

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

Please see the Mass Attendance Protocols below

Confessions after all Masses

Mass Times and Intentions-Year C:

Sunday 19th June - CORPUS CHRISTI

5.30pm Vigil - Our Lady of Lourdes for the Sick & Housebound

7.30am Adoration

9am People of the Parish

11am Mary Whelan RIP 1st Anniversary

Joseph Frederick Birthday Intentions

Monday 20th June

8am Adoration 9.15am Rosary

10am Radi Melstine Machado Birthday Intentions

Tuesday 21st June - St Aloysius Gonzaga, Religious

8am Adoration 9.15am Rosary

10am Fr Robert Ellis RIP

Wednesday 22nd June – SS John Fisher & Thomas More, Martyrs

8am Adoration

9.00am Novena to Our Lady of Perpetual Succour

10am Elizabeth Ejoh's Intentions

Thursday 23rd June - Birth of St John the Baptist

8am Adoration 9.15am Rosary

10am Meghan Despart RIP

Friday 24th June - Feast of Sacred Heart of Jesus

8am Adoration

9am Divine Mercy Chaplet & Rosary 10am Bridget Gomes & Family Intentions

Saturday 25th June – Immaculate Heart of Mary

8am Adoration

5.30pm Vigil - Pauline Bird RIP

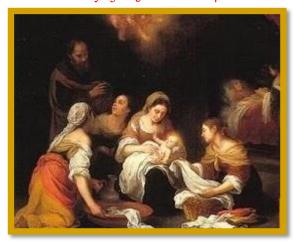
Sunday 26th June – 13th Sunday in Ordinary Time

7.30am Adoration

9am People of the Parish

11am Matthew Ivan Kitandwe RIP

Nativity of St John the Baptist







St Teresa's School, Montacute Road, Morden. Tel No 020 8648 1846 Headteacher; Mr Justin Dachtler. Merton Catholic Deanery 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)

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, Jocyln 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, Jason Sigalas, Reme Mills, Emilia Koharic, Vince & Edna Horwood,
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 June. *May they Rest in Peace and Rise in Glory.*

MARIA READ RIP – Funeral Tuesday 5th July

We offer our sympathy and spiritual support to the family of Maria Reid, please remember her in your prayers. Maria died on Tuesday 31st May and we pray that she is with You now in Heaven with a full heart and an eternal soul.

May Maria Rest In Peace and Rise In Glory.



RECENT DEATH

Now At Rest And Kept In Prayer



Avril Jean Costella RIP Francis Assisi Mendonça RIP

Shirley Johnson RIP Joseph Antony Quintus Rabindran RIP

Dermot Peter Long RIP Lourdes Mary Fatima Jayandradevi Rabindran RIP

Remo Dipre RIP Irene Ward RIP
Alan Frederick Burridge RIP Remo Corsini RIP
Sarah Marie Frost RIP Jonny Purvis RIP
Veronica Gorrod RIP Ann Donaldson RIP

Finbarr Francis Hurley RIP Baby Angelika Hobbs RIP

Lolito Laydia RIP

Michael O'Kelly RIP

Newton Coutinho RIP

Annie Francis RIP

Giovanni Mansini RIP

Joseph Lunn RIP

Anna Darby RIP Norah Mary Williams RIP
Mary Creighan RIP Francisco José Carrasco 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
Eva Sereny RIP
Steven Duggan RIP
Lena McBride RIP
Mary Whelan RIP
Mary Connolly RIP
Kevin Mattimoe RIP
Michael Bourke RIP

Giovanni Corsini RIP Dorothy Gertrude Cleary RIP

Gerry Kirrane RIP Frances Healion RIP
Gay Phillips RIP Douglas Banks RIP
Tony Byrnes RIP Robert Peter RIP
Jane Neyman RIP Dennis Leadley RIP
Christopher O'Byrne RIP Daniel Samuels RIP
Jose Goncalves RIP Michael McAndrew RIP

Sheila Borg RIP Shanti Annette Thesailankaimannan RIP

Theresa Mason RIP
Elaine Goldson-Rhule RIP
Anne Dunne RIP
Teresa Gomes RIP
Patricia Perryman RIP
Lizzie Corcoran RIP

Antonio Costa 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.

