



St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

Pastoral Assistant: Mr. Con Diver

Parish e-mail address: morden@rcaos.org.uk

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

<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 13th December – 3rd Sunday of Advent

Vigil Mass – Saturday 12th December
5.30p.m. Ramon Lucas R.I.P
9a.m. Bill Hanrahan R.I.P
11a.m. People of the Parish

Monday 14th December – St. John of the Cross

10a.m. Welfare of Emmanuel Gatanga

Tuesday 15th December

10a.m. Tommy & Alice Burke R.I.P and the Burke Family

Wednesday 16th December

10a.m. Antoneta Gouveia R.I.P

Thursday 17th December

10a.m. Birthday of Bonny Obikwelu

Friday 18th December

10a.m. Teresa & Brendon Dillon R.I.P

Saturday 19th December

10a.m. For Your Special Intentions – ONLINE only
5.30p.m. Vigil Mass-Justnya & Julia Pravesh Intentions

Sunday 20th December – 4th Sunday of Advent

9a.m. People of the Parish
11a.m. Augusto Cardoso R.I.P



St Teresa's School, Montacute Road, Morden.

Tel No 020 8648 1846

Headteacher; Mr Justin Dachtler.

Merton Catholic Deanery

www.mertoncatholics.org.uk

ST. JOSEPH

Great News: Pope Francis proclaims a yearlong celebration dedicated to Saint Joseph.

Marking the 150th anniversary of Saint Joseph being declared patron of the Universal Church, Pope Francis proclaimed a yearlong celebration dedicated to the Foster father of Jesus.

In his apostolic letter given on the feast of the Immaculate Virgin Mary, PATRIS CORDE ("with a fathers heart"), Pope Francis said Christians can discover in St. Joseph, who often goes unnoticed, an "intercessor, a support and guide in times of trouble".

St Joseph reminds us that those who appear hidden or in the shadows can play an incomparable role in the history of salvation. "A word of recognition and of gratitude is due to them all", he said.

Our parish over these past months has sought St. Joseph's blessing and consecration. Petitions at his shrine are bringing his help and intercession. As a parish we will continue to seek his powerful support. Our diocese led by Archbishop John will in due course suggest ideas how we can invoke St. Joseph's help and honour him now in this very special year ahead.

The year is going to be extra special for many good reasons including Indulgences which we want to make happen for you.

If you get a chance to read and reflect on the link here, please do so. *It is a powerful message to us all.*

[Apostolic Letter Patris Corde of the Holy Father Francis on the 150th Anniversary of the proclamation of Saint Joseph as Patron of the Universal Church \(8 December 2020\) | Francis \(vatican.va\)](#)

Pope Francis also highlighted St. Joseph's "creative courage," not only in finding a stable and making it a "welcoming home for the Son of God (who came) into the world," but also in protecting Christ from the threat posed by King Herod.

"The Holy Family had to face concrete problems like every other family, like so many of our migrant brothers and sisters who, today, too, risk their lives to escape misfortune and hunger. In this regard, I consider St. Joseph the special patron of all those forced to leave their native lands because of war, hatred, persecution and poverty," the pope said.

As a carpenter who earned "an honest living to provide for his family," Christ's earthly guardian is also an example for both workers and those seeking employment and the right to a life of dignity for themselves and their families.

"In our own day, when employment has once more become a burning social issue, and unemployment at times reaches record levels even in nations that for decades have enjoyed a certain degree of prosperity, there is a renewed need to appreciate the importance of dignified work, of which St. Joseph is an exemplary patron," he said.

The Apostolic Penitentiary, a Vatican tribunal that deals with matters of conscience, also issued a decree Dec. 8 stating that plenary indulgences will be granted to Catholics not only through prayer and penance, but also through acts of justice, charity and piety dedicated to the foster father of Jesus.

Among the conditions for receiving an indulgence are a spirit detached from sin, receiving sacramental confession as soon as possible, receiving Communion as soon as possible and praying for the Holy Father's intentions.

