



# THE PILGRIM

## St. Francis of Assisi Roman Catholic Church E15 1BJ.



Official Bulletin published by the Parish Office, 160 The Grove, Stratford, London E15 1NS  
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 "A fraternal and hearty welcome to the new members of our Parish Community and all visiting sisters and brothers"

### 4TH SUNDAY IN ORDINARY TIME

01 February 2026

**READ** First Reading: Zephaniah 2:3; 3:12-13

**Responsorial Psalm:** Blessed are the poor in spirit; for theirs is the kingdom of heaven.

**Second Reading:** 1Corinthians 1:26-31

**Gospel Reading:** Matthew 5:1-12a

#### The Gospel offers direction on how to make choices in life.

Zephaniah prophesies the ideal people of God, the poor of the land, the *anawim*, who obey God's commands, do justice, and seek humility. These people relied on God as their helper and provider. These are the same people that Paul referred to as "the lowly and the despised of the world whom God chooses to shame the strong." In the gospel, Jesus declares them Blessed: the poor in spirit, the humble, the merciful, the peacemakers, those who work for justice.

**REFLECT:** A story was told about St. Pope John XXIII, who visited a prison in Rome when he became the Pope. In his conversation with the prisoners, he said, "Since you cannot come to me, I have come to visit you." And he added: "It has been a long time since I last visited a prison. The last time I did so was when I visited my cousin." Pope John the XXIII was not ashamed of that fact. For him, a genuine person in authority does not consider himself different or above others. Pope John XXIII's story illustrates how our life experiences can help us make wise choices if we allow them to guide us. Our decisions hold significance when they align with the Word of God. The Gospel offers direction on how to make choices in life: to support those in sorrow, to show mercy, and to strive for justice and peace. The choices we make for God, for truth, for love, and for the welfare of our brothers and sisters will bring us closer to our blessedness.

**RESPOND:** Make a conscious effort to do good, and help your needy brothers and sisters.

**Prayer:** Lord, help me to make the right choices today and every day.

Source: Bible Diary 2026, Claretian Publications Foundation, Inc, QC, Phil.

### PASTORAL TEAM

- **Fr. Reu Jose C. Galoy, OFM, Parish Priest**
- **Fr. Yusuf Bagh, OFM, Guardian**
- **Fr. Desire Niyonkuru, OFM**
- Ms. Kathleen Allen, Parish Secretary
- Mr. Derek Hoddy, Pastoral Assistant

### MASS TIMES

- Sun - 6.00pm (Sat), 9:00 am, 10:15 am, 12:00 pm, 4:30 pm (Ukrainian Mass)
- Youth Mass – 1st Sunday of the Month at 10:15am.
- Mon - Fri: 12:15 pm,  
**Wed: 6:30 pm,**  
 Sat 10:00 am
- **Exposition of the Blessed Sacrament**  
 Sat: 10:30 am – 11:30 am
- **Reconciliation**  
 Sat: 10:30 am - 11:30 am,  
 5:00 pm - 5:45 pm & by Appointment
- **Novena/Rosary**  
 • Tue: St. Anthony: 12:45 pm  
 • **Wed: Holy Rosary:** 6:00 pm  
 • Sat: Morning Prayer: 9:40 am

### MASS INTENTIONS Sunday 1 FEBRUARY 2026 – Saturday 7 FEBRUARY 2026

Sun 1 FEB 9:00	SI - LORRAINE	Wed 4 FEB 12:15	SI - EMILIA MANGONE
Sun 1 FEB 10:15	SI - JOHN, KATHLEEN & FAMILY	4 FEB 6:30PM	<b>POPE LEO XIV</b>
Sun 1 FEB 12 Noon	SOULS IN PURGATORY	Thu 5 FEB 12:15	RIP (M) JIM McCAFFREY
Mon 2 FEB 12:15	RIP (M) - LUCIANO IANICELLI	Fri 6 FEB 12:15	RIP ANNIV - THOMAS CUNNANE
Mon 2 FEB 6:30PM	GH (M) - GEORGE RHODES	Sat 7 FEB 10:00AM	PEOPLE OF THE PARISH
Tues 3 FEB 12:15	RIP (F) - BELINDA FRIERI	Sat 7 FEB 6:00PM	RIP (M) - ALAN MORAN

