

St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

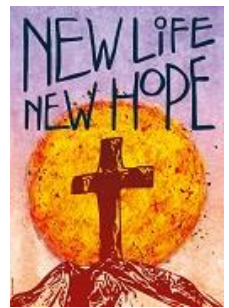
Fr Roshy Robert, Resident Priest

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 3rd APRIL

5th Sunday of Lent

5.30pm Mass & Confessions

Howard Paice

Fr John Nattunilam RIP 1st Anniv.

9am Mass & Confessions

People of the Parish

11am Mass & Confessions

Joseph, Walid & Rosaline Abi-Ad's Intentions

MONDAY 4TH APRIL

7-10am Adoration

9.15am Rosary

10am Mass & Confessions

Majed-Marie Semaam & Family Intentions

11am Stations of the Cross

2.30-3.30pm Adoration Holy Hour with 3 O'clock Devotions

5pm Adoration

6pm Mass & Confession

TUESDAY 5TH APRIL

7-10am Adoration

9.15am Rosary

10am Mass & Confessions

Yola Tabet & Family Intentions

11am Stations of the Cross

2.30-3.30pm Adoration Holy Hour with 3 O'clock Devotions

5pm Adoration

6pm Mass & Confession

WEDNESDAY 6TH APRIL

7-10am Adoration

9.15am Rosary

10am Mass & Confessions

In Thanksgiving to St. Teresa

11am Stations of the Cross

2.30-3.30pm Adoration Holy Hour with 3 O'clock Devotions

5pm Adoration

6pm Mass & Confessions

Confirmation Spiritual Formation

THURSDAY 7TH APRIL

7am-10am Adoration

9.15am Rosary

10am Mass & Confessions

Aikins Family Intentions

11am Stations of the Cross

2.30-3.30pm Adoration Holy Hour with 3 O'clock Devotions

5pm Adoration

6pm Mass & Confession

FRIDAY 8TH APRIL

7-10am Adoration

9.15am Divine Mercy Chaplet & Rosary

10am Mass & Confessions

Holy Souls

11am Stations of the Cross

2.30-3.30pm Adoration Holy Hour with 3 O'clock Devotions

5pm Stations of the Cross

6pm Mass of Atonement & Confession

SATURDAY 9TH APRIL

10am Mass & Confessions for Altar Servers

5.30pm Mass & Confession

Theresa DaSan RIP



MASS OF ATONEMENT

Friday 8th April 6pm

MASS FOR ALTAR SERVERS
SATURDAY 9TH APRIL @ 10AM



Lunch & Formation

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
 (Closed Wednesday's)

OUR PARISH LENTEN MISSION ASH WEDNESDAY TO EASTER SUNDAY

See the weekly timetable in the narthex.

Our theme is: **MERCY, FOREGIVENESS & REPENTANCE**

Please let family and friends know of our 47 Day Spiritual Journey.

And please,

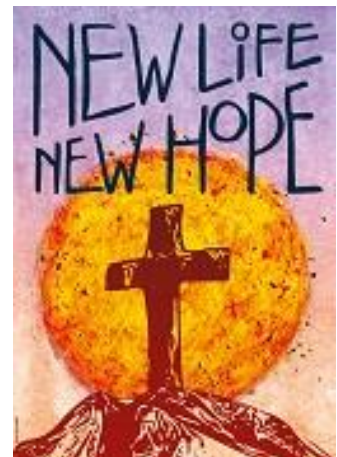
Bring your laughter, bring your tears,
 Bring your joy and bring your sorrow,
 Bring your hopes, bring your fears,
 Bring today, bring tomorrow.

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.



Dear Lord,

Thank you for hearing our prayers, our petitions, our Novena's and Rosaries for the sick and housebound. We remember how, throughout your ministry you looked to bring healing wholeness.

We remember how you touched the lepers, restored sight to the blind, cured the sick, and helped the lame to walk; how you bought hope to the broken-hearted and those crushed in spirit, peace of mind to those who were troubles and forgiveness to those burdened by guilt or failure.

My Lord, we bring before you all in any kind of need, praying again for your healing and renewing touch in body, in mind and in spirit, this day and every day. Restore and make whole. With grateful thanks from our Parish Family and its Sick and Housebound.

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!

LORD JESUS CHRIST,

By the three days you lay in the tomb you made holy the graves of all who believe in you; even though their bodies lie in the earth, they trust that they, like you, will rise again. Give our love ones, give our brothers and sisters, give our deceased priests and deacons, and give our parishioners peaceful rest in the graves we laid them to rest.

We also bring to you those whose funerals are soon to take place.

