



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 9th October - 28th Sunday in Ordinary Time – Prisoner Week

- 5.30pm Vigil – Brigida Fernandes' Intentions
Margaret McDonald RIP
- 7.00am Adoration
- 9am People of the Parish
- 11am For Divorced & Separated
Mario Gomes RIP

Monday 10th October – Votive, Our Lady of Madhu

- 7am Adoration
- 9.15am Rosary
- 10am Patricia Salter
Mary & Leslie Gell RIP

Tuesday 11th October – Votive, Our Lady of Velankanni

- 7am Adoration
- 9.15am Rosary
- 10am Michael Hinton RIP
Parish Musicians & Choirs

Wednesday 12th October – Votive, Holy Family

- 7am Adoration
- 9.00am Novena to Our Lady of Perpetual Succour
- 10am Ken Clarke RIP
The Mendonça & Beard Families

Thursday 13th October – St Edward the Confessor

- 7am Adoration
- 9.15am Rosary
- 10am Nkeiru Ogumba'S Intentions
Clarence Gomes RIP

Friday 14th October – Votive, The Holy Souls

- 7am Adoration
- 9am Divine Mercy Chaplet & Rosary
- 10am Fr Joseph Kaipallil RIP
November Deceased List

Saturday 15th October – St Theresa of Avila, Virgin, Doctor

- 7am Adoration
- 5.30pm Vigil – James Kirrane RIP
Purissima Callet RIP

Sunday 16th October - 29th Sunday in Ordinary Time

- 7.00am Adoration
- 9am Deceased Members of the Brennan Family
A.Mary Joseph RIP
- 11am People of the Parish

St Theresa of Avila
1515 - 1582



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)**

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 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, Joclyn 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 Burrige RIP
Sarah Marie Frost RIP
Veronica Gorrod RIP
Finbarr Francis Hurley RIP
Lolito Laydia RIP
Michael O'Kelly RIP
Newton Coutinho RIP
Anna Darby RIP
Mary Creighan RIP
Michael Joseph Nihill RIP
Gerald O'Toole RIP
Sarah Hedy Connolly RIP
Sotelo Cabrera RIP
Noel Ryan, RIP
Michael Scott RIP
Anna-Maria Fantocchi RIP
Giovanni Corsini RIP
Gerry Kirrane RIP
Gay Phillips RIP
Tony Byrnes RIP
Jane Neyman RIP
Christopher O'Byrne RIP
Jose Goncalves RIP
Sheila Borg RIP
Theresa Mason RIP
Elaine Goldson-Rhule RIP
Teresa Gomes RIP
Patricia Perryman RIP
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	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
Fr. Paul Gibbons RIP	Monsignor Edward Hill RIP
Fr. Malachy Steenson CP, RIP	Fr. John Hartley RIP
Fr. Antony Logan RIP	Fr. Gordon Thompson RIP
Fr. Denis Paul RIP	Deacon Michael Baldry RIP
Deacon Alan Bond 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.

BISHOP HOWARD GEORGE TRIPP RIP



It is with sadness that we learn of the death of Bishop Howard Tripp. Known to thousands of parishioners throughout Southwark and friend to all of us at St Teresa's. We thank God for his years of Service to Southwark Diocese.

May Bishop Tripp Rest in Peace and Rise in Glory!

MARY JURKIEWICZ RIP

Our prayers and spiritual support reach out to Eileen Thompson and her family as they grieve for the loss their sister Mary. Mary died on 29th September and we pray for her soul and the comfort for all those who mourn her loss. Her funeral will be held on **Tuesday 25th October at 12.30pm** at St Teresa's Church.

May Mary Rest in Peace and Rise in Glory!

JUNE ROSE O'BRYNE RIP

June passed away on the 18th September and we remember the family at this time, especially her daughter Angela Dalley. Her funeral will take place at **North East Surrey at 11.20am on Monday 24th October.**

May June Rest in Peace and Rise in Glory!

PAT MCMANUS RIP

Please pray for the soul of Pat McManus who started his Eternal Journey surrounded by his wife and family. We pray that the Holy Spirit may comfort and strengthen his wife Bernadette, his family and friends at this time.

May Pat Rest in Peace and Rise in Glory!

DEC – UKRAINE HUMANITARIAN APPEAL

https://www.dec.org.uk/?gclid=Cj0KCQiA64GRBhCZARIsAHOLriLrac5em-topByZ8D5L4luy7Ar6ewj7qJUEO4ahr5d_XnRI3W3Sr4aAux2EALw_wcB

CAFOD (same one DEC fundraising)

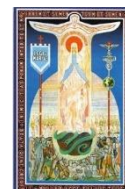
<https://cafod.org.uk/News/Emergencies-news/Ukraine-crisis>

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.



CHOIR PRACTICE



Choir practice and will take place on Thursday evenings in the Church 7pm-8p.

FOR THOSE WHO ARE THINKING ABOUT BECOMING CATHOLIC

You are invited to an Enquires Meeting in the Parish Office on Thursday 27th October 6.30pm.

