



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 6th November – 32nd Sunday in Ordinary Time

- 5.30pm Vigil - Rev. Brendan Byrne's Deceased Parents (F.M.)
- 7.00am Adoration
- 9am Rev. Brendan Byrne's Brothers & Sisters (F.M.)
- 11am People of the Parish

Monday 7th November - Dedication of St George's Cathedral

- 7am Adoration
- 9.15am Rosary
- 10am Requiem Mass for Queen Elizabeth II & Prince Philip RIP and November Deceased List Holy and Souls

Tuesday 8th November - Votive of St Michael (Guardian of Purgatory)

- 7am Adoration
- 9.15am Rosary
- 10am Fr Joseph Kaipallil RIP & November Deceased List

Wednesday 9th November - Dedication of the Lateran Basilica

- 7am Adoration
- 9.00am Novena to Our Lady of Perpetual Succour
- 10am Annam Devassy RIP & November Deceased List

Thursday 10th November - St Leo the Great, Pope, Doctor

- 7am Adoration
- 9.15am Rosary
- 10am Francis Prince RIP & November Deceased List

Friday 11th November - St Martin of Tours, Bishop

- 7am Adoration
- 9am Divine Mercy Chaplet & Rosary
- 10am Holy Souls & November Deceased List
- 8pm Adoration for Men**

Saturday 12th November - St Josaphat, Bishop, Martyr

- 7am Adoration
- 5.30pm Robert Peter RIP (1st Anniversary of Fr Roshy's father) & November Deceased List

Sunday 13th November – 33rd Sunday in Ordinary Time - REMEMBRANCE SUNDAY - World Day of the Poor

- 7.00am Adoration
- 9am Kazimierz Michalek RIP
- 11am People of the Parish



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)**

HOLY SOULS

My Lord, our parish family this day and every day in this Month of the Holy Souls wish to bring to you the souls who are detained in purgatory. We know these Holy Souls are greatly loved by You. In unity with Saint Faustina, our prayers cry out for MERCY!

Please hear our prayer also 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 BurrIDGE RIP
Sarah Marie Frost RIP
Veronica Gorrod RIP
Finbarr Francis Hurley RIP
Lolito Laydia 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



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
John Richmond-D'Monte RIP
Ann James RIP
Anna Maria Reid RIP
Mary Jurkiewicz 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
Albertas Ambotas RIP
Peter Newbold RIP
Jeffrey Myles RIP
June Rose O'Bryne RIP
Pat McManus 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
Bishop Howard Tripp 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.

DANIEL BEAZLEY

Last week we received the news of the death of Dan Beazley aged 90, a parishioner of Saint Teresa's. Our condolences and prayers go out to the family, especially James his son and Rebecca his granddaughter. His funeral will take place on **Tuesday 22nd November Mass 12pm** and at NE Surrey Crematorium for 2pm.

May Dan Rest in Peace and Rise in Glory!

SHEILA CONNOLLY

Sheila Margaret Connolly died on the 16th October aged 83 years. Please remember her family especially her daughters Haley, Bridget and Amanda. The funeral Mass will take place on **Thursday 24th November at 12.30pm** then a private burial for family only will take place.

May Sheila Rest in Peace and Rise in Glory!

DEC – UKRAINE HUMANITARIAN APPEAL

https://www.dec.org.uk/?gclid=Cj0KCQiA64GRBhCZARIsAHOLriLrac5em-topByZ8D5L4luy7Ar6ewj7qJUEO4ahlr5d_XnRI3W3Sr4aAux2EALw_wcB

CAFOD (same one DEC fundraising)

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

DEPAUL UKRAINE EMERGENCY APPEAL via The Tablet

<https://int.depaulcharity.org/>

LEGION OF MARY

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



CHOIR PRACTICE



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

NOVEMBER – THE MONTH OF THE HOLY SOULS – With Saint Faustina

Our parish will pray every day for the Holy Souls. They will be remembered at the Altar – Candles will burn in their honour.

The Catholic Church's teaching is all about the abundance of God's mercy, love and grace. Purgatory heals our souls of sinfulness so that we can be united with God in heaven. More than that, even now, today God invites us to play a role in this masterpiece of His Mercy. While here on earth we (and our parish of Saint Teresa's) can help those who are in purgatory. Please become willingly an "Apostle of Purgatory". On our journey through November, we will connect with Saint Faustina, the Apostle of Mercy and a great friend to the Holy Souls. As "Apostles of Purgatory", we will, with Saint Faustina's heavenly help, cover the seven major pillars God provides us to relieve and release the suffering souls: doing the will of God in all things, the Holy Mass, Scripture, the Rosary, Eucharistic Adoration, the Stations of the Cross and the Chaplet of Divine Mercy.

