



THE PILGRIM

St. Francis of Assisi Roman Catholic Church E15 1BJ

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"A fraternal and hearty welcome to the new members of our Parish Community and all visiting sisters and brothers"

19TH SUNDAY IN ORDINARY TIME

09 AUGUST 2026

READ First Reading: 1 Kings 19:9a, 11-13a

Responsorial Psalm: Show us, O Lord, your mercy, and grant us your salvation.

Second Reading: Romans 9:1-5

Gospel Reading: Matthew 14:22-33

Do not be afraid.

The prophet Elijah escaped the wrath of Jezebel, the queen, who sought to kill him. He lamented to God that the Israelites had forsaken their covenant with Him. In this reading, God appeared to Elijah in the murmur of a gentle breeze, instructing him to return to his work. In the second reading, Paul expressed grief over the unbelief of his people, the Israelites. In the gospel, the Lord appeared to the disciples who faced a storm on the lake, telling them, "Do not be afraid; it is I."

REFLECT: In our life journey, the focus of our gaze must always be Jesus, especially when problems and the storms of life come. The gospel story reminds us that Jesus is there for us, journeying with us. Even in his silence or seeming absence, when he does not answer our prayers, He is still there and does not abandon us. When we find our faith weakening, we need to call Jesus. When we think we are already sinking, we only have to hold out our hands and allow Jesus to take them and bring us up. Let us always remember the Lord's voice: "Do not be afraid."

RESPOND: Help a friend who is facing difficulties in life.

Prayer: Lord, please assure me of your presence when life's storms come, especially when I feel like a failure.

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
Vicar

- 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: 12:15pm
Wed - 07:00pm
Sat - 10:00am
- Exposition of the Blessed Sacrament
Wed: 01:00pm – 06:00pm
Sat: 10:30am – 11:30 am
- Reconciliation
Wed: 05:00pm - 06:00pm
Sat: 10:30am - 11:30am, 05:00pm - 05:45pm & by Appointment
- Novena/Rosary
Tue: St. Anthony 12:45pm
Wed: Franciscan Crown 01:30pm
Divine Mercy 03:00pm
Mo. of Perpetual Help 05:00pm
Holy Rosary 06:00pm
Sat: Morning Prayer 09:40am

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/lweu2mh6>
or <https://whatsapp.com/channel/0029VbA3ba6xCSIP3Jja0I>



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.dioceseofbrentwood.net/donations>



MASS INTENTIONS Sunday 9 August 2026 – Saturday 8 Aug 2026

Sun	9 AUGUST 9AM	SI – THE O'DWYER FAMILY	Wed	12 AUGUST 12:15	RIIP (F) NOELLE EASTON
Sun	9 AUGUST 10:15	BD – MRS GRACE SOLOMON	Wed	12 AUGUST 7PM	BISHOP ALAN WILLIAMS
Sun	9 AUGUST 12PM	FMU	Thur	13 AUGUST 12:15	RIP/BD – PEARLETTA BRAMBLE
Mon	10 AUGUST 12:15	RIP (M) – WILFREDO MENNES	Fri	14 AUGUST 12:15	RIP – GWENETH ULYSSES
Tues	11 AUGUST 12:15	GH/SR (F) – WILMA LORENZO MAYOR	Sat	15 AUGUST 10AM	PEOPLE OF THE PARISH AND SR/GH - JUDY
			Sat	15 AUGUST 6PM	FMU

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

FRANCISCAN JUBILEE YEAR

"A man eats of the tree that brings knowledge of good when he claims that his good will comes from himself alone and prides himself on the good that God says and does in him".

Writings of St Francis

Franciscan Jubilee Pilgrim Stamp Available

Pilgrims visiting our parish may receive the St. Francis of Assisi Pilgrim Stamp. If you would like your pilgrim passport stamped, please approach the priest celebrant after Mass or at another appropriate time.

Franciscan Mission Union

Please Visit the FMU Office!

As you make your way to or from the parking lot, we warmly invite you to stop by the **Franciscan Missionary Union (FMU) Office**, conveniently located below the Sacristy.

The FMU Office is our link to the Franciscan missions throughout the world. We invite you to become a **Mission Partner** in whatever way you are able, helping to support the Church's missionary work and the ministry of the Franciscans.

Our friendly volunteers will be delighted to welcome you, answer your questions, and assist you.

Thank you for your generosity and support. May the Lord richly bless you and your loved ones.

St. Anthony of Padua,
the Patron Saint of the Franciscan Mission,
Pray for us!

Our Franciscan Jubilee Campaign is ongoing!
Join us in bringing hope to those in need by helping us provide **clothing, nutritious meals for children, and clean water**. Kindly drop off your donation at the **FMU Office**. Thank you for your generosity and support. May God bless you abundantly!



**MAY THE GOOD LORD BLESS YOU
FOR YOUR SUPPORT & LOVE OFFERING
FOR THE FRANCISCAN JUBILEE YEAR ACTIVITIES**
The donation box is located below the image of
St. Francis of Assisi

Message from Fr Brian: Fr Brian writes:

"I want to offer a heartfelt 'Thank-you' for the beautiful celebration last weekend— both the Mass and the reception that followed. At 100 years old, I've learned that gratitude is best expressed promptly... before you forget what you're being grateful for. Last weekend was a grace. The liturgy was prayerful, the music uplifting, and the reception — well — the Gospel I'm deeply touched by your kindness, your presence, and your patience. The gospel about the feeding of the five-thousand - not counting women and children! was appropriate to the huge reception. I am most grateful for your prayers, your friendship, and occasionally your gentle reminders of names I should remember. Thank you for the warmth, the laughter, and the love you showed. Thank-you for your marvellous cards, generous gifts, and reminiscences. **My heartfelt thanks to you all for the many cards, kind wishes, and the abundance of gifts I have received for my 100th Birthday.** Your generosity has touched me deeply and I am profoundly grateful for your prayers, your thoughtfulness, and the warmth of our parish family. Please be assured of my prayers for each one of you. I will celebrate Mass for you all — but please forgive me if I cannot give a personal reply to each of you."

FIRST HOLY COMMUNION 2026/2027

The Application Forms will be available at the back of the Church, *from the Parish Office and from the Website*. The Programme of Meeting Dates will follow shortly. Please note that in a change from last year, **THE SACRAMENT OF HOLY COMMUNION WILL TAKE PLACE, FOR ALL CANDIDATES, ON THE FEAST OF CORUS CHRISTI – SUNDAY 30TH MAY 2027 – AT 2PM.**

The Parish Trip to Dovercourt on 15th August - the Coach leaves at 9:30am.

R.C.I.A. (Journey of Faith)

Are you, or do you know anyone, interested in becoming a Catholic, or, have you strayed from the Catholic Faith and wish to return and refresh your understanding? Do you wish to attain the Sacrament of Holy Communion/Confirmation (adults only)? Please contact Des Hoddy, Pastoral Assistant via email pastoral@friar.org, or, at the Parish Office – 020 8534 1964.

FR BRIAN'S 100TH BIRTHDAY CELEBRATION.

The Friars wish to **THANK EVERYONE** who made Fr Brian's 100th Birthday Celebration a great success — the generosity of our parishioners was fantastic, as always.
Thank you again, and God bless you all.