



# 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](mailto: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 19<sup>th</sup> September – 25<sup>th</sup> Sunday in Ordinary Time – Home Mission Sunday**

- 5.30pm Vigil – Virginia Okpara RIP
- 9am People of the Parish
- 11am Rosamma Augustine RIP (1<sup>st</sup> Anniv.)

#### **Monday 20<sup>th</sup> September – SS Andrew Kim Taegon & Companions, Martyrs**

- 9.30am Rosary
- 10am For those diagnosed with Cancer

#### **Tuesday 21<sup>st</sup> September – St. Matthew, Apostle, Evangelist**

- 9.30am Rosary
- 10am Elizabeth & Peter Chandler's Intentions
- 1200noon Funeral – Requiem Mass Annie Francis RIP

#### **Wednesday 22<sup>nd</sup> September**

- 9.15am Novena to Our Lady of Perpetual Succour
- 10.00am Holy Souls

#### **Thursday 23<sup>rd</sup> September – St. Pio of Pietrelcina, Priest**

- 9.30am Rosary
- 10am Canon Michael Scanlon's Intentions

#### **Friday 24<sup>th</sup> September – Our Lady of Walsingham**

- 9am Divine Mercy Chaplet
- 10am Winnie McDonagh's Welfare

#### **Saturday 25<sup>th</sup> September – St. Finbarr**

- 5.30pm Vigil – Finbarr Hurley RIP

#### **Sunday 26<sup>th</sup> September – 26<sup>th</sup> Sunday in Ordinary Time**

- 9am People of the Parish
- 11am Phyllis & Terence Bowen's Family Intentions



*St. Pio of Pietrelcina*



*Our Lady of Walsingham*

St Teresa's School, Montacute Road, Morden.

Tel No 020 8648 1846

Headteacher; Mr Justin Dachtler.

Merton Catholic Deanery

[www.mertoncatholics.org.uk](http://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/>

**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 coping 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 Waaldijk, 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, Jocelyn 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, hospices and care homes.

**GOD BLESS OUR LOCAL GP'S**

Dear Doctors,

We send our thanks and blessing from Saint Teresa's.

In your work of examining and diagnosis, may God grant you wisdom.

In your task of prescribing and treating, may He grant skill.

In your ministry of listening and counselling, may He grant you insight.

In everything you do, may God work through you,

to heal and help,  
relieve and reassure,  
safeguard and support,  
His presence bringing you motivation, joy and fulfilment in your calling.  
May those who work to help you in your practices receive Blessings from Heaven.  
We ask this through Christ Our Lord.

*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**

In Loving memory of

- Dorothy Gertrude Cleary RIP (Friday 17<sup>th</sup> September 12.15pm)
  - Annie Francis RIP (Tuesday 21<sup>st</sup> September 12.00 noon)
  - Jerry Kirrane RIP (Friday 15<sup>th</sup> October 12.15pm)
- Reception of the Body Thursday 14<sup>th</sup> 4.30pm*

For all those who have left us for a time, that may know the joy of your presence, for family,  
friends and parishioners we give thanks for their life on earth and keep them in our daily prayer.



## **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  
Mary Whelan RIP



Noel Ryan, RIP  
Michael Scott RIP  
Anna-Maria Fantocchi RIP  
Giovanni Corsini RIP

Mary Connolly RIP  
Kevin Mattimoe RIP  
Michael Bourke 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 September. 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.*

### **JAMES GERALD KIRRANE (Jerry)**

It is with sadness that we have learnt of the death of one of our long standing parishioners Jerry Kirrane. Jerry has been an active member of Saint Teresa's for over 60 years, being the first Eucharistic Minister here at our parish. Jerry's wife Finola and son Paul both died five years ago in 2016. We send our prayers and condolences to Jerry's two daughters Siobhan and Susan and to all Jerry's family and friends.

*May Jerry Rest in Peace and Rise in Glory.*

### **SAINT TERESA – WE SEEK YOUR HELP PLEASE!**

We need more support to clean our parish church. Our sincere thanks to all who have helped down through the years.

