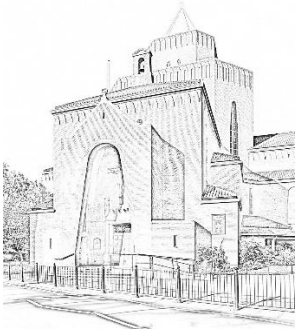


**THE CATHOLIC PARISHES OF
ST MARY & ST JOSEPH, POPLAR
AND
OUR LADY IMMACULATE &
ST FREDERICK, LIMEHOUSE**



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NEWSLETTER for the Fourth Sunday of Lent 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. See the
newsletter for details of the
baptism preparation course.

Marriages

Six months' notice is required.



*The Brazen Serpent,
Peter Paul Reubens*

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

**Stations of the Cross during
Lent**

Friday 6pm at Limehouse
(not First Fridays)

Sat 9 th Mar	4 th Sunday of Lent	6.00pm	Poplar	Teresa Mostyn (RIP - 20 th Ann)
Sun 10 th Mar	4 th Sunday of Lent	10.00am 12noon	Poplar Limehouse	Maria Nhan Khong Ma Antonietta Derecho (RIP)
Mon 11 th Mar	Lenten Feria			No Mass
Tue 12 th Mar	Lenten Feria	10.00am 12.30pm	Poplar Canary Wharf*	Catherine Jayaseelan Family Annie Coulter (Ann)
Wed 13 th Mar	Lenten Feria	10.00am	Poplar	Catherine Christina Veronica RIP
Thu 14 th Mar	Lenten Feria	10.00am	Poplar	Scarlett Ebio
Fri 15 th Mar	Lenten Feria	10.00am	Poplar	Baby Royce D'Souza
Sat 16 th Mar	Lenten Feria	10.00am	Poplar	Peace

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

PLEASE PRAY FOR...

Scarlett Ebio and Baby Royce D'Souza who are ill.

FIRST HOLY COMMUNION COURSE

The next meeting for children and parents will be in April, date to be announced.

CONFIRMATION COURSE

The next meeting for Confirmation Candidates is on Thursday 14th March at 6.45pm in the Guild Room.

RCIA

The date for the next meeting will be announced shortly.

REFRESHMENTS AFTER MASS AT POPLAR

Teas and Coffees will be served after both the Saturday 6pm Mass and the Sunday 10am Mass in the Guild Room at Poplar each week.

DIOCESAN PILGRIMAGE TO LOURDES

19th – 26th July this year. If you are interested in joining a group from our two parishes on this pilgrimage then please contact the parish office.

There will be a meeting at **7.30pm on Tuesday 12th March** in the Guild Room for anyone who is interested in finding out more about the pilgrimage.

Please consider contributing to our Lourdes Appeal which will be used to help anyone to join the pilgrimage who wouldn't otherwise be able to afford it. See the white buckets with Lourdes Appeal on or use the new card readers!

CHURCH CLEANING

We need volunteers to come and start cleaning and preparing our beautiful churches, polishing brass etc... for Holy Week and Easter. **At Limehouse** – if you can please stay behind after the 12noon mass next weekend, 17th March and join the team! **For Poplar** please let the parish office know if you can give even just a little time and perhaps we'll organise a similar team effort.

ST PATRICK'S DAY SOCIAL AND FUND RAISER

On Sat 16th March at 7pm (after the 6pm mass) there will be a party in the Guild Room to celebrate St Patrick's day and to raise funds for Lourdes. There will be a raffle, if you have prizes to donate please contact the parish office. Raffle tickets at £1 each are on sale now (before and after mass and from the parish office).

WARM HUB

The Guild Room is open each week as a warm hub from 10.30am – 1pm.

CARDINAL'S LENTEN APPEAL

There will be a second collection for this next weekend. Please take an envelope this weekend if you would like to GiftAid your contribution. You can also use the new card readers!

NEIGHBOURS IN POPLAR

Many thanks to all who contributed to our trip to Calais on Thursday, we were loaded with sacks of rice and boxes of dates, all greatly appreciated. I'll get some photos up!

Wanted: Car Drivers and Bikers urgently needed Sundays and Wednesdays, please come to St. Matthias Community Centre on 113 Poplar High St. between 11.30am and 12noon.

The fasting month of Ramadan will begin next weekend and our Muslim friends have invited us to an Iftar Gathering on Thursday March 21st at 6pm in St. Matthias Community Centre when they will break their day's fast and we can meet together.

We also hope to come together on Good Friday at 11.45am, when we will stand together outside Iceland in the Market, praying for Peace.

RECENT FINANCIAL NEWS

POPLAR OFFERTORY LAST SUNDAY

Envelopes: £150.50	Loose: £506.08	Total: £656.58
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STANDING ORDERS

December: £543.34

January: £513.34

LIMEHOUSE OFFERTORY LAST SUNDAY

Envelopes: £65.00	Loose: £146.16	Total: £211.16
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STANDING ORDERS

December: £1'507.00

January: £1'507.00

Sincere thanks for your continued generosity!

