

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 29th August – 22nd Sunday in Ordinary Time

5.30pm Vigil – People of the Parish

9am Steven Duggan RIP

11am Joojo Mills and the Mills Family Intentions

Monday 30th August - BANK HOLIDAY - Saints Margaret Clitherow,

Anne Line, Margret Ward, Martyrs

9.30am Rosary

10am In Honour of the Holy Apostles

Tuesday 31st August – St. Aidan and the Saints of Lindisfarne

9.30am Rosary

10am Con Diver & Family Intentions

Wednesday 1st September – World Day of Prayer for the Care of Creation

9.15am Novena to Our Lady of Perpetual Succour

10.00am Eamon Doyle's Welfare

Thursday 2nd September

9.30am Rosary

10am Parish Council & Teams

12noon Sarah Frost Internment of Ashes

Friday 3rd September – St. Gregory the Great, Pope, Doctor

9am Divine Mercy Chaplet

10am For Recently Deceased, the Sick & Housebound

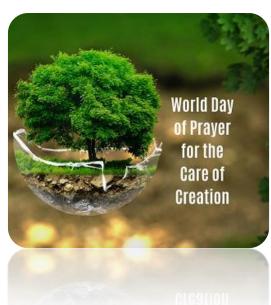
Saturday 4th September - St. Cuthbert, Bishop

5.30pm Vigil - Sylvia Kelly RIP

Sunday 5th September – 23rd Sunday in Ordinary Time

9am Miguel & Hammurabi Callet RIP

11am People of the Parish





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/

PARISH OFFICE

Please note, Theresa will be away for the next two weeks. The Parish Office will remain contactable and Canon Michael will get back to you as soon as he is able.

DEAR LORD, DEAR SAINT TERESA AND DEAR SAINTS OF HEAVEN

We seek Heaven's help for all who carry the Cross of Suffering.

In our petition to you we pray for all those who have lost their health, a gift so precious, worth more than untold wealth. We think of those who suffer, of those oppressed by fear, of those who each day struggle, and those who shed a tear.

We pray for those with cancer, their future uncertain, those in the throes of treatment or waiting to begin; those facing operations, those on long term medication. We pray for those disabled in body or mind. Those copying with dementia, those wrestling with depression. Our parish prays for all nations around the world ravaged by disease; the deadly epidemics that many face.

Encircle the dying, hear our prayer for their Soul. Hear our prayer for their family. Hear our prayer for all who care for the sick and the dying.

May they receive your blessing and that of Our Lady of Good Health!

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.

Remember Lord, all those who are sick in hospital, hospicies and care homes.

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

- Sarah Frost RIP (Interment of Ashes Thursday 2nd September)
- Michael Bourke RIP (Monday 6th September)
- Giovanni Corsini RIP (Thursday 9th September)



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 Noel Ryan, RIP

Anna-Maria Fantocchi RIP

Michael Scott 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 Mary Whelan RIP Mary Connolly RIP Kevin Mattimoe 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.

GIOVANNI CORSINI



Giovanni passed on Monday the 5th July 2021 at the age of 90 years old, he was a brother and uncle to large family. The Corsini family originally orientated from a small town in North Italy called Bratto, he worked within the family business in central London which had been established since the 1920. Giovanni was a very religious man, a wise man who had so much knowledge he was a sponge capturing everything around him. He was quiet man but always kind and considerate also thoughtful. We will all miss his beautiful smile.

May Giovanni Rest in Peace and Rise in Glory.

PARISH COVID-19 UPDATE. THANK YOU FOR YOUR SUPPORT AND UNDERSTANDING

Whilst many of you will be pleased about some return to normality, I ask you to understand that many parishioners are concerned about lifting restrictions when infections are rising rapidly. The scientists remind us that despite vaccinations we can still become infected, perhaps unwell or pass the virus on unknowingly. I ask you to be respectful of other people's fears and to act on ways we might consider others. So in church I urge you to:

- Please wear face masks, unless exempt, as they can reduce the fall of viral droplets in one's breath onto others nearby. The government still expects that face covers are worn in enclosed spaces.
- Continue to sanitise your hands upon entering the church, for your protection and to reduce passing infection through touch.
- Bidding prayers will return next week to be led by a Reader.
- Do not come to church if you are at all unwell. Positive cases indentified by NHS Test and
 Trace will still be legally required to shelf-isolate. Live steaming will still be available online
 go to Live Mass on our website https://www.stcm.org.uk/. Click on WATCH LIVE



At St Teresa's we are returning the pews to their usual positions but we will be keeping all the Covid signage in church in case we need it again in the autumn/winter. Stewards will still be on hand to assist you if required, at least initially, to ensure good ventilation during mass and cleaning afterwards.

