



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 18th September - 25th Sunday in Ordinary Time – Evangelii Gaudium Sunday

(Home Mission Sunday)

- 5.30pm Vigil – Those at Rest in Local Cemeteries
Patrick Diver RIP
- 7.00am Adoration
- 9am Joseph Peter RIP 25th Anniversary
William Mackintosh RIP
- 11am People of the Parish

Monday 19th September

- 7am Adoration
- 9.15am Rosary
- 10am Fr Joseph Kaipallil RIP
Pamela & Michael Vankat – In Thanksgiving

Tuesday 20th September – SS Andrew Kim Taegon & Companions,

- 7am Adoration **Martyrs**
- 9.15am Rosary
- 10am Clency Nonchalante RIP
Elvina Fernandes Intentions

Wednesday 21st September – St Matthew, Apostle, Evangelist

- 7am Adoration
- 9.00am Novena to Our Lady of Perpetual Succour
- 10am Gerry Fernandes RIP
Vincent Giblin RIP

Thursday 22nd September

- 7am Adoration
- 9.15am Rosary
- 10am Holy Souls
Pius & Francisca Muorah's Intentions

Friday 23rd September – St Padre Pio of Pietrelcina, Priest

- 7am Adoration
- 9am Divine Mercy Chaplet & Rosary
- 10am Albert Martins RIP
Leona Rawson RIP

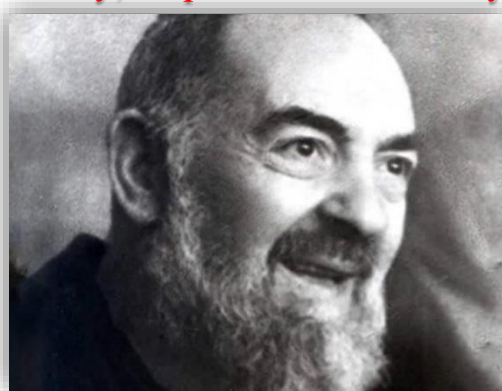
Saturday 24th September- Our Lady of Walsingham

- 7am Adoration
- 5.30pm Vigil – Deirdre Wilson's Welfare

Sunday 25th September - 26th Sunday in Ordinary Time – The Harvest

- 7.00am Adoration
- 9am People of the Parish
- 11am Deceased Members of the Lyons Family RIP

Pray, Hope and Don't Worry



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)**

Thank You, Your Majesty!

At Saint Teresa's we have been one with our nation in prayer in its grief as we mourn the death of Queen Elizabeth. Our hearts beat with thanks for her life of witness. We are forever grateful that her long reign was richly blessed. Her words and actions spoke volumes of her love as a servant of the people. She was the Mother of Our Nation and a living page of the gospel. She will be missed.

As we grieve her loss we also pray for our new King – Charles III as he embarks on a journey of service. We wish him well and will keep him and his family in our prayers.

PARISH SICK AND HOUSEBOUND

Dear friends we send each of you assurance of spiritual support. I have visited many of you recently and anointed you and blessed your home.

From our Altar and the prayers of our Masses

May the Compassion of Christ enfold you

The peace of Christ engulf you

The grace of Christ sustain you

The Spirit of Christ renew you

The power of Christ make you whole.

May the Mother of our Parish family watch over you and bless those who care for you.

Amen.

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, Jason Sigalas, Reme Mills, Emilia Koharic, Vince & Edna Horwood,
Baby Morse Dannatt, 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!

MAY THEY REST IN PEACE AND RISE IN GLORY

Remember, Lord, those who have died and have gone before us marked with the sign of faith, especially those for whom we now pray;



Avril Jean Costella RIP
Shirley Johnson RIP
Dermot Peter Long RIP
Remo Dipre RIP
Alan Frederick Burr ridge 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
Antonio Costa 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
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. Paul Gibbons RIP
Fr. Malachy Steenson CP, RIP

Fr. Richard Diala RIP
Fr. Michael Boland RIP
Fr. Robert Copsey SOLT RIP
Deacon Vincent Bowgett RIP
Monsignor Edward Hill RIP
Fr. John Hartley RIP

Fr. Antony Logan RIP
Fr. Denis Paul RIP
Deacon Alan Bond RIP

Fr. Gordon Thompson RIP
Deacon Michael Baldry RIP
Deacon Vincent Bowgett RIP

May these, whom we have known and loved and all who sleep in the peace of Christ, find in your presence, light, happiness and peace.

