



# Our Lady Help of Christians

## Fourth Sunday of Lent

27<sup>th</sup> March, 2022

Fr. Harry Curtis, Parish Priest  
(Also serving Sacred Heart, Blackbird Leys)

Parish Secretary: Geraldine Griffin

Safeguarding Officer: Elizabeth Moran, [sg.olhoc.oxford@rcaob.org.uk](mailto:sg.olhoc.oxford@rcaob.org.uk)

The Presbytery, 59 Hollow Way, Cowley, Oxford, OX4 2ND.

Telephone: 01865 770 910, Email: [olhoc.oxford@rcaob.org.uk](mailto:olhoc.oxford@rcaob.org.uk)

Website: [www.olhoccowley.co.uk](http://www.olhoccowley.co.uk)

Sunday, 27 <sup>th</sup> March <b>Fourth Sunday of Lent</b> Day of Prayer for the Candidates for the Sacraments	<b>Saturday Evening Vigil: 5.30 pm</b> <b>7.45 am Office of Readings &amp; Morning Prayer</b> <b>Sunday Morning: 11.00 am</b>	Clara Perreira Ribeiro Winnie Gildea (Birthday)
Monday, 28 <sup>th</sup> March	8.00 am Office of Readings & Morning Prayer (9.15 am Mass at Sacred Heart)	Ellen McGarry
Tuesday, 29 <sup>th</sup> March	8.00 am Office of Readings & Morning Prayer 9.15 am Mass 9.45 am Lectio Divina	In Thanksgiving (Olivia)
Wednesday, 30 <sup>th</sup> March	No Public Mass Today	Brenda O'Meara (Get Well)
Thursday, 31 <sup>st</sup> March	(7.00 pm Mass at Sacred Heart)	Bob Bryer RIP
Friday, 1 <sup>st</sup> April <b>First Friday of the Month.</b> Novena Prayers to the Sacred Heart will be said before Mass	8.00 am Office of Readings & Morning Prayer <b>5.30 pm Penance Service, followed by Exposition &amp; Benediction</b> 7.00 pm Mass 7.30 pm Stations of the Cross	Emmi Egbuonu
Saturday, 2 <sup>nd</sup> April Op. Comm. of St. Francis of Paola, Hermit	8.00 am Office of Readings & Morning Prayer <b>Saturday Evening Vigil: 5.30 pm</b>	Mrs Virginia Philips
Sunday, 3 <sup>rd</sup> April <b>Fifth Sunday of Lent</b> Day of Prayer for the Candidates for the Sacraments	<b>7.45 am Office of Readings &amp; Morning Prayer</b> <b>Sunday Morning: 11.00 am</b>	Mary Cronin (Get Well)

Sacrament of Reconciliation: Friday, 5.30 - 6.45 pm

Welcome to Our Lady Help of Christians today.

Collections for 13<sup>th</sup> March: £546.42; Gift Aid: £192.00. 20<sup>th</sup> March: £557.46; Gift Aid: £138.25.

Direct Debit Donations (February): £1,456.00.

Second Collection for CAFOD Lent Fast Day and Ukraine Humanitarian Appeal: £670.62. Thank you.

**Happy Mothering Sunday to all Mums**

**Laetare Sunday.** We are now three and a half weeks into Lent, and Easter is three weeks today. In other words, we are over halfway through and that's a cause for rejoicing! Today is "Laetare Sunday" – "Be Glad Sunday" – when we relax the disciplines of Lent slightly and think of the joy of Easter. It's also Mothering Sunday.

**Prayers for the Sick.** Please pray for Claudino Serra Vaz, Janet Oakley, Filomeno Da Cruz Martins and all those we know who are sick.

**Please pray for the repose of the souls of Steven Fontaine, Debbie Gaughan** and all who have died recently, or whose anniversaries occur around this time: Archbishop Thomas Leighton Williams, Mgr. Canon John Joseph Welch, Mgr. Canon Daniel Leonard, Mgr. Henry Francis Davis, Canon Brian Withers, Frs. John McManus, Thomas Cockburn, Matthew Sheridan, John Callaghan, Philip O'Reilly and Deacon Raymond Zacaroli, and also Catherine Regan, Josie Bates, John Steele, Bridget (Breda) Keenan, Patricia Conway and Elizabeth Conry. May they rest in peace.

