



Our Lady Help of Christians

Fourteenth Sunday in Ordinary Time

5th July, 2026

Rev. Canon 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, 5 th July Fourteenth Sunday in Ordinary Time	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)	Nicky Clarke Private Intention Paul Dolton Kitty Healey (2 nd Anniversary) The People of the Parish
Monday, 6 th July Op. Mem. of St. Maria Goretti, Martyr	7.00 am Mass 8.00 am Office of Readings & Morning Prayer	Marykutty Skaria (41 st Day)
Tuesday, 7 th July	No Public Mass Today	Fr. Des McMahon
Wednesday, 8 th July	No Public Mass Today	Paula and Brian McGonigle
Thursday, 9 th July Op. Mem. of St. Augustine Zhao Rong, Priest, & Companions, Martyrs	8.00 am Office of Readings & Morning Prayer (7.00 pm Mass at Sacred Heart)	Betty Duffy
Friday, 10 th July	8.00 am Office of Readings & Morning Prayer 6.00 pm Exposition and Benediction 7.00 pm Mass	Carla's Intentions
Saturday, 11 th July Feast of St. Benedict, Abbot, Patron of Europe	8.00 am Office of Readings & Morning Prayer (10.00 am Mass at Sacred Heart) 5.30 pm Vigil Mass for Sunday	Barney Conway Nicky Clarke
Sunday, 12 th July Fifteenth Sunday in Ordinary Time	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 Kathleen McGarry Hugh Allan (Anniversary) The People of the Parish
Confessions: Friday, 6.00 – 6.45 pm (and at Sacred Heart on Thursday, 6.00 – 6.45 pm, and Saturday, 10.30 – 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	Rachel and Sandra	This Weekend	Henry	Michelle
Nora	Michelle and Sr. Giovanna	Next Weekend	Naomi	Andreas

Welcome to Mass at Our Lady's today, especially if you are new to our parish or just visiting.

Please note that there will be a special second collection today to support CAFOD's appeal following the earthquakes in Venezuela.

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.*

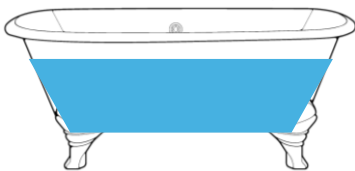
Please pray for the sick, especially: Bridie Barry, Claire French, Jean Carpenter, Terry Jackson, Mary Cross, Inna, Sheila Cuddy, Maggie Durkin, Tony Davis, John Hudgell, Pat Walsh, Doreen Teagle, Mary Barry, Mary Cairns, Lisa Birch, Dantas Luis Galucho Rosa and Julio Madeira Cabral Soares.

Please pray for Adrian Gaughan, James Doyle and Josie Griffiths and all those who have died recently, and for those all whose anniversaries occur around this time: Mgr. Louis McRae, Canon Francis J. Grady, Frs. Leonard (Leo) Johannes Joppe, Vincent Armishaw, Joseph Pires, Michael Gaffney, Bernard Maddox, Brendan Donlon, Anthony Maguire, Seamus Hetherington, Deacon Anthony Bateman, and also Thomas Griffin, Shirley Ann Milne and Gerald Amantrading. May they rest in peace.

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

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 at sg.olhoc.oxford@rcaob.org.uk or the Diocesan Safeguarding team can be contacted on 0121 230 6240 or safeguarding@rcaob.org.uk if you have any concern.

Please help to empty our bath!



Thanks to your generosity, the level in our overdraft bath is going down, despite some nasty "ups" as we go along. Will you help it on its way, please?

From CAFOD-DEC Venezuela Earthquake Appeal.

"You can help our neighbours affected by the earthquakes in Venezuela with emergency shelter, water and food. CAFOD is already working with local Church partners to support people who have lost their homes, but we need your support to help more survivors. Your donation will provide essential supplies and help families rebuild their lives. Donate to the CAFOD-DEC Venezuela Earthquake Appeal in our special second collection today. Or you can donate directly at: cafod.org.uk/Venezuela or call 0300 999 0030. Please keep those in Venezuela in your prayers."

Ordinations. Congratulations to Fr. Jonathan Henry from St. Anthony's Parish in Headington, who was ordained a priest yesterday. Fr. Jonathan will celebrate his First Mass at 3.00 this afternoon (Sunday, 5th July) at St. Anthony's. Next Sunday he will celebrate Mass at Corpus Christi, Headington, at 11.00 am. Please pray for Deacon Jithin Titto and Deacon Tenny Antony who will also be ordained this week. May God bless them all. *Ad Multos Annos.*

Vocations to the Priesthood. Each Deanery in the Archdiocese is given a month to pray especially intensely for Vocations to the Priesthood. **JULY IS OUR MONTH.** Please make it your special intention.

Diocesan Prayer for Vocations

Heavenly Father, we ask you to send labourers into your harvest. Inspire, in the hearts of your people, vocations to the priesthood, diaconate and religious life. Bless our families with a spirit of generosity, so that those whom you call have the courage to give themselves to your Church in faith. Through Christ our Lord. Amen.

Cake and Marmalade Sale. The Salesian Cooperators will be selling cakes and marmalade in the Don Bosco Centre after each of the parish Masses this weekend to raise funds for the missionary work of the Salesians Sisters.

A message from the St. Carlo Acutis Youth Group.

"We should like to express our heartfelt thanks to everyone who attended and supported our Summer Event last weekend. Your presence, prayers, encouragement, and generosity made the day truly special. We are especially grateful to everyone who gave their time and effort to help organise the event and to all those who supported our fundraising activities. Because of your kindness and support, our young people have almost reached their goal for the pilgrimage to Assisi. May God bless you."

Sea Sunday. Next week is Sea Sunday, when the Church prays for all those who live and work at sea. There will be a second collection for Stella Maris, the official maritime welfare agency of the Catholic Church in Great Britain. It provides practical and spiritual support to seafarers.

MARCH4LIFE 2026 We are invited to take part in a peaceful, joyful march in London on Saturday 5th September – celebrating life and challenging abortion.

Oxford Community Emergency Foodbank. There is a box at the back of church for donations of tins of meat, fish, vegetables, soup or puddings, jars of jam or sauce, long life milk or fruit juice, sugar, and essential toiletries. Or you could take things direct to Food Bank on Mondays, Tuesdays and Fridays from 11.20 am – 1.30 pm, behind St. Francis Church, Hollow Way.

Sacred Heart Parish Day. Sacred Heart parish will be celebrating with games, stalls and a raffle this Saturday, 11th July, 12.00 noon to 4.00 pm. This looks like being a great day, with something for everyone and incredible prizes to be won in the raffle. All welcome.

Tailpiece: A priest was out walking when he noticed a young boy on his tiptoes trying very hard to press a doorbell on a house across the road, but he was not tall enough to reach the doorbell. The priest walked across the street and offered to lift him up. The boy was delighted as he gave the bell a solid ring. Crouching down to the child's level, the priest smiled benevolently and asked, "And now what, my little man?" With a mischievous grin the boy replied, "Now, Mister, we run!!!"

May God bless you and all those whom you love.

Fr. Harry