



St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

Fr Roshy Robert, Resident 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>



Please see the Mass Attendance [Protocols](#) below

The Church is now OPEN

Mass Times and Intentions-Year B:

Sunday 20th June – 12th Sunday of Ordinary Time, Day for Life

5.30pm Vigil – Joseph Frederick in Thanksgiving
9am Dee Miller's Intentions
11am People of the Parish

Monday 21st June – Votive of Pope Saint John Paul II

9.30am Rosary
10am Nora Williams RIP

Tuesday 22nd June – SS John Fisher & Thomas More, Martyrs

9.30am Rosary
10.00am John Connolly RIP

Wednesday 23rd June – *Feast of the Birth of St. John the Baptist*

9.30am Gerald O'Toole RIP, Requiem Mass

Thursday 24th June – Votive of Saint Bernadette of Lourdes

9.30am Rosary
10am Radi Machado in Thanksgiving

Friday 25th June – Votive of St Teresa of the Child Jesus &

9am Divine Mercy Chaplet **The Holy Face**
10am Pauline Bird RIP

Saturday 26th June NO MORNING MASS:

First Holy Communion Programme

5.30pm Vigil – Matthew Kitandwe RIP

Sunday 27th June – 13th Sunday of Ordinary Time

Feast of Our Lady of Perpetual Succour

9am People of the Parish
11am Emellina Elias RIP

2.30pm Mass at Garth Road Cemetery

WEATHER PERMITTING



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:

Saint Teresa's Church is now OPEN to parishioners for morning Mass

Our Masses are also available online at

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

HEAVENLY FATHER

Heavenly Father, you wanted your Son to bear our weaknesses to reveal the value of illness and patient endurance. Hear, then the prayers of our Parish Family, which we offer for our sick brothers and sisters. Give all who suffer pain, illness or disease the grace of realising that your Son has chosen them to be among the ones he called blessed. Make them aware that their sufferings unite them with Christ's passion to redeem the world. We seek your special blessing for all on our Parish Sick List. May we also ask for your blessing for our brothers and sisters in Christ around the world. In these days of the Pandemic affecting India, Bangladesh and so many other nations.

We pray for those who are sick and remember especially:

Maureen Smith, Jean Lue, Ruba Santipillai, Baby Alexander Lynch, Erika Geddes, Denise Waaldjk, Valerie Somerset, Kevin Mooney, John Mooney, Angela Patcheye, Leonard Paice, Ken and Margaret Peacock, Mary Reilly, Alan O'Leary, Bill and June O'Keefe, Gerry Gillan, Leonard James Connolly, Thea Haddad, Margaret Lahy, Brian Wratten, Ann Van Essen, Bella Harding, Eileen Stevens, Dave Herris, Gabriel Lyons, Sylvester Forya, Anna Urbni, Michael and Madge Durkan, Jocelyn De Silva, Mary Jeanette Connaire, Maureen Flaherty, John McDonagh, James Diver, Francesco Gargano, Theresa McGoldrick, Patricia Jayasena, Anne-Marie Mendonça, John Flanagan, Theresa Mason and Mary Connolly.

Please let us know if you or a family member would like to be added to our Parish Sick Prayer List.



We continue to remember all the sick Clergy 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 a number of parishioners who have recently been diagnosed with cancer, we are keeping them in prayer – please keep them in yours.

RISEN LORD

Risen Lord lead us from death to life. Hear our prayers for:

- Gerald O'Toole RIP (Wednesday 23rd June 10am. Requiem Mass)
- Steven Duggan RIP (Wednesday 30th June, Requiem Mass 12noon)
- Hedy Connolly RIP (Tuesday 6th July 9.30am Requiem Mass)
- Lena McBride (Tuesday 13th July 11am Requiem Mass)



As we wait in prayer for the day of their funeral here on earth, we know that their Holy Soul has already journeyed into your presence. With their family, their friends, and all the Sons and Daughters of Saint Teresa's parish we praise you that death is not the end but the new beginning, a gateway to heaven, a door on to untold blessings you hold in store for us.

We also commend to you parishioners, family and friends whose anniversaries occur in this holy month of June. May these good Holy Souls and those who have recently been called from life on earth who cried out in prayer to Our Lady of the Rosary to PRAY FOR THEM at the hour of death be honoured to be with her and Saint Joseph, escorted by their Guardian Angel into the Fathers Kingdom.

