



Our Lady Help of Christians

Fifth Sunday of Lent

22nd 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 (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, 22 nd March <i>Fifth Sunday of Lent</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 (6.00 pm Mass at Sacred Heart)	Daniel Azavedo (Birthday) Private Intention Aidan Carey The People of the Parish Joao Cardoso Soares
Monday, 23 rd March <i>Com. of St. Turibius of Mongrovejo</i>	8.00 am Office of Readings & Morning Prayer 9.15 am Mass	Elena Monteiro (Anniversary)
Tuesday, 24 th March	8.00 am Office of Readings & Morning Prayer 10.00 am Requiem Mass	Anne Rhodes
Wednesday, 25 th March <i>Solemnity of the Annunciation of the Lord</i>	8.00 am Office of Readings & Morning Prayer 9.15 am Mass 6.30 pm Reception of Sheila Jennings	Frank and Veronica Madden (JA)
Thursday, 26 th March	8.00 am Office of Readings & Morning Prayer 11.00 am Requiem Mass (7.00 pm Mass at Sacred Heart)	Sheila Jennings Sarah McVeigh (Anniversary)
Friday, 27 th March	8.00 am Office of Readings & Morning Prayer 6.00 pm Exposition and Benediction 7.00 pm Mass, followed by Stations	Souls in Purgatory
Saturday, 28 th March	8.00 am Office of Readings & Morning Prayer (10.00 am Mass at Sacred Heart and Stations) 5.30 pm Vigil Mass for Sunday	Helen McGarry Winnie Gildea (Birthday)
Sunday, 29 th March <i>Palm Sunday of the Passion of the Lord</i>	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 John Cullen (Anniversary) John Kelly (30 th Anniversary) Teresa Do Rego Soriano and Manuel Lobato Soriano
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
Vitalija	Anne and Rachel	This Weekend	Henry	Fletcher and Maria
Nora	Sandra and Michelle	Next Weekend	Naomi	Andreas

Welcome to Our Lady Help of Christians Church on the Fifth Sunday of Lent.

Veiling the Statues in the church. From today, the Fifth Sunday of Lent, until the Easter Vigil the statues and crucifixes in the church will be veiled. We should see this as a final form of our Lenten fast. Those signs of the saints in glory are removed from our sight so that we can concentrate on entering with Jesus into His Passion and death. Then at Easter, when the statues are once again revealed, we can appreciate anew the victory of Jesus for us all over sin and death.

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, Anne Rhodes, Julia Scully, John Lillis, Gladys (“Bonnie”) Trowell and all who died recently, and for those whose anniversaries occur around this time: Archbishop Francis Joseph Grimshaw, Bishops David McGough and Humphrey Bright, Mgr. Canon John Welch, Mgr. Henry Francis Davis, Frs. Laurence Crowe, John Joseph Donnelly and John McManus, Deacons John Higgins and Louis Livesey and also Regina Mihailova, Colm Keady, Catherine Regan, Josie Bates, John Steele, Sarah McVeigh and Paddy McLoughlin. May they rest in peace.

Our Lady's Candle is burning this week for Winnie Gildea 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 or you can also contact the Diocesan Safeguarding team at 0121 230 6240 or safeguarding@rcaob.org.uk

Wednesday is the Solemnity of the Annunciation of the Lord. This not a Holyday of Obligation, but it is a very important feast. There will be Mass here at 9.15 am.

Palm Sunday. Next Sunday is Palm Sunday, which marks the start of Holy Week – the most important week in the Church's year. We shall start Mass at the back of church (or outside if weather allows) and process into the church.

Easter Triduum. There is a list at the back of church inviting people to sign up for various roles at the services of Maundy Thursday, Good Friday and Holy Saturday. We need 12 volunteers (men and women) for the Ceremony of the Washing of the Feet during the Mass of the Lord's Supper at 7.00 pm. If you can help, please put your name on the list. After the Mass on Maundy Thursday, you are invited to stay for Adoration of the Blessed Sacrament until 10.00 pm in the church. It recalls how Jesus invited his apostles to stay with him while he prayed in the Garden of Gethsemane. Again, if you can give some of your time for this, please sign the list.

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 is waiting for more young people age 13-18 to join the group. Last week we had an Easter fair and lots of parishioners supported us by buying items we made during the last few weeks. This Saturday we also will sell the remaining Easter decor. This Wednesday at 4.30 pm our group is organising another craft class 'How to do brooches'. We would like to say again huge THANK YOU to all parishioners for their support and prayers. We have already raised £587.10, and an anonymous parishioner has also offered to sponsor a place for one child.

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 this Saturday, 28th March at 2.00 pm.



Easter cards: There are cards available today with details of services for Holy Week and Easter. Please take one, and if you can act as postman for your street please take a few to deliver.

Gift Aid Envelopes. The new Gift Aid envelopes are available to collect from the back of the church. **We do need more people to be involved in the Gift Aid scheme, please.** If you don't already gift aid your

donations to Our Lady's could we ask you to consider doing so? Please contact Geraldine in the parish office by email or phone for further information or if you are already a gift-aider and your circumstances have changed. Thank you.

Salesian Cooperators' meeting this Thursday at 2.30 pm in Elmthorpe Convent. All welcome.

Altar Servers. There will be a rehearsal this Friday, 27th 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, 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

Tailpiece: Young Ernie and his family were invited to have lunch at his grandmother's house. When Ernie received his plate he started eating straight away. "Ernie, wait until we say Grace," instructed his father. "But I don't need to," the lad replied. "Of course you do, Ernest," his mother insisted. "We always say a prayer before eating at our house." "That's at our house," Ernie explained. "But this is Grandma's house, and she knows how to cook."

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

P.S. Don't forget to put your clocks forward an hour next Saturday night as British Summer Time begins!

