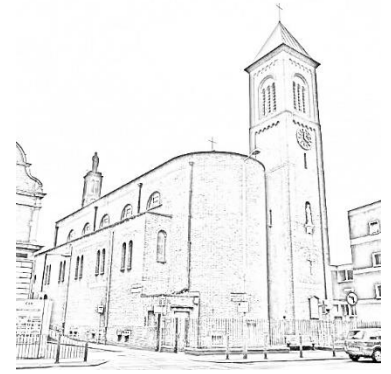
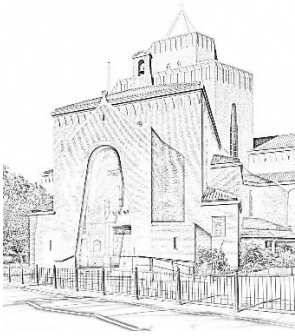


**THE CATHOLIC PARISHES OF
ST MARY & ST JOSEPH, POPLAR
AND
OUR LADY IMMACULATE &
ST FREDERICK, LIMEHOUSE**



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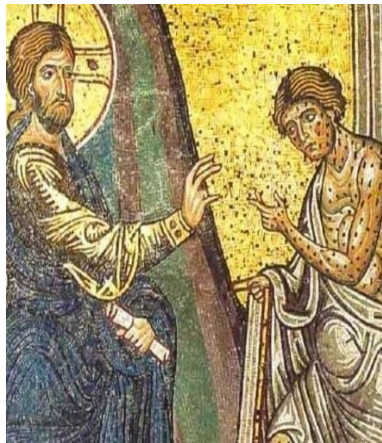
NEWSLETTER for the Sixth Sunday in Ordinary Time 2024

**Exposition of the Blessed
Sacrament:**

Saturday 10:30am - 11:30am
after mass at Poplar
First Fridays 6.00pm - 7.00pm
at Poplar

Baptisms

By appointment. Usually at
1pm on Saturdays. See the
newsletter for details of the
baptism preparation course.



*Christ cleanses the Leper,
Duomo di Monreale, Sicily*

Confessions:

Saturday 10:30am - 11:15am
at Poplar

Saturday 5.15pm - 5.45pm
at Poplar

1st Fridays 6.00pm - 6.45pm
at Poplar
or by appointment

Marriages

Six months 'notice is
normally required.

Sat 10 th Feb	6 th Sunday in Ordinary Time	6.00pm	Poplar	Private Intention
Sun 11 th Feb	6 th Sunday in Ordinary Time	10.00am 12noon	Poplar Limehouse	The People of the Parish The Sick of the Parish
Mon 12 th Feb	Feria			No Mass
Tue 13 th Feb	Feria	10.00am 12.30pm	Poplar Canary Wharf*	Private Intention The Holy Souls
Wed 14 th Feb	ASH WEDNESDAY	7.30am 12.30pm 7.00pm	Poplar Canary Wharf* Limehouse	Private Intention Service with ashes only The People of the Parish
Thu 15 th Feb	St Josephine Bakhita	10.00am	Poplar	An end to human trafficking
Fri 16 th Feb	Feria	10.00am	Poplar	Priest's Intention
Sat 17 th Feb	St Scholastica	10.00am	Poplar	Peace in the world

* = In the multi-faith prayer room in the Churchill Place Shopping Centre opposite the post office.

PLEASE PRAY FOR

Those of our parishes who are sick, whether at home, in hospital or hospice. Those who have died recently, especially Mick Simmons, Margaret Kelly, Paudian Marimuthu and Marietta Ben. Helen Simmons, whose husband Mick died last weekend after a long illness.

FIRST HOLY COMMUNION COURSE

The latest meeting for children and parents is on Saturday 10th February at 4.30pm in the Guild Room.

CONFIRMATION COURSE

The first meeting for this year's confirmation course will be at 7.30pm on Thursday 15th February in the Guild Room at Poplar. This is a meeting for young people AND parents.

RCIA

The next meeting is on Monday 12th February at 7pm in the Guild Room.

SANCTUARY LAMPS

The Sanctuary Lamps burn this week for Mary Markins at Poplar and for a private intention at Limehouse

POLISH COMMUNITY GATHERING

On Saturday 9th March there will be a Polish Community gathering from 1pm to 4pm in the Guild Room.

DIOCESAN PILGRIMAGE TO LOURDES

The Westminster Diocesan Pilgrimage to Lourdes will take place from 19th – 26th July this year. If you are interested in joining a group from our two parishes on this pilgrimage then please give your name(s), email and phone number(s) and age(s) to the parish office.

WARM HUB

From Thursday 1st February the Guild Room is open each week as a warm hub. Please let the parish office know if you are able to help.

HELP NEEDED AT CLERGY HOUSE

We currently have a lot of items that need clearing from the cellar of Clergy House. We have been quoted an eye watering amount from a company to clear this. If you have a car and would be willing to help by taking items to the tip, that would help us to get through it without paying too much money.

MASS FOR THE SICK

Thank you to everyone who helped to make the special mass in honour of Our Lady of Lourdes with anointing of the sick on Saturday such a special celebration.

