



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 24th January-WORD OF GOD SUNDAY

5.30p.m. Vigil – Ann Donaldson RIP
9a.m. People of the Parish
11a.m. Welfare of Remo & Marina Dipre

Monday 25th January-CONVERSION OF ST. PAUL

10a.m. Iolanda Borrelli RIP - ONLINE only

Tuesday 26th January-SS TIMOTHY & TITUS

9.30a.m. Funeral of Finn Hurley

Wednesday 27th January - VOTIVE OF ST. JOSEPH

10a.m. Michael Paice & Holy Souls – ONLINE only

Thursday 28th January-ST THOMAS AQUINAS

10a.m. Welfare of Jocelyn De Silva &
Sick and Housebound of the Parish– ONLINE only

Friday 29th January

9.45a.m. Requiem Mass of Veronica Gorrod RIP – ONLINE only

Saturday 30th January

10a.m. For Your Special Intentions – ONLINE only
5.30p.m. Vigil – Carmelo D'Emanuelle RIP

Sunday 31st January

9a.m. People of the Parish
11a.m. Coleman & Maureen Flagherty's
Intentions



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.

THREE WAYS TO PRAY FOR THOSE RECOVERING FROM THE CORONAVIRUS CRISIS

In the face of a global crisis, it can be hard to know where to start with prayer. Here are three simple ways you can pray for those working to rebuild from the coronavirus crisis in your daily life.

1. Pray with the scriptures

St. Augustine said, "The Holy Scriptures are our letters from home." Try reading a daily passage from the Gospel and reflecting on how its lessons could help in our world today.

2. Start a Novena

This is a simple and powerful way to commit to prayer. Choose a prayer that has personal meaning for you and pray it for nine days. Ask friends or family to join your Novena and pray with you.

3. Pray your way

We all have ways that we are most comfortable praying. If you pray the Rosary, could you offer a decade for those affected by coronavirus? If you pray the Angelus, could you remember all those on the front line of this crisis?



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, Mary Jeanette Connaire, Fr. Paul Sanders.



We pray to St. Joseph for his intercession for Fr. Paul Sanders of Holy Cross, Carshalton, all the sick Religious and people of the diocese, the United Kingdom and the world over.

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.

WE REMEMBER THEM AND PRAY FOR THEIR SOULS

Saints of God, come to their aid



- Finn Hurley (Funeral 26th January 2021)
- Michael Paice (Funeral 27th January 2021)
- Veronica Gorrod (Funeral 29th January 2021)
- Dolores Johnson (Funeral 16th February 2021)
- Anne Donaldson
- Christiane Saide
- Sean Fahy
- Lolito Laydia
- Olu Coker
- Joseph Micallef

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.

A LIFE REMEMBERED

May He Rest In Peace and Rise In Glory

Danny Thompson's wife Eileen and her children Sharon, Alison and Emma wish to thank the Parish Family for their gift of prayer, Masses and spiritual support they received following Danny's call to Eternal Life. As a token of their deep appreciation a Mass will be celebrated as a THANK YOU for your kindness and thoughtfulness in their hour of need.

The Mass will be celebrated on Wednesday 3rd February 10am.

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.

WORD OF GOD SUNDAY

Pope Francis back in 2019 declared the Third Sunday in Ordinary Time as *The Sunday of the Word of God*. Pope Francis has expressed his hope that will be a time devoted "to the celebration, study and dissemination of the Word of God" (*Apostolic Letter, Aperuit Illis, n. 3*)

The document is wonderful (and relatively short) a reflection on the importance of sacred scripture for the faithful. Reading, reflecting and praying on this apostolic letter will deepen your relationship with God as revealed in Scripture - even if you can only take a few minutes a day to read one paragraph at a time.

APERUIT ILLIS

Ctrl+Click to follow

There are valuable lessons to be learnt in this document. I commend it to you. These points that follow I hope will help.

Read

Reading Scripture on your own is important. There are many Bible translations/editions available, so if you need help getting the right Bible for you, feel free to speak with one of us. There are also online resources which may be of help such as [Catholic Bible Online](#) or one of the many apps which can be used on any mobile phone or handheld device.

