

THE CATHOLIC PARISH OF ST MARGARET ALL SAINTS

St Margaret's Church, Barking Road E16 4HB | St Margaret's Convent Chapel, Bethel Avenue E16 4JU

Tel: 0207 476 4129 | Email: canningtown@brcdt.org | Website: www.smct.church

Parish Priest: Monsignor John Armitage

FOURTH SUNDAY OF THE YEAR | 1st FEBRUARY 2026 |

First reading

Seek the Lord, all you humble of the land, who do his just commands; seek righteousness; seek humility; perhaps you may be hidden on the day of the anger of the Lord. I will leave in your midst a people humble and lowly. They shall seek refuge in the name of the Lord, those who are left in Israel; they shall do no injustice and speak no lies, nor shall there be found in their mouth a deceitful tongue. For they shall graze and lie down, and none shall make them afraid.

Zephaniah 2:3; 3:12-13

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

It is the Lord who preserves fidelity for ever, who does justice to those who are oppressed. It is he who gives bread to the hungry, the Lord who sets prisoners free.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

The Lord who opens the eyes of the blind,

the Lord who raises up those who are bowed down. It is the Lord who loves the just, the Lord who protects the stranger.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

The Lord upholds the orphan and the widow, but thwarts the path of the wicked. The Lord will reign for ever, your God, O Sion, from age to age.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Second reading

Consider your calling, brothers and sisters: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God. And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness, and sanctification, and redemption; so that, as it is written, 'Let the one who boasts, boast in the Lord.'

1 Corinthians 1:26-31

At that time, Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.'

Alleluia, alleluia, Rejoice and be glad, for your reward is great in heaven. Alleluia.

Gospel Matthew 5:1-12a

At that time, Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.'

FEAST | MASS TIMES | INTENTIONS | EVENTS

Sunday Hymn Numbers 10am & 12pm Masses 908|798|762|644

Date & Feast	Time	Intention	Location	Parish Events in Parish Centre
Saturday 31 st St John Bosco, Pr	5.00 pm 6.30 pm	Confessions John & Mary Ellue - RIP Jose Antonio Silva - RIP	St Margaret's St Margaret's	
Sunday 01 st Fourth Sunday Ordinary Time	10.00 am 12.00 pm 6.00 pm	Janet Hicks - INT Teresita Balba - TG Tracey Flynn - RIP Gillian McEvoy - RIP Ester Josef	Convent Chapel St Margaret's St Margaret's	
Monday 02 nd The Presentation of the Lord	9.30 am	Sr Theresa O'Neill FMM - RIP John O'Flaherty - RIP	Chapel in the Convent	10.30 - 12.00 Parish Food Bank 5.30pm - 6.30pm Parish Surgery
Tuesday, 03 rd St Anne Line	9.30 am	Rose Matthews - RIP	St Margaret's	18.30 RCIA Group Parish Centre
Wednesday, 04 th Feria	9.30 am	St Joseph - INT Beaty Phelan - Birthday INT	St Margaret's	10.30 - 12.00 Parish Food Bank 19.00 - AA Meeting
Thursday 05 th St Agatha, V, M	7.00 pm 7.30-8.30	John & Madeline Tan - INT Confessions & Adoration	St Margaret's St Margaret's	18.00 - 21.00 West Ham Sea Cadets
Friday, 06 th Ss Paul Miki & Comps, Mm	9.15 am	Carmelo Pawla Farrugia - RIP John & Josie Hayden - RIP	Convent Chapel	18.00 Legion of Mary 18.30 Confirmation First Meeting
Saturday, 07 th Feria	5.00 pm 6.30 pm	Confessions Jean & Myles Walshe - INT Ray Livermore - INT	St Margaret's St Margaret's	10.00 First Communion Parents Meeting Parish Centre 12.00 Baptisms
Sunday, 08 th Fifth Sunday in Ordinary Time	10.00 am 12.00 pm 14.00 pm 6.00 pm	Walziza Leitao - INT Lourdes Cabrera - TG Joshua - INT Michael Williams - INT Mass Ghanian Chaplaincy Clara Oliveira- RIP	Convent Chapel St Margaret's St Margaret's	10.00 Mass for Children Preparing for First Holy Communion
Other Sunday Masses	09.00 am 12.00 pm 5.00 pm	Romanian Mass (Latin Rite)1 Romanian Mass (Greek Catholic) Latin Mass (Extraordinary Rite)	St Margaret's Convent Chapel Convent Chapel	

MEDITATION

Today's reading is the beginning of Jesus' Sermon on the Mount, which is found in Matthew's Gospel. The form of the Beatitudes found here is not unique to Jesus. Beatitudes are found in the Old Testament, in the psalms, and in wisdom literature, for example. They are a way to teach about who will find favour with God.

We quickly note in this reading that the people whom Jesus calls "blessed" and "happy" are not people we think of as blessed or happy . . . the poor in spirit, the meek, the persecuted. This Gospel is one of reversals. Jesus' blueprint for happiness reflects little of what the world might call happiness.

