



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 12th September – 24th Sunday in Ordinary Time – Education Day

- 5.30pm Vigil – Anthony Johnson Family Intentions
- 9am People of the Parish
- 11am Mary Creighan RIP Memorial Mass

Monday 13th September – St John Chrysostom, Bishop, Doctor

- 9.30am Rosary
- 10am Eugenia Lastimososa RIP (1st Anniv.)

Tuesday 14th September – Exaltation of the Holy Cross

- 9.30am Rosary
- 10am Raymond Martins RIP

Wednesday 15th September – Our Lady of Sorrows

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

Thursday 16th September – St Cornelius, Pope, Martyr & St Cyprian, Bishop, Martyr

- 9.30am Rosary
- 10am Lena McBride RIP

Friday 17th September – Votive of St Faustina

- 9am Divine Mercy Chaplet
- 10am Michael Nnambi Onwualu's Welfare

Saturday 18th September – The Blessed Virgin Mary

- 5.30pm Vigil – Virginia Okpara RIP

Sunday 19th September – 25th Sunday in Ordinary Time – Home Mission Sunday

- 9am People of the Parish
- 11am Rosamma Augustine RIP (1st Anniv.)



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/>

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, 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, hospices 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

- Jerry Kirrane RIP (tba)



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
Michael Scott RIP
Anna-Maria Fantocchi RIP
Giovanni Corsini 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
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.

THE STORY OF THE EXALTATION OF THE HOLY CROSS

Early in the fourth century, Saint Helena, mother of the Roman Emperor Constantine, went to Jerusalem in search of the holy places of Christ's life. She razed the second-century Temple of Aphrodite, which tradition held was built over the Savior's tomb, and her son built the Basilica of the Holy Sepulcher on that spot. During the excavation, workers found three crosses. Legend has it that the one on which Jesus died was identified when its touch healed a dying woman.

The cross immediately became an object of veneration. At a Good Friday celebration in Jerusalem toward the end of the fourth century, according to an eyewitness, the wood was taken out of its silver container and placed on a table together with the inscription Pilate ordered placed above Jesus' head: Then "all the people pass through one by one; all of them bow down, touching the cross and the inscription, first with their foreheads, then with their eyes; and, after kissing the cross, they move on."

To this day, the Eastern Churches, Catholic and Orthodox alike, celebrate the Exaltation of the Holy Cross on the September anniversary of the basilica's dedication. The feast entered the Western calendar in the seventh century after Emperor Heraclius recovered the cross from the Persians, who had carried it off in 614, 15 years earlier. According to the story, the emperor intended to carry the cross back into Jerusalem himself, but was unable to move forward until he took off his imperial garb and became a barefoot pilgrim.

Reflection

The cross is today the universal image of Christian belief. Countless generations of artists have turned it into a thing of beauty to be carried in procession or worn as jewelry. To the eyes of the first Christians, it had no beauty. It stood outside too many city walls, decorated only with decaying corpses, as a threat to anyone who defied Rome's authority—including Christians who refused sacrifice to Roman gods. Although believers spoke of the cross as the instrument of salvation, it seldom appeared in Christian art unless disguised as an anchor or the Chi-Rho until after Constantine's edict of toleration.

PRAY FOR THE HOLY SOULS

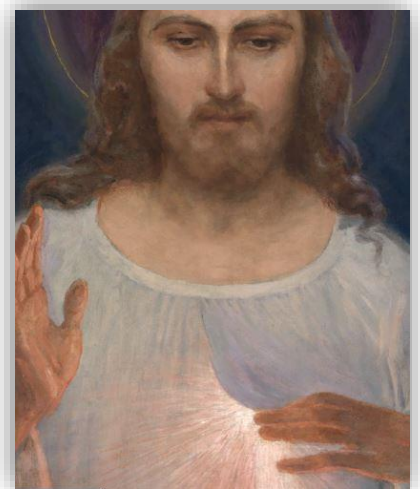
In The diary of Saint Faustina, Jesus appeals to us to help Him save souls.

"At the hour of their death, I defend as My own glory every soul that will say this chaplet; or, when others say it for a dying person; the indulgence is the same".

