



# St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

Fr Roshy Robert, Resident Priest

Pastoral Assistant: Deacon Con Diver

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

250, Bishopsford Road, Morden. SM4 6BZ. Tel. 8648 4113

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



Please see the Mass Attendance [Protocols](#) below

## Confessions after all Masses

### Mass Times and Intentions-Year C:

#### Sunday 24<sup>th</sup> April - 2<sup>ND</sup> SUNDAY OF EASTER – DIVINE MERCY SUNDAY

- 5.30pm Chris & Angela George's Intentions  
Antonio Callet RIP
- 9am Cosmos Martins RIP
- 11am People of the Parish
- 1pm Divine Mercy Devotions
- 3pm Holy Mass



#### Monday 25<sup>th</sup> April – St Mark, Evangelist

- 8am Adoration
- 9.30am Rosary
- 10am Noleen & Jim McGeehan

#### Tuesday 26<sup>th</sup> April – St George, Patron of England

- 8am Adoration
- 9.30am Rosary
- 10am Johnny Monaghan RIP

#### Wednesday 27<sup>th</sup> April

- 8am Adoration
- 9.15am Novena to Our Lady of Perpetual Succour
- 10am Charles & Laura Gunarathnam – 44<sup>th</sup> Wedding Anniversary

### Divine Mercy Sunday

#### Thursday 28<sup>th</sup> April - St Peter Chanel, Priest & Martyr

- 8am Adoration
- 9.30am Rosary
- 10am Living & Deceased members of the Bowen family

#### Friday 29<sup>th</sup> April – St Catherine of Siena, Doctor, Patron of Europe

- 8am Adoration
- 9am Divine Mercy Chaplet & Rosary
- 10am Liz Coutinho – Birthday Intentions
- 11am Requiem Mass Antonio Costa

#### Saturday 30<sup>th</sup> April – St Pius V, Pope

- 5.30pm Angelina & Sasi George RIP  
Antonio Callet RIP

#### Sunday 1<sup>st</sup> May – 3<sup>rd</sup> SUNDAY OF EASTER

- 9am In Thanksgiving to St Joseph – Ranasinghe family
- 11am People of the Parish



St Teresa's School, Montacute Road, Morden.

Tel No 020 8648 1846

Headteacher; Mr Justin Dachtler.

Merton Catholic Deanery

[www.mertoncatholics.org.uk](http://www.mertoncatholics.org.uk)

**Our Masses are 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)**

**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, Emilia Koharic, 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 Burrridge 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      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.*

## ANTONIO COSTA RIP

*Friday 29<sup>th</sup> April Requiem Mass 11am Funeral 12pm NE Surrey Crematorium*

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*

## **RETURNING CATHOLICS WELCOME BACK – WE HAVE MISSED YOU!**

Maybe you have been away from the Church for a little while (or because of Covid-19) or for some time now, and you feel a tug at your heart to come back to the Catholic Church.

Listen to that tug. It's your Heavenly Father reaching his arms out to you, the Holy Spirit whispering in your ear, hoping to draw you home.

Begin going to Mass again and experiencing Christ's presence through worshipping in the liturgy.

We are here to help you and support you. This is a good and active parish. If you have any gifts or talents let us know.

If you are new to the area and was active your previous parish we will open our arms to welcome you and your love ones.

### **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/>

# DIVINE MERCY SUNDAY

A warm welcome to all joining us at our holy Masses and online.

