



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 15th August – 20th ASSUMPTION OF THE BLESSED VIRGIN MARY

- 5.30pm Vigil – For the Children in the Womb
- 9am People of the Parish
- 11am Legion of Mary

Monday 16th August – Votive of the Holy Souls

- 9.30am Rosary
- 10am Grandparents Living & Deceased

Tuesday 17th August

- 9.30am Funeral – Requiem Mass for Mary Connolly

Wednesday 18th August – Votive of St Joseph

- 9.15am Novena to Our Lady of Perpetual Succour
- 10.00am In Honour of Saint Joseph

Thursday 19th August – Votive of St. Anthony of Padua

- 9.30am Rosary
- 10am St. Anthony, For Favours Received
- 2pm Michael Scott RIP, Lambeth Crematorium

Friday 20th August – St. Bernard, Abbot, Doctor

- 9am Divine Mercy Chaplet
- 10am For the Intentions of Antonia Coates
- 1pm Wedding of Joseph Mendonça and Holly Driver

Saturday 21st August – St. Pius X, Pope

- 5.30pm Vigil – Finbarr Hurley RIP

Sunday 22nd August – 21st Sunday in Ordinary Time

- 9am People of the Parish
- 11am Nicole & Clency Rosa RIP



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 THE PRAYER of the Parish Family.

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 and Jane
Turner, 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, Tony London, Kevin McKeon, Vincent Moyle, John Antao 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.



MAY THEY REST IN PEACE AND RISE IN GLORY

- Mary Connolly RIP (Tuesday 17th August 9.30am Requiem Mass)
- Michael Scott RIP (Thursday 19th August 2pm Cremation)
- Kevin Mattimoe RIP (TBC)
- Anna-Maria Reid RIP (Wednesday 25th August)
- Sarah Frost RIP (Interment of Ashes Thursday 2nd September)
- Giovanni Corsini RIP (Thursday 9th September)
- Michael Bourke RIP (TBC)



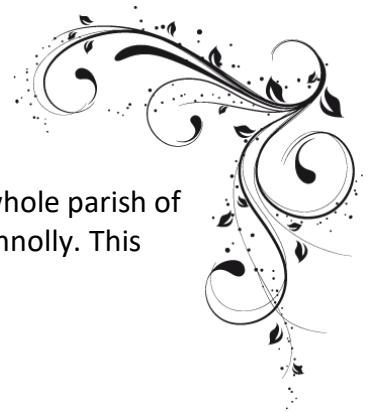
MARY CONNOLLY RIP

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

Michael was born in Lambeth Hospital, Kennington, on 30 March 1961 to Marg and Cecil Scott. He was such a wonderful person, full of positivity and kindness; a very special person whose love for his family was outstanding. He will be hugely missed by his Mother Marg, his daughter, Judeline, and all his family and friends who are devastated at his loss. Rest in peace, Michael.

May Michael Rest in Peace and Rise in Glory.



RECENT DEATHS

Now At Rest And Kept In Prayer

Avril Jean Costella RIP
Shirley Johnson RIP
Dermot Peter Long RIP
Lourdes Mary Fatima

Francis Assisi Mendonça RIP
Joseph Antony Quintus Rabindran RIP &
Jayandradevi Rabindran RIP
Remo Dipre RIP

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
Noel Ryan, 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
Mary Whelan RIP

May They Meet The Risen Lord

Remind us Dear Lord, of the great company of your people who have been called before us, famed or forgotten, celebrated or overlooked, all who have run their race and kept the faith, walking the way of Christ to their journeys end. Hear our parish and family prayer for them. Hear our prayer for those whose anniversary occurs in this month of August. Please hear our prayers for all at rest in our local cemeteries.

Help us to learn from them, to be faithful servants of the Gospel and one day citizens of Heaven.

THE ASSUMPTION OF MARY *Feast Day 15th August*

Pope Frances, Feast of the Assumption 2020: Mary's Assumption huge step forward for humanity



Assumption: with God nothing is lost

Addressing a holiday crowd from the window of his studio overlooking the square, the Pope said that in Mary's Assumption into Heaven, we celebrate an infinitely greater conquest than the "giant step for mankind" when man first set foot on the moon. When the lowly Virgin of Nazareth set foot in paradise, body and spirit, he said, it was "the huge leap forward for humanity".

This, the Pope said, gives us hope that "we are precious, destined to rise again". "God does not allow our bodies to vanish into nothing. With God, nothing is lost!"

Mary's lowliness magnifies God goodness

Mary's advice to us, the Holy Father said, lies in her song, the "Magnificat" – "My soul magnifies the Lord". "Mary 'aggrandizes' the Lord: not problems, which she did not lack at the time," the Pope explained. She does not allow herself to be "overwhelmed by difficulties and absorbed by fears". Rather, she puts God as the first greatness of life, which becomes the source of her Magnificat. Her joy is born "not from the absence of problems, which come sooner or later, but from God's presence", because He is great and he looks on the lowly ones. "We," the Pope stressed, "are the weakness of His love."

Mary, the Pope continued, acknowledges that she is small and exalts the “great things” that the Lord has done for her. She is grateful for the gift of life, she is a virgin yet she becomes pregnant, and Elizabeth, too, who was elderly, is expecting a child. The Pope said, “the Lord works wonders with those who are lowly ..., who give ample space to God in their life”, for which Mary praises God.

