

From: Archdiocese of Southwark Communications Team <dco@rcaos.org.uk>
Sent: 24 March 2020 19:36
To: West Malling Parish - St Thomas More
Subject: Resources for Southwark parishes during the suspension of public worship

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Archdiocese *of* Southwark



Resources for parishes during suspension of public worship

Dear Fathers, Dear Deacons

You will already have received a communication earlier this week from Archbishop John following the decision of the Bishops of England and Wales to suspend public worship.

In Southwark we have waited a few days to see what resources might evolve for Catholics from a variety of agencies and commissions, both internally and externally to the Diocese.

We are pleased to share what we have found so far, in order that you may share details with parishioners in print, on your website and on social media. We would strongly recommend that you sign up to one social media channel if you have not already done so, in order to facilitate good communication at this time. As a first port of call we recommend Facebook.

Worship from Home



Please find above a short film from the Catholic Bishops' Conference of England and Wales about Worshipping from Home. Below are some digital codes should you wish to share this video on your website or on social media.

Video Embed Code for websites:

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/71d9p2YDNZg" frameborder="0"
allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture"
allowfullscreen></iframe>
```

Code for social media:

<https://youtu.be/71d9p2YDNZg>

Live-streamed Mass and Spiritual Communion

[Link to Southwark parishes that live-stream Mass](#)

Several Parishes within the Archdiocese live-stream Mass each weekend. We have compiled a list of those that currently do so, along with links to each stream.

If you do not have a parish live-stream, please consider displaying this information in a prominent place in your Church and online so that parishioners can access details and join in Mass on a virtual basis. You may also like to consider printing this document out as a two-sided

leaflet for parishioners to collect,

For those parishes considering live-streaming via social media, please speak to a member of the [Communications Team](#) next week before going ahead: there are some implications of which you should be aware. Thank you.

Externally to the Diocese, [The Shrine of Our Lady of Walsingham](#) offers a 12 noon Mass each day, whilst [Church Services TV](#) and [MCN Media](#) also offer Masses from around the country, and indeed, Europe.

Spiritual Communion

During this time, Catholics are encouraged to make a spiritual communion. An excellent prayer sheet has been produced by the Catholic Bishops' Conference of England and Wales, including a prayer for spiritual communion. [Click here to view / download.](#)

During the week Pope Francis also offered the following prayer for Catholics wishing to make a spiritual communion:

At your feet, O my Lord Jesus

I prostrate myself and offer you repentance of my contrite heart, which is humbled in its nothingness and in your holy presence.

I adore you in the sacrament of your love.

I desire to receive you into the poor dwelling that my heart offers you.

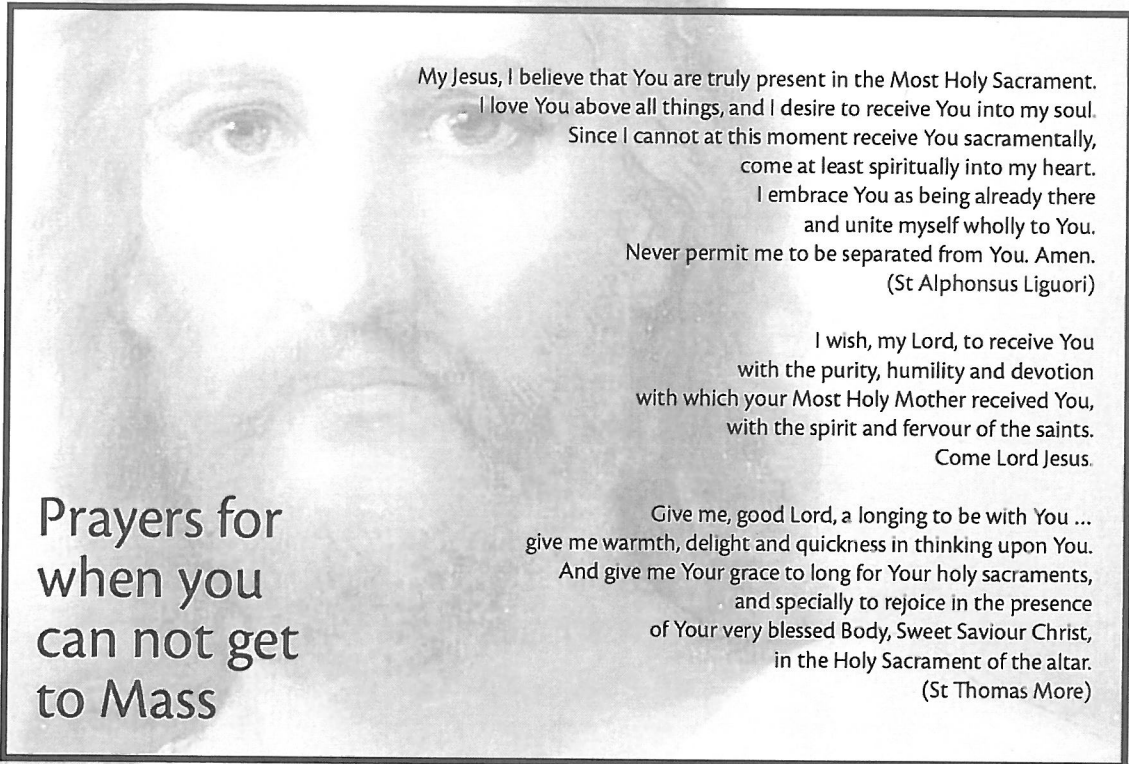
While waiting for the happiness of sacramental communion, I wish to possess you in spirit.

Come to me, O my Jesus, since I for my part, am coming to you.

May your love embrace my whole being in life and death.

I believe in you, I hope in you, I love you. Amen

Last but certainly not least, the Catholic Centre for Formation has produced the following graphic of suitable prayers. [Please download here.](#)



Prayers for when you can not get to Mass

My Jesus, I believe that You are truly present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as being already there
and unite myself wholly to You.
Never permit me to be separated from You. Amen.
(St Alphonsus Liguori)

I wish, my Lord, to receive You
with the purity, humility and devotion
with which your Most Holy Mother received You,
with the spirit and fervour of the saints.
Come Lord Jesus.

Give me, good Lord, a longing to be with You ...
give me warmth, delight and quickness in thinking upon You.
And give me Your grace to long for Your holy sacraments,
