



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 14th February-DAY FOR THE UNEMPLOYED

- 9am People of the Parish
- 11am Deacon John O'Donovan RIP & Deceased Members of the O'Donovan Family

Monday 15th February

- 10am Lena McBride's Family Intentions - ONLINE only

Tuesday 16th February-SHROVE TUESDAY

- 9.45am Funeral Mass Dolores Shirley Johnson RIP – ONLINE only

Wednesday 17th February-ASH WEDNESDAY DAY OF PARISH PRAYER

- 10am Annette & Bill Gillott RIP
- 5.30pm For Your Lenten Intentions

Thursday 18th February-VOTIVE OF THE HOLY SOULS

- 10am Olu Coke RIP – ONLINE only

Friday 19th February

- 10am Frances & Ana Mendes, Family Intentions– ONLINE only

Saturday 20th February

- 10am For Your Special Intentions – ONLINE only
- 5.30pm Vigil - Alberto Roncon RIP

Sunday 21st February-FIRST SUNDAY IN LENT

- 9am People of the Parish
- 11am Joseph Lunn & Family'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.

GOD BLESS ALL WHO CARRY THE CROSS OF SICKNESS

My Lord, we ask that you will be present especially to our relatives, friends, those in hospital and in care in the local community. Be close to all who are sick around the world. Be close to the sick in our Parish Family. Be close to those who minister to the sick and dying.

In these difficult and challenging times - We pray that your healing power may bring them peace in affliction, light in darkness and comfort in pain. We also pray that we ourselves may lighten the burden of the sick, through our sympathy and friendship, but especially through the prayers we offer on their behalf today and every day.

In the Year of Saint Joseph, we continue to seek his powerful intercession, and also that of Saint Teresa. As we journey into Lent, you might find our **Litany of Compassion FOR THE SICK** helpful in your daily prayer.

Lord, have mercy, – LORD, HAVE MERCY.

Christ, have mercy, – CHRIST HAVE MERCY.

Lord, have mercy, – LORD, HAVE MERCY.

When pain and distress is overwhelming,

– LORD, BE CLOSE TO GIVE YOUR COMFORT. (repeat after each line)

When the healing process goes slower than hoped,

When terrified by treatments or therapy,

When it is hard to let go of long-held plans,

When the feeling of alienation arises,

When worn out and weary,

When troubled by impatience and negativity,

When loneliness adds to anxiety,
When sickness makes it difficult to communicate,
When discouragement or despondency sets in,
When fear makes it impossible to face the future,
When the ravages of disease attack self-esteem,
When anger and resentment assail,
When beset by worry or fretfulness,
When it is hard to rely on others for care,
When envy arises toward those who are healthy,
When pessimism or cynicism holds sway,
When anguish is intensified by the need for reconciliation,
When sickness is mistaken for punishment,
When loved ones are far away,
When sickness causes financial hardship that leads to worry or despair,
When afflicted by the feeling of nothing to hope for,
When weakness makes it impossible to even think,
When friends draw back fearful of disease,
When illness makes those, who are suffering moody or irritable,
When haunted by regret and the shame of past sins,
When it is difficult to sleep,
When there is loss of appetite,
When there is resistance to necessary change,
When tempted by denial,
When nobody seems to understand,
When bound to home or when restricted in movement,
When listlessness and apathy threaten,
When medication seems to make things worse,
When all that is needed is a caring touch,
When it is impossible to maintain familiar routines,
When it is hard to find the strength to go on,
When it becomes difficult to pray,
When suffering of any sort becomes hard to bear,
When death draws near, – LORD, BE CLOSE TO GIVE YOUR COMFORT.

Our Father...

Let us pray:

Most merciful Father, Your beloved Son showed special compassion to lepers, tenderness to those long sick, and healing to the infirm before Him. We place before You all those who are ill and in need of healing grace. May the love and mercy of the Divine Physician raise up all who suffer from sickness and restore them to health and peace. We ask this in the Name of Jesus.

Amen.

Thank you for keeping in prayer all who are sick and especially:

Joseph Lunn, Maureen Smith, Jean Lue, Ruba Santipillai, Baby Alexander Lynch, Erika Geddes,
Denise Waaldjk, Lena McBride, Valerie Sommerset, Kevin Mooney, John Mooney, Angela
Patcheye, Leonard Paice, Michael O'Kelly, Ken 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, Anna Urbni, Maureen Flagherty, John McDonagh.



We continue to remember all the sick Priests and Religious of the diocese.
And send our BLESSING and assurance of spiritual support to all NATIONS at this difficult and challenging time.

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.

