



Our Lady Help of Christians

Sixteenth Sunday in Ordinary Time

19th 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, 19th July Sixteenth 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 <i>(9.00 am Mass at Sacred Heart)</i> 11.00 am Mass 2.00 pm Baptism <i>(6.00 pm Mass at Sacred Heart)</i>	Nicky Clarke <i>Private Intention</i> <i>Cecilia Michael</i> <i>Danny Lyons (10th Anniversary)</i> <i>William Gonzalez</i> <i>Edmundo Milagres Albuquerque</i> <i>& Luizinha Dolores Fernandes (Anniv)</i>	
Monday, 20 th July	<i>Op. Mem. of St. Apollinaris</i>	7.00 am Mass 8.00 am Office of Readings & Morning Prayer	The People of the Parish	
Tuesday, 21 st July	<i>Optional Memorial of St. Lawrence of Brindisi, Priest</i>	No Public Mass Today	Fr. John Baggley (JA)	
Wednesday, 22 nd July	<i>Mem. of St. Mary Magdalene</i>	No Public Mass Today	Camilo and Maria	
Thursday, 23 rd July	Feast of St. Bridget, Patron of Europe	No Public Mass Today	Fr. Anthony Rohan (JA)	
Friday, 24 th July	<i>Op. Mem. of St. Sharbel Makhlof</i>	No Public Mass Today	Souls in Purgatory	
Saturday, 25 th July	Feast of St. James, Apostle	5.30 pm Vigil Mass for Sunday	Nicky Clarke	
Sunday, 26th July Seventeenth Sunday in Ordinary Time		7.45 am Office of Readings & Morning Prayer 8.45 am Syro-Malabar Community Mass <i>(9.00 am Mass at Sacred Heart)</i> 11.00 am Mass <i>(6.00 pm Mass at Sacred Heart)</i>	<i>Private Intention</i> <i>Pedro Fernandes Goncalves and Margarida Turquel Jesus</i> <i>Jenelcia Anamaria Andrade Babo (ill)</i> <i>Private Intention</i>	
Saturday 5.30 pm	Sunday 11.00 am		Saturday 5.30 pm	Sunday 11.00 am
Eucharistic Ministers	Eucharistic Ministers		Readers	Readers
Zoja	Mabel and Asha	This Weekend	Fallon	Ellie and Daniella
Agnes	Jane and Anne	Next Weekend	Ann	Nalini

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

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 James (Gerry) Doyle, Agus Crianto Alves, Josie Griffiths, Antonietta Aprea (Salesian Cooperator), and John Batey (former headteacher at Cardinal Newman Middle School) and all those who have died recently, and for those whose anniversaries occur at this time: Mgr. Peter Joseph Ryall, Canon Laurence Kelly, Frs. Thomas Rock, Anthony Rohan, Albert Leo Kelly, Anthony Owen, Euan Henderson and Joseph Tynan, Deacon Frank Lockett, and also Ellen (Eve) Kelly, John (Danny) Lyons, Margaret McHugh, Noreen Griffin, Valerie Griffiths, Maureen Ann McEneaney, James McVeigh and Patrick Craig. May they rest in peace.

Josie will be received into church at 6.00 pm on Monday, 3rd August, and her funeral will be at 10.00 am on Tuesday, 4th August.

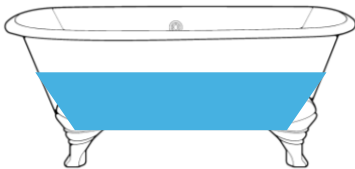
John's funeral Mass will also be on Tuesday, 4th August at 2.00 pm.

Antonietta will be received into church at 6.00 pm, Monday, 10th August, and her funeral will be 11.00 am, Tuesday, 11th August.

**The Sanctuary Candle is burning this week for our Parish community.
Our Lady's Candle is burning this week for Roseline (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.olhbc.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?

Congratulations to Carlton Rose who is being ordained as a Deacon today, 19th July, in St. Chad's Cathedral in Birmingham. Carlton is from Whitney and many of you will remember that he spent some time with us here as part of his formation as a Deacon. May God bless him and his family today and always, and may his ministry be joyful and fruitful.

Prayers for 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.

A Message from the Bishops' Conference.

Act Now to prevent the legalising of assisted suicide:

Archbishop Richard Moth, president of the Bishops' Conference, explains our opposition to this legislation: "The Terminally Ill Adults (End of Life) Bill which aims to legalise assisted suicide has returned to the House of Commons, and Members of Parliament will vote on its Second Reading on 11th September. This bill is wrong in principle. It is also deeply flawed and, if passed, could lead to vulnerable people feeling pressured into ending their lives. I urge you to write to your Members of Parliament to petition them to vote against the Bill at Second Reading."

Oxford Community Emergency Foodbank. There is a box in the church porch 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. Thank you.



Parish Day Out. On Thursday, 13th August, we are planning an outing by coach to Millets Farm Centre, near Abingdon (10.00 am from Sacred Heart, 10.30 am from Our Lady's, and leave to come back, 4.00 pm). £15 for adults, £5 for children under eleven years old. Children must be accompanied by a responsible adult). Millets is a family-oriented farm with plenty to see and do: animal visits, a play-area, places to eat, a farm shop, and more. If you would like to go, places may be limited, so please sign up on the list in the church porch or email Geraldine (olhbc.oxford@rcaob.org.uk).



Holiday. I shall be taking a few days' break this week and next, hopefully to re-charge the batteries. There will be no public weekday Mass during that time, but I shall offer Mass each day for the intentions on the list. Next Saturday evening Fr. Stephen (from St. Anthony of Padua, Headington) has kindly agreed to come to celebrate the 5.30 pm Mass, and on Sunday Fr. Rigo OFM Cap, has also kindly agreed to come to celebrate the 11.00 am Mass.

If you need a priest during that time, please call Canon Mervyn at Corpus Christi (01865 762433, corpuschristi.oxford@rcaob.org.uk), or the Fathers at St. Edmund's (01865 243694, ofmca.oxford@rcaob.org.uk).

Tailpiece: A man was thinking about how good his wife was and how fortunate he was to have her. In the happiness of his heart he turned to God and asked, "Lord, why did you make my wife so kind-hearted?" The Lord responded, "So that you could love her, my son." Delighted with this, the man continued, "And why did you make her so beautiful?" "Again, so that you could love her, my son," said the Lord. The man thought about this. Then he said, "I don't mean to seem ungrateful or anything, but ... why did you make her so stupid?" The Lord answered, "So that she could love you, my son."

May God bless you and all those whom you love.
Fr. Harry