FR ANDREW WRITES

For the last two weeks of Lent I have said a little about the first two 'pillars' of Lent, namely, prayer and fasting. This week I would like to share a few thoughts about the third, which is almsgiving. In a sense almsgiving is the simplest Lenten discipline, the value and purpose of which is obvious, but it is arguably the most important. By praying we open our hearts to God's grace and prepare ourselves for the gifts that he wants to give us. By fasting we increase our hunger for God's grace and train ourselves to be less focussed on ourselves and our own gratification. Almsgiving brings these two together and makes them concrete. You see, we cannot open ourselves to God and we cannot therefore receive what God wants to give us if our hearts are closed to our neighbour. Almsgiving makes us look out from ourselves to the world and the people around us. Fundamentally, the discipline of Lenten almsgiving invites us to see our neighbour in need, not as a pain in the proverbial sense, but precisely as the grace or gift that God is trying to give us. Didn't Jesus tell us that this is exactly how he approaches when he said, 'whatever you did to the least of these – you did it to me'.

Almsgiving can include giving money to good causes but we also giving alms when we give our time, our kindness, our help, or even when we just try to see that person whom we might otherwise ignore or forget or even despise, as who they really are – Jesus himself reaching out to us.

NEW CARD READERS

By pure coincidence this week we took delivery of two new contactless card readers, which it is hoped will make it easier for everyone to give to good causes during Lent and afterwards. **Don't worry, we will still have the traditional collections for those who prefer to use cash.** But for those, perhaps especially the younger generation, who tend not to carry cash and who are accustomed to paying by card or by tapping their phone, then the new card readers will be for you.

You will be able to tap your card (or insert it and enter your pin) or tap your phone to use Apple or Google Pay. The machines are very easy to use. Tap the screen to wake it up. Select what you want to give to – the general collection is listed as Offertory. A series of other funds and special collections will be listed and you can even use the reader to pay for something from the repository shop if you like. Then you will be prompted to select the amount you want to give. Next simply tap your card on the card reader next to the screen and, unless you are asked to insert your card, that is that.

When donating to the offertory collection or one of the special collections you will be asked if you want to Gift Aid your donation. If you pay income tax in the UK then you can Gift Aid your donation which means that, for example, if you earn £12.50 of taxable income and pay 20% in income tax (£2.50) and you give £10.00 to us, then the £2.50 of tax that you have paid is refunded to us by HMRC under the scheme. This costs you nothing but increases the amount we can raise.

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 4th Sunday of Lent, Year B

First reading 2 Chronicles 36:14-16, 19-23

All the heads of the priesthood, and the people too, added infidelity to infidelity, copying all the shameful practices of the nations and defiling the Temple that the Lord had consecrated for himself in Jerusalem. The Lord, the God of their ancestors, tirelessly sent them messenger after messenger, since he wished to spare his people and his house. But they ridiculed the messengers of God, they despised his words, they laughed at his prophets, until at last the wrath of the Lord rose so high against his people that there was no further remedy. Their enemies burned down the Temple of God, demolished the walls of Jerusalem, set fire to all its palaces, and destroyed everything of value in it. The survivors were deported by Nebuchadnezzar to Babylon; they were to serve him and his sons until the kingdom of Persia came to power. This is how the word of the Lord was fulfilled that he spoke through Jeremiah, 'Until this land has enjoyed its sabbath rest, until seventy years have gone by, it will keep sabbath throughout the days of its desolation.' And in the first year of Cyrus king of Persia, to fulfil the word of the Lord that was spoken through Jeremiah, the Lord roused the spirit of Cyrus king of Persia to issue a proclamation and to have it publicly displayed throughout his kingdom: 'Thus speaks Cyrus king of Persia, "The Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up."'

Response to the Psalm O let my tongue cleave to my mouth if I remember you not!

Second reading Ephesians 2:4-10

God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to life with Christ – it is through grace that you have been saved – and raised us up with him and gave us a place with him in heaven, in Christ Jesus. This was to show for all ages to come, through his goodness towards us in Christ Jesus, how infinitely rich he is in grace. Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit. We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it.

Gospel Acclamation Jn 3:16

Glory and praise to you, O Christ!

God loved the world so much that he gave his only Son: everyone who believes in him has eternal life.

Glory and praise to you, O Christ!

Gospel Jn 3:14-21

Jesus said to Nicodemus: 'The Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son. On these grounds is sentence pronounced: that though the light has come into the world men have shown they prefer darkness to the light because their deeds were evil. And indeed, everybody who does wrong hates the light and avoids it, for fear his actions should be exposed; but the man who lives by the truth comes out into the light, so that it may be plainly seen that what he does is done in God.'

Hymns for Sunday 10am at Poplar		Hymns for Sunday 12noon at Limehouse	
Entrance	851 - Awake, awake: fling off the night.	Entrance	794 - God is love, his the care
Offertory	610 - Take our bread	Offertory	600 - All that I am
Communion	747 - The light of Christ	Communion	747 - The light of Christ
Recessional	360 - As I kneel before you	Recessional	807 - Praise, my soul

Next Sunday is the 5th Sunday of Lent - Year B