

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



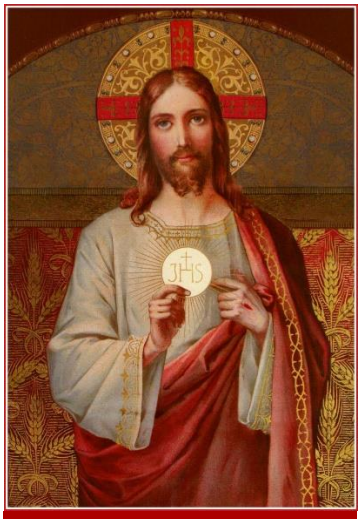
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NEWSLETTER for the 18th Sunday in Ordinary Time 2024

Exposition of the Blessed Sacrament:
Saturday 10:30am - 11:30am
at Poplar
First Fridays 6.00pm - 7.00pm
at Poplar

Baptisms
By appointment. Usually at 1pm on Saturdays.

Parish Office
Tue – Fri, 10.00am – 2.30pm



I am the bread of life

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 3rd Aug	18th Sunday in Ordinary Time (Vigil)	6.00pm	Poplar	The Maciejewski Family *(Int.)*
Sun 4th Aug	18th Sunday in Ordinary Time	10.00am 12noon	Poplar Limehouse	Rodolfo Espiritu *(Ann.)* The People of the Parish
Mon 5th Aug	Dedication of St Mary Major			No Mass
Tue 6th Aug	The Transfiguration	10.00am 12.30pm	Poplar Canary Wharf*	Sheila Orwell *(Ann.)* No Mass
Wed 7th Aug	Feria Week 18	10.00am	Poplar	No Mass
Thu 8th Aug	St Dominic	10.00am	Poplar	Susan Fernandes *(Int.)*
Fri 9th Aug	St Teresa Benedicta of the Cross	10.00am	Poplar	Ilya & Harry *(Int.)*
Sat 10th Aug	St Laurence	10.00am	Poplar	Private Intention

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

MASS THIS SUNDAY – 18th Sunday in Ordinary Time (Year B)

First reading Exodus 16:2-4,12-15

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!' Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not. 'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God."' And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

Response to the Psalm The Lord gave them bread from heaven.

Second reading Ephesians 4:17,20-24

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

Gospel Acclamation Mt4:4

Alleluia, alleluia!
Man does not live on bread alone, but on every word that comes from the mouth of God.
Alleluia!

Gospel John 6:24-35

When the people saw that neither Jesus nor his disciples were there, they got into those boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered: 'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.' Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.' Jesus answered: 'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.' 'Sir,' they said 'give us that bread always.' Jesus answered: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

Hymns for Sunday 10am at Poplar		**Hymns for Sunday 12noon at Limehouse**	
Entrance	629 - I am the bread of life	Entrance	78 - Bread of life
Offertory	941 - There is a longing	Offertory	644 - Alleluia, sing to Jesus
Communion	662 - O bread of heaven	Communion	989 - Word made flesh
Recessional	967 - O the love of my Lord	Recessional	960 - Guide me, o thou great redeemer

Next Sunday is the 19th Sunday in Ordinary Time (Year B)