DEC – UKRAINE HUMANITARIAN APPEAL

https://www.dec.org.uk/?gclid=Cj0KCQiA64GRBhCZARIsAHOLriLrac5em-topByZ8D5L4luy7Ar6ewj7qJUEO4ahIr5d XnRl3W3Sr4aAux2EALw 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/

FIRST HOLY COMMUNION PARTY

THIS SUNDAY POSTPONED DUE TO WEATHER FORECAST

COME AND CELEBRATE NEXT WEEK!

NEXT Sunday 26th June, we welcome back all the boys and girls who recently made their First Holy Communion – If possible, please dress up again in your special outfits. We will invite you to join us at the 11am Mass and process in with us.

Following Holy Mass **NEXT SUNDAY** we invite you to a special party in your honour.



UKRAINE THANK YOU MESSAGE FROM CAFOD

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CAFOD says a huge thank you for all your support, prayers, and donations for the people of Ukraine. Catholics in England and Wales have donated over £3 million, and this is enabling immediate, practical support – such as the provision of food, clothing, shelter, and transport. Please keep the people of Ukraine and all our brothers and sisters who face daily suffering, in your prayers. Visit cafod.org.uk/UkraineAppeal for more information.

GIFT AID SCHEME - NEW BOX OF ENVELOPES - NOW AVAILABLE

Thank you to all who support our parish with prayer and with their financial commitments. Our new Gift Aid envelopes start this weekend.

Making donations go further We appeal to parishioners who are Tax Payers to join the Gift Aid Scheme, if they have not done so already. By doing so you can help our Parish to reclaim a tax rebate amounting to 25% of the income tax they have already paid on their income. **STANDING ORDER FORMS** will be available for completion by existing and new members who wish to do so. Please contact the Parish Office or have a word with Canon Michael or Deacon Con.

LEGION OF MARY

The Legion of Mary are meeting once again, on Thursday evening 7pm in the Parish Centre.





CONFIRMATION

Elease remember all those who are about to make their Confirmation. Our young parishioners need your support, their families need your support - please pray for them!

3^d July 2pm & 4.30pm

Rehearsal Wednesday 29th June 6.30pm for those being Ponfirmed at 2pm Mass 7.30pm for those being Ponfirmed at 4.30pm Mass

ALL CANDIDATES MUST WEAR MASKS!

FEAST OF SS PETER & PAUL

All parishioners are welcome to come to the Mitcham Annual Outdoor Mass, which will be held on the Cricket Green, Mitcham on Sunday 26th June at 3.30pm. The tradition of holding a public procession and Mass on the Cricket Green has been established for very many years and is a wonderful way for us to publicly proclaim our Faith. It would be useful to bring a fold-up chair with you to use on the Green.

HELP RESIDENTS APPLY FOR COUNCIL TAX REBATE – Saturday 2nd July

Siobhian McDonagh

Member of Parliament for Mitcham and Morden

The Government have recently announced a £150 rebate scheme for households that fall into the council tax bands A-D. For those that pay their Council Tax by Direct Debit there is a very simple automatic process to receiving their rebate, however for people who pay manually via cheque or cash there is a long winded process to apply for this rebate.

This includes uploading multiple documents and access to laptops and the internet. Many of those paying manually may not have access to this and may find it challenging to complete the process and receive the rebate without any help.

As a result of this we want to try and help those people who are paying manually to access the £150 rebate by applying online. On Saturday 2nd of July, we will be holding an event across the constituency in Mitcham and Morden's libraries.

These include:
Pollards Hill Library
Colliers Wood Library
Mitcham Town Centre
Merton Civic Centre Library

We are looking for volunteers who are able to help people complete the process of uploading their documents online, volunteers won't need any prior knowledge as there will be a trained person at each venue to assist. We would be very grateful for any help and support you can give. If there is anyone available in your community who would volunteer to assist residents in need of help on Saturday 2nd July please respond to this email.

We hope to use the council's computers and laptops but we will also be needing volunteers to bring a laptop they may have. At this event we are also looking for anyone who has specialist knowledge of dealing with debt or welfare benefits to help residents who are seeking advice in these challenging financial times.

If anyone in your community is able to volunteer then please respond to this email or you can email siobhain@mmlp.org.uk. You can also call on 0208 542 4835.

