

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



Parish Priest: Fr Andrew Bowden
Parish Administrator: Alessandro Vaglio
Clergy House, 9 Pekin Street, London E14 6EZ
Sister Christine Frost FCJ: nip65@msn.com
T: 020 7987 4523 E: Poplar@rcdow.org.uk | Limehouse@rcdow.org.uk
W: https://parish.rcdow.org.uk/poplar | https://parish.rcdow.org.uk/limehouse

NEWSLETTER for the 4th 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



Healing of the Blind Man, *Andrei Miranov*

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 14th Mar	4th Sunday of Lent (Vigil)	6.00pm	Poplar	Amelia Espiritu *B'day 15/3*
Sun 15th Mar	4th Sunday of Lent	10.00am 12noon	Poplar* Limehouse	Peter Yeung *RIP* Rosina Salmon *RIP*
Mon 16th Mar	Lenten Feria		No Mass	No Mass
Tue 17th Mar	St Patrick	10.00am 12.30pm	Poplar Canary Wharf †	Elena Busti *RIP* Priest's Intention
Wed 18th Mar	Lenten Feria	10.00am	Poplar	Private Intention
Thu 19th Mar	St Joseph, husband of BVM	10.00am	Poplar	Edna & Mark *Ints*
Fri 20th Mar	Lenten Feria	10.00am	Poplar	Susannah Foster Davies *Ints*
Sat 21st Mar	Lenten Feria 5th Sunday of Lent (Vigil)	10.00am 6.00pm	Poplar Poplar	Cyril Martis & Donald Goveas *Ann* John Attard *RIP*
Sun 22nd Mar	5th Sunday of Lent	10.00am 12noon	Poplar* Limehouse	Janet Wilson *RIP* The People of the Parish

*= 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

Bernard Harris, 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 and Sylma Simon who are ill.

BAPTISM PREPARATION COURSES

The next course will be on **Saturday 18th April at 11.00am** in the Guild Room at Poplar.

FIRST HOLY COMMUNION COURSE

The next meeting for children and parents will be at 5.00pm on Saturday 18th 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 **Thursday 26th 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 many people in need. To donate, please visit www.rcdow.org.uk/LentenAppeal or use the envelopes available in Church. Next Weekend we will have a special collection for the Lenten Appeal.

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 in the Canon Wright Room at Poplar**, entrance in Pekin Street. Note the change of venue.

LIMEHOUSE FAITH GROUP

Join us on Thursday 19th March at 7.30pm, for episode 4 of our Lent series, "No Greater Love": 'The Death of the Messiah: Jesus Carries His Cross, Is Crucified, and Dies'. In this session, we will walk with Jesus on the way of the Cross, focusing on two stations: Simon of Cyrene carrying Jesus' cross, and the women of Jerusalem weeping for Jesus. All welcome, no need to have attended previous sessions. For information and to join, please contact Flo on Florence.preux@hotmail.co.uk

EAST END YOUNG ADULTS GROUP

Meets every Tuesday from 7pm in the Canon Wright Room (entrance in Pekin Street), all are welcome. Contact Michael for more information on ikorabs@gmail.com

LOURDES PILGRIMAGE

Thank you to everyone who came to the meeting last week. Fr Andrew has emailed everyone who has registered interest in joining the Pilgrimage with details of costs and booking arrangements. If you wish to join you must confirm this with Fr Andrew by this Friday 20th March.

THE SANCTUARY LAMP AT POPLAR

The sanctuary lamp at Poplar burns this week in memory of Veronica Sarr Forster.

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 12noon to 2pm.** Exhibitions, Refreshments and Talk (Danny Wells @ 12noon). Should be a great eye opener for anyone who thinks Poplar is unimportant!!!

COMMUNITY EID CELEBRATION in St Matthias on **Sunday March 29th 3pm to 5pm.** Enjoy food, laughter and community spirit to mark the occasion. All welcome!

FR ANDREW WRITES

I have reflected here over the last two weeks about Fasting and then Prayer, so I would like this week to expand on what I was saying in my homily last week about Almsgiving, which is the third of our Lenten disciplines. Almsgiving is a peculiar word, isn't it? Literally, it means charitable giving and associated with it is alms house, meaning a house given to one in need. Although these days, often alms houses have become quite posh bijou residences for the better off. The word 'alms' has very ancient roots and probably comes from the Greek for compassion, pity or mercy. And that really takes us to heart of the matter, literally. Lenten almsgiving isn't so much about what or how much we do or give but about the movement of our hearts. In Lent we are called to open our hearts to those in need. Of course, the 'giving' part suggests that it is not just about feeling sorry for people, we are asked to do or give something. But what we do or give need not have monetary value and might well consist in simple kindness and humanity.

I wrote here last week about making a special effort to pray together as families and I really hope that you have been trying to do that. I quote Fr Patrick Peyton who said that the family that prays together stays together. Well, I think there is something else that really cements families together and indeed cements parish families together, and that is making a conscious effort to look out with hearts of compassion and to do what we can for those in need. Almsgiving in other words.