"Blessed" is sometimes translated as *happy, fortunate, or favoured*. In other words, Jesus is saying that divine favour is upon those who are poor, those who mourn, those who are persecuted. This news might have been welcome—and surprising—to the crowds who heard Jesus that day.

The Beatitudes can be understood as a framework for Christian living. Our vocation as Christians is not to be first in this world, but rather to be first in the eyes of God. By referring to the good things that the faithful will experience, Matthew reminds us that those who act in the manner described in the Beatitudes will find their reward with God.

WEEKLY NOTICES

ST HELENS SCHOOL | HEALTHY SCHOOL ZONE TIMES Please be aware of the new traffic arrangements around St Helens School in Chargeable Lane, Falcon St and Bethel Avenue. **NO ACCESS BY CAR** is allowed between 8.15 and 9.15. and 2.45 and 4.00 pm Monday to Friday during Term Times. This will come into action on 2nd March 2026. Do not apply at weekends and holidays

FIRST HOLY COMMUNION PARISH GROUP SESSIONS – February sessions for the children who have registered to make their First Holy Communion are: Saturday, 7th February & Saturday, 28th February, in the parish centre. (This is only for the parish group, not the children in St Helens. The mass for **ALL** children registered will take place on **Sunday, 8th February, in the Convent Chapel at 10 am. The Parents' meeting for all parents will take Saturday, 7th February, 10 am in the Parish Hall.**

CONFIRMATION 2026 This year, the Bishop will be coming for Confirmation. We are awaiting a final date from the Bishop, and once we have this, we shall then be able to work out the timetable for the Confirmation programme for this year. The first meeting of the Confirmation Group will be this **Friday 6th February at 6.30 in the Parish Centre.**

A NEW ARCHBISHOP. The Holy Father has appointed Bishop Richard Moth as the new Archbishop of Westminster; he will be installed in Westminster Cathedral on Saturday, 14th February. As Archbishop of Westminster, he is also the Metropolitan Archbishop for our Diocese. The Metropolitan area of Westminster includes Brentwood, East Anglia, Northampton and Nottingham! Let us keep him in our prayers.

BISHOP ALAN WILLIAMS Bishop Alan will be 75 in March, and this is the age for retirement for Bishops. So let us remember him at this time and pray for the guidance of the Holy Spirit in the appointment of a new Bishop of Brentwood.

ST JOHN BOSCO CHILDREN'S CAMP - AN AMAZING VOLUNTEER OPPORTUNITY FOR THIS SUMMER. If you are in school year 12 or student age (or any age over 17!) you are very welcome to apply at www.boscocamp.co.uk. The application process includes references and a DBS check, which we can help with, as well as training and support before and during Camp. The Camp provides over 100 children a week with a summer holiday – for many their only holiday. As a volunteer, you use your skills to assist with different sporting and fun activities, as well as the practical aspects of camp life. **Volunteer for 25th July – 1st August or 1st – 8th August.** The Camp is a special work of Caritas Diocese of Brentwood and also seeks financial donations – all information on the website.

PLEASE PRAY FOR THE REPOSE OF THE SOULS OF Theresa Keke Ainadawodu who sadly passed away on the 27th of January, may she rest in peace.

THE PARISH SURGERY The Parish Surgery takes place on most Mondays between 5.30 and 6.30 in the Parish Centre. If it is not on a particular week, it will be notified in the Newsletter. So, if you want to book a wedding, baptism, speak about a funeral, get a school form signed or have any issues you wish to discuss just come along, you will be most welcome. **Please check in the Newsletter if the Surgery is not open on a particular Monday.**

THE PARISH 50/50 DRAW RESULT JANUARY 25 - The February 50/50 Draw is now Open. Remember, if you're not in it, you can't win it!!! Tickets £1 on sale after Mass. **1st PRIZE TICKET NUMBER 05132, 2nd PRIZE TICKET NUMBER 03962, 3rd PRIZE TICKET NUMBER 04967. The total amount raised in January was £753.00, £376.50 will be prize money, and £376.50 go towards the maintenance of the churches.** If you have one of the winning tickets, please write your name and contact details on the back of the ticket, and please email the parish office to arrange a convenient time to discuss payment options. Congratulations to the winners!

ARISE | THE PARISH GROUP FOR YOUNG ADULTS. This group is for young adults between the ages of 18 and 40. It meets every other week on a Friday night upstairs in the Parish Centre. The next meeting will take place on **Friday, 13th February 2026, from 7 pm.** If you are new to the Parish, you would be very welcome to come along and meet some new local friends.

DBS – Can all catechists, eucharistic ministers who make home visits and anyone who works with children and vulnerable adults within the parish please confirm with the parish office that your DBS is up to date and supply the up-to-date DBS numbers and date of issue at your earliest convenience.

THE GHANAIAN CHAPLAINCY will be holding a Mass on **Saturday, 8th February at 2:00 PM.** All are warmly invited to attend and join us.