To help us and the Holy Souls, the First Class Relic of Saint Faustina will be on the Altar everyday at every Mass and times of Eucharistic Adoration.

VOTIVE MASS ST. MICHAEL (Guardian of Purgatory)

Tuesday 8th November 10am Mass

Deacon Con Diver

Invites you to

ADORATION FOR MEN

FRIDAY 11TH NOVEMBER

8 – 9pm

At St. Teresa's Church

250 Bishopsford Road, Morden, SM4 6BZ



DEACON CON – CONGRATULATIONS!

Warmest congratulations as this weekend he celebrates his 1st year as a Deacon.

We thank him for all his hard work, all his areas of responsibility, service and leadership in the parish. Please bless him with a prayer and keep his brother deacons in your prayers too.

THANK YOU!

QUESTIONS FOR FAMILIES TO PONDER

Do you pray to a favourite Saint? How did this Saint become your favourite?

Are there people in your life that you consider to be Saints? Why?

What do you think heaven will be like?

Why do you think the Beatitudes are important to Christ?

READERS

Would you be interested in reading at any of the weekend Masses? A wonderful ministry to be involved in. Please contact Frances Jones on either 07941 895026 or

frances.jones55@hotmail.co.uk.

CALLING ALL CATECHIST!

Diocesan Day for Catechists - Saturday 12 November 2022

On behalf of the Archbishop, we invite you to attend the annual Diocesan Day for Catechists on Saturday 12 November 2022 at the Amigo Hall and St George's Cathedral, Southwark, SE1 6HR. This Day is for all the catechists of the diocese, including those involved in Liturgy of the Word for Children and the RCIA process, and is our first since 2019. Tea and coffee will be provided. **Please bring a packed lunch.** Please sign up on the list in the narthex by Sunday 6th November or email the parish office at morden@rcaos.org.uk.



Archdiocese of Southwark

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.



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.

CHRISTMAS CARDS

Christmas cards are now available from the repository - open after the 11am Mass.

Archbishop's Appeal Second Collection 13th November

The Archbishop's Appeal seeks to invest faith, hope, love, and charity into three key areas of mission and ministry in the Archdiocese of Southwark.

Youth and Evangelisation

To strengthen the formation of young people in the faith within our schools and parishes, enhance the faith life of parishioners, support the work of parish catechists, enhance the faith journeys of new Catholics; and for Southwark to become an evangelising and missionary Archdiocese.

Our Faith in Action

To show compassionate and active service in the world around us through love for all people: the protection of human dignity, respect for the inter-connectedness of our world and common home, hearing the cry of the poor and the cry of the Earth. Supporting social outreach projects in parishes and schools.

Clergy Care and Formation

To care for sick and retired priests in their old age and ill health. Supporting the ongoing formation of our priests and deacons. Providing on-going formation of clergy in active ministry. Supporting the work of the vocations team and formation of seminarians and deacons.

Pooled together, your support can have significant impact in our faith community. A portion of the monies raised will be granted to parishes and Catholic schools to support local projects.

Please support the Archbishop's Appeal today, every gift is welcome.

- Donate Online: rcaos.org.uk/archbishops-appeal
- Or Scan QR Code using telephone camera (right)
- Telephone weekdays 9 am – 5 pm: **020 7960 2504**
- Cash / Cheque – please use the Archbishop's Appeal envelopes at the back of church.



ADVENT SPECIAL

(Fridays in Advent)

ALL YOUNG PEOPLE ARE WELCOMED BY
ST. TERESA'S YOUTH

250 Bishopsford Road, Morden, SM4 6BZ
Tel: 020 8648 4113 Email: morden@rcaos.org.uk

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

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](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



Christ the King

P
ARISH
CHRISTMAS
FAIR

Sat. 19th November 2022
11am to 3pm

The Parish Hall
Crescent Gardens
Wimbledon Park
SW19 8AJ

On the Door: Adults £1
13-16s 50p
Children Under 12s free

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: £720.06 SO for October was £3,127.50
Thank You!



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 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.