

St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

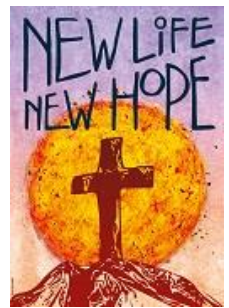
Fr Roshy Robert, Resident Priest

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 20th March 3rd Sunday of Lent

- 5.30pm Mass & Confessions
Aisling Coffey's Intentions
- 9am Mass & Confessions
Paddy Joyce RIP
Michael O'Sullivan RIP
- 11am Mass & Confessions
People of the Parish

THURSDAY 24th March

- 7am-10am Adoration
9.15am Rosary
10am Mass & Confessions Joined by Y6
Antony Francis RIP
11am Stations of the Cross
- 2.30-3.30pm Adoration Holy Hour
with 3 O'clock Devotions
- 5pm Adoration
6pm Mass & Confession

MONDAY 21st March

- 7-10am Adoration
9.15am Rosary
10am Mass & Confessions
Bart Gomes 70th B'day Intentions
Tommy & Alice Burke RIP
11am Stations of the Cross
- 2.30-3.30pm Adoration Holy Hour
with 3 O'clock Devotions
- 5pm Adoration
6pm Mass & Confession

FRIDAY 25th March

Feast of the Annunciation of the Lord

- 7am-10am Adoration
9.15am Divine Mercy Chaplet & Rosary
10am Mass
Elizabeth Ejoh's Intentions
- 2.30-3.30pm Adoration & 3 O'clock Devotions
Y2 Class Liturgy & Parents
3.30-4.30pm **Consecration of Russia & Ukraine to Our Lady**
- 5pm Stations of the Cross
6pm Mass & Confessions

TUESDAY 22nd MARCH

- 7-10am Adoration
9.15am Rosary
10am Mass & Confessions Joined by Y4
Alelstone Machado's Intentions
Mafia Martins RIP
11am Stations of the Cross
- 2.30-3.30pm Adoration Holy Hour
with 3 O'clock Devotions
- 5pm Adoration
6pm Mass & Confession

SATURDAY 26th March

- 9.30am - First Holy Communion
DAY OF RECONCILIATION
- 12.30pm Wedding of Marianne Phillips & Adarsh Muppene
- 4pm Holy Hour & Litany of St. Joseph
- 5.30pm Mass & Confession
Renewal of Wedding Vows

WEDNESDAY 23rd MARCH

- 7-10am Adoration
9.15am Rosary
10am Mass & Confessions Joined by Y6
Matthew Ivan Kitandwe RIP
11am Stations of the Cross
- 2.30-3.30pm Adoration Holy Hour
with 3 O'clock Devotions
- 5pm Adoration
6pm Mass & Confessions

FAMILY WEEKEND

LENTEN PARISH MISSION

Marriage Renewal of Vows

**at the
5.30pm Vigil Mass**

Blessings of Rings



Next Sunday

Mother's Day

Blessing of Mothers

A Gift From the Parish

& Blessing of Children





WARNING! CLOCK CHANGE SUNDAY 27th
1AM BST BECOMES 2AM BST

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

OUR PARISH LENTEN MISSION ASH WEDNESDAY TO EASTER SUNDAY
See the weekly timetable in the narthex. Sign up for Adoration on the list provided.

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

FRIDAY 25TH MARCH

*Saint Teresa's will be joining in unity with
Pope Francis in the*

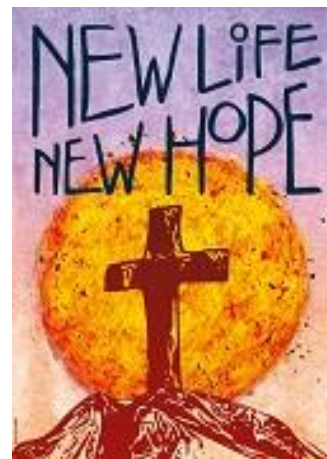
*Consecration of Russia & Ukraine
to The Immaculate Heart of Mary*

at 3.30pm – 4.30pm



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.

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!

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 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
Teresa Gomes 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
Anne Dunne 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

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.

PATRICIA ELLEN KIELY RIP

Patricia Kiely was 78 years of age when she died recently. We hold her three daughters and son in our prayers and send our condolences to all the family and friends of Patricia. Her funeral will take place on Tuesday 29th March.

