

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



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NEWSLETTER for the 14th Sunday in Ordinary Time 2026

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

Baptisms
By appointment. Usually at 12 noon on Saturdays.

Parish Office Opening
Tue - Fri 10.00am - 2.30pm



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 4th July	14th Sunday (Vigil)	6.00pm	Poplar	The People of the Parish
Sun 5th July	14th Sunday in Ordinary Time	10.00am 12noon	Poplar * Limehouse	Mascarenhas & D'Silva Family *Ints* Rosalia Peralta *RIP*
Mon 6th July	St Maria Goretti			**No Mass**
Tue 7th July	Feria Week 14	10.00am 12.30pm	Poplar Canary Wharf†	K H *Ints* Priest's Intention
Wed 8th July	Feria Week 14	10.00am	Poplar	Mickey Dodd *Ann*
Thu 9th July	Feria Week 14	10.00am	Poplar	Elwyn Anthony Williams *Ann*
Fri 10th July	Feria Week 14	10.00am	Poplar	Private Intention
Sat 11th July	St Benedict 15th Sunday (Vigil)	10.00am 6.00pm	Poplar Poplar	Peace The People of the Parish
Sun 12th July	15th Sunday in Ordinary Time	10.00am 12noon	Poplar * Limehouse	Antonio Tangpos & Lucia Ysao *RIP* Mary Layzell *B'Day Ints*

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

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

PLEASE PRAY FOR

Ihor Hirnyak, Pat Ryan, Theo Louison, Trevor Delves, Camil Agius, Eileen Morrison, Michael Hall, Joanne O'Neill, Ella Fulgence who have died. And Pat Johnson, Mary Sauntry, Lucia Calixte, Jacqui Newson, Herbert Parillon, Emilio Campanella, Joan Russell, Robert Hageman, 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 11th July at 11.00am** in the Guild Room at Poplar.

STELLA MARIS

Next Sunday is Sea Sunday, therefore we will have a second special collection for Stella Maris – the Apostleship of the Sea, which supports the lives of seafarers around the world.

SEVEN LAST WORDS

Joe Monteiro, our wonderful organist at Limehouse, and the Happenstance Singers have produced an album entitled, Seven Last Words. This is an original composition by Joe and those who have been at the Good Friday Commemoration of the Lord's Passion at Limehouse for the last two years will be familiar with this music. Seven Last Words is a beautiful musical meditation on the last words of Christ from the cross. The Happenstance Singers are a well-known group who perform at Westminster Abbey each year. The Album was released on Friday 3rd July on major platforms, including Spotify. Please have a listen and share and pick up one of the flyers available at the back of church.

MULTI-CULTURAL SOCIAL EVENING

At 7pm (after the 6pm Vigil Mass) this Saturday 4th July in the Guild Room at Poplar there will be a Multi-cultural social evening. We are so fortunate to have parishioners from every corner of the globe, so come along and celebrate our diversity, bring food, flags, dresses, music and have some fun!

POPLAR PARISH BBQ

Next Sunday 12th July in Church Green, Canton Street, opposite the church from 4pm we will have our annual parish BBQ at Poplar. There will be fun for all the family and a chance to celebrate our community together. Burgers etc will be provided but if anyone would like to bring along salads and sides or deserts that would be greatly appreciated. Also help with setting up and organising he children's games would be welcomed.

LIMEHOUSE CHURCH OPENING

We will take a break from opening the church on Friday mornings through July. The church will resume opening for private prayer every Friday 8am-8.30am from 31st July. If you would like to volunteer to help keep our church open during the week, please speak to Fr Andrew.

EAST END YOUNG ADULTS GROUP

Meets every Tuesday from 7.00pm in the Canon Wright Room (entrance in Pekin Street), all are welcome. Next meeting **Tuesday 7th July**. Contact Michael for more information on ikorabs@gmail.com

NEIGHBOURS IN POPLAR

CALAIS Thank you to all who contributed to our very successful visit to Calais on Wednesday. We had great donations to all four Charities we visited (if anyone would like a report of the day, please send me an email at nip65@msn.com).

JOB FAIR Wednesday 8th July (11:00am - 2:00pm). All welcome to St. Matthias Community Centre. We will have a team of Mentors present to help attendees in their search for Training and Employment.