Forgetting the good shrinks the heart

Pope Francis thus invited all to ask ourselves, whether we, like Mary, praise and thank God for the good things He does for us, for His love, forgiveness, tenderness and for giving us His Mother and our brothers and sisters.

“If we forget the good,” the Pope warned, “the heart shrinks.” “But if, like Mary, we remember the great things that the Lord does, if at least once a day we were to “magnify” Him, then our hearts will expand and our joy will increase.



Click on image to view video

WELL DONE!



Congratulations to all those who have received their A 'Level and GSE results. Reports are coming in that many of our young parishioners have done really well. We send them all our blessings and continued spiritual support.

We also thank our Schools for their commitment and sacrifices - heads, teachers, staff and all those who contribute to helping our children achieve their full potential both in their faith and education.

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**

BAPTISM MEETING

SATURDAY 11TH SEPTEMBER

11am

For all those parents or guardians who are waiting to receive the holy sacrament of Baptism for their child, we are looking to hold a meeting next month.

At this time, we are advised that the baptisms which take place in our churches should be for single families. Some rules and regulations are still in place which we must try and adhere to. We invite parents to a meeting on **Saturday 11th September at 11am** in the Parish Church. We will offer weekday baptisms and this meeting will also include an explanation of the Sacrament of Baptism. We will also keep you up to date on any new guidelines.



NO BOOKING REQUIRED - MEET IN THE CHURCH

RightToLife

August Prayer Intentions

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 15th August - Yesterday we celebrated the feast of St Maximilian Kolbe, patron saint of the pro-life movement. On this feast of the Assumption, we ask for his intercession, along with Our Lady's, as we the church seek to support all pregnant mothers through their pregnancies, and that we would become models of support and charity to all in society. Lord hear us."

Daniel Turner, Operations Officer

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

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.



Agency for Evangelisation
and Catechesis
Archdiocese of Southwark

[Home](#) [Donate](#) [Evangelisation](#) [Catechesis](#)

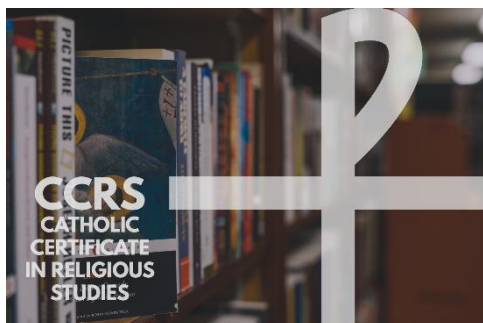
The Archbishop's Certificate has been developed from the previous Diocesan Catechetical Certificate and is the principal training course for Southwark catechists and lay leaders in evangelisation and formation.

It is a systematic course with study over 24 months including tutor support and well-designed and comprehensive resources. The course will be delivered through in-person study days, Zoom workshops and online content.

For more information on the units of study, upcoming dates and the process to register visit <https://aec.rcaos.org.uk/archcert>. We would love to have parishioners join us.

Catholic Certificate in Religious Studies (CCRS)

The Catholic Certificate in Religious Studies is an internationally recognised course, primarily for those involved in education. The Agency team and external tutors will deliver the CCRS via Zoom and in-person at the Amigo Hall, London. For full dates and other information, please visit <https://aec.rcaos.org.uk/ccrs>.



For 2021-2022 the price will be £45/module or £350 for the full course. The fees will increase from September 2022 so please encourage any interested parishioners to book their place for this year to save on the fee.

PILGRIMAGE FOR THE SICK AT AYLESFORD PRIORY

The Friars at Aylesford will be hosting a Pilgrimage of the Sick on Sunday 15th August, the Feast of the Assumption. Mass will take place at 10.15 am, with a further service at 11.30 am in the main Shrine, and Benediction with Blessing of the Sick will take place at 3 pm. All are welcome.



Sunday 15th August

No 10.15 am Mass

The Assumption of the Blessed Virgin Mary

Pilgrimage of the Sick with the Society of Our Lady of Lourdes

11.30 am	Mass	Main Shrine
3.00 pm	Benediction with the blessing of the sick	Main Shrine

10th Anniversary of the Syrian conflict – how your donations have helped the Syrian people.

Thanks to your donations, CAFOD has been helping people in Syria since the crisis began 10 years ago. Over 12 million people have left their homes, 5.6 million are refugees in neighbouring countries and within Syria, 13 million people need help. At the beginning, our focus was on delivering food and blankets through our local church partners. Then we started providing education, health and legal services, and helping people earn a living. Our latest projects are supporting children, lonely elderly people, helping women learn to read, and helping people restart their small businesses. We've always planned for the long term, standing alongside people who lost everything. None of this work would have been possible without your support of CAFOD. Thank you.



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 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.

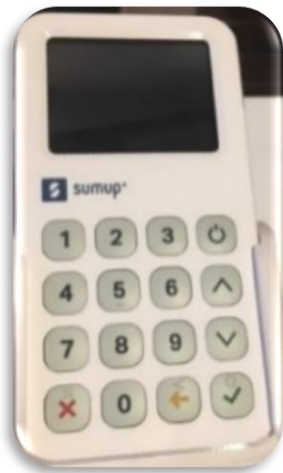
We will be happy to receive any offerings directly by on-line banking or by [standing order](#), which can be arranged through your bank, or by using the [DONATE](#) link here or on the parish website.



*Tithes and
offerings*

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.

