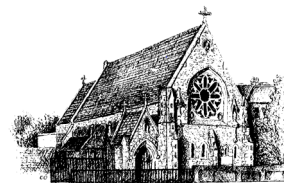


## Dates for your Diary:

Please make a note of the following dates of activities happening at St Catherine's, everyone is welcome to join.

- **First Holy Communions:**  
Sat 18th May at 12 Noon  
Sat 25th May at 12 Noon.
- **Confirmations:** 1st June at 6pm
- **Robert Smialek's Ordination:** 29th June at 10:30am - Westminster Cathedral
- **Columban Mission Appeal:** 15th & 16th Sept 2024



**OUR LADY & ST CATHERINE OF SIENA**  
Parish Priest: Fr Howard James  
177 Bow Road, London E3 2SG  
Tel: 020 8980 3961, Email: bow@rcdow.org.uk  
Website: <https://parish.rcdow.org.uk/bow/>



## SUNDAY 19TH MAY 2024 PENTECOST SUNDAY (B)

### EASTER REFLECTIONS

#### THE FEAST OF PENTECOST

Are you filled with the Spirit of the Lord?

Sisters and brothers, as always, Jesus Christ has fulfilled His promise. The Father has sent us the Advocate. The Holy Spirit has descended and is here among us. You are filled with the Holy Spirit. How are you using your gifts? What fruits are you bearing? God, our Father, is showing us eternal love and reminding us that we are never alone. The Holy Spirit offers us comfort and peace. However, sisters and brothers, we can only feel that comfort and peace if we welcome and allow the Holy Spirit to permeate us. Are we open to the indwelling of the Spirit?

*Come, Holy Spirit, come! And from your celestial home  
Shed a ray of light divine! Come, Father of the poor!  
Come, source of all our store! Come, within our bosoms shine.  
You, of comforters the best; You, the soul's most welcome guest;  
Sweet refreshment here below; In our labour, rest most sweet;  
Grateful coolness in the heat; Solace in the midst of woe.  
O most blessed Light divine, Shine within these hearts of yours,  
And our inmost being fill! Where you are not, we have naught,  
Nothing good in deed or thought, Nothing free from taint of ill.  
Heal our wounds, our strength renew; On our dryness pour your dew;  
Wash the stains of guilt away: Bend the stubborn heart and will;  
Melt the frozen, warm the chill; Guide the steps that go astray.  
On the faithful, who adore And confess you, evermore  
In your sevenfold gift descend; Give them virtue's sure reward;  
Give them your salvation, Lord; Give them joys that never end. Amen.*

Alleluia.

Beloved, let us continue to pray, asking for the Holy Spirit to come and fill our hearts while enkindling the fire of God's love in us.

### Parish Masses for the coming week:

Date	Feast	Time	Intentions
Sat		6pm	Oladtunde & Etheltery Ogundory - 5th Wedding Ann
Sun 19th May	Pentecost Sunday	9:30am 11:30am 6pm	Tyrone Legister Bettina Ifudu -Private Intention People of the Parish
Mon	Mary Mother of the Church	10am	Emilia Olaivar - Anniversary
Tues	St Christopher	10am	Ethel Terry Ogunderu -Birthday
Wed	St Rita	10am	Valentin Amplayo Penin (Ann)
Fri		12noon	Ann Oladimeji -Birthday
Sat	St Bede	6pm	Catherine Doyle RIP (10th Ann)
Sun 26th May	The Most Holy Trinity	9:30am 11:30am 6pm	Uche Anthony - Birthday People of the Parish Holy Souls

#### **Saturday Adoration of the Blessed Sacrament 5.00-6.00pm**

Confessions 5.00pm- 5.30pm, Rosary 5.30pm, Benediction 5.45pm.

Parish Secretary: Angela Braniff - Mon, Wed & Fri: 9.15am—3.15pm

Columban Sisters - Tel: 020 8980 3017

**St Agnes School**, Rainhill Way, E3 3ER Tel: 02089803076

email: office@st-agnes.towerhamlets.sch.uk

The Sanctuary Lamp is burning during the week of 19th May in honour of  
**Catherine Doyle RIP—10th Anniversary**

## Ride London—Essex 2024

On Sunday 26th May, Ride London-Essex Bike Ride will be taking place, please be aware that there may be road closures locally during the Event.

<https://www.ridelondon.co.uk/news-and-media/latest-news/100-day-countdown-begins>

## Missionary from Bethlehem

A thank you message from The Bethlehem Nativity Group TBNG - Christian greetings and the Peace of our Lord be with you always.