May Patricia Rest in Peace and Rise in Glory

PATRICIA PERRYMAN RIP - Requiem Mass on Wednesday 30th March 12pm afterwards N.E. Surrey Crematorium 2pm

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

Pope to consecrate Russia & Ukraine to Immaculate Heart of Mary



The consecration of Russia and Ukraine to the Immaculate Heart of Mary by Pope Francis will take place during the Celebration of Penance on 25 March in St Peter's Basilica. (*Vatican News*)

Pope Francis will consecrate Russia and Ukraine to the Immaculate Heart of Mary on Friday, 25 March, during the Celebration of Penance that he will preside over at 5pm in St Peter's Basilica.

The Director of the Holy See Press Office, Matteo Bruni, said in a statement: "The same act, on the same day, will be performed in Fatima by Cardinal Konrad Krajewski, papal almoner," who is being sent there by the Pope.

Consecrations of Russia to Mary

After the Fatima apparitions there were various acts of consecration to the Immaculate Heart of Mary.

Pope Pius XII, on 31 October 1942, consecrated the whole world, and on 7 July 1952 he consecrated the peoples of Russia to the Immaculate Heart of Mary in the Apostolic Letter *Sacro vergente anno*:

“Just as a few years ago we consecrated the whole world to the Immaculate Heart of the Virgin Mother of God, so now, in a most special way, we consecrate all the peoples of Russia to the same Immaculate Heart. - Pope Pius XII”

On 21 November 1964, Pope St Paul VI renewed the consecration of Russia to the Immaculate Heart in the presence of the Fathers of the Second Vatican Council.

Pope St. John Paul II composed a prayer for what he called an 'Act of Entrustment' to be celebrated in the Basilica of St Mary Major on 7 June 1981, the Solemnity of Pentecost.

Our Lady's Love

When Our Lady appeared at Fatima she asked for the faithful to live the First Saturday devotions and for Russia to be consecrated to her.

“When you see a night illumined by an unknown light, know that this is the great sign given you by God that he is about to punish the world for its crimes, by means of war, famine, and persecutions of the Church and of the Holy Father. To prevent this, I shall come to ask for the consecration of Russia to my Immaculate Heart, and the Communion of reparation on the First Saturdays. If my requests are heeded, Russia will be converted, and there will be peace; if not, she will spread her errors throughout the world, causing wars and persecutions of the Church.”

The consecration was done by St. John Paul II, as Lucia, the visionary confirmed. In 1989 Lucia wrote that the consecration “has been done just as Our Lady asked, on March 25, 1984.”

Renewed Consecrations

What is a Marian Consecration? It means “entrusting one's body, soul, possessions, works, and entire life to the protection, guidance, and intercession of Our Lady.”

The history of this practice begins with Jesus Himself. He entrusted His beloved disciple, John, to his mother Mary while He was on the Cross (John 19:26-27). Meanwhile, Christians have asked Mary to pray for and help them since the earliest days of the Church.

The act of consecrating oneself to Jesus' Mother became more formal in the 1600s: Consecrations, of oneself or of a family, or in this case, countries, can be repeated and renewed as often as the faithful wish.

An act of consecration means a spiritual entrustment and many Catholics consecrate themselves to the Sacred Heart, to St. Joseph, to the Archangel Michael, as well as to Our Lady or even other saints.

Please pray for Ukraine and Russia.

DEC – UKRAINE HUMANITARIAN APPEAL

https://www.dec.org.uk/?gclid=Cj0KCQIA64GRBhCZARIsAHOLrLrac5em-topByZ8D5L4luy7Ar6ewj7qJUEO4ahlr5d XnRI3W3Sr4aAux2EALw_wcB

CAFOD (same one DEC fundraising)

<https://cafod.org.uk/News/Emergencies-news/Ukraine-crisis>

DEPAUL UKRAINE EMERGENCY APPEAL via The Tablet

<https://int.depaulcharity.org/>



Thank you to all those who joined us in helping to stamp out hunger on Sunday 13th March by taking part on our walk around the field. 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.

You can donate online here:

https://cafod.org.uk/donations/picker?regularamount=5&_Appeal=125149&singleamount=25&defaultuniversaltype=single

DONATIONS RAISED SO FAR £1,030

ANY FURTHER DONATIONS STILL TO COME IN - PLEASE HAND IN TO THE PARISH OFFICE

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.