*God Bless you in the special service you offer,  
all to often unheralded,  
unrecognised,  
yet making, so vital a contribution to our life together,  
seen or unseen,  
appreciated or taken for granted.  
May you find fulfilment in your ministry.  
Saint Teresa, interceding for you,  
God encouraging, enthusing and equipping you through the  
knowledge that in serving others you also serve Him.*

*Amen.*

If you are able to help in the ministry in any way, please contact the Parish Office.



# **FEAST OF SAINT TERESA OF THE CHILD JESUS**

**Friday 1<sup>st</sup> October**

**(First Friday)**

## **A DAY OF PRAYER AND INTERCESSION**

9am	Doors Open
9.15am	Holy Rosary – lead by pupils from Saint Teresa’s Primary School
10am	Holy Mass
11am	Anointing of the Sick (with Adoration)
1.30pm	Adoration Continues
3.15-3.45pm	Anointing of the Sick
4pm	Spiritual Reflection
4.30pm	Holy Rosary
5pm	Benediction and Reflection
6pm	Mass for the People of the Parish, Living & Deceased





## PARISH BAPTISMS



Last Saturday 20 families expressed a wish to have their child/children baptised.

We look forward to the big day and we ask the parish to keep them and their parents in prayer.

### **FAQ: What are the requirements for infant baptism?**

Through Baptism, God enables us to participate in his life in Jesus Christ and makes us his children. It is through this sacrament that we receive the Holy Spirit and become members of the People of God, of the Body of Christ, which is the Church. Baptism becomes our commitment to grow in this new life and to strive to acquire spiritual maturity. By baptism, God purifies us from sin. Baptism is the sacrament of faith which has the Risen Christ as its source, and it is the offer of salvation for all people. Intimately linked to Confirmation and to Eucharist, Baptism is, with these two sacraments, Christian Initiation. The child is baptized in the faith of their parents, godparents and of the Church. (see Catechism of the Catholic Church 1213, 1263, 1265, 1267-1270; Code of Canon Law, c. 842, 849)

For a child to be baptised in the Catholic Church, there must be a basis for hope that the child will be raised in the Catholic faith. In practice, this generally means that at least one parent is Catholic.

Like many dioceses up and down the country, our Diocese requires parents to participate in Baptism preparation before the baptism of their children. We offer Baptism classes here at Saint Teresa's. Each child brought forward must also have at least one godparent who is a Confirmed, practicing Catholic age 16 or older.



### **What are the requirements for Godparents?**

When a parent chooses you as a Baptismal Sponsor (Godparent) that means you are thought of as a very special Catholic. Being called as a Godparent is not merely a choice because of family ties or a reward of friendship. The call to be a sponsor bears the responsibility of giving spiritual witness to your Godchild of how to live out the Catholic faith in everyday life. By being faithful to God's law, being active in the life of your parish, participating in

Holy Mass weekly, and living Gospel values, you offer tremendous personal support to the parents who commit themselves in Baptism to faithfully passing on the Catholic faith to their child.

Most children are blessed to have two Godparents one male (Godfather) and the other female (Godmother) – both practising Catholics.

### **What about ...**

Unmarried parents and parents not married in the church. Every parent is welcome to bring their child for baptism. Single Mums – you have our full support as do Dad's!

However, you must have the intention of teaching them the Catholic Faith.

Baptism at Saint Teresa's takes place on:-  
Weekdays following the 10am Mass (so 11am)  
Saturdays at 11am

Children 7 years or older must participate in the Parish First Holy Communion Program – which will lead to their First Confession and First Holy Communion.

## ALTAR SERVERS

### ***Sessions for October & November 2021 – 1pm to 2pm Training and Refresher Course***

A new Rota System will be in place as we welcome back our Altar Server Teams.