MESSAGE FROM BISHOP JOHN WILSON

Dear Brothers and Sisters



Archdiocese of Southwark

BISHOP HOWARD TRIPP RIP

Whilst it is with sadness, it is also in the light of the Lord Jesus, our Life and Resurrection, that I write to inform you of the death of our dear friend and brother, Bishop Howard Tripp, who completed his long and fruitful earthly pilgrimage yesterday.

Bishop Howard was born in Croydon on 3rd July 1927, and attended the John Fisher School in Purley. Following formation at St John's Seminary, Womersley, Bishop Howard was ordained priest on 31st May 1953 at St Gertrude's Church, Croydon by Archbishop Cowderoy.

Bishop Howard's first appointment was at Blackheath, followed by a curacy at Our Lady Queen of Peace, East Sheen from 1956-1962 before becoming parish priest there from 1965-1971. Aged 38, he was the youngest parish priest in the Southwark Diocese. During his time at East Sheen, Bishop Howard was appointed Diocesan Covenant Organiser (1958) and Assistant Diocesan Financial Secretary (1962). He held both posts until 1968. From 1971-1980, Bishop Howard served as the Director of the Southwark Children's Society.

On 30th January 1980, Bishop Howard was ordained Bishop of the titular see of Newport and Auxiliary Bishop of Southwark by Archbishop Michael Bowen, with responsibility for the South-West Pastoral Area. He served in this position until his retirement on 7th January 2004.

In more recent years, Bishop Howard has been cared for graciously by the Little Sisters of the Poor, and was a much-loved member of the community there.

Let us entrust his soul to the intercession of the Mother of the Lord Jesus who is our Mother, too. Let us pray that she will welcome him and introduce him into a heavenly inheritance where he will enjoy for ever the fullness of peace.

With an assurance of my prayers and blessing

Yours sincerely in Christ

+John

PARISH WALK IN FIELD – CAFOD FAMILY FAST 2022

Family fast day was 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 today **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.



CONGRATULATIONS Mr & Mrs BEARD!

May God bless the happy couple Sarah Mendonça & Joshua Beard who were married at St Teresa's last week. Sarah has been part of St Teresa's family her whole life and we wish them every joy and happiness in the years ahead.



FIRST HOLY COMMUNION CLOTHES – CAN YOU HELP?

Do you have any unwanted First Holy Communion clothes? If so, are you able to donate them to a charity looking after Ukrainian Refugee families in the UK. Please bring items, for both girls and boys, to the parish and mark them First Holy Communion.



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

ALTAR SERVERS

Training Sessions for November & December 2022 **2.30pm to 3.30pm**

For those who wish to become Altar Servers there is now a training course arranged for November. Children must attend all five sessions in order to enrol. There will be consent forms available for parents to sign giving permission regarding live streaming. The training sessions will take place on a Saturday between 2.30 – 3.30pm at the Church.

Training Dates are as follows:-

Saturday 5th November 2.30pm – 3.30pm

Saturday 12th November 2.30pm – 3.30pm

Saturday 19th November 2.30pm – 3.30pm

Saturday 26th November - NO SESSION

Saturday 3rd December 2.30pm – 3.30pm

Saturday 10th December 2.30pm – 3.30pm



All sessions MUST be completed by new Altar Servers.

Flame 2023

In this film, Cardinal Vincent Nichols speaks to two young people who have been to Flame Youth Congress events in the past – Nnaemeka Anyamele and Grace Parker. He gets to the heart of why so many young people gather together for prayer, worship, outstanding music from award-winning artists, and why it's a day not to be missed. To watch the Youtube promo goto:

<https://www.youtube.com/watch?v= HKvdbJ1PIE>



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@safeguardrcaos.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

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

UNIVERSE CATHOLIC WEEKLY

The Universe Catholic Weekly

Is true to its mission of being "a light to guide the world, and a mirror to reflect it" Keeping Catholics informed about their faith, and bringing them ever closer to God. In order to keep our high standard going and maintain a strong weekly Catholic voice at a time when it is much needed in the world, please consider taking out a subscription.

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We invite you to submit articles/news and celebrations about your local parish activities

Please see link below for this week's Universe Catholic Weekly.

<https://mailchi.mp/6cef9ec133d6/your-catholic-universe-digital-edition-13686208>

ADVENT SPECIAL

(Fridays in Advent)

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

BETTER MARRIAGE

Dear husband and wife,

Here is an opportunity to attend an online Building a Better Marriage course from 9am - 1pm on Saturday October 22. It means that you can attend from your own living room and there is no group sharing. This course is for couples with average or good marriages who would like to make them better. More details: mflkent@rcaos.org.uk or telephone 07913 904 997.

MARRIAGE PREPARATION PRESENTERS

Job vacancy: a married couple, both being practising Catholics, to present 6 courses a year in various locations in South London and Kent, as well as providing cover in case of colleagues' illness.

Salary: £30,000 pro rata (£7,000) for the couple. Mileage paid in addition. All training given.

For full job description and further details, please contact liamgallagher@rcaos.org.uk

Closing date for applications: October 14

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: £869.09 Thank You!
SECOND COLLECTION NEXT WEEK: Cafod



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.