



# 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 11<sup>th</sup> September 24<sup>th</sup> Sunday In Ordinary Time – EDUCATION SUNDAY**

- 5.30pm Vigil – Blanka Laszlo RIP
- 9am Antonyjohnson Family - In Thanksgiving
- 11am People of the Parish

### **Monday 12<sup>th</sup> September – The Name of the Most Blessed Virgin Mary**

- 9.15am Rosary
- 10am Joseph & Lena McBride RIP

### **Tuesday 13<sup>th</sup> September – St John Chrysostom, Bishop, Doctor**

- 9.15am Rosary
- 10am SS Joseph & Padre Pio – In Thanksgiving

### **Wednesday 14<sup>th</sup> September – Exaltation of the Holy Cross**

- 9.00am Novena to Our Lady of Perpetual Succour
- 10am Jackie Gaine's Intentions

### **Thursday 15<sup>th</sup> September – Our Lady of Sorrows**

- 9.15am Rosary
- 10am Iryna Kashtelyan RIP

### **Friday 16<sup>th</sup> September – St Cornelius, Pope, Martyr & St Cyprian, Bishop, Martyr**

- 7am Adoration
- 9am Divine Mercy Chaplet & Rosary
- 10am Siobhan Conway RIP
- Holy Souls

**Joined by the pupils of St Teresa's Primary School**

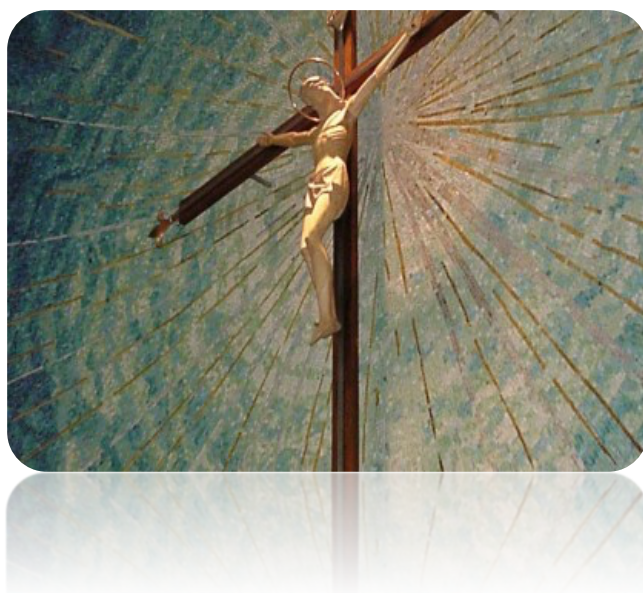
### **Saturday 17<sup>th</sup> September**

- 7am Adoration
- 5.30pm Vigil – Those at Rest in Local Cemeteries
- Patrick Diver RIP

### **Sunday 18<sup>th</sup> September - 25<sup>th</sup> Sunday in Ordinary Time**

#### **Evangelii Gaudium (Home Mission) SUNDAY**

- 7.00am Adoration
- 9am People of the Parish
- 11am Joseph Peter RIP 25<sup>th</sup> Anniversary
- Leona Rawson RIP



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)**

## **Queen Elizabeth II Requiescat in Pace**



We pray for the repose of the soul of Her Majesty Queen Elizabeth II.

We do so with confidence, because the Christian faith marked every day of her life and activity. This faith, so often and so eloquently proclaimed in her public messages, has been an inspiration to many. The wisdom, stability and service which she consistently embodied, often in circumstances of extreme difficulty, are a shining legacy and testament to her faith.

Our prayer is that she is now received into the merciful presence of God, there to be reunited with her beloved Prince Philip. This is the promise of our faith, and our deep consolation.

Queen Elizabeth II will remain, always, a shining light in our history. May she now rest in peace. We pray for His Majesty the King, as he assumes his new office even as he mourns his mother. God save the King.