However, the decree also highlighted several ways to obtain the indulgence throughout the year, including to those who "meditate on the prayer of the 'Our Father' for at least 30 minutes or take part in a spiritual retreat of at least one day that includes a meditation on St. Joseph."

As a "just man," the document continued, who guarded "the intimate secret that lies at the bottom of the heart and soul," St. Joseph practiced the virtue of justice in "full adherence to the divine law, which is the law of mercy."

"Therefore, those who, following the example of St. Joseph, will perform a corporal or spiritual work of mercy, will also be able to obtain the gift of the plenary indulgence," it said.

Indulgences will also be granted to families and engaged couples who recite the rosary together and thus imitate the "same climate of communion, love and prayer lived in the Holy Family."

Other acts of devotion include entrusting one's daily activities and prayers for dignified employment to St. Joseph, reciting the litany or any "legitimately approved" prayer to St. Joseph.

During this time of pandemic, the Apostolic Penitentiary also decreed that special indulgences will be granted to the elderly, the sick and all those who "for legitimate reasons are prevented from leaving their home" by "reciting an act of piety in honour of St. Joseph and committed to fulfilling the conditions as soon as possible."

We will put prayers on our website on a regular basis to honour St. Joseph.

Remember, you can also send in your petitions to our shrine to Saint Joseph. We will during the course of the year also celebrate Votive Masses in his honour - you will be remembered in those Holy Masses.

Dear Friends, go to Joseph! Pray to him and ask for his guidance and protection for yourselves, your families and for the Church. Imitate St. Joseph in his virtues, his fidelity, his constancy, his love, his gentleness, his strength, his courage and his faith.



*St. Joseph, patron of men, of husbands and fathers pray for us!
Pray for our Parish Family,
St. Joseph, patron of workers, pray for us!
St. Joseph, protector and guardian of families pray for us!
St. Joseph, patron and defender of the Universal Catholic Church, pray for us!
Pray for us,*

Amen.

IRENE WARD, R.I.P

In the early hours of last Sunday Irene gave up her soul to God. She was ready for eternal life, Fr. Philip the hospital chaplain blessed her and gave her the Last Rites just hours before she left for heaven.

Irene was a much-loved character in the life of our parish. Her humour, her smile, her prayerfulness endeared her to many. She lived just across the road she loved to gaze out her window and connect in prayer with the Lord's presence. She became a Catholic more than 15 years ago. With Fr. Joe Gill's encouragement, she joined the choir, the Legion of Mary, helped out with parish functions. She gave of her time willingly and appreciated the love and support of the members of the parish family. A word of thanks to those who kept an eye on her in recent times. Irene, always appreciated your visits, your phone calls, and your spiritual support. Irene took her faith seriously. Her home was a shrine to the Sacred Heart, the Immaculate Heart, holy pictures filled her home alongside those of her family. Now she heads to the family of Heaven, she goes with our love, our blessings, our rosaries prayed for her and remembrances of her in our holy Masses.

At this time, we are waiting for her family to let us know her funeral arrangements. In the meantime, we will keep her family wrapped in prayer.

May she Rest In Peace and Rise In Glory. Amen.

FORMER PARISHIONER CALLED TO ETERNAL LIFE

We were sad to hear of the passing of BARRY FALCON. We offer his wife and four children along with grandchildren our blessing and spiritual support.

He is also survived by his sister Shirley Falcon a faithful parishioner for many years. We also offer her our love and blessing on the news of her brother's death.

Barry was married to Marie here at Saint Teresa's back in 1966. They moved to Canada and settled down to live in Toronto. Their faith grew ever stronger and a witness to the Catholic faith was a must every day.

May Barry Rest In Peace and Rise In Glory. Amen.

KATERINA TORIELLO R.I.P.

Funeral Details To Be Announced.