For those who wish to become Altar Servers there is now a training course arranged for October. Children must attend all five sessions in order to enrol. There will be consent forms available for parents to sign giving permission regarding live streaming. The training sessions will take place on a Saturday between 1-2pm at the Church.



#### *Training Dates are as follows:-*

Saturday 9th October- 1-2pm

Saturday 16th October-1-2pm

**Saturday 23rd October (Half-term)- No training**

Saturday 30th October - 1-2pm

Saturday 6th November- 1-2pm

Saturday 13th November- 1-2pm

*All sessions MUST be completed by new Altar Servers.*

## ANOINTING THE SICK

The Sacrament of the Anointing of the Sick gives strength and support and can be administered to anyone struggling with an illness.

Who may Receive?

In the Catholic Church, Extreme Unction or the Last Rites is the anointing at the time of death. Since the Second Vatican Council, this sacrament is now called the Anointing of the Sick and has been broadened to offer healing and comfort in times of illness that may not lead to immediate death. Speaking about a wider implementation of this sacrament, Pope Paul VI advocated for "a wider availability of the sacrament and to extend it—within reasonable limits—even beyond cases of mortal illness."

Unlike the traditional understanding of the Last Rites, the sacrament of the Anointing of the Sick is, ideally, to be administered in a communal celebration.

The Catechism of the Catholic Church states that when the sick are anointed they should be "assisted by their pastor and the whole ecclesial community, which is invited to surround the sick in a special way through their prayers and fraternal attention" (1516). "Like all the sacraments the Anointing of the Sick is a liturgical and communal celebration...It is very fitting to celebrate it within the Eucharist" (1517).

### Spiritual Healing

The healing that occurs in this sacrament of anointing is not necessarily physical healing. While we believe that physical healing can occur through the great power of God, the grace that is infused through this special sacrament is the reminder of the eternal presence of God in our human suffering.

When the priest blessing the oil of anointing, he asks God to "send the power of your Holy Spirit, the Consoler, into this precious oil. Make this oil a remedy for all who are anointed with it; heal them in body, in soul and in spirit, and deliver them from every affliction" (Pastoral Care of the Sick, #123).



"The celebration of the Anointing of the Sick consists essentially in the anointing of the forehead and hands of the sick person (in the Roman Rite) or of other parts of the body (in the Eastern rite), the anointing being accompanied by the liturgical prayer of the celebrant asking for the special grace of this sacrament" (CCC 1531).

### ORDINATION TO THE DIACONATE – CON DIVER



There is a list at the Contact Corner for those who wish to sign up for a seat on the coach going to Southwark Cathedral on **Friday 5<sup>th</sup> November** for the Ordination of Con Diver to the Diaconate. The coach will be at St. Teresa's church for 4.30pm and leaving Southwark Cathedral at 9.30pm. Please leave your contact details and a deposit of £10 per seat – this will be returnable on the day.

### 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](mailto:morden@rcaos.org.uk) and we will get back to you.



### ARE YOU CONSIDERING GETTING MARRIED?

Please be aware of the following change in the law which takes effect from 1<sup>ST</sup> 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.

Many thanks to those of you who have so kindly offered to set up standing orders in lieu of our Sunday plate collections. This is a most convenient method of planned giving (for all concerned); already used by so many at Morden – and is vitally important at this time. Regular standing orders can be for any amount, no matter how small – just give what you can afford. Please send a written request via the parish office with contact details.

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

### Do You Gift Aid?

The value of your donation can be increased by 25% at no extra cost to yourself, simply by gift aiding it if you are a taxpayer. The parish learns nothing about your private financial affairs. The average weekly collection between plate and standing orders, was approximately £2,400 a week (*pre-COVID*). 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.



*Tithes and offerings*

*giftaid it*

Making donations go further



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**



**NEXT WEEKEND**

*Blessings*

**At the end of all Masses**

**A Solemn Blessing and Words of Welcome  
to All New Parishioners.**

Over the past year or so new families, young people, senior citizens have been joining our Parish.

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### **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 DISPENSATION 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 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 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](mailto: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.