RECENT DEATHS

Now At Rest And Kept In Prayer

Avril Jean Costella RIP
Shirley Johnson RIP
Dermot Peter Long RIP
Lourdes Mary Fatima
Irene Ward RIP
Sarah Marie Frost RIP
Veronica Gorrod RIP
Finbarr Francis Hurley RIP
Lolito Laydia RIP
Deacon William Boyd RIP
Deacon Jim Hayes RIP
Michael O'Kelly RIP
Newton Coutinho RIP
Anna Darby RIP
Mary Creighan RIP
Michael Joseph Nihill RIP

Francis Assisi Mendonça RIP
Joseph Antony Quintus Rabindran RIP &
Jayandradevi Rabindran RIP
Remo Dipre RIP
Alan Frederick Burrridge RIP
Jonny Purvis RIP
Ann Donaldson RIP
Baby Angelika Hobbs RIP
Fr. Michael Boland RIP
Fr. Paul Sanders RIP
Fr. Richard Diala RIP
Giovanni Mansini RIP
Joseph Lunn RIP
Norah Mary Williams RIP
Francisco José Carrasco RIP
Eva Sereny RIP



May They Meet The Risen Lord

GERALD O'TOOLE RIP

We offer our sincere condolences to Gerald's family - he will be missed. He leaves behind a daughter and three sisters, Ann, Kathleen and Margaret and a younger brother Joseph.

Mum and Dad (Pat & Kathleen) lived in our parish for many years, now at rest in Garth Road Cemetery. Gerald and Joe were Altar Servers and with their sisters attended our parish school. The whole family attended Holy Mass week in and week out and did all they could to support the parish. We commend Gerald's soul to God's loving Mercy. His funeral arrangements are underway, and his ashes will be laid to rest with Mum and Dad.

May Gerald Rest in Peace and Rise in Glory.



SARAH (HEDY) CONNOLLY RIP

On the feast of Corpus Christi blessed by the prayers of the Holy Mother Church Hedy left for Eternal Life to join her parents and the Saints of Heaven. She leaves behind her sister Mary, who we keep in prayer as she journeys with the Cross of Love and Suffering.

Both Hedy and Mary are much-loved parishioners. Both have been faithful servants of the Parish for more than 40 years. The residents of Morton Road will miss Hedy and we are sure looking forward to seeing Mary out of hospital in the days to come.

We thank God for Hedy's life and her witness to her Catholic faith. This daughter of Co. Galway, Ireland, one of four children, cherished her Irish roots and prayed for the land of her birth.

Her niece Bridget McGloin, who lived across the road from her family home, gave her and Mary fantastic support.

God Bless you Hedy.

May you Rest in Peace and Rise in Glory.

STEVEN DUGGAN RIP

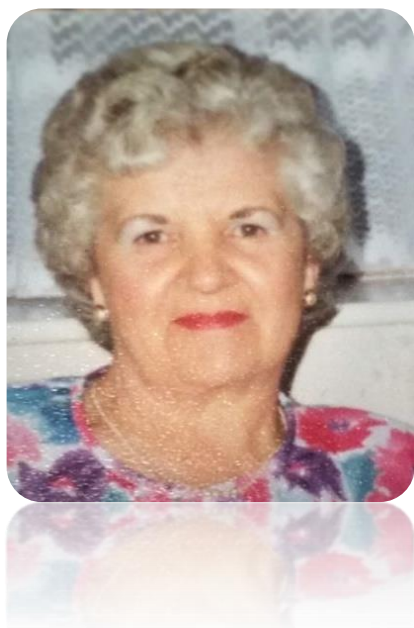
Our heartfelt condolences go out to the family and friends of Steven. Married just three years ago to his lovely Louise. They lived not far from Saint Teresa's and sat in our midst praying alongside of us on a regular basis. Many know Louise's Mum & Dad, Kathleen and Jim Coyle.

Steven's funeral Mass will take place here on Wednesday 30th June at 12noon. Fr. Kevin Robinson, parish priest at Greenwich, a long-standing family friend, will be presiding at Steven's Requiem Mass and at the Crematorium at 2pm.

Please continue to keep Steven in your prayers and all branches of his family.

May Steven Rest in Peace and Rise in Glory.

LENA MCBRIDE RIP



We send our condolences to the family and friends of Lena McBride who died recently.

Lena has been a parishioner since 1986. Born in Draperstown Co. Derry Northern Ireland she moved to London when she married Joseph in 1954. They went on to have two daughters Sharron and Shirley. Lena was a devout Catholic and although bed ridden for the past three years, she prayed daily with the Rosary always in her hands. Joseph, who died in 1974, had waited 47 years when Lena joined him in eternal rest on Saturday 12th June 2021 aged 92. Her funeral will take place on Tuesday 13th July 2021.

May Lena Rest in Peace and Rise in Glory.

CONFIRMATION 2021

COME HOLY SPIRIT

Rehearsal will be on Wednesday 23rd June 7.30pm

Mass will be held Friday 25th June 7pm

Celebrated by Bishop Paul

As we welcome Bishop Paul to preside at our Special Mass, we thank our candidates for their patience who have been awaiting this day since last year. Please keep them in your prayers.

