

St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

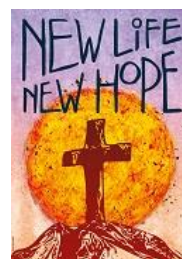
Fr Roshy Robert, Resident Priest

Pastoral Assistant: Deacon 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

CONFESSIONS AFTER ALL MASSES

Mass Times and Intentions-Year C:

Sunday 13th February – 6th Sunday in Ordinary Time

RACIAL JUSTICE DAY

- 5.30pm Holy Souls
Leonard Walker's Intentions
- 9am Doctors, Nurses, Chaplains & Patients of St. Helier Hospital
- 11am People of the Parish



Monday 14th February – SS Cyril & Methodius, Patrons of Europe

- 9.30am Rosary
- 10am Deacon John O'Donovan RIP

Tuesday 15th February – VOTIVE OF THE HOLY APOSTLES

- 9.30am Rosary
- 10am Matthew Ivan Kitandwe RIP

Wednesday 16th February

- 9.15am Novena to Our Lady of Perpetual Succour
- 10am The Lonely & Bereaved
Albert Umuze RIP

Thursday 17th February

- 9.30am Rosary
- 10am Living & Deceased Members of the Hurley Family
Alice Hennessy's Intentions
- 12noon Requiem Mass Eileen Goldson-Rhule

Friday 18th February – VOTIVE OF THE HOLY SOULS

- 9am Divine Mercy Chaplet & Rosary
- 10am Parisioners who died of COVID-19

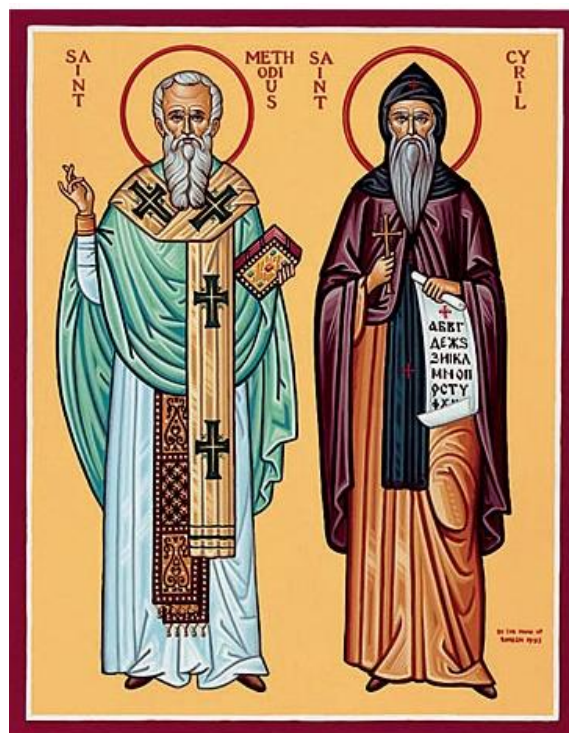
Saturday 19th February – OUR LADY

- 5.30pm Susan Ezesh's Intentions

Sunday 20th February – 7th Sunday in Ordinary Time

- 9am People of the Parish
- 11am Joseph & Lourdes Rabindren RIP 1st Anniversary

*SS Cyril & Methodius
Patrons of Europe*



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:

Our Masses are also available online at
<https://www.stcm.org.uk/>
All Services are streamed on YouTube

Most gracious Lady, Queen of Heaven, Mother of Our Parish

With Saint Teresa we ask you,
to pray for all who are on our Parish Sick List, for family and friends,
We pray for those who are unwell.
Those struck down by serious disease.
Those awaiting a diagnosis or operation.
Those receiving treatment for cancer.
Those with debilitating, chronic conditions.
And those with terminal illness.

From our Altar, from our hearts may we also send out our blessing to all who are unwell at home
in our Hospitals, Care Homes, Nursing Homes and those in Hospice care. Amen

Thank you for praying for:



Anne-Marie Mendonça, 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, Antonina Urbni, Tony London, Kevin McKeon, Vincent Moyle,
John Antao, Stella Carrasco, Gerald Pereira, Theresa Mathison, Jason Sigalas,
Pope Francis and Pope Benedict, Pope Emeritus.

*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.*

Dear Parishioners, 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 that many nations are battling with at this time. THANK YOU!