### **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, 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.*

### **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

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



Jose Goncalves RIP  
Sheila Borg RIP  
Theresa Mason RIP  
Elaine Goldson-Rhule RIP  
Teresa Gomes RIP  
Patricia Perryman RIP  
Antonio Costa RIP

Michael McAndrew RIP  
Shanti Annette Thesailankaimannan RIP  
Mark Ryan RIP  
Anne Dunne RIP  
Patricia Kiely RIP  
Lizzie Corcoran 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.*

## **DEC – UKRAINE HUMANITARIAN APPEAL**

[https://www.dec.org.uk/?gclid=Cj0KCQiA64GRBhCZARIsAHOLriLrac5em-topByZ8D5L4luy7Ar6ewj7qJUEO4ahr5d\\_XnRI3W3Sr4aAux2EALw\\_wcB](https://www.dec.org.uk/?gclid=Cj0KCQiA64GRBhCZARIsAHOLriLrac5em-topByZ8D5L4luy7Ar6ewj7qJUEO4ahr5d_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/>

## **LEGION OF MARY**

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



## **EDUCATION SUNDAY**

Education Sunday is marked this year on 11 September - just after the new academic year starts. The theme for 2022 is 'enlightening the mind', taken from Ephesians 1:17-18. (*Second Collection today for Education Sunday*) [https://www.cbcew.org.uk/education-sunday/?utm\\_source=Newsletter&utm\\_medium=Email&utm\\_campaign=Newsletter+Aug+2022](https://www.cbcew.org.uk/education-sunday/?utm_source=Newsletter&utm_medium=Email&utm_campaign=Newsletter+Aug+2022)

Churches Together in England (CTE) rightly describes teaching and studying as "demanding and privileged callings" and Education Sunday gives us the opportunity to give thanks to God for all who teach and all who study, for all who continually have to find the right words and deliver them with enthusiasm and graciousness. On 11 September, we pray that God will fortify those working to make our schools places of learning and sanctuary – not just teachers and leaders but all the



support staff whose tireless work sometimes goes unnoticed. We pray for all our primary and secondary pupils – particularly school leavers who have had such a difficult journey in recent times – not to mention students in higher education and vocational training.

**Message to Catholic Schools for Education Sunday 2022 from Bishop Stock**

<https://www.cbcew.org.uk/message-to-catholic-schools-for-education-sunday/>

**POPE FRANCIS BEATIFIES JOHN PAUL 1: *May he obtain for us the 'smile of the soul'***

Pope Francis presided over the beatification Mass of Pope John Paul I on Sunday 4<sup>th</sup> September, recalling how his smile communicated the goodness of the Lord. He encouraged everyone to learn from the Lord on how to love without limits and be a Church with a happy, serene and smiling face, that never closes doors.

**EVANGELII GAUDIUM SUNDAY**

The Third Sunday in September, formerly called Home Mission Sunday, is now Evangelii Gaudium Sunday. Named after Pope Francis' first (solo) Apostolic Exhortation on the Joy of the Gospel, the day offers the Catholic community in England and Wales the opportunity to celebrate the beauty of our faith and our commitment to witness to the fullness of life in Christ.

[https://www.cbcew.org.uk/what-is-evangelii-gaudium-sunday/?utm\\_source=Newsletter&utm\\_medium=Email&utm\\_campaign=Newsletter+Aug+2022](https://www.cbcew.org.uk/what-is-evangelii-gaudium-sunday/?utm_source=Newsletter&utm_medium=Email&utm_campaign=Newsletter+Aug+2022)

## **MESSAGE FROM THE BISHOPS OF ENGLAND AND WALES**



*SER Mons. Gintaras Grusas, President of CCEE, proposes day of prayer for Ukraine across the continent of Europe on 14 September 2022. It is hoped that there will be a period of Eucharistic Adoration in the Cathedral on that day. Parish churches and shrines are also invited to host a Holy Hour.*

# **Saint Teresa's Parish will be holding their day of Adoration for Ukraine on Saturday 17<sup>th</sup> September 7am – 11am**

## **NATIONAL VIRGIN STATUE OF OUR LADY OF FATIMA**

The National Virgin statue of Our Lady of Fatima will be brought to SS Peter and Paul Catholic Church, Cranmer Road, Mitcham on 17th September 2022, and will leave after the 11.30 Mass on the 18th. The procession along with the relics of SS Francisco and Jacinta will begin at 1.30 pm. The program will go the whole day and day 1 will end with the Holy Eucharist at 6.30 pm. Day 2 will begin with the Holy Eucharist at 8 am and will end after the Mass at 11.30. You are welcome to take part in this great event and see the beautiful National Pilgrim Virgin Statue of Our Lady of Fatima with the relics of Saints Jacinta and Francisco.