Our gratitude to all the catechists who have assisted these young adults on their journey, particularly through such unpredictable times.



FIRST HOLY COMMUNION DATES

Saturday 3rd July at 11:00am and 2:00pm Mass

And Saturday 10th July at 11:00am and 2:00pm Mass



GRAVESIDE MASS - SUNDAY 27TH JUNE, GARTH ROAD

A Requiem Mass will be celebrated in the Catholic area of Garth Road Cemetery. The Mass will take place at 2.30pm, weather permitting, and Canon Michael is happy to bless the graves of any of your loved ones who may be at rest there.

Please contact the Parish Office beforehand to confirm that the Mass will be going ahead. If it is raining or bad weather is predicted Mass will be rescheduled.



Lord, hear our prayers and be merciful to your children whom you have called from this life. Welcome them into the company of your saints, in the kingdom of light and peace.

Give them eternal rest, O Lord. And may your light shine on them forever.

May they rest in peace.

May their soul and all the souls of the faithful departed through the mercy of God rest in peace. Amen.

HOLY CROSS, CARSHALTON

Archbishop John has appointed Fr. Henry Tiku-Wenna as the new parish priest of Holy Cross Carshalton. Fr. Henry who hails from Uganda and is at present parish priest of St. Pius X, Norbiton will take up his new appointment at the beginning of July.

We keep in prayer Fr. Paul Sanders and wish Fr. Henry every blessing at Holy Cross Parish.

ST. HELIER HOSPITAL – THANK YOU FR. PHILIP

Fr. Philip has been outstanding in his role as chaplain to our local hospital. Please let him know if you or a family member need his pastoral care.

EU SETTLEMENT SCHEME: - **PRIORITY**

Please remember that EU citizens who intend to continue living in the UK need to apply for settlement before 30th June 2021. If you, or anyone you know, is in this situation, you can get help from:

Refugee & Migrant Network Sutton Tel: 07725 549411
Citizens Advise Sutton 020 8405 3552

An interpreter can be arranged if you need one.

ST PHILOMENA'S SCHOOL OPEN EVENING

On Tuesday 6th July 2021 for "Year 5 Students" only by appointment. Please go to the school's website to book a place for the Open Evening. (Some details on the poster in the parish notice board) www.stphils.org.uk

MARRIAGES & FAMILY LIFE IN SOUTHWARK

Dear Husband and Wife, you are invited to give each other a gift by spending July 10 online between 9am and 1pm exploring and improving your relationship. The event, entitled 'Building A Better Marriage', will provide you with valuable insights into your communication skills and the call of the Church to the married. There is no group sharing. This is not marriage counselling but a chance to make average-to-good marriages a bit better – whether you married five years ago or 50. Booking is essential: telephone 07983 524727.



St Teresa's Primary School Admission to Pre-Nursery for January or April 2022 & Nursery for September 2022

If you wish to apply for a **Pre-Nursery** place for your child starting **January 2022** (children with dates of birth between 01.09.18 and 31.12.19) **or April 2022** (children with dates of birth between 31.03.19 and 31.08.19) forms will be available from May 2021. These may be obtained from the school office, or downloaded from the school website at www.st-teresas.merton.sch.uk. PARENTS OF CHILDREN IN THIS AGE GROUP CAN STILL APPLY FOR THE SEPTEMBER 2022, IF THEY DO NOT WISH THEIR CHILD TO START NURSERY EARLIER.

Application Forms for a Nursery place starting **September 2022** (children with dates of birth between **01.09.18 and 31.08.19**) will be available from May 2021. These may be obtained from the school office, or downloaded from the school website as follows:
www.st-teresas.merton.sch.uk.

Parents of 3 year olds are automatically entitled to 15 hours funded childcare per week. However, working parents may claim an additional funded 15 hours totalling 30 funded hours per week, if they satisfy the required criteria. Please contact the school, if you require more details.

If you have any questions regarding school admissions, please email: lorraine.isaac@st-teresas.merton.sch.uk who will assist you.

W razie trudności ze zrozumieniem informacji prosimy o skontaktowanie się z szkolnym sekretariatem.
Dziękujemy

இந்த பாடசாலை விண்ணப்பப் படிவத்தை பூர்த்தி செய்ய உங்களுக்கு ஏதாவது உதவி தேவைப்படின தயவு செய்து பாடசாலை அலுவலகத்துடன் தொடர்பு கொள்ளவும்.

Before and After School Wraparound Care for 3 & 4 year olds

Please note that we also provide wraparound care for 3 year olds. Breakfast club starts at 7.30am and After School Club finishes at 5.45pm. This is particularly helpful for working parents and is run by the school using our own staff, who are already familiar with the children. Please feel free to look up more details on our Website – www.st-teresas.merton.sch.uk.

MESSAGE FROM SIOBHAIN McDONAGH MP – FINAL DAY!

