



# 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”



### 5TH SUNDAY IN ORDINARY TIME

08 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

#### We have Christ within us.

The Prophet Isaiah specifies how we can manifest God's brightness and goodness: to do good, to do justice, show mercy, and not oppress others. St. Paul emphasizes that all this would not depend so much on our abilities or the greatness of our efforts but rather on Christ, who is within us. When we allow Christ, the True Light, to shine through us, we become true salt and true light. The Lord Jesus highlights this as our true vocation and mission in the gospel.

**REFLECT:** God created us and has sent us into the world not just to be a decoration but for a bigger purpose. To a world where there is tastelessness and darkness, we are sent to bring about good taste and light. Where there is violence and sin, we are to bring peace and reconciliation. Where there is hatred and indifference, we are to bring love and compassion. This may be difficult as we struggle with self-centeredness, pride, and hardheadedness. But we have Christ within us. If we allow Him to empower us daily by constantly reflecting on His words and to penetrate our hearts through daily prayer, we also grow with Him. We may not become perfect, but we can grow in making ourselves a reflection of His goodness and love.

**RESPOND:** Let us do our little share to be a light, a friend, a brother or sister to others.

**Prayer:** Lord, thank you for being with me. Empower me to be a reflection of your light today.

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 8 Feb 2026 – Saturday 14 Feb 2026

Sun	8 FEB 9:00	RIP (F) HELENA MURPHY	Wed	11 FEB 12:15	SI - FINAL EXAM
Sun	8 FEB 10:15	RIP (F) JUDY O'SULLIAN	Wed	11 FEB 6:30	<b>BISHOP ALAN WILLIAMS</b>
Sun	8 FEB 12 Noon	RIP (M) OSCAR TROTTMAN	Thu	12 FEB 12:15	BD/ANNIV - MR VIVIAN CHAPMAN
Mon	9 FEB 12:15	RIP ANNIV (F) BREEDA ALLEN	Fri	13 FEB 12:15	RIP(F) - BERNADETTE JAMES
Tues	10 FEB 12:15	GH - HEALING OF THE SICK and RIP (F) - MARIA (OFS)	Sat	14 FEB 10:00	PEOPLE OF THE PARISH
			Sat	14 FEB 6:00PM	40TH WA - MARY & LESLIE and RIP (F) - AUDREY YATES

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

Go green! Access our Digital Newsletter online for a sustainable and eco-friendly way to stay informed. Scan the QR code below or visit: <https://tinyurl.com/vfk8vsc4> or <https://stfrancisassisistratford.com/newsletters>



Stay up-to-date with the latest parish events and announcements - join our new WhatsApp Channel! Scan the QR code below or visit: <https://tinyurl.com/4weu2nh6> or <https://whatsapp.com/channel/0029VbA3Xba6XCIP3Jia0I>



Support our parish and its mission. Donate Now by scanning the QR code below or visiting the Diocese link (please remember to select our Stratford parish):

<https://tinyurl.com/36m53d54> or <https://www.diocescolbrentwood.net/donations>



**PILGRIMAGES TO ASSISI  
SEPTEMBER & OCTOBER 2026**

September 18 – 22 2026 (24 Pax)  
Chaplain – Fr Desire, OFM

October 9 – 13 2026 (24Pax)  
Chaplain – Fr. Yusuf, OFM

**COST £550.00 Excluding Air Fare.**

Contact: [stratford@friar.org](mailto:stratford@friar.org) -  
020 8534 1964.

**SEPTEMBER**

£234.95

British Airways

London to Rome

Friday 18 September 2026.

Arrive in Ron Fiumicini at 16:00.

Meet a Heathrow Airport Terminal 5 at  
10am.

Rome to London

Tuesday 22 September 2026

Departs at 20:15 from

Rome Airport Fiumicino

Arrives at 20:50 at London Heathrow Airport

**OCTOBER**

£213.95

British Airways

London to Rome

Friday 9 October 2026.

Arrive in Rome Fiumicini at 16:00.

Meet a Heathrow Airport Terminal 5 at  
10am.

Rome to London

Tuesday 13 October 2026

Departs at 19:10 from

Rome Airport Fiumicino

Arrives at 20:50 at London Heathrow Airport

**STATIONS OF THE CROSS**

The Stations of the Cross commence on

Friday 20 February 2026 up to  
and including

Friday 27 March 2026 at 6:30pm.

**WEDNESDAY ADORATION  
AT ST FRANCIS**

From Wednesday 11th February, 1pm to 6pm,  
with CONFESSION from 5-6PM, there will be  
*Wednesday Adoration.*

We invite volunteer "Adorers" for an hour or  
two every Wednesday. A sign-up sheet at the  
back of the church. Thank you.

**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

**CATHERINE ANN CARTY, R.I.P.**

We are sorry to announce the death of

Catherine Carty, a long time parishioner of

St Francis of Assisi Church.

Funeral Mass 4th March 2026 at 12:15.

**Golden opportunity** to learn how to  
download and use the NHS App. On *Wednesday*  
*25 February from 10.30 to 12*, in the Large Hall,  
there will be a demonstration and individual help  
to download and use the NHS App run by the  
Healthy Ageing Irish Group. This is open to all,  
refreshments will be available.

**Last chance to get tickets for the  
St Valentine's dance on Sat 14  
Feb. in the Large Hall. Tickets on  
sale after Mass. Don't miss out!**