



Our Lady Help of Christians

Third Sunday of Lent

8th 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, 8 th March Third 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)	Sean Jennings Snr. (Birthday) Private Intention Hilda and Martin Salmon Flora Abes The People of the Parish
Monday, 9 th March Optional Commemoration of St. Frances of Rome	8.00 am Office of Readings & Morning Prayer 9.15 am Mass	Ruth Joshi (Birthday)
Tuesday, 10 th March	8.00 am Office of Readings & Morning Prayer 9.15 am Mass	Sissie McManus (Anniversary)
Wednesday, 11 th March	No Mass Today	The Summers Family (Get Well)
Thursday, 12 th March Dementia Prayer Week	(7.00 pm Mass at Sacred Heart)	Nossa Senhora de Fatima
Friday, 13 th March Dementia Prayer Week	8.00 am Office of Readings & Morning Prayer 6.00 pm Exposition and Benediction 7.00 pm Mass, followed by Stations	Sr. Breda (Get Well)
Saturday, 14 th March Dementia Prayer Week	8.00 am Office of Readings & Morning Prayer (10.00 am Mass at Sacred Heart and Stations) 5.30 pm Vigil Mass for Sunday	Methodear Method Nicolette Clarke
Sunday, 15 th March Fourth Sunday of Lent Dementia Prayer Week	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 Cecilia Michael Mary Kate McTague (Anniv.) 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
Josie	Robin and Asha	This Weekend	Shanthi	Guisilla
Maureen	Jane and Anne-Marie	Next Weekend	Ann	Ellie and Daniella

Welcome to Our Lady Help of Christians Church on the Third Sunday of Lent. In the Gospel today Jesus tells us to thirst for the Living Water. That “living water” is the life of grace to which Jesus invites us all and which we receive most fully in the Mass and the other Sacraments.

There will be a second collection today for the maintenance of St. Chad’s Cathedral – the mother church of our Diocese.

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 John Durkin, Sheila Jennings and Anne Rhodes, who died recently, and for those whose anniversaries occur at this time: Bishop David Cashman, Canons Gerard Hanlon and Raymond Walsh, Frs. Francis Johnson, Ralph Sheppey-Greene, Christopher Thornton, Connell Harkin, Vaughan Lloyd, John McNally and Anthony Sims, Deacons James Rowe and Patrick Duffy, and also Sissie McManus, Mary Kate McTague, Rosie Moore, John and Jane Bartlett, Sr. Imelda James, and Matthew Murray. May they rest in peace.

St. Joseph's Candle is burning this week for Thomas Griffin (Birthday).

Our Lady Help of Christians Parish operates in accordance with Statutory Safeguarding Guidance and the National and Archdiocesan policies and procedures at all times. I am happy to announce the appointment of a new Parish Safeguarding Representative. Thank you to Andres Guerrero who has offered to take on this important role. Please contact him if you have any concerns at sg.olhoc.oxford@rcaob.org.uk or you can also contact the Diocesan Safeguarding team at 0121 230 6240 or safeguarding@rcaob.org.uk

St. Carlo Acutis Youth Fundraising Group. We invite more young people aged 13 to 18 to join our group. This Wednesday, 11th March, at 4.30 pm, the craft class in the Don Bosco Centre will be to learn how to make some simple gifts for Mothering Sunday (bag charms/keyrings). Class fee, £3.00. Please see the poster in the porch for more details. Next weekend there will be an Easter Fair / Mother's Day Present Sale. All items for sale are handmade by members of our group.

Prayer before the Blessed Sacrament, Fridays, 6.00–7.00 pm, with the opportunity for Confession.

Stations of the Cross. Each Friday, after the evening Mass.

Parish Penance Service. On Friday, 20th March, there will be a short service of reflection and prayer at 6.00 pm.

The national Dementia Prayer Week, 12th-19th March, Dementia Prayer Week invites us to pause, pray, and stand in solidarity with those living with dementia, their families, and all who care for them. It highlights the dignity of every person, reminding us that each life remains precious and loved by God, even when memory fades.

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 "Mary and the Saints".

Informal café-style discussions exploring aspects of prayer. On Thursday evenings in Lent: (12th and 26th March), starting at 7.30 pm 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

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.

Young Discerners' Group. Are you a young man in School Years 9 - 13, who wants to explore a Vocation to the Catholic priesthood? You are invited to St. Mary's College, Oscott in Birmingham on Saturday, 9th May 2026, 10.30 am – 4.00 pm. Spend time with others who are thinking about a Vocation and meet Fr. Craig Szmidt (Diocesan Director of Vocations). There will be time for discussion and prayer, a tour of Oscott, and an opportunity to speak with seminarians, joining them for Mass and lunch. Parents are also invited. To find out more, or to book (by 26th April), contact Deacon Owen Gresty 0121 321 5135 or deacon.owen@vocations.org.uk Free of charge - but booking is essential.

Cake Sale. After Masses this weekend the Salesian Cooperators will be selling cakes, jam, etc. in the Don Bosco Centre to raise funds to support the missionary work of the Salesian Sisters in Vietnam.

Tailpiece: A new Parish Priest was greeting parishioners as they left after Mass. Most of the people were very polite, except for one man who said, "That was a very dull and boring sermon, Father." The next week, the same man again appeared and said, "I don't think you did much preparation this week." He appeared yet again the following week, this time muttering, "You really blew it. You didn't have a thing to say, Father." Thoroughly demoralised, the priest could stand it no longer. He went to the sacristan and asked about the man. "Oh, don't let him bother you," said the sacristan. "He's a little slow and doesn't really understand things. He just goes around repeating whatever he hears other people saying."

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