



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

SUNDAY MASSES (including Saturday Vigil) the CHURCH IS OPEN
MONDAY - SATURDAY 10am MASS is ONLINE ONLY

Mass Times and Intentions-Year B:

Sunday 17th January-For Peace on Earth

- 5.30p.m. Vigil – For the Catholic Adoption Agency
- 9a.m. For the Parish Family
- 11a.m. Veronica & Antony Bartholomew RIP

Monday 18th January-Votive of Our Lady of Fatima

- 10a.m. Living and Deceased members of the Dipre Family - ONLINE only

Tuesday 19th January-Votive of St. Teresa and her parents Saints Zélie & Louis

- 10a.m. Margaret O'Donovan's Intentions – ONLINE only

Wednesday 20th January - Mass of Christian Unity

- 10a.m. Irene Ward RIP – ONLINE only

Thursday 21st January-St. Agnes Feast Day

- 10a.m. Bill and Arlene O'Keefe's Intentions – ONLINE only

Friday 22nd January-St. Vincent Deacon Feast Day

- 10a.m. Con Diver & Family Intentions – ONLINE only

Saturday 23rd January-Our Lady & St. Joseph Votive Mass

- 10a.m. For Your Special Intentions – ONLINE only
- 5.30p.m. Vigil – Ann Donaldson RIP

Sunday 24th January-WORD OF GOD SUNDAY

- 9a.m. People of the Parish
- 11a.m. Welfare of Remo & Marina Dipre



Saints Teresa, Zélie & Louis Martin

St Teresa's School, Montacute Road, Morden.

Tel No 020 8648 1846

Headteacher; Mr Justin Dachtler.

Merton Catholic Deanery

www.mertoncatholics.org.uk

PLEASE NOTE:

Because of the widespread of COVID-19 we are celebrating Holy Mass **ONLINE**

Monday – Saturday

10am

Our Masses online are available at

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

Sunday Masses the church will be **OPEN** to parishioners.

Saturday Vigil 5.30pm (doors open 5pm)

Sunday 9am (doors open 8.30am)

Sunday 11am (doors open 10.30am)

As we move into Tier 5 Masses will continue to be celebrated as normal on Sunday (including the Saturday Vigil) and will be Online only during the week, however, the parish office will now be closed until further notice.

WE REMEMBER THEM AND PRAY FOR THEIR SOULS

Saints of God, come to their aid

- Michael Paice (Funeral 27th January 2021)
- Veronica Gorrod (Funeral 29th January 2021)
- Dolores Johnson (Funeral 16th February 2021)
- Anne Donaldson
- Timmy O'Keefe
- Finn Hurley
- Christiane Saide
- Sean Fahy

Come to meet them angels of the Lord!

Receive their soul and present them to God the Most High.

May Christ who called you, take you to himself; may angels lead you to Abraham's side.

Our Parish prays: Give them external rest, O Lord and may your light shine on each of them forever.

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

FAMILIES

Families are a sign of God's presence. In these difficult and challenging times, we send out our love and blessing to each and every family.

Family doesn't mean just Mum, Dad and kids, but grandparents, aunts, uncles, cousins and others.

As one dad said to me recently, you don't have in family life to look very far to find your cross.

The story of family life is a story about love - shared, nurtured and sometimes rejected or lost. In every family God is revealed uniquely and personally, for God is love and those who live in love, live in God and God dwells in them (1 Jn 4:16).

SACRAMENTS & SACRAMENTALS

Sacraments

The Catechism of the Catholic Church defines the sacraments as “efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions.” A sacrament is “an outward and visible sign of an inward and spiritual grace given unto us, ordained by Christ himself, as a means whereby we receive the same, and a pledge to assure us thereof”.

The Catholic Church teaches that the sacraments are seven. The Catholic Church understands the word “sacrament” as referring not only to the seven sacraments considered here, but also to Christ and the Church.



Sacramentals

Our crucifix, icons and other articles are examples of what we call sacramentals. According to the Catechism of the Catholic Church, sacramentals are sacred signs instituted by the Church to prepare us to receive the fruit of the sacraments and to sanctify different circumstances of our lives (no. 1677).

Practically speaking, the myriad of little things that are sacramentals are the parts of catholicity that jostle against us in our everyday life, those little extras that often tell others we are Catholic. They are the images, actions and blessings that are unique to our faith; those sometimes-humble reminders of what the Catholic faith is all about, like the crucifix on our wall.

REFLECTION

Are Angels real?

What's your battle cry?

You know the words you say when the stakes are high and you're on the verge of failure?

In medieval Europe, Christian soldiers cried out to St. Michael in prayer and song. Why St. Michael?

In the Bible, this angel is assigned a special role as defender of God's people against evil.

Of all the things you worry about, evil probably isn't high on your agenda.

Just like the medieval soldiers were worried about warfare, you've got practical concerns.

Like failing health, broken relationships or how to pay the bills.

These are real concerns, and God is concerned about our day to day life.

But he's also urging to pay attention to the spiritual battle.

Am I deepening my relationship with God, or am I too busy to spend time with him?