- Antonio Costa
- Patrick Macklin
- Ronald Haslam
- Katarina Vogt

We commend their souls to Your Mercy. *May One and All 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
Teresa Gomes RIP
Patricia Perryman 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
Patricia Kiely RIP

Recent Southwark Diocese Clergy Deaths

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

Fr. Richard Diala RIP
Fr. Michael Boland RIP
Fr. Robert Copsey SOLT RIP

Deacon Vincent Bowgett RIP *May They Meet The Risen Lord*

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

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

ANTONIO COSTA RIP

With all our love and prayerful support we and the whole parish of Saint Teresa's commend to you the Soul of Antonio Costa. He leaves us for his journey to the Father's Kingdom. Last year we had the funeral of Antonio's sister-in-law Anna Maria Fantoncchi. Once again we offer Antonio's wife, Franca their son Giovanni, all the family and all branches, friends and neighbours of the Costa family, our condolences and assurance of prayerful support.

May Antonio Rest in Peace and Rise in Glory

PATRICK MACKLIN RIP

We have learnt recently of the death of Patrick Macklin. Our prayers, support and condolences go out to all the Macklin family at this very sad time. We entrust the soul of Patrick to God, and ask the Holy Spirit to comfort family and friends.

May Patrick Rest in Peace and Rise in Glory

GIFT AID ENVELOPES

Please collect your Gift Aid Envelopes which are available in the narthex at each Mass



MASS FOR ALTAR SERVERS SATURDAY 9TH APRIL @ 10AM



Followed by Lunch & Formation



MASS OF ATONEMENT

Friday 8th April 6pm

ATONEMENT Atonement – “at-one-ment” – comes through Jesus Christ. Through Him, in his loving act of sacrifice, we receive the gift of reconciliation with God and one another. Reconciliation through atonement – the unity of men and women with God and with one another – is pure gift from God, not earned by us. We are invited to respond to this grace and show gratitude for God’s work in Christ by renouncing whatever is the source of pride and sin, so that the harmony of creation may be restored. As a Church we are called to move forward in God’s loving embrace. The Church can do so only by seeking pardon for the sins of her past that grew out of pride. Christ stretched out His arms on the cross and reconciled us to one another and to the Father. He brought God and humanity together in His body. As the Good Shepherd, he wraps His arms around our broken lives and restores us to the harmony that exists in His love.

DEC – UKRAINE HUMANITARIAN APPEAL

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/>

CLERGY SUPPORT FUND SECOND COLLECTION

TOTAL RAISED SO FAR £633.65P

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.

Feedback to the diocese is available on the Parish website.

ST BONIFACE YOUTH PASSION PLAY

All are invited to a Passion play by St Boniface Youth, Tooting in the Parish Hall on Sunday 10th April at 7.30pm and Friday 15th April at 7.30pm. Please contact 0208 672 2345 for tickets (£1)

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 through 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.

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

Last weekend's Offertory: £583.96

Standing Orders for past week: £172.50 - Thank you.



Tithes and offerings

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?

NEW!

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.



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 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.*’

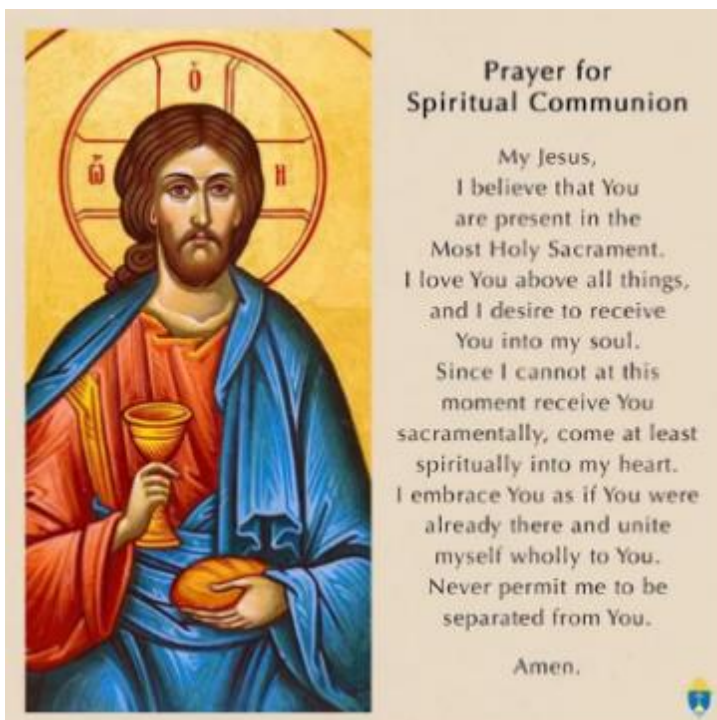
1. In reality or imagination kneel at the foot of the crucifix and say to yourself: *"Jesus, my God and my Saviour, in the midst of your agony, you remembered me, you suffered for me, you wished to wipe away my sins"*
2. Contrition is 'perfect' if you repent your sins because you love God and are sorry 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.