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.

diocese will be available on the Parish website.

WESTMINSTER CATHEDRAL

THE FRIENDS

The Society of Friends of Westminster Cathedral is seeking to recruit a part time Organising Secretary to help administer the charity, assist in recruiting new members and in organising events. The appointment based in Westminster Cathedral Clergy House is for 20 hours per week at a salary in the region of £14,500 per annum. The appointment is for 12 months. Closing date 27 March 2022. For further details please visit <https://westminstercathedral.org.uk/the-friends-look-for-an-organising-secretary/>.

STALLE MARIS



On the one-year anniversary of the Ever Given ship getting stuck in the Suez Canal, Catholic charity Stella Maris (Apostleship of the Sea) is hosting a webinar about modernisation in the shipping industry. It will look at the history of the container ship, the rise of the ultra-large container vessels, and explore what impact modernisation of the shipping industry has had on seafarers around the world. Please register now at www.stellamaris.org.uk/modernisation to join online on **23 March at 7.30pm** to hear how shipping has changed in the last century, the impact this is having on seafarers today, and the important role Stella Maris has in supporting them.

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.



Guidance for Lent and Easter 2022 Introduction

As the Government has now lifted most of the covid-19 restrictions and exhorted all people to adopt the recommendations of the "Covid Response: Living with covid-19" document, the principal means of protecting people who attend Catholic Churches in England and Wales is through participation in the Government vaccination programme. Those who are fully vaccinated (i.e. two routine vaccinations plus booster) will have significant personal resilience against major illness from the covid-19 virus and its variants. The Catholic Church has promoted the participation of all in the vaccination programme as part of its mitigation of virus transmission in church and ancillary buildings.

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 following points are suggested as methods of good practice against the transmission of the virus in our churches:

- Hand sanitiser should be available for all to use at places of entry and exit to our churches.
- The necessity for social distancing is removed so churches should operate up to their normal capacity figures.
- Those who wish to wear a face covering may do so during the celebration of Mass.
- The use of hymn books and other worship aids are permitted as part of the liturgy. Servers and their various ministries (acolyte, book-bearer, incense) are to be encouraged to return.
- The vessels containing the altar breads for consecration at Mass should remain covered until the moment of distribution of Holy Communion to the faithful.
- Holy Communion is to be distributed to the faithful under one kind only (i.e. the Sacred Host). At concelebrations involving a number of priests, communion for them should be by intinction of the Sacred Host in the Precious Blood.
- Those who distribute Holy Communion should wear a face covering and sanitise their hands before doing so.
- Singing can occur 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.
- Contact tracing ended on 24th February and so there is no need for track and trace QR codes or other means (e.g. Mass booking systems) in our churches from now on.

Specific notes for Lent and Easter

On *Ash Wednesday*, the imposition of ashes should take place at the normal point in the liturgy. These can be administered in two ways:

- The traditional way in these countries of daubing a cross on the forehead of the person.
- The "continental" manner of sprinkling the ashes on the crown of the penitent.

In either case, the person distributing the ashes should sanitise their hands before and wash them afterwards and wear a face covering.

On *Holy Thursday*, the Washing of the Feet as part of the rite of the *Mandatum* is restored. The celebrant should wear a face covering whilst performing this rite.

On *Good Friday*, the Veneration of the Cross is also restored. Those who approach the Cross, after making the customary reverence before it, can either touch the Cross in a devotional way or kiss the Cross provided that an alcoholic wipe is used to clean the place that is venerated after each kiss by the faithful.

The *Easter Vigil* is restored in its full Rite. The faithful gathering for the ceremonies can have candles and the baptismal liturgy can take place along with any associated confirmations. For the anointings as part of this, the thumb or a cotton bud can be used, with the celebrant taking care to cleanse his hands appropriately. The sprinkling of the faithful during the *vidi aquam* is permitted.

Conclusion

Whilst the circulation of the virus continues in society, the clear direction of the UK Government is that after two years of restrictions and following the successful roll-out of the vaccination programme, the usual patterns of life should return. This is true for the life of the Church in England in Wales in all of its activities. Whilst recognising this principle, there should be vigilance at the local level in terms of viral infection and transmission and local adaptations should be put in place.

Rev. Canon Christopher Thomas
28th February 2022
FINAL

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. Say the prayer of St. Alphonsus de' Ligouri – The Prayer of Spiritual Communion

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.