ELAINE GOLDSON-RHULE RIP

Requiem Mass Thursday 17th February 1200 Midday, Bandon Hill Cemetary 2pm

Ellaine Goldson died on January 19th at the age of 84 years. We pray for her family, especially her daughters Natasha and Amanda and all the family, her friends and neighbours. Her funeral will take place here at St. Teresa's at 12 Midday.

May Elaine Rest in Peace and Rise in Glory.

RECENT DEATH

Now At Rest And Kept In Prayer



Avril Jean Costella RIP
Shirley Johnson RIP
Dermot Peter Long RIP
Remo Dipre RIP
Alan Frederick Burrige RIP
Sarah Marie Frost RIP
Veronica Gorrod RIP
Finbarr Francis Hurley RIP
Lolito Laydia 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
Gerry Kirrane RIP
Gay Phillips RIP
Tony Byrnes RIP
Jane Neyman RIP
Christopher O'Byrne RIP
Jose Goncalves RIP
Sheila Borg RIP
Theresa Mason RIP

Francis Assisi Mendonça RIP
Joseph Antony Quintus Rabindran RIP
Lourdes Mary Fatima Jayandradevi Rabindran RIP
Irene Ward RIP
Remo Corsini RIP
Jonny Purvis RIP
Ann Donaldson RIP
Baby Angelika Hobbs RIP
Annie Francis 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
Dorothy Gertrude Cleary RIP
Frances Healion RIP
Douglas Banks RIP
Robert Peter RIP
Dennis Leadley RIP
Daniel Samuels RIP
Michael McAndrew RIP
Shanti Annette Thesailankaimannan RIP
Mark Ryan RIP

Recent Southwark Diocese Clergy Deaths

Deacon William Boyd RIP
Deacon Jim Hayes RIP
Fr. Paul Sanders RIP
Canon Richard Hearn RIP

Fr. Richard Diala RIP
Fr. Michael Boland RIP
Fr. Robert Copsey SOLT RIP
Deacon Vincent Bowgett RIP *May They Meet The Risen Lord*

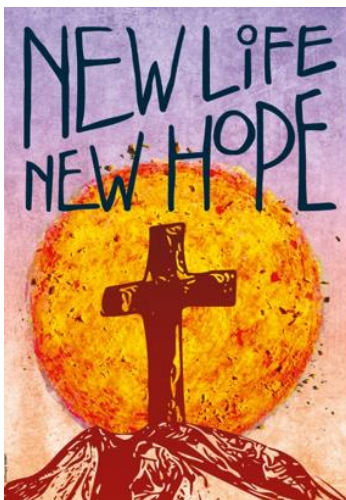
Remind us Dear Lord, of the great company of your people who have been called before us, famed or forgotten, celebrated or overlooked, all who have run their race and kept the faith, walking the way of Christ to their journeys end.

Hear our prayer and the prayer of our Rosaries for those whose anniversaries occur at this time.

CONFIRMATION 2022



Confirmation starts March 1st for all young people in Year 9 and above. There will be an information and sign up session on **Wednesday 23rd February @ 7.30pm** in the church. **AT LEAST 1 PARENT/CARER AND ALL CANDIDATES MUST ATTEND THIS MEETING, NO REGISTRATIONS WILL BE TAKEN AFTER THIS DATE.** The cost of this year's Programme is £20. Can you please bring payment and if baptised outside of St Teresa's, a copy of the candidates' birth certificate with you when you come? **The first session of this year's programme starts on Tuesday March 1st at 6.30pm.** Thereafter, sessions will be held on Wednesday every week. We are expecting the Confirmation Day to be Sunday 3rd July @ 2pm.

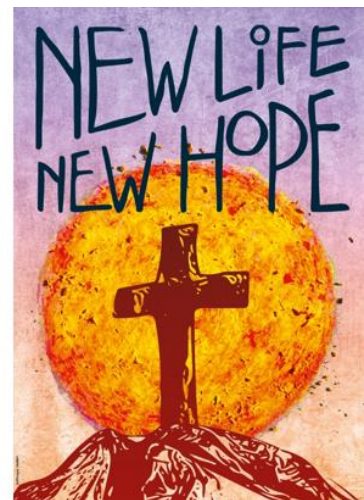


WELCOME
MERCY, FORGIVENESS &
REPENTANCE

Saint Teresa's Lenten Parish Mission
Ash Wednesday to Easter Sunday

THE LORD IS INVITING YOU!
Come and join us!

We are open everyday
<https://www.stcm.org.uk/>



Ash Wednesday to Easter Sunday - Watch this space!