CHRISTIAN MOTHERS ASSOCIATION THANKSGIVING MASS is being held on the 15th February at the 12 Noon Mass.

PILGRIMAGE TO ROME, MARCH 2026 – ST BONAVENTURE'S SCHOOL St Bonaventure's Catholic School, East London, is raising funds to support students taking part in a pilgrimage to Rome. This pilgrimage is a faith journey which will allow young people to visit important holy sites, walk in the footsteps of the saints, and deepen their relationship with Christ and one another. We kindly ask for your prayers for our students as they prepare for this pilgrimage, and for any financial support you may be able to offer. Your generosity will help ensure that all students, regardless of circumstance, have the opportunity to take part in this life-changing experience of faith. Donations can be made online at:

<https://www.goodhub.com/go/stbonspilgrimage2026> Thank you for your continued support and prayers.

TO MAKE A DONATION PLEASE SCAN THE QR CODE FOR THE APPROPRIATE AMOUNT

Donate £3.00	Donate £5.00	Donate £10.00	Donate £20.00
			

WEEKLY COLLECTION

Plate Collection £718.13 | Envelopes £619.87 | Digital Plates £213.00 | **Total £1551.00**

Thank you for your generous support of the Parish

WEEKLY PARISH SURGERY	If you wish to speak to Fr John about Baptism, Marriage, the signing of forms or any other matters, please come to the Parish Surgery each Monday between 5.30 and 6.30 in the Parish Centre
PARISH OFFICE	THE PARISH OFFICE is open 5 days a week from 9am until 1pm. All normal enquiries can be made by phone 0207 476 4129 or email, canningtown@brcdt.org . All enquires made after 1pm will be answered the next working day.
ARE YOU INTERESTED IN BECOMING A CATHOLIC?	If you are considering becoming a Catholic or would like to know more about the Catholic faith then please have a word with Fr John. You may like to go online and have a look at the following websites. www.catholic.com/tract/how-to-become-a-catholic https://mycatholic.life/rcia/ Meeting every Tuesday at 6.30pm
REPOSITORY	The Repository Shop for the sale of religious articles is open from 10.00 – 12.00 Noon, seven days a week, and after the 12 Noon Mass on Sundays.
BAPTISM	Baptisms are celebrated on the First and Third Saturday of the month at 12.00, apart from August. Registration for Baptism can be made on any Monday at the Parish Surgery between 5.30 and 6.30 pm in the Parish Centre behind St Margaret's Church. Baptism Preparation usually takes place on the second Saturday of the month, at 10.00 in the Parish Centre, when the date of the baptism will be confirmed.
FIRST HOLY COMMUNION	The preparation for the Sacraments of First Confession and First Holy Communion takes place each year. There are two Groups: St Helens Group, for children attending the Parish School, and the Parish Group, for children attending Catholic schools outside of the Parish and children attending Non-Catholic Schools. Registration for both groups takes place in October each year.
CONFIRMATION	REGISTRATION has now taken place anyone wishing to make their confirmation please see Fr John.
MARRIAGE	Couples who wish to get married must give at least SIX MONTHS' notice. This is vitally important for those who are getting married abroad. Please see Fr. John
ANOINTING OF THE SICK	People wishing to receive the Sacrament of the Sick, who are housebound or in hospital, should contact one of the priests. If you are in hospital, ask the nursing staff to call for the Duty Catholic Chaplain or call the Parish phone number 0207 476 4129
FUNERALS	If a family member or friend has died, please let us know so that we may remember them at Mass. In regard to the Funeral arrangements, please contact a local Undertaker who will liaise with the Parish to arrange your requirements for the funeral. If you need to find an Undertaker, please speak to one of the priests.
CERTIFICATES	BAPTISMAL AND CONFIRMATION CERTIFICATES. The Parish issues these certificates are an important document. Please make sure you keep them safe. We are experiencing a high demand of requests for Copies of the original certificates. This presents a great demand on a very small Parish Office. So, in the future, if you wish to have a copy, there will be an administrative fee of £5.00

PARISH CONTACTS

Parish Secretary: Marie O'Hanlon

Monday – Friday 9am – 1pm 020 7476 4129

Franciscan Missionaries of Mary (FMM)

Sister Agnes, St Margaret's Convent Bethell Avenue, E16 4JU 020 7511 3463

Franciscan Friars of the Renewal (CFR)

Father Francesco, St Fidelis Friary Killip Close E16 1LX 020 7474 0766

St Helen's School

Headteacher: Claire Doherty Chargeable Lane, E13 8DW 020 7476 1785

Parish Safeguarding Officer

Mary West 0207 476 4129 – canningtown@brcdt.org

Parish Sister:

Sister Barbara 020 8525 4229/07591016649

St Bonaventure's Boys School;

Headteacher: Chris McCormack Boleyn Rd, Forest Gate, E7 9QD 0208472 2749

St Angela's Girls School

Headteacher: Mark Johnson, St George's Rd, Forest Gate E7 8HX 020 8472

Youth Representative

smctyouthcouncil@gmail.com