



Our Lady Help of Christians

Second Sunday of Lent

1st March, 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, 1 st March Second 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)	Jenellov F. Madeira Martins Private Intention Antonio Rondon Marquez The People of the Parish Domingos Doutel Sarmento
Monday, 2 nd March Feast of St. Chad, Patron of the Diocese	8.00 am Office of Readings & Morning Prayer 9.15 am Mass	Brigid Donoghue (Get Well)
Tuesday, 3 rd March	8.00 am Office of Readings & Morning Prayer 9.15 am Mass	Lawrence Paul (Anniversary)
Wednesday, 4 th March <i>Commemoration of St. Casimir</i>	No Mass Today	Dec'd Hedgecox Family (JA)
Thursday, 5 th March	(7.00 pm Mass at Sacred Heart)	Margaret Stevens (2 nd Anniv.)
Friday, 6 th March <i>First Friday Women's World Day of Prayer</i>	8.00 am Office of Readings & Morning Prayer (12.30 pm Requiem Mass at Sacred Heart) 6.00 pm Exposition and Benediction 7.00 pm Mass, followed by Stations	John Durkin Sr. Esther Murphy
Saturday, 7 th March <i>Optional Commemoration of St. Perpetua & St. Felicity</i>	8.00 am Office of Readings & Morning Prayer (10.00 am Mass at Sacred Heart and Stations) 5.30 pm Vigil Mass for Sunday	Agustinus Bura Sean Jennings Snr. (Birthday)
Sunday, 8 th March Third 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 Hilda and Martin Salmon Flora Abes The People of the Parish
Confessions: Friday, 6.00 – 6.45 pm. (And at Sacred Heart, Thursday, 6.00 – 6.45 pm; and Saturday, 10.45 – 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
Henry	Sr. Giovanna and Mabel	This Weekend	Naomi	Sandra
Josie	Robin and Asha	Next Weekend	Shanthi	Guisilla

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: 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, John Durkin, Enriquetta, Mary Collins, Sheila Jennings and Anne Rhodes, who died recently, and for those whose anniversaries occur at this time: Bishop Kevin Dunne, Canons Peter Taylor and Anthony Allport, Frs. Douglas Carter, John Pinkman, Robert Wright and Terence Luxon, and also Bridget Salter, Mary Benadel, George Rhodes, Baby Sidney Hunt, Elizabeth Perry, Basil (Les) Winter, Catherine (Kathleen) Quirke, Stephen Fontaine and Amelia Lisa Francis. May they rest in peace.

The Requiem Mass for John Durkin will be at Sacred Heart Church this Friday at 12.30 pm.

The Sacred Heart Candle is burning this week for CAFOD and those in need of aid.

*Our Lady Help of Christians Parish operates in accordance with Statutory Safeguarding Guidance and the National and Archdiocesan 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.*

CAFOD Lent Fast Day. The second collection today is for the money you saved last Friday by giving something up for the hungry and needy of this world. Thank you for your generosity and your compassion. There are spare envelopes at the back of church if you need them.

St. Carlo Acutis Youth Fundraising Group. We invite more young people aged 13 to 18 to join our group. This Wednesday, 4th March, at 4.30 pm, the craft class in the Don Bosco Centre will be to learn how to make Easter table decor. Class fee, £3.00. Please see the poster in the porch for more details.

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. **Parish Penance Service.** Friday, 20th March 6.00 pm.

Littleway Healing Ministries is holding a Day of Healing here on Saturday, 18th April, 10.30 am – 4.00 pm, led by Fr. Kevin Dixon, Mrs Helen Callaghan and the Littleway Team. Join us for praise, prayer and testimonies. All are welcome, come for the day, bring a packed lunch, or just pop in. For more: info@littlewayhealingministries.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.

Enquiries about the Catholic Faith. We are rapidly approaching the end of this series of talks about our Faith, but newcomers are always welcome. We shall meet this Friday, when the subject will be "The Kingdom of God".

Thank you to everyone who came to one of the meetings with Bishop Richard last weekend. He has written to say how much he enjoyed his visit and meeting you all.

Informal café-style discussions exploring aspects of prayer. On Thursday evenings in Lent: (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 info. email John at johnkirwan1a@gmail.com

First Holy Communion Mass of Enrolment. Lessons began last Thursday. This weekend the children will be officially enrolled during Mass as candidates for the Sacraments of Reconciliation and Holy Communion.

Oxford Pro-Life Community are working to build a living and lively community of people in Oxford that has a real impact in promoting the respect for the inviolable right to life of all human beings. If that sounds exciting to you, and you can spare an hour or so a week, visit oxfordprolife.org.uk/volunteer.

Situation Vacant: Safeguarding Administration Support Officer.

Permanent/Part-time (21 hours per week).

Salary range: £24,479 - £28,500 fte p.a. plus benefits.

Hybrid/remote working.

The post-holder will support the operations of the Birmingham Diocesan Trust's Safeguarding Team by providing general administrative support.

Application deadline: Monday, 2nd March.

For an informal discussion about this role please call Angela Arkley, Senior Office Administrator on 0121 230 6240. Applications, including a CV and supporting statement, to be submitted to the HR department by Monday, 2nd March 2026 to julia.hale@rcaob.org.uk.

Shortlisting: Wednesday 4th March 2026

Interviews: 18th and 19th March 2026

Tailpiece: A teacher was telling her class that when Lot's wife looked back at Sodom she turned into a pillar of salt, when Bobby interrupted. "My Mummy looked back once while she was driving," he announced. "And she turned into a telephone pole."

Another teacher said to her children, "We have been learning about how powerful the kings and queens were in Biblical times. But there is a Higher Power than kings and queens. Who can tell me what it is?" Tommy blurted out, "Please Miss, I know. ... Aces."

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

Fr. Harry