

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



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NEWSLETTER for the 3rd Sunday of Lent 2026

Exposition of the Blessed Sacrament:
Sat 10:30am - 11:30am at Poplar
1st Fridays - 6pm - 7pm at Poplar

Stations of the Cross
During Lent 2nd, 3rd & 4th Fridays – 6.30pm at Limehouse

Baptisms
By appointment. Usually at 12 noon on Saturdays.

Parish Office Opening
Tue - Fri 10.00am - 2.30pm



Samaritana
by Julio Romero de Torres

Confessions:
Sat 10:30am - 11:15am at Poplar
Sat 5.15pm - 5.45pm at Poplar
1st Fridays 6.00pm - 6.45pm at Poplar or by appointment

Marriages
Couples **must** meet with Fr Andrew **6 months** before the intended wedding, even when the wedding is taking place elsewhere.

Sat 7th Mar	3rd Sunday of Lent (Vigil)	6.00pm	Poplar	Diane Ngoudje *Ints*
Sun 8th Mar	3rd Sunday of Lent	10.00am 12noon	Poplar* Limehouse	People of the Parish Maria Nhan Khong *Ann*
Mon 9th Mar	Lenten Feria		No Mass	No Mass
Tue 10th Mar	Lenten Feria	10.00am 12.30pm	Poplar Canary Wharf †	Sylvia Poni *RIP* Priest's Intention
Wed 11th Mar	Lenten Feria	10.00am	Poplar	Tommy Mostyn *RIP*
Thu 12th Mar	Funeral of Lilly Moran	**11.30am**	Poplar	Lilly Moran *RIP*
Fri 13th Mar	Lenten Feria	10.00am	Poplar	Milani de Silva *Ann*
Sat 14th Mar	Lenten Feria 4th Sunday of Lent (Vigil)	10.00am 6.00pm	Poplar Poplar	Cyril Martis & Donald Goveas *Ann* Amelia Espiritu *B'day 15/3*
Sun 15th Mar	4th Sunday of Lent	10.00am 12noon	Poplar* Limehouse	Peter Yeung *RIP* Rosina Salmon *RIP*

*= Teas and Coffees in the Guild Room after the 10am Mass

†= Mass in the Multi-Faith Prayer Room in the Churchill Place Shopping Mall between Joe the Juice and Barclays

PLEASE PRAY FOR

Sylvia Poni, Lilly Moran, Sylvia Richardson, Brenda Terry, Bob Baker, Sr Teresa White, Mahmuda, Annie McKie, Doreen Maciejewski and Lily Bleach who have died. And for Anne O'Connell, Jacqui Newson, Herbert Parillon, Emilio Campanella, Joan Russell, Robert Hageman, Camil Agius, Nita da Fide, Sarah Dodd, Anthony Gafa, Bernadette McSweeney, Sylma Simon and Frances Samuels who are ill.

BAPTISM PREPARATION COURSES

The next course will be on **Saturday 11th April at 11.00am** in the Guild Room at Poplar.

FIRST HOLY COMMUNION COURSE

After this Saturday's meeting, the next meeting for children and parents will be at 5.00pm on Saturday 11th April in the Guild Room. Please let Sr Christine know in advance if you and your child will be unable to attend.

RCIA

The next group meeting will be this **Tuesday 10th March at 7.00pm** in the Guild Room.

FRIDAYS IN LENT

During Lent, we will have **Stations of the Cross at Limehouse at 6.30pm each second, third and fourth Friday of the month.** On first Fridays, we will have Adoration and Confessions at 6pm at Poplar.

THE ANNUAL DIOCESAN LENTEN APPEAL

Each Lent, every parish in the diocese is asked to help to raise funds for the Diocesan Lenten Appeal which supports our one shared mission: helping people encounter Christ and live that faith in love and service. Through your donations, you will enable the Church across the diocese to continue walking with people at every stage of life. To donate, please visit www.rcdow.org.uk/LentenAppeal or use the envelopes available in Church.