There's a beautiful prayer of blessing for use at the end of weddings which contains these lines; 'May you be witnesses in the world to God's charity, so that the afflicted and needy who have known your kindness may one day receive you thankfully into the eternal dwelling of God.' I often speak about this at weddings and say to the couple that this pray reveals a secret to a long and happy marriage and family life. Have hearts not just for one another but open to the world, have an open door for those in need. Nothing increases the pressures and strains of family life more than everyone staring at one another and equally nothing eases those pressures more than everyone looking out. What's true of a family is also true of the parish. Almsgiving, that practical compassion for those outside who are in need, creates a common endeavour within a family and tends to throw into better perspective the internal strife. It can be trite to say; 'there's always someone worse off than yourself' but often it is true and it is very often the case that what someone else is having to deal with is a whole lot more significant and difficult than you having to put up with someone in the family snoring or leaving the toilet seat up or whatever it is. And I think that there are few things more important for children especially than to be introduced to the idea that there are other people around who are in need and who they can help by doing something for them.

So there is something about practicing Almsgiving or practical charity, individually, as a family or as a parish family that provides an all-important and proper perspective on life. And in that sense, that's what our Gospel today is all about when Jesus heals the man born blind. Jesus doesn't just give him physical sight but gives him the eyes of faith that allow him to recognise who Jesus is. It is the Pharisees who end up revealed as really blind since they think the blind man a sinner and unworthy of help, especially on the Sabbath.

Let us really seize this opportunity of Lent to open our eyes to those around us who are in need, to open our hearts to them and, like Jesus, to act, to do something and let us discover how this restores true perspective to us, our families and our parish community.

May God bless you all,

Fr Andrew

RECENT FINANCIAL NEWS

POPLAR COLLECTION LAST WEEKEND

Envelopes: £109.55	Loose: £391.74	Contactless: £254.00	Total: £755.29
Standing Orders & Online	November: £513.34	December: £568.34	January: £513.34

LIMEHOUSE COLLECTION LAST WEEKEND

Envelopes: £30.00	Loose: £171.19	Contactless: £180.00	Total: £381.19
Standing Orders & Online	November: £1,507.00	December: £1,060.00	January: £1,507.00

Sincere thanks for your continued generosity!

MASS THIS SUNDAY – 4th Sunday of Lent (Year A)

First reading 1 Samuel 16:1b, 6-7, 10-13a

In those days: The Lord said to Samuel, 'Fill your horn with oil, and go. I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons.' When they came, he looked on Eliab and thought, 'Surely the Lord's anointed is before him.' But the Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.' And Jesse made seven of his sons pass before Samuel. And Samuel said to Jesse, 'The Lord has not chosen these.' Then Samuel said to Jesse, 'Are all your sons here?' And he said, 'There remains yet the youngest, but behold, he is keeping the sheep.' And Samuel said to Jesse, 'Send and get him, for we will not sit down till he comes here.' And he sent and brought him in. Now he was ruddy and had beautiful eyes and was handsome. And the Lord said, 'Arise, anoint him, for this is he.' Then Samuel took the horn of oil and anointed him in the midst of his brothers. And the Spirit of the Lord rushed upon David from that day forward.

Response to the Psalm The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me;
he revives my soul.

He guides me along the right
path, for the sake of his name.
Though I should walk in the
valley of the shadow of death,
no evil would I fear, for you are
with me. Your crook and your
staff will give me comfort.

You have prepared a table before me
in the sight of my foes.
My head you have anointed with
oil; my cup is overflowing.

Surely goodness and mercy shall
follow me all the days of my life.
In the Lord's own house shall I
dwell for length of days unending.

Second reading Ephesians 5:8-14

Brothers and Sisters: At one time you were darkness, but now you are light in the Lord. Walk as children of light, for the fruit of light is found in all that is good and right and true, and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to speak of the things that they do in secret. But when anything is exposed by the light, it becomes visible, for anything that becomes visible is light. Therefore it says, 'Awake, O sleeper, and arise from the dead, and Christ will shine on you.'

Gospel Acclamation John 8:12

Praise and honour to you, Lord Jesus. I am the light of the world, says the Lord; whoever follows me will have the light of life. Praise and honour to you, Lord Jesus.

Gospel John 9:1-41

At that time: As Jesus passed by, he saw a man blind from birth. He spat on the ground and made mud with the saliva. Then he anointed the man's eyes with the mud and said to him, 'Go, wash in the pool of Siloam' (which means Sent). So he went and washed and came back seeing. The neighbours and those who had seen him before as a beggar were saying, 'Is this not the man who used to sit and beg?' Some said, 'It is he.' Others said, 'No, but he is like him.' He kept saying, 'I am the man.' They brought to the Pharisees the man who had formerly been blind. Now it was a Sabbath day when Jesus made the mud and opened his eyes. So the Pharisees again asked him how he had received his sight. And he said to them, 'He put mud on my eyes, and I washed, and I see.' Some of the Pharisees said, 'This man is not from God, for he does not keep the Sabbath.' But others said, 'How can a man who is a sinner do such signs?' And there was a division among them. So they said again to the blind man, 'What do you say about him, since he has opened your eyes?' He said, 'He is a prophet.' They answered him, 'You were born in utter sin, and would you teach us?' And they cast him out.

Jesus heard that they had cast him out, and having found him he said, 'Do you believe in the Son of Man?' He answered, 'And who is he, sir, that I may believe in him?' Jesus said to him, 'You have seen him, and it is he who is speaking to you.' He said, 'Lord, I believe', and he worshipped him.