2 HOLY MASSES EVERYDAY
CONFESSION EVERYDAY
SACRMENT OF THE SICK
MINI RETREATS
FAMILY SUPPORT
CATECHESIS
YOUTH MINISTRY
MOTHERS DAY
MUSIC
BLESSING OF CHILDREN
MASS OF ANTONEMENT
SCHOOL MINISTRY
MASS OF THE FAMILY TREE

CLERGY SUPPORT FUND SECOND COLLECTION

The Clergy Support Fund of the Archdiocese of Southwark provides care for priests in their old age and retirement, and in their time of ill health. A gift to this worthy fund will ensure a dignified retirement for our priests, after they have dedicated a lifetime of service to Christ, His Church and His People.

In 2021, the Clergy Support Fund provided care to 71 retired priests, at a cost of £1.25 million. With the number of priests over the age of 65 steadily increasing, so too will the financial obligation to the Archdiocese.

Please be generous today with a gift to the Clergy Support Fund and continue to keep our priests in your prayers.

A collection will be taken up on 26th and 27th February.

Thank you! · Donate Online: <https://rcaos.org.uk/donate/csf>

- QR Code (see right)
- Telephone Mon-Fri 9am-5pm: 020 7960 2504
- Cash / Cheque – please use the Clergy Support Fund envelopes at the back of church.



SYNOD



A huge *THANK YOU!* to all those who have returned forms to the Phase 1 & 2 questionnaires. These are now **closed** and a report is being drawn up based on your responses which must reach the Diocese by 18th February.

SYNOD PRAYER FOR THE LAITY

Lord God, you willed the power of the Gospel to act as a leaven in the world and you called the lay faithful to live out our lives amid temporal affairs. Let us be so on fire with Christian spirit that as we engage in our role in the world we will build and proclaim your Kingdom. We ask this through Christ our Lord. Amen.

Synod Prayer:

We stand before You, Holy Spirit,
as we gather together in Your name.
With You alone to guide us,
make Yourself at home in our hearts;
Teach us the way we must go
and how we are to pursue it.

We are weak and sinful;
do not let us promote disorder.
Do not let ignorance lead us down the wrong path
nor partiality influence our actions.

Let us find in You our unity
so that we may journey together to eternal life
and not stray from the way of truth
and what is right.
All this we ask of You,
who are at work in every place and time, in the communion of the Father and the Son, forever and
ever. *Amen.*

A RETREAT FOR LENT

Make some space to develop your relationship with God this Lent. Sign up for our Diocesan 'retreat at home' called **Saving Grace**. Every week you will receive an email with links to a 25minute video in which our Archbishop John will introduce the theme and the reading, Chris Chapman will deliver the retreat, with others contributing. You will also receive materials to use in your own prayer and reflection. All you have to have to do is sign up and then set aside what space you can for Saving Grace!
You can sign up to receive the materials directly here: http://eepurl.com/hnK_Rz



APPRENTICESHIP & HIGHER EDUCATION - HELP AND ADVICE

St Boniface Youth and 20's & 30's Group is organising two sessions: Help and advice on Apprenticeships: on Saturday 5th March 3-4pm and
Higher Education: on Saturday 12 March 3-4.30pm at St Boniface Parish Hall.
All Year 11 & 12 or any year group and parents are most welcome. An opportunity to speak to professionals to get some help and advice for their career and future.

St. Boniface Church, 185 Mitcham Road, Tooting, SW17 9PG

MARY'S MEALS

We urgently need your help to serve our nutritious meals in more schools in South Sudan where 2.2 million children are out of education – the highest rate in the world.

Education across the country has been drastically hindered by years of violence and upheaval, resulting in deep poverty and internal displacement. Life for families is a real struggle, with survival often taking priority over children attending school.

Together, we are already feeding around 70,000 children in South Sudan every school day – but your support is urgently needed to reach more desperately hungry children waiting for Mary's Meals.

[SUDAN APPEAL](#)



REPARATION TO OUR LADY – FIRST SATURDAY'S

St. Teresa's have begun the First Saturday devotion of the Rosary of Reparation to Our Lady, prior to 5.30pm Mass on the first Saturday of each month, along with Confession in fulfilment of the request of Jesus to Sr. Lucia in 1925. Here is some background to the devotion of the Five First Saturday's.



