Our Lady Help of Christians

First Sunday of Lent

22nd 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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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, 22nd February ***First Sunday of Lent***	**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)*	*Mary Clarke RIP (Birthday))* *Private Intention* *Ansel Netto* *Winnie De Souza (Get Well)* *Miguel da Silva Carvalho*
Monday, 23rd February *Commemoration. of St. Polycarp, Bishop, Martyr*	*8.00 am Office of Readings & Morning Prayer* **9.15 am Mass** **6.30 pm Reception of Nicky Clarke**	*Clara Fernandes (Birthday)*
Tuesday, 24th February	*8.00 am Office of Readings & Morning Prayer* **11.00 am Requiem Mass**	*Nicolette ("Nicky") Clarke*
Wednesday, 25th February	**No Mass Today**	*The People of the Parish*
Thursday, 26th February	*(7.00 pm Mass at Sacred Heart)*	*Lucia Josephat*
Friday, 27th February *CAFOD Lent Fast Day*	*8.00 am Office of Readings & Morning Prayer* **6.00 pm Exposition and Benediction** **7.00 pm Mass, followed by Stations**	 *The Souls in Purgatory*
Saturday, 28th February *Commemoration of St. Oswald, Bishop*	*8.00 am Office of Readings & Morning Prayer* *(10.00 am Mass at Sacred Heart and Stations)* **3.00 pm (First Holy Communion) Mass** **5.30 pm Vigil Mass for Sunday**	 *Onyi's Mother* *Mary Maurice McDonagh* *Genellov F. Madeira Martins*
Sunday, 1st March ***Second Sunday of Lent***	***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)*	 *Private Intention* *Antonio Rondon Marquez* *The People of the Parish* *Domingos Doutel Sarmento*
Confessions: Friday, 6.00 – 6.45 pm. *(And at Sacred Heart, Thursday, 6.00 – 6.45 pm; and Saturday, 10.30 – 11.00 am.)*		

Saturday 5.30 pm Eucharistic Ministers	Sunday 11.00 am Eucharistic Ministers		Saturday 5.30 pm Readers	Sunday 11.00 am Readers
Agnes	Sandra and Michelle	**This Weekend**	Henry	John
Henry	Sr. Giovanna and Mabel	**Next Weekend**	Naomi	Sandra

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.

Our Lady Help of Christians Parish is part of the Archdiocese of Birmingham: Registered Charity Number: 234216
To see the Diocesan Privacy Notice go to https://www.birminghamdiocese.org.uk/privacy-policy

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 Nicky Clarke and John Durkin who died recently, and for those whose anniversaries occur around this time: Bishop Joseph Cleary, Frs. Michael McCabe, Martin Meagher, John Collins, Oliver Kemp, George Brewster, George Tarrant and John Flynn, Sr. Mary Cecilia Treacy FMA, and also John Joseph Quigley, Francesca Ivanczak, Lisa Marie O'Brien, Eddie Kelly, Joseph Roddy, John Gerard Flanagan, George Simpson, John A. Duffy, Lucia Zawadi Josephat and Johanna Berg. May they rest in peace.

The Sacred Heart Candle is burning this week for Clare and Robert Curtis (Wedding Anniversary).
Our Lady's Candle is burning this week for Lisa Birch (Get Well).
St. Joseph's Candle is burning this week for Enricetta 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. ***We are in the process of appointing a new Parish Safeguarding Representative. Thank you to Nav Nalini Joshi for her hard work for the parish as she steps down from this role.*** *Please contact the Diocesan Safeguarding team on 0121 230 6240 or safeguarding@rcaob.org.uk if you have any concern.*

Welcome. This weekend we welcome Bishop Richard Walker, one of the three bishops who assist Archbishop Bernard in this Archdiocese. Bishop Richard has special pastoral responsibility for this part of the Archdiocese, and he is here for a Pastoral Visitation. There will be meetings with him in the Don Bosco Centre after each of the Masses. Please try to come to one of them if you possibly can.

St. Carlo Acutis Youth Fundraising Group. We invite more young people aged 13 to 18 to join our group. We organize creative events and workshops, and we are raising funds for a trip to Assisi, Italy. This Wednesday, 25th February, at 4.30pm, we will be running a craft class in the Don Bosco Centre, where we will be decorating Easter plates and making bunnies from clay. We would also like to sincerely thank everyone who attends our classes and also all parishioners who support whether financially or through prayer. Your support is greatly appreciated.

Lent 2026.

1. During Lent we do not pray the Gloria during Mass on Sundays, nor the joyful word "A******A!".
2. **Prayer before the Blessed Sacrament,** Fridays, 6.00–7.00 pm, with the opportunity for Confession.
3. **Stations of the Cross.** Each Friday, after the evening Mass.
4. ***"My Day by Day"* booklets are available (£1).** They contain the Mass readings for each day of Lent.
5. ***Walk With Me* booklets for Lent are also available, with Lent calendars.** They are an aid to daily prayer and reflection.
6. **The statues in the church** will be veiled from the 5th Sunday of Lent (Passion Sunday) until Holy Saturday.
7. **CAFOD Lent Fast Day, this Friday, 27th February.** CAFOD works to help people in need around the world. Fast Days are our opportunity to support that work. By fasting and giving what you save, you join in Christ's compassion and help another family put food on the table. There will be a second collection at Masses next weekend. Fast Day envelopes are available at the back of church this week and you can bring them back next week. Thank you.
8. **Parish Penance Service.** Friday, 20th March 6.00 pm.

Easter Duties. All Catholics who have made their First Holy Communion should receive the Holy Eucharist sometime between Ash Wednesday and Pentecost Sunday. They should also take part in the Sacrament of Penance before receiving this Easter Communion.

First Holy Communion Lessons. Lessons will start at 3.30 pm this Thursday, 26th February, in the Don Bosco Centre, the parish hall next to the church.

Enquiries about the Catholic Faith. We shall restart this Friday, 27th February, when (appropriately for Lent) the subject will be "Right and Wrong; Confession".

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

Salesian Cooperators Meeting at Elmthorpe Convent this Thursday, 2.30 pm. Sr. Mary FMA will be giving a talk.

Oxford Pro-Life Drinks. Next Saturday, 28th February, at 7.30 pm at The Royal Oak, (Woodstock Road, OX2 6HT). Come along to relax with like-minded people and keep connected with the pro-life community in Oxford. Newcomers are especially welcome! Just turn up and bring a friend. Visit https://oxfordprolife.org.uk/ for more info.

Informal café-style discussions exploring aspects of prayer. On four Thursday evenings in Lent: (26th February, 5th, 12th and 26th March), starting at 7.30pm in the Parish Hall at Corpus Christi RC Church, Margaret Road, Headington, OX3 8AJ, for just over an hour. Refreshments beforehand from 7.15 pm. No need to sign up, just drop in - as and when you can. For more information email John at johnkirwan1a@gmail.com

Accommodation required. A family of four (2 adults, 2 young children) are looking to rent a 2- or 3-bedroom house or flat in the Hollow Way/Cowley area. Please contact me if you know of anything suitable.

Tailpiece: A speeding motorist was caught by radar by a police helicopter in the sky. An officer pulled him over and began to issue a traffic ticket. "How did you know I was speeding?" the frustrated driver asked. The police officer pointed sombrely toward the sky. "You mean," asked the awestruck motorist, "Even He's against me?"

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

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