ASHES ON ASH WEDNESDAY

There will be three opportunities to receive your ashes on Ash Wednesday this week. At a mass at 7.30am at Poplar, at a short service of ashes at 12.30pm at Canary Wharf and at a mass at 7.00pm in the evening at Limehouse.

PARISH SYNOD GATHERINGS

As explained last week, there will be a parish gathering in connection with the synod; at Poplar at 2pm on Sat 24th February in the Guild Room and at Limehouse at 2pm on Sat 2nd March in the Hall. Look out for a leaflet with more information available shortly.

NEIGHBOURS IN POPLAR

Wanted: Car Drivers and Bikers urgently needed to help us get our dinners out hot to recipients on the Isle of Dogs and in E1, 2 and 3. Sundays and Wednesdays, come to St. Matthias Community Centre on 113 Poplar High St. between 11.30am and 12noon. The pay is good (in Heaven!). We need you. Please email nip65@msn.com

RECENT FINANCIAL NEWS

POPLAR OFFERTORY LAST SUNDAY

Envelopes: £164.02	Loose: £453.32	Total: £617.34
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STANDING ORDERS

December: £543.34

January: £513.34

LIMEHOUSE OFFERTORY LAST SUNDAY

Envelopes: £136.00	Loose: £107.16	Total: £244.16
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STANDING ORDERS

December: £1'507.00

January: £1'507.00

Sincere thanks for your continued generosity!

FR ANDREW WRITES

It seems no time at all that we were all struggling to keep our new year's resolutions, whether it was dry January or doing a bit more exercise or something else. And now Lent is upon us and this coming Wednesday is Ash Wednesday. I think that sometimes people look at Lent as though it is just a religious version of new year's resolutions. Well, really, that is to miss the point.

Lent is not about self-improvement in that way; in fact, crucially, Lent is not about the self at all. In fact, Lent is the very opposite. Lent is about re-orienting ourselves outward towards God and our neighbour. And we begin this journey or process with a very stark and powerful symbol: by having ashes placed on our foreheads and hearing the words: "Remember that you are dust and to dust you shall return." To put on ashes is an ancient sign of repentance. In the ancient world, someone who had wronged the community in which they lived and who wanted to be forgiven would put on sackcloth and ashes as a sign of a newfound humility and a desire to change and to be forgiven. So this is how we enter Lent, humbly admitting to God and to one another that we don't always get it right. And those words "remember that you are dust and to dust you shall return" remind us of the most fundamental ways that we get it wrong or sin. At the heart of all sin is a turning in on the self in a kind of delusion that we are the only person in the world, that the world revolves around us, and that it will go on like that forever because there will never really be any consequences of our selfishness. To be reminded that God made us from the dust of the earth is to realise that we were formed by God, as part of creation, interconnected with it and especially with our fellow human beings. To be reminded that we shall return to dust helps us to see that our life on this earth from which we were created has real meaning precisely because it has an end. If life just went on and on like some interminable soap opera it would be pointless. Our life has meaning because there are real consequences of how we live, there are consequences for those around us now and also eternal consequences for us. And at the end of this life our bodies will die, they will return to dust, but our souls will live on. It won't matter then if we achieved the beauty of the body in this life (even we did that by giving up chocolate for Lent), it won't matter if we clothed ourselves in all the best gear, or surrounded ourselves with the trappings of status. What will matter is how much we recognised our need of God, hungered for Him and His goodness and how much we loved those around us. And that is why in Lent we are given three specific things. We are encouraged to open ourselves to God in prayer, to increase our hunger and desire for him through fasting and to open our hearts to one another by giving alms. In this way Lent becomes a season of grace which is all about opening ourselves out towards God and our neighbour, waking up from our spiritual hibernation so that we are ready for the new life of Easter.

May God bless you all.

Fr Andrew

Items for the Newsletter should be given to Fr Andrew or Alessandro at the parish office by Wednesday evening for inclusion the following weekend.

MASS THIS SUNDAY - The 6th Sunday in Ordinary Time, Year B

First reading Leviticus 13:1-2,44-46

The Lord said to Moses and Aaron, 'If a swelling or scab or shiny spot appears on a man's skin, a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest, or to one of the priests who are his sons.

'The man is leprous: he is unclean. The priest must declare him unclean; he is suffering from leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, "Unclean, unclean." As long as the disease lasts he must be unclean; and therefore he must live apart: he must live outside the camp.'

Response to the Psalm You are my refuge, O Lord; you fill me with the joy of salvation.

Second reading 1 Corinthians 10:31-11:1

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved. Take me for your model, as I take Christ.

Gospel Acclamation Ep1:17,18

Alleluia, alleluia!

May the Father of our Lord Jesus Christ
enlighten the eyes of our mind,
so that we can see what hope his call holds for us.
Alleluia!

Gospel Mark 1:40-45

A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.' The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

Hymns for Sunday 10am at Poplar		Hymns for Sunday 12noon at Limehouse	
Entrance	849 - God forgave my sin	Entrance	821 - The Kingdom of God
Offertory	432 - Lay your hands	Offertory	846 - Amazing Grace
Communion	846 - Amazing Grace	Communion	432 - Lay your hands
Recessional	770 - Shine, Jesus, shine	Recessional	849 - God forgave my sin

Next Sunday is the 1st Sunday of Lent - Year B