



# 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 20<sup>th</sup> November – CHRIST THE KING – Youth Day**

- 5.30pm Vigil - People of the Parish & November Deceased List
- 7.00am Adoration
- 9am Renath Rodtyler RIP
- 11am For Our Confirmation, First Holy Communion and The Young People of Our Parish

### **Monday 21<sup>st</sup> November - The Presentation of the Blessed**

- 7am Adoration
- 9.15am Rosary
- 10am Deceased Parents and Grandparents & November Deceased List

### **Tuesday 22<sup>nd</sup> November – Votive of the Holy Souls (Saint Cecelia)**

- 7am Adoration
- 9.15am Rosary
- 10am Deceased Clergy of the Parish and Diocese & November Deceased List
- 12.15pm **Funeral Mass of Daniel Beazley RIP**

### **Wednesday 23<sup>rd</sup> November – Votive of Saint Faustina**

- 7am Adoration
- 9.00am Novena to Our Lady of Perpetual Succour
- 10am Deceased Members of the Mendonça Family & November Deceased List

### **Thursday 24<sup>th</sup> November - Votive of Saint Teresa & Her Parents**

- 7am Adoration
- 9.15am Rosary
- 10am Holy Souls of Deceased Parishioners & November Deceased List
- 12.30pm **Funeral Mass of Sheila Margaret Connolly RIP**

### **Friday 25<sup>th</sup> November – Votive of Divine Mercy**

- 7am Adoration
- 9am Divine Mercy Chaplet & Rosary
- 10am Josie Trainor RIP & November Deceased List

### **Saturday 26<sup>th</sup> November – Our Lady**

- 7am Adoration
- 5.30pm People of the Parish & November Deceased List

### **Sunday 27<sup>th</sup> November – First Sunday of Advent**

- 7.00am Adoration
- 9am Mass for Widows and Widowers
- 11am Deceased Children and Babies Lost in The Womb



**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, 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, Yana Bartkiv, 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  
Theresa McGoldrick RIP  
Anna Maria Reid RIP  
Mary Jurkiewisz 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 RIP

Dan Beazley (1932 - 2022) lived in Rosehill for 40 years and was a man of deep faith. Originally from Co Kerry in Ireland, Dan was a hardworking man who raised a family in West London before the death of his first wife, Bridie O'Connor, in 1978. On marrying the widowed Sarah Donnelly in 1981, Dan moved across the River, and continued to work as a decorator until retiring in his 70s. He was a sportsman in his younger years and particularly enjoyed golf and snooker.



Dan was laid low by a series of falls in recent years, and was confined to bed for the last 11 months.

The family would like to thank his Care Team from South Lodge for the love that they showed him in his most difficult moments. Dan's Funeral Mass will take place on **Tuesday 22<sup>nd</sup> November** 12.15pm at St. Teresa's.

*May Dan Rest in Peace and Rise in Glory!*

### SHEILA CONNOLLY RIP

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

*May Sheila Rest in Peace and Rise in Glory!*

### DOMINICK KELLY RIP

Please pray for the soul of Dominick Kelly RIP who died recently at the age of 83 years. We keep in mind his wife Shelagh and all his friends and family. The funeral will take place on **Monday 28<sup>th</sup> November** at North East Surrey Crematorium.

*May Dominick Rest in Peace and Rise in Glory!*

## DEC – UKRAINE HUMANITARIAN APPEAL

[https://www.dec.org.uk/?gclid=Cj0KCQiA64GRBhCZARIsAHOLriLrac5em-topByZ8D5L4luy7Ar6ewj7qJUEO4ahlr5d\\_XnRI3W3Sr4aAux2EALw\\_wcB](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 and 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 every day at every Mass and times of Eucharistic Adoration.

### ALTAR SERVERS

**NO TRAINING THIS WEEK 26<sup>TH</sup> NOVEMBER**

**Training Sessions for November & December 2022**

**2.30pm to 3.30pm**

For those who wish to become Altar Servers the training course continues 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 26<sup>th</sup> November - NO SESSION**

Saturday 3<sup>rd</sup> December 2.30pm – 3.30pm

Saturday 10<sup>th</sup> 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.

### 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.





# 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](mailto: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



# WORLD DAY OF THE POOR

**Message for World Day of the Poor, 2022 Pope Francis** “That is precisely what solidarity is: sharing the little we have with those who have nothing, so that no one will go without. The sense of community and of communion as a style of life increases and a sense of solidarity matures.”

“Open our eyes to the needs of our brothers and sisters; inspire in us words and actions to comfort those who labour and are burdened. Make us serve them truly, after the example of Christ and at his command. And may your Church stand as a living witness to truth and freedom, to peace and justice, that all people may be raised up to a new hope.”

Eucharistic Prayer for Use in Masses for Various Needs, IV: Jesus, Who Went About Doing Good

## TUESDAY NIGHT ADORATION



Beginning on Tuesday 29 November – the first week of Advent (and every Tuesday thereafter), Tuesday Evening Adoration will be returning to St Teresa's. The Blessed Sacrament will be exposed for Adoration from 7pm – 9pm. Please join us.

*Can you watch one hour with Me?*

*"The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth." St. Teresa of Calcutta (Mother Teresa)*

## 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](mailto:frances.jones55@hotmail.co.uk).

**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)

# 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)



## **Archbishop's Appeal Second Collection – YOU CAN STILL HELP!**

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](https://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.





# *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***

## **TO THOSE BAPTISED AT ST TERESA'S**

Over the past year, we have welcomed many into the parish family of St Teresa's. Please keep all the children and adults who have been baptised this year, and especially their families in your prayers and ask the intercession of the Holy Family to watch over their journey of faith.

*Alicja Zdzieblowska; Charlotte Bowe; Manuela Ayebea, Gracie Gyamfua & Giovanni Nyarko; Sheila, Samuel & Zenas Blaise, Lau June Ching; Melissa Ofosua; Bryan Innocent; Melanie Romero; Amelia Vinuya; Nancy Mabbutt; Chiara Gaudiano; Daniel Samuels; Freya Celso-Matthews; Archie & Gracie Young; Edward Hamilton; Mollie Harris; Aurelia Royce-Hall; Nate Pyle; Emma Archer; Annie Tsoi; Moyosoreoluwa Akinde; Susanta Deb; Genevieve Moyes; Jonah Mathison; Gabriel Roldan; Nancie Grundy; Rosie Jones; Oliver Lai-Pearce; Julian Ceglarski; Rowan Radcliffe; Daniel Wells; Aathvik Colinraj; Ieva Jackeviciute; Dylan & Valentina Alvarado Barroso; Anna Fekete; Imogen Chang; Amelia Janik; Alicia & Mike Liu; David Bladowski; Delilah Halliday; Alyssa O'Connor; Shannon Aidoo. 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

Last weekend's Offertory: £719.40

Second Collection Archbishop's Fund £509.17p **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.

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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 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.