- Scripture is also meant to be read publicly. Just as the people of Israel gathered to hear the reading of the law when they returned from exile, the Church gathers to publicly read Scripture. Every Mass requires a public proclamation of the word of God.
- When reading Scripture, both on our own and publicly, we are united as God's people. As Pope Francis writes, "The Bible is the book of the Lord's people, who, in listening to it, move from dispersion and division towards unity. The word of God unites believers and makes them one people" (Aperuit Illis, 4).

Appreciate

- Throughout his apostolic letter, Pope Francis urges us to hear God's word and apply it in our lives. The Pope highlights that we should appreciate Scripture as a means by which: we know and love God; we encounter the Risen Lord; and we come to know and share the mercy of God with our brothers and sisters.
- Pope Francis calls on God's people to deepen their faith through Scripture. He writes, "A profound bond links sacred Scripture and the faith of believers. Since faith comes from hearing, and what is heard is based on the word of Christ, believers are bound to listen attentively to the word of the Lord, both in the celebration of the liturgy and in their personal prayer and reflection" (Aperuit Illis, 7).
- The Pope further highlights this link between Scripture and faith by looking at the Road to Emmaus story (Luke 24). He writes that this story clearly demonstrates the "unbreakable bond between sacred Scripture and the Eucharist" (Aperuit Illis, 8). If we want to grow more deeply in our love of the Eucharist, we need to grow more deeply in our love of Scripture.

Pray

- Pope Francis reminds us that we could not have the sacraments without Scripture. He writes, "Sacred Scripture and the sacraments are thus inseparable. When the sacraments are introduced and illumined by God's word, they become ever more clearly the goal of a process whereby Christ opens our minds and hearts to acknowledge his saving work" (Aperuit Illis, 8).



- Participating in the sacramental life of the Church is important, but the Pope commends another form of prayer, Lectio Divina. This method of prayer involves periods of reading Scripture and periods of meditation on Scripture. The Archbishop of Toronto, Cardinal Thomas Collins, leads Lectio Divina once a month at St. Michael's Cathedral Basilica and it is livestreamed for those who cannot attend in person. You can find more information at: <https://www.archtoronto.org/lectio>.

The Sunday of the Word of God gives us a chance to reflect on how we use Scripture in our lives. Can we find more opportunities to read, appreciate and pray with Scripture?

If you have never before opened a Bible, if praying with Scripture is part of your daily prayer life or if you fall somewhere in between, "may the Sunday of the Word of God help his people to grow in religious and intimate familiarity with the sacred Scriptures." (Aperuit Illis, 15).



**MESSAGE OF HIS HOLINESS POPE FRANCIS
TO THE 46th PRESIDENT OF THE UNITED STATES OF AMERICA, JOSEPH R. BIDEN,
ON THE OCCASION OF HIS INAUGURATION AT THE WHITE HOUSE**

The Honorable Joseph R. Biden
President of the United States of America
The White House
Washington, DC

On the occasion of your inauguration as the forty-sixth President of the United States of America, I extend cordial good wishes and the assurance of my prayers that Almighty God will grant you wisdom and strength in the exercise of your high office. Under your leadership, may the American people continue to draw strength from the lofty political, ethical and religious values that have inspired the nation since its founding. At a time when the grave crises facing our human family call for farsighted and united responses, I pray that your decisions will be guided by a concern for building a society marked by authentic justice and freedom, together with unfailing respect for the rights and dignity of every person, especially the poor, the vulnerable and those who have no voice. I likewise ask God, the source of all wisdom and truth, to guide your efforts to foster understanding, reconciliation and peace within the United States and among the nations of the world in order to advance the universal common good. With these sentiments, I willingly invoke upon you and your family and the beloved American people an abundance of blessings.

FRANCISCUS PP.



THANK YOU FOR SUPPORTING THE WEEK OF PRAYER FOR CHRISTIAN UNITY

Monday, the feast of the Conversion of Saint Paul marks the end of the week of prayer for Christian Unity. Thank you for finding time to include this in your intentions. Every year the Week of Prayer is all about restoring the unity Christ gave and the Church lived in its earliest days. There have been sad and difficult moments in the life of the Christian family. We bow our heads in shame before God at some of the terrible things that have happened down through the centuries.