A PRAYER FOR ONE WHO HAS DIED

At this moment I entreat (N.....) into your loving hands. I give you thanks for all the blessings of his/her life, and for the love and friendship we shared together. Please send your Holy Spirit at this moment to deepen my faith in your presence and fill me with hope that your promise may be fulfilled for (N.....) the joy of resurrection and a place in your Father's house. May Mary, Saint Teresa, Saint Joseph and all our patron saints pray for us that we may continue to be united in Your love.

We offer our condolences and spiritual support to all families who have lost a love one recently and especially those whose soul we lay to rest in the weeks to come.

Please keep them in your prayers.

Saints of God Come to their Aid

WE REMEMBER THEM AND PRAY FOR THEIR SOULS



- Dolores (Shirley) Johnson (Funeral 16th February 2021, 9.45am Mass)
- Lolito Laydia (Funeral 22nd February 2021, 9.45am Mass)
- Alex Pegley (Funeral 2nd March 2021, 3pm North East Surry Crematorium)
- Dermot Peter Long (Funeral 4th March 2021, 9.30am Mass)
- Avril Castella (Funeral 10th March 2021, 9.30am Mass)
- Sarah Marie Frost (Funeral 12th March 2021, 9.45am Mass)
- Christiane Chapman RIP
- Jim Lamont RIP
- Fr. Paul Sanders RIP
- Joseph Micallef RIP
- Lourdes Rabinorn RIP
- Francis Assisi Mendonça RIP

MAY THEY REST IN PEACE

Recently Deceased Whose Funerals Have Taken Place

Finn Hurley, RIP
Veronica Gorrod, RIP
Sean Fahy, RIP
Olu Coker, RIP

Irene Ward, RIP
Baby Angelika Hobbs, RIP
Michael Paice, RIP
Michael Diver, RIP

Anne Donaldson, RIP
Christiane Saide, RIP

Rose Lyons, RIP
Fr. Michael Boland, RIP

We also keep in prayer Deacon John O'Donovan whose anniversary occurs this week.

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.
GRANT THEM ETERNAL REST O LORD---
May They Rest In Peace and Rise In Glory. Amen.

FR PAUL SANDERS RIP

St. Teresa's offers our sincere condolence and assurance of spiritual support to the parish family of HOLY CROSS. Fr. Paul Sanders was a long serving servant of the diocese and a much-loved parish priest. We commend his soul to Almighty God and keep him, his family, his friends and his parish in our prayers.

May He Rest In Peace and Rise In Glory. Amen

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 invoke 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.

"LORD, I DO BELIEVE, HELP MY UNBELIEF"

Catholics and our fellow Christians often consider that in the fall of death they should have greater faith and not be racked with doubts, anxieties and questions. We are all different. Sometimes the death of a love one can bring consolation and peace, but at other times we can be surprised at how traumatised we are by the whole experience. It is important to know that such feelings are normal and just to be able to talk them through with someone else can bring peace and consolation.

At Saint Teresa's we will always do our best to support you. We will make every effort to help plan the best possible funeral liturgy - to give your love one, your friend, the beauty and prayerfulness of the Holy Mass. With our prayers and the Rite of the Funeral Mass we commend their soul to Almighty God. Heaven is about a family reunion and heaven is not on another planet or in another solar system - it's on our doorstep. The souls of the virtuous are in the hands of God. They have fought the good fight; they have done their best while they lived here on earth. We seek clemency for their sins from the Lord of Divine Mercy. If they go into the Mist of Mercy they go with our prayers and the prayer of the Holy Mass in every language around the world.

It's not easy coping with death but the Lord did say and promise "Blessed are those who mourn, they shall be comforted". He also said:

"Do not let your hearts be troubled.

Trust in God still and TRUST IN ME.

There are many rooms in My Father's house;

if there were not, I should have told you.

I am going now to prepare a place for you,

and after I have gone and prepared you a place, I shall return to take you with Me;

so that where I am, YOU MAY BE TOO". Jn 14:1-3

ASH WEDNESDAY

At Holy Mass on Ash Wednesday, we gather to reflect the beginning of Lent. It is a time when we pray, fast and give alms. For forty days, we accompany Jesus on his journey to Calvary and we see the mercy he shows towards others, despite his suffering. Just as God shows mercy towards us, like Jesus, we will show mercy to others. Again, this year, we are still in the heart of the pandemic virus and we will face difficult moments, difficult challenges. But this Holy Season will open the door to many blessings from Heaven. Just do your best to find time to pray, time to pray the Rosary, time to read the bible, time for spiritual reading, time to connect with your Guardian Angel and your favourite Saints.

As we begin our journey through Lent, we reach out to those who are carrying the Cross of Suffering, we also hope that we will be inspired to be generous and kind. Through our joy, patience and kindness may we help build a better world one step at a time.