The position of Communion in the Liturgy will revert to normal, starting with Mass next weekend. This means that **bench by bench** Communion will continue to be under one kind onto the hand only and will still need to follow an orderly spaced pattern, assisted by Stewards.

For those who wish to remain in their seats Communion will be brought to you, please remain standing in your pew.

We hope to resume in the near future singing of hymns. In the meantime we thank our choirs and musicians for the instrumental music they are providing.

Holy water stoops cannot as yet be refilled. Sunday Collections will resume next weekend, our thanks to the Parish Team for making this happen.

Remember, it is still currently permitted to attend on a weekday as if for Sunday. If you are happy to go to other Masses, please consider this possibility.

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 11**th **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

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.



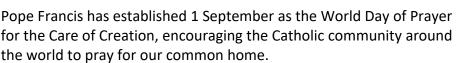
CONGRATULATIONS NEWLYWEDS!

Saint Teresa's parish extend congratulations to Joseph Mendonça and Holly Driver who received the Sacrament of Holy Matrimony on Friday, August 20th. Your wedding day will be remembered as the start of many joyous moments as you journey through life together as one.

Almighty Father, we ask you to bless Joe and Holly with love, happiness and guidance during their married life. Bless their parents Caroline and Martin Driver, Fred and Anne-Marie Mendonça who gave them the gift of life and raised them in faith. Bless their wedding party and all their friends.



WORLD DAY OF PRAYER FOR THE CARE OF CREATION





The day is inspired by Pope Francis' landmark encyclical Laudato Si', which calls on "every person living on this planet" to care for our shared Earth.

He calls us all to celebrate this opportune moment to "reaffirm our personal vocation to be stewards of creation, to thank God for the wonderful handiwork which he has entrusted to our care, and to implore his help for the protection of creation, as well as his pardon for the sins committed against the world in which we live."

Season of Creation

This World Day of Prayer also falls at the beginning of the Season of Creation, which runs until 4 October, the feast of St Francis of Assisi. This is an ecumenical season dedicated to prayer for the protection of creation and the promotion of sustainable lifestyles.

https://www.youtube.com/watch?v=1ICAVJ2Kw3s&t=17s



On the occasion of the first World Day of Prayer for the Care of Creation 1.9.2016, Pope Francis presides at the Liturgy of the Word





We welcome back all the pupils and staff of St. Teresa's Primary who return to school on Thursday 2nd September, you will be in our prayers. We ask too for the blessings on all those returning to a place of education, primary schools, high schools and Universities. We ask God that you experience a peaceful, productive and faith filled year. We give thanks for all those who are Heads, Teachers, Staff or work in any way to support students in this turbulent time. God Bless you all.

CAFOD responding to multiple emergencies across the world



CAFOD is responding to significant crises across the world this week. We are working with local Church organisations in Haiti to deliver emergency aid to people affected by the catastrophic earthquake and tropical storm. In the tragic situation in Afghanistan, we are working to ensure the safety of our local partners and their communities. We are supporting local aid workers to deliver urgent food and water supplies to hundreds of thousands of people facing extreme hunger in Tigray in Ethiopia, South Sudan and north-east Nigeria. You can read more about how we can all express solidarity with our sisters and brothers affected by these emergencies on the CAFOD website: https://cafod.org.uk/News/Emergencies-news. Your compassion, generosity and prayers

have helped us to stand together and enable us to continue to support communities in these difficult times. Thank you.]

More detail about CAFOD's response:

On Saturday 14 August, a devastating 7.2 magnitude earthquake struck Haiti. More than 1900 people have been killed and at least one million more people are affected. Tropical storm Grace has now hit Haiti, exacerbating the already serious emergency. CAFOD is working through the local Church organisations, Caritas Haiti, the Jesuit Migrants and Refugees Service, the religious congregations and sister agency Catholic Relief Services to provide urgent humanitarian aid - food, water, tents, hygiene kits and first aid for families affected.

In Afghanistan, we are shocked and gravely concerned by the Taliban take-over of the vast majority of the country. The generosity and compassion of our Catholic community have allowed us to stand together with communities in Afghanistan since the 1980s, supporting local organisations committed to improving the lives of vulnerable and marginalised people. As you will appreciate, the situation in Afghanistan is uncertain and changing rapidly. Our Emergency Response Team are assessing how best to respond. We are doing everything possible to ensure the immediate well-being of local partners and the communities they serve. Please keep the people of Afghanistan in your prayers.