**TG** - Thanksgiving, **SI** - Special Intention, **BD** - Birthday, **WA** - Wedding Anniversary, **ST** - Safe Travel, **GH** - Good Health, **SR** - Speedy Recovery, **RIP** - Death/Death Anniversary

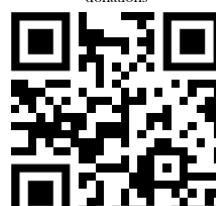
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## FRANCISCAN JUBILEE YEAR

Pope Leo XIV has proclaimed a "Special Year of St. Francis" to commemorate the 800th anniversary of the saint's death. During this time of grace, which will extend until January 2027, the faithful are granted the opportunity to obtain a **plenary indulgence**. This Franciscan Jubilee Year, considered a gift for the entire Church and an occasion for authentic spiritual renewal, was inaugurated on Jan. 10 with a **decree** issued by the Apostolic Penitentiary of the Holy See.

Until Jan. 10 of next year, the faithful can obtain this grace under the usual conditions — sacramental confession, Communion, and prayer for the intentions of the pope — by making a pilgrimage to any Franciscan conventual church or place of worship dedicated to St. Francis anywhere in the world. Furthermore, the elderly, the sick, and those who, for serious reasons, cannot leave their homes can obtain the plenary indulgence by spiritually joining in the jubilee celebrations and offering their prayers, pains, or sufferings to God

<https://www.catholicnewsagency.com/news/269025/Leo-XIV-proclaims-Franciscan-jubilee-year-and-grants-plenary-indulgence>

Our parish joyfully announces the launch of our **Franciscan Jubilee Program on Monday, 2nd February 2026**, during the **6:30 PM Mass**, as we celebrate the **Feast of the Presentation of the Lord**. All parishioners and friends are warmly invited to witness the opening of this **Special Year of St Francis** in our very own church—a historic, grace-filled journey for our parish community.

In preparation for this significant occasion and the yearlong celebrations that will follow, there will be **some physical movements and rearrangements within the Church** to better support the Jubilee program. We kindly ask for your understanding, cooperation, and prayers as these preparations are made. May this Jubilee Year deepen our faith and draw us closer to the spirit of St Francis



### Monday 2nd February 2026

#### The Feast of the Presentation/Candlemas Day.

There will be Mass at 12:15pm and at 6:30pm. Please bring your candles for Blessing. The Franciscan Jubilee Program will be launched at the 6:30pm Mass. Everyone Welcome!

### Tuesday 3rd February 2026 – St Blaise – Blessing of the Throat.

There will be a Throat Blessing after the Novena to St Anthony.

### TEMPORARY CLOSURE OF GROVE CRESCENT ROAD – AMENDED DATES

The builders across the road from the Church are dismantling another Large Crane on the following dates, therefore, Grove Crescent Road will be closed again. Unfortunately, the Traffic Controllers have been asked to move the road closure/tower crane dismantle dates again to the following:

**Operational/TTRO dates: from 13:00 on Friday 27<sup>th</sup> February through to 23:59 on Monday 02<sup>nd</sup> March 2026.** Note; Mobile crane will commence rigging from 04:00hrs Saturday 28<sup>th</sup> February and will hopefully complete the TC dismantle by 23:59hrs on Sunday 01<sup>st</sup> March 2026, Friday is required to enforce no parking restrictions in the area and Monday is for back up date only. Working hours Sat – 0400 – 2100 & Sun 0700-2100

**Back up dates/TTRO dates; from 13:00 on Friday 06<sup>th</sup> March through to 23:59 on Monday 09<sup>th</sup> March 2026:** Note; Mobile crane will commence rigging from 04:00hrs Saturday 07<sup>th</sup> March and will hopefully complete the TC dismantle by 23:59hrs on Sunday 08<sup>th</sup> March. Friday is required to enforce no parking restrictions in the area and Monday is for back up only: Working hours Sat – 0400 – 2100 & Sun 0700-2100

### KATHLEEN DROMEY

The Friars and Family ask for your prayers for Kathleen Dromey who is extremely ill in hospital. Thankyou.

**Hatha Yoga Class** in the Small Hall. Mondays 6pm to 7.30pm. Mixed ability. All welcome. Telephone Hariat on 07803 121104 for more information.

**Zumba & Tai Chi Class** commencing Friday 6th February 2026, from 10am to 11am every Friday in the Large Hall. Everyone welcome!