

St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

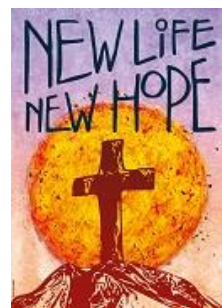
Fr Roshy Robert, Resident Priest

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>



SUNDAY 27th February

8th in Ordinary Time

5.30pm	Mass & Confessions <i>Bernard Kelly RIP</i>
9am	Mass & Confessions <i>Dylon Long RIP</i>
11am	Mass & Confessions <i>People of the Parish</i>

MONDAY 28th February

9.15am	Rosary
10am	Mass & Confessions <i>Constantine Fernandes RIP</i>

TUESDAY 1st March

St David, Bishop, Patron of Wales

9.15am	Rosary
10am	Mass & Confessions <i>Sean Gillen RIP</i>

ASH WEDNESDAY 2nd March Day of Fasting & Abstinence ST. TERESA'S PARISH LENTEN MISSION

8am	Adoration
9.15am	Rosary
10am	Mass & Confessions <i>St Teresa's Primary School Pupils & Teachers (FM)</i>
11am	Stations of the Cross
12pm	Adoration until 5.45pm
6pm	Mass & Confessions

THURSDAY 3rd March

8am	Adoration
9.15am	Rosary
10am	Mass & Confessions <i>For Godchildren</i>
11am	Stations of the Cross
2.30pm	Adoration Holy Hour
6pm	Mass & Confession

FIRST FRIDAY 4th March

Women's World Day of Prayer

8am	Adoration
9.15am	Divine Mercy Chaplet & Rosary
10am	Mass <i>Parish Sick & Housebound</i>
11am	First Friday Devotions, Anointing & Adoration
2.30pm	Y1 Class Liturgy Adoration Holy Hour by Children for Children
5pm	Stations of the Cross
6pm	Mass & Confessions

FIRST SATURDAY 5th March

9am	First Holy Communion & Parents Adoration
12.30pm	RCIA Rite of Election at St. George's Cathedral
11am	Stations of the Cross
4.30pm	First Saturday Devotions of Reparation
5.30pm	Mass & Confession <i>Ana & Francis Mendes 44th Wedding Anniversary</i>



2 HOLY MASSES EVERYDAY
CONFESSION EVERYDAY
SACRAMENT 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

See the weekly timetable in the narthex. Sign up for Adoration on the list provided.

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

Lord Jesus,

You healed the sick, we bring to you in our prayer every day the sick and housebound, those coping with cancer and other serious health issues.

Please hear our prayer 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 Waaldjk, Valerie Somerset,
Leonard James Connolly, Thea Haddad, Margaret Lahy, Brian Wratten, Ann Van Essen and Jane Turner,
Kevin Mooney, John Mooney, Angela Patcheye, Leonard Paice, Ken and Margaret Peacock, Michael and
Madge Durkan, 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, Reme Mills,
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!

MESSAGE FROM POPE FRANCIS

Keep the people of Ukraine in prayer and please fast for Peace on Ash Wednesday

FOR THOSE CALLED TO ETERNAL LIFE

O gentle Heart of Jesus, ever present in the Blessed Sacrament, our parish family commends to you those who lived out their faith in our midst, those shared in our life here on earth.
And in these days to come those whose anniversaries occur as we enter the month of March

May they 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
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.

ANNARATHNAME SOOSAIPILLAI RIP

Annarathname, the mother of one of our parishioners, Vimalarose Colin and a frequent visitor to Saint Teresa's died suddenly on Wednesday 23rd February at home. Annarathname, a mother of thirteen



children, was 89 years old when she passed away. Our prayers and condolences go out to Vimalarose, her sisters who are nearby, her brothers in France and all the family.

May Annarathname Rest in Peace and Rise in Glory

PATRICIA PERRYMAN RIP

Our thoughts and prayers go out to the family of Patricia Perryman who sadly died at an early age of 67 years old. We remember especially her husband George and her son Simon. Although Patricia recently lived in Battersea she and George were married by Fr. Gill here at Saint Teresa's in 1980. Patricia is one of ten siblings and we remember them all.