and specially to rejoice in the presence
of Your very blessed Body, Sweet Saviour Christ,
in the Holy Sacrament of the altar.
(St Thomas More)

CAFOD Children's Liturgy

Young people are very much at ease with the internet. Whilst we cannot gather together physically, we are still able to come together as a community in prayer. To this end we are pleased to share that CAFOD are holding a Children's Liturgy of the Word in the form of a webinar, each Sunday between 10 - 10.15 am

[Link to the CAFOD webinar \(sign up\) / download Children's Prayer Resources](#)

The Southwark Catholic Youth Service team are currently working on a project to be revealed shortly, but they have some encouragement and positive advice for young people. Why not visit their [Facebook](#) or [Instagram](#) page and re-post / like their uplifting content for young people?

Stations of the Cross

In these difficult times it is often helpful to turn to time-honoured practices of prayer in the Catholic tradition. For centuries Catholics have united their

sufferings with the Passion of Christ through praying the Stations of the Cross. Our Vicar General, Monsignor Matthew Dickens, wrote these meditations in 2009 and they were subsequently published by the Carmelite Press in 2012. Monsignor Dickens has kindly offered them as a source of comfort and reassurance in the weeks and months ahead. [Download here](#)

At the same time Marcin Mazur, professional photographer for the Catholic Bishops' Conference, has made available a stunning set of photographic Stations of the Cross, which may be used by parishes. Please credit him if you use them and are able to do so:

<https://www.flickr.com/gp/catholicism/J6RE57>

Other Prayer and Support Resources

Catholic Bishops' Conference

[Prayer in a time of sickness](#)

The God Who Speaks

- [National Call to Prayer on 22nd March 2020](#)
[Prayer to Mary by Pope Francis](#)

Lent in Isolation (Online and on Facebook):

- <https://www.lentinisolation.com>
- <https://www.facebook.com/lentinisolation/>

This platform has been created to spiritually nourish those isolated from faith practices as a result of COVID-19. Their aim is to offer daily readings, a homily and an act of spiritual communion. and also host a 24 hour live-stream from Walsingham's Basilica.

Christ Covid Community (Facebook)

created by members of the Bishops' Conference Spirituality Group:

www.facebook.com/groups/267518617576684

[The Tablet: Isolated but not alone: a compilation of resources](#)

Social Media

We will be sharing daily readings, Gospel passages and reflections on the [Diocesan Facebook page](#) and highlighting various resources, opportunities

and news about life in the Diocese on [Twitter](#) and [Instagram](#). You may also like to visit our [You Tube](#) page to revisit some homilies from various services throughout the past year.

Care of those who are concerned or in need

Whilst we are all required to practice social distancing during the current health crisis, we are not on our own and are still a family of faith.

If you are willing to run a temporary '*Catholic Good Neighbour*' scheme in your parish (this ideally needs to be done through the parish office), you can adapt and print out these forms for parishioners to complete or replicate them on your website. [Download here](#).

Mary shows the way to Jesus

Archbishop John Wilson invites us to join him in prayer

We have received many positive comments from parishioners expressing their appreciation of Archbishop John's digital invitation to join him in prayer in his chapel at Archbishop's House. We will be offering advice on how you can increase virtual engagement with your parishioners next week, perhaps by creating a similar short video or arranging a meeting online. In the meantime you may like to share this video with your parishioners and people you know.



Video Embed Code

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/tcY7duDiFso" frameborder="0"
allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture"
allowfullscreen></iframe>
```

Social Media Code

<https://youtu.be/tcY7duDiFso>

Further information and updates will be shared as they become available. If you have any concerns about communication issues, please do not hesitate to [get in touch](#).

*The Communications Team
Archdiocese of Southwark*



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