Amen, Amen.

DEC – UKRAINE HUMANITARIAN APPEAL

https://www.dec.org.uk/?gclid=Cj0KCQiA64GRBhCZARIsAHOLrIrac5em-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/>

LEGION OF MARY

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



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

PAKISTAN SPECIAL APPEAL & EDUCATION SUNDAY

Thank you for your support with the Pakistan Special Appeal, we raised £326.60.

Education Sunday, last Sunday we also raised £363.61, many thanks for your generosity.

SCHOOL FORMS SIGNING

School Application Forms for Secondary Schools will be signed on the following dates and times:

Tuesday 20th September 8:45am – 9:45am and 11:00am – 12:00pm and 2:45pm – 3:45pm

Thursday 22nd September 9am – 9:45am and 11:00am – 12:00pm and 3:00pm - 4:00pm

Friday 23rd September 11:00am – 12:00pm and 2:45pm – 3:30pm

Saturday 24th September 10:00am – 11:00am



Wimbledon College

1892 – 2022

130 Years of forming individuals for others

We welcome prospective parents and pupils
for admission into Year 7 in September 2023 to our

OPEN EVENING

on
Thursday 29th September 2022

5.30pm – 8.30pm

The Headteacher will give a number of talks during the evening.
Tours will take place throughout the evening. Last tours at 7.30pm.

Open Mornings:
For current Year 6 pupils only. By appointment only.
Monday 3rd – Wednesday 5th October 2022, 9.00am

'Wimbledon College is an outstanding school'

*'The Jesuit vision permeates throughout the College' and
'pupils are fiercely proud of being part of this community'*

Diocesan Inspection July 2015

*A Jesuit school founded in 1892 for improvement in living and learning
to the greater glory of God and the common good*



Edge Hill, London, SW19 4NS
www.wimbledoncollege.org.uk
020 89462533





Ursuline Preparatory School Wimbledon

A Roman Catholic Independent Preparatory School
for Girls aged 4 to 11 and a Coeducational Nursery



'The quality of the pupils' academic and other achievements is excellent'

ISI Inspection May 2019

- Strong Ursuline Ethos
- Non-selective by choice
- Excellent ISI Inspection Report
- New ICT Suite and Theatre & Dance Studio
- Strong All Inclusive Sporting Programme
- Full 11+ Preparation Programme
- Outstanding Academic, Sport, Drama & Musical Success
- Wrap around Care, 8:00am to 5:45pm

Continued 11+ Success

Offers and Scholarship Awards 2022

11	Surbiton High*
10	Notre Dame*
10	Sutton High*
5	Wimbledon High
4	Putney High
3	Marymount*
3	Emanuel
2	St Theresa's*
2	Godolphin & Latymer
1	St Pauls
1	Guildford High
1	Lady Eleanor Holles
1	City of London
1	Kingston Grammar

* indicates scholarships offered

**25% achieved scholarships for
Academic, Art, Dance, Music
and Sport.**

Please join an Open Event to find out more:

Wednesday 12th October 2022, 9:30am

Sign up at: www.ursulineprep.org/admissions/open-events

CALLED TO PROTECT

First of all, a word of sincere thanks to Anne-Marie Mendonça who has recently stepped down as Parish Lead on Safeguarding. We now have a new team in place.

Our new Parish Safeguarding Lead is Adrian Sherriff and his new team are excellent, gifted and trustworthy. Our Diocese and our parish family of Saint Teresa's, Morden takes SAFEGUARDING SERIOUSLY.

As the Parish Priest, with the full support of our Parish Pastoral Council. I am committed to fostering a safe environment for our Parish Family.