Every denomination must be shown respect; every denomination must be offered the hand of friendship. We call on the Holy Spirit to bless their leaders, to bless and protect their spiritual places of worship. The leaders must and should meet regularly. Pope St. John Paul II and his successors have shown the right way forward. Our bishops and cardinals have worked closely for the good of the Christian family. Lay people live it out in the family life and in parish communities up and down the land.

We Catholics have an important role to play. We are ambassadors for Christ; we are also ambassadors for the Catholic Church. Ecumenism is sometimes misunderstood as a process of negotiation, or a whittling down of the Church's teaching. Rather than working on agreements (they are good to work on like Arcic-III) and dissecting theologies, ecumenism begins with Prayer.

The prayer for unity opens the door to Heaven, the prayer for unity, that is at the heart of the Eucharistic prayer is echoed in the liturgy of our brothers and sisters in Christ.

Her Majesty, Queen Elizabeth has led by example. She is a living page of the Gospel. All Christians can feel and see her witness to Christ. Her messages to the Nation and the Commonwealth are exemplary and valued. She has always reached out to all Christian leaders and indeed to offer Christ's friendship to other faiths.



Unity, Unity, Unity, it's needed, prayer cries out for it. Souls cry out for it. Unity is the vocation of the Church and you have an important part to play in it. "*I am the Vine, you are the branches*", Jesus tells his disciples of all generations. He also reminds us "*Those who abide in Me, and I in them, bear much fruit*".

May you, bear much fruit in your life, and ask and call on the Holy Spirit to bless and inspire you in the world of prayer, and in the work of ecumenism and reaching out to all branches of the Christian Family!

REFLECTION

What's an Annulment?

The Church teaches that the bond of marriage is permanent.

However, in contemporary society, divorce is a reality that is challenging and often an extremely difficult experience to all involved.

But divorce does not bring marriage to an end and a properly celebrated marriage is presumed valid, unless proven otherwise by the competent authority – The Marriage Tribunal.

An annulment is not the Catholic version of a divorce.

Rather, it is a declaration by the Church, after the Tribunal's formal inquiry stating that at the time of consent, where vows were exchanged, at least one of the parties lacked an intention or capability required to establish the binding commitment of marriage as understood by the Catholic Church.

In making this declaration, the Church does not deny that a real relationship existed, nor does it imply that the relationship was entered with ill will or moral fault.

Also, the declaration of nullity does not affect the legitimacy of children from the union.

The Marriage Tribunal, through its formal inquiry, is seeking the truth in justice, in mercy and in love.

Not to place the blame or establish a guilty party.

For those seeking an annulment, it should be a process that involves healing and spiritual growth.

It's not easy, but we will help you and guide you, and support you in prayer.

ORDINARY TIME **God Bless Your Continued Journey to Lent**

As we continue our way through these weeks of ordinary time before Lent, we pick up from last week a few more steps that can help us draw closer to God.

4. *Fourth, cultivate honesty.* Complete honesty is only possible for a humble person. The reason is simple. The most painful but important honesty is telling the truth to ourselves about our own motives and our own actions. The reason honesty is such a powerful magnet is because it's so rare.

Modern life is too often built on the marketing of half-truths and lies about who we are and what we deserve. Many of the lies are well-intentioned and not even very harmful — but they're still lies. Scripture praises the honest woman and man because they're like clean air in a room full of smoke. Honesty allows the mind to breathe and think clearly.

5. *Fifth, seek to be holy.* Holy does not mean nice or even good, although truly holy people are always good and often — though not always — nice. Holiness means "other than." It's what Scripture means when it tells us to be "in the world, but not of the world." And this doesn't just miraculously happen. We need to choose and seek holiness.



God's ways are not our ways. Holiness is the habit of seeking to conform all of our thoughts and actions to God's ways. There's no cookie-cutter model of holiness, just as piety can't be reduced to one particular kind of prayer or posture. What's important is to love the world because God loves it and sent his Son to redeem it, but not to be captured by its habits and values, which are not godly.

