

# St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

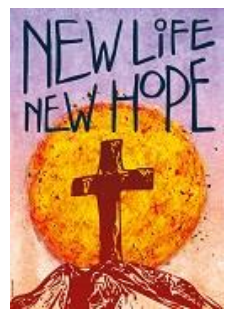
Fr Roshy Robert, Resident Priest

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>



## SUNDAY 27<sup>th</sup> March

4<sup>th</sup> Sunday of Lent

*Mothering Sunday Gifts & Blessings  
for Mothers and Children*

- |        |  |
|--------|--|
| 5.30pm | Mass & Confessions<br><i>Renewal of Wedding Vows</i>   |
| 9am    | Mass & Confessions<br><i>People of the Parish</i>  |
| 11am   | Mass & Confessions<br><i>Welcoming Rite of RCIA Candidates</i><br><i>In Thanksgiving to St. Joseph</i> |

## MONDAY 28<sup>th</sup> March

- |             |  |
|-------------|--|
| 7-10am      | Adoration  |
| 9.15am      | Rosary   |
| 10am        | Mass & Confessions<br><i>Eugene Diver's Intentions</i> |
| 11am        | Stations of the Cross                                  |
| 2.30-3.30pm | Adoration Holy Hour<br>with 3 O'clock Devotions        |
| 5pm         | Adoration  |
| 6pm         | Mass & Confession                                      |

## TUESDAY 29<sup>th</sup> March

- |             |  |
|-------------|--|
| 7-10am      | Adoration  |
| 9.15am      | Rosary   |
| 10am        | Mass & Confessions<br><i>Therasama Jospheh RIP</i> |
| 11am        | Stations of the Cross                              |
| 2.30-3.30pm | Adoration Holy Hour<br>with 3 O'clock Devotions    |
| 5pm         | Adoration  |
| 6pm         | Mass & Confession                                  |

## WEDNESDAY 30<sup>th</sup> March

- |             |  |
|-------------|--|
| 7-10am      | Adoration  |
| 9.15am      | Rosary<br><i>KS1 Adoration @ School</i>                          |
| 10am        | Mass & Confessions<br><i>Tess Goldband's Intentions</i>          |
| 11am        | Stations of the Cross  |
| 12pm        | Requiem Mass of Patricia Perryman                                |
| 1.45pm      | <i>KS2 Adoration @ School</i>                                    |
| 2.30-3.30pm | Adoration Holy Hour<br>with 3 O'clock Devotions                  |
| 5pm         | Adoration  |
| 6pm         | Mass & Confessions<br><i>Confirmation Reconciliation Service</i> |

## THURSDAY 31<sup>st</sup> March

- |             |   |
|-------------|---|
| 7am-10am    | Adoration   |
| 8.15am      | <i>School Staff Blessing &amp; Reflection</i>     |
| 9.15am      | Rosary  |
| 10am        | Mass & Confessions<br><i>Irasalamma Peter RIP</i> |
| 11am        | Stations of the Cross                             |
| 2.30-3.30pm | Adoration Holy Hour<br>with 3 O'clock Devotions   |
| 5pm         | Adoration   |
| 6pm         | Mass & Confession                                 |

## FRIDAY 1<sup>st</sup> April

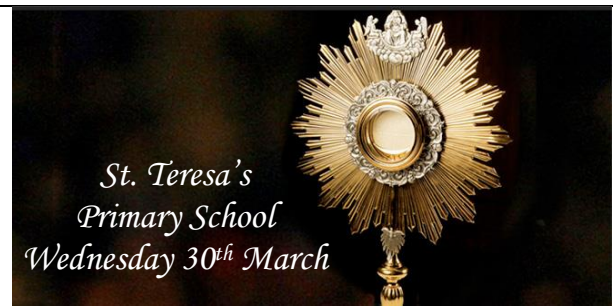
- |             |   |
|-------------|---|
| 7-10am      | Adoration   |
| 9.15am      | Divine Mercy Chaplet &<br>Rosary  |
| 10am        | Mass & Confessions<br><i>Roland Rosa RIP</i><br><i>Parish Sick &amp; Housebound</i> |
| 11am        | First Friday Devotions,<br>Anointing & Adoration                                    |
| 2.30-3.30pm | Adoration Holy Hour with<br>3 O'clock Devotions                                     |
| 5pm         | Stations of the Cross   |
| 6pm         | <i>Mass of the Family Tree</i><br>& Confession                                      |