PRAYING THROUGH HOLY WEEK

Sr Anouska FCJ will be leading an afternoon of input, prayer and reflection to help us to prepare for Holy Week and to engage prayerfully and fruitfully with the liturgy and the spirit of Holy Week. **3.00pm til 5.30pm Saturday 28th March** at the FCJ Convent, The Lodge, Hale Street E14 0BS.

LIMEHOUSE FAITH GROUP

Join us on **Thursday 12th March at 7.30pm**, for episode 3 of our Lent series, "No Greater Love": 'The Trial Before Pilate: Jesus is Condemned to Death'. The members of the Sanhedrin have condemned Jesus to death, but they do not have the authority to carry out capital punishment. They must work with the Roman governor, Pontius Pilate, and persuade him to crucify Jesus. All welcome, no need to have attended previous sessions. For information and to join, please contact Flo on Florence.preux@hotmail.co.uk

LOURDES MEETING

There will be a meeting for everyone who is interested in joining our group on the diocesan pilgrimage to Lourdes this year this **Wednesday 11th March at 7pm** in the Guild Room at Poplar. If you can't make the meeting but are still interested please contact Fr Andrew.

NOVENA TO ST JOSEPH

We will begin saying the Novena to St Joseph after the 10am Mass this Tuesday 10th March in preparation for his feast. Copies of the Novena prayer are available at the back of church if you want to say the Novena at home.

POPLAR SOCIAL

After the 6pm Mass next Saturday there will be a social in the Guild Room to celebrate Mothers' Day and St Patrick's Day. All are welcome.

NEIGHBOURS IN POPLAR

WOMEN'S WELLBEING AND HEALTH DAY in St. Matthias on **Tuesday March 24th 10am to 2pm**. Full programme of activities and workshops. All welcome.

POPLAR HISTORY DAY in St. Matthias on **Saturday March 28th** Exhibitions, Refreshments and Talk (Danny Wells @ 12noon) Should be a great eye opener for anyone who thinks Poplar is unimportant!!!

FR ANDREW WRITES

All three of our Lenten disciplines are there to help us to open our hearts. Following on from my homily last Sunday I would like to say a little more here about how prayer helps us to open our hearts not only to God but also to one another. Prayer isn't just about *my* conversation with God, a private matter. Prayer unites every human being on the planet because it is the most genuinely human thing we can do. They say that 'there are no atheists in foxholes', meaning that even the most convinced atheist will turn to God in some way in times of real desperation. The simple act of turning to God in prayer unites us with everyone who seeks God and even those who think they don't.

But Christian prayer unites us even more. It isn't a coincidence that when asked by his disciples to teach them how to pray Jesus taught us to say '*Our* Father…' not *My* Father. So, for the Christian, even when we are alone, we always pray as fellow sons and daughters of God our Father. And Jesus isn't just telling us *how* to pray, in teaching us to say '*Our Father*' Jesus is drawing us into *his* prayer. What else does Jesus, the Son of God, say in prayer but 'Father'? For a Christian to pray is to be drawn into the love that Jesus shares with his Father in the Holy Spirit. That's why we always begin our prayer by placing ourselves within the Holy Trinity by saying 'In the name of the Father and of the Son and of the Holy Spirit'.

And because our prayer draws us into the love that God shares within himself, prayer is closely connected with our love of one another. Jesus teaches us to love God and neighbour and he also suggests that you can't have one with the other. We can't claim to love God while despising or ignoring our neighbour and we can't truly love those around us unless we try to lead them to God; because to love someone is to desire what is good for them and God is the greatest good of all. And prayer is the same, opening our hearts to God in prayer must open us up to those around us. The more we pray, the more compassion, patience and understanding we will have. And this is true especially of those who we find it hard to love. When Jesus tells us to love our enemies, in the very same breath he tells us to pray for those who persecute us. Praying for those we find it hard to love helps us to love them because by entering into God's love we begin to see them as God sees them, through eyes of love and mercy.

