



Our Lady Help of Christians

Fifth Sunday in Ordinary Time

8th 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.

Telephone: 01865 770 910 Email: olhoc.oxford@rcaob.org.uk

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, 8 th February Fifth Sunday in Ordinary Time <i>Day for Victims of Human Trafficking</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 (1.00 pm Baptism at Sacred Heart) 2.00 pm Baptisms (6.00 pm Mass at Sacred Heart)	Fatima Jong Private Intention Cecilia Michael Pauline Morrissey Chelsea Valentin da Conceicao Jerome, Jesse and Jayden McAli Alvin John (Birthday)
Monday, 9 th February	8.00 am Office of Readings & Morning Prayer 9.15 am Mass	The People of the Parish
Tuesday, 10 th February <i>Memorial of St. Scholastica</i>	8.00 am Office of Readings & Morning Prayer 9.15 am Mass, followed by the Rosary	Marian Boggis (Intentions)
Wednesday, 11 th February <i>Op. Memorial of Our Lady of Lourdes</i> <i>World Day for the Sick</i>	No Public Mass Today	Dermot and Josephine McMahon
Thursday, 12 th February	8.00 am Office of Readings & Morning Prayer (10.00 am Requiem Mass at Sacred Heart) (7.00 pm Mass at Sacred Heart)	Jim (Seamus) Hannon Julia Butler (Intentions)
Friday, 13 th February	8.00 am Office of Readings & Morning Prayer 6.00 pm Exposition and Benediction 7.00 pm Mass	Nossa Senhora de Fatima
Saturday, 14 th February Feast of St. Cyril and St. Methodius, Patrons of Europe <i>Day of Prayer for Europe</i>	8.00 am Office of Readings & Morning Prayer (10.00 am Mass at Sacred Heart) 5.30 pm Vigil Mass for Sunday	Fatima Jong Anthony Raj (Anniversary)
Sunday, 15 th February Sixth Sunday in Ordinary Time <i>Day for the Unemployed</i>	7.45 am Office of Readings & Morning Prayer (9.00 am Mass at Sacred Heart) 11.00 am Mass (6.00 pm Mass at Sacred Heart)	Eduardo Esteban Bob Hinchin (Birthday) Felix Saulong (Anniversary)
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
Nora	Jane and Anne-Marie	This Weekend	Shanthi	Fletcher and Maria
Zoja	Anne and Rachel	Next Weekend	Ann	Michelle

Welcome to Our Lady Help of Christians Church today.

This Sunday is the International Day of Prayer and Awareness against Human Trafficking. It is the feast day of St. Josephine Bakhita, the patron saint of victims of modern slavery and human trafficking.

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 and John Durkin, Tony Davis, John Hudgell, Pat Walsh, Doreen Teagle, Mary Barry, Mary Cairns, Lisa Birch and Julio Madeira Cabral Soares.

Please pray for Nicky Clarke and George (Seamus) Hannon, who died recently, and for those whose anniversaries occur at this time: Mgrs. John Heslin and Joseph Vincent Healey, Frs. John Watkins, John Gibb, Matthias Brady (Pioneer Priest of Sacred Heart), John Paul O'Sullivan, William Connick and James McGloin, and also Billy Flynn, Nancy McGrath, Bridie Willoughby, Bridget Culhane, Julio Arquimbau and Mary Thompson. May they rest in peace.

**The Sanctuary Candle is burning this week for Victims of Human Trafficking.
St. Don Bosco's Candle is burning this week for Sr. Esther and the Salesian Sisters.
The flowers in church this week are sponsored for a Birthday Memorial for John Cromey.**

*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.olphoc.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: "Marriage, Ordination, and the Anointing of the Sick".

World Day of Prayer for the Sick. Wednesday, 11th February, the Memorial of Our Lady of Lourdes. In his message for this Day, Pope Leo XIV takes up the parable of the Good Samaritan as a central image of Christian charity: to truly love means to stop, to draw near, and to care for those who suffer. Compassion, in fact, is not only a feeling but translates into concrete gestures and shared commitment, particularly towards the sick. In this perspective, caring for the sick and the most fragile is one of the clearest signs of fidelity to the Gospel.

Annual Diocesan Thanksgiving Mass for Marriage. Married couples who are celebrating a milestone anniversary, and couples preparing to marry this year are invited to the Diocesan Thanksgiving Mass for Marriage at St. Chad's Cathedral in Birmingham on Saturday, 2nd May, at 12.00 noon, followed by light refreshments. For info, and to register please visit www.vocations.org.uk/marriage-mass

St. Carlo Acutis Youth Fundraising Group. We are planning a trip to Assisi in Italy this October for those aged 15-18. To pay for this the young people will run several fundraising events. The first workshop went very well last Wednesday and the bracelets and rosaries that were made will be on sale in the Don Bosco Centre this weekend after Mass on Saturday and Sunday. Next Wednesday at 4.30 pm there will be another workshop in the Don Bosco Centre — a hand-knitting workshop where the children and adults will make heart-shaped pillows (in time for St. Valentine's Day!).

40 Hours of Eucharistic Adoration will take place in St. John Henry Newman's Chapel at Littlemore from Friday 13th February to Sunday 15th February. The Blessed Sacrament will be exposed from Friday, 9.30 am – 9.00 pm, and on Saturday and Sunday from 7.00 am – 9.00 pm.

Ash Wednesday is just one week on Wednesday! Next Sunday (weather permitting), we shall burn the palms to make ashes. If you have any old palms that you don't want, please bring them in next weekend at the latest.

First Holy Communion Lessons. There will be a meeting for parents at 4.00 pm this Thursday, 12th February. Lessons will start at 3.30 pm on Thursday, 26th February.

Cake Sale. After Masses this weekend the Salesian Cooperators will be selling cakes, jams and other items in the Don Bosco Centre to raise money to support the work of the Salesian Sisters in Vietnam.

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: For a change this week, here is a sneaky test of intelligence and observation. Give me your answers in writing and I shall draw a winner from a hat. (Prize: a box of chocolates). Answers will be published next week.

- 1) Some months have 30 days; some months have 31 days. How many months have 28 days?
- 2) If a doctor gives you 3 pills and tells you to take one pill every half hour, how long will it be before all the pills have been taken?
- 3) Do they have the Fifth of November in Australia?
- 4) Divide 30 by $\frac{1}{2}$ and add 10. What do you get?
- 5) A farmer had 17 sheep. All but 9 died. How many did he have left?
- 6) If you had only one match and entered a cold, dark room, where there was an oil heater, an oil lamp and some kindling wood, which would you light first?
- 7) A man builds a house with four sides of rectangular construction, each side having a southern exposure. A big bear comes wandering by. What colour is the bear?
- 8) Take 2 apples from 3 apples. How many do you have?
- 9) How many animals of each species did Moses take into the Ark?
- 10) If you drove a bus with 42 people on board from Oxford and stopped at Kidlington to pick up 7 more people and drop off 5 passengers, and again at Banbury to drop off 8 passengers and pick up 4 more, and eventually arrive at Edinburgh 20 hours later, what is the driver's name?

Good luck! May God bless you and all those who are dear to you. Fr. Harry