## SATURDAY 2<sup>nd</sup> April

- |        |  |
|--------|--|
| 10am   | <i>Mass &amp; Confessions</i><br><i>For Senior Citizens</i>  |
| 4.30pm | <i>1<sup>st</sup> Saturday Devotions of</i><br><i>Reparation to Our Lady</i>                         |
| 5.30pm | Mass & Confession<br><i>Howard Paice RIP</i><br><i>Fr. John Nattunilam RIP 1<sup>st</sup> Anniv.</i> |

**FAMILY WEEKEND**  
**LENTEN PARISH MISSION**

*Marriage Renewal of Vows*  
at the  
5.30pm Vigil Mass Sunday 27<sup>th</sup> March  
*Blessings of Rings*



St. Teresa's  
Primary School  
Wednesday 30<sup>th</sup> March

Adoration @ St. Teresa's Primary School

**Confirmation Reconciliation Service**  
**Wednesday 30<sup>th</sup> March**



**Thursday 31<sup>st</sup> March**



*Healing of the Family Tree*  
*Mass Friday 1<sup>st</sup> April 6pm*



Please bring any Family Tree Requests in a sealed envelope and place in the box provided.

*Mother's Day*  
*9 & 11am Masses*  
*Blessing of Mothers.*  
*A Gift From the Parish*  
*& Blessing of Children*

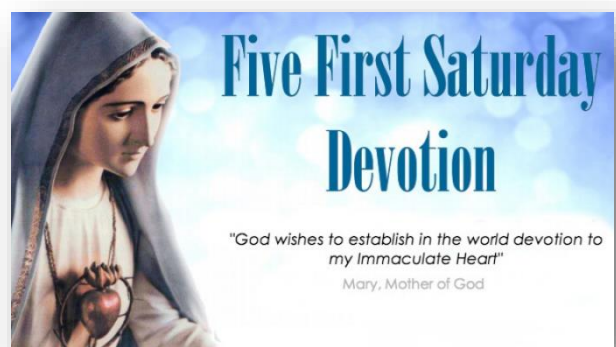
**Mass for Senior Citizens**

Most loving God,

We thank you for the gift of years granted in our time to so many men and women in the second half of life. We thank you for their presence in our parish community; for their life experience, their courage and wisdom, their witness of faith. We ask your blessing (†) upon them as they live the many transitions that are part of maturing years. Be with them, keep them in your care, grant them peace and enable them to become beacons of hope in our world.



**Saturday 2<sup>nd</sup> April 10am**



**Saturday 2<sup>nd</sup> April 4.30pm**

Our Masses are also available online at

<https://www.stcm.org.uk/>

All Services are streamed on YouTube

**OFFICE OPENING HOURS: MONDAY, TUESDAY, THURSDAY, FRIDAY  
8.30AM TO 1PM**

**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.

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.

**COMING UP NEXT WEEK**

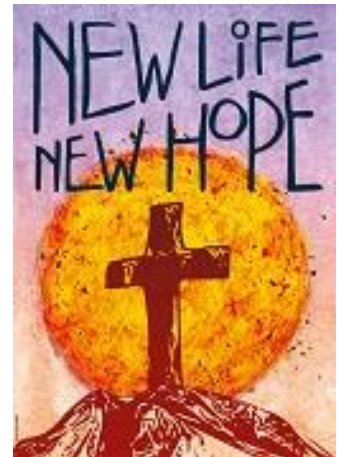
**Mass of Atonement Friday 8<sup>th</sup> April 6pm**

**Mass for Altar Servers Saturday 9<sup>th</sup> April 10am**

**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 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, 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 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

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



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

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 29<sup>th</sup> March.