May Patricia Rest in Peace and Rise in Glory

OUR PARISH LENTEN MISSION ASH WEDNESDAY TO EASTER SUNDAY

Our theme is: **MERCY, FOREGIVENESS & REPENTANCE**
Please let family and friends know of our 47 Day Spiritual Journey.

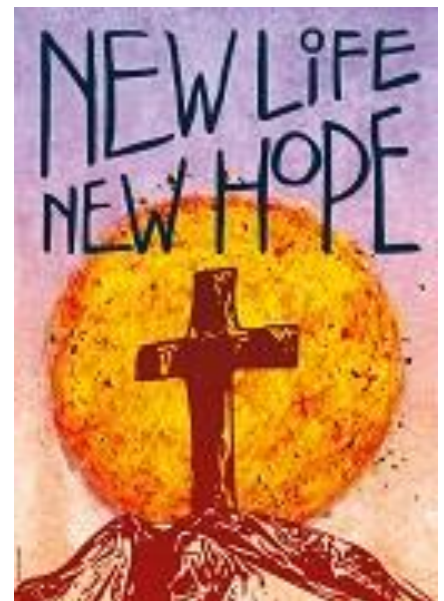
And please,
Bring your laughter, bring your tears,
Bring your joy and bring your sorrow,
Bring your hopes, bring your fears,
Bring today, bring tomorrow.

Bring your fullness, bring your thirst,
Bring your weakness, bring your health,
Bring your best and bring your worst,
Bring your love ones, bring yourself,
Bring your faith and bring your doubt,
Bring your sorrow for sins past,
Bring a heart that seeks His Mercy.

Bring a soul that cries out for absolution,
Bring your prayer for family and friends,
Bring your spiritual needs, bring your offering for Lent.

The Lord will be here every day to meet you in Prayer, Mercy and Forgiveness. His healing touch for you and your soul is assured.

Let this Season of Lent be rich in blessings for you and your family.



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 this weekend 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



Thank you to everyone who took part in the first phase of the Synod Survey over the past few months. We had over fifty responses from parishioners both online and returned survey forms.

These responses formed the basis of the report, which was sent, along with all other parishes, to Southwark Diocese and will be reviewed. Southwark's response, presented to the Bishop's Conference of England and Wales will then be collated along with all other Diocese across the country, before submission to Rome.

There were many heartfelt, honest and spiritual responses feeding into the themes of Communion, Participation and Mission. The results also highlighted valued aspects, as well as suggested enhancements specific to Saint Teresa's. Many of these 'missing' or 'lacking' areas of parish life were due to COVID-19 and the restrictions it brought. Listed below are some of the areas which were highlighted, and which in due course can be addressed within Saint Teresa's.

DETAIL

Social Interactions/Events

Children's Mass/Liturgy/Participation

More volunteers/Requests for

Contact Info/Comms

Newsletter

More/Bring back choir

Missions / Retreats

Adoration

Indoor confession

RESPONSE

COVID closure - Awaiting work on parish centre

COVID restrictions – Liturgy coming back soon, Children's Masses will be held during the Mission.

Anyone who wishes to volunteer within the parish, please leave your contact details with a PPC member at the contact corner when it re-opens. It is hoped to hold a Volunteers Day in the future.

A notice will be displayed at the Contact Corner

COVID restrictions – printed newsletter will be returning

COVID restrictions – music groups are gradually returning

Lenten Mission **NEW LIFE, NEW HOPE!** Begins Ash Wednesday 2nd March.

COVID restrictions – Adoration will begin to return during the Parish Mission.

COVID restrictions - Confessionals will return when safe

Repository	COVID restrictions - will be open soon. Restricted access is available via the parish office.
Social Distancing	Canon Michael continues to encourage masks & distancing should remain as much as possible.
Prayer Groups	COVID Restrictions - coming back slowly
Toilets	COVID restrictions - The toilet blocks are now back in operation
Visits & Home Blessings	COVID restrictions - coming back eventually. There are still strict regulations around visiting homes, as well as safeguarding aspects.

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 11th March and on Sunday 13th 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

We would like to invite you to a parish **WALK AGAINST HUNGER** this lent. Family Fast Day is on the 11th March and on Sunday 13th March after the 11am Mass we would like you to join

also ask you to pray for our brothers and sisters who are living in poverty. Thank you for your amazing support.

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.



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 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

£2,400



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.