"The Society of Friends of Westminster Cathedral

....is seeking a part-time Co-ordinator to assume responsibility for the day-to-day running of the charity. If you have strong interpersonal and organisational skills, coupled with the ability to work on your own initiative to implement the plans and actions determined by the charity's governing Council and its subcommittees, this role may be of interest. You will be a good communicator, able to sustain engagement with our members through personal contact, written and digital channels. In addition to being able to plan and execute a range of fundraising events, you will have a keen eye for detail, enabling you to deliver the exacting level of administrative support needed for a successful membership organisation. Full details at https://westminstercathedral.org.uk/the-friends-seek-an-organising-secretary/"

JUSTICE AND PEACE SPRING ASSEMBLY 2022

Archdiocese of Southwark 2022 Spring Assembly by the Justice and Peace Commission on Saturday **25th June 2022** at St Paul Catholic Church, 103 Maison Dieu Road, Dover, Kent CT16 1RU. Preceded by Mass at 10.00am at St Edmunds Chapel, Priory Road, Dover CT16 1BB. Registration 10.40am. Programme 11am to 4pm. Entitled: Caught in the Act: How do we open a sea of hospitality in a distorted world for people fleeing countries of war, climate and economic disaster, when the Nationality and Borders Act and removal to Rwanda threaten their very being? Plus navigating the challenges to find opportunities in offering safe sanctuary to the people from Ukraine. Keynote speakers from major organisations. Everyone welcome. Entrance is free. Lunch is provided. Donations suggested. Email: jpiccontact@rcaos.org.uk or just turn up on the day. Finishing with a prayer service at the sea front and ice-creams on the beach.





Archdiocese of Southwark

"The family, which is founded and given life by love, is a community of persons." (Familiaris Consortio 18)
Saint Pope John Paul II.

Dear Clergy of Southwark,

This summer we are all invited to spiritually gather as a World Family in Christ to celebrate the joy, love, and glory that is the vocation of family life through The World Meeting of Families (WMF), Wednesday 22nd to Sunday 26th June 2022.

At past meetings most families stayed at home with the meeting perceived as being something remote, at most followed on television, and unknown to the majority of families. This time WMF will have a special format with an opportunity provided by providence to create a worldwide event that can involve all families that would like to feel part of the ecclesial community.

Under the title 'Rome at Home' we will be developing ways to celebrate the gift of family life. In his apostolic exhortation *Evangelii Gaudium* (*The Joy of the Gospel*), Pope Francis speaks about **the importance of parish life**. He refers to Saint Pope John Paul II's description of a parish as "the Church living in the midst of the homes of her sons and daughters" (*Christifideles Laici,26*). We are encouraged and strengthened through our community, while we are formed by the Holy Spirit.

Pope Francis highlights that a parish is called to be the presence of the Church in a community, providing a place where people can hear God's word, grow in discipleship, and extend themselves in love to the poor and needy, bringing families together – a place where we can pray, worship, and celebrate together. (Amorim Laetitia 87,88).

In a 2005 address, Pope Benedict XVI described the parish as an extended family that "brings together brothers and sisters who have no desire for power or selfish interests, but who live in the joy of the charity of God, who is love." It is when we come together at Mass, as a community in Christ, that we see the great variety of families who make up our extended parish family.

It is a special joy when we see young families taking part in the Mass and engaged in the life of the parish. When the babies are crying, or fidgety children are making a noise; these are all signs that the Church is young and alive; a community of young families, mature families, extended families, young and old together.

The world meeting of families will offer a great opportunity to remember those families who have fallen away during the pandemic for whatever reason, reflecting on the recent synodal questions: "Are we aware of those at the edge of our community?" and "Are we welcoming?"

What better way to celebrate the joy of family life, than to embrace the opportunity that is this year's World Meeting of Families, inviting everyone back home to Mother Church to celebrate just as the Father does with the return of the Prodigal Son.

Ways to get involved:

Perhaps use the opportunity provided by national marriage week (May 16-22) to launch your plans for WMF.

