



# Our Lady Help of Christians

## Fourth Sunday of Lent

15<sup>th</sup> 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.

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Website: [www.olhoccowley.co.uk](http://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, 15 <sup>th</sup> March <b>Fourth Sunday of Lent</b>  <i>Dementia Prayer Week</i>	<b>5.30 pm Saturday Vigil Mass for Sunday</b> 7.45 am Office of Readings & Morning Prayer 8.45 am Syro-Malabar Community Mass (9.00 am Mass at Sacred Heart) <b>11.00 am Mass</b> (6.00 pm Mass at Sacred Heart)	Nicolette Clarke  Private Intention Cecilia Michael Mary Kate McTague (Anniv.) The People of the Parish
Monday, 16 <sup>th</sup> March <i>Dementia Prayer Week</i>	8.00 am Office of Readings & Morning Prayer <b>9.15 am Mass</b>	Maggie Mooney
Tuesday, 17 <sup>th</sup> March <b>Feast of St. Patrick,</b> <b>Patron of Ireland</b> <i>Dementia Prayer Week</i>	8.00 am Office of Readings & Morning Prayer <b>9.15 am Mass</b>	Granny McTague
Wednesday, 18 <sup>th</sup> March Commemoration of St. Cyril of Jerusalem, Bishop <i>Dementia Prayer Week</i>	<b>No Mass Today</b>	Nalini and Pawan (Wedding Anniversary)
Thursday, 19 <sup>th</sup> March <b>Solemnity of St. Joseph</b> <i>Dementia Prayer Week</i>	(7.00 pm Mass at Sacred Heart)	Paul Chapman (Get Well)
Friday, 20 <sup>th</sup> March	8.00 am Office of Readings & Morning Prayer <b>6.00 pm Penance Service, Exposition and Benediction</b> <b>7.00 pm Mass, followed by Stations</b>	Special Intention (NC)
Saturday, 21 <sup>st</sup> March	8.00 am Office of Readings & Morning Prayer (10.00 am Mass at Sacred Heart and Stations) <b>12.30 pm Mass</b> <b>5.30 pm Vigil Mass for Sunday</b>	Fr. A. Timlin (JA) Vicente Da Cruz Soares RIP Daniel Azavedo (Birthday)
Sunday, 22 <sup>nd</sup> March <b>Fifth Sunday of Lent</b>	<b>7.45 am Office of Readings &amp; Morning Prayer</b> 8.45 am Syro-Malabar Community Mass (9.00 am Mass at Sacred Heart) <b>11.00 am Mass</b> (6.00 pm Mass at Sacred Heart)	Private Intention Aidan Carey The People of the Parish Joao Cardoso Soares
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
Maureen	Jane and Anne-Marie	<b>This Weekend</b>	Ann	Ellie and Daniella
Vitalija	Anne and Rachel	<b>Next Weekend</b>	Henry	Fletcher and Maria

Welcome to Our Lady Help of Christians Church on the Fourth Sunday of Lent – Laetare Sunday.



**Happy Mothering Sunday to all Mums**



*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.*

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)*

**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 Mabel Eghaghe, Sheila Jennings and Anne Rhodes**, who died recently, and for those whose anniversaries occur at this time: Archbishop Bernard Ullathorne OSB, Frs. Michael Crumpton, William Madden and Andrew Brennan, Deacon Thomas Ashcroft, and also Antonio Iorio, Bridget (Sissie) McMannus, Agustinha Dos Santos, Martin Conroy, Joseph Ahern, Bernard McAndrew, Mary McAndrew, Edward and Eileen James. May they rest in peace.

The Requiem Mass for Anne Rhodes will be here at Our Lady's on Tuesday, 24<sup>th</sup> March, at 10.00 am.

Sheila Jennings will be brought into Our Lady's on Wednesday, 25<sup>th</sup> March, at 6.30 pm, and her Requiem Mass will be at 11.00 am on Thursday, 26<sup>th</sup> March.

### St. Joseph's Candle is burning this week for Flora Abes 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 Andres Guerrero** who can be contacted if you have any concerns at [sg.olhoc.oxford@rcaob.org.uk](mailto:sg.olhoc.oxford@rcaob.org.uk) or you can also contact the Diocesan Safeguarding team at 0121 230 6240 or [safeguarding@rcaob.org.uk](mailto:safeguarding@rcaob.org.uk)*

**Prayer before the Blessed Sacrament**, Fridays, 6.00–7.00 pm, with the opportunity for Confession. After Mass there will be **Stations of the Cross**.

**St. Carlo Acutis Youth Group** invites young people (13–18) to join the group. **Their next event will be today: the “Easter Fair and Mother’s Day Presents Sale.”** Then, on Wednesday, 18<sup>th</sup> March, during our craft class they will be making macramé crosses. Thank you to everyone who supports them, and please keep the group in your prayers.

**Enquiries about the Catholic Faith.** This Friday we shall meet at 4.30 pm in the Don Bosco Centre for the final talk in our series about the Catholic Faith. The subject will be “The Last Things: Death, Judgement, Heaven and Hell”.

**Readers for Holy Week and Easter.** Thank you to all who have agreed to do readings during the most important week of the Church's year. If you can, please come to a practice on Saturday, 28<sup>th</sup> March at 2.00 pm.

**Altar Servers.** There will be a rehearsal on Friday, 27<sup>th</sup> March, at 4.30 pm for all altar servers who will be serving at the Holy Week and Easter services.

**Littleway Healing Ministries** is holding a Day of Healing here on Saturday, 18<sup>th</sup> 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](mailto:info@littlewayhealingministries.com)

**Parish Penance Service.** This Friday, 20<sup>th</sup> March, there will be a short service of reflection and prayer at 6.00 pm followed by the opportunity for Confession.

**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.

**CHURCH FUNDRAISER**  
**SOUP & ROLL**  
FOLLOWED BY  
**BINGO**



**Sunday 22nd March**  
**2026 after 11.00am Mass**

- £5 for soup & roll and one bingo card
- £7 for soup & roll and three bingo cards
- £10 for soup & roll and six bingo cards

Prizes for one line and full house  
Prize donations welcomed and can be left at the Piety Shop or in the Hall

**All welcome**

**Tailpiece:** One year, on Palm Sunday, 5-year-old Johnny was ill and stayed at home with a sitter instead of going to church. When the family returned home, they were carrying palm fronds. Johnny asked them what they were for. “People waved them in front of Jesus as He went by,” his father told him. “Wouldn’t you know it,” Johnny fumed. “The one Sunday I don’t go and He shows up.”

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