## SUNDAY 24TH APRIL

**1.00PM DIVINE MERCY DEVOTIONS**

**3PM HOLY MASS**

**CONFESSIONS WILL BE AVAILABLE**

**The Hour of Great Mercy**

*The moment of three o'clock in the afternoon*

A devotion most dear to Our Lord is the veneration of His Passion at the very hour that recalls His death on the Cross. Through the passion and death of Jesus Christ, the very kingdom of God was opened up to us. Love should fill our response to the request of Jesus who said to Saint Faustina:



*"At three o'clock, implore My mercy, especially for sinners; and, if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy. ... In this hour I will refuse nothing to the soul that makes a request of Me in virtue of My Passion (Diary, 1320).*

*I remind you, my daughter, as often as you hear the clock strike the third hour, immerse yourself completely in My mercy, adoring and glorifying it; invoke its omnipotence for the whole world, and particularly for poor sinners; for at that moment mercy was opened wide for every soul. In this hour you can obtain everything for yourself and for others for the asking; it was the hour of grace for the whole world - mercy triumphed over justice. ...*

*My daughter, try your best to make the Stations of the Cross in this hour, provided that your duties*



*permit it; and if you are not able to make the Stations of the Cross, then at least step into the chapel for a moment and adore, in the Most Blessed Sacrament, My Heart, which is full of mercy; and should you be unable to step into chapel, immerse yourself in prayer there where you happen to be, if only for a very brief instant (Diary 1572).*

**Jesus gave this prayer, to be said at 3 o'clock especially for sinners; it is a powerful conversion prayer and should be used for those who have strayed from the faith. This is the prayer:**

*You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.*



*(Repeat three times)*

*O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!*

The Divine Mercy Novena begins on Good Friday and concludes with the Feast of Divine Mercy on the Sunday after Easter Sunday - the 11<sup>th</sup> April.

Jesus gave St. Faustina an intention to pray for on each day of the Novena, saving for the last day the most difficult intention of all, the lukewarm and indifferent.

To take part in the Novena of Divine Mercy follow the link:

<https://www.thedivinemercy.org/message/devotions/novena/firstday>

## GIFT AID ENVELOPES

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



## SAINT TERESA – WE SEEK YOUR HELP PLEASE!

**We urgently 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.

## PRIEST TRAINING FUND SECOND COLLECTION 8<sup>TH</sup> MAY

The priesthood has always been essential to the life of the Church, from the time of Jesus until today. Good Shepherd Sunday is the day we pray for vocations, for our priests, and take up the Priest Training Fund second collection. This fund pays for the formation of men to become priests in our Archdiocese.

After their ordination, our priests dedicate their lives to serving Christ and His people in our parishes, hospitals, schools, chaplaincies, prisons and in service to the needy, throughout South London, Kent and Surrey. We are blessed to have 6 men in formation to the Priesthood for our Archdiocese. However, it costs £30,000 a year to sponsor each seminarian. They study for 6 years before being ordained a Catholic priest.

We therefore rely on your generous support and prayers. Please support our priests of the future with a gift today.

Thank you! · Donate Online: [www.rcaos.org.uk/donate/PTF](http://www.rcaos.org.uk/donate/PTF)

- Or Scan QR Code using telephone camera (right)
- Telephone weekdays 9 am – 5 pm: 020 7960 2504
- Cash / Cheque – please use the Priest Training Fund envelopes at the back of church.



## JUSTICE AND PEACE FOR THE INTEGRITY OF CREATION FOR THE ARCHDIOCESE OF SOUTHWARK

The Dioceses and Ethnic Chaplaincies of Southwark, Westminster and Brentwood invite parishioners to a celebration of the annual Mass for Migrants on **Monday, 2nd May 2022**, at **2.30pm at Westminster Cathedral**. Banner procession starts at 2pm. The mass will be live streamed. The celebrant is Bishop Michael Campbell OSA. All are kindly invited to attend in person to celebrate the significant contribution made by migrants to the life of our Dioceses.

The annual pilgrimage to the **Shrine of Our Lady of Hartley** in Kent takes place from **3.30pm on Saturday 7<sup>th</sup> May 2022**. The original prayer intention proposed by Pope Benedict

XV when recognising the new title for Our Lady in 2021 was for Peace among the Nations of Europe. Today, such prayer is as appropriate as ever! All are welcome.



