



Our Lady Help of Christians

Fourth Sunday in Ordinary Time

1st February, 2026

Fr. Harry Curtis, Parish Priest

(Also serving Sacred Heart, Blackbird Leys)

Parish Secretary (also Giving and Gift Aid): Geraldine Griffin

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

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Website: www.olhoccowley.co.uk (a copy of this newsletter can be found on our website)

This church live streams Mass and other events. Please see notice in church porch for more details.

Livestreaming: <https://www.mcn.live/Camera/our-lady-help-of-christians>

Sunday, 1 st February Fourth Sunday in Ordinary Time <i>Racial Justice Sunday</i>	5.30 pm Saturday Vigil Mass for Sunday 7.45 am Office of Readings & Morning Prayer 8.45 am Syro-Malabar Community Mass (9.00 am Mass at Sacred Heart) 11.00 am Mass (6.00 pm Mass at Sacred Heart)	Bernadette Edwards (Intentions) Private Intention Comseeta Peter Pat Atherton (Intentions) Antonio Pereira
Monday, 2 nd February Feast of the Presentation of the Lord <i>World Day of Prayer for Consecrated Life</i>	8.00 am Office of Readings & Morning Prayer 9.15 am Mass (7.00 pm Mass at Sacred Heart)	Justin Parker Michelle Ryan (Intentions)
Tuesday, 3 rd February <i>Op. Mem. of St. Werburg, or St. Blaise, or St. Ansgar</i>	8.00 am Office of Readings & Morning Prayer 10.30 am Good Shepherd Mass	Azad Joshi (Birthday)
Wednesday, 4 th February	No Public Mass Today	The People of the Parish
Thursday, 5 th February <i>Memorial of St. Agatha, Martyr</i>	(7.00 pm Mass at Sacred Heart)	Florence Murphy
Friday, 6 th February <i>Memorial of St. Paul Miki & Companions</i> <i>First Friday of the Month</i>	8.00 am Office of Readings & Morning Prayer 6.00 pm Exposition and Benediction 7.00 pm Mass	G. and N. Bolney Brown
Saturday, 7 th February	8.00 am Office of Readings & Morning Prayer (10.00 am Mass at Sacred Heart) (12.00 noon Baptism at Sacred Heart) 5.30 pm Vigil Mass for Sunday	Paul Dolton and William Bolton Chelsea Valentin da Conceicao Fatima Jong
Sunday, 8 th February Fifth Sunday in Ordinary Time <i>Day for Victims of Human Trafficking</i>	7.45 am Office of Readings & Morning Prayer 8.45 am Syro-Malabar Community Mass (9.00 am Mass at Sacred Heart) 11.00 am Mass 2.00 pm Baptisms (6.00 pm Mass at Sacred Heart)	Private Intention Cecilia Michael Pauline Morrissey Jerome, Jesse and Jayden The People of the Parish
Confessions: Friday, 6.00 – 6.45 pm. (And at Sacred Heart, Thursday, 6.00 – 6.45 pm; and Saturday, 10.30 – 11.30 am.)		

Saturday 5.30 pm Eucharistic Ministers	Sunday 11.00 am Eucharistic Ministers		Saturday 5.30 pm Readers	Sunday 11.00 am Readers
Vitalija	Robin and Asha	This Weekend	Naomi	Andreas
Nora	Jane and Anne-Marie	Next Weekend	Shanthi	Fletcher and Maria

Welcome to Our Lady Help of Christians Church today.

We are a parish with a clear identity and purpose: to be a Catholic community, formed by the Holy Spirit in the name of Jesus, for the glory and praise of God the Father and the service of His Kingdom, and also for the mutual building up and support of its members. The core message that we feel called to live is contained in Jesus' words:

I have come that they may have life, and have it to the full. (John 10:10)

Our Parish Prayer: *Help us, Lord, to receive you with an open heart this day.
May our community receive your grace and deepen its faith in you.
Make us lights to shine forth with your love, giving life and hope to those who have fallen away
or who have never known you. Amen.*

Please pray for the sick, especially people we know: Mary Collins, Bridie Barry, Josie Griffiths, Claire French, Inna, Jean Carpenter, Beatrice Upham, Terry Jackson, Mary Cross, Sheila Cuddy, Rosa Fernandes, Maggie Durkin, Tony Davis, John Hudgell, Pat Walsh, Doreen Teagle, Mary Barry, Mary Cairns, Lisa Birch and Julio Madeira Cabral Soares.