We would love to thank you by allowing our group to come to your church and sell the olive wood religious articles, the result of which was very beneficial and rewarding for our needy Christian families. Which raised £1874.5 Your help is a great support for us, and for our Christian families in the Holy Land. We don't have enough words to thank you and your parishioners, but make sure that you are always in our prayers.

If anyone has missed the carvings display, You can place an order online directly from them at [www.tbng.co.uk](http://www.tbng.co.uk)

God bless you all, Love and blessings from The Bethlehem Nativity Group

## First Holy Communions 18th May

Congratulations to our children who received their First Holy Communions on the weekend. We continue to pray for you

## First Holy Communions 25th May

Please remember that your rehearsal in Monday 20th May at 6-7:30 pm.

Bill, the photographer, is reminding you to please make your deposits/payments at your rehearsal on Monday 20th. May I remind everyone that NO photos are to be taken during the Masses.

## Confirmation Course

The next session will be on Wed 22nd May at 6pm as we take a break for Easter.

## Weddings

Anyone wishing to get married in a Catholic Church, either at St Catherine's or anywhere else should speak to Fr Howard to complete the necessary paperwork. A minimum of 6 months is needed.

## RCIA

Sessions will resume on Tuesday 21st May at 7pm.

## Robert Smialek's Ordination - Sat 29th June at 10:30am

Robert wishes to invite the Parishioners of St Catherine's to his Ordination into the Priesthood by Cardinal Vincent Nichols on Sat 29th June at Westminster Cathedral, Victoria St, London SW1P 1LT. Please pop along to show your support.

Rev Robert Smialek will also be attending Mass on Sunday May 26th at 9:30 and 11:30am. He will be the deacon at both Masses. He will also preach the Homily.

He will celebrate one of his 'First' Masses on Sunday 14th July. Mass will be at 11 am for that Sunday. Refreshments will follow.

## Annual Matrimony Mass

Annual Mass of Thanksgiving for the Sacrament of Matrimony Westminster Cathedral, Saturday 25th May 2024 at 2:30pm. The Cardinal is inviting to this Mass all couples in the Diocese, who are celebrating their 5th 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60) wedding anniversary of Catholic marriage in 2024. If you are celebrating an anniversary, please give your parish clergy the following details: husband and wife's names, wedding date, full postal address and email (or telephone number, if no email). Details of attendees are sent to [family@rcdow.org.uk](mailto:family@rcdow.org.uk)

## Minet Masho RIP

Minet Masho was the Dignified worker representative for the East of the Caritas department of the Diocese. We worked with her on the Homes for Ukraine project and the Handling in office knives initiative at St Mary's and St Michael's Commercial Road.

She also helped and visited us without Warm Spaces Friday Soup project.

We, as a member of the Tower Hamlets, Deanery and the Diocese of Westminster will miss her gentle and forceful fight for the voiceless. Our condolences go out to her family and colleagues.

The Funeral will be on Wed 22<sup>nd</sup> May at 1pm, St Pancras Cemetery Chapel, East Finchley, N2 9AG.

## Catholic Association for Racial Justice (CARJ) 40th Anniversary Day

On Sat 25th May they will be holding a free event at Amigo Hall at St George's Cathedral, London SE1 7HY at 10:30am to celebrate their 40th Anniversary. For more info email [info@carj.org.uk](mailto:info@carj.org.uk). Also visit the CARJ website for more details and a program for the day [www.carj.org.uk](http://www.carj.org.uk)

## Spiritual Direction

My name is Reyna, I am an Ignatian trained spiritual director. I offer a warm space to anyone with a desire for a closer personal relationship with their Faith. Spiritual Direction is the art to enable people to explore their spirituality and relationship with God. Please contact me [reymald@blueyonder.co.uk](mailto:reymald@blueyonder.co.uk) to find out more about what spiritual accompaniment (direction) can offer you.

Fr Howard knows Reyna very well and he recommends her. Reyna will be coming to the Parish in May to speak, if any one is interested in using her services.

## St Agnes RC Primary School— Outstanding Ofsted

Congratulations to St Agnes School for achieving an "Outstanding" Ofsted school rating. Well done to everyone for all their hard work. Please contact the school to apply for school places. email: [office@st-agnes.towerhamlets.sch.uk](mailto:office@st-agnes.towerhamlets.sch.uk)

## Offertory Collection for last weekend:

12th May 2024: Envelopes: £62.00; Plate: £337.35 Masses: £10.00

Total: £409.35 Monthly Standing orders /Online payments for April: £2265.86  
Dona Card Machine for April: £1168.65 Thank you for your generosity.