- 1. Offer each family a card upon which they can write the names of their families and post it into a box that sits on the Sanctuary. Offer a Mass over the WMF weekend for all those families.
- 2. Share the prayer card with all members of your parish and encourage its use. Perhaps pray it together at the end of the Mass on June 18/19 and 25/26 June the two weekends nearest the WMF.
- 3. Hold a parish picnic to celebrate the joy of family life that coincides with the closing of the WMF, Sunday 26 June. Pope Francis will be delivering a message during the Angelus on that Sunday.

4. Use one of the recordings from the Theological Congress to promote discussion with your parish team about the ongoing development of family ministry within your parish. You can find them here: romefamily2022.com

Why not get your welcomers to encourage the parish, particularly families whose children are preparing for receiving a particular sacrament.

Building up and supporting families doesn't have to stop after June 26! Let us know how we, the Marriage and Family Life Team, can support you.

Please contact us on email: mflse@rcaos.org.uk; mflsw@rcaos.org.uk; mflkent@rcaos.org.uk

Or look on the diocesan website for more information https://www.rcsouthwark.co.uk Registered Charity Number 1173050

DIOCESAN LOURDES PILGRIMAGE

The Southwark Diocesan Pilgrimage to Lourdes will take place between 19th and 26th August. We are sad that, like most Lourdes pilgrimages this year, we have not been able to include pilgrims who need medical support. At the same time, we are delighted to be returning to Lourdes after two years of absence. Details are available at www.tangney-tours.com/pilgrimages/lourdes/catholic-association. Southwark contacts: Canon Ed Perera (edwardperera@rcaos.org.uk) and Bishop Paul Hendricks (paulhendricks@rcaos.org.uk).



Thank you very much. Best wishes, Bishop Paul

LOCAL MET OFFICE NOTICE

I have been asked on behalf of Ravensbury Safer Neighbourhoods Team to make contact with you all in an effort to increase Ravensbury's ability to be in contact with as many residents on the ward as possible.

During these difficult times the neighbourhood officers have had to change many of their normal working practices and community engagement. A halt in community events, visiting school fairs, church events etc has highlighted a need to increase their online presence to still be able to reach as many residents as possible. Each ward holds a mailing list in which your details are held for the purpose of ward officers being able to contact residents directly for an array of reasons. The most prominent reason is to send crime prevention advice, event information and contact session dates (predominantly online at the moment) and their quarterly newsletter. But they also send emails warning about a crime that has happened in your street, targeted appeals for information about suspicious activity, appeals for volunteers for community workshops, clean up days, speed check days and many other reasons specifically related to Ravensbury.

If you would like to be added to Ravensbury SNT mailing list please email the team Ravensbury.snt@met.police.uk and they will be in contact with you.

Ravensbury Safer neighbourhood team are:

PC Stephan Gomeze

PCSO Tracy Whayman

The contact number for the ward is 0208 721 2725 and the email as above. You can also follow the ward on twitter @MPSRavensbury

Thank you all, I really hope we can reach many more people this way. Kind Regards

Tracy
PCSO Tracy Whayman 7230SW
Ravensbury SNT
Mitcham Police Station
Cricket Green
Mitcham
CR4 4LA

Email:- Ravensbury.Snt@met.police.uk

Telephone:- 020 8721 2725 Non emergency:- 101 In any Emergency requiring immediate Police assistance, always dial 999

Follow us:-

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Summertime 2022



Altar Servers Summer Break



Tuesday 2nd- Friday 5th August Oratory School, Reading

A few days for boy and girl altar servers aged 11-17 of the Archdiocese of Southwark. Talks, discussion, prayer, daily Mass, sport, Thorpe Park visit and swimming.

Holy Mass with Archbishop John Wilson Coaches depart from St Anselm's, Dartford & St Bede's, Clapham Park.

> Cost £199 Cost includes accommodation, swimming and Thorpe Park.

Ask your parish priest for a form or download from the website: www.stanselmsdartford@wordpress.com

More details from Fr. Stephen Boyle, Chaplain to the Guild of St. Stephen. Tel: 01322 220075 email:

dartford@rcaos.org.uk

APPLICTION FORMS IN THE SACRISTY

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: £807.97

Standing Orders for past week: £291.50 - Thank you.

During the current situation, we would like to say a huge THANK YOU to the **offerings** 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 <u>standing order</u>, which can be arranged through your bank, or by using the <u>DONATE</u> 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 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?

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.

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 Communio

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.