*Free advice for people living in private rented homes
Monday June 14th to Sunday June 20th*



People living in private rented home are much more likely to have problems with disrepair and high rents and less likely to know their rights. That is why I am asking for your help in letting the members of your community know about the Renters Rights' Awareness Week being organised by the pressure group, Generation Rent, between June 14th and Sunday June 20th.

Attached is an information sheet with details of sessions between 6 and 7pm each evening giving advice on getting help with paying the rent, getting repairs done and what to do if you are threatened with eviction.

The fact sheets are available in a number of different languages and links to the advice sessions are available by signing up online to www.generationrent.orgrights.

It is a scandal that one in eight private rented homes in England are unsafe to live in. Overcrowding and poor housing conditions are significant safety concerns which will be affecting the health, safety and wellbeing of many in your community.

If you would like any more information, then please do not hesitate to contact me at any time by calling me on 0207 219 4678 or emailing me at mcdonaghs@parliament.uk.



CAFOD ZAMBIA

Thanks to your support, CAFOD has been helping communities around the world cope with the pandemic. Just in Zambia, in the past year, our reports show we've been able to reach 1,234,200 people with messages on COVID-19, provide 13,312 people with access to safe water, train 392 frontline health workers from Zambia's 11 dioceses on how to prepare and respond to COVID-19 in their local communities and donate over 1000 handwashing

hygiene stations in communities to support handwashing measures. Thank you for standing alongside people in Zambia and for supporting people in more than 30 other countries worldwide.

News from Archdiocese of Southwark



THE AGENCY FOR EVANGELISATION AND CATECHESIS

The new model of support, offered by the The Agency for Evangelisation and Catechesis and developed with Archbishop John, entitled *Some Definite Service*, is intended to provide direct and practical support for people engaged in evangelisation, catechesis and adult formation.



Deanery Mentors

The Agency for Evangelisation and Catechesis is developing a model of parish support called *Some Definite Service* and is looking for people who might be willing to volunteer as Deanery Mentors! This is an exciting opportunity to serve the Church and your fellow parishioners. As you serve, you will also receive formation, training, be accompanied and invested in. For more information, please visit: <https://aec.rcaos.org.uk/sds>

PARISH FINANCE



Thank you to everybody who continues to support the parish through the collection, standing orders, gift aid and dropping in contributions. Online donations have seen an increase recently - A big THANK YOU FOR THOSE DONATIONS coming in via our parish website 'JUST GIVING' - Press the button marked **DONATE**. If you scroll down further, we also say 'Thanks' for your support and other ways you can support our parish. Again, THANK YOU.

GIFT AID NOTICE

PLEASE COLLECT YOUR GIFT AID ENVELOPES FROM THE CONTACT CORNER

For those already signed up, Gift Aid Envelopes are available. Please collect your Gift Aid or Standing Order envelopes before or after Mass from the Contact Corner. If no one is at the Contact Corner, please ask one of the Stewards for Linda or Lorraine.

If you pay tax and would like to join, please have a word with one of the team, it is simple and at no extra cost to you the Church can claim back 25%. See below for more details ***Do You Gift Aid?***

CARD READERS

To make things easier we have now introduced a number of card readers, which you will find throughout the church. The CollecTin reader is near the Icon of Padre Pio, instructions are listed next to the machine. You can use this for all offertories and donations.

The Sum-Up card reader will be situated in the narthex near the statue of St Teresa and can be used only for candles. Coming soon in the Repository will be another card reader so that you can pay for all your purchases using a credit debit card.

COLLECTIN

CollecTin is a card reader on which you can give your offertory and any other donation. All special collections will be listed on this machine and if you **Gift Aid** you need only register once, and it will remember you for all your donations - if you use the same card (*each card would need to be registered*).



CANDLES

SUMUP CARD READER

- IF THE SCREEN IS BLANK **press the power button**
- ENTER THE AMOUNT YOU WISH TO DONATE
e.g. 5 0 0 is £5.00, press the green tick button
- TAP CARD **for contactless** or INSERT CARD **using your pin**
- SELECT RECEIPT **use arrows to select option required**

QR SCAN POINTS

There is now the opportunity to donate using a QR Scanner on your phone (if you have one installed). There are a number of Scan points in the church, one by the Statue of the Sacred Heart, one by the Exit side door and one on the noticeboard in the porch.



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



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 asked 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 approx.100 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 on the Sign-In sheet.
- All attendees will be directed to their own special seat so as to monitor occupancy.
- A number of 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 30 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 only be DISABLED toilet facilities.

SAFETY

- Physical distancing of 1+ 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. Offertory processions maybe re-introduced soon.
- 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. We hope to resume Altar Serving soon on a rota basis.
- 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 and two card readers have been installed. 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 until further notice.
- 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.