**Montacute Road, Morden, Surrey  
SM4 6RL**

**Tel: 020 8648 1846**

**email: [school@st-teresas.merton.sch.uk](mailto:school@st-teresas.merton.sch.uk)**

**Please visit our school website: [www.st-teresas.merton.sch.uk](http://www.st-teresas.merton.sch.uk)**

**Headteacher: Mr. Justin Dachtler**

**Post: School Business Manager**

**Salary and conditions: £46,636 - £49,673 per annum full time (London Borough of Merton Scale ME15 (roughly equal to Outer London scale PO6))**

St Teresa's is a successful, vibrant, values based community where love proves itself through deeds.

We have been Ofsted "Good" rated since February 2012 and enjoy a 5% revenue surplus.

We are an oversubscribed two form entry school with a large Nursery and busy Wraparound provision.

A key challenge in this role will be to maintain pupil numbers against a background of falling birth rates in years three to five. We have a large nursery unit offering both 15 and 30 hour provision. As well as wraparound services.

We are looking to appoint an experienced school business manager to lead our administrative team into our next phase of school development.

This exciting role has become available following the planned retirement of our experienced school business manager at the end of the current academic year. The successful candidate will receive a full handover from the outgoing SBM.

The attached job description and person specification give more details about the post that follows criteria set out in the ISBL professional Standards which you can see [here](#).

Thank you for showing an interest in this post. Our shared values of Love, Trust, Teamwork and Ambition underpin all of our work in school and we are looking for someone who can live these values everyday.

We strongly encourage candidates to visit the school during the school day, before shortlisting where possible. This will enable you to see the school in action and ask any questions you may have about the role.

School visits are available by appointment. Please contact Mr Fahy, our School Business Manager by telephone on 07888 693 467 to arrange a visit.

The closing date for applications is **9 May 2022**.

Interviews will be held during the week beginning **16 May 2022**. We look forward to meeting you!

"Love proves itself by deeds so how am I to show my love?" St Thérèse of Lisieux







The Passage is trying to raise funds over the next three weeks through its Big Give campaign. The campaign called 'It takes more than a house to make a home' focusses on funding the services we provide to people who have been homeless in their journey to being happily settled in a new home. I should be very grateful if you would include the following potential newsletter item in your weekly newsletter for the 2nd, 3rd and 4th weeks of Easter 2022 if possible.

'The Passage, a Catholic charity working with homeless people is raising funds through the Big Give a matched giving scheme until 12.00 noon on Monday 9 May. Every £1 donated online before 12.00 noon on Monday 9 May makes £2 and £2.25 if you are a taxpayer through Gift Aid. Please visit: <https://bit.ly/BigGiveAprilMay22> to support the campaign. The campaign 'It takes more than a house to make a home' focuses on the services we provide to people who have been homeless in their journey to being happily settled in a new home. The Passage would be very grateful for your support. For questions about the campaign or assistance making a donation please ring 020 7592 1856.'

Kind regards

*Andrew*

# *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: £2,965.71

Standing Orders for past week: £166.50 - 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 £2,400 a week (*pre-COVID*). If only half of that was GIFT AIDED, it would mean an extra £300 a week, or £15,600 a year to Parish funds. We are genuinely grateful to those who are Gift-Aiding. If

*giftaid it*  
Making donations go further

you haven't been doing so, please print off a Gift Aid form from the parish website. At the present time the parish income is down about £5,000 each month. Hopefully, when parish life returns to normal, we will soon see these financial worries and concerns disappear.



Thank you to everybody who continues to support the parish through the collection, standing orders, gift aid and dropping in contributions. Online donations have seen an increase recently - A big THANK YOU FOR THOSE DONATIONS coming in via our parish website 'JUST GIVING' - Press the button marked **DONATE**. If you scroll down further, we also say 'Thanks' for your support and other ways you can support our parish. Again, THANK YOU.

#### GIFT AID NOTICE – HAVE YOU COLLECTED YOUR GIFT AID BOX?

# NEW 2022!

## 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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### 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.