Caterina left for Heaven on the feast of St. Andrew the Apostle – the 30th November. We offer our sympathy to her two daughters Rosanna and Silvana. Before our recent lockdown we welcomed Caterina with her two kind caring daughters to a special Mass for her late husband Mario on the anniversary of his death.

Caterina was a daughter of Italy, her family and her friends meant so much to her, Holy Mass and prayer was at the foundation of her 92 years of life on earth. We thank God and her Guardian Angel for all the blessings she was able to receive.

May She Rest In Peace and Rise In Glory. Amen.

DIARY DATES

Christmas Masses

Please phone the parish office 020 8648-4113 to book for MIDNIGHT MASS ONLY. There are very limited numbers so please be aware they may go quickly. All other Masses are on a first come basis as normal.

Christmas Eve, Thursday 24th December

5.30pm Mass First come basis doors open 5pm
8pm Mass First come basis doors open 7.30pm
12am Midnight Mass **Booked places ONLY** doors open 11.30pm

Christmas Day, Friday 25th December

9am Mass First come basis doors open 8.30am
11am Mass First come basis doors open 10.30am

Last Sunday of the Year, Sunday 27th December

FOR THOSE WHO HAVE DIED DURING THIS YEAR

We invite family and friends to this special Mass.

4.15pm Holy Hour
5.30pm Memorial Mass

All who have died this year will be remembered. A family member will be invited to come to the Altar with a lit candle.

Some families have lost a member of their family in other countries and other parts of the UK. Please let us know their names and they will be included.

St Teresa's Primary School - Nursery places for January 2021

We have a limited number of places still available in our Nursery for January 2021, either full time (30 hours +) or 15 hours.

If you are interested in applying and your child (They need to be 3 years old before 31st December 2020), please contact Mrs Lorraine Isaac for more details, on 020 8468 1842 option 2 or email her at admissions@st-teresas.merton.sch.uk.

CAFOD World Gifts

World Gifts, CAFOD's range of virtual gifts, make a real difference to families living in poverty across the world. While we have the coronavirus pandemic and lockdown here, we can still be good neighbours to our sisters and brothers overseas by giving World Gifts as Christmas presents to family and friends. The Keep Clean Kit gift for £6 and the Vegetable Garden gift for £10 are just two gifts that will help vulnerable families affected by the pandemic to protect and feed themselves. Let's spread joy and hope around the world this Christmas. Visit cafod.org.uk/worldgifts.



POPE PRAYS FOR ROME AND THE WORLD AT THE MADONNA'S FEET

What does 'conversion' mean?

First, he reflected on the meaning of the word "conversion". "In the Bible it means, first and foremost, to change direction and orientation; and thus also to change our way of thinking," he said, explaining that "In the moral and spiritual life, to convert means to turn oneself from evil to good, from sin to love of God."

The Pope said it is what the Baptist was teaching, when he "preached a baptism of repentance for the forgiveness of sins" in the desert of Judea.

Receiving baptism, he explained, "was an outward and visible sign of the conversion of those who listened to his preaching and decided to do penance."

He also noted that the baptism occurred with immersion in water, "but it proved worthless if there was no willingness to repent and change one's life."

Conversion, Pope Francis said, involves suffering for the sins committed: "the desire to free yourself from them, the intention to exclude them from your life forever."

And to exclude sin, he continued, it is also necessary to reject everything that is linked to it: "the worldly mentality, excessive esteem for comforts, for pleasure, for well-being, for wealth."



Pope Francis venerates Our Lady in Piazza di Spagna (Vatican Media)

Detachment from sin and worldliness

Once again, he said, the example of this comes to us from today's Gospel in the figure of John the Baptist: "an austere man who renounces excess and seeks the essential."

This, the Pope said, "is the first aspect of conversion: detachment from sin and worldliness. The other aspect of conversion is the search for God and his Kingdom."

