



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 1st August – 18th Sunday of Ordinary Time

5.30pm Vigil – Mary Creighan RIP

9am People of the Parish

11am Frank Mendonça RIP

Monday 2nd August – Votive of St. Anthony

9.30am Rosary

10am St Anthony of Padua in Thanksgiving

Tuesday 3rd August – Votive of All Saints

9.30am Rosary

10.00am Veronica Mathew RIP

Wednesday 4th August – St John Vianney, Priest

9.15am Novena to Our Lady of Perpetual Succour

10.00am Dorothy Mary Howard RIP (F.M.)

Thursday 5th August – Dedication of the Basilica of St Mary Major

9.30am Rosary

10am Gilbert Pacheco, Birthday Intentions

12noon Funeral - Requiem Mass of Mary Whelan RIP

Friday 6th August – Feast of the Transfiguration of the Lord

9am Divine Mercy Chaplet

10am FIRST FRIDAY – Sick & Housebound

Saturday 7th August – Blessed Virgin Mary

5.30pm Vigil – Michael Paice RIP

Sunday 8th August – 19th Sunday of Ordinary Time

9am People of the Parish

11am Joseph Lunn RIP



Transfiguration



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/>

GRACIOUS AND LOVING FATHER

My Lord, and Dear Saint Teresa, PLEASE HEAR OUR PRAYER,
We reach out in prayer to those unwell,
Those struck down by serious disease,
Those awaiting a diagnosis or operation
Those receiving treatment for cancer,
Those with debilitating chronic conditions,
Those coping with Covid-19 and its consequences,
And our love and blessing to those with a terminal illness.

Please intercede for all on our PARISH SICK LIST

We pray for those who are Sick and Housebound remembering especially:



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

*If you wish to be prayed for on our Parish Sick List, please let us have your name.
Every First Friday we offer and remember you in Holy Mass. We also keep you in our daily prayer,
our times of Adoration, Novena's and the Holy Rosary.*

Please continue to remember the Sick Clergy of the diocese and send out your blessing in prayer
to all the Nations of the World, as they do their best to combat the pandemic and natural
disasters.



WE GIVE THEM BACK

- Mary Whelan RIP (Thursday 5th August 12.15pm Requiem Mass)
- Mary Connolly RIP (Tuesday 17th August 9.30am Requiem Mass)
- Michael Scott RIP (Thursday 19th August 2pm Cremation)



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
Gerald O'Toole RIP
Sarah Hedy Connolly RIP
Sotelo Cabrera RIP

Francis Assisi Mendonça RIP
Joseph Antony Quintus Rabindran RIP &
Jayandradevi Rabindran RIP
Remo Dipre RIP
Alan Frederick Burridge 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
Steven Duggan RIP
Lena McBride RIP



May They Meet The Risen Lord

MARY WHELAN RIP

Mary was born in the Nire Valley in Co. Waterford, Ireland. She married William Whelan and they had four children. Sadly she lost her husband William in 1981, her son-in-law Tim Madigan in 1996, and her son Davie more recently in 2015. Family meant everything to her, and she was very proud of her children, her six grandchildren and her 11 great grandchildren. She is a huge loss to her family, but we have to be grateful that she lived to be a great age, had a good life and died peacefully.

May Mary Rest in Peace and Rise in Glory.

MARY CONNOLLY RIP

Dear Lord, Dear Saint Anthony,

With all our love and prayerful support we and the whole parish of Saint Teresa's commend to you the Soul of Mary Connolly. This lifelong parishioner, a devotee of Saint Anthony and daughter of Ireland, lived out her Catholic faith in an exemplary way in our midst.



She leaves us for her journey to the Father's Kingdom. Just a few weeks ago we laid to rest her sister Hedy. Once again we offer all branches, friends and neighbours of the Connolly family, our condolences and assurance of prayerful support.

As a parish, we remember Mary with love and affection and give thanks to God for her life. We entrust Mary to God in the sure and certain knowledge that all will be well.

May Mary Rest in Peace and Rise in Glory.

MICHAEL SCOTT RIP

Our condolences go out to the family and friends of Michael Scott who died recently, our prayers are with all those who knew him as we await further details of his funeral. We intercede that Holy Spirit be a comfort at this time.

May Michael Rest in Peace and Rise in Glory.

ARE YOU THINKING ABOUT JOINING THE CATHOLIC CHURCH?

We wish to help you and support your journey of faith. The Catholic Church is the Church founded by Christ Himself and the one true Church. We have much to offer.

We hope to start a special course in early autumn – it's called **RCIA**. If you are interested please let us know, email us on morden@rcaos.org.uk and we will get back to you.



**Rite of Christian Initiation
for Adults**



RightToLife

I am writing today to share some recent news with you that I thought may be of interest.

Firstly, Right To Life UK is very pleased to announce that Cardinal Vincent Nichols, Archbishop of Westminster, has become a patron of our organisation. We are very grateful to His Eminence for his support of our work.