Five First Saturdays

The Five First Saturdays devotion, first revealed by Our Lady at Fatima on Fatima on 13 July 1917, was requested on 10 December 1925, when the Blessed Virgin, appeared again to Sr. Lucia, together with the Child Jesus, who said: ***"Have compassion on the Heart of your Most Holy Mother, covered with thorns, with which ungrateful men pierce it at every moment, and there is no one to make an act of reparation to remove them."***

The Great Promise of Our Lady

"I promise to assist at the hour of death all those who, on the first Saturday of five consecutive months, shall confess, receive Holy Communion, recite five decades of the Rosary and keep me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary, with the intention of making reparation to me."



- What does Our Lady ask all of us to do?
- Go to confession – this can be up to 8 days before or after the First Saturday itself.
- Receive Holy Communion - on the day itself, in a state of grace, with the intention of making reparation as above.
- Recite five decades of the Rosary.
- Meditate on the mysteries of the Rosary for 15 minutes: this is not difficult, e.g, slowly read the Gospel account of the mysteries, or use a booklet on the Rosary.


Each part of the devotion should be made with the intention of making reparation to the Immaculate Heart of Mary, on the first Saturday of five consecutive months.

For more details about the Five First Saturdays devotion, or the Message of Fatima generally, please contact:

WAF Tel No. 07786 487557


email: info@worldfatima-englandwales.org.uk

www.worldfatima-englandwales.org.uk

 ARCHDIOCESE of
SOUTHWARK

RACIAL JUSTICE SUNDAY

ONE IN CHRIST






SUNDAY 13TH FEBRUARY 2022
ST GEORGE'S CATHEDRAL SOUTHWARK

MASS 10AM PLEASE BE SEATED BY 9.45AM
CELEBRANT: ARCHBISHOP JOHN WILSON

COME AND CELEBRATE RACIAL JUSTICE SUNDAY WITH THE DIOCESE

REFRESHMENTS WILL BE SERVED AFTER MASS IN THE AMIGO HALL

  **RC SOUTHWARK**
racialjusticecommission@caos.org.uk 

Catholic Medical Ethics 

A group for current university students of the healthcare professions interested in learning about the Catholic Church's response to difficult ethical questions.

This semester: Dr Chris Wojtulowicz of the Anscombe Bioethics Centre, Oxford, alongside other guest professionals, will be leading an eight-week virtual Bioethics lecture series.


It will explore the following topics:

- Personhood and the human embryo
- Organ donation and brain death
- IVF and Reproductive Technology
- Artificial Intelligence
- Contraception and Natural Family Planning
- Conscience and conscientious objection
- End of life decisions

When? Mondays, 6-7:30pm on MS Teams, starting on the 14th Feb 2022.

To sign-up for the group, and attend this lecture series exclusive to it, please email Laurence Jasper, Catholic Chaplain of King's College London: laurence.jasper@kcl.ac.uk using your university email address.



"COME TO me"

MATT 11:28


HEALING EVENT

SAT 19TH FEB 2022
 10AM - 5PM
 ST GEORGE'S CATHEDRAL

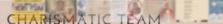
Speakers

Fr Pat Collins CM, Dublin
 New Springtime Community
 Alice Hall
 Son Community & Unbound
 Fr Joseph Edattu VC
 Divine Retreat Centre

Praise and Worship
 Teaching
 Healing testimonies
 Prayer ministry
 Confession
 Eucharistic Healing Service
 &
 Holy Mass.



LIVESTREAM FROM ST GEORGE'S CATHEDRAL

 SOUTHWARK ARCHDIOCESE CATHOLIC CHARISMATIC TEAM

COMING UP

They've been there for us Let us be there for them

Clergy Support Fund 2022

Please support our sick and retired priests with a gift today



 ARCHDIOCESE of SOUTHWARK

Charity No.1173050

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

NEW MARRIAGE LAW

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 – HAVE YOU COLLECTED YOUR GIFT AID BOX?

**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!



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.

Covid-19 Guidance for Churches from the Catholic Bishops' Conference of England and Wales Summary

With respect to the current situation with the omicron variant it is important to ensure the following points are followed in our churches:

- That a positive message encouraging people to get **vaccinated** and have the booster jab, when able, is delivered whenever possible.
- That **hand sanitiser** is available to those attending the Church.
- That there is a **recommendation** for people to **wear a face** covering (both nose and mouth) during the act of worship.
- That there is **good ventilation** and air throughput in the building; in this case, because of climatic conditions, it would be important to remind people to **wrap up well** in church!
- That people who are engaged in a form of pastoral ministry which involves ministry to the housebound, sick, and vulnerable, should take **regular lateral flow tests** to ensure they are safe to do so. These are free from the NHS.
- **Holy Water** Stoops may now be used.