He explained that the abandonment of comforts and a worldly mentality is not an end in itself, but is aimed at obtaining something greater: "the Kingdom of God, communion with God, friendship with God."

He reflected on the fact that this is not easy "because there are many ties that hold us close to sin: inconstancy, discouragement, unwholesome environments, bad examples."

Pope Francis said that at times "the push we feel toward the Lord is too weak and it almost seems that God is silent."

His promises of consolation, he said, seem far and unreal to us, like the image of the caring and attentive shepherd, which resonates today in the Reading from Isaiah (40:1-11).

Conversion is a grace

So, the Pope said, it is easy to fall into the temptation of saying that “it is impossible to truly convert, and instead of converting from the world to God, we risk remaining in the 'quicksand' of a mediocre existence.”

“What can we do in these cases?” he continued: “First of all, remember that conversion is a grace, hence, to be asked of God with fortitude.”

And he invited believers to open themselves up “to the beauty, the goodness, the tenderness of God,” leaving what is “false and fleeting for what is true, beautiful and everlasting.”

Pope Francis concluded recalling that on Tuesday we celebrate the feast of the Immaculate Conception and prayed to Our Lady to help us “to separate ourselves more and more from sin and worldliness, in order to open ourselves to God, to his Word, to his love which restores and saves.”



FIRST SATURDAY'S – In Honour of Our Lady of Fatima

Where possible the First Saturday's will be celebrated as follows: -

12-3pm Church Open for Adoration of The Blessed Sacrament

12 – 12:30pm Sacrament of Confession available.

Parish Prayer to Our Lady of Guadalupe

Our Lady of Guadalupe

(Feast Day 12th December)

Dear Mother and Most Gracious Lady, we love you and we wish to honour you on your feast day. Our parish seeks your heavenly blessing all the year round. Every day we thank you for your promise to help us in our need. We trust in your love that dries our tears and comforts us. Teach us to meet your son Jesus in prayer, in Adoration and in the Holy Mass. Help every member of our parish to build a shrine in our hearts. Make it as beautiful as the one you build on the mount to Tepeyac. A shrine of trust hope and love of your son Jesus growing stronger each and every day.

Most Gracious Lady, Mother of Our Parish, you have chosen to remain with us by giving us your most wonderful and holy self-image on Juan Diego's cloak. In our parish image of you – may we feel your loving presence as we look on your face. Like Juan, give us- please- the courage to bring your message of hope to everyone.

Bless our parish, please intercede for the Sick and Housebound, intercede for families, for the Child in the Womb, for those in despair, for the lonely and the dying.

You are our Mother and our inspiration. Hear our prayers and answer favourably our plea for your heavenly help.

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, Jean Lue, Ruba Santipillai, Frank Mendonça, Baby Alexander Lynch, Erika Geddes, Denise Waaldjk, Lena McBride, Valerie Sommerset, Kevin Mooney, John Mooney, Angela Patcheye, Leonard and Michael Paice, Michael O’Kelly, Kevin and Margaret Peacock, Justin Roberts, Alan O’Leary, Bill O’Keefe, Gerry Gillan, Leonard James Connolly, Thea Haddad, Nora Williams, Margaret Lahy, Brian Wratten, Ann Van Essen, Bella Harding, Eileen Stevens, Dave Herris, Alan and June O’Keefe, June and Justin Roberts, O’Leary Family, Gabriel Lyons, Sylvester Forya, Michael and Madge Durkan.

We also have two young mothers who have recently been diagnosed with cancer – we are keeping them in prayer.

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 and Donations

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.

Last week’s Offerings - Standing Orders: £805 - Thank you

Our thanks to the families of Maureen Deb and Theresa Bearn for their generosity and thoughtfulness for the kind donation of £1,000 each in honour of the memory of Maureen and Theresa.

May God bless you and may their souls Rest In Peace and Rise In Glory.

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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The value of your donation can be increased by 25% at no extra cost Making donations go further 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.

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.

Amen.

