

Looking Forward



Looking Forward in Prayer

God our Father,
 I offer you my day.
 I offer You my prayers,
 thoughts, words, actions, joys, and sufferings
 in union with the Heart of Jesus,
 who continues to offer Himself in the Eucharist
 for the salvation of the world.
 May the Holy Spirit, Who guided Jesus,
 be my guide and my strength today
 so that I may witness to your love.
 Amen.

26th June 2022 :
 13th Sunday Ordinary Time

In the Gospel of Luke, a
 disciple says to Jesus :
 “I will follow you
 wherever you go.”



✠ ✠ ✠ “GIVE US THIS DAY OUR DAILY BREAD.” ✠ ✠ ✠

SAINTS AND SCHOOLS # 29

The archangel Michael is mentioned in the Book of Revelation where he does battle with Satan, and in the Letter of St Jude, where he rebukes the Devil. He is a warrior angel and people pray to him to stand by them in their own struggles.



St Michael’s Catholic School has served the people of East Ham since 1926 : “ In the footsteps of Jesus, we strive to achieve excellence in everything we do.”

Feast of St Oliver Plunket : 1st July

St Oliver Plunket (1625–1681) was the Catholic Archbishop of Armagh and Primate of All Ireland who fell victim to the anti-Catholic hate campaign of Titus Oates, who invented a fictitious conspiracy, the Popish Plot, in order to incite people against Catholics. 22 people, including Archbishop Plunket, were executed on false



charges before Oates was arrested and convicted of perjury. Archbishop Plunket was beatified in 1920 and canonised in 1975, the first new Irish saint in almost 700 years.

“Be free and authentic.”



(Pope Francis, Youth Sunday 2021)



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