To all those who wandered away on holiday and all the children and staff to St. Teresa's School we welcome you back. Welcome, also, to any new arrivals who are here for the first time. May the days ahead be blessed.

## **LONDON MARATHON IN MEMORY OF JOE LUNN**

On 2 October, two of our parishioners will be taking part in the London Marathon, in memory of Joe Lunn. Dave, Joe's dad and Laura McGowan, one of our senior altar servers, will be part of the team raising funds for Rays of Sunshine. Rays grant wishes to poorly children and young people and continue to be very supportive of the Lunn family. Joe himself raised over £40000, giving back to the charity that supported him. If you are able, please consider donating to Laura's fundraising efforts, so that as many people as possible can benefit from a wish.

Dave and Laura might also need a prayer or two! Please click here:

<https://www.justgiving.com/fundraising/laura-mcgowan19> to donate. Thank you so much.

## **PARISH WALK IN FIELD – CAFOD FAMILY FAST 2022**



Family fast day is on 7 October and many of you kindly do without to donate money to CAFOD. In addition we invite you all to join in our parish walk round the field on 9 October after the 11am Mass to raise money for East Africa. Please try to get sponsored. This year CAFOD is concentrating its efforts on the drought ridden areas of northern Kenya, Ethiopia, and South Sudan where there have been four years of unbearable drought. 20 million people are fighting for survival. Let's help them. Refreshments and a chance 'to have a chat' will be available in the parish hall after. Many thanks for your generosity.

## **RELICS OF ST BERNADETTE**



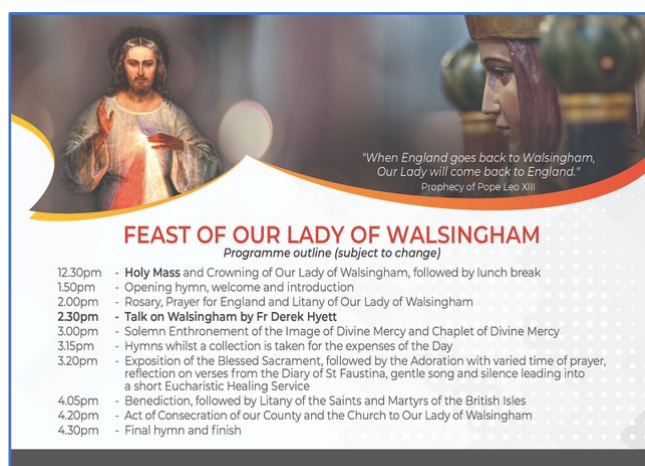
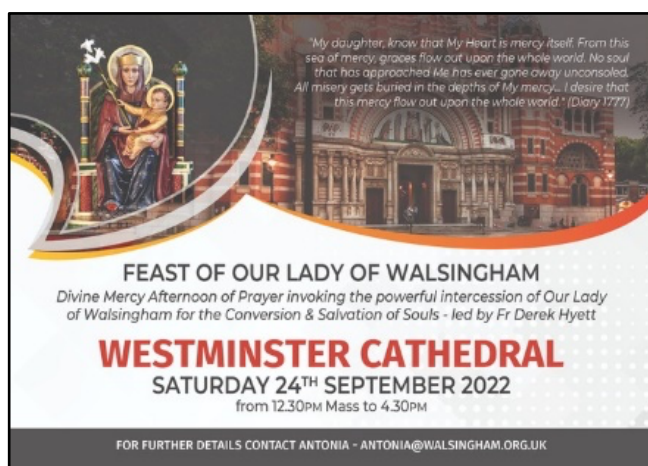
In September and October this year, the relics of St Bernadette will journey on pilgrimage to England, Scotland, and Wales for the very first time. This very special once in a lifetime event will provide an opportunity for people of all ages and backgrounds to experience the special gifts and charisms of