Now because prayer is so closely connected to love, those occasions when we come together to pray are especially important. Coming to together as the Christian community for Mass on a Sunday is really important because it is a concrete expression of our love for one another as God's family, the Church – literally being there. And praying together as families is just as important. 'The family that prays together, stays together' was the slogan of Fr Patrick Peyton, (known as the Rosary Priest) and he was right! Praying together as a family unites and deepens the love within the family. And because the family is THE fundamental unit of society and the Church, strong loving families built on prayer together are essential to building up the Church and society. The family home is where we learn how to love and how to pray. This Lent what an amazing thing it would be if every family in our two parishes made a special effort, even if you don't normally do it, to come together to pray regularly. It doesn't matter what sort of prayer: the rosary, a sharing of intentions, a morning offering, prayers before bed or even just grace before meals. I guarantee you will see a difference in your family and that will create such solid foundation stones for our parishes. And for those of us who don't live with our families we can embrace our parish families with renewed love as we all pray together to God Our Father.

May God bless you all,

Fr Andrew

RECENT FINANCIAL NEWS

POPLAR COLLECTION LAST WEEKEND

Envelopes: £139.52	Loose: £384.38	Contactless: £449.84	Total: £973.74
Standing Orders & Online	November: £513.34	December: £568.34	January: £513.34

LIMEHOUSE COLLECTION LAST WEEKEND

Envelopes: £30.00	Loose: £129.95	Contactless: £168.14	Total: £328.09
Standing Orders & Online	November: £1,507.00	December: £1,060.00	January: £1,507.00

Sincere thanks for your continued generosity!

MASS THIS SUNDAY – 3rd Sunday of Lent (Year A)

First reading Exodus 17:3-7

In those days: The people thirsted for water, and the people grumbled against Moses and said, 'Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?' So Moses cried to the Lord, 'What shall I do with this people? They are almost ready to stone me.' And the Lord said to Moses, 'Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink.' And Moses did so, in the sight of the elders of Israel. And he called the name of the place Massah and Meribah, because of the quarrelling of the people of Israel, and because they tested the Lord by saying, 'Is the Lord among us or not?'

Response to the Psalm O that today you would listen to his voice! 'Harden not your hearts.'

Come, let us ring out our joy to the Lord;
hail the rock who saves us.
Let us come into his presence, giving thanks;
let us hail him with a song of praise.

O come; let us bow and bend low.
Let us kneel before the Lord who made us,
for he is our God, and we the people,
the people of his pasture, the flock of his hand.

O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your forebears put me to the test;
when they tried me, though they saw my work.'

Second reading Romans 5:1-2, 5-8

Brothers and Sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person — though perhaps for a good person one would dare even to die — but God shows his love for us in that while we were still sinners, Christ died for us.

Gospel Acclamation Cf. John 4:42, 15

Glory to you, O Christ, you are the Word of God. Lord, you are indeed the Saviour of the world; give me living water, so that I will not be thirsty. Glory to you, O Christ, you are the Word of God.

Gospel John 4:5-42

At that time: Jesus came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour. A woman from Samaria came to draw water. Jesus said to her, 'Give me a drink.' (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask for a drink from me, a woman of Samaria?' (For Jews have no dealings with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have nothing to draw water with, and the well is deep. Where do you get that living water? Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock.' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.' The woman said to him, 'Sir, give me this water, so that I will not be thirsty or have to come here to draw water. Sir, I perceive that you are a prophet. Our fathers worshipped on this mountain, but you say that in Jerusalem is the place where people ought to worship.' Jesus said to her, 'Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming — he who is called Christ. When he comes, he will tell us all things.' Jesus said to her, 'I who speak to you am he.' Many Samaritans from that town believed in him. So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is indeed the Saviour of the world.'