Secondly, we would like to congratulate Lord Alton of Liverpool for being this year's recipient of The Westminster Award for Human Life, Human Rights, and Human Dignity. This award recognises extraordinary and notable work and achievements that safeguard the dignity and right to life of human beings. We are grateful for the many decades he has given to the protection of lives and for the inspiration he is to all those in politics and positions of influence.

Lastly, we would like to thank you for all your prayers and support over the past few months. You will have likely heard of a recent parliamentary win, wherein an attempt to hijack the UK Government's flagship Police, Crime, Sentencing and Courts Bill with two extreme abortion proposals failed. This would not have been possible without the support of you and your congregations. By contacting your MPs and sharing your disapproval of these amendments, it was made clear to MPs that these amendments lacked the support of their constituents and so were prevented from becoming law, leading to the likely saving of many lives.

In light of all this, we continue to reach out in request of prayers from all parishioners. Each week during the month of August we will have an intention for you to pray for:-

Week of 1st August - "We pray for all unborn children diagnosed with disabilities, we pray for protection for them and their mothers from the pressures of society to have an abortion, and that they would instead experience overwhelming support by all who surround them. Lord hear us"

Daniel Turner, Operations Officer

Right To Life UK | EMAIL: daniel@righttolife.org.uk | WEB: righttolife.org.uk

AN INVITATION - YOUTH OF SAINT TERESA'S



KNIGHTS OF ST COLUMBA
FAITH—FAMILY—FRATERNITY
Young People's



Virtual Seminar 2021
Tuesday 10th August 2021
8:45am Start

THEMES
Laudato Si – Young People and the Environment;
Mental Health, Faith and Young People;
Understanding Canon Law;
Knife Crimes, Its consequences from a Judicial perspective;
Understanding Finance;
Understanding Religious life and Religious Orders.

For an Application Form please email:
headoffice@ksc.org.uk or go to
https://ksc.org.uk/youth/virtual_seminar_2021.html



The Archbishop's Certificate (ArchCert) is an online course for all in Southwark who wish to know their Catholic faith more deeply.

Participants will take a two-year journey through the Church's teaching to understand their faith in a more profound way and be able to share it with both confidence and joy.

The course will commence in October 2021 and the cost will be £365 per year. Registration must be completed in advance. Further details can be found here: <https://aec.rcaos.org.uk/archcert>

Note: For previous courses we have suggested a sharing of the total cost between participant and parish, we suggest you may wish to consider this arrangement here.

ARE YOU CONSIDERING GETTING MARRIED?

Please be aware of the following change in the law which takes effect from 1ST July 2021!

Immigration laws for EEA nationals will change from the 1 July to reflect the changes brought about following EU Exit. These changes will impact EEA citizens **who wish to marry in England and Wales** as the definition of a relevant national has changed. A relevant national, from the 1 July 2021, will be classed as:

- A British Citizen
- An Irish Citizen
- An EEA National who has been granted Settled or Pre-settled status under the EU Settlement Scheme (EUSS) or those with a pending application submitted before the 30 June 2021.

Currently couples who are subject to immigration control must make an appointment at one of 75 Designated Register Offices within England and Wales to give notice to marry. **From the 1 July 2021, all register offices will be designated for the purposes of taking a marriage for these couples.**

An EEA national who does not hold a status under the EUSS will be treated as all other foreign nationals and will have to give notice of their intention to marry (together with their partner) at a register office in the registration district where either resides and be issued with a Marriage Schedule.

THANK YOU

Valerie Somerset would like to convey her sincere thanks for all those who have been praying for her over the past months. Her eye procedure last week was a great success and the medical team were more than happy with the results – all due to prayers received. Thank You!



**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 தேவைப்படின் 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.

PARISH FINANCE

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



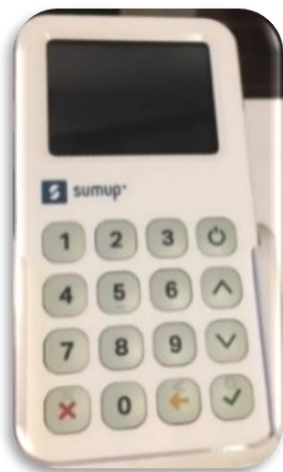
Tithes and offerings

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.



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.



THANK YOU FOR YOUR FINANCIAL SUPPORT – IT'S VALUED AND APPRECIATED!

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.

Basic Government Advise on Face Coverings Masks at Mass

Face coverings are mandatory still 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 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.
- 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.
- 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 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.
- Singing of hymns will be introduced gradually.
- Entrance and recessional processions are omitted. There will be a simple entrance by the priest. Offertory processions maybe re-introduced soon.
- Altar Serving will continue 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, collection boxes 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 shaking of hands at the 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, Response: 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, we 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.