Sexual abuses of the past done by a number of clergy and others **MUST NEVER BE REPEATED**. We must ensure to the best of our ability that our parish and its ministries offer a safe environment to all, particularly to children and vulnerable adults such as the sick, elderly or disabled. For this reason, strong abuse prevention policies and protocols are in place throughout the archdiocese to support and ensure helpful and safe environments within all our Catholic programmes, ministries, parishes and institutions. These policies and protocols are reviewed regularly by the Archbishop Diocesan Trustees and working with agencies outside of the Diocese can be found on the Archdiocese of Southwark website – *Safeguarding*.

In recent months we have been contacting our parish volunteers to update our parish records and carry out up to date checks. Thank you, for your full support. The Safeguarding Team are grateful for your speedy response. We value your help and commitment to the life of our Parish.

The mistakes of the past have caused great pain, but they also offer us an opportunity to work for change in exercising our responsibility for the care of children, vulnerable people and each other. We pray for guidance from the Holy Spirit so that we will always be diligent in answering the call to protect.

The Parish Safeguarding Team

Adrian Sherriff – Parish Safeguarding Lead

Stephen Smith – Parish Safeguarding Representative (PSR)

Linda Sam-Yorke - Parish Safeguarding Representative (PSR)

Elizabeth Coutinho - Parish Safeguarding Representative (PSR)

DBS Application – (Disclosure Barring Service)

CSSA – Catholic Safeguarding Standards Agency

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

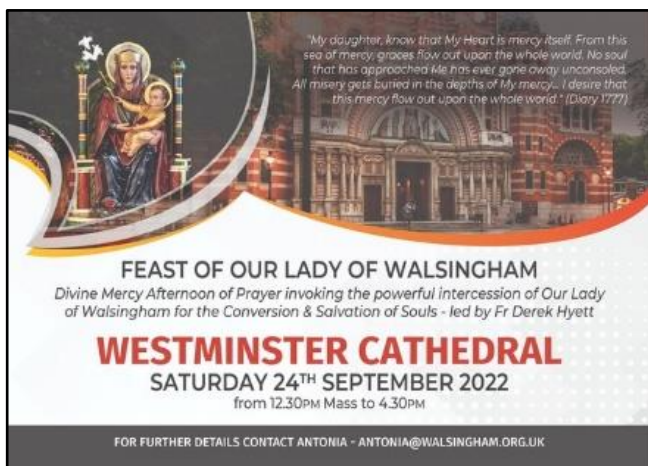


In September and October this year, the relics of St Bernadette will journey on pilgrimage to England, Scotland, and Wales for the very first time. This very special once in a lifetime event will provide an opportunity for people of all ages and backgrounds to experience the special gifts and charisms 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 2nd 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

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.

[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

LONDON JESUIT COURSES

New Courses from the London Jesuit Centre September 2022

- School of Ignatian Prayer
- Prayer from Scratch
- Spiritual Conversation
- Voices from the Margins

For further details see our website:

londonjesuitcentre.org

- From Jesus to Christ
- Catholic Teaching on Family
- God and Suffering
- New Testament Greek
- The Gospel of Matthew
- Laudato Si' politics, theology +

020 7529 4844

ljc@jesuit.org.uk



**LONDON
JESUIT
CENTRE**

londonjesuitcentre.org
114 Mount Street
London W1K3AH
ljc@jesuit.org.uk

All are welcome to join us in our online and in person
courses and retreats

Courses starting September 2022

School of Prayer
Church teaching on The Family
Learn New Testament Greek

From Jesus to Christ
God and Suffering
The Gospel of Matthew

ADVENT SPECIAL

ALL YOUNG PEOPLE ARE WELCOME
ST. TERESA'S YOUTH

ADOREMUS TE



Starting with 7pm Mass

There is no better way to show our love to the Lord!

ADOREMUS TE

Adoremus Te nights involve music, adoration and
confession

THIS IS DEFINITELY A YOUTH FAVOURITE!

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: £1,296.16

SECOND COLLECTION TODAY: Home Mission – Catholic Agencies



PAKISTAN SPECIAL APPEAL & EDUCATION SUNDAY

Thank you for your support with the Pakistan Special Appeal, we raised £326.60.

Education Sunday, last week we also raised £363.61, many thanks for your generosity.

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 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.