

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



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NEWSLETTER for the 19th 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



Manna from Heaven, Illustration in The Crusader Bible, 1240 © The Morgan Library & Museum, New York

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 10th Aug	19th Sunday in Ordinary Time (Vigil)	6.00pm	Poplar	Kelly Calliste *(Ann.)*
Sun 11th Aug	19th Sunday in Ordinary Time	10.00am 12noon	Poplar Limehouse	Antonia Maria Pacheco *(RIP)* Andrea *(Int.)*
Mon 12th Aug	Feria Week 19			No Mass
Tue 13th Aug	Feria Week 19	10.00am 12.30pm	Poplar Canary Wharf*	No Mass No Mass
Wed 14th Aug	St Maximilian Kolbe	10.00am	Poplar	Mary Fitzgerald *(Ann.)*
Thu 15th Aug	THE ASSUMPTION OF THE BVM	10.00am	Poplar	Mary Orwell *(Ann.)*
Fri 16th Aug	St Stephen of Hungary	10.00am	Poplar	Richard Steer *(Ann.)*
Sat 17th Aug	Saturday Memoria of BVM	10.00am	Poplar	Priest's Intention

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

MASS THIS SUNDAY – 19th Sunday in Ordinary Time (Year B)

First reading 1 Kings 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'O Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

Response to the Psalm Taste and see that the Lord is good.

Second reading Ephesians 4:30-5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ. Try, then, to imitate God as children of his that he loves and follow Christ loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

Gospel Acclamation Jn6:51

Alleluia, alleluia!
I am the living bread which has come down from heaven, says the Lord.
Anyone who eats this bread will live for ever.
Alleluia!

Gospel John 6:41-51

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other. 'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. 'I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

Hymns for Sunday 10am at Poplar		**Hymns for Sunday 12noon at Limehouse**	
Entrance	601 Praise to the Lord, the Almighty	Entrance	662 O bread of heaven
Offertory	604 Lord accept the gifts we offer	Offertory	607 Let all mortal flesh
Communion	662 O bread of heaven	Communion	627 This is my body
Recessional	945 Now thank we all our God	Recessional	652 Go the Mass is ended

Next Sunday is the 20th Sunday in Ordinary Time (Year B)