

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

FIFTH SUNDAY OF THE YEAR | 08th FEBRUARY 2026 |

First reading

Isaiah 58:6-10

Thus says the Lord: Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry, and he will say, 'Here I am.' If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.

A light rises in the darkness for the upright.

A light rises in the darkness for the upright;

he is generous, merciful, and righteous.

It goes well for the man who deals generously and lends, who conducts his affairs with justice.

A light rises in the darkness for the upright.

He will never be moved; forever shall the upright be remembered. He has no fear of evil news;

with a firm heart, he trusts in the Lord.

A light rises in the darkness for the upright.

With a steadfast heart he will not fear. Open-handed, he gives to the poor; his justice stands firm for ever. His might shall be exalted in glory.

A light rises in the darkness for the upright.

Second reading

1 Corinthians 2:1-5

I, when I came to you, brothers and sisters, did not come proclaiming to you the testimony of God with lofty speech or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I was with you in weakness and in fear and much trembling, and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, so that your faith might not rest in the wisdom of men but in the power of God.

Alleluia, alleluia, I am the light of the world, says the Lord; whoever follows me will have the light of life.
Alleluia.

Gospel Matthew 5:13-16

At that time: Jesus said to his disciples, 'You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. 'You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

FEAST | MASS TIMES | INTENTIONS | EVENTS

Sunday Hymn Numbers 10am & 12pm Masses 649|961|744|887

Date & Feast	Time	Intention	Location	Parish Events in Parish Centre
Saturday 07 th Feria	5.00 pm 6.30 pm	Confessions Jean & Myles Walshe – INT Ray Livermore – INT	St Margaret's St Margaret's	
Sunday 08 th Fifth Sunday in Ordinary Time	10.00 am 12.00 pm 6.00 pm	Walziza Leitao – INT Lourdes Cabrera – TG Joshua – INT Michael Williams – INT Clara Oliveira – RIP	Convent Chapel St Margaret's St Margaret's	Ghanaian Chaplaincy Mass 2pm
Monday 09 th Feria	9.30 am	Sr Theresa O'Neill FMM – RIP	Chapel in the Convent	10.30 – 12.00 Parish Food Bank THERE IS NO Parish Surgery TODAY
Tuesday, 10 th St Scholastica, V	9.30 am	Celine Bedier – RIP (F) Maureen Fitzpatrick – RIP	St Margaret's	NO RCIA GROUP
Wednesday, 11 th Our Lady of Lourdes, Principal Patroness of the Diocese	9.30 am	Lourdes Rodrigues – RIP Linda Ellul – RIP	St Margaret's	10.30 – 12.00 Parish Food Bank 19.00 – AA Meeting
Thursday 12 th Feria	7.00 pm 7.30-8.30	Sr Ethel FMM – INT Elaine & Peter McWilliams – INT Confessions & Adoration	St Margaret's St Margaret's	18.00 – 21.00 West Ham Sea Cadets
Friday 13 th Feria	9.15 am	Ella Talar – TG Ann Shaikh – INT	Convent Chapel	18.00 Legion of Mary
Saturday, 14 th St Cyril, M & St Methodius, B	5.00 pm 6.30 pm	Confessions Burton Steel – RIP	St Margaret's St Margaret's	
Sunday, 15 th Sixth Sunday in Ordinary Time World Day for The Sick	10.00 am 12.00 pm 6.00 pm	John & Mary Ellue – RIP Mick Tighe – RIP (F) Vince Tighe – RIP Patrick Murphy – RIP (F)	Convent Chapel St Margaret's St Margaret's	12pm Christian Mothers Thanksgiving
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

Following upon the teaching of the [Beatitudes](#), Jesus uses the now familiar metaphors of salt and light to describe the life of discipleship. We take salt and light for granted in our society, but these commodities were more precious in ancient cultures. Just as now, salt was used in Jesus' time for flavouring, as a preservative, and as a healing agent. Similarly, the widespread use of electricity in the modern world makes us less aware of the value and importance of light in our lives. Still, our familiarity with this passage from Matthew's Gospel speaks well to the abiding power of the imagery that Jesus presented. Jesus' call to be salt for the earth and light for the world powerfully states our mission as Church and as Christians. Our commitment to social justice flows from the exhortation that Jesus gives us in today's Gospel. Some of the activities that this commitment leads us to are given more concrete expression as the Corporal and Spiritual [Works of Mercy](#). When we feed the hungry, clothe the naked, console those who mourn, and so on, we show ourselves to be the salt of the earth and the light of the world. When we do these things with the community of faith, the Church, we are indeed acting as "a city set on a mountain" that cannot be hidden!

WEEKLY NOTICES

Our new Archbishop, Richard Moth, will be installed next Saturday as the 12th Archbishop of Westminster, at Westminster Cathedral. Brentwood Diocese is one of part of the Metropolitan area of Westminster, which includes East Anglia, Northampton and Nottingham. Please keep Archbishop Richard in your prayers.

A BIG THANK YOU to all who have bought tickets for the Parish 50/50 Draw. It has made a real difference in addressing the need to care for our buildings. The Draw takes place once a Month and 50% is prize Money and 50% goes to the upkeep of the Church. So please support the 50/50 Draw, as it is making a real difference, and you may win a prize. **The more tickets sold, the bigger the prizes. Since August, we have raised £7,813. Which means £3,589 has been prize money and £3589 has gone to Parish Maintenance.**

CONFIRMATION 2026 The Confirmation Group met for the first time on Friday. The date of the next Confirmation Group is Friday, 20th February. This will be the **last time** it will be possible to register for this year's Confirmation. **The Bishop will be visiting the Parish for Confirmation on Sunday 31st May**

ADULT CONFIRMATION Adults who have not been confirmed and would like to be confirmed when the Bishop visits, should come to a meeting after the 7 pm Mass on Ash Wednesday, **February 18th in the Parish Centre**

REPOSITORY SHOP We now have a Repository Shop in both Churches. The shops sell rosaries, statues, cards, medals, and candles And many other religious items. The Shop at St Margaret's is open daily from after Mass until 12. Noon, and the shop at the Convent is open after Mass

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.

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

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.**

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 David Scott, Rosina Salmon, Christian Ndukwe and those who have died recently. May they rest in peace, Amen. On 8th February, we remember **Catherine Araba Amoako** on the one-year anniversary of their passing, giving thanks for their life and holding their loved ones in our prayers.





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!

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.

Can **Dora Owusu** please see Fr John after Mass or contact the parish secretary during office hours.

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 £814.29 | Envelopes £536.50 | Digital Plates £555.00 | **Total £1905.79**

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.
CONFIRMATON	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

Franciscan Missionaries of Mary (FMM)

Franciscan Friars of the Renewal (CFR)

St Helen’s School

Parish Safeguarding Officer

Parish Sister:

St Bonaventure’s Boys School;

St Angela’s Girls School

Monday – Friday 9am – 1pm 020 7476 4129

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

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

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

Mary West 0207 476 4129 – canningtown@brcdt.org

Sister Barbara 020 8525 4229/07591016649

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

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