If you wish to join us for Mass from your home, we are now live and can be viewed at

<https://www.mcmedia.tv/camera/our-lady-help-of-christians>

Here is a prayer, an **Act of Spiritual Communion**, which you can say as you watch a Livestream Mass:

*“My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.”*

**Prayer at the end of Mass:**

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary! *Pray for us, O holy Mother of God*, that we may be made worthy of the promises of Christ.

**The Sanctuary Candle is burning this week for Winnie Gildea (Birthday).  
The Sacred Heart Candle is burning this week for Virginia Philips RIP.  
St. Don Bosco’s Candle is burning this week for the People of Ukraine.**

**Parish Penance Service.** There will be a Penance Service here this Friday, 1<sup>st</sup> April, at 5.30 pm. It will be a short reflection followed by the chance for Confession.

**Marriage.** Congratulations to Aisling and Thomas Gaughan who were married in Galway last Friday. May God bless them in their life together.

**Sacramental Preparation.** Please pray for the children who are preparing to receive the Sacraments. They will make their First Confession next Friday; First Holy Communion will be on Saturday/Sunday, 18<sup>th</sup>/19<sup>th</sup> June; Confirmations will be on Tuesday, 24<sup>th</sup> May.

**Gift Aid Envelopes.** The new Gift Aid envelopes are available to collect from the church porch. If you would like to start or stop using the Gift Aid scheme, or your circumstances have changed (e.g. you no longer pay income tax, or you have changed your address) please let Geraldine, the Parish Secretary, know. We do need more people to be involved in the Gift Aid scheme, please.

**Message from CAFOD.** Thank you so much for your support of CAFOD’s Lent Family Fast Day, the Walk Against Hunger and the Ukraine Humanitarian Appeal. In the special collection two weeks ago you gave a wonderful £670.62. For details of how your donations are being used, go to the CAFOD website [cafod.org.uk](http://cafod.org.uk)

**St. John Fisher School: Vacancy.** Commencing in September, 2022, the Directors of the Academy Trust, in partnership with the Governing Body of St John Fisher Catholic Primary school, are seeking to appoint an experienced Early Years Teacher to lead the Nursery and Reception classes. Contract: Maternity Cover: temporary until 31<sup>st</sup> March 2023, in the first instance. Working Hours: Full-Time (1.0 FTE). Salary Details: MPR or UPR. The closing date is Monday, 25<sup>th</sup> April, at 12:00pm with interviews on Thursday, 5<sup>th</sup> May. Access further information and application forms on the school website <https://st-john-fisher.oxon.sch.uk/category/staff-vacancies/>

**Cake sale.** Next weekend there will be a cake sale in the Don Bosco Centre, courtesy of the Salesian Cooperators, to raise funds for the parish. Many thanks to them. There will also be tea/coffee after Mass next Sunday. Please stay and renew some friendships, if you can.

**Homes for People from Ukraine.**

Many people want to help those who are having to leave their home country of Ukraine. The Archdiocese and Caritas Archdiocese of Birmingham have asked Father Hudson’s Care to coordinate the many generous offers of help. This is so that we can put in place a welcome that will be so important to the individuals and families in this tragic situation. Always working with others, Father Hudson’s has been welcoming asylum seekers, refugees and migrants for over 30 years.

Father Hudson’s will offer a diocese-wide approach, working with the existing Catholic Ukrainian communities based in Coventry and Wolverhampton to offer a coordinated response to anyone forced to leave Ukraine due to the war.

If you wish to offer accommodation, please contact Father Hudson’s on (01675) 434000 between the hours of 8.30 – 5.00pm Monday to Thursday, and 8.30 - 4.30pm on Friday or, within or outside of these hours please email Maria Gallagher on [mariagallagher@fatherhudsons.org.uk](mailto:mariagallagher@fatherhudsons.org.uk) providing a phone number that you can be contacted on. Or ring, text or WhatsApp 07966 935533 outside of these hours, please leave a voicemail and number if unanswered. For more information and other ways help will be needed please go to [www.birminghamdiocese.org.uk/ukraine](http://www.birminghamdiocese.org.uk/ukraine)

**Tailpiece.** A teacher was telling her class about the armour of God – the Breastplate of Righteousness, the Shield of Faith, the Helmet of Salvation. “There’s something else we must carry,” she added, thinking of the Sword of the Spirit. When no one answered she said, “Well, it’s very sharp.” On hearing this, one little girl’s face lit up as she asked, “Is it the Axe of the Apostles?”

**May God bless you and all those whom you love.  
Fr. Harry**