6. *Sixth, pray.* Prayer is more than just that portion of the day when we advise God about what we need and what he should do. Real prayer is much closer to listening, and it's intimately tied to obedience. God certainly wants to hear what we need and love and fear, because these things are part of our daily lives, and he loves us. But if we're doing the talking, we can't listen. Note too, that we can't really pray without humility. Why? Because prayer requires us to lift up who we are and everything we experience and possess to God. Pride is too heavy to lift.
7. *Seventh, read.* Scripture is the living Word of God. When we read God's Word, we encounter God himself. But there's more: J.R.R. Tolkien, C.S. Lewis, Georges Bernanos and so many others – these were deeply intelligent and powerful writers whose work nourishes the Christian mind and soul, while also inspiring the imagination. Reading also serves another, simpler purpose: It shuts out the noise that distracts us from fertile reflection.

By the way, if you get the chance, read Tolkien's wonderful short story, *Leaf by Niggle*. It will take you less than an hour, but it will stay with you for a lifetime. And then read C.S. Lewis' great religious science-fiction trilogy – *Out of the Silent Planet*, *Perelandra* and *That Hideous Strength*. You'll never look at our world in quite the same way again.

8. *Eighth, believe and act.* Nobody "earns" faith. It's a free gift from God. But we do need to be willing and ready to receive it. We can discipline ourselves to be prepared. If we sincerely seek truth; if we desire things greater than this life has to offer; and if we leave our hearts open to the possibility of God — then one day we will believe, just as when we choose to love someone more deeply, and turn our hearts sincerely to the task, then sooner or later we usually will.

Feelings are fickle. They're often misleading. They're not the substance of our faith. We need to be grateful for our emotions as God's gifts, but we also need to judge them in the light of common sense. Falling in love is only the first taste of love. Real love is both more beautiful and more demanding than the early days of a romance.

In like manner, a dramatic "road to Damascus" style conversion doesn't happen to most people, and not even St. Paul stayed on the road very long. Why? Because in revealing himself to Paul, Jesus immediately gave him something to do. We know and more deeply love Jesus Christ by doing what he tells us to do.

In the real world, feelings that endure follow actions that have substance. The more sincere we are in our discipleship, the closer we will come to Jesus Christ. This is why the Emmaus disciples only recognized Jesus in "the breaking of the bread." Only in acting in and on our faith, does our faith become fully real.

9. *Ninth, nobody makes it to heaven alone.* We all need friendship and community. It's been said that the heart of a good marriage is friendship. Every successful marriage is finally about a deep and particular kind of friendship that involves honesty, intimacy, fidelity, mutual sacrifice, hope and shared beliefs.

Every successful marriage is also a form of community. Even Jesus needed these two things: friendship and community. The Apostles were not simply Christ's followers; they were also his brothers and friends, people who knew and supported him in an intimate way. All of us as Christians need the same two things. It doesn't matter whether we're a religious, layperson, deacon or priest, single or married. Friends are vital. Community is vital. Our friends both express and shape who we are. Good friends sustain us. Bad friends undermine us. And that's why they're so decisive to the success or failure of a Christian life.

10. *Tenth and finally, nothing is more powerful than the sacraments of Penance and Eucharist in leading us to the God we seek.* God makes himself available to us every week in the confessional, and every day in the sacrifice of the Mass. It makes little sense to talk about the "silence of God" when our churches are made silent by our own absence and indifference. We're the ones with the cold hearts – not God.

He's never outdone in his generosity. He waits for us in the quiet of the tabernacle. And he loves us and wants to be loved wholeheartedly in return.

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 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 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.



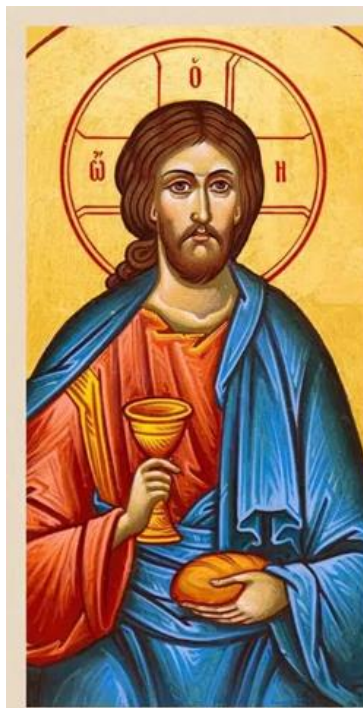
Perfect Contrition is a grace from God, so sincerely ask for this gift throughout the day prior to making your act of contrition: *‘My God, grant me perfect contrition for my sins.’*

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.



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.



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.