Am I consciously trying to make better, holier choices, or taking the easy way out?

Am I looking at the big picture as a daughter of God, or getting consumed by petty details?

Just remembering to ask yourself these questions, in the midst of your busy life, is a battle itself.

So turn to St. Michael and pray that he be your defender.

This Prayer in his Honour is very popular:-

Saint Michael the Archangel,

defend us in the day of battle.

Be our protection against the wickedness and snares of the devil.

May God rebuke him we humbly pray;

and do Thou, O Prince of the Heavenly Host,

by the Power of God, cast down into hell Satan and all evil spirits,

who wander through the world seeking the ruin of souls.

Amen.

ORDINARY TIME

God Bless Your Journey to Lent

As we make our way through these weeks of ordinary time before Lent, here are a few steps that can help us draw closer to God.

1. *First, start by listening to him.* Faith isn't a 12-step action program. Nor is it an algebra problem that needs to be "solved." It's a love affair. As with a spouse, the most important thing we can do is to be present and listen. This requires the investment of time and focus. If a spirit of impatience or pretending to listen doesn't work with your spouse, why would it work with God?
2. *Second, cultivate silence.* We can't listen when our world is filled with noise and toys. C.S. Lewis often said that noise is the music of hell. Our toys – those things we choose to distract us – keep us diverted from focusing on the main questions of life: *Why are we here? What does my life mean? Is there a God, and if so, who is he, and what does he ask of me?*
3. *Third, seek humility.* Humility is to the spirit what material poverty is to the senses: the great purifier. Humility is the beginning of sanity. We can't really see – much less love – anyone or anything else when the self is in the way. When we finally, *really* believe in our own sinfulness and unimportance, many other things become possible: repentance; mercy, patience, forgiveness of others. These virtues are the foundation stones of that other great Christian virtue: *justice*. No justice is ever possible in a spider's web of mutual anger, recrimination and hurt pride.



More suggestions in next week's Newsletter.

CONSECRATION TO ST. JOSEPH

Wonderful 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 few months has sought St. Joseph's blessing and we consecrated ourselves and the Parish to his intercession. 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.

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 **December 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, 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 Paice, Michael O'Kelly, Kevin and Margaret Peacock, Mary Reilly, Alan O'Leary, Bill and June O'Keefe, Gerry Gillan, Leonard James Connolly, Thea Haddad, Nora Williams, Margaret Lahy, Brian Wratten, Ann Van Essen, Bella Harding, Eileen Stevens, Dave Herris, Gabriel Lyons, Sylvester Forya, Michael and Madge Durkan, Jocyn De Silva, Anna Kashtelyan.

We also have two young mothers in our parish who have recently been diagnosed with cancer, we are keeping them in prayer – please keep them in yours.

Please continue to keep those on our Parish Sick List in your prayers. There are also those self-isolating, those in the early stages of the virus and those on the road to recovery. We also have parishioners receiving treatment for cancer.

If you or someone you know is sick, seek the help of Saint Joseph. Our Blessed Lord will be pleased to see you seek this great saints blessing and support for healing. Some continue, some willingly, to carry the Cross of Suffering. Whether you experience a physical healing or not, Saint Joseph always offers hope for an illness-free life in heaven. This wonderful servant of heaven will help you to be abandoned to Divine Providence. You too might cry out in prayer ***“thy will be done”***.



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.

CAFOD

Why not visit their website <https://cafod.org.uk/> you will find it interesting. Note the thought provoking [resources for young people](#) based on St. Oscar Romero, with a range of activities. We particularly like the [“JAR OF HOPE”](#) project which encourages the young mind to stay positive at this challenging time.



CHURCH UNITY OCTAVE

18th January until 25th January, feast of Saint Paul. Please join the Church as she observes eight days of prayer of Christian Unity.

LOVING GOD, WE LOVE YOU AND PRAISE YOU IN THE HEARTS OF ALL OUR BROTHERS AND SISTERS IN CHRIST. IN THESE DAYS TO COME WE SEEK HEAVENS BLESSING FOR ALL DENOMINTIONS AND FOR THEIR LEADERSHIP.

Help us to learn from one another, never closing our minds to the diversity of the church. Help us to grow in faith day by day, knowing your love and goodness for ourselves. And help us to share what you have done for us, and to listen to all you have done for others, our faith may be deepened and our service enriched as we continue our individual pathway of faith and on our pilgrimage together. We will with the FATHER’S BLESSING AND THE GUIDANCE OF THE

HOLYSPIRIT CRY OUT IN PRAYER THE WORDS OF JESUS “that all may be one, as YOU, FATHER, are in ME, and I am in YOU. May they be one in US so that the world may believe that YOU sent me” [John 17:21]

PARISH WHATSAPP GROUP

For those who may not already be aware, St Teresa’s parish has a WhatsApp group setup for parishioners to stay in touch and receive the latest information about the parish. If you wish to join, please text Theresa on 07834 845614 with your name and number. This is a very useful tool to keep in touch with the parish and one another during lockdown.

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.

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 written request via the parish office with contact details.

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

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Making donations go further

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.

Basic 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 55 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.

