are those who died in the Lord; let them rest from their labours for their good deeds go with them.

Ronald Arthur Brown R.I.P.

Lord,
those who die still live in Your presence,
their lives change but do not end.

We pray in hope for Ronald Arthur Brown, whom you have called from life here on earth.

We remember his wife Joan, who you called to the Father's Kingdom in 2007.

We remember them and pray for all the family at this time.

Ronald leaves behind 3 sons Gary, Terry and Keith. With 7 grandchildren and generations yet to come our prayer and our Masses will bring blessings and spiritual support to all branches of Ronald's family.

Blessing of a Miscarried Child.

We often pray for the child in the womb and rightly so.

From time to time we hear the sad news of a miscarriage. This is a heart-breaking and tearful time.

We offer our blessings and spiritual support to all who have been affected in this way. This prayer might help:

*Receive Lord, this child
taken from us so suddenly and painfully,
before love could be fully expressed,
relationships built, or dreams fulfilled
yet, nonetheless, meaning so much in so many ways.
Support (parent/parents names) through this time,
in all the sorrow, pain and confusion they feel,
and help them somehow to deal with their loss,
and find strength and hope to face the future.
Take their little one (use name if given)
and grant him/her joy, peace and blessing in the Kingdom,
where all children are loved and warmly welcomed,
through Our Lord Jesus Christ, our door to Eternal Life.
Amen*



St. Joseph, Hope of the Sick, Pray for Us

God has healed many people through the intercession of Saint Joseph, such as Saint Teresa of Avilla. Saint Teresa of Lisieux would have died in infancy were it not for the intercession of Saint Joseph. Her mother and father now Saint Louis and Saint Zélie implored and prayed before his statue for his help and his powerful blessing.



As a parish family and those who join us on-line, we pray day in and day out for the sick and housebound. We pray for all who carry the cross of suffering around the world and we pray for the following:

Joseph Lunn, Maureen Smith, Irene Ward, Jean Lue, Ruba Santipillai, Frank Mendonça, Baby Alexander Lynch, Erika Geddes, Barry Falcon, Denise Waaldijk, Lena McBride, Valerie Sommerset, Kevin Mooney, John Mooney, Angela Patcheye, Leonard Paice, Michael O'Kelly, Kevin and Margaret Peacock, Justin Roberts, Alan O'Leary, Bill O'Keefe and Gerry Gillen. We also have young mothers who have recently been diagnosed with cancer – we are keeping them in prayer.

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.

Please Be Aware.

At this time, there is an increasing risk of cybercrime and online fraud. If you ever receive an email stating a change in bank account details purporting to be from the Archdiocese or from any of the diocesan parishes, please contact the diocese immediately by telephone on 020 8682 7880 in order to verify that the email is genuine and not a scam.

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?

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Making donations go further

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 week's Offerings - Standing Orders: £805 - Thank you.

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

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 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 or call our parish number: 020 8648 4113

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 the prayer of St. Alphonsus de' Ligouri – The Prayer of Spiritual Communion
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.



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.