FR ANDREW WRITES

Next Saturday we will celebrate the Feast of St Benedict, considered to be the Father of Western Monasticism because of his Rule for monks which laid out a structure for monks and nuns to live by. St. Benedict wrote his rule around 530 AD amidst the chaos of the collapse of the Western Roman Empire. As invading Germanic tribes, war and economic breakdown shattered centralized civil authority, Benedict's Rule transformed monasteries into self-sufficient, stable communities that preserved literacy, agriculture and Western civilization. Benedictine monasteries became not just a place for monks and nuns to live but also centres of employment and social support. So, St Benedict is considered not only a founder of Western Monasticism but a key figure in the survival of European society which is why Pope St Paul VI proclaimed him a co-patron of Europe in 1964.

There are probably more than 30,000 men and women worldwide who still live each day according to the Rule of St Benedict as professed monks and nuns and many others more who are affiliated with Benedictine communities as oblates, or who simply chose to follow as much of St Benedict's rule as they can in their everyday life.

One of the reasons for the enduring appeal and usefulness of St Benedict's rule is the practical and reasonable balance which it reflects. Perhaps especially at times of crisis, both individuals and societies tend to reach for extremes. Even though he was writing at a time of crisis, St Benedict is insistent that the life of his monks should be a balance, especially between work and prayer. This is something that we can all take from St Benedict. As we go about our busy days, carefully carving out even just a little, but regular, time for prayer, anchors our day in the love of Christ.

In the Prologue of his Rule, St. Benedict urges us to "incline the ear of your heart" to the voice of God. In a world filled with noise and constant distraction, this is a reminder to slow down and listen. True Christian prayer is less about what we say and more about being quiet so that the Holy Spirit can speak to us.

Creating this balance in our lives and learning to listen to God in prayer isn't easy and doesn't happen all at once. We have to keep trying and failing and trying again, and over time we learn. St Benedict calls the monastery a "School of the Lord's Service," and we can think of the Church more generally and our homes and lives in the same way. The Christian life is about humbly learning to serve the Lord. Whether we are at work, raising a family or serving our parish, we need constantly to evaluate our priorities and make room of God. We need to bring a spirit of prayer into our ordinary tasks, turning our daily work into an offering of love.

May God bless you all

Fr Andrew

RECENT FINANCIAL NEWS

POPLAR COLLECTION LAST WEEKEND

Envelopes: £146.76	Loose: £319.00	Contactless: £363.00	Total: £828.76
Standing Orders & Online	April: £628.35	May: £513.34	June: £543.34

LIMEHOUSE COLLECTION LAST WEEKEND

Envelopes: £22.00	Loose: £56.90	Contactless: £105.00	Total: £183.90
Standing Orders & Online	April: £1,180.00	May: £1,507.00	June: 1,507.00

Sincere thanks for your continued generosity!

MASS THIS SUNDAY – 14th Sunday in Ordinary Time (Year A)

First reading Zechariah 9:9-10

Thus says the Lord: Rejoice greatly, O daughter of Sion! Shout aloud, O daughter of Jerusalem! Behold, your king is coming to you; righteous and having salvation is he, humble and mounted on a donkey, on a colt, the foal of a donkey. I will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall speak peace to the nations; his rule shall be from sea to sea, and from the River to the ends of the earth.

Response to the Psalm I will bless your name for ever, my God and king.

I will extol you, my God and king,
and bless your name for ever and ever.
I will bless you day after day,
and praise your name for ever and ever.

The Lord is kind and full of compassion,
slow to anger,
abounding in mercy.
How good is the Lord to all,
compassionate to all his creatures.

All your works shall thank you, O Lord,
and all your faithful ones bless you.
They shall speak of the glory of your reign,
and declare your mighty deeds.

The Lord is faithful in all his words,
and holy in all his deeds.
The Lord supports all who fall,
and raises up all who are bowed down.

Second reading Romans 8:9, 11-13

Brothers and Sisters: You are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you. So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

Gospel Acclamation Cf. Matthew 11:25

Alleluia, alleluia. I thank you, Father, Lord of heaven and earth, you have revealed the secrets of the kingdom to little children. Alleluia.

Gospel Matthew 11:25-30

At that time Jesus declared, 'I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

Next Sunday is the 15th Sunday in Ordinary Time Year A