

# St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

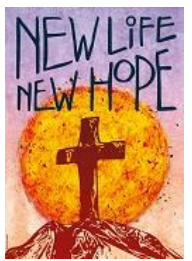
Fr Roshy Robert, Resident Priest

Pastoral Assistant: Deacon Con Diver

Parish e-mail address: [morden@rcaos.org.uk](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

## CONFESSIONS AFTER ALL MASSES

### Mass Times and Intentions-Year C:

#### **Sunday 20<sup>th</sup> February – 7<sup>th</sup> Sunday in Ordinary Time**

- 5.30pm Susan Ezech's Intentions
- 9am People of the Parish
- 11am Joseph & Lourdes Rabindren RIP 1<sup>st</sup> Anniversary

#### **Monday 21<sup>st</sup> February – Votive of the Holy Souls**

- 9.30am Rosary
- 10am Maria Fermo RIP – 1<sup>st</sup> Anniversary
- Carl Williams RIP

#### **Tuesday 22<sup>nd</sup> February – Feast of the Chair of St Peter, Apostle**

- 9.30am Rosary
- 10am Michael Coates' Intentions
- Michael O'Sullivan RIP

#### **Wednesday 23<sup>rd</sup> February – St Polycarp, Bishop, Martyr**

- 9.15am Novena to Our Lady of Perpetual Succour
- 10am For Sufferers of Dementia

#### **Thursday 24<sup>th</sup> February**

- 9.30am Rosary
- 10am Welfare of Ann Van Essen & Family

#### **Friday 25<sup>th</sup> February –**

- 9am Divine Mercy Chaplet & Rosary
- 10am November Deceased List & Holy Souls

#### **Saturday 26<sup>th</sup> February –**

- 5.30pm Bernard Kelly RIP

#### **Sunday 27<sup>th</sup> February – 8<sup>th</sup> Sunday in Ordinary Time**

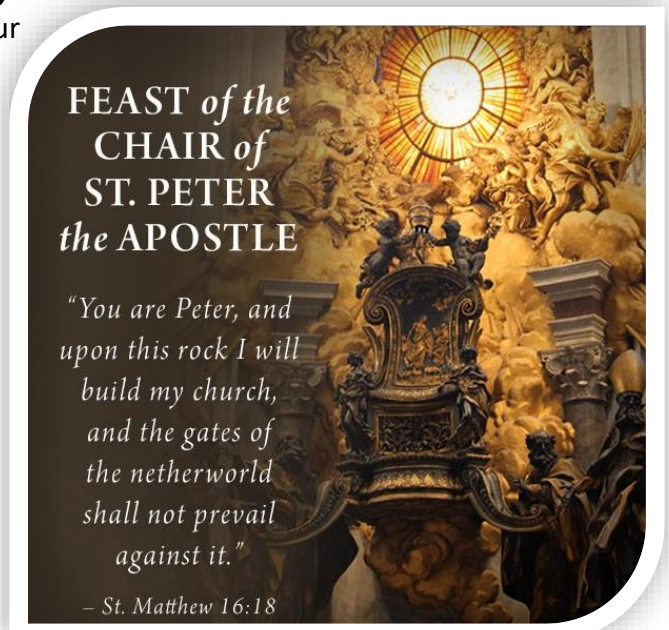
- 9am Dylan Long RIP
- 11am People of the Parish



### FEAST of the CHAIR of ST. PETER the APOSTLE

"You are Peter, and  
upon this rock I will  
build my church,  
and the gates of  
the netherworld  
shall not prevail  
against it."

– St. Matthew 16:18



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:**

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!

## 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 Burridge 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  
Elaine Goldson-Rhule 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	Fr. Richard Diala RIP
Deacon Jim Hayes RIP	Fr. Michael Boland RIP
Fr. Paul Sanders RIP	Fr. Robert Copsey SOLT RIP
Canon Richard Hearn RIP	Deacon Vincent Bowgett RIP <i>May They Meet The Risen Lord</i>

*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 1<sup>st</sup> for all young people in Year 9 and above.

There will be an information and sign up session on  
**Wednesday 23<sup>rd</sup> 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' baptismal certificate with you when you come?

If your parish is not Saint Teresa's, you must bring written permission from your parish priest.

**The first session of this year's programme starts on Tuesday March 1<sup>st</sup> at 6.30pm.** Thereafter, sessions will be held on Wednesday every week. We are expecting the Confirmation Day to be Sunday 3<sup>rd</sup> July @ 2pm.



## CLERGY SUPPORT FUND SECOND COLLECTION

**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



Charity No. 1173050



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.



**NEW LIFE  
NEW HOPE**

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

**Welcome**  
**MERCY, FORGIVENESS & REPENTANCE**

THE LORD IS INVITING YOU!  
Come and join us!

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

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

## 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 18<sup>th</sup> 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](http://eepurl.com/hnK_Rz)



Archdiocese of Southwark

## 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*



We would like to invite you to a parish **WALK AGAINST HUNGER** this lent. Family Fast Day is on the 11<sup>th</sup> March and on Sunday 13<sup>th</sup> March after the 11am Mass we would like you to join us in helping stamp out hunger. We are challenging you to walk around the outside of the field adjacent to the church to raise money to help communities thrive in even the most difficult environments. We also ask you to pray for our brothers and sisters who are living in poverty. Thank you for your amazing support.

## 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](#)



Mary's Meals has a new job opportunity in the London/South England team. The role of 'Supporter Engagement Officer' is an exciting and varied one which will suit someone with good organisational and people skills.

The closing date is 24<sup>th</sup> February. Job details are here

<https://www.marysmeals.org.uk/useful-links/work-for-us/supporter-engagement-officer-london>

## 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.

## EMPLOYMENT OPPORTUNITIES

Join the London Jesuit Centre (LJC) team

The **London Jesuit Centre** is a new project of the Jesuits in Britain. The Centre offers formation in Spirituality, Theology and Social Environmental Justice through a range of courses, retreats and events, with a particular focus on the needs of young adults.

### LJC Administrator

At the heart of this role is the day-to-day administration of our course programme, including responsibility for administering the booking system for courses, updating online course materials and being the first point of contact for course participants. The position will also involve general support for the House Manager, including a broad range of administrative work, assisting with accommodation and events requests, and liaising with the housekeeping team.

Salary: £33,000 p.a.

Closing date for applications - Friday 25th February 2022



- [Job Description and Person Specification](#)
- [Application Form](#)

### Laudato si' Champion

We will be looking for a member of staff to join our Social and Environmental Justice team as a Laudato Si' Champion.

The position is full-time. Duties will include assisting in the delivery of our teaching programme, with a particular emphasis on environmental justice, and supporting the Centre's own transition towards sustainability and integral ecology.

Salary: £30,000 p.a.

Application details coming soon



<https://londonjesuitcentre.org/ljc-jobs>

# *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 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.





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.

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## 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

CATHOLIC BISHOPS' CONFERENCE OF ENGLAND AND WALES



- 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.

## Guidance for Churches – January 2022

### Introduction

Following the announcement by HM Government on 19<sup>th</sup> January that the measures put in place to mitigate against covid virus transmission as “Plan B” will be lifted in full on 27<sup>th</sup> 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 28<sup>th</sup> 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

24<sup>th</sup> 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.