When this chaplet is said by the bedside of a dying person, God's anger is placated, unfathomable mercy envelops the sould, and ***"the very depths of My tender mercy are moved for the sake of the sorrowful Passion of My Son."*** (Diary 811)

He gives us His own words to pray to the Father to obtain this wonderful act of mercy. It is the Caplet of Diveine Mercy for the dying:

Our Lord also stated, ***"Pray as much as you can for the dying. By your entreaties, obtain for them trust in My mcercy, because they have most need of trust, and have it the least."*** (Diary 1777)



Saint Faustina said:

Sometimes the dying person is in a building a distance away from you but the or the spirit distance does not exist. (Diary 835)

Jesus said:

My daughter, help Me save a certain dying sinner. Say the caplet I hae taght you for him.

A multitude of devils was waiting for this soul, but when I said the chaplet, the powers of darkness fled in panic. (Diary 1565)

Saint Augustine said:

Those that bring one sould to the Lord predestine their own.

May your prayer open the door to Heavens Blessings!

PRAYERS OF OUR PATRON, SAINT TERESA

Prayer to St Therese, Patroness of the Missions

O St Therese of the Child Jesus, who have been deservedly proclaimed Patroness of the Catholic Missions throughout the world, remember those most ardent desires which you made known to us while still on earth, of planting the Cross of Jesus Christ on every shore and of preaching the Gospel to the end of time. Help, we beseech you, according to your promises, priests, missionaries and the entire Church. Amen.

Short Novena Prayer to St Therese

O holy little Therese of the Child Jesus, who during your short life on earth became a mirror of angelic purity, of love strong as death, and of wholehearted abandonment to God, now that you rejoice in the reward of your virtues, cast a glance of pity on me as I leave all things in your hands. Make my troubles your own – speak a word for me to Our Lady Immaculate, whose flower of special love you were – to that Queen of heaven “who smiled on you at the dawn of life”. Beg her as Queen of the Heart of Jesus to obtain for me by her powerful intercession the grace I yearn for so ardently at this moment, and that she join with it a blessing that may strengthen me during life, defend me at the hour of death, and lead me straight on to a happy eternity. Amen.

Prayer to Our Lady of the Smile

O Mary, Mother of Jesus and our Mother too, who once by a visible smile did graciously console and cure your privileged child St Therese of the Child Jesus, we beseech you, come to us also to console us in the troubles of this life, detach our hearts from earth, give to us health of soul and body, make us strong in hope, and obtain for us at last, that we may enjoy for every in Heaven your maternal and enrapturing smile. Amen.



***St. Thérèse of Lisieux Was
Miraculously Cured by Our Lady of
the Smile***

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.



URSULINE HIGH SCHOOL MAIN SCHOOL OPEN EVENTS

We are delighted to invite prospective Year 6 Students and one parent/career 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.

 <p>Ursuline High School Wimbledon Crescent Road, SW20 8HA 0208 255 2688 / 0203 908 3167 www.ursulinehigh.merton.sch.uk We welcome parents, carers and students seeking Year 7 entry in 2022 to this 'Outstanding' Roman Catholic Girls' School</p>	<p>Register Using Eventbrite</p> <p>SIGN UP BY Mon 6th Sept! <i>Limited Availability!</i></p>  		
	<p>OPEN EVENTS 2021</p> <p>These events are for one Year 6 student and one parent only. <i>Limited ticketed event!</i></p> <table border="1"><tr><td data-bbox="630 1713 1045 1971"><p>Open Evening Wednesday 15th September Including: Headteacher talk and a fixed route guided school tour Time slots available 5.00pm 7.00pm 6.00pm 8.00pm</p></td><td data-bbox="1053 1713 1516 1971"><p>Open Mornings Running From Monday 20th Sept to Friday 8th Oct Including: Headteacher talk and a fixed route guided school tour 9.00am OR 10am slots available</p></td></tr></table> <p>PLEASE ONLY SIGN UP TO ONE EVENT! NO TICKET- NO ENTRY!</p>	<p>Open Evening Wednesday 15th September Including: Headteacher talk and a fixed route guided school tour Time slots available 5.00pm 7.00pm 6.00pm 8.00pm</p>	<p>Open Mornings Running From Monday 20th Sept to Friday 8th Oct Including: Headteacher talk and a fixed route guided school tour 9.00am OR 10am slots available</p>
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ST PHILOMENA'S SCHOOL OPEN EVENING



St Philomena's
Catholic High School for Girls

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>

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.

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.



Tithes and offerings

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.

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



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 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 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.