Please join us online if you are isolating, stay at home if you are unwell and feel vulnerable. We will be open all day. Adoration, and two Masses are planned for Ash Wednesday. Distribution of Ashes will be available. Those who wish to bring home a small amount of Blessed Ashes will be able to do so. A prayer will be available for you to share in the family home.

This is what is planned for our Special Day.



ASH WEDNESDAY 2021



This year Ash Wednesday falls on Wednesday 17th February. It's a day of fasting and abstinence. Ashes will be blessed during our 10am Mass. We wish to begin our Parish Lenten Journey in the best possible way. We will be open. Social distancing will be fully implemented. We will not be able to distribute the Ashes in the usual way. This year we will be sprinkling them over your head. The Pope and many around the world receive in this manner - so you will be in good company. Below is an outline of a very Special Day we plan for Ash Wednesday.

9.30	Church Doors Open Rosary led by Parishioners
10am	HOLY MASS with Distribution of Ashes
11am	Adoration of the Blessed Sacrament.
11.15am	Rosary led by the LEGION OF MARY
12.30-12.45	Sprinkling of Ashes available
1-2pm	Silent Prayer
2pm	Guided Meditation Led by CON DIVER
3pm	Rosary Led by Members of the PARISH COUNCIL
3.30-4pm	Sprinkling of Ashes
4.15pm	Rosary Led by Members of the PARISH ADORATION TEAM
5pm	Benediction with Fr. Roshy and Canon Michael
5.30pm	HOLY MASS For your Lenten Intentions with Sprinkling of Ashes
6.30pm	Church Closes.

Please note: This year we can offer, because of the circumstances we find ourselves in, a chance for one family member to pick up a small amount of ashes - Blessed - to bring home and offer to those sick, housebound, or isolating. We will also put on our website and newsletter a prayer for you to use at home.

For those who bring home Blessed Ashes we encourage you to spend a couple of minutes of silent prayer - Welcome Jesus into your midst.

Prayer after sprinkling of Ashes.

Almighty every living God, we are marked today with ashes, symbol of our repentant hearts, we wish to be transformed, to be made new, as these ashes reminds us of our short life here on earth. 'Ashes to ashes, dust to dust', help us to walk with Christ throughout this season of Lent, So that we may repent of ways that do not serve you, and admit the areas of life where we need to change, we make this prayer through Christ our Lord. Amen.

Spend another moment in quiet prayer, seek your patron saint and Guardian Angels' Blessing for your journey through the season of Lent.

CAFOD

Looking for a challenge this Lent? Join CAFOD's walk for water challenge and walk 10,000 steps a day, for 40 days in solidarity with all those who do not have access to a safe water source. Whether you hop it; skip it; slide it; run it; jump it; dance it; or stomp it. It doesn't matter how you do it, just as long as you put your heart and soul into it. Sign up now at cafod.org.uk/walk and go the distance this Lent and help to end water poverty.



WELCOME TO OUR PARISH FAMILY

Once again, we welcome families, couples and single people who have recently arrived in our parish. In spite of the Coronavirus and the challenges all parishes are facing we still have seen new faces in our midst. We are delighted when they introduce themselves. Later, this year I am hoping we can organise a *PARISH REUNION DAY* with an Open-Air Mass on the field followed by a buffet and a variety of refreshments. All will be welcomed.

To those at home, those self-isolating, those recovering from COVID-19 and the new variants that are in circulation, at every Mass, every day, you are remembered and prayed for. Please God, we will see you back in our midst in the near future.

To our young friends, our Altar Server Teams we send you our love and blessing. We look forward to seeing you back on the Sanctuary, back in our midst, and those of you waiting patiently for your Confirmation Day - May the Holy Spirit bless you and inspire you as you wait patiently for your Sacred Day.

Saint Teresa's

LIFE is remembered

LOVE is deepened, HOPE is rekindled,

FAITH is awakened, FAITH is renewed, FAITH is strengthened,

Where BLESSINGS from Heaven await you.

Where the LORD OF DIVINE MERCY Forgives you.

Where the Mother of God prays for you.

Where Saint Teresa intercedes for you.

Where Saint Joseph seeks to help you.

Where the Parish Family pray for you.

WELCOME - WELCOME - WELCOME



POPE FRANCIS ON CATHOLIC PARENTING

"It's beautiful when mothers teach their children to send a kiss to Jesus or to the Virgin Mary. At that very moment, the kid's heart transforms into a site of prayer. It's a gift from the Holy Spirit"

"Ask yourselves, 'Do you have a Gospel at home? Do we read it together as a family? Do we meditate while praying the rosary?' A Gospel that is read within the family is like good bread that nurtures the hearts of everyone."

"There are children who have not learned how to make the Sign of the Cross. Mothers and fathers, teach your children this. It's a good assignment for parents to have."

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.

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 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 DISPENATION 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.