*May Patricia Rest in Peace and Rise in Glory*

#### **PATRICIA PERRYMAN RIP - Requiem Mass on Wednesday 30<sup>th</sup> 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*

## **DEC – UKRAINE HUMANITARIAN APPEAL**

[https://www.dec.org.uk/?gclid=Cj0KCQiA64GRBhCZARIsAHOLriLrac5em-topByZ8D5L4luy7Ar6ewj7qJUEO4ahlr5d\\_XnRI3W3Sr4aAux2EALw\\_wcB](https://www.dec.org.uk/?gclid=Cj0KCQiA64GRBhCZARIsAHOLriLrac5em-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/>

## 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.

**Feedback to the diocese is available on the Parish website.**



Thank you to all those who joined us in helping to stamp out hunger on Sunday 13<sup>th</sup> 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 still donate online here:

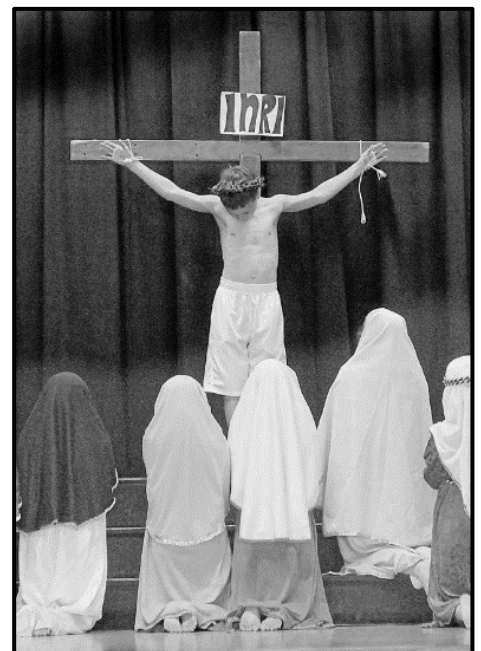
<https://cafod.org.uk/donations/picker?regularamount=5&Appeal=125149&singleamount=25&defaultuniversaltype=single>

**DONATIONS RAISED £1,106**

## YEAR 5 PASSION PLAY

Saint Teresa's would like to invite you to the school hall on Tuesday 29<sup>th</sup> March at 6pm for the Year 5 Passion Play. Alternatively, there is a dress rehearsal on Monday 28<sup>th</sup> March at 9.15am.

If you would like to attend please contact Lorraine Isaac on 020 8648 1846 or email: [Lorraine.isaac@st-teresas.merton.scho.uk](mailto:Lorraine.isaac@st-teresas.merton.scho.uk)



## SAINT TERESA – WE SEEK YOUR HELP PLEASE!



We need more support to clean our parish church. Our sincere thanks to all who have helped down through the years.

*God Bless you in the special service you offer,  
all to often unheralded,  
unrecognised,  
yet making, so vital a contribution to our life together,  
seen or unseen,  
appreciated or taken for granted.  
May you find fulfilment in your ministry.  
Saint Teresa, interceding for you,  
God encouraging, enthusing and equipping you thorough the  
knowledge that in serving others you also serve Him. Amen.*

If you are able to help in the ministry in any way, please contact the Parish Office.

## SATURDAY 2<sup>nd</sup> April 2022 – FIRST SATURDAY DEVOTION

### The History of the Five First Saturday's of the Month



On the 13th May 1917, Our Lady first mentioned devotion to her Immaculate Heart to the children of Fatima saying *"You have seen hell, where souls of poor sinners go. To save them God wishes to establish in the world devotion to my Immaculate Heart. If what I say to you is done, many souls will be saved and there will be peace."*

**On the 10th December 1925, Our Lady appeared to Lucia detailing how devotion to**

**her Immaculate Heart was to be practiced.** These words are from Sr Lucia's own account:

*"... by her side, elevated on a luminous cloud, was a child. The most holy Virgin rested her hand on her shoulder, and as she did so, she showed her a heart encircled by thorns, which she was holding in her other hand. At the same time, the Child 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."*

Then the most holy Virgin said:

*"Look, my daughter, at my Heart, surrounded with thorns with which ungrateful men pierce me every moment by their blasphemies and ingratitude. You at least try to console me and say that I promise to assist at the hour of death, with the graces necessary for salvation, 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."*

On Saturday 2<sup>nd</sup> April the first Saturday devotions will be celebrated:

- 4.30pm Adoration & First Saturday Devotions
- 5.30pm Holy Mass
- Confessions will be available

# *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

**Last weekend's Offertory: £747.00**

**Standing Orders for past week: £256.50 - Thank you.**

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 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.

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## **CATHOLIC BISHOPS' CONFERENCE OF ENGLAND AND WALES**

### **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 24<sup>th</sup> 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  
28<sup>th</sup> 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.