CATHOLIC BISHOPS' CONFERENCE OF ENGLAND AND WALES



Guidance for Churches – January 2022

Introduction

Following the announcement by HM Government on 19th January that the measures put in place to mitigate against covid virus transmission as “Plan B” will be lifted in full on 27th January, the following guidance is offered to the dioceses of England and Wales. The material in this briefing has been agreed with Public Health officials and follows the regulations for England and concur with the regulations in place for Wales which take effect on 28th January 2022.

Acts of Worship

The main mitigation against serious health issues arising from covid infection is to be fully vaccinated; this means two doses plus a booster for anyone aged 16 or over. The vaccine programme in England and Wales has had a major impact in reducing death and serious illness from infection with Covid-19. The Church in England and Wales supports the vaccination programme and encourages people to be vaccinated.

The scientific consensus is that society is moving towards the stage where the virus is transitioning from the pandemic phase to the endemic phase, but as stated by HM Government, there is still a risk associated with gathering for sustained periods in enclosed spaces and therefore there needs to be continued caution by all against infection.

This, however, has to be balanced against the need to move forward safely towards a normal lifestyle and these two positions will always be held in tension. This holding in tension is the key to living safely with Covid-19, namely keeping infections from a virus that cannot be eliminated to levels which minimise disruption to people's lives.

This guidance has been written with this principle in mind.

Alongside the positive effects of covid vaccination, it should be stressed that any people displaying symptoms of Covid-19 should stay at home and not participate in acts of worship in church. This is good practice for any transmissible illness. Medical advice should be sought as appropriate for those who are ill.

The main form of virus transmission is via personal oral or nasal aerosol. Those attending an act of worship may continue to wear a face covering (both nose and mouth) whilst in the church building. There is no need for formal social distancing in church buildings, although those present should be sensitive to the needs of others around them. Churches should continue to ensure there is good ventilation, balancing this against the need for church heating, especially at this time.

It is clear from scientific evidence that transmission from surfaces (touch transmission) is now minimal and so the use of hymn books, missals and other worship aids can be resumed with immediate effect. Whilst it is still good practice to sanitise hands on entry and exit of churches, there is no need for readers (or other ministers) to sanitise their hands before reading or performing other ministries in the church. All ministers of Holy Communion (clergy and lay people) should still sanitise their hands for the distribution of Holy Communion. Holy water stoups may be refilled but care should be seen that the water is changed regularly (at a minimum of once a week). Usual forms of church cleaning are sufficient.

Regarding the liturgical action, there should be a return to the normal mode of celebrating Mass respecting the integrity of the Rite. This would include the reintroduction of the Prayer of the Faithful (where this has not been reinstated already), the *Sign of Peace* may be offered again if felt appropriate, and Holy Communion should be distributed at the usual place and in the usual mode (i.e. with the faithful approaching the minister in an orderly procession). For the time being, Holy Communion must continue to be given under one kind only (the Sacred Host) and for concelebrations of clergy, intinction of the Precious Blood with the Sacred Host should continue to be used.

Where there is physical touch as part of another Rite of the Church (for example, anointing of the sick, anointing of foreheads etc) the use of cotton buds is no longer mandated, but the hands should be cleaned well before and after the Rite.

Congregational singing may continue and there is a general encouragement to wear face coverings while singing. However, it is recognised that not everyone will feel able to do this.

Social Activities

Parish social activities can resume (if they have been suspended) from the revert date to Plan A. It is recommended that the normal Health and Safety risk assessment for the activity and the space used for the activity is reviewed for these types of gatherings.

Home Visits

Home visits can continue (or begin again if they had been suspended) by priests, deacons and extraordinary ministers of Holy Communion and other volunteers. The minister to the sick or housebound person should take care to ensure that the number of visits to different homes in a single session of visiting is managed. It is recommended (outside hospital and hospice chaplaincies and social care institutions who have infection control in place) that the number of people visited is assessed beforehand to prevent the possibilities of transmitting the virus between people. Assessing the time spent with people and ensuring that there is good ventilation and cleanliness during the visit are also good practice.

Conclusion

Whilst this reduction of restrictions brings about a more normal way of living, the Covid-19 virus is still in circulation, and this should be in the mind of those participating in the life of the Church as time goes forward holding in balance the need for personal safety and taking responsibility for that safety.

Rev. Canon Christopher Thomas

FINAL

24th January 2022

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.