Please pray for Sr. Esther Murphy FMA, Nicky Clarke, George (Seamus) Hannon, and Catherine Webb who died recently, and for those whose anniversaries occur at this time: Archbishop Frederick William Keating, Mgr. Michael Williams, Frs. Denis Clancy, Joseph Connelly, Thomas O'Carroll, Deacon Patrick Flanagan, and also Patrick Tuttle, Sheila Evans, Christopher Graham, Carlos Da Costa, Speranza Mirto, Rose Margaret (Kath) Kavanagh, Philomena Surman, Dolores Connolly, Nora Esther (Noreen) Hayes, Anne Marie McCarthy, Norman Gurl, Maria Giduch, Luciano Giovanni Luigi Magnasco, and Florrie Murphy. May they rest in peace.

The Sanctuary Candle is burning this week for Racial Justice.

Our Lady's Candle is burning this week for the Baptist Family.

St. Don Bosco's Candle is burning this week for Sr. Esther Murphy RIP.

*Our Lady Help of Christians Parish operates in accordance with Statutory Safeguarding Guidance and the National and Archdioceses policies and procedures at all times. **Our Parish Safeguarding Representative is Nav Nalini Joshi who can be contacted at sg.olhoc.oxford@rcaob.org.uk or the Diocesan Safeguarding team can be contacted on 0121 230 6240 or safeguarding@rcaob.org.uk if you have any concern.***

Enquiries about the Catholic Faith, Friday, 4.30 pm, in the Don Bosco Centre. This week's subject: "The Mass".

Candlemas. This Monday is the feast of the Presentation of Our Lord in the Temple (Candlemas). The 9.15 am Mass will begin with a blessing of candles and a procession. There will also be Mass at Sacred Heart at 7.00 pm.

Good Shepherd Mass



This Tuesday, 3rd February, 10.30 am, here at Our Lady's Bishop Richard Walker will join about 240 children from Catholic schools in this region to celebrate the annual Good Shepherd Mass, organised by Fr. Hudson's Caritas and the Birmingham Education Services. All welcome.

St. Carlo Acutis Youth Fundraising Group. We are planning a trip to Assisi in Italy this October for members of the parish aged 15-18. To pay for this the young people will run several fundraising events, such as crafting, a sports tournament, parties, movie nights, sales, social challenges and music events. **To start this project, there will be a craft class, 'How to make your own Rosary', on Wednesday, 4th February, 4.30-6.00 pm for children and adults (price: £3, children must be with a parent).** Vitalija will be in the Don Bosco Centre after Mass on Saturday to answer any questions regarding the youth group. The whole group will be there after Mass on Sunday.

The Family of the late Kathleen Mullagh would like to thank parishioners for their kind messages of sympathy and Mass cards on the occasion of their sad loss. Special thanks to the music group whom she loved, and to Robin for bringing her Communion regularly. A long life well lived.

Ash Wednesday is two weeks on Wednesday! If you have any old palms that you no longer want, please bring them in so that we can burn them to make our ashes.

First Holy Communion Lessons. Parents, please register your children, using the form at the back of church, or on-line at [Application for First Holy Communion & Reconciliation | Our Lady Help of Christians | Cowley | Oxford \(olhocowley.co.uk\)](https://www.olhocowley.co.uk). There will be a meeting for parents at 4.00 pm on Thursday, 12th February. Lessons will start after half term at 3.30 pm on Thursday, 26th February.

Tara Davis, the head at Our Lady's School, received this email this week: *"Dear Tara. Congratulations to you and your team on the excellent outcomes the disadvantaged pupils at Our Lady's Roman Catholic Primary School achieved at the end of the 2024/25 academic year. Your school's performance places it among the very best nationally, and this is a significant achievement.*

"This success reflects the dedication of your staff and the hard work of your pupils. It shows what can be achieved when ambition and commitment come together. Thank you for everything you do to give children the best possible opportunities to succeed."

It is signed by Bridget Phillipson, the Secretary of State for Education. I need say no more! Thank you to all.

Bishop Richard's Visitation. Bishop Richard Walker will be coming to visit Our Lady's Parish and Sacred Heart Parish on the weekend of 21st/22nd February. There will be meetings in the Don Bosco Centre after each of the Masses. Please try to come to one of them if you possibly can.

Tailpiece: Here's an old chestnut: "I don't want to go to church this morning," said a son to his mother one Sunday. "It's cold, the people don't like me, and the service is too long." "But son, you have to go," replied his mother. "You're the parish priest!"

May God bless you and all those who are dear to you.

Fr. Harry