Lourdes, in a church or cathedral near them. St Bernadette Relic Pilgrimage Tour might be displayed in parishes and schools. The relics are due to visit **St George's Cathedral** from the morning of **Wednesday 19 October** until the morning of **Friday 21 October**; they will also visit **Aylesford** from **Monday 24 October** until **Friday 28 October**. Please consult the website of each venue for further details as you will need to register to attend.

<https://stbernadette.org.uk/registration/> Full tour starts 2<sup>nd</sup> September in Diocese of Westminster

## The Feast Day of Our Lady of Walsingham

Afternoon of Prayer in Westminster Cathedral - Saturday September 24th 2022 which starts with the 12.30am Mass. A day of intense Intercessory Prayer to plead for the salvation of souls and for the peace of nations.



**DBS FOR VOLUNTEERS** As you will be aware most volunteers who support the church need to complete a safeguarding check, this comes in the form of a DBS which is conducted every 3 years. We are in the process of auditing our volunteers to see who needs a new DBS, those who require a new one will receive an email in the next week or so. **Please check your email** account and if you have received an email then complete the online application form and book an appointment with our parish office so we can take copies of your identity documents. More information will be provided soon, but in the meantime if you have any queries please contact Adrian on [mordensg3@safeguardraos.org.uk](mailto:mordensg3@safeguardraos.org.uk)

## ST RAPHAEL'S WELLBEING CENTRE

Have you been diagnosed, or are you caring for someone with a life-limiting, progressive or chronic illness or are you recently bereaved? If the answer is yes, please contact **St Raphael's Wellbeing Centre**.

The Wellbeing Centre does not offer clinical support. We are here for social, therapeutic and advisory support for the residents of Merton and Sutton, over the age of 18. You do not need to be under the clinical care of the Hospice to be able to attend. Your medical care will remain with your GP or Clinical Team. We can however provide invaluable social support.

Come along to our bright, modern centre based in St Bede's Conference Centre located in the same grounds as St Raphael's Hospice. Our sessions are fun and friendly. We are open for morning and afternoon activities on Tuesdays, Wednesdays and Thursdays. Our sessions are designed to empower you to live well with your diagnosis, offer peer support, promote independence and offer respite and relaxation. The services are free of charge although donations are most welcome.

The morning sessions run from 10am until 12:30pm and includes a light lunch.  
The afternoon sessions run from 1:30pm until 3:30pm with refreshments.

Our current sessions include:

*Tuesday morning: Art & Crafts*

*Tuesday afternoon: Music Appreciation*

*Wednesday morning: Living Well Programme – a series of talks on different topics*

*Wednesday afternoon: Armchair Yoga/Breathing & Relaxation*

*Thursday morning: Coffee & Crafts*

*Thursday afternoon: Men's Den and Ladies Afternoon Tea*

If you would like to find out more about our sessions or would like to come in and have a look around our Centre then please call our Wellbeing Centre Team on **020 8099 1722** or email us on

[wellbeingcentre@straphaels.org.uk](mailto:wellbeingcentre@straphaels.org.uk).

[You can also visit our website for further information www.straphaels.org.uk/wellbeing-centre](http://www.straphaels.org.uk/wellbeing-centre)

If you, or anyone you know may benefit from our services, please contact us.

**St Raphael's Wellbeing Centre**

**St Bede's Conference Centre**

**London Road, Cheam, SUTTON SM3 9DX**

**0208 099 1722      Registered Charity No: 1182636**

# *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

### THIS WEEK: Second Collection for Education Sunday

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 £2,400 a week (*pre-COVID*). If only half of that was GIFT AIDED, it would mean an extra £300 a

*giftaid it*  
Making donations go further

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.

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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.