We are also responding to serious food shortages in Africa – in Ethiopia's Tigray region, South Sudan and north-east Nigeria. Families across these three countries face extreme hunger because of a deadly combination of Covid, climate change and protracted conflict. A recent UN report identifies hunger in Tigray in Ethiopia, South Sudan, and north-east Nigeria as "catastrophic". We have committed £500,000 already to get food and clean water to hundreds of thousands of people. With further support local aid workers will be able to scale up their response to reach more women, children, men, the elderly and people with disabilities with the food they urgently need.

Thank you for your solidarity, your prayers and your support for CAFOD's work across the world. We share this prayer with you in this time of crisis.

Loving Lord,

For those who have died, give them eternal rest. For those who are bereaved, comfort and console them. For those who are hurt, heal and strengthen them. Lord God, enable us to help our suffering brothers and sisters in whatever way we can.

Heavenly Father, be with us now and always. Amen.

RightToLife

Final 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 the 29th - "We bring to mind the words from James in our second reading and his call to look after those in need. We pray that, as a church, we would improve how we look after those who are experiencing difficulty in their pregnancies and provide the care and support they need in welcoming their child to the world. Lord hear us"

Daniel Turner, Operations Officer
Right To Life UK | EMAIL: daniel@righttolife.org.uk |
WEB: righttolife.org.uk

URSULINE HIGH SCHOOL MAIN SCHOOL OPEN EVENTS

We are delighted to invite prospective Year 6 Students and <u>one parent/career</u> to find out more about our school by joining our physical open events for September 2022 entry!

Physical Open Evening: Wednesday 15th September

Physical Open Mornings: Running from Monday 20th September – Friday 8th October

All events held at Ursuline High School, Crescent Road, Wimbledon, London SW20 8HA. Sign up for free tickets via Eventbrite. Visit our website for further details:

www.ursulinehigh.merton.sch.uk/admissions/open-events-2021/

Limited availability! No ticket – no entry.





OPEN EVENING Tuesday 14th September 2021

for Year 6 Students from September 2021 (TSS 2022) by appointment









Please note that due to Covid-19 regulations we are **only allowing one Parent and one Year 6 Student per family to attend.**It is imperative that this happens due to Health and Safety.

St Philomena's is a hugely successful, Catholic, non-selective, comprehensive girls' school for students aged 11-18 years.

- One hour time slots are available to book below ONLINE only at: 3.30pm, 4.30pm, 5.30pm and 6.30pm session.
 - Please arrive 10 minutes prior to your session.
 - Please note that access to the school is via the Shorts Road entrance only. Parking is available on site.
 - The session will consist of a short tour and a final address by the Headteacher, Ms Noone.
- You will be directed to the meeting point upon arrival and the tour will commence promptly ending with the Headteacher's address.

Please use the link below to book a place for the Open Evening.

http://www.stphils.org.uk/news-stories/795-open-evening-for-prospective-year-7-entrants-2022

VACANCY

Site Maintenance and Caretaker



We are looking for an experienced person to join our site maintenance and caretaking team. Based on the Cathedral site in London SE1, which includes residential and office accommodation, as well as public access spaces and a car park. The primary function of this role is to provide handyman/maintenance services across the whole estate and act as a caretaker for the site. The full advert is on the Diocesan website www.rcsouthwark.co.uk or email hr@rcaos.org.uk for more details. Closing date 3rd September 2021.

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:

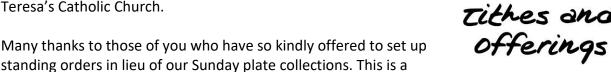
- A British Citizen
- An Irish Citizen
- An EEA National who has been granted Settled or Pre-settled status under the EU Settlement Scheme (EUSS) or those with a pending application submitted before the 30 June 2021.

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.

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.



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 <u>standing order</u>, which can be arranged through your bank, or by using the <u>DONATE</u> 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 prior to COVID-19, was

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approximately £2,400 a week – **this has now greatly reduced**. 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.
- 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.
- A number of benches will be designated for those who wish to observe social distance.
- 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 exciting 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 in the next couple of weeks.
- 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.
- Presentation of gifts will be made in the weeks to come.
- Collections will start to be taken up during the Mass. The collection boxes will still be
 available at strategic points 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.

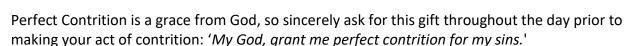
Should you have any questions regarding this information please reply by email: morden@rcaos.org.uk or call our parish number: 020 8648 4113

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.



- 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.

